

theSOURCE

"Training Minds for Exceptional Practice"



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DESIGN BY: ERIN TEAGLE, MA

A QUARTERLY PUBLICATION OF THE CHILD WELFARE TRAINING ACADEMY

CWTA is pleased to bring you **theSOURCE**, the newsletter of the DC Child & Family Services Agency Child Welfare Training Academy. Each issue of **theSOURCE** will provide you with updates on new classes, highlight special offerings, and give you the information you need to get the most out of the professional development opportunities offered by CWTA. If there are topics or training events you would like to see addressed, please let us know by contacting us directly at cwta.training@dc.gov.

FOSTER PARENT TRAINING REGULATION ACT OF 2018

By Brandynicole Brooks, PhD, LICSW

In December 2018, the DC Council passed legislation called the Foster Parent Training Regulation Act of 2018. The DC Child and Family Services Agency has been working diligently to implement this new legislation in our day-to-day work. The legislation requires specialized training for resource parents when a child who meets one of the following criteria joins their family:

- Is LGBTQ;
- Is a victim of sex trafficking, as that term is defined in the Trafficking Victims Protection Act of 2000;
- Is a child with a disability;
- Is pregnant or a parent;
- Has a history of violent behavior; or
- Is sixteen (16) years of age or older.

This training must be completed within specific timeframes and resource parents will be notified by their Resource Parent Support Worker if they are required to complete training. In an effort to ensure all resource parents receive training specific to these specialized populations, the Child Welfare Training Academy (CWTA) will be offering a NEW 6-hour training sessions titled **Parenting Specialized Populations** beginning in January 2020.

This six-hour session is designed to provide resource parents with information on ensuring the safety, permanency, and well-being of children in foster care who have been identified as part of a specialized population per the December 2018 DC Council legislation. Participants will receive information regarding the unique development needs, parenting practice, and ways to best support children who may be LGBTQ, a victim of sex trafficking, a child with a disability, pregnant and parenting, has a history of violent behavior, or is sixteen (16) year of age or older. Participants will be also be provided a list of both in-person and online training sessions that will provide more in-depth and detailed information for each of these populations.

Register today at cwta.coursestorm.com.

