



County of San Luis Obispo, Department of Social Services
ONGOING RESOURCE FAMILY TRAINING CALENDAR
September 2020



B= Bilingual services available upon request T= Meets ongoing RFA training hours

DATE	TIME	TOPIC	LOCATION	TRAINER	RSVP TO
By appointment only		Livescan/RFT Fingerprinting To book a reservation at the DSS Human Resources office, contact your RFA Social Worker to be scheduled for fingerprinting.			
Wednesdays September 2nd, 9th, 16th, 23rd and 30th 9:00am to 11:00am	SPARK- Successful Parenting at Risk Kids (T, B) Bilingual services offered, please request at time of registration. SPARK is an ongoing parenting series designed to provide training and practical tools for parents. SPARK is highly recommended for Resource Families and Kinship Care Providers. TOPICS INCLUDE: Scream Free Parenting, Identifying Behavior in Both Infants and Children, How you can effectively Parent Children with Behavioral Issues, Life Skills Training, and Case Management and Visitations.	Live Online Instruction Additionally worksheets will be required for this training.	Stephanie Wilson, LMFT	Register here: (805) 781-1705	
Thursday, September 3rd 10am-12:00pm	Parenting Biological Children & Foster Children Fostering and adopting effects the entire family system. Many biological children already in the home are impacted when a foster child comes into the home. Several studies have found that the experience of biological children in the family play a significant role in the success of the family overall in the foster care process. This training focuses on sharing stories of how resource families have successfully struck this balance in the past, so you can find ways to support a successful balance in your own family. This training also includes an adult biological child sharing their experience growing up in a family that does foster care so that we can see things from the perspective of the biological child	Live Online Instruction	Gayla Gibson, Relative Caregiver, Former Resource Parent	Register here: https://forms.gle/FvNehftGG92HeKK37	



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		as well as the foster child.			
Friday, September 4th	9am-11am	Pandemic Parenting - Part 1 Are you stressed, frustrated and exhausted? You are not alone. Successful parenting strategies.	Live Online Instruction	Dr. Judy Sullivan Osterhage	Register here: judy@parentingmattersconsulting.com
Tuesday, September 8th	5:00pm-7:00pm	Caring For Children with Moderate Behavioral Emotional Needs Behavioral and emotional challenges often affect children who live in long-term foster care. Research has shown that the adverse effects of early childhood trauma directly impact the neurobiology of a child's brain. There is a correlation between this trauma and a variety of behavioral difficulties, such as aggression, hyperactivity, impulsivity, as well as insecure attachment. This training will focus on identifying some of the more significant behavioral and emotional challenges seen in foster care. This training will also focus on offering trauma informed solutions for resource families trying to manage these behaviors.	Live Online Instruction	Becky Colaw, M.S. & Cherilyn Haworth-Price, M.S.W., L.C.S.W	Register here: https://forms.gle/LeoWPR6YtkMTyh4k7
Tuesday, September 8th	7:00pm-9:00pm	Caring for Children with Severe Behavioral Emotional Needs Behavioral and emotional challenges often affect children who live in long-term foster care. Research has shown that the adverse effects of early childhood trauma directly impact the neurobiology of a child's brain. There is a correlation between this trauma and a variety of behavioral difficulties, such as aggression, hyperactivity, impulsivity, as well as insecure attachment. This training will focus on identifying some of the more significant behavioral and emotional challenges seen in foster	Live Online Instruction	Becky Colaw, M.S. & Cherilyn Haworth-Price, M.S.W., L.C.S.W	Register here: https://forms.gle/o1NsBgxomKJgbfQt5



