



FOSTER PARENT NEWS

DCS TRAINING NEWSLETTER



Podcast Holiday Helper

THE HOLIDAYS WITH ADOPTED, FOSTER, OR KINSHIP KIDS WHO'VE BEEN EXPOSED TO TRAUMA

Creating a Family
Support • Train • Strengthen
Foster • Adoptive • Kinship

Holiday Helpers

WHICHEVER MEDIA YOU LIKE, WE WANT TO PROVIDE YOU WITH RESOURCES FOR THE HOLIDAYS!



Video Holiday Helper

SCHEDULING YOUR DAY: CREATING ROUTINE IN A TIME OF CHANGE




VANDERBILT KENNEDY CENTER
TREATMENT & RESEARCH INSTITUTE FOR AUTISM SPECTRUM DISORDERS

Article Holiday Helper



10 TIPS TO ENJOY THE HOLIDAYS WITH KIDS WHO HAVE EXPERIENCED TRAUMA



Creating a Family
Support • Train • Strengthen
Foster • Adoptive • Kinship

DCS Brightspace **L.M.S.** Learning Management System

To learn more about
our new DCS
Brightspace website:

[CLICK HERE](#)

Download the
Brightspace Pulse
Smartphone App
Here:



Orientation
Training Dates:
January 18
February 10
February 20

We are sending all
foster parents a
letter about DCS
Brightspace!
Be sure to check
your mail box.



Meet Michael!

Athletic, competitive, intelligent, and fun are just a few adjectives to describe Michael. He's an active young man with a passion for sports, especially basketball and football.

Click HERE to see Michael's Video

Michael is open to a variety of family types including single parents, same-sex parents, and families who have a different racial background from his own. He is also open to a variety of pets, although birds and snakes are not at the top of his list. He prefers a city environment rather than a rural environment. Michael needs a family that can support his endeavors and cheer him on.

There are approximately 400 children and youth who are in full guardianship and in need of permanent families throughout Tennessee. Please consider whether you could be the answer to a young person's longing for a forever home.

Click here to visit ParentAChild.org

DECEMBER 10, 2023
NEUROBIOLOGY: HOW COMPLEX TRAUMA IMPACTS THE BRAIN

JANUARY 12, 2024
COMPLEX TRAUMA IN EARLY CHILDHOOD

MARCH 8, 2024
COMPLEX TRAUMA AND SUBSTANCE USE

APRIL 12, 2024
SUPPORTING PARENTS WITH UNRESOLVED TRAUMA

JUNE 14, 2024
RESIDENTIAL CARE

JULY 12, 2024
SCHOOLS AND LEARNING

Quarterly Autism Webinar:
November 10, 2023
February 9, 2024
May 10, 2024
August 9, 2024

Statewide Complex Trauma and Child Welfare Learning Community

2023-2024

SERIES WEBINAR

CLICK HERE



TN-KEY FOSTER PARENT CO-TRAINERS NEEDED!

The next training to become a TN KEY trainer is **February 17 and February 24, 2024**

To complete a Foster Parent Co-Trainer Interest form,

CLICK HERE

NAMI Tennessee



NAMI Basics Class is comprised of six session workshops for parents and caregivers of children and adolescents with a mental illness. The class covers illnesses, medication, in-depth documentation with additional resources with forms for the various systems like medical and school.

STATE-WIDE VIRTUAL

START DATE: TBA
TO REGISTER:
CONTACT DENISE STEWART
615-361-6608
DSTEWART@NAMITN.ORG



CLICK HERE

Family Resources



CCR&R TENNESSEE



- 1/4/24 [TBRI Empowering pt. 2 "Transitions"](#)
- 1/9/24 [Creating Normalcy Through Prudent Parenting](#)
- 1/11/24 [Research about Hope and the Child Welfare Community](#)
- 1/18/24 [Understanding the Basics of FASD](#)
- 1/20/24 [Stewards of Children](#)
- 1/23/24 [Vagus Nerve and Social Engagement Seminar \(1 of 4\)](#)
- 1/23/24 [Trauma Informed Parenting 101](#)
- 1/24/24 [Fetal Alcohol Spectrum Disorder Seminar](#)
- 1/25/24 [Fetal Alcohol Spectrum Disorder Seminar](#)
- 1/30/24 [Human Trafficking 101](#)
- 2/1/24 [Vagus Nerve and Social Engagement Seminar \(2 of 4\)](#)

New Year, New Trainings

MAKE WAY FOR 2024!

