



On-Going Trainings

September, October, November, and December 2024

Title	CAPS Locator #	Date & Time	Trainer	Location
Fetal Alcohol Spectrum Disorders: A Hidden Struggle	14298	Wednesday September 11 th 9:00-12:00	Karen Channells	Virtual
Lunch and Learn- Attachment – Resource Readiness	13920	Thursday September 12 th 11:00-1:00	Jody Johnston Pawel	Virtual
Normalcy	10437	Saturday September 21 st 9:00 - 4:00	Anthony President	Allen County CSB 123 W. Springs St, Lima
Lunch and Learn- Coaching – Behaviors and Bullies	Reach out to Julie Neidhart for schedule and registration information! Julie.Neidhart2@jfs.ohio.gov	Wednesday September 25 th 12:00-1:00	Jim Still-Pepper	Virtual
Zzz's to A's: Supporting Sleep for Better Functioning	14299	Wednesday September 25 th 9:00-12:00	Stacy Simera	Virtual
Education Rights of Children Resource Readiness	15336	Thursday September 26 th 11:00 – 1:00	Sharon Dunlevy	Virtual



“Mind, Body and Soul...A Caregiver’s Journey”

WORTC Virtual Conference

Reach out to Julie Neidhart for schedule and registration information!

Julie.Neidhart2@jfs.ohio.gov

Th, Fri, Sat
Oct 24th – Oct 26th

Up to 10 different trainers
Up to 24 different trainings to choose from. See flyer to find dates and times!

Keynote speakers each day
Up to 8 “new” trainings not offered in CAPS before

Preventing Foster Care Disruptions	14180	Saturday November 2 nd 9:00-4:00	Jim Still-Pepper	Allen County CSB 123 W. Spring St, Lima
Distinguishing Between Poverty and Neglect	14145	Friday November 8 th 9:00-12:00	Chris Cross	Virtual
Creating a Stable, Nurturing and Safe Home Resource Readiness	15309	Thursday November 14 th 11:00-1:00	Jody Johnston Pawel	Virtual
Confidence in the Courtroom for Resource Families Resource Readiness	15308	Saturday November 16 th 9:00-12:00	Laurie Wolfe	Virtual
Lunch and Learn - Coaching – Holiday Stress on Kids in Care	Reach out to Julie Neidhart for schedule and registration information! Julie.Neidhart2@jfs.ohio.gov	Monday November 25 th 12:00-1:00	Jim Still-Pepper	Virtual
Curly Hair and Skin Care	12524	Saturday December 7 th 9:00-12:00	Laruen Burnett	Allen County CSB 123 W. Spring St, Lima
Teens in Foster Care and Emotional Resiliency	14189	Saturday December 7 th 1:00-4:00	Jewel Harris	Allen County CSB 123 W. Spring St, Lima



Lunch and Learn – Coaching - How Christmas Effects kids in Care	Reach out to Julie Neidhart for schedule and registration information! Julie.Neidhart2@jfs.ohio.gov	Monday December 9 th 12:00-1:00	Jim Still-Pepper	Virtual
Lunch and Learn – Separation, Grief and Loss Resource Readiness	15310	Thursday December 12 th 11:00-1:00	Jody Johnston Pawel	Virtual
Using Discipline to Teach Self- Regulation	13922	Saturday December 14 th 9:00-12:15	Brian Lowery	Virtual
Behavior Management 1: Managing Surface Behaviors of Acting Out	13923	Saturday December 14 th 1:15-4:15	Brian Lowery	Virtual



Training Descriptions

Fetal Alcohol Spectrum Disorder: A Hidden Struggle

The course will cover what FASDs are, the primary symptoms of this brain-based disability, the difference between willful misbehavior and symptoms of FASD, how secondary symptoms can cause misdiagnoses, and how to find the support and help needed to get a child diagnosed and properly supported.

Normalcy and the Reasonable and Prudent Standard: What's the Standard

Depending on how the permissions in your portal are constrained, changing the provider might have an impact: some admins could lose their right to take action on this event and associated sessions. Besides, upon changing the event provider, the field "Primary Preferred Instructors" (or Secondary Preferred Instructors) in 'session defaults' section of the event will be emptied to avoid wrong instructors to be selected by default for new sessions. You might want to select new preferred instructors at the event level.

Zzz's to A's: Supporting Sleep for Better Functioning Properties

The purpose of this course is to educate child protective workers and caregivers on child and adolescent sleep needs, the effects of chronic sleep deprivation, and how to better support healthy sleep.