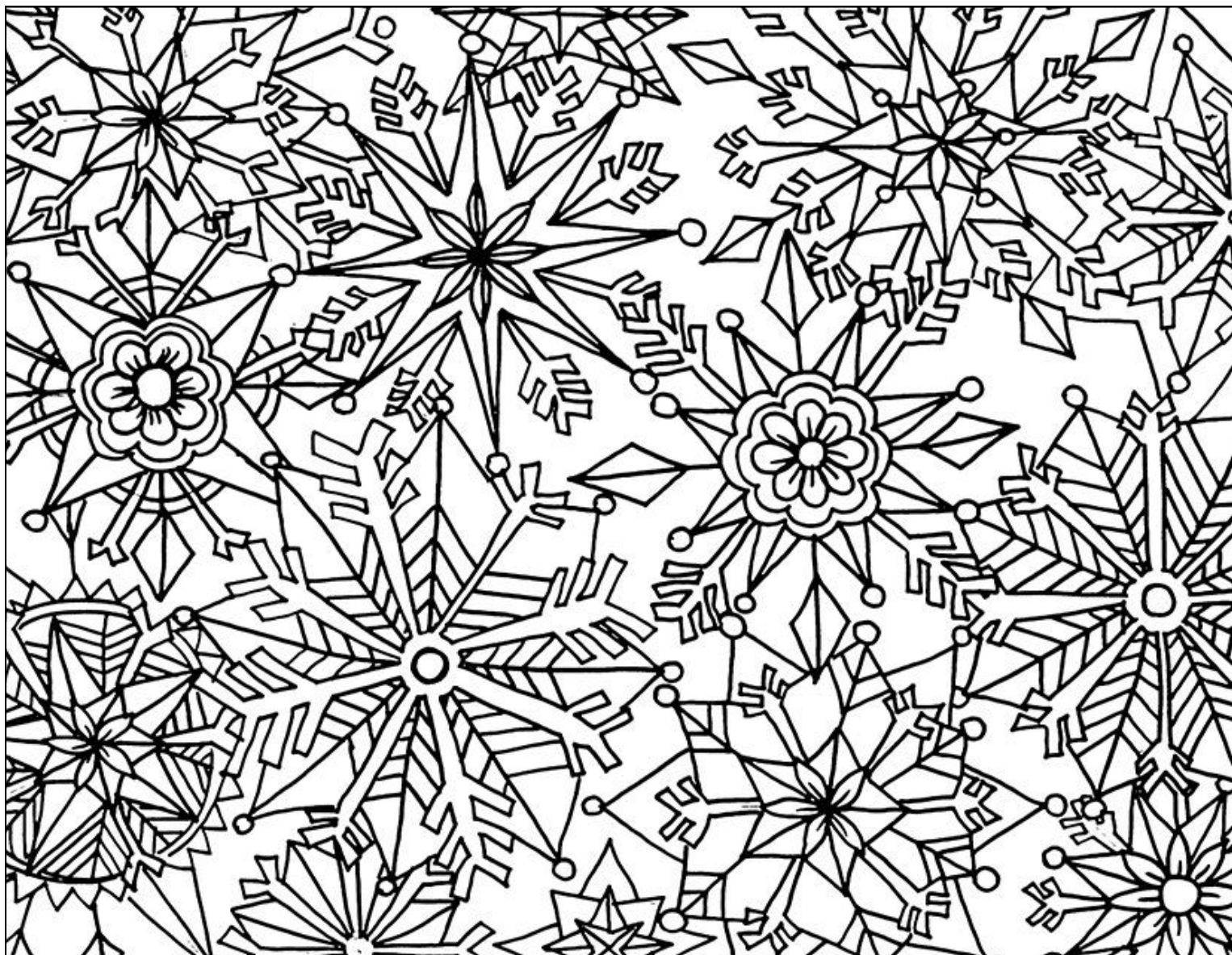


COLORING: STRESS REDUCER

Coloring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters. However, it turns out coloring can be beneficial for adults-- namely for its de-stressing power.

This practice generates wellness, quietness, and also stimulates brain areas related to motor skills, the senses and cre-

Santos, E. "Coloring Isn't Just For Kids. It Can Actually Help Adults Combat Stress. Retrieved September 21, 2015.
http://www.huffingtonpost.com/2014/10/13/coloring-for-stress_n_5975832.html



SELF CARE IS THE BEST CARE

ONLINE TRAINING

Upon completion of each online course, please print your certificate immediately and send them to your Resource Development Specialist or Licensing Specialist within 15 days of completion!! Remember, only 9 hours of online training is permissible within your 2 year in-service training cycle.

CWTA APPROVED ONLINE SITES:

- <https://dc.mandatedreporter.org/pages/Welcome.action>: Free online DC mandated reporter training
- www.fosterparents.com: One year membership: \$24 (not reimbursable).
- <http://www.fosterparentstest.com/store/index.htm> : A wonderful selection of online courses for resource parents covering topics from high needs babies to a range of disorders and challenges. Note that there is a non-reimbursable associated cost for each course.
- <http://www.fosterparentcollege.com/>: FosterParentCollege.com's Self-Paced training is accessible 24 hours a day, seven days a week. From the comfort and safety of home, parents can enroll, complete a course, and receive a certificate of completion in a single session. FPC has conducted more than 80,000 online training sessions since 2004. Designed by nationally recognized experts in the fields of parenting, pediatrics, psychology, psychiatry, and education, FPC courses are valued by foster care agencies and praised by caregivers. Many of our classes are also available on DVD at our website www.SocialLearning.com.

IF YOU ARE UNABLE TO ACCESS FREE TRAINING IN FOSTERPARENTCOLLEGE.COM PLEASE NOTIFY CWTA AT cwta.training@dc.gov.

REGISTRATION INFORMATION

**YOUR ATTENTION
PLEASE**

ONLINE REGISTRATION IS NOW REQUIRED FOR ALL CWTA CLASSES

Effective January 1, 2020, all resource parents will be required to register for training utilizing our online registration portal.

