

theSOURCE

"Training Minds for Exceptional Practice"

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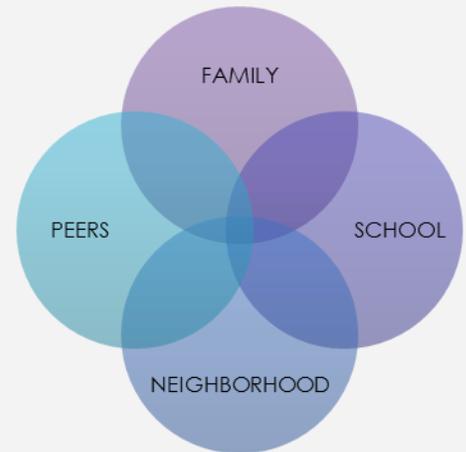
WRITTEN/DESIGNED BY: JOI REECE AND CAROLYN LANDER
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A QUARTERLY PUBLICATION OF THE CHILD WELFARE TRAINING ACADEMY

CWTA is pleased to bring you **theSOURCE**, the newsletter of the DC Child & Family Services 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 select and get the most out of the professional development opportunities offered by CWTA. If there are particular topics or training events you would like to see addressed, please let us know by contacting us directly at joi.reece@dc.gov.

SOCIAL CAPITAL: BUILDING QUALITY NETWORKS FOR YOUTH

SOCIAL CAPITAL refers to the network of social relationships that support healthy development. Research shows that youth who have strong, positive connections to family and the community are less likely to engage in unhealthy risk-taking and more likely to grow into caring, confident, competent young adults. A new issue brief, *Social Capital: Building Quality Networks for Young People in Foster Care* looks at sources of social capital and makes recommendations for practice that can support healthy social relationships and networks for youth.



The following four areas all create and depend on social capital:

- **FAMILY:** Successful development from adolescence and early adulthood is directly correlated to a youth's family connections. Without the security of a family, youth in the child welfare system may lack the foundation they need to

CONTINUED ON PAGE 4...

CROSSWORD PUZZLE WINNERS

Congratulations to

- **TARA L. EDWARDS** and
- **RENEE LAWRENCE**

For being the only two resource parents who completed the crossword puzzle correctly. Your prizes will be mailed to you.

WANT TO RECEIVE THIS NEWSLETTER ONLINE?

If you would like to receive this newsletter via email, please send your email address along with your name to ka-ren.edwards@dc.gov and we will gladly add you to our email list!

1st 2013 MARATHON WEEKEND TRAINING

The marathon weekend training is coming your way again in March!!! On March 29th-31st, CWTA will offer its **1st MARATHON WEEKEND TRAINING** of the year!!!

If you attend all three days, you can earn up to 15 hours of quality training for free! All trainings are open to both social workers and foster parents!

Contact Carolyn Lander at (202) 727-4798 for more information.



