

July 2011

Caregivers of Kern County- Other Mental Health Issues That Affect Children in Foster Care

July 6, 2011 6:30 p.m. - 8:00 p.m.

Instructor: Via Turjhanis, MFT and Marsha Greenstein, LCS Kern County Mental Health

Interactive training focusing on mental health issues that affect foster children. Topics include self-harming behaviors, conduct disorder, depression, anxiety, and trauma as a result of physical/emotional/sexual abuse, as well as how to access mental health services and linkage to other resources. To educate foster parents in mental health issues other than ADHD that affect foster kids and what symptoms and behaviors result.

August 2011

Caregivers of Kern County- Setting Appropriate Boundaries and Limits

August 3, 2011 6:30 p.m. - 8:00 p.m.

Instructor: Kitty Young, BC CH DV Adjunct Faculty

This class explores the following topics: 1) What are boundaries? 2) Why set boundaries? 3) What are some challenges of setting boundaries? This class is presented in lecture and small group format.

Bullying

August 16, 2011 5:30p.m. – 7:30 p.m.

Instructor: Daryl Thiesen, KCSOS Preventions Programs Coordinator

This class provides information on the warning signs of bullying, why kids bully, and it also goes over how to help a child deal with bullies.

Autism Spectrum Disorders Including Aspergers

August 16, 2011 7:30 p.m. – 9:30 p.m.

Instructor: Marci Shockley, Center for Autism & Related Disorders

This class will discuss the characteristics of Autism Spectrum disorders including Aspergers as well go over the treatments and services that might be offered.

Things Parents Should Know About Title 22

August 23, 2011 5:30 p.m. – 7:30 p.m.

Instructor: Cathy Glenn, KCDHS Licensing

Do you understand the laws governing foster children in care? Learn what resources are available for children in foster care. Once you know what's available, learn how to access services, how to work with the system, and what laws govern foster children in your care.

Bonding & Attachment *SB 500 Applicable

August 23, 2011 7:30p.m. – 9:30 p.m.

Instructor: Sabrina Sherrill, MFT

What is attachment and why is it so important for children? Learn the definition of attachment and what a secure parent/ child attachment looks like, as well as how it affects the developing child. Recognize the impact of poor/ no attachment, and the characteristics of the attachment disordered child. Develop techniques to enhance attachment and identify methods for re-building attachment.

September 2011

Disaster Preparedness

September 6, 2011 5:30 p.m. – 7:30 p.m.

Instructor: Norm Van Sant

This class was designed to teach participants what to do before and after an event. Learn what types of foods and supplies might be needed in the event of an emergency as well as where to store them. Also, learn about community resources that are out there for you.

Foster Parents & Caseworkers Working Together

September 6, 2011 7:30 p.m. – 9:30 p.m.

Instructor: Sandra Matlock, KCDHS Social Services Supervisor

This training will focus on understanding the foster parents and caseworkers role in the team process. This session will help you understand the caseworker's role as a partner in working with the system, as well as KCDHS policies and procedures.

Caregivers of Kern County- Grief and Loss

September 7, 2011 6:30 p.m. – 8:00 p.m.

Instructor: Melissa Bradex, Elementary Teacher, Former Foster Youth & Relative Caregiver

This class will introduce the different signs of grief in children depending on their age and understanding the importance of allowing them to grieve. It will show how to help without hindering by finding activities to work through it and not stumble into depression. It will provide resources such as websites and book titles for young children and adolescents.

Drug Babies & Fetal Alcohol Syndrome

September 13, 2011 5:30 p.m. – 7:30 p.m.

Instructors: Barbara Blaine, Susan McArthur, and Barbara Fowler, KCDOPH Nurses

Understand the myths of the drug baby culture and why attachment and bonding issues are important for the family and school system, as well as the impact these children have on the community. Realize the individual needs of these children who have been born into an uncertain future with no predictable outcome. Discover the known milestones for typically developing children vs. the indicators for when children are at risk due to drug and alcohol exposure.

Teen Parents Rights *SB500 Applicable

September 13, 2011 7:30 p.m – 9:30 p.m.

Instructor: Stacy Loyd, KCDHS ILP Social Worker

Are you aware of the rights of pregnant teens and teen parents in the foster care system? Learn about their rights, the stress of being a parent to a teen, and what resources are available through county assistance.

October 2011

Adolescence & Substance Abuse *SB500 Applicable

October 4, 2011 5:30 p.m. - 7:30 p.m.

Instructor: Cecelia Martinez, Kern County Mental Health

Substance abuse in adolescence is explored from the perspective of adolescents in foster care. Learn about the factors contributing to drinking and drug use, as well as how to identify behaviors associated with substance abuse. Find out what community resources are available for education, prevention, and treatment.

Rights and Responsibilities of Foster Parents

October 4, 2011 7:30 p.m. – 9:30 p.m.

Instructor: Cherilyn Price, KCDHS Supervisor

What is expected of foster parents when it comes to children placed in their care? This class gives an overview to focus on children's rights and assists foster parents understanding and appreciating their limitations and responsibilities of working with foster children.

Caregivers of Kern County- Foster Youth Roundtable

October 5, 2011 6:30 p.m. - 8:00 p.m.

Instructor: Sabrina Sherrill, MFT, and Emancipated Foster Youth.

Foster youth from the community come and share a little bit about themselves. We learn how they entered the system, what life as a foster child is like, and a little bit about where they are now. The youth also talk about some of the things that they think could help foster parents with future youth.

