

Foster Care Newsletter

Kids Dealing With Peer Pressure

Teens and tweens rely on their friends for everything from companionship to compassion. Some estimates say the average American teenager spends approximately 20 to 25 hours per week, not counting classroom time, with friends. That gives peers a lot of power.

Kids, like adults, yearn to be accepted by others. “Adolescents define themselves more by their peer group than their family group,” says Charlotte Reznick, PhD, child-education psychologist, associate clinical professor of psychology at UCLA, and author of *The Power of Your Child’s Imagination: How to Transform Stress and Anxiety Into Joy and Success*.

That desire to fit in can lead kids to cave to peer pressure. Although parents often see their children’s bravado, many kids aren’t able to assert themselves face-to-face with their peers. “They may not have formed their own opinions or be certain what it is they value,” says Dr. Reznick. In fact, many value “fitting in” and will give in to peer pressure to be part of “the crowd.”

Kids seeking approval can easily make poor choices about substance use, sexuality, and other behaviors. “But parents can teach their kids skills to cope with peer pressure,” says Donna Londino, MD, associate professor in the Division of Child, Adolescent, and Family Psychiatry at the Medical College of Georgia Hospital and medical director of Inpatient Child and Adolescent Psychiatric Services at MCGHealth.

Neutralizing Peer Pressure

The best way to deal with peer pressure is to prepare your child for it. “Tell your child peer pressure is a normal part of adolescence,” says Dr. Londino. Talk about how peer pressure may influence your child to make decisions he wouldn’t otherwise make, and explain that it’s okay to say no to peers. “Emphasize that you’re available to rescue them if their ‘no’ puts them in a precarious predicament,” adds Londino, such as not having a ride or being left somewhere alone. To better cope with peer pressure, Londino suggests role-playing

responses to friends’ inappropriate, illegal, or dangerous requests (e.g., being offered drugs, tobacco, or alcohol). Talk about peer-pressure coping tips you’ve used. “Slip in stories about relatives or other positive role models who’ve faced peer pressure,” suggests Reznick. Discuss “frenemies” too (someone who is half friend and half enemy). Frenemies notoriously pressure kids into experimenting with smoking, drinking, or sexual behaviors, claiming, “if you’re ‘cool’ you’ll do it.” They may also exert peer pressure on a child to lie, shoplift, or even try drugs.

If your child is the victim of a “frenemy,” make sure he understands it is not his fault. “Talk about ways of responding to peer pressure, including encouraging your child to walk away from friendships built on peer pressure and those that can harm him,” says Reznick. Don’t just talk, listen too. “Remember what it’s like to be a teen,” says Londino, and stress that you understand the peer pressure that kids today face.

Fostering Positive Friendships

Not all peer pressure is bad. One of the best defenses against negative peer pressure is positive peer pressure. “Encourage your child to find a circle of friends who are capable of sticking up for their own ideas,” says Reznick. Positive peer-pressure friendships often sprout from a common interest, like being in the same theatrical production or playing the same sport. Positive peer-pressure can support a child’s drive to reach goals, whether it’s athletic or academic. To forge these kinds of healthy friendships, suggest your child coordinate a fun thing to do with a group, such as going hiking or to a movie everyone wants to see. Even the old-fashioned idea of baking batches of homemade cookies can be a positive, friendship-building activity.



<http://www.everydayhealth.com/family-health/dealing-with-peer-pressure.aspx>

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Talking to Your Child About Drugs



Just as you inoculate your kids against illnesses like measles, you can help "immunize" them against drug use by giving them the facts before they're in a risky situation. When kids don't feel comfortable talking to parents, they're likely to seek answers elsewhere, even if their sources are unreliable. Kids who aren't properly informed are at greater risk of engaging in unsafe behaviors and experimenting with drugs.

Preschool to Age 7

Before you get nervous about talking to young kids, take heart. You've probably already laid the groundwork for a discussion. For instance, whenever you give a fever medication or an antibiotic to your child, you have the opportunity to discuss the benefits and the appropriate and responsible use of those drugs. This is also a time when your child is likely to be very attentive to your behavior and guidance. Start taking advantage of "teachable moments" now. If you see a character on a billboard or on TV with a cigarette, talk about smoking, nicotine addiction, and what smoking does to a person's body. This can lead into a discussion about other drugs and how they can potentially cause harm. Keep the tone of these discussions calm and use terms that your child can understand. Be specific about the effects of the drugs: how they make a person feel, the risk of overdose, and the other long-term damage they can cause. To give your kids these facts, you might have to do a little research.

