

Foster & Kinship Care Education Program

Spring Schedule – February to June 2020



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!

Alvaro Aguila
Program Director

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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 classes?

We ask you to please register in advance for **Saturday renewal classes**; or for **any Pre-Service** (initial Certification) class [D, F, or W Certification]

- Do you provide child care during classes?

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

- What is the difference between Pre-Service and In-Service classes?

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 classes. You are free to attend all these classes.

- Do I need to pay anything for these classes?

No. Classes are **FREE**.

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

At the end of each class you will receive your certificate that states: name of the class, number of hours, and rate. For the Pre-Service classes, 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 classes in Spanish at LACC?

Yes! Please call the office for information on Spanish speaking classes, which are offered on most Thursdays. **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.

FEBRUARY 2020

Parenting with Love

This training shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles.

Description

Instructor: Robert Hanna
Dates: **Monday**, February 10
Time: 9am-12pm
Location: Victory Christian Center Church

ADD & ADHD: What is it?

This workshop is to teach Parents the difference between the two disorders and also how to identify them. It also teaches them how to find other options to treat and control it as another alternative without using meds.

Instructor: Sandra Smith
Date: **Tuesday**, February 11
Time: 6pm-9pm
Location: Victory Christian Center Church

HOLIDAY – Monday, February 17th – NO RENEWAL CLASS

Boundaries: Keeping Order in the Family Home

Children need structure. This class will discuss the importance of creating and maintaining healthy and positive house rules and boundaries to keep the order at home. What are some boundaries that we can create together with our children?

Instructor: Denetra Norwood
Dates: **Tuesday**, February 18
Time: 6pm-12pm
Location: Victory Christian Center Church

Higher Education Module 2: Supporting Transitions from High School to College

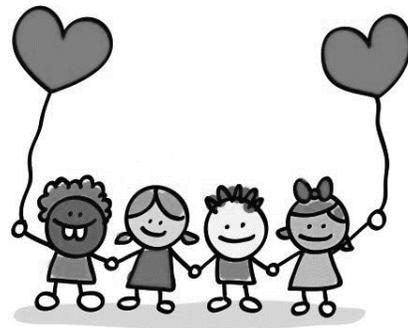
The purpose of this module is to empower caregivers to discuss the value of higher education with their youth and provide ideas for how they can play an active role in supporting their youth to college. For caregivers with youth in high school college can seem so far into the future that it can take secondary importance to more immediate concerns. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees

Instructor: Sandra Smith
Date: **Monday**, February 24
Time: 9 am -12pm
Location: Victory Christian Center Church

Building Self-Esteem in Children and Teens

Let children and teens know they are loved, giving them praises, listening to them, and encourage them. Making them feel secure about who they are.

Instructor: Robert Hanna
Dates: **Tuesday**, February 25
Time: 6pm-9pm
Location: Victory Christian Center Church



MARCH

Prudent Parenting 101

Reasonable Prudent Parenting Standards (RPPS), SB-358
“supports the empowerment of a caregiver to exercise common sense and good judgment to access circumstances and events in which a foster child may participate.” This training will cover the specifics of the RPPS and how you should apply it to your foster parenting.

Instructor: Sandra Smith
Dates: **Monday, March 2**
Time: 9 am -12pm
Location: Victory Christian Center Church

Helping Children Deal with Stress

Traumatic experiences are stressful. This workshop will address how children show stress, and how can we help them deal with stressful situations.

Instructor: Denetra Norwood
Date: **Tuesday, March 3**
Time: 6pm-9pm
Location: Victory Christian Center Church

Positive Discipline that Works

This course explores a positive plan that will help you face parenting challenges in today's world.

Instructor: Sandra Smith
Dates: **Monday, March 9**
Time: 9 am -12pm
Location: Victory Christian Center Church

Gang Affiliation: A Sense of Belonging

One basic human need is a sense of belonging and love. Many youth join gangs as they feel they belong to a group. In this class participants will understand some of the myths about gang affiliation; why so many foster youth join gangs; and identify common issues regarding foster youth and how their involvement in gangs impacts their lives.

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

Raising Boys & Girls

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
Dates: **Tuesday, March 17**
Time: 6pm-9pm
Location: Victory Christian Center Church

How to Advocate for Yourself as a Resource Parent

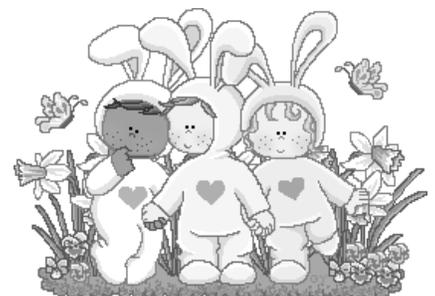
How can you advocate for your rights as a Resource Parent? Who and where can they support you with your needs? Class will discuss about the importance of being part of a kinship group or foster parent association; and how you can become an advocate for your own needs.

