



Foster & Kinship Care Education Program

Fall/Winter Schedule – September 2019 to January 2020

Dear Resource Parent,

As you know, our mission is to provide quality education and support opportunities for caregivers of children and youth in out-of-home care so that these caregivers may meet the educational, emotional, behavioral and developmental needs of their children.

I would like to remind you that the state of California is making several changes to improve the experience of children in out-of-home care, as well as their Resource Families. The county will be going through some changes regarding their Specialized Care Trainings, as well as the rate system known as “Level of Care” [LOC]. We are planning to offer some trainings on these topics once the county releases more information. For now, we are hoping that the workshops that you find in this schedule will enhance your skills as a Resource Parent. They are all open to any prospective or current resource parent, professionals working with children and youth, and the community in general. If you are interested in attending any of our Pre-Service Certification Classes: D, F, or W Rate initial training, please call us to register.

At LACC we also offer the Resource Family Approval Program Training to become a Resource Parent in LA County. If you are interested in becoming a resource parent with the county, please call **1-888-811-1121** to register for an orientation, and be able to register for the RFA Program Training.

Thank you for all the hard work!

FKCE Team at LACC

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FOSTER & KINSHIP CARE EDUCATION PROGRAM
AT LOS ANGELES CITY COLLEGE

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HOW MANY RENEWAL HOURS DO YOU NEED?

Every year, depending on your rate, you will need certain amount of renewal hours:

- RFA Annual Renewal: 8 hours
- B Rate (Basic): 12 hours
- F rate: 12 hours
- D Rate: 18 hours
- W Rate: 4 hours

Frequently Asked Questions

- ***Do I need to register for these workshops?***

We ask you to please register in advance for **Saturday renewal trainings**; or for **any Pre-Service** (initial Certification) training [D and F Certification]

- ***Do you provide child care?***

Unfortunately, we do not provide child care. **Be aware that due to the sensitive topics that we will be covering during trainings, children are not permitted to attend any workshop.**

- ***What is the difference between Pre-Service and In-Service training?***

Pre-Service are those trainings that you would need to take for the first time in order to get that rate. They include the initial D, F, and W rate.

In-Service refers to the renewal trainings. You are free to attend all these trainings.

- ***Do I need to pay anything for these trainings?***

No. All trainings are **FREE**.

- ***When do I receive my certificate for the training that I take?***

At the end of each training you will receive your certificate that states: name of the workshop, number of hours, and rate. For the Pre-Service trainings, you will receive your certificate on the last day of the class.

- ***I am interested in becoming a Resource Parent, what do I need to do?***

The first step to become a Resource Parent in order to foster or adopt a child is to call **1-888-811-1121** to register and attend an orientation.

After completion of orientation, you will need to take a Resource Family Approval Program Training. We also offer this training at LACC.

- ***Do you offer trainings in Spanish at LACC?***

Yes! Please call the office for information on Spanish speaking workshops. **Llame a la oficina para las clases.**

RENEWAL CLASSES FOR B, D, F, W Rate, and RFA Renewal

*****Note: Please keep in mind that topics, and/or presenters may change without notice.**

Please arrive ON TIME. A workshop might get cancelled due to low attendance. Participants arriving 15 minutes after class has started will not receive credit.

SEPTEMBER

Household Finances and Budgeting

Adding a new member to the family can take a toll on your household finances. This workshop will discuss how you can create and manage a budget for your family.

Instructor: Denetra Norwood
Date: **Monday**, September 9
Time: 9am-12pm
Location: Victory Christian Center Church

Love Me the Way I Am! – LGBTQ in Foster Care

This workshop will focus on accepting children and youth the way they are; how to provide a safe home free of harassment and discrimination; and how to teach children to be respectful and accept and love each other.

Instructor: Robert Hanna
Date: **Monday**, September 16
Time: 9am-12pm
Location: Victory Christian Center Church

Creating Attachments

This workshop will talk about the importance of creating healthy attachments in children and youth.

Instructor: Sandra Smith
Date: **Tuesday**, September 17
Time: 6-9pm
Location: Victory Christian Center Church

Rights of Resource Parents, Birth Parents, and Out-of-Home Care Youth

This workshop will address the rights for resource parents, birth parents and foster children. Participants will be able to identify their rights and responsibilities at the end of the training; as well as understand what the rights are for foster children and their biological parents.

Instructor: Denetra Norwood
Date: **Monday**, September 23
Time: 9am-12pm
Location: Victory Christian Center Church

Trauma 101

What is trauma? How does trauma affect the brain, development, feelings, and behaviors? How can we support a child that has experienced multiple traumas?