Ages 8 to 12

As your kids grow older, you can begin conversations with them by asking them what they think about drugs. By asking the questions in a nonjudgmental, open-ended way, you're more likely to get an honest response. Kids this age usually are still willing to talk openly to their parents about touchy subjects. Establishing a dialogue now helps keep the door open as kids get older and are less inclined to share their thoughts and feelings.



Even if your question doesn't immediately result in a discussion, you'll get your kids thinking about the issue. If you show your kids that you're willing to discuss the topic and hear what they have to say, they might be more willing to come to you for help in the future. News, such as steroid use in professional sports, can be springboards for casual conversations about current events. Use these discussions to give your kids information about the risks of drugs.

Ages 13 to 17

Kids this age are likely to know other kids who use alcohol or drugs, and have friends who drive. Many are still willing to express their thoughts or concerns with parents about it. Use these conversations not only to understand your child's thoughts and feelings, but also to talk about the dangers of driving under the influence of drugs or alcohol. Talk about the legal issues — jail time and fines — and the possibility that they or someone else might be killed or seriously injured.

Consider establishing a written or verbal contract on the rules about going out or using the car. You can promise to pick your kids up at any time (even 2:00 AM!) no questions asked if they call you when the person responsible for driving has been drinking or using drugs. The contract also can detail other situations: For example, if you find out that someone drank or used drugs in your car while your son or daughter was behind the wheel, you may want to suspend driving privileges for 6 months. By discussing all of this with your kids from the start, you eliminate surprises and make your expectations clear.

Laying Good Groundwork

No parent, child, or family is immune to the effects of drugs. Some of the best kids can end up in trouble, even when they have made an effort to avoid it and even when they have been given the proper guidance from their parents. However, certain groups of kids may be more likely to use drugs than others. Kids who have friends who use drugs are likely to try drugs themselves. Those feeling socially isolated for whatever reason may turn to drugs.

So it's important to know your child's friends — and their parents. Be involved in your children's lives. If your child's school runs an anti-drug program, get involved. You might learn something! Pay attention to how your kids are feeling and let them know that you're available and willing to listen in a nonjudgmental way. Recognize when your kids are going through difficult times so that you can provide the support they need or seek additional care if it's needed. A warm, open family environment — where kids are encouraged to talk about their feelings, where their achievements are praised, and where their self-esteem is bolstered — encourages kids to come forward with their questions and concerns. When censored in their own homes, kids go elsewhere to find support and answers to their most important questions.

The preceding article is courtesy of Kidshealth.org.

Want to Know More? Check Out These Websites!

Below are a few websites that you may be interested in reviewing for more information regarding the topics mentioned in this newsletter:

Parents Step Up Using various communication media, the Step Up campaign by provides information regarding helping adults recognize and change behaviors that facilitate underage drinking, provides ideas for effective “house rules” to help adults protect kids from underage drinking, encourages parents to block teens from access to alcohol, and highlights the consequences of underage drinking to discourage alcohol use. <http://parentsstepup.org>

DrugWatch This website aims to educate the public about thousands of prescription and over-the-counter medications, many of which have the potential to cause serious side effects. It is continually updated with drug recall news, recent FDA approvals, drug interactions, side effects, and current developments in the medical field. <http://www.drugwatch.com/>

Family Education and Support This website was developed by the Division of Prevention and Behavioral Health Services (DPBHS) in collaboration with the University of Delaware, center for Disabilities Studies. Click on Parent Information and find “The Parent and Caregiver Survival Guide” and “About Kids – For Kids”. <http://www.udel.edu/cds/familyeducation/>

Parents, the Anti-Drug This website has everything a parent should know about drug abuse from how to talk about drugs and alcohol with your child to recognizing the signs and symptoms of substance abuse <http://www.theantidrug.com/>

Drugfree.org This website has a wealth of information as well as a listing of the different types of abused drugs, street names and characteristics for your review. http://www.drugfree.org/wp-content/uploads/2010/10/drug_chart_10.25.10_opt.pdf

Students Against Destructive Decisions - This website is formerly known as Students Against Drunk Driving. The mission of this website is to provide students with the best prevention tools possible to deal with the issues of underage drinking, other drug use, risky and impaired driving, and other destructive decisions. <http://www.sadd.org/>