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		care. This training will also focus on offering trauma informed solutions for resource families trying to manage these behaviors.			
Tuesday, September 8th	9:00am-11:00am	Starting School Strong It is not about ACADEMICs. Behaviors for school success.	Live Online Instruction	Dr. Judy Sullivan Osterhage	Register here: judy@parentingmattersconsulting.com
Part 1: Wednesday, September 9th 4:00pm to 7:00pm		CPR, AED & First Aid (B, T) Adult and Pediatric CPR, AED & First aid – American Red Cross 2-year Certification. This class is free, however, if you are NOT a Resource Family, there will be a \$30 charge for the issuance of your American Red Cross certificate. This course is conducted in 3 parts. Part 1 and Part 2 are conducted via Live Online Instruction. <i>It is required to complete Part 1 & 2. Once completed, an instructor will register you for the skills testing.</i>	Live Online Instruction The skills testing class will be held in person. Instructors will follow the American Red Cross safety guidelines regarding COVID-19		Register here: https://forms.gle/ZfjpwBr4teG3jC28
AND					
Part 2: Thursday, September 10th 4:00pm to 7:00pm					
Part 3: To be scheduled upon completion of Part 1 and 2		Los instructores que hablan español están disponibles en este entrenamiento. Por favor llame al 781-1815 para hacer una solicitud.			
Class 1: Thursday, September 10th 5:30pm to 8:30pm		RFT Class 1, 2, & 3- Resource Family Pre-Service Training (B, T) - Please request translation services at the time of registration.	Live Online Instruction	Judy Martin & Holly Campbell	Must register to attend Call your assigned RFA Social Worker to register, or call (805) 781-1700 and ask for your RFA SW or call (805) 781-1705
Class 2: Saturday, September 12th 9:00am to 4:00pm		Mandatory training for anyone wanting to become a Resource Family. This is a training series. Please note: Each adult must complete the entire series for certification and “RFT Follow-Up Training within one month of licensing.			



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Class 3: Thursday, September 17th 5:30pm to 8:30pm		Los instructores que hablan español están disponibles en este entrenamiento. Por favor llame al 781-1805 para hacer una solicitud.			
Friday, September 11th 9:00am-11am		Pandemic parenting – Part 2 Are you stressed, frustrated and exhausted? You are not alone. Success parenting strategies.	Live Online Instruction	Dr. Judy Sullivan Osterhage	Register here: judy@parentingmattersconsulting.com
Saturday, September 12th 10:00am-1:00pm		The Adoption Process From Foster Care through the post Adoption Process. An overview of the process including steps, working with your team, including birth family, court process, and support after adoption.	Live Online Instruction	Kristi Augusta, MSW and Mimi Feliciano-Hix, MA	Register here: https://forms.gle/zHDgaLzqxNorKpZFA
Thursday, September 17th 10:00am-12:00pm		Educational Rights / Supporting Youth for Higher Education This workshop will cover foster youth education rights and how you as a caregiver can help your child succeed in school. Learn about resources available. Chase Amos from Bakersfield College will cover a special presentation about the services available through the Next Up program.	Live Online Instruction	Rolando Hernandez, Foster Youth Services & Chase Amos, Bakersfield College NextUp Program	Register here: https://forms.gle/B2DWrSE1NuU3NWpV8
Thursday, September 17th 1:00pm to 3:00pm		Medication Management Written directives regarding the storage and use of medication in a Resource Family Home; Legal requirements for the use of psychotropic medication; and Caregiver requirements for documentation and record keeping for medication management.	Live Online Instruction	Jennifer Finocchio	Register here: https://forms.gle/61CDMdrzbpBD7Dq79
Friday, September 18th		Child Welfare Academy (CWA):	Live Online Instruction	Lori Switanowksi,	Register here:



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	9:00am-12:00pm	<p>"Is This What my Life is Going to Be Like Forever?" Reconciling to the COVID "Normal"</p> <p>Participants will identify two challenges in their current everyday lives affected by COVID and also identify two everyday support tools they can use. Strongly recommended for caregivers, professionals working with our population, SWs and ISTC homes. These trainings are MANDATORY for specialized homes.</p>		LMFT, Karen Jason, both fost/adopt parents, and Christina, FFY and CSEC Survivor	https://forms.gle/jmHF3XR2t6cMXfGt6
Friday, September 18 th	12:30pm-3:30pm	<p>Child Welfare Academy (CWA): Building and Strengthening Social Skills in Foster Youth during COVID times</p> <p>Participants will identify two tools to combat loneliness and feel connected, as well as, learn three tools on how to develop healthy online friendships. Strongly recommended for caregivers, professionals working with our population, SWs and ISTC homes. These trainings are MANDATORY for specialized homes.</p>	Live Online Instruction	Lori Switanowksi, LMFT, Karen Jason, both fost/adopt parents, and Christina, FFY and CSEC Survivor	Register here: https://forms.gle/qn6Nz8LJFn4X36qj8
Saturday, September 19 th	9:00am-12:00pm	<p>Child Welfare Academy (CWA): What is the Impact of Added Screen Time to the Brain and Ways to Mitigate its Effects</p> <p>Participants will identify three areas of the brain that are impacted by extended screen time, as well as, learn three tools to mitigate its effects. Strongly recommended for caregivers, professionals working with our population, SWs and ISTC homes. These trainings are MANDATORY for specialized homes.</p>	Live Online Instruction	Lori Switanowksi, LMFT, Karen Jason, both fost/adopt parents, and Christina, FFY and CSEC Survivor	Register here: https://forms.gle/uVvZjvdAzEvmPdhD7
Thursday, September		Sibling Rivalry	Live Online Instruction	Dr. Judy Sullivan	Register here:



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24 th	9:00am-11:00am	Why can't the kids get along? Causes and intervention strategies.		Osterhage	judy@parentingmattersconsulting.com
Monday, September 21 st	9:00am-11:00am	Understanding Children's Art and Trauma		Dr. Judy Sullivan Osterhage	Register here: judy@parentingmattersconsulting.com
Monday, September 21 st	5:30pm-8:30pm	Mandated Reporter Training Topics will include Legal Requirements including completing/filing the report; Types of Abuse; What Happens Next; and Prevention & Early Intervention.	Live Online Instruction	Krisi Augusta, MSW and Mimi Feliciano-Hix, MA	To register: https://forms.gle/bKi5QbaYoyRFyEQY8
Thursday, September 24 th	9:00am-11:00am OR 6:30pm-8:30pm	Hot Topic! - "Drowning with My Hair on Fire" This month's book is titled - "Drowning With My Hair On Fire" by Ce Eshelman LMFT. We will finish up with "I Really Needed This Today" and start to explore this new book. Drowning With My Hair On Fire is a lifeline for adoptive parents trying to navigate the choppy waters of raising adopted children from difficult beginnings. Author Ce Eshelman's beautiful heart really shines through in the hundreds of letters to parents to read each day when needing hope, inspiration, advice, direction, reminders, or practical help. Strongly recommended for caregivers, professionals working with our population and SWs. Everyone will receive the book FREE along with next month's book.	Live Online Instruction		Register here: https://forms.gle/8VvZX6qSiMf4cFPX6
Friday, September 25 th	9:00am to 12:00pm	TBRI- Trust Based Relational Intervention for Caregivers (T)	Live Online Instruction	Cynthia Fletcher/Dori lunker	Register here: https://forms.gle/sBTZStzAEhAFFH3t5



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		<p>Session 4: Connecting</p> <p>Walk away with an understanding of how to balance structure and nurture during interactions with children while having changed behavior. We will learn how to help our children feel more connected to us as their caregiver by using the <i>TBRI® IDEAL Response©</i> and <i>Levels of Response™</i> when needing to correct our children. This is a stepped response to misbehaviors. This is class #4 of 4.</p>			
Saturday, September 26th	10:00am-12:00pm	<p>STOP the Arguing</p> <p>Why this happens? Strategies to exhaust this behavior.</p>	Live Online Instruction	Dr. Judy Sullivan Osterhage	Register here: judy@parentingmattersconsulting.com
Sabado, 26 de Septiembre	8:00am-10:00am	<p>“Cuidado de niños con necesidades emocionales y de comportamiento moderadas”</p> <p>Los desafíos de comportamiento y emocionales a menudo afectan a los niños que viven en hogares de crianza a largo plazo. La investigación ha demostrado que los efectos adversos del trauma en la primera infancia afectan directamente la neurobiología del cerebro de un niño. Existe una correlación entre este trauma y una variedad de dificultades de comportamiento, como la agresión, la hiperactividad, la impulsividad, así como el apego inseguro. Esta capacitación se enfocará en la identificación de algunos de los desafíos conductuales y emocionales más comunes que se observan en el cuidado de crianza. Esta capacitación también se enfocará en ofrecer soluciones informadas sobre el trauma para las familias de recursos que intentan manejar estos</p>	Live Online Instruction	Angelica Gonzalez, MSW y Angelica Maria Gonzalez, MAC MFTI	Register here: https://www.bakersfieldcollege.edu/FKCE/training-registration