TRAINING SPOTLIGHT 2

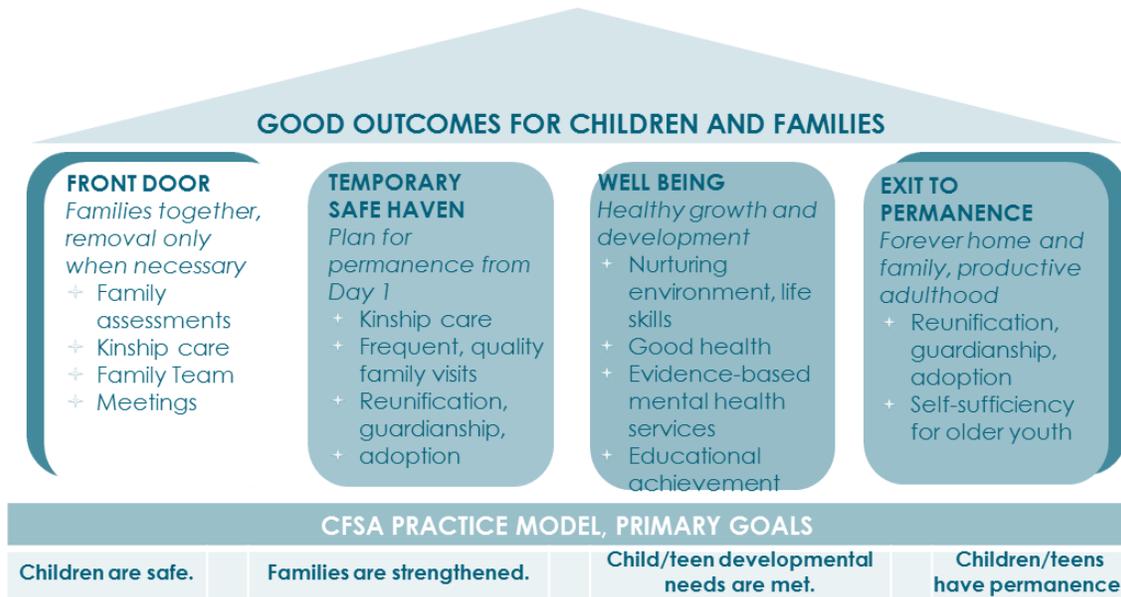
CWTA BLACK HISTORY MONTH SALUTE TO KINSHIP PARENTS

BY: CAROLYN LANDER

The District of Columbia Child and Family Services Agency 'S (CFSA) Four Pillars are the foundation for improved child welfare performance. Kinship families are the foundation on which the Four Pillars initiative rest.

Nationwide, kinship parents are the fastest growing type of out of home placement for children in need; the same is true in the District of Columbia. Research shows children placed with relatives experience fewer traumas and move more quickly to permanence.

CFSA FOUR PILLARS



CFSA's Child Welfare Training Academy's (CWTA) resource parent in-service training program supports Kinship parents and the agency's "Four Pillars" by designing classes that identify and build on kinship family strengths.

CWTA in-service training helps kinship parents understand the circumstances and conditions that brought their children into care. Information provided during training assists parents work with the resulting trauma and behaviors. Kinship parents have the opportunity to ask professions questions and learn from seasoned parents and social workers who attend cross training classes.

CWTA in-service training introduces and reviews CFSA policies, protocols and programs, and explains the parent's and social worker's roles in providing for the needs of our children and teens. In-service training provides information that helps Kinship parents understand the permanency process and assists them make informed decisions regarding guardianship and /or adoption sooner.

February is Black History Month CWTA recognizes and salutes CFSA Kinship families who opened their hearts, maintained family ties, and strengthened their family tree. By supporting CFSA's Four Pillars we are making Black History everyday all year long!

We look forward to seeing you in class were we practice the African proverb "Each One Teach One."

COMBATING COMPASSION FATIGUE: BRAIN AND BODY WELLNESS FOR CAREGIVERS

Resource Parents work 24/7 with children who have been traumatized. Because of this high level of secondary trauma exposure, research (though still in the early exploratory stages) suggests that foster parents may be at greater risk for compassion fatigue than other helping professionals.

- **Empathy:** Empathy is needed to care for traumatized foster children, but if foster parents over-empathize or over-identify with clients, they place themselves at risk for internalizing the children's trauma.
- **Insufficient Recovery Time:** Foster parents may hear similar, horrific stories over and over again, often seven days a week without the respite needed to heal or get some distance from the stories. Thus, an accumulated secondary trauma load builds and can lead to compassion fatigue.
- **Unresolved Personal Trauma:** Many foster parents have had traumatic experiences in their own lives. (e.g., loss of a family member, childhood abuse or neglect, accidents, addiction or mental illness in parents, serious illness or disability in their family of origin, immigration trauma, and others). To some extent, the pain of their own experiences can be "re-activated" by the trauma stories of their foster children causing an increased risk for internalizing the children's trauma.
- **Children's Vulnerability:** Young children are completely dependent upon adults for their emotional and physical needs. When adults mistreat children, it evokes a strong reaction in any person who cares about children. Foster parents are at risk for these strong emotional reactions and their inability to change the children's situation can make them even more vulnerable to compassion fatigue.



Training in childhood trauma and general self-care can have an impact on compassion fatigue risk in resource parenting. What does this mean for you? **CWTA is proud to offer Trauma 101.** Dr. Benjamin Dukes will address these topics using various techniques that are designed to engage every adult learning style. Throughout the day, you will participate in group building exercises, self-exploration, mindfulness exercises, and numerous other learning activities.

Tips for Talking to Children and Youth After Traumatic Events

Traumatic events, such as shootings, bombings, or other violent acts, can leave children feeling frightened, confused, and insecure. Whether a child has personally experienced trauma, has seen the event on television, or has merely heard it discussed by adults, it is important for parents and educators to be informed and ready to help if stress reactions begin to occur.

- Provide children with opportunities to talk about what they are seeing on television and to ask questions.
- Do not be afraid to admit that you cannot answer all of their questions.
- Answer questions at a level the child can understand.
- Provide ongoing opportunities for children to talk. They probably will have more questions as time goes on.
- Use this as an opportunity to establish a family emergency plan. Feeling that there is something you can do may be very comforting to both children and adults.
- Allow children to discuss other fears and concerns about unrelated issues. This is a good opportunity to explore these issues also.
- Help children understand that there are no bad emotions and that a wide range of reactions is normal. Encourage children to express their feelings to adults (including teachers and parents) who can help them understand their sometimes strong and troubling emotions.

