

# CERTIFIED CAREGIVER TRAINING SCHEDULE



# Spring 2025

Jacqueline Fletcher, Director  
Cuyahoga County Division of  
Children and Family Services  
3955 Euclid Ave, Cleveland, Oh 44115  
<http://ocwtp.net/NCORTC.html>



Mission Statement:  
The North Central Ohio Regional Training Center is an educational resource and support system which implements the mission of the Cuyahoga County Division of Children and Family Services by providing a learning environment for continuous performance improvement of agency staff, foster parents, and targeted community partners.

Phone: (216) 881-5667    Fax: (216) 432-3516

HHS DEPARTMENT OF LEARNING AND PROFESSIONAL DEVELOPMENT STAFF

NAME	TITLE	PHONE	EMAIL
Brenda Payne	Administrator	(216) 432-3357	<a href="mailto:Brenda.Payne-Riley@jfs.ohio.gov">Brenda.Payne-Riley@jfs.ohio.gov</a>
Marquetese "Nikki" Betts	NCORTC Coordinator	(216) 881-4658	<a href="mailto:Marquetese.Betts@jfs.ohio.gov">Marquetese.Betts@jfs.ohio.gov</a>
Lois Roberts	HHS Training Supervisor	(216) 881-4345	<a href="mailto:Lois.Roberts@jfs.ohio.gov">Lois.Roberts@jfs.ohio.gov</a>
Tammy Jackson	HHS Training Supervisor	(216) 881-4052	<a href="mailto:Tammy.Jackson@jfs.ohio.gov">Tammy.Jackson@jfs.ohio.gov</a>
Courteney Clemons	HHS Training Supervisor	(216) 561-5653	<a href="mailto:Courteney.Clemons@jfs.ohio.gov">Courteney.Clemons@jfs.ohio.gov</a>
Alice Legg	HHS Training Specialist	(216) 881-5814	<a href="mailto:Alice.Legg@jfs.ohio.gov">Alice.Legg@jfs.ohio.gov</a>
Amethyst Brigham	HHS Training Specialist	(216) 939-2408	<a href="mailto:Amethyst.Brigham@jfs.ohio.gov">Amethyst.Brigham@jfs.ohio.gov</a>
Amanda Aliff-Fernandez	HHS Training Specialist	(216) 698-7440	<a href="mailto:Amanda.Aliff@jfs.ohio.gov">Amanda.Aliff@jfs.ohio.gov</a>
Amanda Stover	HHS Training Specialist	(216) 881-5294	<a href="mailto:Amanda.Stover@jfs.ohio.gov">Amanda.Stover@jfs.ohio.gov</a>
Jen Creswell	HHS Training Specialist	(216) 698-2459	<a href="mailto:Jennifer.Creswell@jfs.ohio.gov">Jennifer.Creswell@jfs.ohio.gov</a>
Pam Smith	HHS Training Specialist	(216) 881-5390	<a href="mailto:Pamela.Smith2@jfs.ohio.gov">Pamela.Smith2@jfs.ohio.gov</a>
Sharita Jackson	HHS Training Specialist	(216) 881-4543	<a href="mailto:Sharita.Jackson@jfs.ohio.gov">Sharita.Jackson@jfs.ohio.gov</a>
Tanya Washington	HHS Training Specialist	(216) 635-3823	<a href="mailto:Tanya.Washington@jfs.ohio.gov">Tanya.Washington@jfs.ohio.gov</a>
TaWanda McCoy	Caregiver Coach	(216) 698-2984	<a href="mailto:TaWanda.McCoy2@jfs.ohio.gov">TaWanda.McCoy2@jfs.ohio.gov</a>

# WESTSHORE OPPORTUNITY CENTER



9830 Lorain Ave. Cleveland, OH 44102

Please note that this building is a mandatory X-ray and metal detector building. This means that everyone who enters the building must go through these machines as well as their belongings daily.







## Courageous Hearts

*a cafe for resource parents*

**Have you ever felt like you're the only one? Or maybe you've wished for someone who really understands what you're experiencing?**

Being a resource parent comes with unique triumphs and challenges that can sometimes feel isolating. Courageous Hearts is a cafe designed for resource families (foster, kinship, adoptive) to connect with others who get it. Share your experiences, exchange tips, celebrate successes, and have a group to share the load when things get tough.

**Childcare and a meal are provided.**



**Date**

4th Tuesday of the month



**Time**

5:30 pm to 8:00 pm



**Location**

Church on the North Coast  
7635 Granger Rd.  
Valley View, OH 44125

One **\$50** gift card  
will be raffled off  
to one parent in  
attendance.



Click **here** or **scan the QR code** to register and/or explore other date and location options!



**Department of  
Children & Youth**

*It Takes 100% Heart™*

*Registration is required. A member of our team will reach out to confirm.*







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**Childcare and a meal are provided.**



**Date**

2nd Thursday of the month



**Time**

5:30 pm to 8:00 pm



**Location**

Cove Community Center  
12525 Lake Ave.  
Lakewood, OH 44107

One **\$50** gift card  
will be raffled off  
to one parent in  
attendance.



**Click [here](#) or scan the QR code** to register  
and/or explore other date and location options!



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*Registration is required. A member of our team will reach out to confirm.*



# CAREGIVER COACH PROGRAM



We are excited to announce a new service for caregivers!

Caregiver Coaching is a short-term intervention that provides foster, adoptive, and kinship caregivers interested in becoming certified with hands-on, here and now tools for bringing about rapid and dramatic improvement in their skill set.

Through a variety of formats, including both in-person and virtual, the coach works with caregivers to provide a customized experience that includes teaching effective parenting methods and enhancing their knowledge of community based resources.