Instructor: Robert Hanna
Date: **Monday**, September 30
Time: 9am-12pm
Location: Victory Christian Center Church

OCTOBER

Grieving the Loss of a Child when the Child Returns Home

As a Resource Parent you might experience feelings of grieving and loss when the child leaves your home. We will talk about stages of grieving and loss for resource parents.

Instructor: Sandra Smith
Date: **Tuesday**, October 1
Time: 6-9pm
Location: Victory Christian Center Church

All About Prevention: Alcohol, STDs, and Teen Pregnancy

This workshop will teach parents how to prevent drugs, alcohol, STDs and teen pregnancy among their youth.

Instructor: Denetra Norwood
Date: **Monday**, October 7
Time: 9am-12pm
Location: Victory Christian Center Church



Youth Risk Factors

What are some things that youth are dealing with in today's world?

Instructor: Robert Hanna
Date: **Monday**, October 14
Time: 9am-12pm
Location: Victory Christian Center Church

Foster Youth Educational Rights & Educational Rights Holder Roles & Responsibilities

Come to learn about the educational rights that all children in foster care have. We will also discuss the roles and responsibilities of the Educational Right Holder (ERH), which many times is the Resource Parent.

Instructor: Sandra Smith
Date: **Tuesday**, October 15
Time: 6-9pm
Location: Victory Christian Center Church

Avoiding Power Struggles with Children and Teens

This workshop is to teach parents how to avoid unnecessary challenges with their children. Helping them to find other alternatives to make a negative situation a positive one. Helping them to overcome power struggles so each can voice an opinion without the other getting upset.

Instructor: Denetra Norwood
Date: **Monday**, October 21
Time: 9am-12pm
Location: Victory Christian Center Church

Sense of Belonging: Gangs 101

One basic human need is the sense of belonging and love. Many youth join gangs as they feel they belong to a group. This training will talk about what gangs are about, why children in out-of-home care at risk of joining one, and what you can do as a resource parent to prevent this.

Instructor: Robert Hanna
Date: **Monday**, October 28
Time: 9am-12pm
Location: Victory Christian Center Church

Recognizing and Understanding Mental Illness

The number of children in out-of-home care taking psychotropic medications, and receiving services as D-Rate children has been significantly increasing in the last couple of years. This workshop will present the most common mental illnesses that child and youth get diagnosed with. How to

advocate for resources and services, and how to work with youth with mental health issues at home.

Instructor: Denetra Norwood
Date: **Tuesday**, October 29
Time: 6-9pm
Location: Victory Christian Center Church

NOVEMBER

Higher Education Module 1 – New Mandatory Training

See additional flyer for course description. Page 10

Instructor: Sandra Smith
Date: **Monday**, November 4
Time: 9am-12pm
Location: Victory Christian Center Church

Navigating the Court System

Navigating the system can be confusing. This workshop will provide you with knowledge and tools on how to navigate the system including DCFS, and the court.

Instructor: Denetra Norwood
Date: **Tuesday**, November 5
Time: 6-9pm
Location: Victory Christian Center Church

HOLIDAY – Monday, November 11th – NO RENEWAL CLASS

Education and Health Passport

What is an Education and Health Passport? What information contains? Workshop will address the importance of having these documents for our child.

Instructor: Sandra Smith
Date: **Monday**, November 18
Time: 9am-12pm
Location: Victory Christian Center Church

Cultural Diversity & Sensitivity

This workshop will define what culture is, why it is important to support your child's own culture, and how to incorporate the different diversities into their family way. It also teaches them to be sensitive to the child's needs.

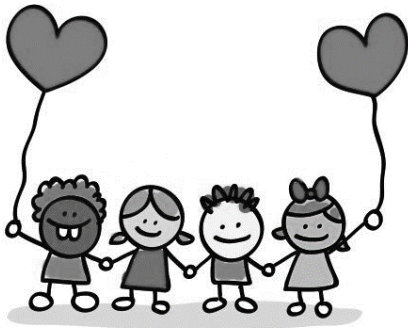
Instructor: Denetra Norwood
Date: **Tuesday**, November 19

Time: 6-9pm
Location: Victory Christian Center Church

Understanding Feelings & Behaviors

The way that a child manifests his/her feelings is through their behavior. This workshop will focus on feelings and behaviors, and how to work with children to make them feel safe and secure, so they can open up and communicate their feelings. Behaviors will be discussed, and what they can really mean instead of labeling a child as a child who is always "acting up."