Too Smart To Start This website that helps youth, families, educators, and communities prevent underage alcohol use by providing useful programs and strategies, downloadable materials, interactive games and exercises, and other resources to support you in responding to *The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking*. <http://www.toosmarttostart.samhsa.gov/>

SmartDrive USA This website is about helping teenagers make smart driving decisions. <http://www.smartdriveusa.org/>

AAAKeys@Drive Involved in teen driver safety for 75 years, AAA has a full range of tools to help parents and teens throughout the whole learning-to-drive process. Keys2Drive provides parents an easy way to work with their teens through each step, from choosing a driver education program to deciding when solo driving is permitted. <http://teendriving.aaa.com/DE/>



Cough and Cold Medicine Abuse

Chugging cough medicine for an instant high certainly isn't a new practice for teens, who have raided the medicine cabinet for a quick, cheap, and legal high for decades. But unfortunately, this dangerous, potentially deadly practice is on the rise.

So it's important for parents to understand the risks and know how to prevent their kids from intentionally overdosing on cough and cold medicine.

Why Do Kids Abuse Cough and Cold Remedies?

Before the U.S. Food and Drug Administration (FDA) replaced the narcotic codeine with dextromethorphan as an over-the-counter (OTC) cough suppressant in the 1970s, teens were simply guzzling down cough syrup for a quick buzz. Over the years, teens discovered that they still could get high by taking large doses of any OTC medicine containing dextromethorphan (also called DXM). Dextromethorphan-containing products — tablets, capsules, gel caps, lozenges, and syrups — are labeled DM, cough suppressant, or Tuss (or contain "tuss" in the title).

Medicines containing dextromethorphan are easy to find, affordable for cash-strapped teens, and perfectly legal. Getting access to the dangerous drug is often as easy as walking into the local drugstore with a few dollars or raiding the family medicine cabinet. And because it's found in over-the-counter medicines, many teens naively assume that DXM can't be dangerous.

Then and Now

DXM abuse is on the rise, according to recent studies, and easy access to OTC medications in stores and over the Internet could be contributing to the increase. The major difference between current abuse of cough and cold medicines and that in years past is that teens now use the Internet to not only buy DXM in pure powder form, but to learn how to abuse it. Because drinking large volumes of cough syrup causes vomiting, the drug is being extracted from cough syrups and sold on the Internet in a tablet that can be swallowed or a powder that can be snorted. Online dosing calculators even teach abusers how much they'll need to take for their weight to get high.

One way teens get their DXM fixes is by taking "Triple-C" — Coricidin HBP Cough and Cold — which contains 30 mg of DXM in little red tablets. Users taking large volumes of Triple-C run additional health risks because it contains an antihistamine as well. The list of other ingredients — decongestants, expectorants, and pain relievers — contained in other Coricidin products and OTC cough and cold preparations compound the risks associated with DXM and could lead to a serious drug overdose. Besides Triple-C, other street names for DXM include: Candy, C-C-C, Dex, DM, Drex, Red Devils, Robo, Rojo, Skittles, Tussin, Velvet, and Vitamin D. Users are sometimes called "syrup heads" and the act of abusing DXM is often called "dexing," "robotripping," or "robodosing" (because users chug Robitussin or another cough syrup to achieve their desired high).

What Happens When Teens Abuse DXM?

Although DXM can be safely taken in 15- to 30-milligram doses to suppress a cough, abusers tend to consume as much as 360 milligrams or more. Taking mass quantities of products containing DXM can cause hallucinations, loss of motor control, and "out-of-body" (disassociative) sensations.

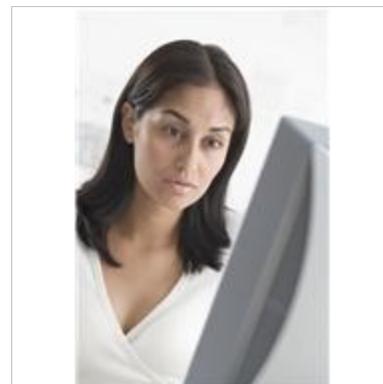
Other possible side effects of DXM abuse include: confusion, impaired judgment, blurred vision, dizziness, paranoia, excessive sweating, slurred speech, nausea, vomiting, abdominal pain, irregular heartbeat, high blood pressure, headache, lethargy, numbness of fingers and toes, facial redness, dry and itchy skin, loss of consciousness, seizures, brain damage, and even death.

