



Western Ohio  
Regional Training Center

**On-Going In Person Foster Parent Training – January, February, and March  
2024**

Title	CAPS Locator #	Date & Time	Trainer	Location
<b>Starting Right and Ending Right</b>	7566	Saturday Jan 13 <sup>th</sup> 9:00-4:00	Jim Still-Pepper	Allen County Children Services, 123 W. Spring St, Lima
<b>Children Grieve Too!</b>	8490	Saturday Jan 27 <sup>th</sup> 9:00-4:00	Maggie Lupton	WORTC 1312 Research Park Drive, Dayton
<b>Lifelong Connections</b>	8597	Saturday Feb 10 <sup>th</sup> 9:00-4:00	Val Larkin	WORTC 1312 Research Park Drive, Dayton
<b>Curly Hair and Skin Care</b>	7565	Saturday Feb 17 <sup>th</sup> 9:00-12:00	Lauren Burnette	Allen County Children Services, 123 W. Spring St, Lima
<b>Understanding and Building Attachment</b>	7564	Saturday Feb 17 <sup>th</sup> 1:00-4:00	Deb McMullen	Allen County Children Services, 123 W. Spring St, Lima
<b>The Good Stuff, Building Self-Esteem in Kids at Risk</b>	8591	Saturday Mar 2 <sup>nd</sup> 9:00-4:00	Jim Still-Pepper	Allen County Children Services, 123 W. Spring St, Lima
<b>Interventions with Lying and Stealing</b>	8513	Saturday Mar 16 <sup>th</sup> 9:00-4:00	David Zidar	WORTC 1312 Research Park Dr, Dayton



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**On-Going Virtual Foster Parent Training – January, February and March 2024**

Title	CAPS Locator #	Date & Time	Trainer	Location
<b>Lunch and Learn - Coaching - Dangerous Behaviors in Kids effected by Trauma</b>	Contact Julie Neidhart At 937-562-6677 or Julie.neidhart2@jfs.ohio.gov	Monday Jan 8 <sup>th</sup> 12:00-1:00	Jim Still-Pepper	Zoom
<b>Lunch and Learn - RR - Parenting in Racially Diverse Families</b>	8586	Thursday Jan 18 <sup>th</sup> 11:30 – 1:00	Jody Johnston-Pawel	Zoom
<b>Race Matters for Transracial Adoptions (SWORTC)</b>	8673	Saturday Jan 27 <sup>th</sup> 1:00 – 4:15	Laura Morello	Zoom
<b>Lunch and Learn - Parenting a Child with History of Sex Trauma -RR</b>	8587	Thursday Feb 8 <sup>th</sup> 11:30-1:00	Jody Johnston-Pawel	Zoom
<b>Lunch and Learn - Coaching - Building Better Boundaries in Kids Effected by Trauma</b>	Contact Julie Neidhart At 937-562-6677 or Julie.neidhart2@jfs.ohio.gov	Monday Feb 12 <sup>th</sup> 12:00-1:00	Jim Still-Pepper	Zoom
<b>Lunch and Learn - Coaching - Conscience Development on Kids Effected by Trauma</b>	Contact Julie Neidhart At 937-562-6677 or Julie.neidhart2@jfs.ohio.gov	Monday Mar 4 <sup>th</sup> 12:00-1:00	Jim Still-Pepper	Zoom
<b>Lunch and Learn - Cultural Humility - RR</b>	8589	Thursday Mar 14 <sup>th</sup> 12:00-1:00	Jody Johnston-Pawel	Zoom

## **Training Descriptions**

### **Starting Right and Ending Right**

Starting Right segment of this workshop explores how relationships are formed. It promotes healthy ways of creating strong family relationships, right from the start.

Ending Right segment deals with how to properly end relationships. It offers practical steps for helping youth move on from a relationship that is ending. As a combined training, caseworkers and caregivers will more fully understand their unique roles in the process of starting and ending right, and will assure that they are on the "same page" in their work with youth.

### **Children Grieve Too**

This workshop will begin by taking class participants on the journey our children often face - being removed from their families. Participants will discuss the different things that children grieve for when coming into foster care. They will recognize ways to help children through those trying times. Participants will be engaged in a hands-on activity that they can do with their children at home. The activity will help children to verbalize and release grief they might be feeling. Participants will also consider how a child's developmental stage may impact the grief process.