Instructor: Robert Hanna
Date: **Monday**, November 25
Time: 9am-12pm
Location: Victory Christian Center Church



DECEMBER

The Importance of Medication Management

As caregivers it is essential to know how to manage, store, and administer medications for the child. We will talk about caregiver's responsibilities; managing psychotropic medications; use of over-the-counter medicine; medication logs; reporting to CSW and doctors.

Instructor: Denetra Norwood
Date: **Monday**, December 2
Time: 9am-12pm
Location: Victory Christian Center Church

Healing Trauma

This workshop will discuss ways that parents can help their children to heal from trauma. We will consider different age groups and reactions to trauma, and strategies to help children and youth.

Instructor: Robert Hanna
Date: **Tuesday**, December 3

Time: 6-9pm
Location: Victory Christian Center Church

Raising Boys vs Raising Girls

Workshop will discuss the differences between raising boys vs. girls; stages of development (physically, emotionally, socially). Peer pressure and self-esteem issues in teen girls and boys, etc.

Instructor: Robert Hanna
Date: **Monday**, December 9
Time: 9am-12pm
Location: Victory Christian Center Church

Maintaining Family Ties

What is the importance of connections and family ties? This workshop will talk about how attachments are built upon previous attachments. We will discuss ways you can keep connected your children with their family.

Instructor: Sandra Smith
Date: **Monday**, December 16
Time: 9am-12pm
Location: Victory Christian Center Church

Talking to Children about Adoption

Many parents wonder how to initiate this conversation with their child. In this workshop, we will discuss about ways to have an open conversation with children –of any age– about adoption.

Instructor: Denetra Norwood
Date: **Tuesday**, December 17
Time: 6pm-9pm
Location: Victory Christian Center Church

Winter Break - NO Class from December 18th to January 5th. Happy Holidays! ☺



JANUARY 2020

Rebuilding Self-Esteem

How to help a child that has experienced abuse or neglect and has been removed from their home rebuild their self-esteem? This class will focus on how Resource Parents can help children and youth work on their self-esteem and self-confidence.

Instructor: Robert Hanna
Date: **Monday**, January 6
Time: 9am-12pm
Location: Victory Christian Center Church

Dealing with Allegations

This workshop will address how to navigate the system and advocate for yourself as a resource parent when dealing with an allegation or a hold on your house.

Instructor: Denetra Norwood
Date: **Tuesday**, January 7
Time: 6pm-9pm
Location: Victory Christian Center Church

Higher Education Module 2 – New Mandatory Training

See additional flyer for course description. Page 10

Instructor: Sandra Smith
Date: **Monday**, January 13
Time: 9am-12pm
Location: Victory Christian Center Church

HOLIDAY – Monday, January 20th – NO RENEWAL CLASS

Challenging Behaviors

Many of our children have been subjected to abuse, neglect, and domestic violence. Does this cause them to act out? Does this explain why children hoard food, lie, and are physically and verbally aggressive or defiant? These issues will be addressed and participants will leave with the tools for managing these behaviors. Caregivers will have a better understanding of why youth display challenging behaviors; and learn how to change a challenging behavior into positive behavior through positive interaction.

Instructor: Denetra Norwood
Date: **Tuesday**, January 21
Time: 6pm-9pm
Location: Victory Christian Center Church

Child Development & Trauma Informed Care

Class will provide an overview of the stages of development, and how trauma can affect a normal child development.

Instructor: Sandra Smith
Date: **Monday**, January 27
Time: 9am-12pm
Location: Victory Christian Center Church

SATURDAY RENEWAL CLASSES (9:00am to 3:00pm)

Receive **6 hours** for your B, D, F, W, or RFA Renewal Rate

*The following classes will be held at **LACC [Los Angeles City College Campus]**.*

*Please call FKCE office (323) 953-4000 ext. 2335 to **register** for these classes*

October 19th:

STAGES OF DEVELOPMENT AND BEHAVIOR MANAGEMENT

We will cover the stages of development, and important milestones. During the workshop we will address behaviors at each stage, and how to manage challenging behaviors.

November 16th:

WORKING WITH LGBTQ YOUTH IN FOSTER CARE

This workshop will explain what sexual orientation, gender identity, and gender expression is. We will discuss ways on how to support children that identify themselves as Lesbian, Gay, Bisexual, Transgender or Questioning youth.

December 14th:

HOW TRAUMA AFFECTS DEVELOPMENT AND MENTAL HEALTH

Trauma has severe consequences on human's brain. It can affect the way that someone responds to situations (behaviors) and learning as well. Class will talk about trauma, and the consequences on brain development.

