

FOSTER PARENT NEWS

DCS TRAINING NEWSLETTER



DCS Newsletter Color Code



DCS Opportunities of Training Credit

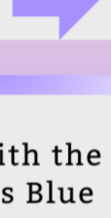


3rd Party Opportunities for Training Credit



Resources / Entertainment / Information

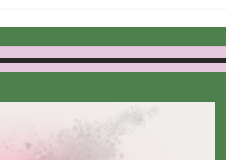
Should a foster parent sign for medical bills?



When a foster youth is on TennCare, the health provider **should not** require payment from foster payments. Foster parents are not financially responsible for medical services for foster youth. **As a reminder, foster parents should never sign as the person who is financially responsible.**

Foster parents can connect with the Select Kids team at Blue Cross Blue Shield by phone at **1-877-DCS-KIDS** or SelectKids_GM@bcbst.com.

For more information on medical and mental health resources click on the QR code.



Foster parents should coordinate with the child's FSW or FPS if the youth does not have TennCare or for additional questions.

There are approximately 400 children and youth who are in full guardianship and in need of permanent families throughout Tennessee.

Click here to visit ParentAChild.org

Please consider whether you could be the answer to a young person's longing for a forever home.

POINT YOUR CAMERA PHONE AND SCAN THE QR CODE TO LEARN MORE ABOUT ASSESSMENT HOMES



Online Trainings
CLICK HERE

Foster Parent Training Resources
CLICK HERE

CALENDAR OF LIVE TRAININGS
CLICK HERE

Adoption Awareness Training
Want to know more about Adoptions in TN from our very own staff?

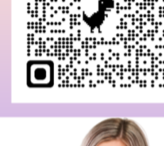
Join us for a full day on Nov. 29, 10:00-4:00 pm EST or for split sessions on Dec. 14 & 15, 1:00-4 pm EST

NOVEMBER - National ADOPTION MONTH

Register for 11/29

Register for 12/14

Register for 12/15



Medical Resources and Information (M.R.I.)



Medication Administration will now be called Medical Resources and Information and will include:

- New information on CBD-Cannabidiol
- New Medical and Mental Health Resources
- MRI Refresher is now 2.5 hours of class time

CLICK HERE

Regional Foster Parent Support Group Parenting in the Age of Screens, Social Media, and Gaming

- East - November 17, 5:30-7:30pm EST
- Middle - November 28, 5:30-7:30pm CST
- West - November 29, 5:30-7:30pm CST

Regional Foster Parent Support Group Co-Regulation

- East - January 24, 5:30-7:30pm EST
- Middle - January 9, 5:30-7:30pm CST
- West - January 23, 5:30-7:30pm CST

ONLINE TRAINING DCS PRACTICE MODEL INTRODUCTION

*30 minutes of training credit

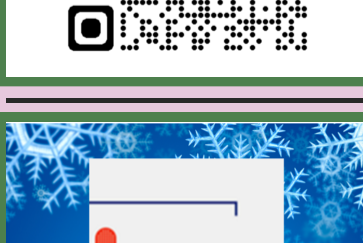


TikTok Of the Month
Click HERE
rabbi_shais_taub
Rabbi Shais Taub

December 6, 5:30 to 6:30 PM CT
CLICK HERE
1 hour Training Credit
Maintaining Balance in Life Webinar Announcement

VIDEO Of the Month

Click HERE
Julie Rotella



TUESDAY, DECEMBER 13
11:00AM-12:00PM CST
*1 hr Training Credit
Child Welfare Community Lunch and Learn Series: Tennessee Women, Infants and Children (WIC) Program

DCS TALKS PODCAST
Holiday Stress Podcast Episode

DECEMBER CALENDAR

Click the links below to register

- 11/17 - [Creating Normacy Through Prudent Parenting](#)
- 11/21 - [Caring for the Child with Sexual Trauma](#)
- 12/1 - [CANS](#)
- 12/3 - [Trauma Informed Parenting Strategies \(T.I.P.S.\)](#)
- 12/6 - [When and How to Turn a Crisis into a Learning Event](#)
- 12/8 - [Be the One](#)
- 12/10 - [Creating Normacy through Prudent Parenting](#)
- 12/13 - [Stewards of Children](#)
- 12/15 - [Intro to TBRI for Parents](#)
- 1/5 - [Foundations of TBRI](#)
- 1/9 - [My Child Struggles at School: What Can I Do?](#)
- 1/10 - [Positive Parenting](#)
- 1/12 - [Caring for the Child with Sexual Trauma](#)
- 1/12 - [Building Strong Brains](#)

Why We Do It the DCS Training Team!