Registrations sent to cwta.training@dc.gov will be returned to the email it was sent from with step-by-step instructions for resource parents to register at cwta.coursesform.com.

To register for training you will need an email address. If you do not currently have an email address, please work with your Resource Parent Support Worker to create one.

PLEASE REGISTER EARLY TO SECURE YOUR ADMISSION IN EACH COURSE. Registrations will not be accepted within 48 hours of a course start time.

IF YOU REGISTER FOR A TRAINING EVENT BUT WILL NOT BE ABLE TO ATTEND, PLEASE EMAIL- cwta.training@dc.gov **AS SOON AS POSSIBLE.**



REGISTER TODAY!



JANUARY 2020

DATES, TIMES AND LOCATIONS ARE SUBJECT TO CHANGE

| DATE/TIME/ LOCATION | TITLE/OBJECTIVE/TRAINER | TRAINING HOURS |
|--|---|-------------------|
| SATURDAY, JANUARY 11, 2020 10:00AM-5:00PM 200 I Street SE Washington, DC Room 4004 | AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure. TRAINER: AHA CERTIFIED TRAINERS | 5 |
| SATURDAY, JANUARY 11, 2020 10:00AM-3:00PM 200 I Street SE Washington, DC Room 2402 | TRAUMA-INFORMED CAREGIVING (MOD 3 & 4): This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing. TRAINERS: CWTA TRAINER | 4 |
| TUESDAY, JANUARY 14, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2003 | BSF: LIVING THE PROTECTIVE FACTORS: This 6 hour workshop introduces the Strengthening Families™ Protective Factors framework as an important component of a comprehensive wellbeing paradigm and links the framework to trauma-informed child welfare practice. The goal is to demonstrate the practical benefits for bridging communications between child welfare staff, courts, kin and birth families. TRAINER: CWTA TRAINER | 6 |
| THURSDAY, JANUARY 16, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2402 | THE IMPACT OF SOCIAL MEDIA ON CHILD DEVELOPMENT: This 6-hour training session will provide participants with an in-depth knowledge of health child and adolescent development, how social media can impact development, and how caregivers can ensure the safety of children while engaged in the use of social media. TRAINER: CWTA TRAINER | 6 |

January



| DATE/TIME/ LOCATION | TITLE/OBJECTIVE/TRAINER | TRAINING HOURS |
|--|---|-------------------|
| SATURDAY, JANUARY 25, 2020 10:00AM-5:00PM 200 I Street SE Washington, DC Room 4004 | AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure. TRAINER: AHA CERTIFIED TRAINERS | 5 |
| SATURDAY, JANUARY 25, 2020 9:00AM-12:00PM 200 I Street SE Washington, DC Room 2003 | SHARED PARENTING: This 3-hour Shared Parenting training brings child welfare professionals together, creating an opportunity to understand how to support the unique shared parenting role between the birth parent and the resource parent. This workshop allows the child welfare professional to take a deeper dive into what it means to co-parent by examining the benefits to all involved in empowering the family. TRAINER: CWTA TRAINER | 3 |
| SATURDAY, JANUARY 25, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2402 | PARENTING SPECIALIZED POPULATIONS: This six-hour session is designed to provide resource parents with information on ensuring the safety, permanency, and well-being of children in foster care who have been identified as part of a specialized population per the December 2018 dc council legislation. Participants will receive information regarding the unique development needs, parenting practice, and ways to best support children who may be LGBTQ, a victim of sex trafficking, a child with a disability, pregnant and parenting, has a history of violent behavior, or is sixteen (16) year of age or older. Participants will be also be provided a list of both in-person and online training sessions that will provide more in-depth and detailed information for each of these populations. TRAINER: CWTA TRAINER | 6 |
| THURSDAY, JANUARY 30, 2020 9:00AM-4:00PM 200 I Street SE Washington, DC Room 4004 | ADULT MENTAL HEALTH DISORDERS: As child welfare workers we are challenged to service clients who have mental health disorders. In many instances mental disorders can be difficult to identify as there are many symptoms that mimic common behaviors of clients receiving services from a mandated system. This course allows you to develop awareness of the most prevalent mental health diagnosis in the child welfare system, distinguish important features and identify methods to engage clients. In addition, participants will also have an opportunity to learn strategies and techniques to properly assess and treat clients who have mental health disorders. TRAINER: CWTA TRAINER | 6 |

