CERTIFIED CAREGIVER TRAINING SCHEDULE

Winter 2025

Jacqueline Fletcher, Director
Cuyahoga County Division of
Children and Family Services
3955 Euclid Ave, Cleveland, Oh 44115
http://ocwtp.net/NCORTC.html



Department of Children & Youth

North Central Ohio Regional Training Center



Mission Statement:
The North Central Ohio Regional Training Center is an educational resource and support system which implements the mission of the Cuyahoga County Division of Children and Family Services by providing a learning environment for continuous performance improvement of agency staff, foster parents, and targeted community partners.

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WESTSHORE OPPORTUNITY CENTER

9830 Lorain Ave. Cleveland, OH 44102

Please note that this building is a mandatory X-ray and metal detector building. This means that everyone who enters the building must go through these machines as well as their belongings daily.



GUIDELINES FOR AN OPTIMAL LEARNING ENVIRONMENT

Program Structure

The OCWTP is a cooperative effort of the Ohio Department of Job and Family Services, the Public Children Services Association of the Ohio, the Institute for Human Services, and eight Regional Training Centers (RTCs). Funding for the program is provided by the Ohio Department of Job and Family Services.

Calendar

The Training calendar is distributed on a quarterly basis:

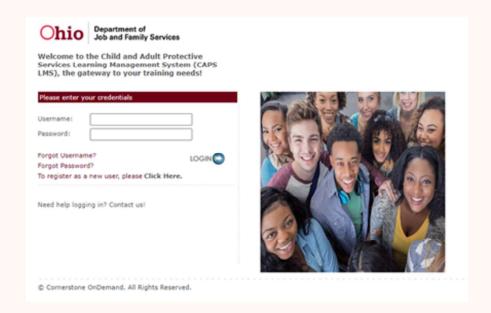
Winter (January-March)
Spring (April-June)
Summer (July-September)
Fall (October-December)

- 1) Missing more than 5 minutes per credit hour of training content will require you to retake the training complete session.
- 2) Electronic devices should be silenced during training sessions and used outside of the learning environment when needed.
- 3) All virtual sessions will be held on Zoom. Each participant must connect individually from a laptop, desktop computer, or tablet.
- 4) Cameras are required to be on for the entire duration of the virtual sessions. The class and chat are recorded and saved to track participation.
- 5) Minimize distractions-obtain childcare prior to the start of a session.



Child and Adult Protective Services (CAPS)

Learning Management System



The workshops listed in this training schedule are sponsored by the Ohio Child Welfare Training Program and offered primarily for child welfare staff from county child welfare and job and family services agencies. Staff from contract agencies may be registered on a space-available basis.

On the Login Page (https://jfs-ohio.csod.com):

Select the Click Here hyperlink.



Fill in all Required Fields noted with an asterisk (*).

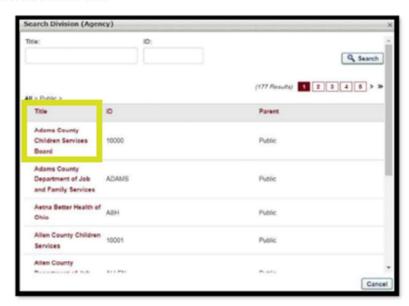
· Select the Look-up icon for Division (Agency).



- · On the Search Division (Agency) Page:
 - o Expand top node Divisions with the Black Plus Sign.



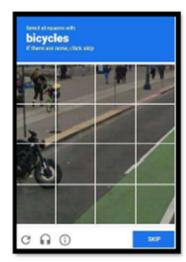
o Select the Division Title.



Select the I'm not a robot box.



Follow the promts and Verify.



Select the Next button.



The second page is a set of optional Demographics.

- Fill in the details.
- Select the Next button.



The third page is to be completed by Caregivers Only.

- Caregivers provide:
 - Resource Caregiver/Parent Licensure/Approval Date enter date.
 - Level of Care (LOC) select from drop-down menu.
- Select the Next button.



On the final page:

- · Adult Protective Services Workers or Contract Workers-
 - APS Supervisor Core Effective Date enter date.
 - APS Caseworker Core Effective Date enter date.
 - Job Function select from the drop-down menu.
- Everyone-
 - Create a Password following listed requirements.
 - Confirm the Password.
- Select the Submit button.



The following message will be onscreen after the Submit button has been selected.



The information provided during registration will be reviewed by the System Administrators.

· Watch for an email with further instructions.

How Participants Launch CAPS Zoom Sessions

Participants launch their OCWTP and APS virtual training sessions from within the CAPS LMS.

LOG INTO CAPS

Enter your username and password in the CAPS Production Environment: https://jfs-ohio.csod.com/Login/render.aspx?id=defaultclp



Username: Enter your work email.

Password: Enter the password you selected.

If this is your first CAPS login, select Forgot Password to reset/select your password.