For more information please contact:  
Tawanda.Mccoy2@jfs.ohio.gov  
Office 216.698.2984  
Cell 216.304.1402  
or visit the [DCFS Intranet](#)



Cuyahoga County  
Division of Children and Family Services

NC  RTC  
North Central Ohio  
Regional Training Center



# Welcome to Just in Time Training, Cuyahoga County Your Hub for Foster Caregiving!



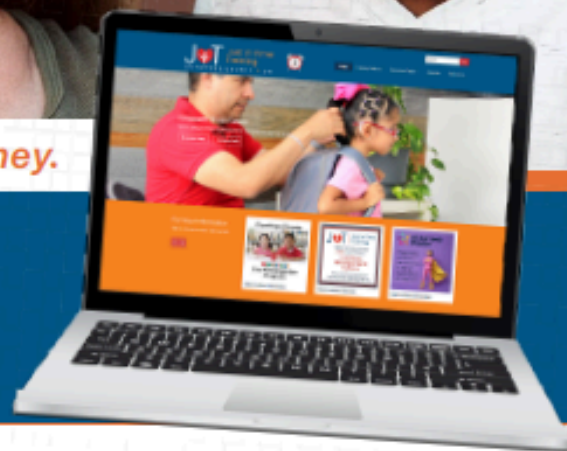
*Connect, Learn, and Empower Your Caregiving Journey.*

## Discover What Just in Time Training Has to Offer

- **Comprehensive Learning Management System (LMS):**  
Gain access to a library of over 200 specialized courses designed to enhance your skills and knowledge as a foster caregiver. Topics include Behaviors, Attachment, Trauma, Transitions, Working with Birth Families, Autism, Health and Wellness, and more!
- **A Website with Resources at Your Fingertips:**  
Access a wealth of resources, including articles, toolkits, and guides, tailored to help you navigate the challenges of foster caregiving.
- **Stay Updated:**  
Get the latest news and updates on foster care policies, events, and opportunities.
- **Live Webinars:** Join our monthly live webinars to engage directly with experts and get your questions answered in real-time.

## Sign Up Today and Start Your Journey!

Visit [www.JITCuyahoga.org](http://www.JITCuyahoga.org) to explore our website resources and access the LMS to become part of a supportive and knowledgeable community.



## Why Enroll in Our LMS?

- **Access Comprehensive Training:** Equip yourself with the latest knowledge and skills to provide the best care.
- **Flexible Learning:** Learn at your own pace, anytime, anywhere.
- **Earn Certificates:** Meet continuing education requirements with our certified courses.
- **Free Access:** Cuyahoga County DFS provides access for their caregivers and professionals that support them.

Questions? Email us at [jitsupport@usf.edu](mailto:jitsupport@usf.edu)



Just in Time  
Training Network  
[JITtrainingnetwork.org](http://JITtrainingnetwork.org)





## Resource Parent Training

To learn more about our training for foster, adoptive and kinship parents, check out the links below!



FPC Research



For Parents



For Agency  
Staff



Content  
Experts



Endorsements &  
Partnerships

**Foster Parent College Login Page: <https://www.fosterparentcollege.com/>**

Welcome to FosterParentCollege.com

Get Started

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**FPC FosterParentCollege.com**  
Online Training for Caregivers, Parents, and Agency Staff

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We provide innovative, interactive online courses for foster, adoptive, and kinship parents. Our self-paced training is accessible 24 hours a day, 7 days a week.

## TOPIC EXAMPLES

It's My Marriage!  
(2nd Edition)



Building Trust,  
Motivating Change



Lying vs. Telling  
Untruths



Eating & Food  
Issues



Supporting LGBTQ+  
Youth in Care



Could It Be FASD?



Healthy Sexual  
Development



Preparing Teens for  
Postsecondary  
Education



Autism: A Strength-  
Based Approach



Escalating Behavior  
Unwrapped



Understanding Sex  
Trafficking



Children Entering Care:  
Mental Health Issues



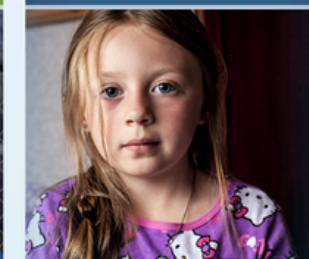
Problematic Sexual  
Behaviors (Advanced  
Parenting Workshop)



Social & Physical  
Aggression (Advanced  
Parenting Workshop)



Children Entering Care:  
Physical Health Issues





# GUIDELINES FOR AN OPTIMAL LEARNING ENVIRONMENT



## Program Structure

The OCWTP is a cooperative effort of the Ohio Department of Job and Family Services, the Public Children Services Association of the Ohio, the Institute for Human Services, and eight Regional Training Centers (RTCs). Funding for the program is provided by the Ohio Department of Job and Family Services.

## Calendar

The Training calendar is distributed on a quarterly basis:

Winter (January-March)

Spring (April-June)

Summer (July-September)

Fall (October-December)

- 1) Missing more than 5 minutes per credit hour of training content will require you to retake the training complete session.
- 2) Electronic devices should be silenced during training sessions and used outside of the learning environment when needed.
- 3) All virtual sessions will be held on Zoom. Each participant must connect individually from a laptop, desktop computer, or tablet.
- 4) Cameras are required to be on for the entire duration of the virtual sessions. The class and chat are recorded and saved to track participation.
- 5) Minimize distractions-obtain childcare prior to the start of a session.



# April

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	<p>3</p> <p>Impact of Substance Use</p> <p>6:00p-7:30p C. Toro-Wooten</p> <p>Location: Westshore</p> <p>Session ID# CPS-NCORTC-CG-19410</p> <p>RR</p> <p>Mental Considerations</p> <p>7:45p-8:45p C. Toro-Wooten</p> <p>Location: Westshore</p> <p>Session ID# CPS-NCORTC-CG-19412</p> <p>RR</p>	4	<p>5</p> <p>Curly Hair and Skin Care: A Course for Multiracial Families</p> <p>9:30a-12:30p L. Burnette</p> <p>Location: Westshore</p> <p>Session ID# CPS-NCORTC-CG-19418</p> <p>Cultural Humility</p> <p>1:30p-2:30p K. Brewer</p> <p>Location: Westshore</p> <p>Session ID# CPS-NCORTC-CG-19549</p> <p>RR</p> <p>Parenting in Racially and Culturally Diverse Families</p> <p>2:45p-4:15p K. Brewer</p> <p>Location: Westshore</p> <p>Session ID# CPS-NCORTC-CG-19550</p> <p>RR</p>



# April



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	<b>JOINT SESSION</b> 8 Street Smart Ohio Series: Everything Marijuana 9am to 12 pm S. Bain Location: <b>Virtual</b> Session ID# CPS-NCORTC-21127 The Effects of Fostering 6:00p-9:00p B. Lowery Location: Westshore Session ID# CPS-NCORTC-CG-19422	9	10 Foster Care-A Means to Support Families 6:00p-7:30p C. Toro-Wooten Location: Westshore Session ID# CPS-NCORTC-CG-19430 RR Maintaining Children's Connections with Siblings, Extended Family Members, and their Community 7:45p-8:45p C. Toro-Wooten Location: Westshore Session ID # CPS-NCORTC-CG-19431 RR	11	12