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		comportamientos.			
Sabado, 26 de Septiembre 10:00am-12:00pm		<p>“El cuidado de niños con necesidades emocionales y de comportamiento severas” Los desafíos emocionales y de comportamiento a menudo afectan a los niños que viven fuera del hogar a plazo largo. La investigación ha demostrado que los efectos adversos del trauma en la primera infancia afectan directamente a la neurobiología del cerebro de un niño. Existe una correlación entre este trauma y una variedad de dificultades de comportamiento, como la agresión, la hiperactividad, la impulsividad, así como el apego inseguro. Este entrenamiento se enfocará en identificar algunos de los desafíos conductuales y emocionales más importantes que se observan en el cuidado de crianza. Este entrenamiento también se enfocará en ofrecer soluciones informadas sobre el trauma para las familias de recursos que intentan manejar estos comportamientos.</p>	Live Online Instruction	Angelica Gonzalez, MSW y Angelica Maria Gonzalez, MAC MFTI	Register here: https://www.bakersfieldcollege.edu/FKCE/training-registration
Wednesday, September 30th 6:30pm-8:30pm		<p>“Toddlers and Two” Ages and stages parenting strategies</p>	Live Online Instruction	Dr. Judy Sullivan Osterhage	Register here: judy@parentingmattersconsulting.com
Wednesday, September 30th 6:00pm-8:00pm		<p>“Managing your Secondary Traumatic Stress” Behavioral and emotional challenges often affect children who live in long-term foster care. Research has shown that the adverse effects of early childhood trauma directly impact the neurobiology of a child’s brain. There is a correlation between this trauma and a variety of behavioral difficulties, such as aggression, hyperactivity, impulsivity as well as insecure attachment. We will identify some</p>	Live Online Instruction	Cherilyn Haworth-Price, M.S.W., L.C.S.W	Register here: https://forms.gle/Zw98865KfDQhnCuN6



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		of the more significant behavioral and emotional challenges seen in foster care			
TBD	6:30pm to 8:30pm	<p>“Resource Family Informational Meeting”</p> <p>Information will be provided about becoming a licensed Resource Family in San Luis Obispo County. This meeting is MANDATORY prior to attending the RFT Tier I training/certification. This will be conducted over the phone. You must RSVP to register for this and subsequent RFT Tier I training/certification. The Facilitator will contact those registered and set up one-on-one appointments.</p>	Via the phone	Cynthia Fletcher	To register, call (805) 781-1705
Due to COVID-19, classes have been PAUSED		<p>RFA Tier II, Class 5 (T)</p> <p>Topic: Adoption. This is a highly recommended training series for any newly licensed RFA home. Each month focuses on a different topic. Series Topics Include: Resource Family Best Practices, Organization for Resource Parents, Working with Birth Parents & Visitation, Transitions, Adoptions, and Trauma (TBRI-Trauma series).</p>	NA	NA	NA
Due to COVID-19, classes have been PAUSED		<p>OFR- Options For Recovery (T)</p> <p>Class 1: PHN-Keys to Caregiving, Care of the Low threshold Infant, Substance Exposed and Premature-</p> <p>Class 2: PHN- Blood Borne Pathogens, Universal Precautions, HIV, SIDS</p> <p>Class 3: Drug & Alcohol- The Addiction cycle and its Effect on the Brain</p>	NA	NA	NA



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		Class 4: OFR Parents/DSS Staff- Supports, Respite, etc.			
Due to COVID-19, classes have been PAUSED		RFCS- Resource Family Case Support (T) Topic - Case Discussions. This workshop is therapeutic in nature and topics will include strategies to work within the system in a positive manner, overcoming obstacles in your case plan; how to advocate for the children in your care; overview of community resources. This is open to all Resource Families (foster or adoptive parents, and kinship care providers).	NA	NA	NA

VIA ZOOM – TBD “RFT Pre-Service, Tier II Topics, and OFR” – via Zoom coming soon.

VIA ZOOM – TBD Spanish Classes are available via Live Instruction on many topics! Location: email mfelicia@cuesta.edu to get link to register and for location.

VIVO DE ZOOM – TBD Muchas clases de espanol estan disponibles a traves de la instruccion en vivo de Zoom!

Envie un correo electronico a mfelicia@cuesta.edu para recibir un enlace para registrarse en una clase.

Definition of a Specialized Home: OFR, ISFC, Shelter Home, or any other definition provided by DSS other than Resource Family.

Workshops are open to the community, but priority will be given to Resource Families – Foster or Adoptive Parents, Relative/Kinship Care Givers, ILP/YESS youth, and Professionals that work with the population.

Please specify your category at the time of your call/email plus your first name, last name, email and phone number.

Please RSVP at least two (2) days prior to a workshop/event, so we ensure the right resources are available to facilitate the class.

Workshops may be cancelled due to lack of attendance. More workshops may be added to this calendar as needed.

RESERVE YOUR SPACE NOW! CALL MIMI AT FKCE (805) 546-3156 OR TEXT FOR INFORMATION TO (805) 441-6436 OR EMAIL YOUR RSVP TO MIMI AT mfelicia@cuesta.edu