If you have a SACWIS record, you can also access CAPS by following the instructions here:

https://jfs.ohio.gov/ocf/trainingpdf/JobAid CAPS-LMS-Login-JFS FINAL.pdf

Click ACKNOWLEDGE button for the CAPS LMS Privacy Notice (you will see this each time you log in but don't have to click it after the first time). You will be taken to the Welcome Page:



LAUNCH YOUR ZOOM SESSION

NOTE: CAPS virtual sessions cannot be launched until you are within a half hour of the session start time.

- 1. Select Transcript under the Learning tab on the top.
- 2. Change the Filter by Training Type to Session.



3. Select the Launch button to the right of the session.

REMEMBER: You cannot launch CAPS Zoom sessions earlier than a half hour before the start time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	Cultural Humility 5:30p-6:30p R. Johnson Location: Virtual Session ID# CPS-NCORTC-CG- 18308 RR Creating a Stable, Nurturing and Safe Home 6:45p-8:45p R. Johnson Location: Virtual Session ID # CPS-NCORTC-CG- 18310 RR	Healthy Sexual Development of Children and Teens 9:00a-12:00p R. Johnson Location: Westshore Session ID# CPS-NCORTC-CG- 18909 Role of Caregivers in Healthy Sexual Development of Children and Teens 1:00p-4:00p R. Johnson Location: Westshore Session ID # CPS-NCORTC-CG- 18911	Attachment 6:00p-8:00p C. Toro-Wooten Location: Virtual Session ID# CPS-NCORTC-CG- 18259 RR Mental Health Considerations 8:15p-9:15p C. Toro-Wooten Location: Virtual Session ID # CPS-NCORTC-CG- 18261 RR	10	11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18
Trust-Based Relational Intervention (TBRI) Module 1: Introduction and Overview 9:00a-12:00p K. King Location: Virtual Session ID # CPS-NCORTC-CG- 18959 RR	Separation, Grief & Loss 6:00p-8:00p C. Storer Location: Virtual Session ID # CPS-NCORTC-CG- 18307 RR				Foster Care as a Means to Support Families 9:00a-10:30a J. Johnston Pawel Location: Virtual Session ID # CPS-NCORTC-CG- 18313 RR Impact of Substance Use 10:45a-12:15p J. Johnston Pawel Location: Virtual Session id # CPS-NCORTC-CG- 18315 RR Parenting a Child with History of Sexual Trauma 1:15p-2:45p J. Johnston Pawel Location: Virtual Session ID # CPS-NCORTC-CG- 18316 RR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	Using Discipline to Teach Self- Regulation 9:00a-12:15p D. Zidar Location: Westshore	Normalcy and the Reasonable and Prudent Parent Standard 9:00a-12:00p D. Zidar Location:	24	25
		Session ID # CPS-NCORTC-CG- 18923 Relax, It's Only A Crisis 1:15p-4:15p D. Zidar Location: Westshore	Session ID # CPS-NCORTC-CG- 18925 NCTSN: Becoming an Advocate and Taking Care of Yourself 1:00p-4:00p D. Zidar Location: Westshore		
		Session ID # CPS-NCORTC-CG- 18924	Session ID # CPS-NCORTC-CG- 18926		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	

CULTURAL HUMILITY LOCATOR ID # 11320

DATE: Tuesday, January 7, 2025 **TIME:** 5:30p -6:30p

CREDIT HOURS: 1 **REGISTRATION:** Maximum 25

TRAINER: Ronna Johnson LOCATION: Virtual

CONTENT:

Resource Readiness - CULTURAL AND DIVERSITY ISSUES

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

CREATING A STABLE, NURTURING

AND SAFE HOME ENIRONMENT

LOCATOR ID # 18310

DATE: Tuesday, January 7, 2025 **TIME:** 6:45p—8:45p

CREDIT HOURS: 2 **REGISTRATION:** Maximum 25

TRAINER: Ronna Johnson LOCATION: Virtual

CONTENT:

Resource Readiness - FAMILY SAFETY

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.

HEALTHY SEXUAL DEVELOPMENT OF

CHILDREN AND TEENS

LOCATOR ID # 18909

DATE: Wednesday, January 8, 2025 **TIME:** 9:00a-12:00p

CREDIT HOURS: 2.75 REGISTRATION: Maximum 25

TRAINER: Ronna Johnson LOCATION: Westshore

CONTENT:

This training, part of the Fundamentals of Fostering series, introduces basic concepts of sexual development and the Johnson continuum of childhood sexual behavior. Normal sexual behaviors for children from birth to adolescence are outlined along with factors which may influence a child's sexual behaviors. The training will help foster parents know when a child's sexual expression is normative and developmentally appropriate.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

ROLE OF CAREGIVERS IN HEALTHY

SEXUAL DEVELOPMENT

LOCATOR ID # 18911

DATE: Wednesday, January 8, 2025 TIME: 1:00p - 4:00p

CREDIT HOURS: 2.75 REGISTRATION: Maximum 25

TRAINER: Ronna Johnson LOCATION: Westshore

CONTENT:

This training, part of the Fundamentals of Fostering series, helps caregivers discuss sexual issues with children and adolescents in a way that is consistent with their developmental level. Content also includes strategies on how to maintain a supportive and safe environment with children and adolescents that encourages healthy sexual development and provides exposure to normal experiences that promote healthy sexual development appropriate to each child.