RR= RESOURCE READINESS

# April

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JOINT SESSION</b> 14 Trust-Based Relational Intervention (TBRI) Module 1: Introduction and Overview 9:00a-12:00p Kristen King Location: <b>Virtual</b> Session ID # CPS-NCORTC-21304 	15	<b>JOINT SESSION</b> 16 Somali Culture: An Introduction for Child Welfare Professionals and Providers 9:00a-12:00p N. Abubakar Location: <b>Virtual</b> Session ID # 19751  Fostering Alliances: Collaborating with Primary Parents Facing Addiction 9:00a-12:00p C. Reineck, trainer K. Lowery, producer Location: <b>Virtual</b> Session ID # CPS-NCORTC-CG-19711 	17 ADHD Among Children and Adolescents 6:00p-9:00p S. Simera Location: <b>Virtual</b> Session ID # CPS-NCORTC-CG-19667	18	19

RR= RESOURCE READINESS



# April

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22 Creating a Stable, Nurturing, and Safe Home Environment  6:00p-8:00p B. Lowery Location: <b>Virtual</b>  Session ID # CPS-NCORTC-CG-19421 <div>RR</div>	23	24 Anxiety Disorders Among Children and Adolescents: Recognition and Interventions  6:00p-9:00p S. Simera  Location: <b>Virtual</b>  Session ID # CPS-NCORTC-CG-19420	25	26

RR= RESOURCE READINESS

# April

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>28</b></p> <p>NCTSN: Trauma 101</p> <p>6:00p-9:00p B. Lowery</p> <p>Location: <b>Virtual</b></p> <p>Session ID # CPS-NCORTC-CG-19664</p>	<p><b>29</b></p> <p>Beyond Burnout: How Foster Caregivers Can Build Resilience When Caring for Children with ADHD</p> <p>9:00a-12:00p C. Reineck</p> <p>Location: <b>Virtual</b></p> <p>Session ID # CPS-NCORTC-CG-19712</p> <p>RR</p>	<p><b>JOINT SESSION</b> <b>30</b></p> <p>Psychotropic Medications: Questions to Ask about Kids on Meds</p> <p>9:00a-12:00p S. Simera</p> <p>Location: <b>Virtual</b></p> <p>Session ID # CPS-NCORTC-21308</p>			

RR= RESOURCE READINESS

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<b>Impact of Substance Use</b>	<b>April 3, 2025</b>	<b>6:00pm- 7:30pm</b>	<b>C. Toro-Wooten Trainer</b>	<b>Westshore-Session #19410</b>
Resource Readiness - Substance Abuse This course helps participants understand the short and long-term impact on children exposed to substances prenatally including FASD. Also covered are issues that may be present if parents use(d) substances and medical issues that can arise due to substance exposure including a higher risk of later addiction. The genetic component of addiction and addiction as a chronic disease is described. This course also shares parenting strategies for children exposed to substances prenatally.				
<b>Mental Health Considerations</b>	<b>April 3, 2025</b>	<b>7:45pm- 8:45pm</b>	<b>C. Toro-Wooten Trainer</b>	<b>Westshore-Session #19412</b>
Resource Readiness - MENTAL HEALTH, SELF-REGULATION, AND SELF-CARE This course provides a basic understanding of mental health disorders and conditions that commonly occur in childhood. Content is shared to illustrate that not all 'survival' behaviors or symptoms of grief are connected with mental health disorders. Commonly administered psychotropic medications are described and information about how to obtain consistent, adequate and appropriate access to mental health services is highlighted.				
<b>Curly Hair and Skin Care: A Course for Multiracial Families</b>	<b>April 5, 2025</b>	<b>9:30am-12:30pm</b>	<b>L. Burnette Trainer</b>	<b>Westshore-Session #19418</b>
The need for hair and skin care education within transracial families, especially with ethnic undertones, is vital. While a percentage of foster parents are predominantly Caucasian, research shows that the percentage of African American children in foster care is on the rise. This supply and demand leaves gaps in cultural needs and knowledge while hair care is no exception.				
<b>Cultural Humility</b>	<b>April 5, 2025</b>	<b>1:30pm- 2:30pm</b>	<b>K. Brewer Trainer</b>	<b>Westshore-Session #19549</b>
Resource Readiness - CULTURAL AND DIVERSITY ISSUES This course provides participants with an overview of cultural humility and helps participants recognize the importance of honoring children's cultural identity and respecting families from varying races, religions, ethnicities, and economic statuses. Openness to a child's sexual orientation and gender identity and expression and viewing these differences from a strengths-based perspective is highlighted. This course shares strategies for parents who are fostering or adopting to respect as well as navigate differences in values from the children and families, while acknowledging imbalances of power and inequities.				
<b>Parenting in Racially and Culturally Diverse Families</b>	<b>April 5, 2025</b>	<b>2:45pm-4:15pm</b>	<b>K. Brewer Trainer</b>	<b>Virtual-Session #21549</b>
Resource Family Readiness - Cultural and Diversity Issues This course helps prepare family and friends for a child to join the family, including how to honor the child's privacy and how to use strengths-based language to introduce the child into the community. Strategies to manage intrusive questions and support children in responding to questions while preserving their privacy are covered.				
<b>Street Smart Ohio Series: Everything Marijuana</b>	<b>April 8, 2024</b>	<b>9:00am-12:00pm</b>	<b>S. Bain Trainer</b>	<b>Virtual-Session #21127</b>
Marijuana affects so many families and so many lives in Ohio. Marijuana use has often been referred to as a "gateway" drug, leading to harder drug use. The instructor doesn't use this term and doesn't believe Marijuana use causes a person to use harder drugs; the instructor does believe there is a correlation between Marijuana use and the use of harder drugs. Marijuana has changed more than any other drug in recent years with the addition of Cannabis concentrates such as "Dabs" and "Shatter" making this drug more potent and dangerous. Ohio State law has changed, creating Medical Marijuana and Recreational Marijuana available to Ohioans, and everyone needs to become familiar with these laws.				
<b>The Effects of Fostering</b>	<b>April 8, 2025</b>	<b>6:00pm-9:00pm</b>	<b>B. Lowery Trainer</b>	<b>Westshore-Session #19422</b>
Resource Family Readiness - Mental Health, Self-Regulation, and Self-Care This course helps participants understand the impact of parenting children from different racial/ethnic/cultural backgrounds and to know how to honor and incorporate child's race/ethnicity/culture into their existing family system. Strategies are identified to help children develop positive and proud identities and to help children and families prepare for and handle racism in all forms.				