ONLINE TRAINING

Parenting requires ongoing education, from pre-fostering classes to a required number of hours for more advanced training (in-service) per year. Many online resources have been approved to help you find the needed classes or and complete these requirements via computer. **Upon the completion each online course, please print your certificate immediately and send them to CWTA within 30 days!!**

CWTA APPROVED ONLINE SITES:

- **www.fosterparents.com:** One year membership: \$24 (not reimbursable).
- **http://www1.dshs.wa.gov/ca/fosterparents/training/ :** The entire FosterParentscope Training program is presented in this award-winning Web site from Washington State. Adapted from the SUNY Fosterparentscope curriculum.
- **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.

Need more information? Contact Carolyn Lander, Resource Parent In-Service Training Coordinator at 202-727-4798 or Carolyn.lander@dc.gov.

Effective immediately, resource parent in-service training, must meet some very specific criteria.

Below are a few highlights of the new policy on training:

POLICY

- Credit will only be granted towards online classes that have been pre-approved by CWTA. See the for approved online sites listed above under "**Online Training.**"
- No more than **12** of the required 30 relicensing hours may come from an external, CWTA-approved training provider, whether online or within a classroom. This means that in order to attain the remaining 18 hours, you must register for/attend training provided by your agency.
- Courses taken within the 2-year in-service training period cannot be repeated for the purpose of adding training hours.
- The following information-gathering/training support methods **ARE NOT** approved for training hours in the District of Columbia:
 - Book reading
 - Movies
 - Extracurricular activities, such as site seeing, picnics, museum visits, theme parks, or sporting events
 - Agency-wide meetings or any other type of meeting
 - Newsletter development
 - Holiday parties or events
 - Job training not related to child welfare



For more information on pre-approval for training or for questions regarding whether or not a training course is acceptable, please contact Carolyn Lander at (202)727-4798 or carolyn.lander@dc.gov.

- **REGISTRATION IS REQUIRED FOR ALL CLASSES.**

Please call the registration line at **(202) 727-5329** to register. You can also register electronically by emailing the above information to cwta.training@dc.gov.

- **PLEASE REGISTER EARLY TO SECURE YOUR ADMISSION IN EACH COURSE.**

Registrations will not be accepted within 48 hours of a course start time.

- **CHILDCARE AND FOOD**

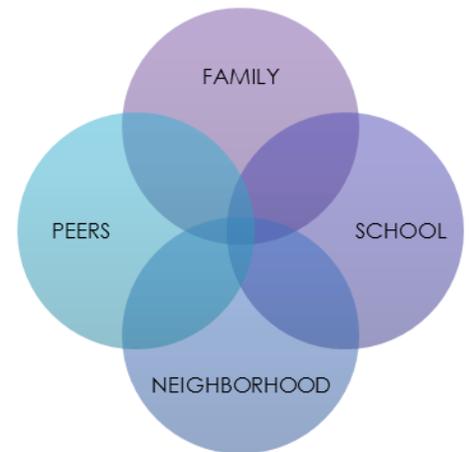
ARE NOT OFFERED. Please ensure that you schedule childcare or respite prior to attending training.

- **IF YOU REGISTER FOR A TRAINING EVENT BUT WILL NOT BE ABLE TO ATTEND, PLEASE CALL CAROLYN LANDER AT (202) 727-4798 ASAP.**



be successful adults. To support this area, we must continually provide youth with opportunities to connect with their families.

- **SCHOOL:** Social capital, as it relates to education, is determined by a youth's involvement in certain community activities or social networks that provide positive role models, praise, support, and guidance. Extracurricular activities are a vitally important source of social capital for many youth. Besides providing the benefits of camaraderie and commitment, extracurricular activities teach valuable skills, such as public speaking, teamwork, leadership, coaching and organization.
- **NEIGHBORHOOD AND COMMUNITY:** Community networks and relationships can provide youth with access to adult support outside the family and the child welfare system, chances to find work and educational interests, and connections with individuals and groups that share and can advance their special interests.
- **PEERS:** Peer relationships play a role in the social and psychological development of youth and are a source of social capital. It is in peer groups that youth in care learn to establish and maintain healthy and rewarding relationships based on clear communication, cooperation, resistance to inappropriate pressure, negotiation, and the seeking of help when it is needed.