When consumed in large quantities, DXM can also cause hyperthermia, or high fever. This is a real concern for teens who take DXM while in a hot environment or while exerting themselves at a rave or dance club, where DXM is often sold and passed off as similar-looking drugs like PCP. And the situation becomes even more dangerous if these substances are used with alcohol or another drug.

Being on the Lookout

You can help prevent your teen from abusing over-the-counter medicines. Here's how:

- Lock your medicine cabinet or keep those OTC medicines that could potentially be abused in a less accessible place.
- Avoid stockpiling OTC medicines. Having too many at your teen's disposal could make abusing them more tempting.
- Keep track of how much is in each bottle or container in your medicine cabinet.
- Keep an eye out not only for traditional-looking cough and cold remedies in your teen's room, but also strange-looking tablets (DXM is often sold on the Internet and on the street in its pure form in various shapes and colors).
- Watch out for the possible warning signs of DXM abuse listed above.
- Monitor your child's Internet usage. Be on the lookout for suspicious websites and emails that seem to be promoting the abuse of DXM or other drugs, both legal and illegal.



Above all, talk to your kids about drug abuse and explain that even though taking lots of a cough or cold medicine seems harmless, it's not. Even when it comes from inside the family medicine cabinet or the corner drugstore, when taken in large amounts DXM is a drug that can be just as deadly as any sold on a seedy street corner. And even if you don't think your teens are doing it, chances are they know kids who are. *This article regarding Cough and Cold Medicine Abuse is courtesy of Kidshealth.org*

Brandywine Counseling Presents PRIME FOR LIFE:

A Drug and Alcohol Training For Parents

PRIME For Life is an alcohol and drug program for people of all ages. It is designed to gently but powerfully challenge common beliefs and attitudes that directly contribute to high-risk alcohol and drug use. The program goals are to reduce the risk for health problems and impairment problems by:

A primary goal of PRIME For Life is prevention of any type of alcohol or drug problem. This includes prevention of health problems such as alcoholism, or impairment problems such as car crashes or fights. Emphasis is on knowing and understanding risks one cannot change and reducing risks one can change. The program will give parents information on how Drugs and alcohol use may have affected the children in their home and how they can help the children in their care make low risk choices.

The presenter will be Rennet Williams. Rennet Williams is a Prevention Specialist at Brandywine Counseling and Community Services. Rennet is also a former foster parent and an adoptive parent. She has had the opportunity to foster and raise children of all ages and backgrounds so she has a full understanding of the issues that foster parents face while raising children from various backgrounds.

Class Information: Please contact PCAD to register!

County	Dates and Times	Locations
New Castle County	September 24, 2011 from 10am to 4pm	Bear Library, Bear, DE in the Community Room
Kent County	October 22, 2011 from 10am to 4pm	Dover Library in the Children's Meeting Rom
Sussex County	October 1, 2011 from 10am to 4pm	Lewes Library (Room to Be Announced)

Kids and Alcohol

As much as parents may not like to think about it, the truth is that many kids and teens try alcohol during their high school and college years, long before it's legal for them to drink it. Research has shown that nearly 80% of high school kids have tried alcohol. Although experimentation with alcohol can be common among kids, it's not safe or legal. So it's important to start discussing alcohol use and abuse with your kids at an early age and keep talking about it as they grow up.

The Effects of Alcohol Abuse

Alcohol interferes with a person's perception of reality and ability to make good decisions. This can be particularly hazardous for kids and teens who have less problem-solving and decision-making experience.

Short-term effects of drinking include:

- distorted vision, hearing, and coordination
- altered perceptions and emotions
- impaired judgment, which can lead to accidents, drowning, and other risky behaviors like unsafe sex and drug use
- bad breath
- hangovers

Long-term effects include:

- cirrhosis and cancer of the liver
- loss of appetite
- serious vitamin deficiencies
- stomach ailments
- heart and central nervous system damage
- memory loss
- an increased risk of impotence
- high risk for overdosing

Long before your kids are presented with a chance to drink alcohol, you can increase the chances that they'll just say "no." Childhood is a time of learning and discovery, so it's important to encourage kids to ask questions, even ones that might be hard to answer. Open, honest, age-appropriate communication now sets the stage for your kids to come to you later with other difficult topics or problems.