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<b>Foster Care-A Means to Support Families</b>	<b>April 10, 2025</b>	<b>6:00pm- 7:30pm</b>	<b>C. Toro-Wooten Trainer</b>	<b>Westshore-Session #19430</b>
<p>Resource Readiness – MANAGING PLACEMENT TRANSITIONS</p> <p>This course helps participants understand the child welfare experience from the perspective of the child’s parents and supports finding compassion for parents and the challenges they may be facing. Strategies to nurture children’s relationships with their parents and to integrate and maintain on-going communication and connection between parents and children are covered. This course describes the potential challenges in partnering with the child’s parents and for helping children prepare for visits, including understanding and managing reactions to visits.</p>				
<b>Maintaining Children’s Connections with Siblings, Extended Family Members and Their Community</b>	<b>April 10, 2025</b>	<b>7:45pm- 8:45pm</b>	<b>C. Toro-Wooten Trainer</b>	<b>Westshore-Session #19431</b>
<p>Resource Readiness - MANAGING PLACEMENT TRANSITIONS</p> <p>This course helps participants understand the importance of integrating and maintaining on-going communication and connection between siblings, including understanding sibling dynamics and the importance of sibling bonds. Tips for how to navigate and support visits with siblings are shared. This course also helps participants recognize the importance of maintaining connections with extended family members and the community at large (i.e., schools, church, friends, sporting teams) and identifies strategies to keep children connected to their community. The role of parents who are fostering in maintaining these connections is highlighted.</p>				
<b>Trust-Based Relational Intervention (TBRI) Module 1: Introduction and Overview</b>	<b>April 14, 2025</b>	<b>9:00am-12:00pm</b>	<b>K. King Trainer</b>	<b>Virtual-Session #21304</b>
<p>Resource Family Readiness - Trauma and Its Impact on Children and the Family</p> <p>This training, module one of the TBRI series, will focus on understanding the meaning of child behaviors, the brain chemistry of a child from a hard place, and helping these children (and the family) heal and connect. Participants will learn tools they can put into action with their children immediately.</p> <p>This course is approved for Resource Readiness training credit in the topic “Trauma and its impact on children and the family; promoting attachment” for newly certified caregivers.</p> <p>This training is a condensed version of Trust-Based Relational Intervention Module 1.</p>				
<b>Somali Culture: An Introduction and Overview for Child Welfare Professionals and Providers</b>	<b>April 16, 2025</b>	<b>9:00am-12:00pm</b>	<b>C. Reineck Trainer</b>	<b>Virtual-Session #19751</b>
<p>As a child welfare provider, understanding the diverse cultural backgrounds of the families you serve is crucial. The "Introduction to the Somali Culture Training" equips you with essential knowledge and skills to effectively engage with the Somali community in Central Ohio. This training provides a comprehensive overview of Somali culture, covering key aspects such as language, family dynamics, and Islamic practices. You will gain insights into the traditional nomadic lifestyle, the significance of extended family support, and the patriarchal structure that influences family roles and responsibilities. Understanding these cultural norms and values is vital for building trust and fostering positive relationships with Somali families.</p> <p>The training also provides insights into the profound influence of faith on various aspects of daily life. You will learn about Islamic practices that shape Somali dress codes, interactions, and dietary restrictions. For instance, you will understand the importance of modest dress, gender separations, and the prohibition of pork and alcohol in their diet. Additionally, the course covers religious observances such as prayers, fasting during Ramadan, and Eid celebrations, ensuring your interventions are respectful and culturally sensitive.</p> <p>Understanding these cultural nuances directly impacts your effectiveness in ensuring the safety, permanency, and well-being of Somali children. The training also, addresses specific challenges faced by immigrant and refugee youth, such as isolation, identity conflict, and cultural and linguistic barriers.</p> <p>Actively participating in this training demonstrates your commitment to inclusivity and respect for the diverse communities you serve. This training will enhance your professional competencies, improve your practice, and make a meaningful impact on the lives of Somali families. Join us in this essential learning journey and become a more effective, culturally aware child welfare professional.</p>				








# April

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<b>Fostering Alliances: Collaborating with Primary Parents Facing Addiction</b>	<b>April 16, 2025</b>	<b>9:00am-12:00pm</b>	<b>N. Abubakar Trainer</b>	<b>Virtual -Session #19711</b>
Resource Family Readiness-Substance Abuse In this course, you will learn about challenges and strategies for helping children in foster care whose parents are dealing with addiction. You will gain important knowledge about what causes addiction, how it affects families, and what you can do to provide better care and support for these kids. We will review the signs of addiction, discuss open and nonjudgmental communication, and explore age-appropriate language to use when talking to children about addiction.				
<b>ADHD Among Children and Adolescents</b>	<b>April 17, 2025</b>	<b>6:00pm-9:00pm</b>	<b>S. Simera Trainer</b>	<b>Virtual-Session #19667</b>
This course helps participants understand the importance of integrating and maintaining on-going communication and connection between siblings, including understanding sibling dynamics and the importance of sibling bonds. Tips for how to navigate and support visits with siblings are shared. This course also helps participants recognize the importance of maintaining connections with extended family members and the community at large (i.e., schools, church, friends, sporting teams) and identifies strategies to keep children connected to their community. The role of parents who are fostering in maintaining these connections is highlighted.				
<b>Creating a Stable, Nurturing, and Safe Home Environment</b>	<b>April 22, 2025</b>	<b>6:00pm-8:00pm</b>	<b>B. Lowery Trainer</b>	<b>Virtual-Session #19421</b>
Resource Readiness – FAMILY SAFETY This course helps participants become aware of strategies to make children impacted by trauma and loss feel psychologically and physically safe and covers how to set up a home to be safe for all household members. This course also covers how the sense of safety ties to behaviors, how to set boundaries, and how to show consistency and predictability using routines and rituals. How to be attuned to children and understand safety from a child's perspective is also highlighted.				
<b>Anxiety Disorders Among Children and Adolescents: Recognition and Interventions</b>	<b>April 24, 2025</b>	<b>6:00pm-9:00pm</b>	<b>S. Simera Trainer</b>	<b>Westshore-Session #19420</b>
The purpose of this course is to educate caregivers on the diagnosis and treatment of child and adolescent anxiety disorders. Primary focus will be on Diagnostic and Statistical Manual of Mental Disorders (DSM) diagnostic criteria and evidence-based treatment practices.				
<b>NCTSN: Trauma 101</b>	<b>April 28, 2025</b>	<b>6:00pm-9:00pm</b>	<b>B. Lowery Trainer</b>	<b>Virtual-Session #19664</b>
This workshop introduces the concept of trauma as an underlying factor in some foster children's problems. It provides an overview of the essential elements of trauma-informed parenting and provides real world examples of trauma in children. Caregivers are introduced to factors that influence a child's response to traumatic experiences and to the concept of resilience. This workshop is the first in a series of four workshops developed by the National Child Traumatic Stress Network.				
<b>Beyond Burnout: How Foster Caregivers Can Build Resilience While Caring for Children with ADHD</b>	<b>April 29, 2025</b>	<b>9:00am-12:00pm</b>	<b>C. Reineck Trainer</b>	<b>Virtual-Session #19712</b>
Resource Family Readiness - Mental Health, Self-Regulation, and Self-Care This course delves into the complex world of fostering children with ADHD, providing valuable insights and practical strategies for effective support. Participants will gain an understanding of ADHD symptoms and diagnosis, and examine the intersection of ADHD and trauma, considering how these factors may present uniquely in foster care. Additionally, the course addresses caregiver burnout, aiming to promote resilience and healing for caregivers while developing personalized self-care strategies to keep caregivers balanced, resilient, and empowered to create a supportive and nurturing environment where children can grow and thrive.				
<b>Psychotropic Medications: Questions to Ask about Kids on Meds</b>	<b>April 30, 2025</b>	<b>9:00am-12:00pm</b>	<b>S. Simera Trainer</b>	<b>Virtual-Session #21308</b>
The purpose of this course is to educate caseworkers, foster parents and other stakeholders on psychotropic medication use in the treatment of mental disorders among children and adolescents. Specific attention will be paid to answering the questions most people ask, or should ask, regarding psychotropic medication.				

