

## Allen Co In-Person Monthly Trainings (except December 2024 and January)2025

Title	CAPS Locator #	Date & Time	Trainer	Location
Curly Hair and Skin Care	12524	Saturday December 7 <sup>th</sup> 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 <sup>th</sup> 1:00 - 4:00	Jewell Harris	Allen County Children Services 123 W Spring St, Lima
Lifebooks: A Journey to the Future While Embracing the Past	18641	Saturday January 18 <sup>th</sup> 9:00 – 4:00	Linda Davis	Virtual
Trust-Based Relational Intervention – Module 1 - Introduction	16171	Saturday February 15 <sup>th</sup> 9:00 – 4:00	Jayne Schooler	Allen County Children Services 123 W Spring St, Lima
Trust-Based Relational Intervention – Connecting Principles	16170	Saturday March 15 <sup>th</sup> 9:00 – 4:00	Jayne Schooler	Allen County Children Services 123 W Spring St, Lima
Trust-Based Relational Intervention – Empowering Principles	16172	Saturday April 12 <sup>th</sup> 9:00 - 4:00	Jayne Schooler	Allen County Children Services 123 W Spring St, Lima
Trust-Based Relational Intervention – Correcting Principles	16173	Saturday May 10 <sup>th</sup> 9:00-4:00	Jayne Schooler	Allen County Children Services 123 W Spring St, Lima
Save your Stars	17782	Saturday June 14 <sup>th</sup> 9:00-12:00	Jody Johnston Pawel	Allen County Children Services 123 W Spring St, Lima



Child Development Fundamentals	17783	Saturday June 14 <sup>th</sup> 1:00 – 4:00	Jody Johnston Pawel	Allen County Children Services 123 W Spring St, Lima
The Good Stuff	17786	Saturday July 19 <sup>th</sup> 9:00-4:00	Jim Still-Pepper	Allen County Children Services 123 W Spring St, Lima
Children Grieve Too!	17788	Saturday August 9 <sup>th</sup> 9:00 – 4:00	Maggie Lupton	Allen County Children Services 123 W Spring St, Lima
Management of Children with Challenging Behaviors	17790	Saturday September 20 <sup>th</sup> 9:00 – 4:00	David Zidar	Allen County Children Services 123 W Spring St, Lima
Basics of Caring for Children who have been Sexually Abused	17791	Saturday October 25 <sup>th</sup> 10:00 – 3:00	Debra McMullen	Allen County Children Services 123 W Spring St, Lima
What's the Foundation of Your Parenting	16436	Saturday November 15 <sup>th</sup> 9:00-12:00	Jody Johnston Pawel	Allen County Children Services 123 W Spring St, Lima
Trauma Related Behaviors – <b>Resource Readiness</b>	16437	Saturday November 15 <sup>th</sup> 1:00 – 3:00	Jody Johnston Pawel	Allen County Children Services 123 W Spring St, Lima
Parenting a child with a history of Sexual Abuse	16438	Saturday November 15 <sup>th</sup> 3:15-4:45	Jody Johnston Pawel	Allen County Children Services 123 W Spring St, Lima
NCTSN: Feelings, Behaviors, Connections, and Healing	17792	Saturday December 13 <sup>th</sup> 9:00 – 12:00	David Zidar	Allen County Children Services 123 W Spring St, Lima
NCTSN: Becoming an Advocate and Taking Care of Yourself	17793	Saturday December 13 <sup>th</sup> 1:00-4:00	David Zidar	Allen County Children Services 123 W Spring St, Lima