THE SCIENCE OF HOPE AND THE CHILD WELFARE COMMUNITY



PRESENTER
Dr. Angela B. Pharris

DATE/TIME
January 11, 2024
1:00-2:30 pm CST or
2:00-3:30 pm CST

REGISTRATION
Click [HERE](#)
1.5 Hr. Training Credit



FETAL ALCOHOL SPECTRUM DISORDERS TWO DAY SEMINAR

Join us for this two - day seminar with Barb Clark, Director of Training with Families Rising (formerly NACAC) to explore risk factors for Fetal Alcohol Spectrum Disorders, look at the connection between brain impairment and behaviors, including impact of trauma & discuss reframing and other strategies for professionals and parents to better support children who were prenatally exposed to substances. This two day seminar will help parents, caregivers and professionals. It is recommended that participants join both days but it is not required.

January 24, 2024 -
9:00-11:00 am CST

January 25, 2024 -
9:00-11:00 am CST

[CLICK HERE](#)

[CLICK HERE](#)

Boost your engagement skills with a deeper understanding of the nervous system and the vagus nerve with Laurie Ellington!



Laurie Ellington is the founder and Chief Executive Officer of Ancient Science, Inc., a leading-edge organization based on an Integrative NeuroSomatic® approach to growth and change. Laurie combines ancient wisdom teachings with findings from modern neuroscience, mind-body research, functional medicine, epigenetics, and quantum physics to help individuals, leaders, and organizations elevate the way they think, feel, and show up in the world.



2024 Masterclass Series

About this Seminar on the Vagus Nerve and Social Engagement System
This 4-part interactive science-backed masterclass with coaching series shares recent cutting-edge findings from the fields of mind body medicine, psychoneuroimmunology, resilience, interpersonal neurobiology, and trauma as they relate to leadership and practice in human services. Participants will explore the role of the mind-body connection and the vagus nerve in psychological and physical health, well-being, and human performance. Mind-body tools for resilience and vagus nerve health will be shared and practiced. Participation in all four sessions is recommended but not required.

TN Department of Children's Services

[Training Credit: 2 hours

Attendees: DCS Staff, Foster Parents and Community Members

Session	Date (All classes 5:30-7:30 pm CST)	Link
Vagus Nerve & Social Engagement Seminar Part 1	January 23, 2024	CLICK HERE
Vagus Nerve & Social Engagement Seminar Part 2	February 1, 2024	CLICK HERE
Vagus Nerve & Social Engagement Seminar Part 3	February 12, 2024	CLICK HERE
Vagus Nerve & Social Engagement Seminar Part 4	February 20, 2024	CLICK HERE



Applying Infant Mental Health in Child Welfare Practice

Presented by Karisa Johns Smith, Psy.D. and Mindy Kronenberg, Ph.D., IECMH-E®

Training Dates and Topics: All times are 10:00 - 11:00 Central

February 2, 2024	Maximizing Visitation and Family Time	CLICK HERE
March 8, 2024	Navigating Transitions and Permanency	CLICK HERE
April 5, 2024	Special Considerations: Substance Use	CLICK HERE
May 3, 2024	Special Considerations: Domestic Violence	CLICK HERE
June 7, 2024	Special Considerations: Neglect	CLICK HERE

Child Sex Abuse 101 with the Sexual Assault Center



February 13, 2024

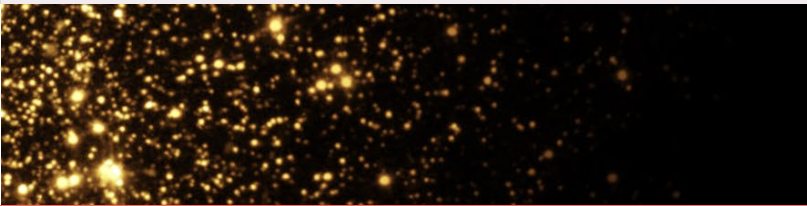


Time: 5:30 to 7:00 PM CT or 6:30 to 8:00 ET



January 18, 2024
5:30 to 7:00 PM
or 6:30 to 8:00 PM

[CLICK HERE TO REGISTER](#)



YOU'RE INVITED JOIN US TO LEARN MORE ABOUT POSITIVE CHILDHOOD EXPERIENCES!