Family and caring adults are essential social capital for young people, and so we must make building social relationships and networks a priority in everything that we do that is intended to promote permanency and/or prepare young people for adulthood.

CWTA CROSSWORD PUZZLE

INSTRUCTIONS: Complete the below crossword puzzle and submit via mail {ATTN: Aretha Tinch, 200 I Street, SE, Cube 3239 I, Washington, DC 20003} to CWTA for a prize!! The prize will be mailed to the first 5 puzzles received that are correct and winners will be mentioned in the next newsletter!!

1		2		3							4		5			6			
	7																	8	
		9												10					
						11													
	12																		

ACROSS

1. This is the new American Heart Association (AHA) CPR sequence
3. Successful development from adolescence and early adulthood is directly correlated to a youth's family connections
4. Courses taken within the 2-year in-service training period cannot be _____ for the purpose of adding training hours
7. This information-gathering/training support methods IS NOT approved for training hours in the District of Columbia
9. This is needed to care for traumatized foster children, but if foster parents over-empathize or over-identify with clients, they place themselves at risk for internalizing the children's trauma.
10. This type of relationship plays a role in the social and psychological development of youth and are a source of social capital.
11. In this course, you will participate in group building exercises, self-exploration, mindfulness exercises, and numerous other learning activities
12. This type of CPR/First Aid training is not an approved type of training to attend for training credit towards relicensure

DOWN

2. This information-gathering/training support methods IS NOT approved for training hours in the District of Columbia.
4. This is required for all classes prior to attending.
5. This information-gathering/training support methods IS NOT approved for training hours in the District of Columbia.
6. No more than ____ of the required 30 relicensing hours may come from an external, CWTA-approved training provider, whether online or within a classroom.
8. This is the number of days you have to submit your external certificates of completion to CWTA.

JAN.-MAR. 2013 TRAINING CALENDAR

DATES, TIMES AND LOCATIONS ARE SUBJECT TO CHANGE

JANUARY 2013

DATE/TIME/LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<p>MONDAY, JANUARY 7, 2013</p> <ul style="list-style-type: none"> 9AM-5PM The location will be specified in your confirmation letter. 	<p>HIV/AIDS AND HEPATITIS: This course will provide participants with information about exposure to blood borne pathogens and infectious diseases, specifically HIV/AIDS and Hepatitis. The purpose will be to introduce participants to the basics of HIV/AIDS and Hepatitis including biology, transmission, prevention, treatment, and care. The class will feature a brief introduction to the CFSA Policy on HIV/AIDS. The course will also cover ethical considerations, such as documentation, communication, professional behavior, etc.</p> <p>TRAINER: DR. BENJAMIN DUKES & CARLA PERKINS</p>	<p>6</p>
<p>SATURDAY, JANUARY 12, 2013</p> <ul style="list-style-type: none"> 9AM-5PM The location will be specified in your confirmation letter. 	<p>WORKING WITH LGBTQ YOUTH: This course offers clear definitions and experiential exercises that allow participants to better understand the thought and feelings of LGBTQ youth. Engagement factors that build a trusting helping relationship are discussed. Referral sources and provider information offers resources for both the youth and service providers. Class sizes are limited early registration advisable.</p> <p>TRAINER: DR. BENJAMIN DUKES</p>	<p>6</p>
<p>MONDAY, JANUARY 14, 2013</p> <ul style="list-style-type: none"> 9AM-5PM The location will be specified in your confirmation letter. 	<p>MEDICATION ADMINISTRATION: The purpose of this course will be to provide instruction, on how safely to administer medications according to written physician orders.</p> <p>PREREQUISITE: CPR/FIRST AID TRAINING</p> <p>TRAINER: RONALDA WILLIAMS, RN & CARLA PERKINS, LICSW</p>	<p>6</p>
<p>MONDAY, JANUARY 14, 2013</p> <ul style="list-style-type: none"> 9AM-3PM The location will be specified in your confirmation letter. 	<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>	<p>5</p>
<p>TUESDAY, JANUARY 15, 2013</p> <ul style="list-style-type: none"> 10AM-12PM The location will be specified in your confirmation letter. 	<p>SUICIDE PREVENTION FOR CHILDREN AND TEENS: DC DMH Capital CARES is a city-wide approach for reducing the risk for and eliminating youth suicide. This training focuses particularly on the foster care population which is at greater risk for suicide. It provides participants with the skills to function as "gate keepers", and is designed to teach resource parents and staff what to do when a child or teen in foster care talks about suicide. The training includes next steps and resource parent staff roles during intervention.</p> <p>TRAINER: DAISNIEL FAKUNLE, LGSW</p>	<p>3</p>
<p>THU/FRIDAY, JANUARY 17-18, 2013</p> <ul style="list-style-type: none"> 9AM-5PM The location will be specified in your confirmation letter. 	<p>MENTAL HEALTH FIRST AID: Mental Health First Aid is offered in the form of an interactive 12-hour course that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 12-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.</p> <p>TRAINER: MARY ERADIRI LICSW, LCSW</p>	<p>12</p>