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

Higher Education Module 1: Supporting Foster Youth Through Early College Awareness and Preparation

The purpose of this module is to empower caregivers to discuss the value of higher education with their youth and provide ideas for how they can play an active role in supporting their youth to college. For caregivers with youth in middle school or in the early high school grades, college can seem so far into the future that it can take secondary importance to more immediate concerns. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees

Instructor: Sandra Smith
Dates: **Monday, March 30**
Time: 9 am -12pm
Location: Victory Christian Center Church



APRIL

LAUSD Spring Break - NO RENEWAL CLASS:

Monday April 6th, and Sunday April 12th

You Don't Listen To Me!

How many times have we said or heard this before? This workshop will address the importance of effective communication between caregivers and their children: how to express our needs and LISTEN without getting into a "tug of war."

Facilitator: Denetra Norwood
Dates: **Monday**, April 13
Time: 9 am-12pm
Location: Victory Christian Center Church

The Importance of Maintaining Family Ties

This workshop seeks to educate caregivers on the importance of open communication with the birth family; as well as the importance of developing a relationship that will help the caregiver know better the child.

Instructor: Sandra Smith
Dates: **Tuesday**, April 14
Time: 6pm-9pm
Location: Victory Christian Center Church

Grief & Loss

This class will help caregivers understand the grief and loss process. How children may act when confronted by stages of grief. To explore how grief and loss affect our own lives and how we can help our children to process their losses. This workshop will particular focus on what happens when a child goes through multiple placements, and the impact this has on the child; as every move is a trauma for them.

Instructor: Denetra Norwood
Dates: **Monday**, April 20
Time: 9 am -12pm
Location: Victory Christian Center Church

Love Me The Way I am

This class 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
Dates: **Tuesday**, April 21
Time: 6pm-9pm
Location: Victory Christian Center Church

Helping Youth Set Boundaries and Limits

Raising teens can be challenging. This class will focus on how we can set boundaries and limits with them. We will discuss what works and what might not work when it comes down to working with teens.

Instructor: Robert Hanna
Date: **Monday**, April 27
Time: 9 am -12pm
Location: Victory Christian Center Church

MAY

Boundaries: Keeping Order in the Family Home

Children need structure. This class will discuss the importance of creating and maintaining healthy and positive house rules and boundaries to keep the order at home. What are some boundaries that we can create together with our children?

Instructor: Denetra Norwood
Dates: **Monday**, May 4
Time: 9 am -12pm
Location: Victory Christian Center Church

How to Talk to Children about Sex

How to talk to children about sex? Class will discuss ways on how to approach this topic based on the child's age and understanding level.

Instructor: Sandra Smith
Date: **Tuesday**, May 5
Time: 6pm-9pm
Location: Victory Christian Center Church

Documentation & Record Keeping

This workshop covers the importance of documentation and record keeping. As well, it shows the proper way of documenting events and keeping records effectively. At the end of the workshop we expect caregivers to make documentation a part of their everyday routine, as well as making them aware of the importance of documentation and how it can protect them as well as the child's well-being.

Instructor: Denetra Norwood
Dates: **Monday**, May 11
Time: 9 am -12pm
Location: Victory Christian Center Church

How Trauma Effects the Brain

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.

Instructor: Robert Hanna
Dates: **Monday**, May 18
Time: 9 am -12pm
Location: Victory Christian Center Church

Anger, Fear and Pain in Youth

Youth in out-of-home care face issues that bring a great deal of anger, fear and pain. Class will explore what happens when youth don't deal with their emotions, and how we can help them to thrive. Caregivers will identify how destructive these emotions could be if we don't deal with them and help the youth to identify the reasons why they feel that way; and how they can express in a positive way their feelings.

Instructor: Robert Hanna
Date: **Tuesday**, May 19
Time: 6pm-9pm
Location: Victory Christian Center Church

HOLIDAY – Monday, May 25th – NO RENEWAL CLASS

What to know about Psychotropic Medications?

This workshop is to teach parents about Psychotropic Meds and the effects they cause. Teaching them the different meds and the purpose of their usage.

Instructor: Sandra Smith
Date: **Tuesday**, May 26
Time: 6pm-9pm

Location: Victory Christian Center Church

JUNE

Health Issues in Foster Care

This class will discuss common health issues with children in out-of-home care. We will discuss the steps that parents must follow for the child to be eligible for Specialized Care. We will talk about the services provided by Regional Centers, and the importance of documentation and reporting health issues.

