

Office of Training and Professional Development

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 to get the link added to your calendar!



DCS Brightspace L.M.S. Learning Management System Download the

To learn more about our new DCS
Brightspace website:

CLICK HERE

Download the Brightspace Pulse Smartphone App

Here:

SCAN ME!



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



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

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 there to Visit

Parentachild.org

©NAMI Tennessee



NAMI Basics Class is comprised of six session workshops for parents and careaivers 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.



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

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

MARCH 8, 2024 **COMPLEX TRAUMA AND SUBSTANCE** USE

APRIL 12, 2024 SUPPORTING PARENTS WITH **UNRESOLVED TRAUMA**

IUNE 14, 2024 RESIDENTIAL CARE

IULY 12, 2024 SCHOOLS AND LEARNING





17 10721	OTTACTS CATTAINS CITE BUSICS OF 17 (5D)
1/20/24	Stewards of Children
1/23/24	Vagus Nerve and Social Engagement Seminar (1 of 4)
1/23/24	<u>Trauma Informed Parenting 101</u>
1/24/24	Fetal Alcohol Spectrum Disorder Seminar
1/25/24	Fetal Alcohol Spectrum Disorder Seminar
1/30/24	<u>Human Trafficking 101</u>
2/1/24	Vagus Nerve and Social Engagement Seminar (2 of 4)
2/5/24	Strategies and Supports at School: ADHD
2/5/24	<u>Trauma Bonding & Trafficked Youth</u>
2/8/24	Core Teen pt. 1: Understanding the Impact of Trauma
2/8/24	<u>CANS</u>
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	<u>Trauma Informed Parenting Strategies (TIPS)</u>
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

Your Money Your Goals

2/27/24

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







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

Vagus Nerve & Social February 20, CLICK HERE 2024

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.



About this Seminar on the Vagus Nerve and Social Engagement System
This 4-part interactive science-backed masterclass with coaching series shares recent cuttingedge 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.



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









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



Learn More about Drug **Endangered** Children











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!







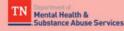
8 Parenting Stratagies that Help with RIP and TDMHSAS



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











CARE with RIP and TDMHSAS



Children's Services

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













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 traumat 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



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.

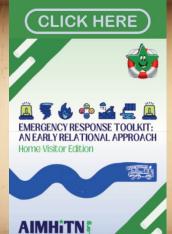
Parents will receive 6 hours of training credit for the first four modules. Module 5 is optional for parents.

> **Viewing Period** April 5 - June 30 2024

CLICK HERE









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

Support Groups & Affiliates

CLICK HERE

















Not Alone

How to Support Youth Who Experience Trafficking

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

CLICK HERE





Navigating Big Emotions <u>Training Package</u>

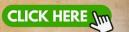
Helping Our Kids Regulate Big Emotions

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











Supporting Survivors 101 Postpording to Disclosures from

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

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







NOTICE

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



<u>Planned Respite</u>

(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



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.









of Tennessee



Human Trafficking Education for Foster Parents



Department of Children's Services

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

Coming!

February

Trafficked Youth:

Needs &

Vulnerabilities

February

Trauma Bonding & Trafficked Youth

<u>April</u>

(Foster Parent Conference)

Crisis
Intervention &
Safety Planning

<u>May</u>

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.