Online Training Courses for Foster/Adoptive Parents
Fall/Winter 2014
Sponsored by NYS CFS

With online training, participants receive instruction through their computer and participate in all activities from their home or office at a time that is convenient for them. Foster/adoptive parents can now take advantage of online trainings in which many key benefits of traditional face-to-face instruction are available to both trainer and participants. In this virtual classroom made possible by *iLinc* software, participants can listen to and speak with a live trainer, electronically "raise their hands," and pose questions to the trainer or other participants. Text chat and other participant feedback tools are also available.

What do I need in order to participate?
In order to participate in online trainings, interested parties must have all of the following:
PC with *Microsoft XP, Vista, Macintosh,* or *Windows 7* installed.
High speed Internet access.
Headset with microphone (or computer speakers and a microphone).
iLinc software (provided free of charge to registered participants).

What kinds of trainings are offered?
Because they have been so well-received in the past years, an array of over forty trainings of interest to foster/adoptive parents is now being offered online. These include the three foundation-level trainings, five trainings that cover developmental disabilities, three trainings that cover child sexual abuse, a nine-part training for kinship foster parents, and about a dozen other trainings. Generally, most trainings are offered at least once during the day and once during the evening. The schedule of available times and dates for each training, along with the training descriptions, is included in this catalog.

How do I register?
Registration online is quick and simple. For more information, additional resources, and/or to register for one or more trainings, visit our website:
http://www.bsc-cdhs.org/fosterparenttraining/
It is important to note that when two or more persons who use the same computer are registering for a training online, **each participant must use a *separate* e-mail address**. (Additional e-mail addresses are usually available free from most Internet providers, or you can sign up for a free e-mail account from one of the following web mail providers: www.gmail.com, www.hotmail.com, or www.yahoo.com.)
Once you have registered for your first training, you will be provided with a New York State Office of Children and Family Services account and password, along with free installation of *LearnLinc*, the *iLinc* client software package used for the training.
Everyone should attend *Introduction to iLinc* online before their specific training begins. If the *iLinc* software has **not** been previously installed on their computer, it can be downloaded during this pre-training session. During the brief online training, you will have the opportunity to become familiar with the various software functions and have any questions about its use answered. Personal assistance will be provided, if necessary.

How will I know when I am officially registered?
Upon registration you will receive an e-mail confirmation stating the title of the training, as well as the date(s) for which you are registered.

How will I get my training materials?
Downloadable training materials are available on the CDHS Foster/Adoptive Parent Resource Center web link (http://www.bsc-cdhs.org/fosterparenttraining/) or will be sent to training participants at their home address in advance of the start date. If you are a foster/adoptive parent participating from your home computer, please be sure to supply us with your full home address during registration. The address entered must be your full street address and *cannot* be a P.O. Box #, since the carrier used for delivery (UPS) will not make deliveries to post office boxes. **The UPS carrier does not leave packages that are unsigned for and will make only three delivery attempts before returning materials to the sender.**

Is there a training cancellation policy?
Yes—and there are three important things to keep in mind with regard to cancellations:
If it becomes necessary to withdraw from a training for which you are registered, please notify CDHS Registration Services by e-mail as soon as possible at registrationservices@bsc-cdhs.org or cancel your registration by phone at **716-876-7600, ext. 500** (8:00 a.m. – 4:00 p.m.). Except for unforeseen emergencies, cancellations should be made at least three (3) business days before the scheduled training.
The primary contact person/agency representative indicated on your registration application will be called if a training is cancelled, and the contact person is responsible for notifying participants.
Every effort is made to offer all trainings as they appear in our training calendar. Note: CDHS reserves the right to cancel any training for which there is insufficient enrollment.

What if I have any other questions?
For further technical information or support, students may contact the OCFS *iLinc* technical support staff at this toll-free phone number, **800-810-1349**, any time before a training. Our technical support staff will be happy to assist you with the set-up and/or testing of headsets, microphones, and speakers and will be able to answer any other technical questions you may have.