Talking to Kids About Alcohol

Preschoolers

Although 3- and 4-year-olds aren't ready to learn the facts about alcohol or other drugs, they start to develop the decision-making and problem-solving skills they will need later on. You can help them develop those skills in some simple ways.

For instance, let toddlers choose their own clothing and don't worry if the choices don't match. This lets them know you think they're capable of making good decisions. Assign simple tasks and let kids know what a big help they are. And set a good example of the behavior that you want your kids to demonstrate. This is especially true in the preschool years when kids tend to imitate adults' actions as a way of learning. So, by being active, eating healthy, and drinking responsibly, parents teach their kids important lessons early on.

Ages 4 to 7

Kids this age still think and learn mostly by experience and don't have a good understanding of things that will happen in the future. So keep discussions about alcohol in the present tense and relate them to things that kids know and understand. For example, watching TV with your child can provide a chance to talk about advertising messages. Ask about the ads you see and encourage kids to ask questions too.

Kids are interested in how their bodies work, so this is a good time to talk about maintaining good health and avoiding substances that might harm the body. Talk about how alcohol hurts a person's ability to see, hear, and walk without tripping; it alters the way people feel; and it makes it hard to judge things like whether the water is too deep or if there's a car coming too close. And it gives people bad breath and a headache!

Ages 8 to 11

The later elementary school years are a crucial time in which you can influence your child's decisions about alcohol use. Kids at this age tend to love to learn facts, especially strange ones, and are eager to learn how things work and what sources of information are available to them. So it's a good time to openly discuss facts about alcohol: its long- and short-term effects and consequences, its physical effects, and why it's especially dangerous for growing bodies.

Kids also can be heavily influenced by friends now. Their interests may be determined by what their peers think. So teach your child to say "no" to peer pressure, and discuss the importance of thinking and acting as an individual.

Casual discussions about alcohol and friends can take place at the dinner table as part of your normal conversation: "I've been reading about young kids using alcohol. Do you ever hear about kids using alcohol or other drugs in your school?"

Ages 12 to 17

By the teen years, your kids should know the facts about alcohol and your attitudes and beliefs about substance abuse. So use this time to reinforce what you've already taught them and focus on keeping the lines of communication open.

Teens are more likely to engage in risky behaviors, and their increasing need for independence may make them want to defy their parents' wishes or instructions. But if you make your teen feel accepted and respected as an individual, you increase the chances that your child will try to be open with you.

Kids want to be liked and accepted by their peers, and they need a certain degree of privacy and trust. Avoid excessive preaching and threats, and instead, emphasize your love and concern. Even when they're annoyed by parental interest and questions, teens still recognize that it comes with the territory.

Teaching Kids to Say "No"

Teach kids a variety of approaches to deal with offers of alcohol:

Encourage them to ask questions. If a drink of any kind is offered, they should ask, "What is it?" and "Where did you get it?"

Teach them to say "no, thanks" when the drink offered is an alcoholic one.

Remind them to leave any uncomfortable situation. Make sure they have money for transportation or a phone number where you or another responsible adult can be reached.

Teach kids never to accept a ride from someone who has been drinking. Some parents find that offering to pick up their kids from an uncomfortable situation — no questions asked — helps encourage kids to be honest and call when they need help.

Risk Factors

Times of transition, such as the onset of puberty or a parents' divorce, can lead kids to alcohol use. So teach your kids that even when life is upsetting or stressful, drinking alcohol as an escape can make a bad situation much worse. Kids who have problems with self-control or low self-esteem are more likely to abuse alcohol. They may not believe that they can handle their problems and frustrations without using something to make them feel better. Kids without a sense of connectedness with their families or who feel different in some way (appearance, economic circumstances, etc.) may also be at risk. Those who find it hard to believe in themselves desperately need the love and support of parents or other family members.

In fact, not wanting to harm the relationships between themselves and the adults who care about them is the most common reason that young people give for not using alcohol and other drugs.

General Tips

Fortunately, parents can do much to protect their kids from using and abusing alcohol:

- Be a good role model. Consider how your use of alcohol or medications may influence your kids. Consider offering only nonalcoholic beverages at parties and other social events to show your kids that you don't need to drink to have fun.
- Educate yourself about alcohol so you can be a better teacher. Read and collect information that you can share with kids and other parents.
- Try to be conscious of how you can help build your child's self-esteem. For example, kids are more likely to feel good about themselves if you emphasize their strengths and positively reinforce healthy behaviors.
- Teach kids to manage stress in healthy ways, such as by seeking help from a trusted adult or engaging in a favorite activity.