# May

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>JOINT SESSION 1</b>  Street Smart Ohio Series: Everything Marijuana  9am to 12 pm S. Bain  Location: <b>Virtual</b>  Session ID # 21130   The Broken Bond: An Overview of Attachment Disorders and Strategies for Interactions  6:00p-9:00p Brian Bethel  Location: <b>Virtual</b>  Session ID # CPS-NCORTC- CG- 19555	2	Kinship Parenting <b>3</b> 9am to 10:50 am Lauri Wolfe, trainer Carolyn Wilson, producer Location: <b>Virtual</b> Session ID # CPS-NCORTC-CG-21546  Building Parental Resilience for Kinship Care 11:05am to 12:35 pm Lauri Wolfe, trainer Carolyn Wilson, producer Location: <b>Virtual</b> Session ID # CPS-NCORTC-CG-21881  Preparing for and Managing Intrusive Questions 1:35pm to 2:35 pm Lauri Wolfe Location: <b>Virtual</b> Session ID # CPS-NCORTC-CG-21549  Effective Communication 2:50pm to 3:50pm Lauri Wolfe Location: <b>Virtual</b> Session ID # CPS-NCORTC-CG-21551 

# May

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8 Fostering Well-Being: Practical Strategies for Resource Caregivers  6pm to 9pm  Deanna Prezioso Chris Cross  Location: Westshore  Session # CPS-NCORTC-CG-21678	9	10

RR= RESOURCE READINESS

# May

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14 Compassion Fatigue and the Caregiver  6pm to 9pm  Deanna Prezioso Chris Cross  Location: Virtual  Session# CPS-NCORTC-CG- 21542	15	16	17



# May





## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>19</b>  An Overview of Hoarding: A Clean Sweep  6:00p-9:00p Brian Bethel Vita Coles  Location: <b>Virtual</b>  Session ID # CPS-NCORTC- CG- 19556	<b>20</b>	<b>21</b>	<b>JOINT SESSION</b> <b>22</b>  Child Car Seat Safety Restraints Training  8:45 a to 12:30p Sharita Jackson  Location: Westshore  Session ID # CPS-NCORTC-21392	<b>23</b>	<b>24</b>

RR= RESOURCE READINESS

# May

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>26</b> <b>MEMORIAL DAY</b>    	<b>JOINT SESSION 27</b> <b>Normalcy and the Reasonable and Prudent Standard: What's the Standard?</b> 9am to 4pm Chris Cross Location: <b>Virtual</b> Session # CPS-NCORTC-21371	<b>JOINT SESSION 28</b> <b>Making Room in the Family: Understanding the Impact of Foster Care/Adoption on Bio/Permanent Children</b> 9am to 12pm Jayne Schooler Location: <b>Virtual</b> Session # CPS-NCORTC-21385 <hr/> <b>What's the Foundation of Your Parenting?</b> 6pm to 9pm Jody Johnston-Pawel Chris Cross Location: <b>Virtual</b> Session # CPS-NCORTC-CG-21663	<b>29</b>	<b>30</b>	<b>31</b> <b>Engaging Youth in Transition Planning</b> 9am to 4pm Lamar King Location: Session # CPS-NCORTC-CG-21821 <hr/> <b>Building Trauma Competent Healing Foster and Adoptive Parents: Four Essential Skills</b> 9am to 4pm Jayne Schooler Location: <b>Virtual</b> Session # CPS-NCORTC-CG-21846