### **Lifelong Connections**

When planning for permanency with adolescents, we have to think and use approaches differently from when planning for younger children. Permanency for older youth is not centered around the living arrangement; it is not simply providing independent living services; and it is not just offering adoption. Instead, it provides youth with the opportunity to forge lifelong permanent connections to people they identify as important. This training allows participants to experience the impact of permanent connections and grasp why they are important. Finally, participants will come to understand how adolescent development relates to permanency.

### **Curly Hair and Skin Care**

The need for hair and skin care education within transracial families, especially with ethnic undertones, is vital. While a percentage of foster parents are predominantly Caucasian, research shows that the percentage of African American children in foster care is on the rise. This supply and demand leaves gaps in cultural needs and knowledge while hair care is no exception.

### **Understanding and Building Attachment**

This training, specifically designed for licensed resource families, in the early years of their caregiving development, will provide participants with an understanding of how attachment develops and the four attachment styles. Participants will learn indicators for each attachment style and strategies to help children develop attachments. This training is part of the Fundamentals of Fostering series.



## **The Good Stuff, Building Self-Esteem in Kids at Risk**

Abuse, neglect, placement, and other related issues take their toll on the self-esteem of kids. This workshop explores how caseworkers and caregivers can develop and enhance the self-esteem of the children with whom they work. Participants will walk away feeling stronger about their ability to meet the needs of their children.

## **Interventions with Lying and Stealing**

This course helps foster parents and staff develop interventions with children who lie or steal. The central goal of this course is to provide a better understanding of the "function" of these behavior. - Why do foster children lie and steal? Central to the discussion are the development of empathy for these children and determining the types of interventions that work best.

## **Race Matters for Transracial Adoptions**

It can feel challenging to assess prospective adoptive parents who will be adopting a transracial child. Following MEPA (Multiethnic Placement Act) regulations may leave workers feeling perplexed about how to discuss race or racism during assessment or preparation with parents. This course seeks to address some of those concerns by exploring how to best support transracially adoptive families through exploring best practices, gleaned from adoptees themselves. As vital members of the adoptive family's journey, workers will also explore how systemic racism seeps its way into their work and result in unconscious biases. However, with understanding and the development of cultural humility, workers will be able to better support adoptive families around the issues of race and racism. With that understanding, adoptive parents and transracial adoptees will then have much better outcomes.



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CPR Schedule 2024								
Weekday evenings - ECORTC								
Saturdays - WORTC								
Date	CAPS Locator #	Day	Time		Date	CAPS Locator #	Day	Time
<b>January</b>					<b>July</b>			
1/6/2024	8249	Saturday	9:00-12:15		7/6/2024	8261	Saturday	9:00-12:15
1/10/2024	8554	Wednesday	6:00-9:15		7/10/2024	8629	Wednesday	6:00-9:15
1/20/2024	8250	Saturday	12:00-3:15		7/20/2023	8273	Saturday	12:00-3:15
1/23/2024	8555	Tuesday	6:00-9:15		7/23/2024	8635	Tuesday	6:00-9:15
<b>February</b>					<b>August</b>			
2/3/2024	8254	Saturday	9:00-12:15		8/3/2024	8262	Saturday	9:00-12:15
2/7/2024	8556	Wednesday	6:00-9:15		8/7/2024	8638	Wednesday	6:00-9:15
2/17/2024	8267	Saturday	12:00-3:15		8/17/2024	8274	Saturday	12:00-3:15
2/21/2024	8559	Wednesday	6:00-9:15		8/19/2024	8642	Monday	6:00-9:15
<b>March</b>					<b>September</b>			
3/2/2024	8255	Saturday	9:00-12:15		9/7/2024	8263	Saturday	9:00-12:15
3/4/2024	8564	Monday	6:00-9:15		9/9/2024	8649	Monday	6:00-9:15
3/16/2024	8268	Saturday	12:00-3:15		9/21/2024	8275	Saturday	12:00-3:15
3/20/2024	8567	Wednesday	6:00-9:15		9/27/2024	8650	Friday	6:00-9:15
<b>April</b>					<b>October</b>			
4/6/2024	8257	Saturday	9:00-12:15		10/5/2024	8264	Saturday	9:00-12:15
4/9/2024	8572	Tuesday	6:00-9:15		10/8/2024	8651	Tuesday	6:00-9:15
4/20/2024	8269	Saturday	12:00-3:15		10/19/2024	8276	Saturday	12:00-3:15
4/24/2024	8585	Wednesday	6:00-9:15		10/23/2024	8654	Wednesday	6:00-9:15
<b>May</b>					<b>November</b>			
5/4/2024	8259	Saturday	9:00-12:15		11/2/2024	8265	Saturday	9:00-12:15
5/9/2024	8614	Thursday	6:00-9:15		11/6/2024	8655	Wednesday	6:00-9:15
5/18/2024	8270	Saturday	12:00-3:15		11/16/2024	8277	Saturday	12:00-3:15
5/20/2024	8619	Monday	6:00-9:15		11/18/2024	8656	Monday	6:00-9:15
<b>June</b>					<b>December</b>			
6/1/2024	8260	Saturday	9:00-12:15		12/7/2024	8266	Saturday	9:00-12:15
6/3/2024	8623	Monday	6:00-9:15		12/11/2024	8657	Wednesday	6:00-9:15
6/15/2024	8272	Saturday	12:00-3:15					
6/18/2024	8626	Tuesday	6:00-9:15					