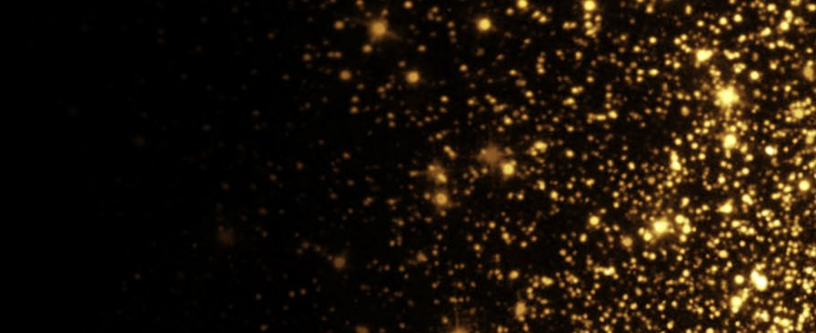
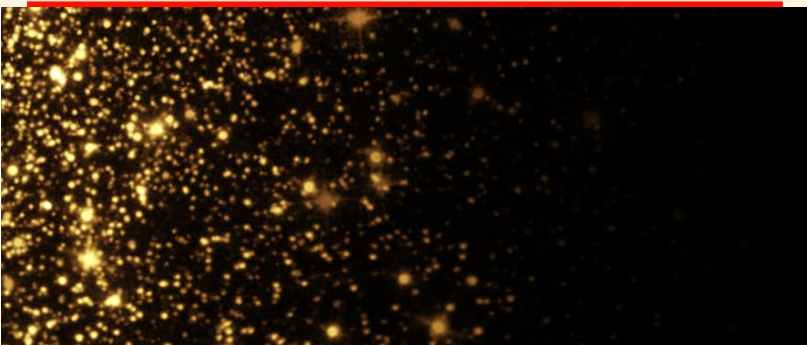
February 22, 2024, 1:00 p.m. to 2:30 p.m. CT
or 2:00 p.m. - 3:30 p.m. ET

[Click here to register!](#)



March 14, 2024
5:30 to 7:00 PM
or 6:30 to 8:00 PM

[CLICK HERE TO REGISTER](#)

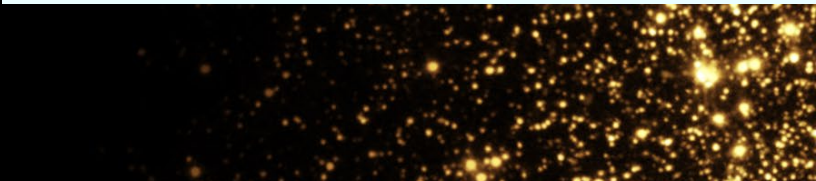


TENNESSEE ALLIANCE FOR DRUG ENDEANGERED CHILDREN
Rescue. Defense. Support.

Learn More about Drug Endangered Children

[Click here to register!](#)

February 15, 2024 from 5:30 to 7:00 PM CT or 6:00 to 8:30 PM ET



February 27, 2024
5:30 to 7:00 PM
or 6:30 to 8:00 PM

[CLICK HERE TO REGISTER](#)



Child Sexual Development: Behaviors, Identity, Trauma with the Sexual Assault Center

March 26, 2024

Time: 5:30 to 7:00 PM CT or 6:30 to 8:00 ET

Child Sexual Development
This training explores the dynamics of childhood sexual development from ages 0 – 18. We will discuss how traumatic experiences can “flip the switch” and influence sexual development resulting in experiences and behaviors that are commonly misunderstood by professionals working with survivors of childhood sexual abuse.

[Click here to register!](#)



SHOW  HOPE

HOPE

for the Journey

CONFERENCE

Simulcast Launch:

Friday, April 5, 2024

8:00 am CST

CLICK HERE

AGENCY REGISTRATION INSTRUCTIONS:

1. Show Hope has provided a 50% discount for private providers using code DCSSAVE on either organization size registration. You can register [here](#).
2. Depending on your registration type, providers will receive one link to share with 15 or 30 families/households.
3. Following the Conference, parents will complete and submit a short quiz to receive training credit.

SPECIAL OFFER: FREE Access (\$199 Value) for Foster Parents

DCS PARENT REGISTRATION INSTRUCTIONS:

1. Register as an Individual/Household for the conference.
2. Once registered, you will receive access to the conference resources page where you can find the participant guide, slides, attendance certificate, and more.
3. Following the conference, parents will complete and submit a short quiz to receive training credit:

Explore the principles of TBRI Connecting, TBRI Empowering, and TBRI Correcting.

This training meets TBRI and therapeutic training hours.

Parents will receive 6 hours of training credit for the first four modules. Module 5 is optional for parents.

Viewing Period

April 5 - June 30

2024

CLICK HERE



[CLICK HERE](#)

Resources for Youth Suicide Prevention

Real first-hand accounts of what it's like living with a mental illness.

[CLICK HERE](#)



SCAN TO VISIT OUR WEBSITE



bluecare.bcbst.com/foster

QUESTIONS ABOUT YOUR BENEFITS?