*Please note: Macintosh users who require technical support should contact the iLinc vendor support number at **800-799-4510** for direct assistance from the software vendor. When calling this line please let them know that you are using the "**installed version of iLinc 10.2.5 located at** http://ilinc.ocfs.state.ny.us" (y*ou should tell them exactly the quoted information as it is here).
To access the *iLinc* virtual classroom training site, go to the OCFS website:
http://ilinc.ocfs.state.ny.us
If you have used the site previously, you may notice that this new site has been updated; all the established *iLinc* functions still remain basically the same.
What do I have to do in order to get credit for attending an online training?
If you cannot get into the *iLinc* classroom, or if your equipment is not functioning by a maximum of 30 minutes into the start of a training, you will not be counted in attendance for that training and you will not receive credit for attendance.
Will I get a certificate after I complete an online training?
When all training requirements have been met, a *Certificate of Completion* is sent to all participants who have completed a training. If for some reason you do not receive your *Certificate of Completion* through your e-mail account after you have completed an online training or if you lose your certificate after you receive it, you can contact CDHS Registration Services staff to request a duplicate at registrationservices@bsc-cdhs.org.
The person designated as the agency/LCDSS primary contact person will also receive a copy of the *Certificate of Completion.* Be sure that you enter the agency contact peron's e-mail address. This is usually the training cooordinator for your agency. If you are unsure whose name to enter, call your agency and inquire.

Introduction to iLinc

This introduction to the *iLinc* virtual classroom should be completed by all new foster/adoptive parent *iLinc* users before they register for and attend any other online trainings. The Introduction to iLinc session lasts approximately **one hour** and provides participants with an opportunity to make sure that their equipment is functioning properly before they start a training. The demonstration of the student palette and tools is designed to enable them to make the most of their online learning experience as well as to provide them with the technical vocabulary that they will need in order to communicate with instructors and technical support staff.
Instructor: Distance Learning Unit Staff
Choose one session only:
Any Tuesday from 11:00-12:00 PM   Any Thursday from 2:00-3:00 PM

Kinship Foster Parents: Caring for Our Own

Caring for Our Own (CFOO) is a nine session training for kinship foster parents. Participants learn how to help the children in their care to better manage their behaviors, receive parenting tips, and are introduced to strategies that can help them to develop effective relationships with birth parents and agency/county staff. They benefit from receiving helpful knowledge, understanding, and support from the other kinship foster parents and learn that they are not alone in taking on the responsibilities of kinship foster parenting.

This training is intended for and available to **only** those individuals who are currently providing foster care for one or more children to whom they are related or with whom they have close family ties. It does not matter how long a participant has been a kinship foster parent. In order for kinship foster parents to be in a position to receive the maximum benefit from this offering, **it is strongly recommended that they register for and attend all nine trainings**. Most agencies and districts will not credit this training without completion of all nine.

CFOO1:
Introduction to CFOO Kinship Foster Parent Support Group
Instructor: Wendy Neilson
This training provides an opportunity for kinship caregivers and the trainer to get acquainted with each other and share a little about personal kinship experiences.

CFOO2:
Assessing the Impact of the Children Living in My Home
Instructor: Wendy Neilson
This training provides the participants with an opportunity to assess the immediate impact of having children live in their homes. It will also assist kinship foster parents in assessing their ability to meet the present needs of the children in their care.

CFOO3:
Looking at My Role in Achieving Permanency
Instructor: Wendy Neilson
This training provides kinship foster parents with an overview of reunification and adoption and identifies ways in which they can support permanency planning (children leaving foster care). It will also continue to provide participants with the opportunity to assess the strengths and needs of the members of their immediate household and of their extended family members.

CFOO4:
Assessing the Strengths and Needs of the Children in My Care
Instructor: Wendy Neilson
This training helps kinship foster parents begin to focus on the needs of the children living in their homes and to identify the types of services they need to access to ensure stability in the children's overall growth and development.

CFOO5:
Building on the Strengths and Meeting the Needs of the Children in My Care
Instructor: Wendy Neilson
This training continues to help kinship foster parents examine the behaviors of the children living in their homes, to identify methods of managing the behaviors, and to identify and access needed services.

CFOO6:
Preparing Children and Youth for the Future
Instructor: Wendy Neilson
This training assists kinship foster parents in understanding their role and responsibilities in the education of the children in their care and in preparing youth for independent living.

CFOO7:
Understanding the Issues of Birth Parents
Instructor: Wendy Neilson
This training provides an opportunity for kinship foster parents to examine the challenges birth parents face. Participants will gain a better understanding of birth parent issues and how those issues interplay with the kinship foster parent's own issues. The nature of drug addiction in birth parents and how the addiction affects their ability to provide children with permanency (help their children leave foster care) will be explained and explored.

CFOO8:
Working with Birth Parents to Achieve Permanency for Their Children
Instructor: Wendy Neilson
This training examines how kinship foster parents can redefine their relationship with birth parents in order to ensure children's physical safety and emotional well-being and support birth parents' efforts to achieve permanency (help their children leave foster care).

CFOO9:
Networking and Moving Ahead
Instructor: Wendy Neilson
This training provides kinship foster parents with the opportunity to complete their assessment of their ability to meet long-term needs of the children in their care. Participants will develop a family plan, which they should later share with their caseworkers for the purpose of planning for the children.