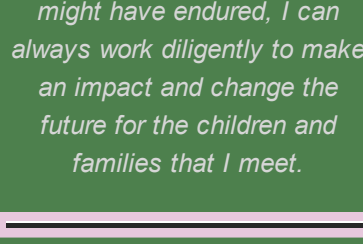
Randi Earley
Training Officer I

Foster Parent Training, TN Valley and Upper Cumberland Regions; CPR Waiver Specialist

As a child, I always knew that I would be an educator on some level. My daddy was an educator and inspired me to go into education, as he was and will always be my hero. I chose to work for DCS after hearing my parents speak of their childhoods and the trauma they endured as children. As a foster parent trainer, I get to teach about how delicate the children in our system are based on their experience of trauma and how to help them be resilient despite all of their adversities.

My goal is to always provide a listening ear and support to all of the children and families that cross my path. If I can help one child, one family, or one foster parent have a positive experience with DCS, then I have been successful. While I cannot change the past and the trauma that my parents might have endured, I can always work diligently to make an impact and change the future for the children and families that I meet.

when it's Christmas Eve and your kid tells you what he ACTUALLY wants for Christmas



Let us be the first to give a friendly sign, to nod first, smile first, speak first, and - if such a thing is necessary - forgive first.

-Author Unknown

Upcoming Classes

FOUNDATIONS OF TBRI - INTRO

1/5/2023
5:30-7:30 pm CST
6:30-8:30pm EST
Trust-Based Relational Intervention
*Good for Trauma and Therapeutic training hours



Building Strong Brains

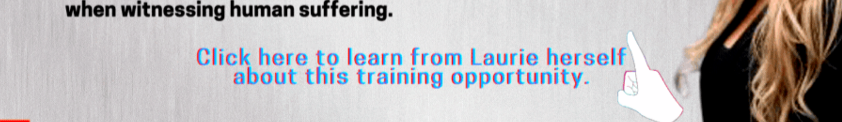
Available Class Options:
January 27 • March 31
February 24 • April 28
*Worth 2 Hours of Training Credit
*Fulfills Trauma Training Credit

Click [HERE](#) for more details!

Moving from Empathy to Compassion Masterclass and Coaching Series:

The Science of Self-Care and Well-Being in Child Welfare

Laurie Ellington, MA, LPC, BBC, MCC, HMCT, RYT, NBC-HWC



This interactive 4-part science-based masterclass with 1 coaching session explores recent discoveries that reveal compassion cultivates resilience and promotes psychological and physical well-being. Findings that illuminate the effects of compassion on the autonomic and central nervous system will be shared, as well as research on the experience of empathetic distress fatigue, for which compassion seems to be the antidote.

Participants will learn skills for moving from empathy to compassion to decrease the risk for fatigue, burnout, and vicarious trauma, as well as strategies for maintaining a healing presence and staying in service when witnessing human suffering.

Click here to learn from Laurie herself about this training opportunity.

The person you need to be kindest to is yourself.

Click the Links Below to Register:

Session 1: The Human Stress Response

Session 2: Self-Care, Empathy, & Compassion

Session 3: The Neuroscience of Compassion & Empathy.

Session 4: The Ethical Imperative of Self-Compassion

SCHEDULE
DATES: 3 consecutive Saturdays: January 7th, January 14th and January 21, 2023
Time: 9:00am-2:30pm CST/10:00am-3:30pm EST
LOCATION: Zoom
COURSE ID: CHR220222
REGISTRATION: Please contact Loretta at 731-613-5294.

NAMI Basics
National Alliance on Mental Illness
Statewide Zoom Class
The fundamentals of caring for you, your family, and your child with mental illness.
Classes Forming Now - Limited Space Available

Which Car Seat Do I Need?
• INFANT
• TODDLER
• PRESCHOOL
• SCHOOL-AGE
When to Transition to the NEXT Safety Seat
CLICK HERE

CARE FOR YOUR WELLNESS!

- PAUSE
- RESET
- NOURISH



AGE-RELATED REACTIONS TO A TRAUMATIC EVENT

CLICK HERE TO VIEW THE ARTICLE



HELPFUL LINKS

[Foster Parent Training](#)

[Training Calendar](#)

[Online Training](#)

[Self-Care](#)

[DCS Talks Podcast](#)

[Child Welfare Resources](#)

[Regional Training Contact](#)

[DCS Listens Registration](#)

[Birth Children Resources](#)

[Unsung Hero of the Month](#)