

# FOSTER PARENT NEWS DCS TRAINING NEWSLETTER



## WELLNESS WEDNESDAYS

Starting January 17, join the DCS Training Division, Wellness Committee and Here 4 TN on Wednesday mornings at 9AM CT (10AM ET) for 30 minutes devoted to taking care of ourselves! Participants receive 30 minutes of training credit!

**Some of the topics will include:**  
Introduction to Mindfulness,  
Accessing your Health Incentives,  
Finding time for Fitness, Yoga, Healthy Meal Planning and others topics!

**We will use one link for all sessions! Click here to join the session or email [Sirena.Y.Wilson@tn.gov](mailto:Sirena.Y.Wilson@tn.gov) to get the link added to your calendar!**



**TN** Department of  
**Children's Services**

An infographic-style announcement for 'WELLNESS WEDNESDAYS'. It features a large central text box with details about the sessions. To the left, a smaller rounded box lists topics. To the right, another box provides contact information. At the bottom, there is an illustration of two hands holding a variety of fresh fruits and vegetables. The TN Department of Children's Services logo is in the bottom left corner.

# 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 Alysa!

Alysa is an active young girl who enjoys being outdoors. She loves planting flower and vegetable gardens.

Click HERE to see Alysa's Video

Alysa likes to volunteer in her community and loves to clean up areas around her. She would like a family that will help her continue volunteering in her community. Alysa loves to swim. She wants a family that is flexible and parents who are good listeners and willing to help her navigate life.

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](http://ParentAChild.org)



## 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



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](#)

[CLICK HERE](#)

## Family Resources



CCR&R  
TENNESSEE



- 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 \(2 of 4\)](#)
- 2/5/24 [Strategies and Supports at School: ADHD](#)
- 2/5/24 [Trauma Bonding & Trafficked Youth](#)
- 2/8/24 [Core Teen pt. 1: Understanding the Impact of Trauma](#)
- 2/8/24 [CANS](#)
- 2/12/24 [Vagus Nerve and Social Engagement Seminar \(3 of 4\)](#)
- 2/13/24 [TBRI Empowering pt. 3: Self-Regulation](#)
- 2/13/24 [Child Sex Abuse 101](#)
- 2/15/24 [Caring for the Child w/ Special Health Needs](#)
- 2/17/24 [Trauma Informed Parenting Strategies \(TIPS\)](#)
- 2/20/24 [Vagus Nerve and Social Engagement Seminar \(4 of 4\)](#)
- 2/20/24 [Blue Cross/Blue Shield Topic: Youth Transitions](#)
- 2/20/24 [Foster Parent Support Program: Joys & Challenges of Kinship Care](#)
- 2/22/24 [Creating Normalcy Through Prudent Parenting](#)
- 2/22/24 [Parenting with PACE: A Therapeutic Approach](#)
- 2/22/24 [Positive Childhood Experiences](#)
- 2/27/24 [Your Money Your Goals](#)



# 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

[CLICK HERE](#)

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

[CLICK HERE](#)



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

2024 Masterclass Series



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.



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.

Training Credit: 2 hours

TN Department of Children's Services

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	<a href="#">CLICK HERE</a>
Vagus Nerve & Social Engagement Seminar Part 2	February 1, 2024	<a href="#">CLICK HERE</a>
Vagus Nerve & Social Engagement Seminar Part 3	February 12, 2024	<a href="#">CLICK HERE</a>
Vagus Nerve & Social Engagement Seminar Part 4	February 20, 2024	<a href="#">CLICK HERE</a>







## 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**

- |                                  |   |                            |
|----------------------------------|---|----------------------------|
| <a href="#">February 2, 2024</a> | Maximizing Visitation and Family Time     | <a href="#">CLICK HERE</a> |
| <a href="#">March 8, 2024</a>    | Navigating Transitions and Permanency     | <a href="#">CLICK HERE</a> |
| <a href="#">April 5, 2024</a>    | Special Considerations: Substance Use     | <a href="#">CLICK HERE</a> |
| <a href="#">May 3, 2024</a>      | Special Considerations: Domestic Violence | <a href="#">CLICK HERE</a> |
| <a href="#">June 7, 2024</a>     | Special Considerations: Neglect           | <a href="#">CLICK HERE</a> |


## 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**



## 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






**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!](#)

## 8 Parenting Strategies that Help with RIP and TDMHSAS

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

[CLICK HERE TO REGISTER](#)







# CARE with RIP and TDMHSAS



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

[CLICK HERE TO REGISTER](#)



TN Department of Children's Services

TN Department of Mental Health & Substance Abuse Services

rip REGIONAL INTERVENTION PROGRAM



## 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](#)




# RESOURCES



[CLICK HERE](#)



EMERGENCY RESPONSE TOOLKIT:  
AN EARLY RELATIONAL APPROACH  
Home-Visitor Edition



 **NAMI** | Tennessee  
National Alliance on Mental Illness

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

**Support Groups & Affiliates**

[CLICK HERE](#)

**AIMHiTN**  
Association of Infant Mental Health in Tennessee

*Tennessee  
Resources  
Library*



[CLICK HERE](#)

*Tennessee  
Resources  
Map*



**AIMHiTN**  
Association of Infant Mental Health in Tennessee

[CLICK HERE](#)



**if** The Jason Foundation



[CLICK HERE](#)

**Resources for  
Youth Suicide  
Prevention**







## Not Alone

How to Support Youth Who Experience Trafficking

Wednesday, January 24 ·  
9 - 11am CST  
10-12pm EST

[CLICK HERE](#)



## Navigating Big Emotions

### Training Package

Helping Our Kids Regulate Big Emotions

How to Avoid Triggering and Being Triggered by Our Kids

How Trauma Impacts a Child's Development

Parenting the Challenging Child While Maintaining Attachment

Enroll Using the Jockey Being Family® Coupon

[CLICK HERE](#)



**Your Teen's Brain**  
and How to Unleash Its Superpowers

[CLICK HERE](#) **ADDITUDE**



## Supporting Survivors 101

Responding to Disclosures from Family, Friends, and Loved Ones with Maria Michonski

Jan 25, 2024 @ 4:00 pm CST /  
5:00 pm EST

[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](mailto: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](mailto:Caty.Davis@tn.gov)**



# *YOUTH TRANSITIONS*

Preparing for adulthood and leaving foster care can come with some extra responsibility. Join DCS and BlueCare TN as we help navigate the “Road to Adulthood” for youth aging out of custody and provide information for Independent Living Services, ECF CHOICES program services, and Behavioral Health related transitions.

CHANGE

*TUESDAY, FEBRUARY 20*

[CLICK HERE](#)



Department of  
**Children's Services**



of Tennessee



You're Invited

# Human Trafficking Education for Foster Parents



DCS has partnered with the Tennessee Counter-Trafficking Alliance (TCTA) to offer a series of training opportunities for foster parents who want to learn more about the impact of trafficking on our foster youth. These 2-Hour classes will fulfill your Human Trafficking Course Requirements.



## Human Trafficking Overview

Objective: Provide an overview of human trafficking, vulnerabilities, identification, and local and state resources.

**Monday, February 5th**

5:30pm-7:30pm CST

6:30pm-8:30pm EST

[Click Here To Register](#)



<b><u>February</u></b> Trafficked Youth: Needs & Vulnerabilities	<b><u>February</u></b> Trauma Bonding & Trafficked Youth
<b><u>April</u></b> (Foster Parent Conference)  Crisis Intervention & Safety Planning	<b><u>May</u></b>  Self-Care & Building a Network of Support



For more information contact:  
bethany.henderson@tn.gov





# 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.