Preventing Foster Care Disruptions

Disruption does not have to determine the end of the relationship. This training will help participants know how to respond to youth who are struggling. Participants will discover what it takes to help youth feel like they belong. Foster and adoptive parents will learn the keys to staying on course and will explore how trust filters help prevent disruptions.



Distinguishing Between Poverty and Neglect

It is important that resource families understand that poverty and neglect do not always go hand in hand. In this class, you will learn to not only distinguish between the two but also understand why poor children are more likely to come to the attention of the child protection system. You will learn how structural racism factors in the disproportion of children of color in foster homes, how poverty can be a risk factor of neglect but not a prerequisite, and how bias and stereotypes can impact a caregiver's ability to work with a child and their family experiencing poverty. Most importantly, you will learn strategies that will help you work collaboratively with families from a socioeconomic status that differs from your own.

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.

Teens in Foster Care and Emotional Resiliency

Regardless of where young people are placed in the child welfare system, they need to develop boundaries, emotional health, and the skills to build lifelong relationships. There are specific tools that can help young people overcome the trauma of their pasts and navigate adult relationships. This workshop has been designed to incorporate the insights of foster care alumni throughout the nation to equip professionals to facilitate the emotional development of youth in care. It includes national research on foster care alumni and post-traumatic stress disorder. Participants will leave with concrete tools to support adolescents in foster care with the development of personal boundaries and the skills to build trusting, restorative relationships.



Using Discipline to Teach Self-Regulation

This training, part of the Fundamentals of Fostering series, focuses on helping caregivers understand discipline as a series of teachable moments rather than a way to control behavior. Participants will consider the importance of self-regulation and how various parenting styles influence discipline. Participants will learn discipline strategies for teaching children how to regulate their emotions and behaviors.

Behavioral Management 1: Managing Surface Behaviors of Acting Out

This program explores major pre-placement dynamics, including separation, and how they influence behavior. It also gives resource parents a model for structuring a supportive and therapeutic setting for children with behavioral challenges. Further, it reviews fundamental social learning theory and offers several practical applications for use with children in out-of-home care.



CPR Schedule 2024

Weekday evenings - ECORTC

Saturdays - WORTC

Date	CAPS Locator #	Day	Time	Date	CAPS Locator #	Day	Time
January				July			
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
February				August			
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
March				September			
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
April				October			
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
May				November			
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
June				December			
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				



Welcome to Lunch and Learn!

Lunch and Learn sessions are virtual coaching opportunities for **licensed caregivers** that will take place during the lunch time during a weekday. Please see the schedule below for upcoming events. Many 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) if you would like a reservation for a **coaching**.
- **For coaching's:** Zoom link and handouts will be emailed to all participants prior to the day of the coaching. For sessions in CAPS, registration will be through CAPS
- Same rules apply to these sessions as all other virtual trainings – including 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



Upcoming Lunch and Learn Sessions

Thursday, September 12th, 2024 – 11:00-1:00pm

Register in CAPS with **Locator # 13920**

Resource Readiness –Attachment: This course helps participants understand the importance of attachment in parenting, both for the children and parents who are fostering or adopting. It covers the impact of fractured attachments/lack of attachments on children's ability to attach and identifies strategies to develop healthy attachment bonds. This course also covers developing trust and developing children's sense of connectedness and belonging. How to be attuned to children and recognizing and honoring children's primary attachment to their families is also highlighted.

Trainer: Jody Johnston-Pawel

Wednesday, September 25th, 2024 - 12:00-1:00pm

Please contact Julie Neidhart for a reservation ... Julie.Neidhart2@jfs.ohio.gov

Everything you always wanted to know about Behaviors and Bullying: Each learner is asked to come to the session with a question or two that they would like addressed in regard to Bullying Behaviors in children if they are the bully or if they are being bullied. Coach Jim Still-Pepper will try to get to as many questions as possible in an open discussion forum.

Coach: Jim Still-Pepper



Thursday, November 14th, 2024 - 11:00-1:00pm

Register in CAPS with **Locator # 15309**

Resource Readiness - Creating a Stable, Nurturing and Safe Home: This course helps participants become aware of strategies to make children impacted by trauma and loss feel psychologically and physically safe and covers how to set up a home to be safe for all household members. This course also covers how the sense of safety ties to behaviors, how to set boundaries, and how to show consistency and predictability using routines and rituals. How to be attuned to children and understand safety from a child's perspective is also highlighted.

Trainer: Jody Johnston Pawel

Monday, November 25th, 2024 - 12:00-1:00pm

Please contact Julie Neidhart for a reservation ... Julie.Neidhart2@jfs.ohio.gov

Holiday Stress for Kids in Care: Each learner is asked to come to the session with a question or two that they would like addressed regarding the holidays and the unique stresses around the holidays. This time may be particularly difficult for kids in care.