JANUARY 2013

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<p>FRIDAY, JANUARY 18, 2013</p> <ul style="list-style-type: none"> 9AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>HIV/AIDS AND HEPATITIS: <i>This course will provide participants with information about exposure to blood borne pathogens and infectious diseases, specifically HIV/AIDS and Hepatitis. The purpose will be to introduce participants to the basics of HIV/AIDS and Hepatitis including biology, transmission, prevention, treatment, and care. The class will feature a brief introduction to the CFSA Policy on HIV/AIDS. The course will also cover ethical considerations, such as documentation, communication, professional behavior, etc.</i></p> <p>TRAINER: DR. BENJAMIN DUKES & CARLA PERKINS</p>	<p>6</p>
<p>TUESDAY, JANUARY 22, 2013</p> <ul style="list-style-type: none"> 9AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>FAMILIES: AN AFRO-CENTRIC PERSPECTIVE: <i>The training will provide participants with a foundation for the development of more inclusive and effective parenting skills. Participants will learn about the effectiveness of the "Village Concept". At the conclusion of the training participants be able to identify family members, community resources, services and supports that empower the family and promote the Afro –centric "village" concept of family.</i></p> <p>TRAINER: CHESTER MARSHALL, LICSW,LCSW</p>	<p>6</p>
<p>THURSDAY, JANUARY 24, 2013</p> <ul style="list-style-type: none"> 12PM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>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></p> <p>NO LUNCH BREAK DURING THIS COURSE.</p> <p>TRAINER: AHA CERTIFIED TRAINERS</p>	<p>5</p>
<p>TUESDAY, JANUARY 29, 2013</p> <ul style="list-style-type: none"> 9AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>REBUILDING THE EMOTIONALLY BROKEN CHILD: <i>This workshop focuses on the relationship between the resource parent and the child in out-of-home foster care.</i></p> <p>TRAINER: CHESTER MARSHALL, LICSW</p>	<p>6</p>
<p>WEDNESDAY, JANUARY 30, 2013</p> <ul style="list-style-type: none"> 9AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>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></p> <p>NO LUNCH BREAK DURING THIS COURSE.</p> <p>TRAINER: AHA CERTIFIED TRAINERS</p>	<p>5</p>



Did you know that January is National Mentoring Month? Every day, mentors help young people face the challenges of growing into adulthood. By setting a positive example and sharing their time, knowledge, and experience, mentors play an essential role in preparing our Nation's youth for a bright future. During National Mentoring Month, we celebrate the contributions of all those who cultivate a supportive environment for the next generation, and we recommit to expanding mentorship opportunities across our country.

Martin Luther King, Jr. Day of Service is an ideal opportunity to highlight the importance of mentoring. Use the day to honor/celebrate the mentors in your community!!

