



## Caregiver On-Going Trainings for Summer 2025

Title	CAPS Locator #	Date & Time	Trainer	Location
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 - <b>RR*</b>	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
Bedtime is a Nightmare	23217	Tuesday July 1 <sup>st</sup> 6:00PM – 9:00PM	Jody Johnston Pawel	Virtual
Morning Madness	20927	Monday July 14 <sup>th</sup> 9:00AM-12:00PM	Jody Johnston Pawel	Virtual
Parenting a Child with a History of Sexual Abuse – <b>RR*</b>	18606	Thursday July 17 <sup>th</sup> 11:30AM-1:00PM	Jody Johnston Pawel	Virtual



The Good Stuff	17786	Saturday July 19 <sup>th</sup> 9:00AM-4:00PM	Jim Still-Pepper	Allen Co*
GAP Transitioning from Foster Care to Adoption	20890	Wednesday August 6 <sup>th</sup> 9:00AM-12:00PM	Angie Buckalew	Virtual
Children Grieve Too!	17788	Saturday August 9 <sup>th</sup> 9:00AM-4:00PM	Maggie Lupton	Allen Co*
Separation, Grief and Loss – RR*	18608	Thursday August 14 <sup>th</sup> 11:00AM-1:00PM	Jody Johnston-Pawel	Virtual
Helping Children Process Their World: Sensory Issues in Children	23173	Thursday August 28 <sup>th</sup> 9:00AM-12:00PM	Megan Wendling	Virtual
Trauma Related Behaviors – RR*	18610	Thursday September 11 <sup>th</sup> 11:00AM-1:00PM	Jody Johnston Pawel	Virtual
Bedtime is a Nightmare	22039	Saturday September 20 <sup>th</sup> 9:00AM-12:00PM	Jody Johnston Pawel	Allen Co*
7C's of Resiliency	22040	Saturday September 20 <sup>th</sup> 1:00PM-4:00PM	Jody Johnston-Pawel	Allen Co*
Psychotropic Medications: Questions to Ask about Kid's Meds	21028	Saturday September 27 <sup>th</sup> 9:00AM-12:00PM	21028	Virtual

**\*RR = Resource Readiness**

\*Allen Co – 123 W. Spring Street, Lima Ohio



## **Training Descriptions for Caregiver Ongoing Summer2025**

### **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.

### **Morning Madness**

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.



## **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.

### **The Good Stuff**

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.

### **GAP: Transitioning from Foster Care to Adoption**

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.

### **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.

### **Separation, Grief and Loss – Resource Readiness**

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

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.



## **Helping Children Process Their World: Sensory Processing Issues in Children**

Sensory processing sensitivities may arise in children when experiencing a change of environment, routine, trauma, and heightened emotional period of time. This training covers competencies in subjects above to define and promote a healthy transition and well-being of the child and family involved throughout each step of the foster care and adoption process. This training session provides educational and engaging opportunities for foster and adoptive parents to become knowledgeable about various types of sensory processing disorders, manage episodes of behaviors caused by increased or decreased environmental stimulation, and participate in hands-on activities in preparation for deterring negative behaviors during future at-risk scenarios.

## **Trauma Related Behaviors – Resource Readiness**

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.

## **The 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.

## **Psychotropic Medications: Questions to Ask about Kids on Meds**

The purpose of this course is to educate caseworkers, foster parents and other stakeholders on psychotropic medication use in the treatment of mental disorders among children and adolescents. Specific attention will be paid to answering the questions most people ask, or should ask, regarding psychotropic medication.



# 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

6/9/25	Monday	12:00-1:00	Virtual Lunch and Learn – WORTC	Mental Health Matters Series #2	1 hour Coaching	ZOOM
6/12/25	Thurs	11:30-1:00	Virtual Lunch and Learn – WORTC	Reunification as the Primary Goal	RR – 1.5 hours	18605 CAPS
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	18606 CAPS
8/14/25	Thurs	11:00-1:00	Virtual Lunch and Learn – WORTC	Separation, Grief, and Loss	RR – 2 hours	18608 CAPS
9/11/25	Thurs	11:00-1:00	Virtual Lunch and Learn – WORTC	Trauma Related Behaviors	RR – 2 hours	18610 CAPS
10/16/25	Thurs	11:30 – 1:00	Virtual Lunch and Learn – WORTC	Parenting in Racially and Culturally Diverse Families	RR – 1.5 hours	18611 CAPS
11/13/25	Thurs	11:00-1:00	Virtual Lunch and Learn – WORTC	Creating a Stable, Nurturing and Safe Home	RR – 2 hours	18612 CAPS
12/11/25	Thurs	11:00-1:00	Virtual Lunch and Learn – WORTC	Trauma Informed Parenting	2 hours	18613 CAPS



## 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

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**