Adoptions & Developmental Impact

October 11, 2011 5:30 p.m.- 7:30 p.m.

Instructor: Clifton Taylor, KCDHS Adoptions

Fostering and adopting are two different processes. Learn to use the specific language concerning the adoption with a child. Recognize the difference between trauma, separation, and attachments that children show. Acquire tools to help guide a child through loss and gains in relationships. Identify attachment issues/ problems concerning child abuse.

Training of Trainers- Foster Parent & Kinship Caregiver Facilitator Training

October 11, 2011 7:30 p.m. – 9:30 p.m.

Instructor: Debra Watkins Dennison, BC Adjunct Faculty

Have you ever though "I would love to share information with other foster parents and social workers?" Learn how to structure a presentation. Find out the advantages and disadvantages of using peripherals. Find out if your audience is retaining the information on the covered topic. Learn some tools to deal with anxiety that comes with the territory of being a presenter.

SB500- Whole Family Home Training

October 15, 2011 8:00 a.m- 5:00 p.m

This class was designed to teach foster parents what it really means to have a whole family home. This class will go over how a foster parent should model responsibility and parenting skills as well as how to co-parent with a teen mother. It will also go over the challenges and importance of the “Shared Responsibility Plan.”

November 2011

Hair & Skin Care for African American Children

November 1, 2011 5:30 p.m. – 7:30 p.m.

Instructor: Sam Matlock, KCDHS Social Services Supervisor

The texture and hydration of African-American skin at times requires special attention. Learn to identify dry skin and what products are available to aid in maintaining healthy hair and skin in African-American children.

Caring for Medically Fragile Children *SB500 Applicable

November 1, 2011 7:30 p.m. – 9:30 p.m.

Instructor: Edee Ellenberger, RN caring Corner

Learn to recognize disorders in areas of function for medically fragile children, which include thinking and communication, breathing, eating moving, and eliminating. Find out the most common treatments and medications used for each of these areas. Become familiar with the medical specialty(s) that practice in each area. Discover the importance of written records for medically fragile children and look at examples of information that needs to be recorded.

Caregivers of Kern County- Communication

November 2, 2011 6:30 p.m. - 8:00 p.m.

Instructor: Cassaundra Friedberg

This class will cover how to communicate with foster children, the biological parents, and how to communicate with the social workers for the foster children.

Making it Work- Foster Parents & Birth Parents Working Together

November 8, 2011 5:30 p.m. –7:30 p.m.

Instructor: Macy Albertson, KCDHS Supervisor

Reunification of children with their birth parents is a priority. Foster parents learn the importance of working with birth parents to help reunification succeed. Understand how and why it is important to maintain continued contact with children once they return home. Find out how the referral process works and what services are available for resource families and the foster children in their home.

Cultural Sensitivity- *SB500 Applicable

November 8, 2011 7:30 p.m. – 9:30 p.m.

Instructor: Teresia Paca, Teacher and Mentor

Much of our behavior is based on cultural influences. As parents and caregivers we contribute to the shaping of the morals and attitudes of our children. Learn the importance of honoring diversity and respecting ourselves and others. Get some tools based on sensitivity to all needs to manage issues in a diverse community, and gain self understanding through cultural awareness.

December 2011

Asthma & Allergies

December 6, 2011 5:30 p.m. – 7:30 p.m

Instructor: Tammy Smith Lopez & Maria Jaime, American Lung Association

Increase your knowledge of the physiology of asthma. Learn preventative measures for asthma as well as what treatments are available. Increase your understanding of the physical effects of asthma. Learn to recognize severe symptoms of asthma and what to do in the event of an asthma attack.

Hello & Goodbye: Placement Transitions in Foster Care

December 6, 2011 7:30 p.m – 9:30 p.m

Instructor: Sabrina Sherrill, MFT

Children entering foster care often experience attachment issues, and family communication can be affected when children are rapidly added. Expectations are affected by past history of both parents and children. A child's ability to adjust to a new family may be influenced by many

other factors, including dealing with loss and self-esteem issues. This class addresses the changes that occur within a family when new non-relative members are added- from both sides.

Caregivers of Kern County- Building Self- Esteem

December 7, 2011 6:30 p.m- 8:00 p.m

Instructor: Melissa Bradex, Elementary Teacher, Former foster youth, and relative caregiver

The purpose of this class is going to be to learn to assess the level of confidence in a child and further develop self esteem from that stage as well as understanding the importance of self esteem of a child at a certain age. Resources will be given such as website and book titles for young children and adolescents.

The Court & Your Foster Child- (AB490 Educational Rights and AB2096) *Spanish Translation Available

December 13, 2011 5:30 p.m – 7:30 p.m

Instructor: Hal Lockey, KCDHS Social Worker

What are the regulations regarding education and foster children? Review areas of Title 22 that address educational rights and regulations. Learn how they apply to foster children, natural parents, and foster parents.

Resources for Raising Children with Special Needs- IEP's, 504's, and AB490 *Spanish Translation Available

December 13, 2011 7:30 p.m – 9:30 p.m

Instructor: Dian Schneider, Resource Specialist H.E.A.R.T.S Connection

Do you now or have you ever thought about working with special needs children through your foster placement, but were unsure of what help is available or how to get it? Learn about community resources, as well as library resources. Find out how to access information, support, and help get information on the Specialized Placement Program.