Coach: Jim Still-Pepper

Thursday, December 12th, 2024 - 11:00-1:00pm

Register in CAPS with **Locator # 15310**

Resource Readiness – Separation, Grief and Loss: This course helps participants understand the impact of separation and ambiguous loss, and the different ways children grieve. Life-long grieving and the importance of providing opportunities for grieving is explored. Strategies to help children deal with grief and loss are identified. Participants will understand loss and fractured attachments with birth family members and previous placements; recognize the importance of establishing and maintaining essential relationships with and for children; understand the impact of frequent moves and the importance of managing transitions for children; and understand the separation, grief and loss experienced by all members of the foster/adoption network.

Trainer: Jody Johnston Pawel



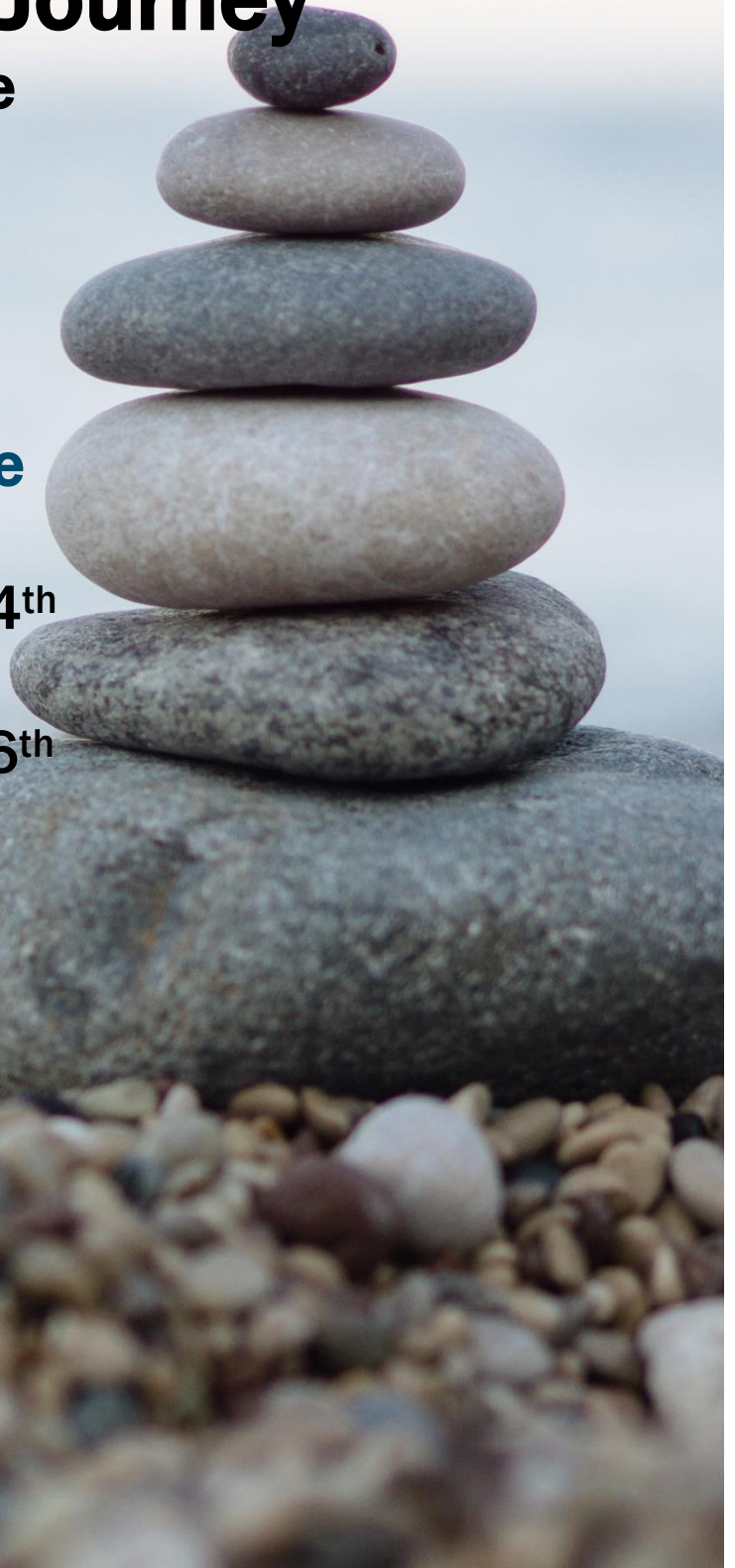
Mind, Body, and Soul...