FEBRUARY 2012

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<p>FRIDAY, FEBRUARY 1, 2013</p> <ul style="list-style-type: none"> 1PM-5PM The location will be specified in your confirmation letter. 	<p>TRAUMA 101: This course will introduce RP's to the essential elements of trauma that every resource parent should know when caring for a child who has been through trauma. They will learn about what trauma is and how they can help children move past their traumatic experiences.</p> <p>TRAINER: DR. BENJAMIN DUKES & CARLA PERKINS</p>	<p>4</p>
<p>MONDAY, FEBRUARY 4, 2013</p> <ul style="list-style-type: none"> 9AM-5PM The location will be specified in your confirmation letter. 	<p>FAMILIES: AN AFRO-CENTRIC PERSPECTIVE: The training will provide participants with a foundation for the development of more inclusive and effective parenting skills. Participants will learn about the effectiveness of the "Village Concept".</p> <p>TRAINER: CHESTER MARSHALL, LICSW, LCSW</p>	<p>6</p>
<p>TUESDAY, FEBRUARY 5, 2013</p> <ul style="list-style-type: none"> 5PM-8PM The location will be specified in your confirmation letter. 	<p>MANAGING DIFFICULT BEHAVIOR IN CHILDREN PT. 1: 1-2-3 Magic is a parenting program developed by registered clinical psychologist that offers easy-to-follow steps for disciplining children without arguing, yelling, or spanking. After attending this class, trainees can immediately start to manage troublesome behavior more effectively, and understand how silence can speak louder than words.</p> <p>TRAINER: DR. RAY BARBER</p>	<p>3</p>
<p>WEDNESDAY, FEBRUARY 6, 2013</p> <ul style="list-style-type: none"> 2PM-4PM The location will be specified in your confirmation letter. 	<p>SUICIDE PREVENTION FOR CHILDREN AND TEENS: DC DMH Capital CARES is a city-wide approach for reducing the risk for and eliminating youth suicide. This training focuses particularly on the foster care population which is at greater risk for suicide.</p> <p>TRAINER: DAISNIEL FAKUNLE, LGSW</p>	<p>3</p>
<p>FRIDAY, FEBRUARY 8, 2013</p> <ul style="list-style-type: none"> 9AM-5PM The location will be specified in your confirmation letter. 	<p>MEDICATION ADMINISTRATION: The purpose of this course will be to provide instruction, on how safely to administer medications according to written physician orders.</p> <p>PREREQUISITE: CPR/FIRST AID TRAINING</p> <p>TRAINER: RONALDA WILLIAMS, RN & CARLA PERKINS, LICSW</p>	<p>6</p>
<p>TUESDAY, FEBRUARY 12, 2013</p> <ul style="list-style-type: none"> 12PM-5PM The location will be specified in your confirmation letter. 	<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>NO LUNCH BREAK DURING THIS COURSE.</p> <p>TRAINER: AHA CERTIFIED TRAINERS</p>	<p>5</p>



Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

FEBRUARY 2012

DATE/TIME/LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<p>THURSDAY, FEBRUARY 14, 2013</p> <ul style="list-style-type: none"> 9AM-5PM The location will be specified in your confirmation letter. 	<p>INCLUDING THE EXCLUDED: WORKING WITH INCARCERATED AND OTHER ABSENT PARENTS: This training will explore issues that arise in families of incarcerated and other unavailable parents. The course will emphasize ways to connect unavailable parents with their children and use extended family relationships to facilitate safety, permanence, and well-being.</p> <p>TRAINER: CHESTER MARSHALL, LICSW,LCSW</p>	<p>6</p>
<p>TUESDAY, FEBRUARY 19, 2013</p> <ul style="list-style-type: none"> 1PM-3PM The location will be specified in your confirmation letter. 	<p>SUICIDE PREVENTION FOR CHILDREN AND TEENS: DC DMH Capital CARES is a city-wide approach for reducing the risk for and eliminating youth suicide. This training focuses particularly on the foster care population which is at greater risk for suicide. It provides participants with the skills to function as "gate keepers", and is designed to teach resource parents and staff what to do when a child or teen in foster care talks about suicide. The training includes next steps and resource parent staff roles during intervention.</p> <p>TRAINER: DAISNIEL FAKUNLE, LGSW</p>	<p>3</p>
<p>THURSDAY, FEBRUARY 20, 2013</p> <ul style="list-style-type: none"> 9AM-3PM The location will be specified in your confirmation letter. 	<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>NO LUNCH BREAK DURING THIS COURSE.</p> <p>TRAINER: AHA CERTIFIED TRAINERS</p>	<p>5</p>
<p>TUESDAY, FEBRUARY 25, 2013</p> <ul style="list-style-type: none"> 5PM-8PM The location will be specified in your confirmation letter. 	<p>MANAGING DIFFICULT BEHAVIOR IN CHILDREN PT. 2: This class goes beyond Controlling Difficult Behavior (Part 1) and focuses on how to encourage good behavior. This class focuses on such important topics as fostering competence, respect, and a child growing independence. Down-to-earth strategies that improve problematic behavior are offered.</p> <p>TRAINER: DR. RAY BARBER</p>	<p>3</p>
<p>THURSDAY, FEBRUARY 28, 2013</p> <ul style="list-style-type: none"> 9AM-5PM The location will be specified in your confirmation letter. 	<p>FAMILIES: AN AFRO-CENTRIC PERSPECTIVE: The training will provide participants with a foundation for the development of more inclusive and effective parenting skills. Participants will learn about the effectiveness of the "Village Concept". At the conclusion of the training participants be able to identify family members, community resources, services and supports that empower the family and promote the Afro-centric "village" concept of family.</p> <p>TRAINER: CHESTER MARSHALL, LICSW,LCSW</p>	<p>6</p>
<p>THURSDAY, FEBRUARY 28, 2013</p> <ul style="list-style-type: none"> 9AM-4PM The location will be specified in your confirmation letter. 	<p>PSYCHOTROPIC MEDICATIONS: To educate resource parents, child welfare professionals, and NCMs about psychotropic medications, the associated policies, and each individuals roles and responsibilities.</p> <p>TRAINER: CARLA PERKINS</p>	<p>5</p>

MARCH IS THE MONTH FOR THE MARATHON WEEKEND TRAINING



The marathon weekend training is coming your way again in March!!! On March 29th-31st, CWTA will offer its **1st MARATHON WEEKEND TRAINING** of the year!!!