Instructor: Sandra Smith
Dates: **Monday**, June 1
Time: 9 am -12pm
Location: Victory Christian Center Church

First Aid & CPR – Recertification

You must PRE-REGISTER for this class. Limited Space

Re-Certification in First Aid and CPR class for resource parents in Infants, Children, and Adults. This class covers what to do in case of an emergency, first aid focused in infants, and CPR. Parents will receive recertification through the American Heart Association or the American Red Cross.

Facilitator: American Red Cross (facilitator Denetra)
Dates: Tuesday, June 2nd
Time: 5:30pm-9:30pm
Location: Victory Christian Center Church

Risk Factors

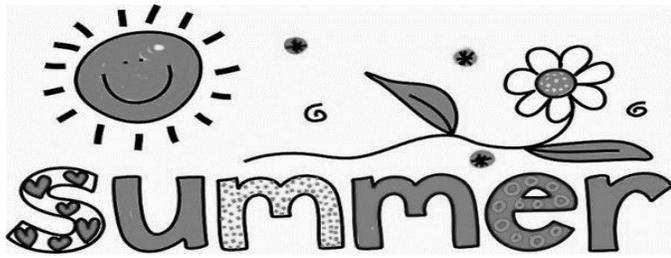
Class will identify 9 risk factors that put our youth in unhealthy situations, and how we can help teens to stay alive and free from incarceration.

Instructor: Robert Hanna
Dates: **Monday**, June 8
Time: 9 am -12pm
Location: Victory Christian Center Church

Self-Care for Caregivers

Preventing burnout and compassion fatigue is key for resource parents. This workshop will discuss how you can take care of yourself.

Instructor: Robert Hanna
Dates: **Tuesday**, June 9
Time: 6pm-9pm
Location: Victory Christian Center Church



**Renewal Classes will resume in
August, 2020**

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** or

email: lacc-fostercare@lacitycollege.edu to register for these classes

FEBRUARY 29, 2020: Preparing Youth for Emancipation

This class is to teach Parents about when it is time to let the youth go out on their own, the expectations that follow.

MARCH 28, 2020: Working with Birth Parents

Foster parents and relative caregivers play a critical role in helping children stay connected to their birth parents. Participants will learn how to establish and maintain strong relationships with birth parents, and how to effectively deal with challenges that commonly arise.

APRIL 25, 2020: Turning Dreams Into Degrees: Modules 1 and 2

Beginning in 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.

MAY 30, 2020: Working with LGBT Youth

This training is designed to increase awareness of, and gain deeper understanding of and compassion towards LGBTQ youth that are in out-of-home care. Class will explain what sexual orientation is, what LGBTQ stands for, and how as caregivers we can provide a loving and care home for this diverse population.

JUNE 6, 2020: Stages of Development & Behavior Management

This class will focus on developmental stages of a child: Cognitive, Motor, Physical, and Social. Class will cover Erikson's stages of development as well as Maslow's hierarchy of needs. In addition, behavior management will be discussed as we go over different stages and ages of development. For example, managing behaviors with infants and toddlers, school age children, and teens.

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, and W

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 or email: lacc-fostercare@lacitycollege.edu 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 – Spring 2020

March 2020

Saturday, March 21 9:00-5:00pm
Saturday, March 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]*

MAY 2020

Saturday, May 16 9:00-5:00pm
Saturday, May 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.

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 – Spring 2020

FEBRUARY 2020

Saturday, February 8 9:00-5:00pm
Saturday, February 15 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]*

APRIL 2020

Saturday, April 18 9:00-5:00pm
Saturday, April 25 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]*

JUNE 2020

Saturday, June 6 9:00-5:00pm
Saturday, June 13 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.

W RATE CERTIFICATION: Whole Family Foster Home

The W-Rate or Whole Family Foster Home training is provided to caregivers who are interested in caring for a teen parent and her/his non-dependent child, and is specifically recruited and trained to assist the teen parent in developing skills necessary to provide a safe, stable, and permanent home. During the certification, we will complete the Shared Responsibility Plan (SRP); discuss caring for the developing teen and baby, discuss roles, rights, and responsibilities of teens and caregivers; provide information on resources and discuss DCFS policies and compensation. **TRAINING WILL BE PROVIDED BASED ON DEMAND. CALL TO SIGN UP.**

OFFICE AND CLASS LOCATIONS – SITE MAPS

Please notice on the class schedule the location of the class

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, 2nd Floor
Telephone number: 323-953-4000 ext.2335