| DATE/TIME/ LOCATION | TITLE/OBJECTIVE/TRAINER | TRAINING HOURS |
|---|---|-------------------|
| SATURDAY, FEBRUARY 8, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2402 | <p>THE JOURNEY THROUGH LIFE: CREATING LIFE BOOKS: This 4-hour session is a hands-on workshop to engage participants in creating a way to record the history of a child's life while joined with a resource family, before joining the resource family, and beyond their time with the resource family. Life books are concrete tools that help tell the life story of a child through words and pictures. It can act as a roadmap for the child or youth to connect their past to their present and create hope for the future.</p> <p>TRAINER: CWTA TRAINER</p> | 6 |
| THURSDAY, FEBRUARY 13, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2402 | <p>HUMAN TRAFFICKING: VOLUME II: The Understanding and Preventing Human Trafficking in Child Welfare course will provide Social Workers, Resource Parents, Nurses, and other CFSA community partners with information about the commercial sexual exploitation of children (CSEC). This course will introduce participants to current federal and local laws and policies regarding CSEC, terminology related to CSEC, best practice guidelines for identifying and preventing CSEC, and provide participants the opportunity to explore cultural considerations as it relates to CSEC as well as their own beliefs and values. The course will also cover ethical considerations, such as documentation, communication and professional behavior.</p> <p>TRAINER: CWTA TRAINER</p> | 6 |
| SATURDAY, FEBRUARY 22, 2020 10:00AM-5:00PM 200 I Street SE Washington, DC Room 4004 | <p>AHA CPR/FIRST AID TRAINING: Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.</p> <p>TRAINER: AHA CERTIFIED TRAINERS</p> | 5 |
| SATURDAY, FEBRUARY 22, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 4004 | <p>SEXUAL HEALTH: The purpose of this course is to prepare CFSA and Private Agency Social Workers, Family Support Workers, Nurse Care Managers, and Resource Parents to have age-appropriate conversations with CFSA youth about their sexuality and sexual health. Specifically, this course will prepare child welfare professionals for discussion with the youth on their caseloads about sexual health, CFSA's policies regarding sexual health discussions, and the importance of their responsibility to provide comprehensive physical and mental health services to all youth in a confidential, culturally competent, and inclusive manner.</p> <p>TRAINER: CWTA TRAINER</p> | 6 |

FEBRUARY 2020

| DATE/TIME/ LOCATION | TITLE/OBJECTIVE/TRAINER | TRAINING HOURS |
|---|--|-------------------|
| TUESDAY, FEBRUARY 25, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 4004 | CULTURAL HUMILITY: <i>Cultural humility is centered on life-long learning and critical self-reflection, recognition and challenging of power imbalance that are inherent, and upholding institutional accountability. This 6-hour session will provide foundational information to social workers on culture and cultural humility, while also focusing on the impact of oppression in the lives of the families served by social workers and the ways in which social workers can work to transform their practice.</i> TRAINER: CWTA TRAINERS | 6 |