## Virtual Preservice training beginning 1/29/24

### Weekday Daytime Schedule

Day	CAPS Locator #	Date	Time	Training	Trainer
Monday	10231	1/29/24	1:00-3:30pm	Basics of Placement	Angie Buckalew
	10232		3:45-5:15pm	Partnering with the Primary Family	Angie Buckalew
Tuesday	10233	1/30/24	1:00-2:30pm	Trauma Overview	Angie Buckalew
	10234		2:45-4:15	Impact of Trauma	Angie Buckalew
	10235		4:30-5:30pm	Permanency	Angie Buckalew
Thursday	10236	2/1/24	1:00-3:00pm	Child Development	Angie Buckalew
	10237		3:15-4:15pm	Adolescent Development	Angie Buckalew
Friday	10238	2/2/24	1:00-3:00pm	Effects of Caregiving	Megan Wendling
	10239		3:15-5:15pm	Discipline Foundations	Megan Wendling
Tuesday	10242	2/6/24	1:00-2:30pm	Diversity Foundations	Megan Wendling
	10243		2:45-4:15pm	Maintaining Connections	Megan Wendling

## **Preservice Training Descriptions**

### **Basics of Placement**

This course, part of the Preservice training series, helps learners understand how children come into care and are matched with a family. Laws influencing matching decisions are discussed, including MEPA, ICWA, Title VI. Learners will understand the importance making an informed decision about the placement and how to create an environment in which the child feels welcomed and safe.

### **Trauma Overview**

This course, part of the Preservice training series, defines trauma and explores how trauma influences brain architecture, development, and the ability to attach. Learners will consider how trauma may impact not just the child, but others on the child protection team. Learners will think about how their trauma histories may impact how they will provide care.

### **The Impact of Trauma**

This course, part of the Preservice training series, focuses on how trauma impacts the children in care. Learners will consider what new skills and knowledge they will need to provide appropriate care to children who have been impacted by trauma.

### **Permanency**

This course, part of the Preservice training series, explains the importance of permanency and reviews permanency options for children in care, including reunification and adoption. Adoption supports, including subsidies, are discussed. Learners will consider how they can help prepare children for permanency

### **Partnering with the Primary Family**

This course, part of the Preservice training series, helps learners understand their need to partner with the primary family for the child's benefit. The importance of empathy is explored, and learners consider child protection from the perspective of the primary family. Learners will hear about the value of partnering from those with lived experience.



### **Maintaining Connections**

This course, part of the Preservice training series, explores the importance of maintaining the child's connections to their primary family and other important adults and peers. Learners will be introduced to the C.A.R.E. Guide, Ohio's recommended best practice in co-parenting. Learners will consider strategies to support the child's important relationships.

### **Effects of Caregiving**

This course, part of the Preservice training series, will help learners take a realistic look at caregiving including stressors and challenging events. This course defines burnout and secondary stress and explores the risk to caregivers. Learners will understand the importance of self-care and develop a self-care plan.

### **Child Development**

This course, part of the Preservice training series, discusses how to find and apply good child development information. It introduces the importance of providing positive childhood experiences and supporting nurturing relationships. Learners are made aware of the concept of normalcy and how to apply the reasonable and prudent parenting standard.

### **Adolescent Development**

This course, part of the Preservice training series, explores what happens during adolescence, including brain development, identity development, and life skills development. Learners will consider how they can support adolescents through this period of development.

### **Diversity Foundations**

This course, part of the Preservice training series, introduces the concepts of diversity competence and cultural humility, disproportionality, and disparity. Learners will consider how equity and inclusion efforts can mitigate disparity and disproportionality. Learners will also explore their own implicit bias and think about how they can confront their bias. Strategies for creating an inclusive and equitable home will be discussed.