A Caregiver's Journey

**Schedule and Course
Information**

**WORTC Virtual
Caregiver Conference**

**Thursday, October 24th
Friday, October 25th
Saturday, October 26th**





Your Caregiver's Journey Starts Here!

***Are you thinking about becoming a foster caregiver for children?**

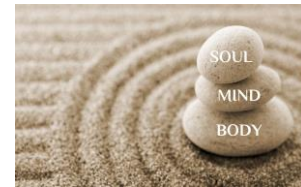
***Do you want to know more about what to expect?**

***Join us for some information and inspiration.**

Along with the "Mind, Body and Soul" conference, these are presentations by 4C for Children for people who are considering becoming Foster Caregivers and would like more information.

Discussions will include:

- Options Available to you
- Real Life Stories
- Youth and Caregiver Perspectives
- Registration preferred but not required.



****No training credit will be given for these meetings**



Thursday, October 24th 6:00pm-7:00pm

<https://us06web.zoom.us/j/84096940460?pwd=HP0btCUXzmv29grCQb7raOSN0kzxTa.1>

Meeting ID: 840 9694 0460

Passcode: 316754



Friday, October 25th 10:00-11:00am

<https://us06web.zoom.us/j/83663470594?pwd=AyW6SkedMVngYZ0sWhwmZY09yUNCbc.1>

Meeting ID: 836 6347 0594

Passcode: 103004



Saturday, October 26th 1:00 - 2:00pm

<https://us06web.zoom.us/j/83033832756?pwd=z0XC5j2Q4XyHjt8lVS1G1kFi0gZb5V.1>

Meeting ID: 830 3383 2756

Passcode: 874635



3 different ways to attend one of the meetings:

1. Scan the QR code!
2. Put the meeting ID and Passcode in your ZOOM app.
3. Copy the ZOOM link and put it in your browser

Contact: Julie Neidhart at Julie.Neidhart2@jfs.ohio.gov for Registration.

Welcome to the WORTC Virtual Caregiver Conference

There are 3 days of trainings offered by several different trainers and many different times, and topics. The next several pages list the dates, times, descriptions, and CAPS locator numbers.

All trainings and Keynote speeches are in CAPS. The trainings listed as “new trainings” are being offered for this conference only.

Each day there will be a Welcoming Session before the Keynote address. Each Keynote address is one-hour long. One hour of live OWCTP training credit will be given for the Keynote address from 8:30-9:30. There will be no training credit for the Welcoming session.

Each morning, after the Keynote Speeches, you will need to go into your Transcript in your CAPS account to Launch the trainings that you have registered for. You will have 15 minutes to do this before the first training after the Keynote speeches.

At each Keynote address, 3 door prizes will be awarded. They will be selected by blind draw.

Expectations for this conference include:

- Your camera will be **on**. Learners will follow basic training etiquette including.... no talking on the phone, drinking alcohol, multi-tasking, and be in a positive training environment. Training credit will not be given to anyone driving during the training.
- **Revised 15-Minute Rule**
Learners may not miss more than 15 minutes of content for virtual trainings **OVER 2** hours. For virtual trainings **2 hours or less**, learners may not miss more **than 5 minutes per hour**. If more than the allotted time is missed, you will not receive training credit.



- Please log into trainings about 10 minutes before the start time to resolve any technical issues.

If you have any questions or concerns, feel free to contact Julie Neidhart at Julie.Neidhart2@jfs.ohio.gov.



What is Resource Readiness?

Beginning in January 2023, foster caregivers who completed Preservice (24-hour series), must complete trainings on 11 required topics during their first recertification period.

These courses do not need to be completed in a certain order. Families must choose one course from each topic. Families are encouraged to select courses specific to the needs of the children placed in their home (if they have already accepted placement) or characteristics of children they have indicated willingness to accept.

If families have completed a course in each topic and need additional training hours to satisfy the 30- or 45-hour requirement, they are able to select additional trainings from any of these topics, or additional courses outside of Resource Readiness topics based on their training needs.

Resource Readiness trainings can be taken by any Certified Caregiver.