## On-Going Trainings

### December 2024 – March 2025

Title	CAPS Locator #	Date & Time	Trainer	Location
Lunch and Learn – <b>Coaching</b> - How Christmas Effects kids in Care	<b>Reach out to Julie Neidhart for schedule and registration information!</b>  <a href="mailto:Julie.Neidhart2@jfs.ohio.gov">Julie.Neidhart2@jfs.ohio.g ov</a>	Monday December 9 <sup>th</sup> 12:00-1:00	Jim Still-Pepper	Virtual
Lunch and Learn – Separation, Grief and Loss  <b>Resource Readiness</b>	15310	Thursday December 12 <sup>th</sup> 11:00-1:00	Jody Johnston Pawel	Virtual
Using Discipline to Teach Self-Regulation	13922	Saturday December 14 <sup>th</sup> 9:00-12:15	Brian Lowery	Virtual
Behavior Management 1: Managing Surface Behaviors of Acting Out	13923	Saturday December 14 <sup>th</sup> 1:15-4:15	Brian Lowery	Virtual
Lunch and Learn - Coaching- Mental Health Matters Series #1	Contact Julie Neidhart at 937-562-6677 or <a href="mailto:Julie.Neidhart2@jfs.ohio.gov">Julie.Neidhart2@jfs.ohio.gov</a>	Monday January 13 <sup>th</sup> 12:00 – 1:00	Jim Still-Pepper	Virtual
Lifebooks	18641	Saturday January 18 <sup>th</sup> 9:00 – 4:00	Linda Davis	Virtual
Lunch and Learn – Mental Health Consideration - <b>Resource Readiness</b>	18597	Thursday January 23 <sup>rd</sup> 12:00-1:00	Jody Johnston Pawel	Virtual



Lunch and Learn – Impact of Substance Use - <b>Resource Readiness</b>	18598	Thursday February 13 <sup>th</sup> 11:30-1:00	Jody Johnston Pawel	Virtual
Trust-Based Relational Intervention Module 1 - Introduction	16171	Saturday February 15 <sup>th</sup> 9:00-4:00	Jayne Schooler	Allen County Children Services 123 W Spring St, Lima
Lunch and Learn Coaching – Mental Health Matters Series #2	Contact Julie Neidhart at 937-562-6677 or Julie.Neidhart2@jfs.ohio.gov	Monday February 24 <sup>th</sup> 12:00 – 1:00	Jim Still-Pepper	Virtual
Lunch and Learn - Foster Care – A Means of Support – <b>Resource Readiness</b>	18600	Thursday March 13 <sup>th</sup> 11:30 – 1:00	Jody Johnston Pawel	Virtual
Trust-Based Relational Intervention - Connecting Principles	16170	Saturday March 15 <sup>th</sup> 9:00 – 4:00	Jayne Schooler	Allen County Children Services 123 W Spring St, Lima



## **Training Descriptions**

### **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.

### **Lifebooks: A Journey to the Future While Embracing the Past**

This workshop will discuss and answer the following questions about Lifebooks: why, who, what, when, and how. Philosophy, theory, and State Guidelines will be outlined to emphasize the importance of starting a Lifebook early in the child's life. Techniques will be presented to guide the caseworker, parent, foster caregiver, and child to work together to create a natural opportunity to understand the circumstances of the foster care and/or adoptive placement. Resources and sample pages of Lifebooks will be discussed and provided.



## **Trust-Based Relational Intervention – Module 1 - Introduction**

Module one of the Trust-Based Relational Intervention (TBRI®) series will focus on understanding the meanings behind child behaviors, the brain chemistry of a child from a hard place, and helping the child (and his/her family) heal and connect. Participants will learn tools they can put into action immediately. This module is a prerequisite for additional TBRI® modules.

## **Trust-Based Relational Intervention – Connecting Principles**

This module of the Trust-Based Relational Intervention (TBRI®) series will guide participants through the attachment cycle, attachment styles, and what to do when things go wrong in attachment. Participants will learn to use the TBRI® connecting strategies of mindful engagement, choices, compromises, and life value terms.

## **Trust-Based Relational Intervention – Empowering Principles**

This module of the Trust-Based Relational Intervention (TBRI(r)) series will focus on the physiological/internal roots of children's behavior, strategies for meeting children's sensory needs, and tools for making the environment feel safe and predictable for children. This training also creates a bridge between theory and application.

