



## Caregiver On-Going Trainings for Spring 2025

Title	CAPS Locator #	Date & Time	Trainer	Location
Ethical Considerations – RR	21503	Tuesday April 1 <sup>st</sup> 6:00PM – 8:00PM	Deana Prezioso	Virtual
Building Skills in Emotional Regulation and De-escalation	19414	Saturday April 5 <sup>th</sup> 10:00AM-3:45PM	Carrie Farley	WORTC
Making Room in the Family	20895	Tuesday April 8 <sup>th</sup> 9:00AM-12:00PM	Jayne Schooler	Virtual
Cultural Humility - RR	18602	Thursday April 10 <sup>th</sup> 12:00PM-1:00PM	Jody Johnston-Pawel	Virtual
TBRI - Empowering Principles	16172	Saturday April 12 <sup>th</sup> 9:00AM-4:00PM	Jayne Schooler	Allen Co
Communicable Diseases – RR	21395	Tuesday April 22 <sup>nd</sup> 9:00AM-12:15PM	Angie Buckalew	Virtual
Lunch and Learn Coaching - Mental Health Matters Series #1	Contact Julie	Monday April 28 <sup>th</sup> 12:00PM-1:00PM	Jim Still-Pepper	Virtual
Lunch and Learn - Maintaining Connections - RR	18604	Thursday May 8 <sup>th</sup> 12:00PM-1:00PM	Jody Johnston-Pawel	Virtual



Stressing Stress	20922	Saturday May 10 <sup>th</sup> 9:00AM-4:00PM	Jim Still-Pepper	Virtual
Soul Provider - Lunch and Learn	20923	Monday May 12 <sup>th</sup> 12:00PM-1:00PM	Jim Still-Pepper	Virtual
7C's of Resiliency	20925	Friday May 16 <sup>th</sup> 9:00AM-12:00PM	Jody Johnston-Pawel	Virtual
TBRI - Correcting Principles	16173	Saturday May 17 <sup>th</sup> 9:00AM-4:00PM	Jayne Schooler	Allen Co
Bedtime is a Nightmare	20926	Monday June 2 <sup>nd</sup> 6:00PM-9:00PM	Jody Johnston-Pawel	Virtual
Lunch and Learn - Coaching	Contact Julie	Monday June 9 <sup>th</sup> 12:00PM-1:00PM	Jim Still-Pepper	Virtual
Reunification as the Primary Goal - RR	18605	Thursday June 12 <sup>th</sup> 11:30AM-1:00PM	Jody Johnston-Pawel	Virtual
Save your stars	17782	Saturday June 14 <sup>th</sup> 9:00AM-12:00PM	Jody Johnston-Pawel	Allen Co
Child Development Fundamentals	17783	Saturday June 14 <sup>th</sup> 1:00PM-4:00PM	Jody Johnston-Pawel	Allen Co

Contact Julie at [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov) for registration for Coaching's

**Allen Co:** 123 W. Spring Street, Lima Ohio

**WORTC:** 1312 Research Park Drive, Beavercreek Ohio



## **Training Descriptions for Caregiver Ongoing Spring 2025**

### **Ethical Considerations**

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.

### **Building Skills in Emotional Regulation and De-escalation**

This workshop is tailored for caregivers—including foster parents and kinship caregivers—and focuses on:

- Introducing and practicing de-escalation techniques to manage intense situations.
- Encouraging caregivers to recognize their own emotions and understand how these emotions influence their communication.
- Highlighting the significance of both physical and emotional safety for foster youth, and demonstrating how reassurances of safety can aid in their emotional regulation.
- Emphasizing the importance of pausing to assess the most effective moments to address youth behavior.

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

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.

### **Cultural Humility**

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.

### **TBRI – 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

### **Communicable Diseases**

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.



## **Maintaining Connections**

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.

## **Stressing Stress**

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.

## **Soul Provider: Care Taking of the Deeper Things**

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.

## **7 C's of Resiliency**

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.

## **TBRI – 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).



## **Bedtime is a Nightmare! Common Bedtime Hassles and Trauma-Related Sleep Issues**

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.

## **Reunification as the Primary Permanency Goal**

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.

## **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.



# 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 ALL - 2025

## ZOOM – Jim Still-Pepper

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 #1	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	Soul Provider: Care Taking the Deeper Things	1 hour Coaching	<b>20923 CAPS</b>
6/9/25	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Matters Series #2	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>
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, April 10<sup>th</sup> from 12:00pm -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 12:00pm -1:00pm

Contact Julie for registration

### Mental Health Matters #1 – Coaching

This is an open floor discussion/coaching related to issues that caregivers face. The coach 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

Coach: Jim Still-Pepper



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

Located in CAPS 20923

## Soul Provider: Care Taking the Deeper Things

Caregivers sometimes struggle to take care of the deeper things in life. The day-to-day stress of caregiving can rob them of their connection to their role and their passion. Learners will be reminded of the deeper things in life and will be challenged to take action around some of the suggestions for staying connected.

Trainer: Jim Still-Pepper



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

Contact Julie for registration

**Mental Health Matters #2 – Coaching**

This is an open floor discussion/coaching related to issues that caregivers face. The coach 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

**Coach: 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 Pawel**

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**



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