ATTACHMENT LOCATOR ID # 18259

DATE: Thursday, January 9, 2025 **TIME:** 6:00p- 8:00p

CREDIT HOURS: 2 REGISTRATION: Maximum 25

TRAINER: Carmen Toro-Wooten LOCATION: Virtual

CONTENT:

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

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

MENTAL HEALTH CONSIDERATIONS

LOCATOR ID # 18261

DATE: Thursday, January 9, 2025 **TIME:** 8:15p - 9:15p

CREDIT HOURS: 1 **REGISTRATION:** Maximum 25

TRAINER: Carmen Toro-Wooten **LOCATION:** Virtual

CONTENT:

Resource Readiness - MENTAL HEALTH, SELF-REGULATION, AND SELF-CARE

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

TRUST-BASED RELATIONAL INTERVENTION (TBRI)

LOCATOR ID # 18959

MODULE 1: INTRODUCTION AND OVERVIEW

DATE: Monday, January 13, 2025 **TIME:** 9:00a- 12:00p

CREDIT HOURS: 2.75 REGISTRATION: 25

TRAINER: Kristen King LOCATION: Virtual

CONTENT: Resource Readiness - Impact of Trauma

This training, module one of the TBRI series, will focus on understanding the meaning of child behaviors, the brain chemistry of a child from a hard place, and helping these children (and the family) heal and connect. Participants will learn tools they can put into action with their children immediately.

This course is approved for Resource Readiness training credit in the topic "Trauma and its impact on children and the family; promoting attachment" for newly certified caregivers.

This training is a condensed version of Trust-Based Relational Intervention Module 1.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

SEPARATION, GRIEF, AND LOSS LOCATOR ID # 18307

DATE: Tuesday, January 14, 2025 **TIME:** 6:00p - 8:00p

CREDIT HOURS: 2 REGISTRATION: Maximum 25

TRAINER: Carla Storer LOCATION: Virtual

CONTENT:

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.

FOSTER CARE- A MEANS TO SUPPORT

FAMILIES

LOCATOR ID # 18883

DATE: Saturday January 18, 2025 **TIME:** 9:00a - 10:30a

CREDIT HOURS: 1.5 REGISTRATION: Maximum 25

TRAINER: Jody Johnston Pawel LOCATION: Virtual

CONTENT: Resource Readiness - MANAGING PLACEMENT TRANSITIONS

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

IMPACT OF SUBSTANCE USE LOCATOR ID # 18315

DATE: Saturday January 18, 2025 **TIME:** 10:45a - 12:15p

CREDIT HOURS: 1.5 **REGISTRATION:** Maximum 25

TRAINER: Jody Johnston Pawel LOCATION: Virtual

CONTENT:

Resource Readiness - Substance Abuse

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

PARENTING A CHILD WITH A HISTORY OF SEXUAL TRAUMA LOCATOR ID # 18316

DATE: Saturday, January 18, 2025 **TIME:** 1:15p - 2:45p

CREDIT HOURS: 1.5 **REGISTRATION:** Maximum 25

TRAINER: Jody Johnston Pawel LOCATION: Virtual

CONTENT:

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

USING DISCIPLINE TO TEACH SELF-REGULATION

LOCATOR ID #18923

DATE: Wednesday, January 22, 2025 **TIME:** 9:00a - 12:15p

CREDIT HOURS: 3 REGISTRATION: Maximum 25

TRAINER: David Zidar LOCATION: Westshore

CONTENT:

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

RELAX! IT'S ONLY A CRISIS LOCATOR ID # 18924

DATE: Wednesday, January 22, 2025 **TIME:** 1:15p - 4:15p

CREDIT HOURS: 2.75 REGISTRATION: Maximum 25

TRAINER: David Zidar LOCATION: Westshore

CONTENT:

Foster parents will learn the stages and patterns of a crisis. Participants will learn ways to manage their own behavior to improve outcomes. They will also learn professional use of their own patterns of crisis, as well as those of their families.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

NORMALCY AND THE REASONABLE AND

PRUDENT PARENT STANDARD LOCATOR ID # 18925

DATE: Thursday, January 23, 2025 **TIME:** 9:00a - 12:00p

CREDIT HOURS: 2.75 **REGISTRATION:** Maximum 25

TRAINER: David Zidar LOCATION: Westshore

CONTENT:

This training introduces caregivers to the concept of normalcy and defines the Reasonable and Prudent Parent Standard (RPPS). Caregivers will learn what needs to be considered when applying the RPPS, and will practice applying the standard in a number of scenarios.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