## **Trust-Based Relational Intervention – Correcting Principles**

This module of the Trust-Based Relational Intervention (TBRI®) series will focus on understanding and implementing the proactive and responsive strategies within the corrective principles of TBRI®. In the proactive strategies we explore the benefits of balancing nurture and structure, and introduce and explore four parenting styles. We will examine the benefits of the nurture group, as well as the necessity and strategies for teaching social and behavioral skills. In the responsive strategies we will explore the IDEAL Response© and the Levels of Response(TM).

## **Save your Stars! Fostering Internal Motivation, Cooperation and Self-Responsibility while Building Self-Esteem**

Learn the top ten most effective and practical language and action tools for fostering internal motivation, building self-esteem, getting cooperation, and teaching children tasks, behaviors, values and self-responsibility. Get short-term results and long-term benefits - without stickers or bribes - while defusing or avoiding power struggles and tantrums.



## **Child Development Fundamentals**

This training, part of the Fundamentals of Fostering series, introduces the fundamental principles of child development and the importance of relationships, structure, and experiences for healthy development. Brain development and normalcy will be addressed. The caregiver's role in supporting development will be discussed, including addressing developmental concerns.

## **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.

## **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.

## **Management of Children with Challenging Behaviors**

This course addresses a variety of behaviors that all children may present, including stealing and physical assault. The course's goal is to provide the skills to manage these behaviors with a reduced level of reactivity. This class is recommended for anyone who works with or manages an environment where children are present with these issues.

## **Basics of Caring for Children who have been Sexually Abused**

This training is designed to help equip caregivers with the basic knowledge, skills, and attitudes needed to care for children who have been sexually abused. Caregivers will practice providing children with accurate information about sexual abuse and using strategies to help children understand and manage the impact of sexual abuse.



## **What's the Foundation of Your Parenting?**

See a parenting "style show" that reveals which parenting practices will get the long-term results you want. Discover the secrets for building healthy parenting habits and working together as a team with your parenting partners, including caseworkers and birth parents.

## **Trauma Related Behaviors**

Resource Readiness - TRAUMA AND ITS IMPACT ON CHILDREN AND THE FAMILY, PROMOTING ATTACHMENT

This course helps participants learn how chaos, threat, neglect, and other adversity during development can alter the developing brain and that, in turn, can change the ways children think, feel and act. Participants will understand the major stress-responses we use to cope with perceived and actual threat and the reasons for and range of adaptive symptoms from inattention and distractibility to avoidance and shut-down. Also covered are the reasons for rejection and testing and recognition of the survival skills and coping strategies that result in a complex range of behaviors.

## **Parenting a Child with a History of Sexual Trauma**

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.

## **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.





## **NCTSN: Becoming and Advocate and Taking Care of Yourself**

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.