If you attend all three days, you can earn up to 15 hours of quality training for free! All trainings are open to both social workers and foster parents!

CONTACT CAROLYN LANDER AT (202) 727-4798 FOR MORE INFORMATION.

DATE/TIME/LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<p>FRIDAY, MARCH 1, 2013</p> <ul style="list-style-type: none"> • 10AM-1PM • <i>The location will be specified in your confirmation letter.</i> 	<p>CHILD PASSENGER SAFETY TRAINING: Participates will learn how to safely transport children and use car seats. Trainers will demonstrate using an actual vehicle and car seats. Participants will receive a certificate for completing the workshop.</p> <p>TRAINER: TERRI MATTHEWS, EMS</p>	<p>3</p>
<p>MONDAY, MARCH 4, 2013</p> <ul style="list-style-type: none"> • 9AM-3PM • <i>The location will be specified in your confirmation letter.</i> 	<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>NO LUNCH BREAK DURING THIS COURSE.</p> <p>TRAINER: AHA CERTIFIED TRAINERS</p>	<p>5</p>
<p>WEDNESDAY, MARCH 6, 2013</p> <ul style="list-style-type: none"> • 9AM-5PM • <i>The location will be specified in your confirmation letter.</i> 	<p>HIV/AIDS AND HEPATITIS: This course will provide participants with information about exposure to blood borne pathogens and infectious diseases, specifically HIV/AIDS and Hepatitis. The purpose will be to introduce participants to the basics of HIV/AIDS and Hepatitis including biology, transmission, prevention, treatment, and care. The class will feature a brief introduction to the CFSA Policy on HIV/AIDS. The course will also cover ethical considerations, such as documentation, communication, professional behavior, etc.</p> <p>TRAINER: DR. BENJAMIN DUKES & CARLA PERKINS</p>	<p>6</p>
<p>THURSDAY, MARCH 7, 2013</p> <ul style="list-style-type: none"> • 9AM-5PM • <i>The location will be specified in your confirmation letter.</i> 	<p>MEDICATION ADMINISTRATION: The purpose of this course will be to provide instruction, on how safely to administer medications according to written physician orders.</p> <p>PREREQUISITE: CPR/FIRST AID TRAINING</p> <p>TRAINER: RONALDA WILLIAMS, RN & CARLA PERKINS, LICSW</p>	<p>6</p>
<p>FRIDAY, MARCH 8, 2013</p> <ul style="list-style-type: none"> • 1PM-3PM • <i>The location will be specified in your confirmation letter.</i> 	<p>SUICIDE PREVENTION FOR CHILDREN AND TEENS: DC DMH Capital CARES is a city-wide approach for reducing the risk for and eliminating youth suicide. This training focuses particularly on the foster care population which is at greater risk for suicide. It provides participants with the skills to function as "gate keepers", and is designed to teach resource parents and staff what to do when a child or teen in foster care talks about suicide. The training includes next steps and resource parent staff roles during intervention.</p> <p>TRAINER: DAISNIEL FAKUNLE, LGSW</p>	<p>3</p>

