

## Foster Caregiver In-Service Training

Please telephone 877/800-3393 to register for any of the DCFS in-service training listed on the schedule. The in-service training classes provide ongoing support to foster Caregivers. The focus is on “how to” and participants learn techniques to take home and use.

*All DCFS foster & adoptive parent in-Service training is training open to all DCFS and private child welfare agency caregivers.*

### Foster PRIDE Modules

- ❑ **Module 1 - Foundation for Meeting the Developmental Needs of Children at Risk (12 hours of training)**  
**Content:** The focus of this module is how to build self-esteem in children, how kids act when they need recognition, power, freedom, enjoyment and to belong, and how to listen to what kids say and not what we think they say.
  
- ❑ **Module 2 - Using Discipline to Protect, Nurture and Meet Developmental Needs (9 hours of training)**  
**Content:** This workshop provides practical information to foster parents about how to use effective discipline techniques such as I-messages, natural and logical consequences, time out and how to catch kids being “good” and what to do to encourage positive behavior.
  
- ❑ **Module 4 - The Sexual Development of Children and Responding to Child Sexual Abuse (9 hours of training)**  
**Content:** Participants learn to differentiate normal from problematic sexual behaviors in children and youth, signs and symptoms of sexual abuse and ways to help sexually abused children recover.
  
- ❑ **Module 5 – Supporting Relationships Between Children and Their Families (9 hours of training)**  
**Content:** This training focuses on helping foster parents learn how to help kids attach to caregivers and at the same time stay loyal to birth families. Caregivers learn about how to prepare and support children for and after visits with the birth family and how to share the parenting role with birth parents.
  
- ❑ **Module 6 - Working as a Professional Team Member (9 hours of training)**  
**Content:** Foster parents learn what everyone’s role is on the team, when and how to be an advocate for children, what conflict is and their own personal style for managing it, and how conflict can be a “win – win” situation for everyone involved.
  
- ❑ **Module 7 – Promoting Children’s Personal and Cultural Identity(6 hours of training)**  
**Content:** Culture includes traditions, values, customs and history. What “culture” means to a child’s self-esteem, how to manage cultural diversity in a foster home, how to discuss sensitive issues with children and how to help a child record his or her history are topics covered in this module.
  
- ❑ **Module 8 – Promoting Permanency Outcomes (9 hours of training)**  
**Content:** The focus of this training is on families who have children in care and supporting reunification of the children and parents.

- ❑ **Module 9 – *Managing the Impact of Placement on Your Family* (6 hours of training)**  
**Content:** In this training caregivers learn how fostering children can affect family relationships and how to minimize stresses that can result and the supports that are available.
- ❑ **Module 10 – *Understanding the Effects of Chemical Dependency on Children and Families* (15 hours of training)**  
**Content:** Foster parents will study the risk factors for chemical use, abuse, and dependency and understand relapse and recovery and be able to acquire skills necessary to be an active member of the team to support recovery in birth parents.

#### Other In-Service Training

- ❑ **Child and Family Team Meetings for Caregivers (3 hours of training) E-Learning**  
Everyone that is part of “The Child and Family Team” (CFTM) works towards permanency for the child. This on-line training helps the caregiver to understand their role as a member of the team.
- ❑ **Educational Advocacy (6 hours of training)**  
This course covers information parents need to know so that they can advocate for their foster children’s educational rights and needs.
- ❑ **Integrated Assessment and Foster Parents (2 hours of training)**  
Integrated Assessment is the Department’s method of assessing children and families. This training was created to answer caregiver’s questions about the Integrated Assessment Program.
- ❑ **Transcultural Parenting In-Service Training (9 hours of training)**  
This training helps caregivers explore the realities, both positive and challenging of being a multicultural family and the impact of adopting someone “different” than the other family members.
- ❑ **Child Trauma Training for Caregivers (4 hours of training)**  
**New Summer 2007**  
**Content:** Child Trauma for Caregivers is an informational workshop designed to help Caregivers understand child trauma. The first part of the training focuses on understanding and recognizing child trauma. Participants will learn to recognize signs and symptoms of trauma throughout childhood. The second half of the class focuses on healing and recovery. In this part of the training, participants will learn strategies for talking with and supporting children who have experienced trauma.
- ❑ **Module 12 - *Understanding & Promoting Pre-Teen and Teen Development* (6 hours of training)**  
**New Summer 2007**  
**Content:** This new course will assist Caregivers to identify developmentally appropriate ways to best promote healthy development for preteens and teens who have experienced abuse, neglect and trauma. This six-hour module will help foster/adopt caregivers to understand the teen brain development and the impact of trauma and loss on preteens and teens. Participants will learn specific strategies that caregivers can use fostering teenagers in the day to day life of the foster family.
- ❑ **The Teen in Foster Care: Supporting Attachment (6 hours of training)**  
**New Summer 2007**  
**Content:** Attachment and the Teen in Family Foster Care will help foster/adopt caregivers to understand how early attachment experiences have impacted the teen's development. The training covers the teen's perspective on how the accumulation of loss, separation and trauma impact his or her beliefs, feeling, behaviors and relationships. Participants will learn specific tips for helping manage behaviors that develop over time - out of the teen's adaptive responses to trauma, grief and loss.