### **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.

### **Behavior 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 2025

WORTC

Date	CAPS Locator #	Day	Time	Date	CAPS Locator #	Day	Time
<b>January</b>				<b>July</b>			
1/4/2025	15832	Saturday	9:00-12:15	7/5/2025	15844	Saturday	9:00-12:15
1/7/2025	16000	Tuesday	9:00-12:15	7/10/2025	16006	Thursday	9:00-12:15
1/18/2025	15833	Saturday	12:00-3:15	7/19/2025	15845	Saturday	12:00-3:15
<b>February</b>				<b>August</b>			
2/1/2025	15834	Saturday	9:00-12:15	8/2/2025	15846	Saturday	9:00-12:15
2/11/2025	16001	Tuesday	9:00-12:15	8/11/2025	16007	Monday	9:00-12:15
2/15/2025	15835	Saturday	12:00-3:15	8/16/2025	15847	Saturday	12:00-3:15
<b>March</b>				<b>September</b>			
3/1/2025	15836	Saturday	9:00-12:15	9/6/2025	15848	Saturday	9:00-12:15
3/5/2025	16002	Wednesday	9:00-12:15	9/20/2025	15849	Saturday	12:00-3:15
3/15/2025	15837	Saturday	12:00-3:15	9/23/2025	16008	Tuesday	9:00-12:15
<b>April</b>				<b>October</b>			
4/5/2024	15838	Saturday	9:00-12:15	10/4/2025	15850	Saturday	9:00-12:15
4/24/2025	16003	Thursday	9:00-12:15	10/8/2025	16009	Wednesday	9:00-12:15
4/26/2025	15839	Saturday	12:00-3:15	10/18/2025	15851	Saturday	12:00-3:15
<b>May</b>				<b>November</b>			
5/3/2025	15840	Saturday	9:00-12:15	11/1/2025	15852	Saturday	9:00-12:15
5/14/2025	16004	Wednesday	9:00-12:15	11/10/2025	16010	Monday	9:00-12:15
5/17/2025	15841	Saturday	12:00-3:15	11/15/2025	15853	Saturday	12:00-3:15
<b>June</b>				<b>December</b>			
6/7/2025	15842	Saturday	9:00-12:15	12/6/2025	15854	Saturday	9:00-12:15
6/21/2025	15843	Saturday	12:00-3:15	12/15/2025	16011	Monday	9:00-12:15
6/25/2025	16005	Wednesday	9:00-12:15	12/20/2025	15855	Saturday	12:00-3:15



# Lunch and Learn Schedule December 2024 and ALL - 2025

**ZOOM – Jim Still-Pepper**

**CAPS – Jody Johnston Pawel**

12/9/24	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	How Christmas Effects Kids in Care	1 hour Coaching	<b>Contact Julie Neidhart</b> <a href="mailto:Julie.Neidhart2@jfs.ohio.gov">Julie.Neidhart2@jfs.ohio.gov</a>
12/12/24	Thurs	11:00-1:00	Virtual Lunch and Learn -WORTC	Separation, Grief and Loss	RR – 2 hours	<b>15310 CAPS</b>
1/13/25	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Matters Series #1	1 hour Coaching	<b>ZOOM</b>
1/23/25	Thurs	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Considerations	RR – 1 hour	<b>18597 CAPS</b>
2/13/24	Thurs	11:30-1:00	Virtual Lunch and Learn – WORTC	Impact of Substance Use	RR – 1.5 hours	<b>18598 CAPS</b>
2/24/25	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Matters Series #2	1 hour Coaching	<b>ZOOM</b>
3/13/25	Thurs	11:30-1:00	Virtual Lunch and Learn – WORTC	Foster Care – A Means of Support	RR – 1.5 hours	<b>18600 CAPS</b>
4/10/25	Thurs	12:00-1:00	Virtual Lunch and Learn – WORTC	Cultural Humility	RR – 1 hour	<b>18602 CAPS</b>
4/28/25	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Matters Series #3	1 hour Coaching	<b>ZOOM</b>
5/8/25	Thurs	12:00-1:00	Virtual Lunch and Learn – WORTC	Maintaining Connections	RR – 1 hour	<b>18604 CAPS</b>
5/12/25	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Matters Series #4	1 hour Coaching	<b>ZOOM</b>
6/9/25	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Matters Series #5	1 hour Coaching	<b>ZOOM</b>
6/12/25	Thurs	11:30-1:00	Virtual Lunch and Learn – WORTC	Reunification as the Primary Goal	RR – 1.5 hours	<b>18605 CAPS</b>
7/17/25	Thurs	11:30-1:00	Virtual Lunch and Learn – WORTC	Parenting a Child with a History of Sexual Trauma	RR – 1.5 hours	<b>18606 CAPS</b>