The 11 Resource Readiness topics are:

- ❖ Prevention, Recognition and Management of Communicable Diseases
- ❖ Community Health and Social Services Available to Children and their Families
- ❖ Substance Abuse
- ❖ Education Advocacy
- ❖ Cultural and Diversity Issues
- ❖ Family Safety
- ❖ Trauma and its Impact on Children and the Family, Promoting Attachment
- ❖ Caring for Children who have been Sexually Abused
- ❖ Managing Placement Transitions
- ❖ Mental Health, Self-Regulation, and Self-Care
- ❖ Legal and Ethical Issues for Caregivers



Thursday, October 24th, 2024

8:00am-9:30am (1 hour of training credit)

Keynote Speaker: Jody Johnston Pawel – Mind-Body-Consciousness Connection in Trauma-Informed Parenting

The theme of this virtual conference is Mind, Body and Soul – A Caregiver's Journey. This workshop will show how the MIND affects the Body and how unseen forces like the Soul are already all working together to create your current reality. Want to change it? Want to set and achieve your goals? This webinar will give you step-by-step process and practical skills to do so.

CAPS Locator # 16553



9:45am – 12:45pm

NCTSN – Trauma 101

This workshop introduces the concept of trauma as an underlying factor in some foster children's problems. It provides an overview of the essential elements of trauma-informed parenting and provides real world examples of trauma in children. Caregivers are introduced to factors that influence a child's response to traumatic experiences and to the concept of resilience. This workshop is the first in a series of four workshops developed by the National Child Traumatic Stress Network.

Trainer: Brian Lowery **Producer: Kathy Lowery**
CAPS Locator # 16092

9:45am – 4:45pm

Keeping Your Cool and Helping Others Calm Down

Prevent stress from bubbling over and anger from erupting by using the practical tools in this workshop. First, understand the differences between healthy and toxic stress, basic stress/anger management skills, and a simple two-step formula for creating an individualized stress and anger management plan for yourself or others, whether children or adults. Then dive deeper, to understand what's happening biochemically during stress/anger, how emotional addictions and trauma triggers get wired in, and how toxic emotions can create cellular changes that result in disease. Then preview several practical techniques that facilitate neuroplasticity (rewiring the nervous system) and returning to health. The information and skills strategies you learn in this workshop will help improve your personal and professional life, plus you can use what you learn to support or assist children or adults with whom you live or work in better understanding or managing their stress or anger, too.

Trainer: Jody Johnston Pawel **Producer: Julie Neidhart**
CAPS Locator # 16093

9:45am-4:45pm

Discovering Wellness

New training - not normally offered

It's true, parenting children from challenging backgrounds can be incredibly demanding, and it easy to neglect one's own well-being in the process. Parker Palmer's perspective on self-care is a powerful reminder of it's importance. By taking care of ourselves, we are better equipped to care for others.

In this interactive workshop, we focus on the seven areas of wellness that will provide a comprehensive approach to self-care.

Trainer: Jayne Schooler **Producer: David Sherrer**
CAPS Locator # 16094

9:45am – 12:45pm

Understanding Attachment

Resource Readiness

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.

Trainer: Deb McMullen **Producer: Kristi Harkleroad**
CAPS Locator # 16096



1:45pm – 3:45pm

NTDC – Trauma Informed Parenting

Resource Readiness

This course helps participants learn the three Rs (Regulate, Relate, Reason) and other practical trauma-informed parenting strategies. Trauma support resources for children are described. Participants will recognize the importance of finding activities to have fun with children; recognize the importance of connected parenting and the relationship as the foundational cornerstone; understand how to promote healthy behaviors; and recognize the importance of parent's self-regulation. Also highlighted are ways to be proactive versus reactive and the difference between discipline and punishment.

Trainer: Brian Lowery
CAPS Locator # 16098

Producer: Kathy Lowery

1:45pm – 3:15pm

Reunification as the Primary Permanency Goal

Resource Readiness

This course helps participants understand the permanency options that exist and the role of parents who are fostering in permanency planning—especially with reunification. Permanency from the child's perspective is explored. This course helps participants understand their role in caring for children while at the same time preparing them to return home and the role of parents who are fostering in working with the child's family to achieve reunification. Concurrent planning is described.

Trainer: Deb McMullen Producer: Kristi Harkleroad
CAPS Locator # 16099

5:30pm – 8:30pm

Making Room in the Family: The Impact of Foster Care/Adoption on Bio/Permanent Children

New training- not normally offered

"I never knew this would be a concern?" "I wish I had been prepared for this!" "Why are my bio kids not doing well?" These are just a sampling of comments and questions often asked during this most informative and practical workshop. One of the most critical areas often neglected in foster care and adoption preparation and discussion is the impact that this has on children already in the home. This workshop explores ten concerns for birth/permanent children in the home and strategies to manage those concerns when they arise.