# May

## Certified Caregiver

<b>Street Smart Ohio Series: Everything Marijuana</b>	<b>May 1, 2025</b>	<b>9:00am- 12:00pm</b>	<b>S. Bain Trainer</b>	<b>Virtual-Session #21130</b>
<p>Marijuana affects so many families and so many lives in Ohio. Marijuana use has often been referred to as a “gateway” drug, leading to harder drug use. The instructor doesn’t use this term and doesn’t believe Marijuana use causes a person to use harder drugs; the instructor does believe there is a correlation between Marijuana use and the use of harder drugs. Marijuana has changed more than any other drug in recent years with the addition of Cannabis concentrates such as “Dabs” and “Shatter” making this drug more potent and dangerous. Ohio State law has changed, creating Medical Marijuana and Recreational Marijuana available to Ohioans, and everyone needs to become familiar with these laws.</p>				
<b>The Broken Bond: An Overview of Attachment Disorders and Strategies for Interactions</b>	<b>May 1, 2025</b>	<b>6:00pm - 9:00pm</b>	<b>B. Bethel Trainer</b>	<b>Virtual-Session #19555</b>
<p>Reactive Attachment Disorders are a group of mental health disorders in which the child is unable to form healthy relationships, particularly with their primary caregiver. While Attachment Disorders are complex, parents and caregivers can serve as important resources for advocating and guiding children through the treatment process. Since early intervention is key to the most positive of outcomes it is important that caregivers are competent in the recognition and awareness of attachment challenges. This training provides an introductory overview of Reactive Attachment Disorders and emphasizes the importance of early intervention and research-supported treatment for empowering children with attachment disruption.</p>				
<b>Kinship Parenting</b>	<b>May 3, 2025</b>	<b>9:00am - 10:50am</b>	<b>L. Wolfe Trainer</b>	<b>Virtual-Session #21546</b>
<p>This one hour and 50-minute course acknowledges the complexities associated with caring for children who are related to or known to the kinship caregiver, including divided loyalties, redefining roles, and relationships, setting boundaries with parents and other relatives, and the range of emotions, including anger, resentment, guilt, and/or embarrassment that caregivers can feel. Strategies for managing family dynamics and conflicts, identifying triggers, and effectively managing stress are shared.</p>				
<b>Building Parental Resilience for Kinship Care</b>	<b>May 3, 2025</b>	<b>11:05am -12:35pm</b>	<b>L. Wolfe Trainer</b>	<b>Virtual-Session #21547</b>
<p>This course helps participants understand the importance of self-care and provides practical ideas on how to do it. Learners will understand signs of stress and burnout and recognize the importance of maintaining their mental, physical, emotional, and spiritual well-being. This course describes parental resilience and why resilience is important. It also covers how caring for children who have experienced trauma, separation, or loss can impact a caregiver's own well-being. Also, covered are the behaviors that foster a protective environment for parents and children.</p>				
<b>Preparing for and Managing Intrusive Questions</b>	<b>May 3, 2025</b>	<b>1:35pm – 2:35pm</b>	<b>L. Wolfe Trainer</b>	<b>Virtual-Session #21549</b>
<p>This course helps prepare family and friends for a child to join the family, including how to honor the child’s privacy and how to use strengths-based language to introduce the child into the community. Strategies to manage intrusive questions and support children in responding to questions while preserving their privacy are covered.</p>				
<b>Effective Communication</b>	<b>May 2, 2025</b>	<b>2:50pm- 3:50pm</b>	<b>L. Wolfe Trainer</b>	<b>Virtual-Session #21551</b>
<p>This course helps learners understand effective communication, including both verbal and nonverbal language, and describes how to use open communication with children. The importance of active listening skills and strategies to convey compassion and attunement are highlighted. This course will also help learners recognize how to talk to children about difficult and/or sensitive issues with openness.</p>				
<b>Fostering Well-Being: Practical Strategies for Resource Caregivers</b>	<b>May 8, 2025</b>	<b>6:00pm - 9:00pm</b>	<b>D. Presiozo Trainer</b>	<b>Westshore-Session #21678</b>
<p>Participants will learn about the resource family's responsibilities in supporting the child's well-being while incorporating the child’s diversity into well-being considerations. Participants will learn practical strategies to help support well-being and its direct link to supporting the child’s physical and emotional safety, permanency and well-being.</p>				

# May Certified Caregiver

<b>Compassion Fatigue and the Caregiver</b>	<b>May 14, 2025</b>	<b>6:00pm- 9:00pm</b>	<b>D. Presiozo Trainer</b>	<b>Virtual-Session #21542</b>
This class will give participants an understanding of Compassion Fatigue (CF) and how foster caregivers experience and respond to CF. Participants will examine how the responses and emotions experienced from CF are related to the role of foster caregiving and how these emotions influence and drive behaviors. Participants will understand how their own trauma impacts CF and how their own trauma combines with CF to influence behaviors and reaction to children's trauma stories. Finally, participants will understand ways they can effectively care for themselves and manage their emotions and CF.				
<b>An Overview of Hoarding: A Clean Sweep</b>	<b>May 19, 2025</b>	<b>6:00pm- 9:00pm</b>	<b>B. Bethel Trainer</b>	<b>Virtual-Session #19556</b>
Hoarding Disorder is recognized as a mental and emotional disorder that is characterized by the excessive accumulation and difficulty discarding of possessions. Although a relatively new diagnosis, Hoarding Disorder is a complex and challenging disorder for social service professionals. While this disorder impacts individuals from all demographics, research has indicated that hoarding is relatively common among individuals who have experienced trauma. This training will explore the clinical features of Hoarding Disorder and highlight the research supported treatment, with particular focus on interventions for children and adolescents.				
<b>Child Car Seat Safety Restraints Training</b>	<b>May 22, 2025</b>	<b>8:45am-12:30pm</b>	<b>S. Jackson Trainer</b>	<b>Virtual-Session #21392</b>
Social Workers and caregivers often work with families who have young children, many of whom have car seats. By being trained in car seat safety, social workers and caregivers can educate families on proper installation and use to ensure the safety of the child. Properly installing and using a car seat can significantly reduce the risk of injury and death in the event of a car accident. Social workers, parents, caregivers, and childcare providers can play a critical role in ensuring that families are using car seats correctly, which can ultimately save lives. Many families may not have access to resources or information on car seat safety, so social workers and caregivers can fill this gap and provide families with the necessary information and resources to keep their children safe.				
<b>Normalcy and the Reasonable and Prudent Standard: What's the Standard?</b>	<b>May 27, 2025</b>	<b>9:00am- 4:00pm</b>	<b>C. Cross Trainer</b>	<b>Virtual-Session #21371</b>
Children in the Foster Care System need access to age-appropriate activities that can help them developmentally with the life skills necessary to succeed in the real world. In order to safely prioritize normalcy, each child's individual risk factors and abilities must be considered as their care team determines the right activities for each child.				
<b>Making Room in the Family: Understanding the Impact of Foster Care/Adoption on Bio/Permanent Children</b>	<b>May 28, 2025</b>	<b>9:00am- 12:00pm</b>	<b>J. Schooler Trainer</b>	<b>Virtual-Session #21385</b>
These are just a sampling of comments and questions often asked during this most informative and practical workshop. One of the most critical areas often neglected in foster care and adoption preparation and discussion is the impact that this has on children already in the home. This workshop explores ten concerns for birth/permanent children in the home and strategies to manage those concerns when they arise.				
<b>What's the Foundation of Your Parenting?</b>	<b>May 28, 2025</b>	<b>6:00pm- 9:00pm</b>	<b>J. Johnston-Pawel Trainer</b>	<b>Virtual-Session #21663</b>
This class will give participants an understanding of Compassion Fatigue (CF) and how foster caregivers experience and respond to CF. Participants will examine how the responses and emotions experienced from CF are related to the role of foster caregiving and how these emotions influence and drive behaviors. Participants will understand how their own trauma impacts CF and how their own trauma combines with CF to influence behaviors and reaction to children's trauma stories. Finally, participants will understand ways they can effectively care for themselves and manage their emotions and CF.				