NCTSN: BECOMING AN ADVOCATE AND

TAKING CARE OF YOURSELF LOCATOR ID # 18926

DATE: Thursday, January 23, 2025 **TIME:** 1:00p - 4:00p

CREDIT HOURS: 2.75 **REGISTRATION:** Maximum 25

TRAINER: David Zidar **LOCATION:** Westshore

CONTENT:

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 is a series of four workshops developed by the National Child Traumatic Stress Network.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Substance Use and Abuse Among Children and Adolescents 9:00a-12:00p S. Simera Location: Virtual Session ID # CPS-NCORTC- CG- 18872

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Trauma Informed Parenting 6:00p-8:00p C. Toro-Wooten Location: Virtual Session ID # CPS-NCORTC-CG- 18899 RR	4	Burnout, Secondary Trauma, and Self- Care 9:00a-4:00p L. Perkins Location: Virtual Session ID # CPS-NCORTC-CG- 18136	Psychotropic Medications: Questions to Ask About Kids On Meds 6:00p-9:00p S. Simera Location: Virtual Session ID # CPS-NCORTC-CG- 18875	7	80

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bedtime is a Nightmare! Common Bedtime Hassles & Trauma Related Sleep Issues 6:00p-9:00p Location: VIRTUAL Session ID # CPS-NCORTC-CG- 19037	11	Discovering Wellness: Looking at Seven Areas of Wellbeing 8:30a-3:30p J. Schooler Location: VIRTUAL Session ID # CPS-NCORTC-CG- 18157	The Education Rights of Children in Foster Care in Ohio 6:00p-8:00p S. Dunlevy Location: VIRTUAL Session ID # CPS-NCORTC-CG 18921	14	15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	Parenting in Racially and Culturally Diverse Families 6:00p-7:30p C. Toro-Wooten Location: VIRTUAL Session ID # CPS-NCORTC-CG 18895 RR Maintaining Children's Connections with Siblings, Extended Family Members and Their Community 7:45p-8:45p C. Toro-Wooten Location: VIRTUAL Session ID # CPS-NCORTC-CG 18956 RR	19	Ethical Considerations for Resource Caregivers 6:00p-8:00p D. Prezioso Location: VIRTUAL Session ID # CPS-NCORTC-CG 18867 RR	21	22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	Affirming Transgender, Gender Non-Conforming /Non-Binary (TGNCNB) Youth 6:00p-9:00p C. Chan-Frederick Location: VIRTUAL Session ID # CPS-NCORTC - CG 18871	28	

SUBSTANCE USE AND ABUSE AMONG

CHILDREN AND ADOLESCENTS

DATE: Saturday, February 1, 2025

TIME: 9:00a - 12:00p

REGISTRATION: 25

LOCATOR # 18872

TRAINER: Stacy Simera LOCATION: Virtual - CAPS/ZOOM

CONTENT:

CREDIT HOURS: 2.75

This distance learning training will review the substances commonly abused by children and adolescents, define addiction paths and criteria, and introduce treatment options and techniques for youth with addiction

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

TRAUMA INFORMED PARENTING LOCATOR ID # 18899

DATE: Monday, February 3. 2025 **TIME:** 6:00p - 8:00p

CREDIT HOURS: 2 REGISTRATION: 25

TRAINER: Carmen Toro-Wooten **LOCATION:** Virtual - CAPS/ZOOM

CONTENT:

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

ATTACHMENT 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.

BURNOUT, SECONDARY TRAUMA

LOCATOR ID # 18136

AND SELF-CARE

DATE: Wednesday, February 5, 2025

TIME: 9:00a - 4:00p

CREDIT HOURS: 5.5

REGISTRATION: 25

TRAINER: Laura Perkins

LOCATION: Virtual - CAPS/ZOOM

CONTENT:

While burnout and secondary trauma are becoming more frequently discussed in the field of social services and exposure to trauma in helping work, symptoms of each often go unrecognized or mislabeled. This presentation seeks to provide an overview of the continuum of reactions experienced by helping professionals due to exposure to secondary and primary trauma in their work. A range of self-care domains will be discussed. The facilitator will guide participants through several experiential activities including a chair yoga demonstration, breathing exercises, guided meditation, and the development of an individualized self-care plan using SMART goals and the latest research in behavior management.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

PSYCHOTROPIC MEDICATIONS: QUESTIONS

TO ASK ABOUT KIDS ON MEDS

LOCATOR ID # 18875

DATE: Thursday, February 6, 2025 **TIME:** 6:00p - 9:00p

CREDIT HOURS: 2.75 REGISTRATION: 25

TRAINER: Stacy Simera **LOCATION:** Virtual - CAPS/ZOOM

CONTENT:

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.