Trainer: Jayne Schooler Producer: Julie Neidhart
CAPS Locator # 16100



Friday, October 25th, 2024

8:00am-9:30am (1 hour of training credit)

Keynote Speaker: Jim Still-Pepper – Family Effects

Family Effects offers a straightforward look into how families affect their children. They will be reminded of the power of the family—there is no other force like it on earth.

CAPS Locator # 16577

9:45am –11:45am

Ethical Considerations for Resource Caregivers

Resource Readiness

This workshop will give participants an understanding of common ethical dilemmas encountered by resource caregivers both in working with agency staff as well as in their work with birth family. Participants will also gain an understanding of resources available to assist them with navigating ethical considerations.

Trainer: Deanna Prezioso **Producer: Megan Wendling**

CAPS Locator # 16576

12:30pm –3:30pm

Compassion Fatigue

New training- not normally offered

This class will give participants an understanding of Compassion Fatigue (CF) and how foster caregivers experience and respond to CF. Participants will examine how the responses and emotions experienced from CF are related to the role of foster caregiving and how these emotions influence and drive behaviors. Participants will understand how their own trauma impacts CF and how their own trauma combines with CF to influence behaviors and reaction to children's trauma stories. Finally, participants will understand ways they can effectively care for themselves and manage their emotions and CF.

Trainer: Deanna Prezioso **Producer: Megan Wendling**

CAPS Locator # 16575

9:45am – 12:45pm

NCTSN – Feeling, Behaviors, Connections and Healing

This workshop introduces caregivers to the cognitive triangle and the impact of trauma on children's thoughts, feelings, and behaviors. Caregivers will learn techniques for helping traumatized children to understand and control their emotional and behavioral reactions. It also explores how identity is created through connections and the impact trauma may have on these connections. Caregivers will understand why it is important for children to talk about their traumatic experiences, and how they can make the child feel safe while sharing. This workshop is third in a series of four workshops developed by the National Child Traumatic Stress Network.

Trainer: Brian Lowery **Producer: Kathy Lowery**

CAPS Locator # 16102



9:45am - 12:45pm

7C's of Resiliency

New training - not normally offered

Parents and families play such a vital role in supporting the resilience of children. To do so, the American Academy of Pediatrics recommends developing what Dr. Ken Ginsburg calls "The 7 C's of Resiliency." Through this fun interactive webinar, you'll better understand what resiliency is, why it's important, and how to develop each of the 7 C's through your effective parenting and communication strategies, thereby strengthening children's connections with the important adults in their lives. This will help children bounce back from life's challenges and forge a meaningful and successful life.

Trainer: Jody Johnston Pawel **Producer: Julie Neidhart**
CAPS Locator # 16103

1:45pm - 4:45pm

Preventing Sibling Conflict

This informative workshop offers tips for introducing new children into the foster family, preventing sibling rivalry, and resolving sibling/peer conflicts in ways that teach children how to resolve conflict independently and peacefully. These techniques result in LESS competing, comparing, complaining, arguing, fighting, and tattling, and MORE sharing, cooperating, listening, communicating, respect, peace, and independent conflict resolution.

Trainer: Jody Johnston Pawel **Producer: Julie Neidhart**
CAPS Locator# 16104

9:45am – 4:45pm

Trauma Competent 2024 ****New training - not normally offered***

How does early childhood trauma impact the development of a child? Are there strategies to promote healing? The answer to both these questions and more will be answered in this six-hour course. Foster/adoptive parents and those workers who are involved in their lives, will leave this workshop with a deeper understanding of how trauma shapes the five "b's": the brain, body, biology, belief and behavior of a youngster. All participants will gain understanding how connected parenting can intervene in the negative trajectory of a child's life and set it on a course of healing.

Trainer: Jayne Schooler **Producer: David Sherrer**
CAPS Locator # 16624

9:45am – 4:45pm

For Better or For Worse ****New to virtual**

Frustration can lead to burnout, and burnout is one of the chief motivators of dissatisfaction. Effective caseworkers and caregivers quit because they don't know how to handle "the system." This workshop will help participants learn ways of dealing with "the system" that will help them to avoid burnout. This will be a fast-paced training, filled with lots of success-oriented strategies. There will be no time for complaining! This combined class will provide an opportunity for caregivers and caseworkers to glean from each other's perspectives.