7/21/25	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Matters Series #6	1 hours Coaching	<b>ZOOM</b>
8/14/25	Thurs	11:00-1:00	Virtual Lunch and Learn – WORTC	Separation, Grief, and Loss	RR – 2 hours	<b>18608 CAPS</b>
9/11/25	Thurs	11:00-1:00	Virtual Lunch and Learn – WORTC	Trauma Related Behaviors	RR – 2 hours	<b>18610 CAPS</b>
10/16/25	Thurs	11:30 – 1:00	Virtual Lunch and Learn – WORTC	Parenting in Racially and Culturally Diverse Families	RR – 1.5 hours	<b>18611 CAPS</b>
11/13/25	Thurs	11:00-1:00	Virtual Lunch and Learn – WORTC	Creating a Stable, Nurturing and Safe Home	RR – 2 hours	<b>18612 CAPS</b>
12/11/25	Thurs	11:00-1:00	Virtual Lunch and Learn – WORTC	Trauma Informed Parenting	2 hours	<b>18613 CAPS</b>



## 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](mailto: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](mailto:Julie.Neidhart2@jfs.ohio.gov)



## Upcoming Lunch and Learn Sessions

Thursday, December 12, 2024 from 11:00 – 1:00pm

### 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: Jody Johnston Pawel**

Monday, January 13<sup>th</sup> from 12:00noon – 1:00pm

**Contact Julie Neidhart ([Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)) for Reservations**

### Mental Health Matters Series #1

This is an open floor discussion/coaching related to issues that caregivers face. The trainer will give the learners guidance, tips, and suggestions on how to handle behaviors, trauma, mental illness, and other related issues that are a part of the daily lives of children that are in care. There will also be discussions on how to take care of yourself and how to handle stress to avoid burn out and other mental health issues.

**Trainer: Jim Still-Pepper**



Thursday, January 23<sup>rd</sup> from 12:00noon – 1:00pm

Located in CAPS #18597

## Mental Health Considerations – Resource Readiness

This course provides a basic understanding of mental health disorders and conditions that commonly occur in childhood. Content is shared to illustrate that not all ‘survival’ behaviors or symptoms of grief are connected with mental health disorders. Commonly administered psychotropic medications are described and information about how to obtain consistent, adequate and appropriate access to mental health services is highlighted.

Trainer: Jody Johnston Pawel

Thursday, February 13<sup>th</sup> from 11:30am -1:00pm

Located in CAPS #18598

## Impact of Substance Use – Resource Readiness

This course helps participants understand the short and long-term impact on children exposed to substances prenatally including FASD. Also covered are issues that may be present if parents use(d) substances and medical issues that can arise due to substance exposure including a higher risk of later addiction. The genetic component of addiction and addiction as a chronic disease is described. This course also shares parenting strategies for children exposed to substances prenatally.

Trainer: Jody Johnston Pawel



Monday, February 24<sup>th</sup> from 12:00noon – 1:00pm

Contact Julie Neidhart ([Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)) for

Reservations

## Mental Health Matters Series #2

This is an open floor discussion/coaching related to issues that caregivers face. The trainer will give the learners guidance, tips, and suggestions on how to handle behaviors, trauma, mental illness, and other related issues that are a part of the daily lives of children that are in care.

There will also be discussions on how to take care of yourself and how to handle stress to avoid burn out and other mental health issues.

Trainer: Jim Still-Pepper

Thursday, March 13<sup>th</sup> from 11:30am -1:00pm

Located in CAPS 18600

## Foster Care – A Means of Support – Resource Readiness

This course helps participants understand the child welfare experience from the perspective of the child's parents and supports finding compassion for parents and the challenges they may be facing. Strategies to nurture children's relationships with their parents and to integrate and maintain on-going communication and connection between parents and children are covered.

This course describes the potential challenges in partnering with the child's parents and for helping children prepare for visits, including understanding and managing reactions to visits.