# May

## Certified Caregiver

<b>Engaging Youth in Transition Planning</b>	<b>May 31, 2025</b>	<b>9:00am- 4:00pm</b>	<b>L. King Trainer</b>	<b>Westshore- Session#21821</b>
Transition planning is a personal process, and young people must fully participate. The Fostering Connections to Success and Increasing Adoption Act of 2008 includes a requirement that a youth-directed transition plan be developed 90 days prior to a youth turning 18. However, it is important that we recognize that transition planning begins well before this time. This training provides a definition of transition planning, examines the benefits of youth engagement, and outlines the transition planning process. In addition, participants will learn about the Foster Club's Transition Planning Toolkit - a document that helps transitioning adolescents develop their plans for the future.				
<b>Building Trauma Competent Healing Foster and Adoptive Parents: Four Essential Skills</b>	<b>May 31, 2025</b>	<b>9:00am- 4:00pm</b>	<b>J. Schooler Trainer</b>	<b>Virtual- Session #21846</b>
How does early childhood trauma impact the development of a child? Are there strategies to promote healing? The answers to both these questions and more will be answered in this six-hour course. Foster/adoptive parents and those workers who are involved in their lives, will leave this workshop with a deeper understanding of how trauma shapes the five “b’s”: the brain, body, biology, belief and behavior of a youngster. All participants will gain understanding how connected parenting can intervene in the negative trajectory of a child’s life and set it on a course of healing.				

# June

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	<p>Engaging Primary Families</p> <p>6pm to 9pm</p> <p>Angela Irby</p> <p>Location: Westshore</p> <p>Session # CPS-NCORTC-CG-21661</p> <p>RR</p> <p>— — — — —</p> <p>Working with Birth Parents: Making it Positive for Everyone</p> <p>6pm to 9pm</p> <p>Sherry Doherty</p> <p>Location: Westshore</p> <p>Session # CPS-NCORTC-CG-21674</p>	4	5	6	<p>Understanding the Impact of Implicit Bias in Foster Care or "in Caregiving" 9am to 12pm</p> <p>Christine Cross, trainer Cierra Cross, producer</p> <p>Location: Virtual</p> <p>Session # CPS-NCORTC-CG-21670</p> <p>— — — — —</p> <p>Distinguishing Between Poverty Experienced by Families and Child Neglect</p> <p>1pm to 4pm</p> <p>Christine Cross, trainer Cierra Cross, producer</p> <p>Location: Virtual</p> <p>Session # CPS-NCORTC-CG-21671</p> <p>— — — — —</p> <p>Confidence in the Courtroom Process for Resource Caregivers</p> <p>9am to 12 pm</p> <p>Lauri Wolfe</p> <p>Location: Westshore</p> <p>Session#: CPS-NCORTC-CG-21553</p> <p>RR</p> <p>— — — — —</p> <p>Dual System Youth: Providing Trauma-Informed Care and Advocacy for Youth Involved in both Child Protection and Juvenile Justice</p> <p>1pm to 4pm</p> <p>Lauri Wolfe</p> <p>Location: Westshore</p> <p>Session#: CPS-NCORTC-CG-21552</p> <p>RR</p>

RR= RESOURCE READINESS

# June

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	<b>JOINT SESSION</b> 10 Understanding Addiction for Resource Parents 6pm to 9pm Sabrina Pittman Location: Westshore Session # CPS-NCORTC-CG-21619 RR	11	12 Fetal Alcohol Spectrum Disorders: A Hidden Struggle 6 pm to 9 pm Karen Chennells Chris Cross Location: Virtual Session ID: CPS-NCORTC-CG-21489	<b>JOINT SESSION</b> 13 Stressing Stress 6 pm to 9 pm J. Stillpepper Location: Virtual Session ID: CPS-NCORTC-19714	14

RR= RESOURCE READINESS



# June

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17 Trauma Related Behaviors  6pm to 9pm Carmen Toro-Wooten  Location: Westshore  Session # CPS-NCORTC-CG-21613	18	19 	20	21

# June

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	<b>JOINT SESSION</b> 26	27	28
		Supporting Trauma-Informed Parenting  6pm to 9pm  Nikaeda Griffie Julius Jackson  Location: <b>Virtual</b>  Session # CPS-NCORTC-CG-21772	Trust-Based Relational Intervention: Connecting Principles  9am to 4pm  Kristen King  Location: Westshore  Session # CPS-NCORTC-21331		

RR= RESOURCE READINESS

# June

## Certified Caregiver

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30					

RR= RESOURCE READINESS  
JOINT= CLASS FOR CAREGIVERS  
AND CASEWORKERS



# June

## Certified Caregiver

<b>Engaging Primary Families</b>	<b>June 3, 2025</b>	<b>6:00pm-9:00pm</b>	<b>A. Irby Trainer</b>	<b>Westshore-Session #21661</b>
<p>Resource Family Readiness, Separation, Trauma, Pathway; Managing Placement Transitions</p> <p>This training is specifically designed for licensed resource families in the early years of caregiving. It will address the importance of engaging primary families. Common barriers to developing strong relationships with the primary family will be discussed. Participants will consider how a child might be impacted if they lose their connections with their primary family. Strategies to support positive relationships with primary families will be explored. This training is part of the Fundamentals of Fostering series.</p>				
<b>Working with Birth Parents: Making it Positive for Everyone</b>	<b>June 3, 2025</b>	<b>6:00pm - 9:00pm</b>	<b>S. Doherty</b>	<b>Westshore-Session #21678</b>
<p>One of the challenges of foster parenting is that of working with the birth parent. This requires foster parents to gain an acceptance and an understanding of the permanency plan and their role in working toward the goals in the plan. Regardless of the goals, there is present in each child in out-of-home placement a love and sense of grief and loss regarding his/her birth parent. There are many different circumstances in which we find the birth parent: incarcerated, deceased, missing, out-of-state, working on reunification, non-compliant with permanency plans, no longer having legal custody. This workshop will help foster parents to embrace and effectively work with these birth parents.</p>				
<b>Building Trauma Competent Healing Foster and Adoptive Parents: Four Essential Skills</b>	<b>June 7, 2025</b>	<b>9:00am-4:00pm</b>	<b>J. Schooler Trainer</b>	<b>Virtual-Session #21664</b>
<p>How does early childhood trauma impact the development of a child? Are there strategies to promote healing? The answers to both these questions and more will be answered in this six-hour course. Foster/adoptive parents and those workers who are involved in their lives, will leave this workshop with a deeper understanding of how trauma shapes the five "b's": the brain, body, biology, belief and behavior of a youngster. All participants will gain understanding how connected parenting can intervene in the negative trajectory of a child's life and set it on a course of healing.</p>				
<b>Understanding the Impact of Implicit Bias in Foster Care or "in Caregiving"</b>	<b>June 7, 2025</b>	<b>9:00am-12:00pm</b>	<b>C. Cross Trainer</b>	<b>Virtual-Session #21670</b>
<p>This class is designed to educate current and prospective foster and adoptive parents about the nature, origins, and impacts of implicit bias. By understanding these unconscious attitudes and stereotypes, participants will be better equipped to create inclusive, supportive, and nurturing environments for all children in their care. Through a combination of theoretical knowledge, practical exercises, and reflective practices, this course aims to foster awareness and promote strategies for mitigating the effects of implicit bias in foster and adoptive homes.</p>				
<b>Distinguishing Between Poverty Experienced by Families and Child Neglect</b>	<b>June 7, 2025</b>	<b>1:00pm-4:00pm</b>	<b>C. Cross Trainer</b>	<b>Virtual-Session #21671</b>
<p>It is important that resource families understand that poverty and neglect do not always go hand in hand. In this class, you will learn to not only distinguish between the two but also understand why poor children are more likely to come to the attention of the child protection system. You will learn how structural racism factors in the disproportion of children of color in foster homes, how poverty can be a risk factor of neglect but not a prerequisite, and how bias and stereotypes can impact a caregiver's ability to work with a child and their family experiencing poverty. Most importantly, you will learn strategies that will help you work collaboratively with families from a socioeconomic status that differs from your own.</p>				
<b>Confidence in the Courtroom Process for Resource Caregivers</b>	<b>June 7, 2025</b>	<b>9:00am-12:00pm</b>	<b>L. Wolfe Trainer</b>	<b>Westshore-Session #21553</b>
<p>Resource Family Readiness - Legal and Ethical Issues for Caregivers</p> <p>A court-involved child protection case can be overwhelming due to the complex process, including understanding the timeline and hearings, preparing youth, and testifying. This course aims to provide a clear explanation of those issues as well as strategies to manage them. Additionally, the course will describe attorney tactics and identify tools to help individuals prepare for and effectively testify in court.</p>				