MARCH 2012

DATE/TIME/LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<p>FRIDAY, MARCH 11, 2013</p> <ul style="list-style-type: none"> 9AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>INCLUDING THE EXCLUDED: WORKING WITH INCARCERATED AND OTHER ABSENT PARENTS: This training will explore issues that arise in families of incarcerated and other unavailable parents. The course will emphasize ways to connect unavailable parents with their children and use extended family relationships to facilitate safety, permanence, and well-being.</p> <p>TRAINER: CHESTER MARSHALL, LICSW, LCSW</p>	<p>6</p>
<p>THURSDAY, MARCH 14, 2013</p> <ul style="list-style-type: none"> 9AM-3PM <i>The location will be specified in your confirmation letter.</i> 	<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>NO LUNCH BREAK DURING THIS COURSE.</p> <p>TRAINER: AHA CERTIFIED TRAINERS</p>	<p>5</p>
<p>THURSDAY, MARCH 21, 2013</p> <ul style="list-style-type: none"> 9AM-12PM <i>The location will be specified in your confirmation letter.</i> 	<p>SUICIDE PREVENTION FOR CHILDREN AND TEENS: DC DMH Capital CARES is a city-wide approach for reducing the risk for and eliminating youth suicide. This training focuses particularly on the foster care population which is at greater risk for suicide. It provides participants with the skills to function as "gate keepers", and is designed to teach resource parents and staff what to do when a child or teen in foster care talks about suicide. The training includes next steps and resource parent staff roles during intervention.</p> <p>TRAINER: DAISNIEL FAKUNLE, LGSW</p>	<p>3</p>
<p>FRIDAY, MARCH 22, 2013</p> <ul style="list-style-type: none"> 9AM-12PM <i>The location will be specified in your confirmation letter.</i> 	<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>NO LUNCH BREAK DURING THIS COURSE.</p> <p>TRAINER: AHA CERTIFIED TRAINERS</p>	<p>5</p>
<p>TUESDAY, MARCH 26, 2013</p> <ul style="list-style-type: none"> 10AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>PSYCHOTROPIC MEDICATIONS: To educate resource parents, child welfare professionals, and NCMs about psychotropic medications, the associated policies, and each individuals roles and responsibilities.</p> <p>TRAINER: CHESTER MARSHALL, LICSW, LCSW</p>	<p>5</p>



Growing out of a small-town school event in California, Women's History Month is a celebration of women's contributions to history, culture and society. The United States has observed it annually throughout the month of March since 1987.

To coincide with Women's History Month 2011, the White House issued a 50-year progress report on the status of women in the United States. It found that younger women are now more likely than their male counterparts to hold a college degree and that the number of men and women in the labor force has nearly equalized.

MARCH 2012

DATE/TIME/LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<p>THURSDAY, MARCH 27, 2013</p> <ul style="list-style-type: none"> 9AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>HIV/AIDS AND HEPATITIS: This course will provide participants with information about exposure to blood borne pathogens and infectious diseases, specifically HIV/AIDS and Hepatitis. The purpose will be to introduce participants to the basics of HIV/AIDS and Hepatitis including biology, transmission, prevention, treatment, and care.</p> <p>TRAINER: DR. BENJAMIN DUKES & CARLA PERKINS</p>	<p>6</p>
<p>WED/THURS, MARCH 27-28, 2013</p> <ul style="list-style-type: none"> 9AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>MENTAL HEALTH FIRST AID: Mental Health First Aid is offered in the form of an interactive 12-hour course that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 12-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.</p> <p>TRAINER: MARY ERADIRI LICSW, LCSW</p>	<p>12</p>
<p>FRIDAY, MARCH 29, 2013</p> <ul style="list-style-type: none"> 8AM-12PM <i>The location will be specified in your confirmation letter.</i> 	<p>TRAUMA 101: This course will introduce RP's to the essential elements of trauma that every resource parent should know when caring for a child who has been through trauma.</p> <p>TRAINER: DR. BENJAMIN DUKES & CARLA PERKINS</p>	<p>4</p>
<p>FRIDAY, MARCH 29, 2013</p> <ul style="list-style-type: none"> 1PM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>TRAUMA 102: Participants will be introduced to the concept of the safety message and how to deliver it effectively, the cognitive triangle, and techniques for helping traumatized children understand and control their emotional and behavioral reactions.</p> <p>TRAINER: DR. BENJAMIN DUKES & CARLA PERKINS</p>	<p>4</p>
<p>SATURDAY, MARCH 30, 2013</p> <ul style="list-style-type: none"> 8AM-4PM <i>The location will be specified in your confirmation letter.</i> 	<p>MANAGING DIFFICULT BEHAVIOR IN CHILDREN PT. 1/2: 1-2-3 Magic is a parenting program developed by registered clinical psychologist that offers easy-to-follow steps for disciplining children without arguing, yelling, or spanking.</p> <p>TRAINER: DR. RAY BARBER</p>	<p>6</p>
<p>SATURDAY, MARCH 30, 2013</p> <ul style="list-style-type: none"> 10AM-4PM <i>The location will be specified in your confirmation letter.</i> 	<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>	<p>5</p>
<p>SUNDAY, MARCH 31, 2013</p> <ul style="list-style-type: none"> 9AM-5PM <i>The location will be specified in your confirmation letter.</i> 	<p>REBUILDING THE EMOTIONALLY BROKEN CHILD: This workshop focuses on the relationship between the resource parent and the child in out-of-home foster care.</p> <p>TRAINER: CHESTER MARSHALL, LICSW</p>	<p>6</p>