BEDTIME IS A NIGHTMARE! COMMON BEDTIME HASSLES & TRAUMA RELATED SLEEP ISSUES

LOCATOR ID # 19037

DATE: Monday, February 10, 2025 **TIME:** 6:00p - 9:00p

CREDIT HOURS: 2.75 REGISTRATION: Maximum 36

TRAINER: Jody Johnston Pawel LOCATION: Virtual - CAPS/ZOOM

CONTENT:

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

DISCOVERING WELLNESS: LOOKING AT

SEVEN AREAS OF WELL-BEING

LOCATOR ID # 18157

DATE: Wednesday, February 12, 2025 **TIME:** 8:30a - 3:30p

CREDIT HOURS: 5.5 REGISTRATION: 25

TRAINER: Jayne Schooler **LOCATION:** Virtual - CAPS/ZOOM

CONTENT:

It's true, parenting children from challenging backgrounds can be incredibly demanding, and it's easy to neglect one's own well-being in the process. Parker Palmer's perspective on self-care is a powerful reminder of its 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 offers will provide a comprehensive approach to self-care.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

THE EDUCATION RIGHTS OF CHILDREN IN

FOSTER CARE IN OHIO

LOCATOR ID # 18921

DATE: Thursday, February 13, 2025 **TIME:** 6:00p - 8:00p

CREDIT HOURS: 2 REGISTRATION: 25

TRAINER: Sharon Dunlevy LOCATION: Virtual - CAPS/ZOOM

CONTENT:

Resource Readiness - EDUCATION ADVOCACY

Since 2016, children in foster care nationally have had very specific educational rights that were enacted with the passing of Every Student Succeeds Act (ESSA), however, there are still many school and child welfare systems that do not understand these rights and therefore do not implement or enforce them as they should. It is important for every foster parent to know the rights protected under ESSA as well as other laws so that the students in their care have the best chance of succeeding in school and graduating ready to attend college or pursue a career.

PARENTING IN RACIALLY AND CULTURALLY

DIVERSE FAMILIES

LOCATOR ID # 18895

DATE: Tuesday, February 18, 2025 **TIME:** 6:00p - 7:30p

CREDIT HOURS: 1.5 REGISTRATION: 25

TRAINER: Carmen Toro-Wooten **LOCATION:** Virtual - CAPS/ZOOM

CONTENT:

Resource Readiness - CULTURAL AND DIVERSITY ISSUES

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

MAINTAINING CHILDREN'S CONNECTIONS WITH SIBLINGS, EXTENDED FAMILY MEMEBERS AND THEIR COMMUNITY LOCATOR ID # 18956

DATE: Tuesday, February 18, 2025 **TIME:** 7:45p 8:45p

CREDIT HOURS: 1 REGISTRATION: Maximum 25

TRAINER: Carmen Toro-Wooten **LOCATION:** Virtual - CAPS/ZOOM

CONTENT:

Resource Readiness - MANAGING PLACEMENT TRANSITIONS

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.

February Certified Caregiver

ETHICAL CONSIDERATIONS FOR RESOURCE CAREGIVERS LOCATOR ID # 18867

DATE: Thursday, February 20, 2025 **TIME:** 6:00p - 8:00p

CREDIT HOURS: 2 REGISTRATION: Maximum 24

TRAINER: Deanna Prezioso **LOCATION:** Virtual - CAPS/ZOOM

CONTENT:

Resource Readiness - LEGAL AND ETHICAL ISSUES FOR CAREGIVERS

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

AFFIRMING TRANSGENDER, GENDER NON-CONFORMING/NON-BINARY (TGNCNB) YOUTH **LOCATOR ID # 18871**

DATE: Thursday February 27, 2025

TIME: 6:00p - 9:00p

CREDIT HOURS: 2.75 REGISTRATION: MAXIMUM 15

TRAINER: Cory Chan-Frederick LOCATION: Virtual

CONTENT:

In this workshop, we will cover topics related to TGNCNB youth and their challenges. We will discuss current events affecting them, provide definitions of sexual orientation and gender identity terms, and explore the guidelines for supporting TGNCNB youth provided by ODJFS. Additionally, we will focus on training and supporting foster parents in creating an affirming environment.

The workshop will dive into the biology of sex and the social construction of gender as we unpack the everevolving landscape of gender-affirming care in Ohio and the standards set by the World Professional Association for Transgender Health for social and physical transitioning. We will address transphobia and its different levels of oppression and offer strategies to counter it. Furthermore, we will share resources that can help foster an affirming environment for TGNCNB youth.