Trainer: Jody Johnston Pawel





Thursday, April 10<sup>th</sup> from 12:00noon -1:00pm

Located in CAPS 18602

## Cultural Humility – Resource Readiness

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

Monday, April 28<sup>th</sup> from 12:00noon – 1:00pm

Contact Julie Neidhart ([Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)) for  
Reservations

## Mental Health Matters Series #3

This is an open floor discussion/coaching related to issues that caregivers face. The trainer will give the learners guidance, tips, and suggestions on how to handle behaviors, trauma, mental illness, and other related issues that are a part of the daily lives of children that are in care. There will also be discussions on how to take care of yourself and how to handle stress to avoid burn out and other mental health issues.

Trainer: Jim Still-Pepper



Thursday, May 8<sup>th</sup> from 12:00noon -1:00pm

Located in CAPS 18604

## Maintaining Connections – 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: Jody Johnston Pawel

Monday, May 12<sup>th</sup> from 12:00noon – 1:00pm

Contact Julie Neidhart ([Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)) for  
Reservations

## Mental Health Matters Series #4

This is an open floor discussion/coaching related to issues that caregivers face. The trainer will give the learners guidance, tips, and suggestions on how to handle behaviors, trauma, mental illness, and other related issues that are a part of the daily lives of children that are in care. There will also be discussions on how to take care of yourself and how to handle stress to avoid burn out and other mental health issues.

Trainer: Jim Still-Pepper



Monday, June 9<sup>th</sup> from 12:00noon – 1:00pm

Contact Julie Neidhart ([Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)) for  
Reservations

## Mental Health Matters Series #5

This is an open floor discussion/coaching related to issues that caregivers face. The trainer will give the learners guidance, tips, and suggestions on how to handle behaviors, trauma, mental illness, and other related issues that are a part of the daily lives of children that are in care. There will also be discussions on how to take care of yourself and how to handle stress to avoid burn out and other mental health issues.

Trainer: Jim Still-Pepper

Thursday, June 12<sup>th</sup> from 11:30am-1:00pm

Located in CAPS 18605

## Reunification as the Primary 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: Jody Johnston Pawe



Thursday, July 17<sup>th</sup> from 11:30am-1:00pm

Located in CAPS 18606

**Parenting a Child with a History of Sexual Trauma –  
Resource Readiness**

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, July 21<sup>st</sup> from 12:00noon – 1:00pm

**Contact Julie Neidhart ([Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)) for  
Reservations**

**Mental Health Matters Series #6**

This is an open floor discussion/coaching related to issues that caregivers face. The trainer will give the learners guidance, tips, and suggestions on how to handle behaviors, trauma, mental illness, and other related issues that are a part of the daily lives of children that are in care. There will also be discussions on how to take care of yourself and how to handle stress to avoid burn out and other mental health issues.

**Trainer: Jim Still-Pepper**



Thursday, August 14<sup>th</sup> from 11:00am-1:00pm

Located in CAPS 18608

## 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: Jody Johnston Pawel

Thursday, September 11<sup>th</sup> from 11:00am-1:00pm

Located in CAPS 18610

## Trauma Related Behaviors – Resource Readiness

This course helps participants learn how chaos, threat, neglect, and other adversity during development can alter the developing brain and that, in turn, can change the ways children think, feel and act. Participants will understand the major stress-responses we use to cope with perceived and actual threat and the reasons for and range of adaptive symptoms from inattention and distractibility to avoidance and shut-down. Also covered are the reasons for rejection and testing and recognition of the survival skills and coping strategies that result in a complex range of behaviors.

Trainer: Jody Johnston Pawel



Thursday, October 16<sup>th</sup> from 11:30am-1:00pm

Located in CAPS 18611

**Parenting in Racially and Culturally Diverse Families –  
Resource Readiness**

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, November 13<sup>th</sup> from 11:00am-1:00pm

Located in CAPS 18612

**Creating a Stable, Nurturing and Safe Home –  
Resource Readiness**

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**

Thursday, December 11<sup>th</sup> from 11:00am-1:00pm

Located in CAPS 18613

## 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: Jody Johnston Pawel

