



Training Catalog 2021

To attend please go to: <https://zoom.us/j/3241895820> at the time of training.

If there is a training you wish to attend and you are unable to please contact our caregiver support team at: caregiversupportteamzoom@childrenshomeandaid.org

Topic-Trauma 101

Summary- To introduce trauma skills to caregivers and provide a basic understanding of the effect trauma has on youth and adults.

Dates:

07/07/21 9:00 AM-10:30 AM and again at 6:00 PM -7:30 PM

11/12/21 9:00 AM-10:30 AM and again at 6:00 PM -7:30PM

Topic-The Child's Team

Summary- This training focuses on understanding the role of all the members of the child's team. Special emphasis is placed on better teaming and providing supportive advocacy to members of the team as a caregiver.

Dates:

09/21/21 9:00 AM-10:30 AM and again at 6:00 PM-7:30 PM

Topic -Setting Rules and Expectations

Summary- Training focused on building skill sets to assist caregivers with setting rules and expectations for youth that have experienced trauma. Additional assistance to provide trauma-based conversations and set goals that will be successful for all.

Dates:

08/9/21 9:00 AM- 10:30 AM and again at 6:00 PM-7:30 PM

Topic-Self Care Apps



children's home & aid

Summary-A discussion of what is self-care with an overview and breakdown of available apps to use as daily reminders for self-care. Deep dive into actual self-care vs. “relaxing.”

Dates:

04/19/21 7:00 PM-7:30 PM

Topic-Nutrition/Quick Recipes

Summary-Lists of healthy, affordable snacks and meals for parents. Discussion on the importance of gut/brain health and how “junk” food can directly relate to poor behaviors/sleep/physical health over periods of time.

Dates:

05/17/21 7:00 PM-7:30 PM

Topic-Mental Health Awareness and Check-In

Summary-What is mental health and recognizing burnout. How to work on being self-aware of your own mental health (especially as a caregiver in the child welfare world) and the repercussions of untreated burnout.

Dates:

06/21/21 7:00 PM-7:30 PM

Topic-Life Books

Summary- Life books are a tool utilized to ensure a child’s culture, history and goals are captured. They can be used to support shared parenting, provide the child with a place to jot down memories and a tool to encourage continual growth. This training focuses on the many benefits of creating life books with a youth.

Dates:

01/21/21 9:00 AM-10:30 AM and again at 6:00 PM- 7:30 PM

12/7/21 9:00 AM-10:30 AM and again at 6:00 PM- 7:30 PM

Topic-Core Teen



children's home & aid

Summary-A state-of-the art training program to equip caregivers to meet the needs of older youth who have moderate to serious emotional and behavior health challenges who require intensive and coordinated services and may be at risk for more restrictive congregative care. Total training 21 hours.

Dates:

01/13/21-02/24/21 Wednesdays 5:30-8:30 PM

04/07/21-05/19/21 Wednesday 5:30 PM -8:30 PM

08/16/21-9/27/21 Monday 5:30 PM-8:30 PM

Registration must be received 1 week before class to aakerman@childrenshomeandaid.org

Topic- Therapeutic Crisis Intervention for Families (TCI-F)

Summary- Therapeutic Crisis Intervention for Families (TCI-F) is a 24 hour extensive training that equips caregivers with strategies to prevent and de-escalate potential crises with children, safely and therapeutically manage crisis situations, and be able to work with children to help improve their coping strategies.

Multiple Dates available- To register for upcoming dates please email aakerman@childrenshomeandaid.org

Topic-Games to Help Regulate

Summary- This 30-minute training will provide various games that help when a child is experiencing a trauma response and to deescalate. Each game is trauma-based and easy to remember.

Dates:

03/16/21 7:00 PM-7:30 PM

Topic-New Caregiver Orientation

Summary-This orientation is geared for families that are new to Children's Home and Aid or have not taken the orientation previously.

Dates:



children's home & aid

01/26/21 6:00 PM-8:00PM

02/26/21 2:00 PM-4:00 PM

3/23/21 9:00 AM-11:00 AM

04/29/21 6:00 PM-8:00 PM

05/25/21 6:00 PM-8:00 PM

06/29/21 10:00 AM-12:00 PM

07/19/21 6:00 PM-8:00 PM

08/10/21 10:00 AM -12:00 PM

09/27/21 6:00 PM- 8:00 PM

10/13/21 10:00 AM-12:00 PM

11/16/21 6:00 PM-8:00 PM

Topic-Juvenile Court Process

Summary- This training will focus on the steps of the court process, and will include what each court hearing's purpose is, and general guidelines for attending court.

Dates:

02/18/21 9:00 AM-10:30 AM and again at 6:00 PM-7:30 PM

Topic-Understanding your Rights and Responsibilities

Summary- During this training participants will take a deeper look at the Foster Parent Implementation Plan and get a clear understanding of their rights and responsibilities as caregivers with Children's Home & Aid.

Dates:

03/18/21 9:00 AM-10:30 AM and again at 6:00 PM- 7:30 PM

Topic-Shared Parenting



children's home & aid

Summary- This training will discuss various barriers and tools to better shared parenting for caregivers. Including discussion regarding the benefits to shared parenting, and how to set boundaries regarding expectations.

Dates:

04/15/21 9:00 AM-10:30AM and again at 6:00 PM-7:30 PM

Topic-Behavior Support Techniques

Summary- This training focuses on the various behavior support techniques used to co regulate with a child. Focus will be on, managing the environment, prompting, caring gestures, hurdle help, redirection, proximity, directive statements, and time away.

Dates:

05/20/21 9:00 AM-10:30 AM and again at 6:00 PM-7:30 PM

Topic-Safe Sleep

Summary- This training focuses on the importance of safe sleep for young children, and the overall importance of sleep for growing brains.

Dates:

06/17/21 9:00 AM-10:30 AM and again at 6:00 PM-7:30 PM

Topic- Car Seat Safety

Summary- This training will help participants to understand the right type of car seats to be using, ensure they are being used correctly, and assist with understanding the various rules regarding car seats.

Dates:

10/11/21 9:00 AM- 10:30 AM and again at 6:00 PM-7:30 PM