### **Discipline Foundations**

This course, part of the Preservice training series, discusses the knowledge and skills needed to appropriately discipline children. Learners will consider the importance of re-framing behavior and taking an approach that focuses on relationship, managing their emotions, and being intentional. Learners will also discover how to determine if a discipline strategy is appropriate.





## Welcome to Lunch and Learn!

Lunch and Learn sessions are virtual coaching opportunities that will take place during the lunch time on a weekday. Please see the schedule below for upcoming events. Some of these events are coaching sessions that you cannot find in CAPS. Pay close attention to registration instructions for each session.

### General information

- Contact Julie Neidhart ([Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)) if you would like a reservation.
- Handouts will be emailed to all participants prior to the day of the coaching
- Same rules apply to these sessions as all other virtual trainings – including the 15-minute rule, wearing proper attire, no multi-tasking and participation expected.
- If there is a topic that you would like more information on contact [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)

## Upcoming Lunch and Learn Sessions

Monday, January 8<sup>th</sup>, 2024 - 12:00-1:00pm

Please contact Julie Neidhart for a reservation ... [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)

**Dangerous Behaviors in Kids Effected by Trauma:** This coaching helps participants gain insight into the signs and symptoms of dangerous behavior. Participants will discover key insights on how to stabilize dangerous behavior. We cover things like suicide, fire setting, homicide, and self-injury.

**Coach: Jim Still-Pepper**



# Upcoming Lunch and Learn Sessions

Thursday, January 18<sup>th</sup>, 2024 - 11:30-1:00pm

Register in CAPS with **Locator # 8586**

**Resource Readiness - CULTURAL AND DIVERSITY ISSUES:** This course helps participants understand the impact of parenting children from different racial/ethnic/cultural backgrounds and to know how to honor and incorporate child's race/ethnicity/culture into their existing family system. Strategies are identified to help children develop positive and proud identities and to help children and families prepare for and handle racism in all forms.

**Trainer: Jody Johnston-Pawel**

Thursday, February 8<sup>th</sup>, 2024 11:30-1:00pm

Register in CAPS with **Locator # 8587**

**Resource Readiness - CARING FOR CHILDREN WHO HAVE BEEN SEXUALLY ABUSED:** This course identifies the indicators of sexual abuse and the impact of interrupted sexual development, highlighting the unique challenges associated with parenting children who have been sexually abused. The potential risk factors for children who have experienced sexual trauma including re-victimization, sexual trafficking, and re-enactment behaviors are covered. Effective parenting strategies that can help keep children safe and help them heal from sexual trauma are highlighted.

**Trainer: Jody Johnston-Pawel**

Monday, February 12<sup>th</sup>, 2024 - 12:00-1:00pm

Please contact Julie Neidhart for a reservation ... [Julie.Neidhart2@ifs.ohio.gov](mailto:Julie.Neidhart2@ifs.ohio.gov)

**Building Better Boundaries in Kids Effected by Trauma:** Having boundaries and learning to set them and keep them are an important life skill. Many times, trauma can make it hard for youth to set and maintain appropriate boundaries. Helping kids learn these skills can make a draw a positive line in the sand (so to speak.)

**Coach: Jim Still-Pepper**

# Upcoming Lunch and Learn Sessions

Monday, March 4<sup>th</sup>, 2024 - 12:00-1:00pm

Please contact Julie Neidhart for a reservation ... [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)

**Conscience Development in Children Effected by Trauma:** No conscience is a phrase we hear a lot. And often the news about criminally minded kids can be scary—they can seem so dangerous. Yet, they are treatable. This workshop highlights some of the diagnostic symptoms of conscience-less kids and offers practical steps to creating change. Participants will learn how to help children develop a conscience.

**Coach: Jim Still-Pepper**

Thursday, March 14<sup>th</sup> 2024 – 12:00-1:00pm

Register in CAPS with **Locator # 8589**

**Resource Readiness - CULTURAL AND DIVERSITY ISSUES:** This course provides participants with an overview of cultural humility and helps participants recognize the importance of honoring children’s cultural identity and respecting families from varying races, religions, ethnicities, and economic statuses. Openness to a child’s sexual orientation and gender identity and expression and viewing these differences from a strengths-based perspective is highlighted. This course shares strategies for parents who are fostering or adopting to respect as well as navigate differences in values from the children and families, while acknowledging imbalances of power and inequities.

**Trainer: Jody Johnston-Pawel**