Throughout the workshop, we will engage in both large and small group discussions to explore important questions such as how can we ensure that transgender youth in foster care receive appropriate and affirming healthcare, including access to gender-affirming treatments or therapies, what steps can be taken to provide a safe and inclusive living environment for transgender youth in foster care, where they feel supported and respected, how can we address potential challenges or conflicts that may arise between foster parents and transgender youth in terms of understanding and respecting their gender identity, and many more.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Confidence in the Courtroom Process 9:00a-12:00p L. Wolfe Location Westshore Session ID #: CPS-NCORTC-CG- 19306 Dual System Youth: Providing Trauma Informed Care and Advocacy for Youth Involved in Both Child Protection and Juvenile Justice 1:00p-4:00p L. Wolfe Location Westshore Session ID #: CPS-NCORTC-CG- 19307

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	Building Parental Resilience for Kinship Care 6:00p-7:30p C. Toro-Wooten Location: VIRTUAL Session ID # CPS-NCORTC-CG- 18880	5	The Effects of Fostering 6:00p-9:00p B. Nero Location: VIRTUAL Session ID # CPS-NCORTC-CG- 18882 RR	7	8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	Foster Care - A Means to Support Families 6:00p-7:30p R. Johnson Location: VIRTUAL Session ID #: CPS-NCORTC-CG- 18883 RR	12	13	14	The Basics of Caring for Children Who Have Been Sexually Abused 9:00a-1:15p B. Nero Location: VIRTUAL Session ID #: CPS-NCORTC-CG-18884 RR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	Understanding and Building Attachment 6:00p-9:00p R. Johnson Location VIRTUAL Session ID #: CPS-NCORTC-CG- 18885 RR	21.	22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29
	DON'T TALKDON'T TRUSTDON'T FEEL: GROWING UP WITH AN ADDICTED PARENT 6:00p-9:00p B. Lowery Location VIRTUAL Session ID #: CPS-NCORTC-CG- 18886 RR Communicable Diseases - Protecting Your Family's Health 6:00p-9:15p A. Buckalew Location VIRTUAL Session ID #: CPS-NCORTC-CG 18950 RR				Development of School Age Children 9:00a-12:00p D. McMullen Location Westshore Session ID #: CPS-NCORTC-CG- 18887 Adolescent Development 1:00p-4:00p D. McMullen Location Westshore Session ID #: CPS-NCORTC-CG- 18889



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Child Car Seat Safety Restraints Training 8:30 a- 12:00 p S. Jackson Location Westshore Session ID #: CPS-NCORTC-CG- 18045 Joint					

RR= RESOURCE READINESS

JOINT= CLASS FOR CAREGIVERS

AND CASEWORKERS

CONFIDENCE IN THE COURT PROCESS LOCATOR ID # 19306

DATE: Saturday March 1, 2025 **TIME:** 9:00a- 12:00p

CREDIT HOURS: 2.75 **REGISTRATION:** Maximum 25

TRAINER: Lauri Wolfe LOCATION: Westshore

CONTENT:

A court-involved child protection case can be overwhelming due to the complex process, including understanding the timeline and hearings, preparing youth, and testifying. This course aims to provide a clear explanation of those issues as well as strategies to manage them. Additionally, the course will describe attorney tactics and identify tools to help individuals prepare for and effectively testify in court.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

DUAL SYSTEM YOUTH: PROVIDING TRAUMA INFORMED CARE AND ADVOCACY FOR YOUTH INVOLVED IN BOTH CHILD PROTECTION AND JUVENILE JUSTICE

JUVENILE JUSTICE LOCATOR ID # 19307

DATE: Saturday March 1, 2025 **TIME:** 1:00p- 4:00p

CREDIT HOURS: 2.75 REGISTRATION: Maximum 25

TRAINER: Lauri Wolfe LOCATION: Westshore

CONTENT:

Resource Readiness - Legal and Ethical Issues

At-risk youth involved in child protection services and the juvenile justice system often experience additional trauma and heightened stress due to dual system involvement. This can result in increased behavior issues and academic difficulties. Resource caregivers need to be prepared and equipped to manage these challenges. A crucial aspect of readiness involves understanding and advocating for the youth; and educating the youth about the legal procedures, the connection to their care, and available supports and/or programs.

LOCATOR ID # 12208

TIME: 6:00p-7:30p

BUILDING PARENTAL RESILIENCE FOR

KINSHIP CARE

DATE: Tuesday, March 4, 2025

CREDIT HOURS: 1.5 **REGISTRATION:** Maximum 25

TRAINER: Carmen Toro-Wooten **LOCATION:** Virtual - CAPS/ZOOM

CONTENT: This course helps participants understand the importance of self-care and provides practical ideas on how to do it. Learners will understand signs of stress and burnout and recognize the importance of maintaining their mental, physical, emotional, and spiritual well-being. This course describes parental resilience and why resilience is important. It also covers how caring for children who have experienced trauma, separation, or loss can impact a caregiver's own well-being. Also covered are the behaviors that foster a protective environment for parents and children.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

EFFECTS OF FOSTERING LOCATOR ID # 18882

DATE: Thursday, March 6, 2025 **TIME:** 6:00p—9:00p

CREDIT HOURS: 2.75 **REGISTRATION:** Maximum 25

TRAINER: Bert Nero LOCATION: Virtual - CAPS/ZOOM

CONTENT: This training is specifically designed for licensed resource caregivers in the early years of their caregiving development. This training will assist participants in identifying what factors contribute the most to their stress as caregivers and what strengths they bring to caregiving. Participants will learn to identify indicators that they or someone in their family may be experiencing burn out or secondary traumatic stress. Strategies to prevent or mitigate the stress of caregiving will also be addressed. This training is part of the Fundamentals of Fostering series.