Foster/Adoptive Parent Foundation Classes

Three online classes provide certified foster parents with the foundation information and skills required to work in partnership to achieve safety, well-being, and permanency for the children in their care. Each of these three foundation classes builds on the previous offering, and it is most helpful to take all three. Each course is offered twice so participants can choose the time that is most convenient for them.

FC1: Using the Helping Skills to Build Relationships
Instructor: Wendy Neilson
This class introduces foster parents to the building blocks of a helping relationship. Since successful application of the helping skills is critical to effective interventions that promote the well-being of children, the nonverbal and verbal skills needed to build positive relationships with children and their families are highlighted.
By the end of this class, participants will be able to:
* Identify the building blocks of a helping relationship.
* Identify the nonverbal and verbal helping skills.
* Describe behaviors that demonstrate effective use of the nonverbal helping skills.

FC2: The Ages and Stages of Development
Instructor: Wendy Neilson
This class provides foster parents with a key tool, the *Child Development Guide*, and the information necessary to identify the presence or absence of significant skills and abilities at each age and stage of child development, to report important observations to the caseworker and other service providers, and to select and use activities that will support a child's optimal development.
By the end of this class, participants will be able to:
* Recognize the specific skills and abilities characteristic of each age and stage of child development.
* Recognize possible indicators of unmet developmental needs or delays that require further assessment.
* Use the *Child Development Guide* to support the healthy development of the children in their care.

FC3: Supporting Attachment

Instructor: Wendy Neilson

This class uses the Cycle of Attachment model to help foster parents understand the foundation process of children's emotional development and health. The behavioral clues that identify healthy attachments are highlighted. Foster parents learn how to select and use parenting behaviors that support emotional security and attachment in children, as well as how to identify behaviors that may signal unmet needs related to attachment.

By the end of this class, participants will be able to:

- Explain the meaning of the term *attachment*.
- Identify "red flag" behaviors that may signal unmet needs related to attachment.
- Choose to help a child build and maintain attachments to her birth family.
- Select and use parenting behaviors that will maintain and support a child's attachment to his birth family and his foster family.

Foster Fatherhood

You are about to embark on a training adventure–one that will take you into the hearts, minds, and lives of men who want to care in a nurturing way for children who have experienced abuse and/or neglect. The adventure may lead you through hopes and fears, laughter and tears, as well as memorable relationships and experiences. You will deepen your knowledge of meeting children's needs, assuring their well-being, and understanding your role in case planning and will, hopefully, deepen your knowledge of yourself along the way.

As a result of this training, participants will be able to:

Clarify the relationship between their fathers and their own style of fathering.

Share their visions of the father they choose to be.

Explore different cultural styles of fathering.

Explore the unique roles of fathering daughters and fathering sons.

Clarify the role of foster/adoptive fathers in case planning.

Practice communication skills of active listening and reflecting.

These trainings are designed for foster/adoptive fathers.

The Roots of Foster Fatherhood **Instructor: Jack Fuentes**	**Foster Fathers and Their Impact on Children's Well-Being** **Instructor: Jack Fuentes**
Fostering Sons Versus Daughters **Instructor: Jack Fuentes**	**Foster Father's Role in Case Planning** **Instructor: Jack Fuentes**

Core Issues in Child Sexual Abuse

These online trainings provide foster/adoptive parents with the foundation skills and information required to work in partnership to help children who've been sexually abused to achieve safety, well-being, and permanence. A certificate of completion will be provided.

Prerequisite: Completing *iLinc* course in Human Sexuality or comparable.

Human Sexuality (Two-Part Offering)

Foster/adoptive parents need to find ways to be both comfortable and well-versed when discussing challenging topics with children and youth placed in their homes. These topics often include "the birds and the bees," that is sexuality, sexual behaviors, and sexual abuse. This two-part course offering provides an introduction to these dialogues that is knowledge-based and practice-oriented. Participants should have completed an introductory course in normal child development before registering for this course offering. **Participants must be registered for both parts of the course.**

Human Sexuality Part 1 Trainer: Diana Shultz	**Human Sexuality Part 2** Trainer: Diana Shultz

CSA1:
Understanding and Discussing Child Sexual Abuse
Instructor: Diana Shultz

Foster/adoptive parents need to vent their feelings about child sexual abuse before they intervene in a child's life where it has occurred. They also need to know facts related to child sexual abuse. This training provides that forum. Foster/adoptive parents need to build relationships that free children from adult roles. Building these depends on recognizing needs and the behaviors that stem from them.

By the end of this training, foster/adoptive parents will be able to:

Describe the incidence and effects of child sexual abuse.