MARCH 2020

| | | |
|--|--|---|
| SATURDAY, MARCH 14, 2020 10:00AM-5:00PM 200 I Street SE Washington, DC Room 4004 | AHA CPR/FIRST AID TRAINING: <i>Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.</i> TRAINER: AHA CERTIFIED TRAINERS | 5 |
| SATURDAY, MARCH 14, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 2402 | EMPTYING THE CUP: <i>This 6-hour, in-service course is designed to expand the child welfare professional's ability to understand, assess and engage family systems impacted by historical and familial inter-generational trauma. Participants will have the opportunity to explore their own family history, the family histories of clients, and the systemic factors that perpetuate traumatic response and place children at risk for maltreatment. Participants will be provided trauma-informed principles to consider when engaging, assessing and making intervention recommendations for families displaying the effects of unresolved traumatic grief.</i> TRAINER: CWTA TRAINERS | 6 |
| THURSDAY, MARCH 26, 2020 9:00AM-4:30PM 200 I Street SE Washington, DC Room 4004 | HUMAN TRAFFICKING: VOLUME II: <i>The Understanding and Preventing Human Trafficking in Child Welfare course will provide Social Workers, Resource Parents, Nurses, and other CFSA community partners with information about the commercial sexual exploitation of children (CSEC). This course will introduce participants to current federal and local laws and policies regarding CSEC, terminology related to CSEC, best practice guidelines for identifying and preventing CSEC, and provide participants the opportunity to explore cultural considerations as it relates to CSEC as well as their own beliefs and values. The course will also cover ethical considerations, such as documentation, communication and professional behavior.</i> TRAINER: CWTA TRAINERS | 6 |



National Center for Children and Families (NCCF)
Foster Parent In-Service Training Schedule
January 2020 - March 2020

Tonya Sherman, Director of Foster Parent Recruitment and Training

tsherman@nccf-cares.org
 202-674-0133

We are excited about the trainings offered this quarter. In order to provide a great training experience, the Foster Parent Training Team would like to share some new changes with you.

Please take note to the following changes:

- In order to confirm admission to training, you must RSVP. Registrations will not be accepted within 48 hours of a course start time.
- If you arrive more than 15 minutes late to the training, entry will be denied.
- Leaving early will result in **NOT** receiving full credit hours for training.
- Snacks will be provided for trainings less than 4 hours, please feel welcome to bring lunch or dinner with you.
- Children **will not be allowed** to sit in trainings due to the sensitive topics that will be discussed, as it is adult content.
- It is imperative that you sign the training attendance sheet. Only those people whose names appear on the attendance sheet will receive certificates for the training.

January 2020

Wednesday, January 8, 2020

10:00am – 12:00pm

Training: It's Not What You Say, But How You Say It: Learning How to Communicate (2 hours)

Participants will learn effective communication skills for supporting children in care which ultimately enhances the young persons capacity to cope at home, in school and in the community.

Trainer: Consultant, Lisa Owens

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: January 6th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Wednesday, January 15, 2020

6:00pm – 8:00pm

Training: Why Do We Love Self-Care? & You Should Too (2 hours)

Participants will define self-care from their individual perspectives, understand the importance of self care when fostering, and develop an individual self-care plan for their daily lives.

Trainer: Consultant, Linda Davis

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: January 13th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Wednesday, January 22, 2020**6:00pm –8:00pm****Training: Introduction to Trauma (2 hours)***Participants will define trauma-informed parenting and understand how beneficial it is when parenting children whom experienced trauma.***Trainer:** NCCF Foster Parent Trainer, Jasmine Williams Ashford**Location:** 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500RSVP by: January 20th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org**Childcare not provided.****Thursday, January 30, 2020****6:00pm-8:00pm****Training: Stewards of Children Child Sexual Abuse Prevention Training (2 Hours)***Participants will learn how to recognize signs and symptoms of child sexual abuse, keys to prevention, and skills to react responsibly to child sexual abuse.***Trainer:** Consultant, Safe Shores**Location:** 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500RSVP by: January 28th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org**Childcare not provided.**

February 2020

Monday, February 3, 2020**10:00am-12:00pm****Training: Trauma 101 (2 hours)***Participants will understand what trauma is, how it impacts the life a child in foster care, and strategies for supporting these children towards healing.***Trainer:** NCCF Foster Parent Trainer, Jasmine Williams Ashford**Location:** 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500RSVP by: February 1st to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org**Childcare not provided.****Wednesday, February 5, 2020****6:00pm –8:00pm****Training: Parenting Teens in Care (2 hours)***Participants will learn how critical their role is when raising adolescents in care and effective strategies for supporting this transition towards a successful adulthood.***Trainer:** NCCF Foster Parent Trainer**Location:** 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500RSVP by: February 3rd to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org**Childcare not provided.****Tuesday, February 11, 2020****10:00am-12:00pm****Training: It's Not What You Say, But How You Say It: Learning How to Communicate (2 hours)***Participants will learn effective communication skills for supporting children in care which ultimately enhances the young person's capacity to cope at home, in school and in the community.***Trainer:** Consultant, Lisa Owens**Location:** 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500RSVP by: February 9th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org**Childcare not provided.****Thursday, February 13, 2020****6:00pm-8:00pm****Training: Understanding Trauma's Effects (2 hours)***Participants will become aware of the profound impact trauma has on children's development and functioning. Participants will learn how children of different ages may respond to trauma and strategies for supporting them.***Trainer:** NCCF Foster Parent Trainer, Jasmine Williams Ashford**Location:** 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500RSVP by: February 11th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org**Childcare not provided.**