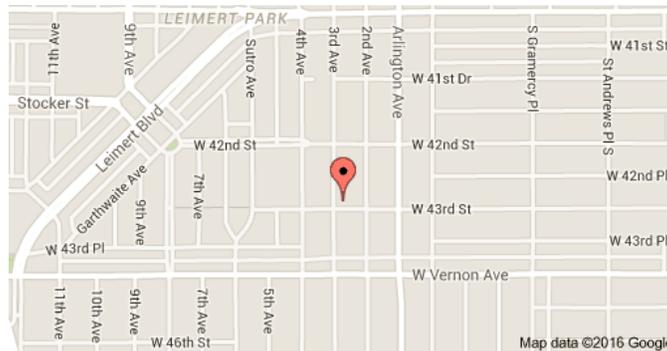
Off –Campus Location

Victory Christian Center

4260 3rd Ave

Los Angeles, CA 90008

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

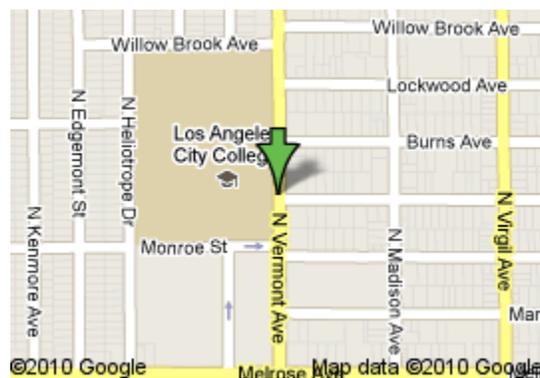


Los Angeles City College

855 N Vermont Ave

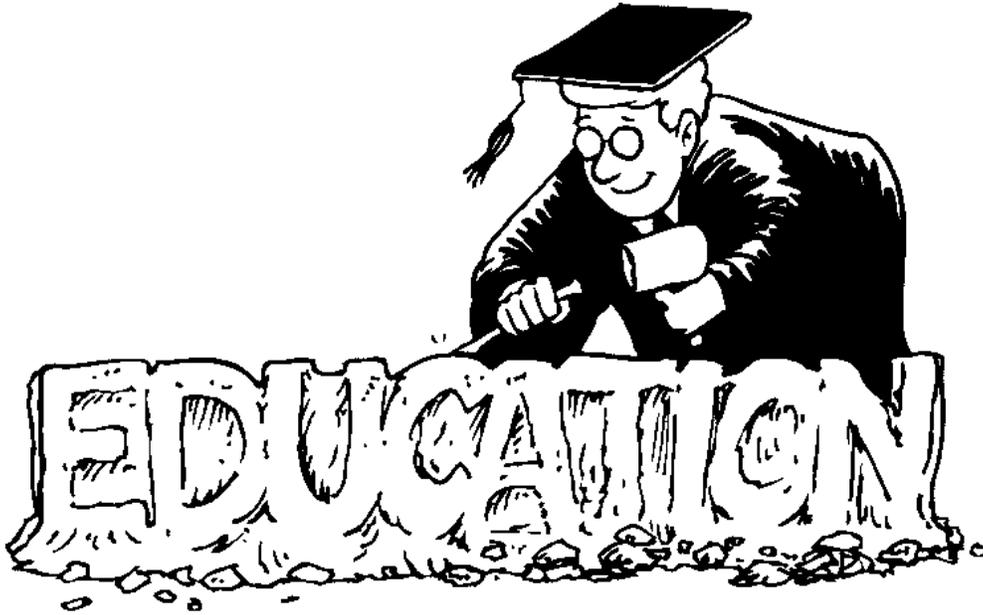
Los Angeles, CA 90029

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



New Training Requirement: Higher Education Training

“Turning Dreams into Degrees”



Beginning in 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.

First Aid & CPR Recertification Class



Recertification in First Aid and CPR class for resource parents in Infants, Children, and Adults. This class covers what to do in case of an emergency, first aid focused in infants, and CPR. Parents will receive recertification through the American Heart Association.

FREE! **You must be a CURRENT Resource Parent (Foster/Kinship/Adoptive) **

This is a Recertification training.

Option 1:

Saturday, May 9th 9:00am – 1:00pm

Location: Los Angeles City College
855 North Vermont Ave, Los Angeles, CA 90029

Option 2:

Tuesday, June 2nd 5:30pm – 9:30pm

Location: Victory Christian Center
4260 3rd Ave Los Angeles, CA 90008

**Limited Space! 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.