January 25th, 2020:

CHILD AND FAMILY TEAM MEETINGS – HOW TO WORK EFFECTIVELY AS A TEAM

What is a Child and Family Team [CFT] Meeting? Why is it important to request a CFT, and be part of it as a Resource Parent? We will discuss strategies on how to work effectively as a team member.

Class Location:

Los Angeles City College - Campus

855 N. Vermont Ave

Los Angeles, CA 90029

(After registration you will receive a parking permit and classroom information)



PRE-SERVICE CLASSES for Specialized Rates: D & F Rate Trainings

The following classes are offered to Resource Parents that will be receiving this training for the first time. To be certified as a D, F, or W Rate caregiver you must: **Register** in advance by calling (323) 953-4000 ext.2335 and **attend all 16 hours of training.**

D – Rate Certification Training (16 hours) – English

The D-Rate Certification training [pre-service] is provided to caregivers who are caring for children that exhibit severe and persistent emotional and behavioral challenges. Training includes currently DCFS policy, qualification criteria, trauma, mental health, and special education. The Department of Mental Health assesses these children for a D-Rate classification.



Dates – Fall 2019

OCTOBER

Saturday, October 5 9:00-5:00pm
Saturday, October 12 9:00-5:00pm

Where: LOS ANGELES CITY COLLEGE
855 N. Vermont Ave
Los Angeles, CA 90029
*[Classroom and parking
instructions will be mailed out]*

JANUARY 2020

Saturday, January 11 9:00-5:00pm
Saturday, January 18 9:00-5:00pm

Where: LOS ANGELES CITY COLLEGE
855 N. Vermont Ave
Los Angeles, CA 90029
*[Classroom and parking
instructions will be mailed out]*

**To register for this class, call: 323-953-4000 ext. 2335 or email:
LACC-FosterCare@lacitycollege.edu
You must pre-register for this training before the first day of class.**

F – Rate Certification Training (16 hours) – English

Caring for Children with Medical Needs

The F-Rate Certification training [pre-service] is provided to caregivers who are caring for children with special medical needs. Each caregiver will be certified by the DCFS Medical Placement Unit.



Dates – Fall 2019

SEPTEMBER

Saturday, September 21 9:00-5:00pm
Saturday, September 28 9:00-5:00pm

Where: LOS ANGELES CITY COLLEGE
855 N. Vermont Ave
Los Angeles, CA 90029
*[Classroom and parking instructions will
be mailed out]*

NOVEMBER

Saturday, November 16 9:00-5:00pm
Saturday, November 23 9:00-5:00pm

Where: LOS ANGELES CITY COLLEGE
855 N. Vermont Ave
Los Angeles, CA 90029
*[Classroom and parking instructions will
be mailed out]*

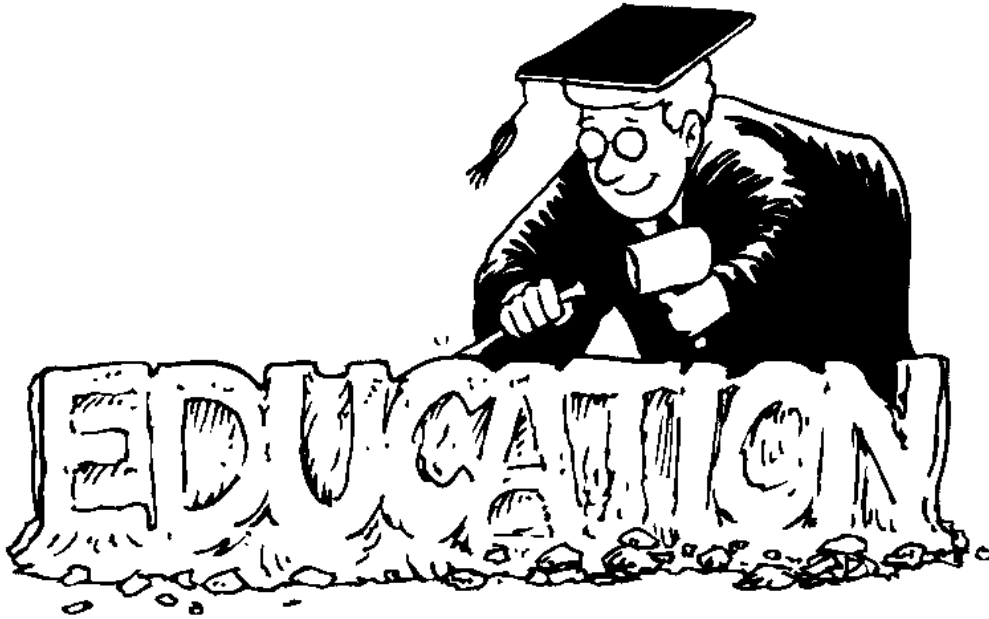
To register for this class, call: 323-953-4000 ext. 2335 or email:

LACC-FosterCare@lacitycollege.edu

You must pre-register for this training before the first day of class.