Thursday, February 20, 2020**10:00am-12:00pm****Training: Building A Safe Place (2 hours)**

Participants will become familiar with trauma reminders and identify ways they can help children cope with trauma reminders and heal.

Trainer: NCCF Foster Parent Trainer, Jasmine Williams Ashford

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: February 18th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Saturday, February 22, 2020**10:00am-2:00pm****Training: Parenting a Teen Parent to Greatness (4 hours)**

Participants will learn skills to effectively parent teenagers who are parents themselves, while teaching the young parent to care responsibly for their baby.

Trainer: NCCF Foster Parent Trainer, Jasmine Williams Ashford

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: February 20th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Tuesday, February 25, 2020**10:00am-12:00pm****Training: Dealing with Feelings and Behaviors (2 hours)**

Participants will learn the cognitive triangle and ways to apply it to a child who experienced trauma. Participants will identify strategies to help youth develop healthy emotional skills and positive behaviors.

Trainer: NCCF Foster Parent Trainer

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: February 23rd to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

March 2020

Thursday, March 5, 2020**6:00pm-8:00pm****Training: Stewards of Children Child Sexual Abuse Prevention Training (2 Hours)**

Participants will learn how to recognize signs and symptoms of child sexual abuse, keys to prevention, and skills to react responsibly to child sexual abuse.

Trainer: Consultant, Safe Shores

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: March 3rd to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Saturday, March 7, 2020**10:00am-2:00pm****Training: Parenting a Teen Parent to Greatness (4 hours)**

Participants will learn skills to effectively parent teenagers who are parents themselves, while teaching the young parent to care responsibly for their baby.

Trainer: NCCF Foster Parent Trainer

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: March 5th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Tuesday, March 10, 2020**6:00pm-8:00pm****Training: The Baby Is Here, Now What? (2 hours)**

Participants will learn effective ways to support teen parents, address challenges and concerns teen parents may experience. Participants will gain insight how to support teen parents with caring responsibly for their baby.

Trainer: NCCF Foster Parent Trainer, Jasmine Williams Ashford

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: March 8th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Thursday, March 12, 2020

6:00pm-8:00pm

Training: Connections and Healings (2 hours)

Participants will learn how trauma can affect children's view of themselves and their future and how to provide support and help children maintain important connections in their lives.

Trainer: NCCF Foster Parent Trainer, Jasmine Williams Ashford

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: March 10th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Monday, March 16, 2020

6:00pm-8:00pm

Training: Separation and Loss (2 hours)

Participants will discuss the challenges that foster parents face as children in care manage issues of separation and loss and identify strategies that will help them become excellent Loss Managers for the children in their home.

Trainer: NCCF Foster Parent Trainer, Jasmine Williams Ashford

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: March 14th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Thursday, March 19, 2020

6:00pm-8:00pm

Training: Becoming an Advocate (2 hours)

Participants will learn how to identify basic elements of trauma informed advocacy and will learn how to work effectively with the team of people involved in your child's life.

Trainer: NCCF Foster Parent Trainer, Jasmine Williams Ashford

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: March 17th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Wednesday, March 25, 2020

6:00pm-8:00pm

Training: Promoting Positive Behavior (3 hours)

Participants will understand the influence of healthy relationship building on promoting positive behavior in children and identify effective discipline techniques to promote positive behavior.

Trainer: NCCF Foster Parent Trainer

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: March 23rd to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.