1-888-422-2963
TRS: Dial 711,
ask for 888-418-0008

SelectKids_GM@bcbst.com

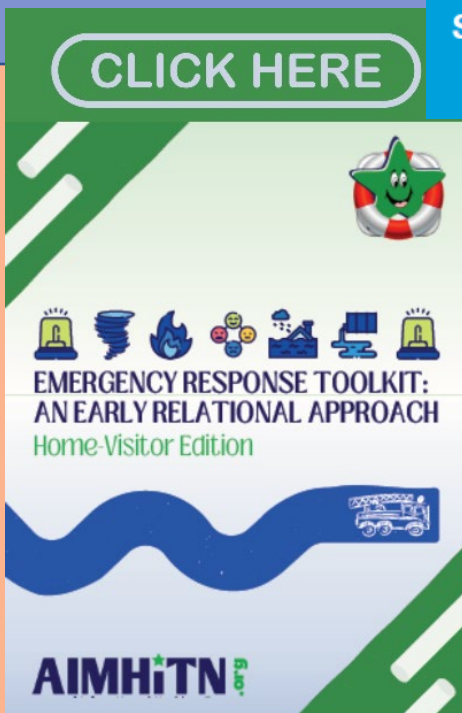


[CLICK HERE](#)



[CLICK HERE](#)

[CLICK HERE](#)



West, Middle, and East TN Support Groups, Affiliates, and Additional Resources

Support Groups & Affiliates

[CLICK HERE](#)



YOUTH
[CLICK HERE](#)
RESPITE

Respite Voucher (Ages 0-18)

The Respite Voucher program helps caregivers whose children are diagnosed with Serious Emotional Disturbance (SED) or with autism and SED pay for respite services.



NOTICE

This specific respite care information is from the TN Dept. of Mental Health & Substance Abuse Services and is not the same as DCS respite. Always speak to your FSW before planning respite.



Planned Respite (Ages 2-15)

Planned Respite teaches caregivers how to find respite providers and to train those providers on how to care for their children. Planned Respite also gives caregivers some immediately-needed respite.

For More Information

If you have concerns or need services for yourself, a child, or family member, contact our Helpline:

Phone: 800-560-5767

Email: OCA.TDMHSAS@tn.gov

Hours: Monday – Friday: 8:00 a.m. to 4:30 p.m. (except for state holidays)

To learn more about **TDMHSAS respite programs** for children and youth, please contact:

Caty Davis

Assistant Director of School Based Initiatives

865-440-9792

Caty.Davis@tn.gov

Select Kids: We're Here for Foster Families

We work with the State of Tennessee and the Department of Children's Services (DCS) to help foster children across the state stay healthy, safe and on track.

Foster parents, we're here to support you and help you get the best health care possible for your foster child or teen.

Our member care team can help your family do all this and more:

- › Get treatment for long-term conditions
- › Manage medication
- › Stay on track with doctor visits
- › Recognize depression and handle stress

One-on-One Help

We're here to help your foster child with healthy living and long- or short-term conditions. One-on-one help doesn't cost anything, and they can join or cancel anytime with just a call.

We offer your foster child or teen:

- › Their very own care team
- › Health coaching to reach their best health
- › A care team to work with their providers
- › Help learning how to make good decisions about their health

Transportation

Do you need help getting your child to health care appointments? Your DCS representative can help you get a ride to non-emergency TennCare visits. We can also set up some non-emergency rides in special situations.

ID Cards

If your child needs another ID card, your DCS representative can send you one. Or call us at **1-888-422-2963** and we'll mail you one. You can also log in to your online account at bluecare.bcbst.com to print a temporary ID card.



**SCAN TO VISIT
OUR WEBSITE**

bluecare.bcbst.com/foster

**QUESTIONS ABOUT
YOUR BENEFITS?**

1-888-422-2963
TRS: Dial 711,
ask for 888-418-0008

SelectKids_GM@bcbst.com



BlueCare Tennessee is an Independent Licensee of the Blue Cross Blue Shield Association.

Be a Part of the Conversation Join our Behavioral Health Advisory Board

You're invited to join the BlueCare Tennessee Behavioral Health Advisory Board! The board is made up of members and representatives from BlueCare Tennessee and other groups. And it gives you the chance to talk to people who share your concerns.

TennCare members who come to a meeting will get \$50 or your cost of travel — whichever is more.

As a member of the board, you can:

- Learn more about what behavioral health services are available.
- Advocate for your and your family's needs.
- Find tools that can help you get better care.
- Get access to upcoming events near you.
- Talk to others about how BlueCare Tennessee can better meet your needs.

E-mail BlueCare_AdvisoryBoards@bcbst.com for Full Details

Helpful Links

- [Training Website](#)
- [Training Calendar](#)
- [Online Trainings](#)
- [Self-Care](#)
- [Podcast Episodes](#)
- [Helpful Resources](#)
- [Regional Training Contacts](#)
- [Birth Children Resources](#)
- [Unsung Hero of the Month](#)



Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