Identify their emotions toward the child, the person who abuses the child, and the non-abusive partner.

Identify the emotions, needs, and behaviors of children who are sexually abused.

Describe the needs and behaviors of the person who abuses and those of the non-abusing partner.

CSA2:
Identifying Signs and Effects of Child Sexual Abuse
Instructor: Diana Shultz

Foster/adoptive parents need to see children's behavior as an expression of underlying needs. They also need to know the range of behaviors that often follow child sexual abuse. This training helps foster/adoptive parents recognize signs and better meet underlying needs, establishing a basis on which to help the child manage the behaviors. This training also examines the relationships in families where sexual abuse has occurred and the role reversals that children and adults often experience.

By the end of this training, foster/adoptive parents will be able to:

Describe the relationships in families where sexual abuse occurred.

Identify sexual and non-sexual signs of child sexual abuse in younger children.

Identify sexual and non-sexual signs of child sexual abuse in older children.

Describe how sexual abuse affects the child's expression of needs.

CSA3:
Understanding and Managing the Child's Behavior
Instructor: Diana Shultz

Foster/adoptive parents need to highlight the special strengths of children who have been sexually abused. This training helps foster/adoptive parents identify these strengths and recognize the child's needs. This training will also look at how sexual abuse affects the way needs and strengths get expressed.

Foster/adoptive parents need to recognize that children who've been sexually abused have experienced a double trauma: that of the abuse and that of placement. Foster/adoptive parents need to intervene when the child displays challenging behaviors. This training helps foster/adoptive parents plan ways to meet the child's needs, while managing behaviors related to the traumas of sexual abuse and placement.

By the end of this training, foster/adoptive parents will be able to:

Identify the double trauma children who've been sexually abused experience when placed in care.

Recognize the relationship between the child's needs, behaviors, and the foster/adoptive parent's response.

Identify strengths in the child's expression of need.

List strategies to meet the needs and manage the behaviors of children who've been sexually abused.

Additional Classes

ADHD: A Survival Guide for Foster Parents
Instructor: Pura Gonzalez

Focusing on how attention deficit hyperactivity disorder (ADHD) affects children and their foster/adoptive families, the first half of this training will provide a basic overview of ADHD, including key symptoms, possible causes, and diagnostic procedures. The second half will describe a combination of interventions, including academic modification and medication that can possibly be used to help children successfully manage the impact of ADHD. It will conclude with an explanation of practical, easy-to-use parenting strategies that will build on the strengths of children with ADHD.

Fear and Control
Instructor: Diana Shultz

Foster parents will gain a better understanding of the dynamics of fear and control issues and learn how these issues can sometimes become barriers to working in partnership with parents of children in foster care and agency staff. This training helps participants to recognize their own fears, as well as those experienced by the parents of children in foster care, the children themselves, and the caseworker involved. Participants will also learn how to identify effective strategies for addressing issues of fear and control.

Dealing with Quibbling Siblings
Instructor: Sarah Tooley

Based on the bestselling book *Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too* by Adele Faber and Elaine Mazlish, this training will challenge the idea that constant, unpleasant conflict among siblings is natural and unavoidable. Participants will learn how to avoid such explosive situations as comparing, assigning roles, or taking sides and instead promote cooperation with practical and easy-to-use techniques.

Defensive Parenting
Instructor: Diana Shultz

As a result of attending this training, foster parents will be able to identify child abuse and maltreatment allegation issues and recognize how they can be exposed to these allegations. Participants will be able to identify tools and skills that build a safe environment in their home. Participants will assess their own defensive parenting skills.

Lying and Stealing
Instructor: Diana Shultz

As a result of attending this training, foster parents will be able to clarify their values regarding lying and stealing and identify reasons children engage in these behaviors. Through practice simulations, participants will be able to respond appropriately to children who lie and/or steal and make plans to prevent these behaviors.

Introduction to Chemical Dependence
Instructor: Wendy Neilson

This training provides information about alcohol and other drugs. Participants will be able to describe the difference between use, abuse, dependence and addiction. An overview of key concepts including different types of drugs and their effects, the two types of chemical dependence, and common treatment modalities will be discussed.

The Impact of Chemical Dependence on the Family
Instructor: Wendy Neilson

Chemical dependence affects every aspect of the family system, including its boundaries, rules, roles, decision-making and communication styles. This workshop will help participants understand how family members interact when one of the parents has an alcohol or drug problem and how children learn to take on various "roles" as they attempt to cope and get their needs met. An overview of important concepts including key difference between addiction and dependence, the disease model as treatment modality, and the components of recovery will be provided.