Trainer: Jim Still-Pepper **Producer: Kristi Harkleroad**
CAPS Locator # 16659



1:45pm – 4:45pm

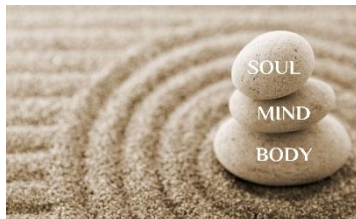
NCTSN – Becoming an Advocate

This workshop focuses on empowering the caregiver as an advocate for children in care and to make sure they get the help they need to recover from the effects of trauma. Participants will understand the need for, and the role of, trauma-informed professionals on the child's treatment team. This workshop also explores the definitions and warning signs of compassion fatigue and secondary traumatic stress. Caregivers will identify specific self-care techniques and develop a self-care plan for preventing secondary traumatic stress. This workshop is fourth in a series of four workshops developed by the National Child Traumatic Stress Network.

Trainer: Val Larkin

Producer: Lamar King

CAPS Locator # 16107



5:30pm – 8:30pm

NCTSN – Understanding Trauma's Effects

This workshop will help caregivers understand how trauma can interfere with children's development and functioning, and how children of different ages may respond to trauma. Caregivers will be introduced to the concept of the "invisible suitcase" and how trauma-informed parenting can "repack" the suitcase. They will gain an understanding of the difference between physical and psychological safety and be introduced to the key component of a safety message. Caregivers will practice delivering an effective safety message and learn techniques to help children cope with trauma reminders. This workshop is the second in a series of four workshops developed by the National Child Traumatic Stress Network.

Trainer: Brian Lowery

Producer: Kathy Lowery

CAPS Locator # 16108





Saturday, October 26th, 2024

8:00am-9:30am (1 hour of training credit)

Keynote Speaker: Jim Still-Pepper

Participants will assess where they were in the beginning of coming into their role, understand what it takes to maintain healthy self-care and develop a plan for using the material presented.

CAPS Locator # 16556

9:45am – 12:45pm

Bedtime is a Nightmare

New training - not normally offered

Getting children to bed on time, asleep, and staying there is one of the most common challenges parents face. Foster children can have sleep issues related to trauma, like night terrors, insomnia, and trauma triggers. This webinar offers creative ideas and practical solutions to the Top Ten Bedtime Hassles.

Trainer: Jody Johnston Pawel **Producer: Julie Neidhart**

CAPS Locator # 16109

9:45am – 4:45pm

Stressing Stress

New training - not normally offered

Stressing Stress is a practical approach to dealing with stress. The focus will be on discovering how stress works, and how we can work through issues of stress to prevent burnout. The participants will get a chance to apply what they are discovering and create a self-care plan. This workshop explores the sources of stress impacting our life. Participants will develop new skills to deal with stress in their family (marriage, kids, etc.) The skills will help them cope with life.

Trainer: Jim Still-Pepper **Producer: David Sherrer**

CAPS Locator # 16110

9:45am - 11:45am

Separation, Grief, and Loss

Resource Readiness

This course helps participants understand the impact of separation and ambiguous loss, and the different ways children grieve. Life-long grieving and the importance of providing opportunities for grieving is explored. Strategies to help children deal with grief and loss are identified. Participants will understand loss and fractured attachments with birth family members and previous placements; recognize the importance of establishing and maintaining essential relationships with and for children; understand the impact of frequent moves and the importance of managing transitions for children; and understand the separation, grief and loss experienced by all members of the foster/adoption network.

Trainer: Deb McMullen **Producer: Lamar King**

CAPS Locator # 16111



9:45am – 1:00pm

Communicable Disease: Protecting Your Family's Health

Resource Readiness

The primary purpose of this training course is to educate caregivers in identifying signs and symptoms of illness and contagious conditions, protect themselves from exposure, learn how to respond to an exposure risk, and how to transfer their knowledge to educate family and children in the home. The course content and activities will prepare caregivers to make appropriate decisions about preventing and educating on communicable disease transmission.

Trainer: Megan Wendling **Producer: Angie Buckalew**

CAPS Locator # 16112

1:45pm – 4:45pm

Making Morning Madness Melt Away

New training - not normally offered

Starting the day off in a stressful way can make everyone grumpy and late. Children with trauma often experience issues that impact their morning routine. Fortunately, there are no more delays in bringing you the tools and support you need to make your mornings go smoothly. This workshop runs through the Top 6 Most Common Morning Hassles parents experience and offers quick, proven-effective ways to prevent or respond to each including children not waking, dressing, and feeding themselves, slow wakers, dawdlers, distraction, defiance, delaying, refusing to brush teeth, missing the bus or chronic tardiness, toddlers resisting getting into car seats, children forgetting their homework or lunches.