# June

## Certified Caregiver

<b>Dual System Youth: Providing Trauma-Informed Care and Advocacy for Youth Involved in both Child Protection and Juvenile Justice</b>	<b>June 7, 2025</b>	<b>1:00pm-4:00pm</b>	<b>L. Wolfe Trainer</b>	<b>Westshore-Session #21552</b>
Resource Family Readiness - Legal and Ethical Issues for Caregivers At-risk youth involved in child protection services and the juvenile justice system often experience additional trauma and heightened stress due to dual system involvement. This can result in increased behavior issues and academic difficulties. Resource caregivers need to be prepared and equipped to manage these challenges. A crucial aspect of readiness involves understanding and advocating for the youth; and educating the youth about the legal procedures, the connection to their care, and available supports and/or programs.				
<b>Understanding Addiction for Resource Parents</b>	<b>June 10, 2025</b>	<b>6:00pm-9:00pm</b>	<b>S. Pittman Trainer</b>	<b>Westshore-Session #21619</b>
Resource Family Readiness, Substance Use, Substance Use: Relapse, Trauma, Pathway Understanding addiction is becoming more and more important to the role of resource parents. It has been reported that roughly 60-75% of cases in child welfare are due to some form of substance abuse. Caring for the whole child includes educating ourselves on the child's experiences, traumas, challenges faced by the child's primary family, and what needs they will have based on that information. The information presented in this training will assist caregivers in being more knowledgeable about substance use disorders and how they can best support the children in their care who are coming from environments where substance abuse has been an underlying issue.				
<b>Fetal Alcohol Spectrum Disorders: A Hidden Struggle</b>	<b>June 12, 2025</b>	<b>6:00pm-9:00pm</b>	<b>K. Chennells Trainer</b>	<b>Virtual-Session #21489</b>
The course will cover what FASDs are, the primary symptoms of this brain-based disability, the difference between willful misbehavior and symptoms of FASD, how secondary symptoms can cause misdiagnoses, and how to find the support and help needed to get a child diagnosed and properly supported.				
<b>Stressing Stress</b>	<b>June 13, 2025</b>	<b>9:00am-4:00pm</b>	<b>J. Still-Pepper Trainer</b>	<b>Virtual-Session #19714</b>
Stressing Stress is a practical approach to dealing with stress. The focus will be on discovering how stress works, and how we can work through issues of stress to prevent burnout. The participants will get a chance to apply what they are discovering and create a self-care plan. This workshop explores the sources of stress impacting our life. Participants will develop new skills to deal with stress in their family (marriage, kids, etc.) The skills will help them cope with life.				
<b>Trauma Related Behaviors</b>	<b>June 17, 2025</b>	<b>6:00pm-9:00pm</b>	<b>C. Toro-Wooten</b>	<b>Westshore-Session #21860</b>
Resource Readiness - TRAUMA AND ITS IMPACT ON CHILDREN AND THE FAMILY, PROMOTING ATTACHMENT This course helps participants learn how chaos, threat, neglect, and other adversity during development can alter the developing brain and that, in turn, can change the ways children think, feel and act. Participants will understand the major stress-responses we use to cope with perceived and actual threat and the reasons for and range of adaptive symptoms from inattention and distractibility to avoidance and shut-down. Also covered are the reasons for rejection and testing and recognition of the survival skills and coping strategies that result in a complex range of behaviors.				
<b>Supporting Trauma-Informed Parenting</b>	<b>June 25, 2025</b>	<b>6:00pm-9:00pm</b>	<b>N.Griffie</b>	<b>Virtual-Session #21712</b>
It is important that resource families understand that poverty and neglect do not always go hand in hand. In this class, you will learn to not only distinguish between the two but also understand why poor children are more likely to come to the attention of the child protection system. You will learn how structural racism factors in the disproportion of children of color in foster homes, how poverty can be a risk factor of neglect but not a prerequisite, and how bias and stereotypes can impact a caregiver's ability to work with a child and their family experiencing poverty. Most importantly, you will learn strategies that will help you work collaboratively with families from a socioeconomic status that differs from your own.				



# Thank You Kinship Caregivers!



Division of Children and Family Services

Over 600 children in Cuyahoga County live with relatives or family friends while their parents work on rebuilding their lives. If you or someone you know is caring for a relative's child we have resources to help.

Please visit [hhs.cuyahogacounty.gov](https://hhs.cuyahogacounty.gov) or scan the QR code for more information.

## KINSHIP CARE RESOURCES

Keeping Children Connected to Family

Grandparents and other relatives or kin play an important role in the family. We strive to provide resources and support to those grandparents and relatives who help sustain healthy families and strong communities.

Visit: [bit.ly/CuyahogaKin](https://bit.ly/CuyahogaKin)



SCAN ME



Cuyahoga County  
Division of Children and Family Services  
[www.hhs.cuyahogacounty.gov/dcf](https://www.hhs.cuyahogacounty.gov/dcf)  
216-431-4500  
Child Abuse/Neglect Hotline: 216-696-KIDS (5437)