New Training Requirement: Higher Education Training

“Turning Dreams into Degrees”



Starting January 2019, DCFS is requiring all Resource Families who have *at least* one court dependent youth in their care between 12 and 19 years of age, to complete at least 3 of their required 8 hours of annual training on this curriculum. Two training modules are offered. **Please attend the module that meets your educational needs.**

MODULE 1: Supporting Foster Youth through Early College Awareness and Preparation

- For caregivers with youth in grades 6th – 10th

MODULE 2: Supporting Successful Transitions from High School to College

- For caregivers with youth in grades 11th – 12th , or recent high school graduates who are not yet enrolled in college.

For dates, please see class schedule.

OFFICE AND CLASS LOCATIONS – SITE MAPS

Class location is listed under each class. Our Monday and Tuesday renewal classes are held off-campus. Our Saturday renewal classes, as well as the Pre-Service Certification classes are held on-campus at LACC.

FKCE Office – Los Angeles City College

Student Services Building, 3rd Floor
Telephone number: 323-953-4000 ext.2335

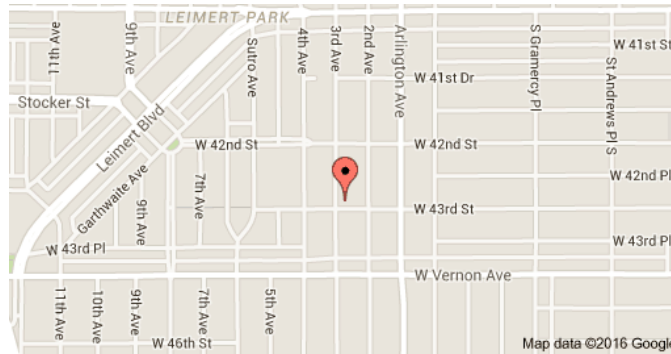
Off –Campus Location

Victory Christian Center

4260 3rd Ave

Los Angeles, CA 90008

(Two blocks west of Arlington and two north of Vernon Ave)

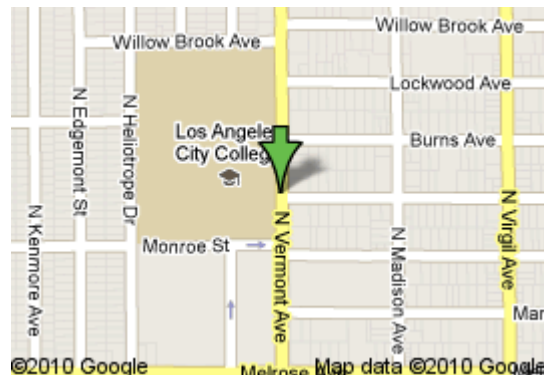


Los Angeles City College

855 N Vermont Ave

Los Angeles, CA 90029

(You must register in advance for class on-campus. You will receive parking and classroom instructions)



Other Important Events

- **PARA CLASES EN ESPANOL: TODOS LOS JUEVES EN LA NOCHE. [LLAME A LA OFICINA PARA UN HORARIO DE CLASES]** - For Classes in Spanish, come every Thursday night to the following site. Call office for a schedule of classes in Spanish.

Día / Day: Jueves / Thursdays
Hora / Time: 6pm-8pm (Spanish)
Locación / Location: Los Angeles City College
855 N Vermont Ave
Los Angeles, CA 90029
(Parking lot entrance on Heliotrope Drive off Melrose Ave)

- **ADVISORY MEETING:**

Come to the advisory meeting to get recent information regarding FKCE issues, as well as to discuss how the program is going.

Time: **10am-12pm**
Location: Los Angeles City College
Date: **TBA**

Participants with verifiable disabilities who require alternate formats of this publication and resources should contact the FKCE program director. The college will provide information in alternate text formats upon request in the timeliest manner possible. If accommodations are needed due to a disability, please provide the program with at least two-week notice.

TRAINING HOURS LOG FISCAL YEAR 2019-2020

TRAINING HOURS LOG – FOSTER & KINSHIP CARE CLASSES

DATE	LOCATION	TITLE	RENEWAL RATE? <small>[Write the rate you are renewing with each class]</small>	HOURS COMPLETED

TOTAL HOURS: _____