FOSTER CARE - A MEANS TO SUPPORT FAMILIES LOCATOR ID # 18883

DATE: Tuesday, March 11, 2025 **TIME:** 6:00p—7:30p

CREDIT HOURS: 1.5 REGISTRATION: Maximum 25

TRAINER: Ronna Johnson

LOCATION: Virtual - CAPS/ZOOM

CONTENT: Resource Readiness - MANAGING PLACEMENT TRANSITIONS

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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

LOCATOR ID # 18884

THE BASICS OF CARING FOR CHILDREN WHO

HAVE BEEN SEXUALLY ABUSED

DATE: Saturday, March 15, 2025 **TIME:** 9:00 a—1:15p

CREDIT HOURS: 4 REGISTRATION: Maximum 25

TRAINER: Bert Nero LOCATION: Virtual - CAPS/ZOOM

CONTENT: 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.

UNDERSTANDING AND BUILDING ATTACHMENT LOCATOR ID # 18885

DATE: Thursday, March 20, 2025 **TIME:** 6:00p—9:00p

CREDIT HOURS: 2.75 REGISTRATION: Maximum 25

TRAINER: Ronna Johnson **LOCATION:** Virtual - CAPS/ZOOM

CONTENT: 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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

DON'T TALK...DON'T TRUST...DON'T FEEL: LOCATOR ID # 18886

GROWING UP WITH AN ADDICTED PARENT

DATE: Tuesday, March 25, 2025 **TIME:** 6:00p -9:00p

CREDIT HOURS: 2.75 REGISTRATION: Maximum 25

TRAINER: Brian Lowery LOCATION: Virtual - CAPS/ZOOM

CONTENT:

This training will provide an understanding of the dynamics of growing up in a home where one of the primary caregivers is abusing substances or is addicted. We will examine roles children take on to meet their needs and bring balance to their family, and how those roles may transfer into a kinship/foster home. Attendees will be armed with tools and strategies to support these children during out-of-home placement and upon returning home.

COMMUNICABLE DISEASES - PROTECTING

YOUR FAMILY'S HEALTH

LOCATOR ID # 18950

DATE: Tuesday, March 25, 2025

TIME: 6:00p-9:15p

CREDIT HOURS: 3

REGISTRATION: Maximum 25

TRAINER: Angela Buckalew

LOCATION: Virtual - CAPS/ZOOM

CONTENT: Resource Readiness - PREVENTION, RECOGNITION, AND MANAGEMENT OF 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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

DEVELOPMENT OF SCHOOL AGE CHILDREN

LOCATOR ID # 18887

DATE: Saturday, March 29, 2025

TIME: 9:00a -12:00p

CREDIT HOURS: 2.75

REGISTRATION: Maximum 25

TRAINER: Debra McMullen

LOCATION: Westshore

CONTENT: This training, part of the Fostering of Fundamentals series, focuses on the physical, cognitive, social, and emotional development of children six to 11 years. Participants will learn about typical development, how to address developmental concerns, and how to support healthy development in school age children.

ADOLESCENT DEVELOPMENT LOCATOR ID # 18889

DATE: Saturday, March 29, 2025 **TIME:** 1:00p - 4:00p

CREDIT HOURS: 2.75 **REGISTRATION:** Maximum 25

TRAINER: Angela Buckalew LOCATION: Virtual - CAPS/ZOOM

CONTENT: Resource Readiness - PREVENTION, RECOGNITION, AND MANAGEMENT OF 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.

TARGET AUDIENCE: Certified Caregiver Homes; Kinship Caregivers

CHILD CAR SEAT SAFETY RESTRAINTS TRAINING LOCATOR ID # 18045

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DATE: Monday, March 31, 2025 **TIME:** 8:30a—12:00p

CREDIT HOURS: 2.75 **REGISTRATION:** Maximum 25

TRAINER: Sharita Jackson LOCATION: Westshore

CONTENT: Social Workers and caregivers often work with families who have young children, many of whom have car seats. By being trained in car seat safety, social workers and caregivers can educate families on proper installation and use to ensure the safety of the child. Properly installing and using a car seat can significantly reduce the risk of injury and death in the event of a car accident. Social workers, parents, caregivers, and childcare providers can play a critical role in ensuring that families are using car seats correctly, which can ultimately save lives. Many families may not have access to resources or information on car seat safety, so social workers and caregivers can fill this gap and provide families with the necessary information and resources to keep their children safe.