Trainer: Jody Johnston Pawel **Producer: Julie Neidhart**

CAPS Locator # 16595

12:45pm – 2:45pm

Attachment

Resource Readiness

This course helps participants understand the importance of attachment in parenting, both for the children and parents who are fostering or adopting. It covers the impact of fractured attachments/lack of attachments on children's ability to attach and identifies strategies to develop healthy attachment bonds. This course also covers developing trust and developing children's sense of connectedness and belonging. How to be attuned to children and recognizing and honoring children's primary attachment to their families is also highlighted.

Trainer: Deb McMullen **Producer: Carrie Jones**

CAPS Locator # 16113

2:00pm – 5:00pm

GAP: Transitioning from Foster Care to Adoption

New training - not normally offered

This Guided Application and Practice (GAP) session provides opportunity for foster and adoptive parents to learn from the experiences of the facilitator and from the experiences of each other. Through guided discussion, the facilitator, a former foster and an adopted child, will encourage conversation and sharing of experiences surrounding transitioning from foster care to adoption.

Trainer: Angie Buckalew **Producer: Megan Wendling**

CAPS Locator # 16334



3:00pm – 4:00pm

Maintaining Children's Connections With Siblings and Extended Family

Resource Readiness

This course helps participants understand the importance of integrating and maintaining on-going communication and connection between siblings, including understanding sibling dynamics and the importance of sibling bonds. Tips for how to navigate and support visits with siblings are shared. This course also helps participants recognize the importance of maintaining connections with extended family members and the community at large (i.e., schools, church, friends, sporting teams) and identifies strategies to keep children connected to their community. The role of parents who are fostering in maintaining these connections is highlighted.

Trainer: Deb McMullen **Producer: Carrie Jones**

CAPS Locator # 16114



Selection Guide

Day	Choice	Title	Time	CAPS #
Thursday		Keynote and Welcoming- Mind, Body - Consciousness Connections ** New - One time offering	8:00-9:30 (1 hr. credit)	16553
10/24/2024		NCTSN – Trauma 101	9:45-12:45	16092
		Keeping your Cool and Helping Other Calm Down	9:45-4:45	16093
		Discovering Wellness **New	9:45-4:45	16094
		Understanding Attachment **Resource Readiness	9:45-12:45	16096
		NTDC – Trauma Informed Parenting ** Resource Readiness	1:45-3:45	16098
		Reunification as the Primary Permanency Goal ** Resource Readiness	1:45-3:15	16099
		Making Room in the Family **New	5:30-8:30	16100
Friday		Keynote and Welcoming – Family Effects **New – One time offering	8:00-9:30 (1 hr. credit)	16577
10/25/2024		Ethical Considerations **Resource Readiness	9:45-11:45	16576
		Compassion Fatigue **New	12:30-3:30	16575
		NCTSN – Feelings, Behaviors Connections	9:45-12:45	16102
		7C’s of Resiliency ** New	9:45-12:45	16103
		Preventing and Solving Sibling Conflict	1:45-4:45	16104
		Trauma Competent 2024 ** New	9:45-4:45	16624
		For Better or For Worse ** New virtually	9:45-4:45	16659
		NCTSN – Becoming an Advocate	1:45-4:45	16107
		NCTSN - Understanding Trauma’s Effects	5:30-8:30	16108
Saturday		Keynote and Welcoming – Soul Provider **New - One time offering	8:00-9:30 (1 hr. credit)	16556
10/26/2024		Bedtime is a Nightmare **New	9:45-12:45	16109
		Stressing Stress **New	9:45-4:45	16110
		Separation, Grief and Loss ** Resource Readiness	9:45-11:45	16111
		Communicable Diseases **Resource Readiness	9:45-1:00	16112
		Making Morning Madness Go Away **New	1:45-4:45	16595
		Attachment **Resource Readiness	12:45-2:45	16113
		GAP: Transitioning from Foster Care to Adoption **New	2:00-5:00	16334
		Maintaining Child Connections ** Resource Readiness	3:00-4:00	16114



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4C for Children (Lakisha Ancrum, Nicole Malveaux)
WORTC

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David and Jayne Schooler (books)
It Takes Heart
Neidhart Tool

All the trainers who wrote new curriculum for this conference.
All the producers who are making sure there is a seamless production.

Trainers:

Jim Still-Pepper
Jody Johnston Pawel
Jayne Schooler
Brian Lowery
Deb McMullen
Deanna Prezioso
Val Larkin
Megan Wendling
Angie Buckalew

Producers:

David Sherrer III
Kristi Harkleroad
Kathy Lowery
Megan Wendling
Lamar King
Carrie Jones
Angie Buckalew
Julie Neidhart

And all the caregivers, youth and agency personnel that shared their experiences so that we can understand more.