Monday, March 30, 2020

10:00am-12:00pm

Training: Taking Care of Yourself (2 hours)

Participants will learn how a child's trauma can affect the caregiver, the warning signs of compassion fatigue and secondary traumatic stress, and how important it is to take care of oneself while fostering.

Trainer: NCCF Foster Parent Trainer, Jasmine Williams Ashford

Location: 6404 Ivy Lane, Greenbelt, MD 20770 Suite 500

RSVP by: March 28th to Jasmine Williams Ashford at 301-875-2851, jashford@nccf-cares.org

Childcare not provided.





Frequently Asked Questions (FAQs)

November 2019



Information About Required Foster Parent Training

HOW MANY TRAINING HOURS DO I NEED TO MAINTAIN MY FOSTER CARE LICENSE/CERTIFICATION? Foster parents are required to take 30 hours of training over two years (normally at least 21 classroom and up to 9 online hours). Don't wait until you are close to your license expiration date to take training! CFSA recommends taking one course every quarter or 15 hours per year. If you are transferring your license or certification and you are short on hours, CFSA will work on a training plan with you to make sure you are able to complete the necessary hours.

WHERE CAN I TAKE TRAINING? All training courses must be approved by the CFSA Child Welfare Training Academy (CWTA) for the training hours to count toward the required 30 hours. Approved courses are offered at CFSA offices, CFSA-contracted foster care agencies (e.g. NCCF, LSS), community-based organizations, and online on the approved websites listed below. In some cases, training on specialized topics called "table top" training can be held at your home.

CAN I TAKE A COURSE THAT HAS NOT BEEN APPROVED BUT THAT'S REALLY RELEVANT FOR ME? CWTA will likely approve classes that address the rearing of children. To request approval for a training that is relevant, within two weeks of the training, email CWTA at cwta.training@dc.gov with: the title of the training, name of the trainer or sponsoring organization, training description and course hours and CWTA will respond within two business days.

HOW DO I REGISTER FOR TRAINING COURSES? Registration is required, no "walk-ins" permitted. To register for CFSA training, register online at cwta.coursesform.com 24/7 or email the course registration form to cwta.training@dc.gov.

HOW FAR IN ADVANCE DO I NEED TO REGISTER? Please register early to secure your admission in a course as they often fill up quickly. Registrations will not be accepted within 48 hours of a course start time. If you register for a training event but will not be able to attend, please email cwta.training@dc.gov as soon as possible to cancel.

WHERE CAN I FIND APPROVED ONLINE TRAINING COURSES? These websites are approved for online hours:

- <http://www.fosterparentcollege.com/>: Designed by nationally recognized experts in the fields of parenting, pediatrics, psychology, psychiatry, and education, this self-paced training is accessible 24 hours a day, seven days a week. Many of the classes are also available on DVD at www.SocialLearning.com.
- <http://www.fosterparents.com>: A wide selection of courses for covering topics from high needs babies to a range of disorders and challenges. There is a cost for each course that is not reimbursable or the option of a non-reimbursable one year membership is \$24.

HOW DO I MAKE SURE I GET CREDIT FOR ONLINE TRAINING I HAVE TAKEN? Upon completion of an online course, print your certificate immediately and send it to your resource development or licensing specialist within 15 days of completion. It's always a good idea to save your certificate as a PDF file or keep a hard copy for your own records.

CAN CHILDREN (FOSTER OR BIOLOGICAL) ATTEND CWTA IN-PERSON TRAINING SESSIONS WITH ME? No children will be allowed to attend any CPR/First Aid training sessions unless they are 12 years of age or older and are being certified in CPR/First Aid. Children **CAN** attend sessions offered by CWTA, at the discretion of the resource parent. Children will not be allowed in the training room (unless they are lap babies with strollers/carriers), therefore resource parents should consider what is needed to ensure children remain safe during the training session. During in-person training sessions, children will be permitted to sit in the café area closest to the training room at the discretion of the resource parent. Please note: CWTA will not be responsible for children who are left unattended.

If you have further questions about training, contact CWTA at cwta.training@dc.gov.