MEET THE TRAINER:

SHARITA JACKSON

- Master's degree in Community Health
 Education from Cleveland State University
- 20+ year employee of Cuyahoga County
 Division of Children and Family Services
- Mentors, advocates, and supports agency staff
- Certified Child Passenger Safety
 Technician through Safe Kids Worldwide
 Certification Program



- Learnhow to choose the right car seat for your child's age, weight, height based on the Ohio Car Seat/Booster Laws
- Learn how to correctly install and adjust your car seat in your vehicle, following the manufacturer's instructions and the vehicle owner's manual
 - Learn how to access local and national resources for child passenger safety, such as car seat inspection stations, online courses, websites, or phone numbers
- Learn how to properly secure your child in the car seat

CHECK CAPS FOR UPCOMING SESSIONS



You are invited to:

ourageous Hearts

-East Sidea Cafe for Foster Parents.

A parent cafe is a time for parents to come together and have meaningful discussions around being a foster. caregiver and the joys and challenges it brings.

**Child care and a meal will be provided. **

Tuesday, January 28th 5:30pm to 8:00pm

Location: Church on the North Coast

7925 Granger Road, Valley View (Just off of L77)

Tuesday, February 25th 5:30pm to 8:00 pm

Location: Church on the North Coast

7925 Granger Road, Valley View

(Just off of 1-77)

Tuesday, March 25th 5:30pm to 8:00 pm

Location: Church on the North Coast

7925 Granger Road, Valley View

(Just off of 1-77)

Click here or scan the QR code

Registration estimited to the first 20 participants for each cafe. A member of our team will reach out to you to confirm registration.

A \$50 Gift Card will be raffled off each month for one foster parent who is in attendance at the Courageous Hearts Cafe!



Brought to you by:











We are excited to announce a new service for caregivers!

Caregiver Coaching is a short-term intervention that provides foster, adoptive, and kinship caregivers interested in becoming certified with hands-on, here and now tools for bringing about rapid and dramatic improvement in their skill set.

Through a variety of formats, including both in-person and virtual, the coach works with caregivers to provide a customized experience that includes teaching effective parenting methods and enhancing their knowledge of community based resources.

For more information please contact: Tawanda.Mccoy2@jfs.ohio.gov Office 216.698.2984 Cell 216.304.1402 or visit the DCFS Intranet







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Courageous Hearts

-West Side-

a Cafe for Foster Parents.

A parent cafe is a time for parents to come together and have meaningful discussions around being a foster caregiver and the joys and challenges it brings.

**Child care and a meal will be provided. **

Thursday, January 16th 5:30pm to 8:00pm Location: Cove Community Center 12525 Lake Ave in Lakewood

Thursday, February 13th 5:30pm to 8:00 pm Location: Cove Community Center 12525 Lake Ave in Lakewood

Thursday, March 13th 5:30pm to 8:00 pm Location: Cove Community Center 12525 Lake Ave in Lakewood

Click here or scan the QR code

Registration is limited to the first 20 participants for each cafe. A member of our team will reach out to you to confirm registration.

A \$50 Gift Card will be raffled off each month for one foster parent who is in attendance at the Courageous Hearts Cafe!



Brought to you by:









Department of Human Services

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 Comprehensive Learning Management System (LMS):

Gain access to a library of over 200 specialized courses designed to enhance your skills and knowledge as a foster caregiver. Topics include Behaviors, Attachment, Trauma, Transitions, Working with Birth Families, Autism, Health and Wellness, and more!

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 Access a wealth of resources, including articles, toolkits, and guides, tailored to help you navigate the challenges of foster caregiving.
- Stay Updated:
 Get the latest news and updates on foster care

policies, events, and opportunities.

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Sign Up Today and Start Your Journey!

Visit www.JITCuvahoga.org to explore our website resources and access the LMS to become part of a supportive and knowledgeable community.

Why Enroll in Our LMS?

- Access Comprehensive Training: Equip yourself with the latest knowledge and skills to provide the best care.
- Flexible Learning: Learn at your own pace, anytime, anywhere.
- Earn Certificates: Meet continuing education requirements with our certified courses.
- Free Access: Cuyahoga County DFS provides access for their caregivers and professionals that support them.

Questions? Email us at jitsupport@usf.edu







Foster Parent College Login Page: https://www.fosterparentcollege.com/

Resource Parent Training

To learn more about our training for foster, adoptive and kinship parents, check out the links below!







For Parents



For Agency Staff



Experts



Welcome to FosterParentCollege.com

Get Started

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KINSHIP CARE RESOURCES

Keeping Children Connected to Family

Grandparents and other relatives or kin play an important role in the family. We strive to provide resources and support to those grandparents and relatives who help sustain healthy families and strong communities.

Visit: bit.ly/CuyahogaKin



Cu Div ww 210

Cuyahoga County Division of Children and Family Services www.hhs.cuyahogacounty.gov/dcfs 216-431-4500

Child Abuse/Neglect Hotline: 216-696-KIDS (5437)







WINTER 2025