Recognizing the Signs

Despite your efforts, your child may still use — and abuse — alcohol. How can you tell? Here are some common warning signs:

- the odor of alcohol
- sudden change in mood or attitude
- change in attendance or performance at school
- loss of interest in school, sports, or other activities
- discipline problems at school
- withdrawal from family and friends
- secrecy
- association with a new group of friends and reluctance to introduce them to you
- alcohol disappearing from your home
- depression and developmental difficulties



It's important not to jump to conclusions based on only one or two signs. Adolescence is a time of change — physically, socially, emotionally, and intellectually. This can lead to erratic behavior and mood swings as kids try to cope with all of these changes. If your child is using alcohol, there will usually be a cluster of these signs, like changes in friends, behavior, dress, attitude, mood, and grades. If you see a number of changes, look for all explanations by talking to your kids, but don't overlook substance abuse as a possibility.

Other tips to try:

- Keep tabs on where your kids go.
- Know the parents of your child's friends.
- Always make sure you have a phone number where you can reach your child.
- Have kids check in regularly when they're away from home.

When spending an extended length of time away from you, your child should check in periodically with a phone call, e-mail, or visit home.

For teens, especially those old enough to drive, consider negotiating and signing a behavioral contract. This contract should spell out the way you expect your child to behave and state the consequences if your teen drives under the influence. Follow through and take the keys away, if necessary.

Make part of the deal with your teen that you and the rest of your family also agree never to drink and drive. Also encourage responsible behaviors, such as planning for a designated driver or calling an adult for help rather than driving under the influence.

It's important to keep communication open and expectations reasonable. Tying responsible actions to freedoms such as a later curfew or a driver's license can be a powerful motivator. Teach your kids that freedom only comes with responsibility — a lesson that should last a lifetime.

This article is courtesy of Kidshealth.org



Students Against Destructive Decisions (SADD) in Delaware

Many of you have heard of SADD, but have you heard of YELL (Youth to Eliminate Loss of Life)? In Delaware, YELL and SADD are one in the same. Approximately 50 schools or community organizations across the state of Delaware have a YELL or a SADD chapter. All of these chapters are supported by the Office of Juvenile Justice Delinquency Prevention (OJJDP) through the YMCA of Delaware.

YELL/SADD chapters are usually comprised of a group of teens lead by an adult advisor. Any group is welcome to become a YELL/SADD chapter. Chapters promote the prevention of underage alcohol consumption in their school or organization by planning events large and small like; informational "Check Points" in school parking lots, personal messages during morning announcements, organizing contests promoting healthy choices, organizing school assemblies with guest speakers.

"Homecoming season is a very special time. Many YELL/SADD chapters choose to organize assemblies, contests and really turn up the volume on underage alcohol prevention during this time of the year. Most of the chapters need extra support with incentive materials, so they simply let me know their plan. Usually with the funds from the OJJDP and enough notice, I can help to support their efforts" says Nicole Freedman, Program Director at the YMCA of Delaware.

Every October, the YMCA of Delaware holds a YELL/SADD teen leadership conference at the Sheraton in Dover. If you would like to receive an invitation to participate in the conference or on how to become a YELL/SADD chapter, please contact Nicole Freedman at nfreedman@ymcade.org, 302.254.9622 ext. 161.



News You Can Use!

Delaware Foster Parents!

Below are a few items of information for your review and reference.

Did you know that you can view the child care facilities in your area with just a few clicks on the internet?

Through the State of Delaware Office of Childcare Licensing website, you can review all of the licensed day care, licensed family child care, and licensed family child care in the State of Delaware that are in your area. Go to <http://www.apex01.kids.delaware.gov:7777/occl/> today!



Coming soon!!!

Fall of 2011:
The Foster Parent Survey

Spring of 2012:
Inappropriate Sexual Behavior
Training for Foster Parents

Look What's Happening at Delaware Technical and Community College!

The Delaware Technical & Community College - Stanton/Wilmington Campus Corporate and Community Programs offers a wide range of highly interactive courses that you can take entirely over the Internet. All of their courses include expert instructors, many of whom are nationally known authors. Their online courses are affordable, fun, fast, convenient and geared just for you. You can explore their catalog at <http://www.ed2go.com/dtccwilm/>.

If you intend to take a course, look on the website mentioned above and click the **Enroll Now** button for further instructions.

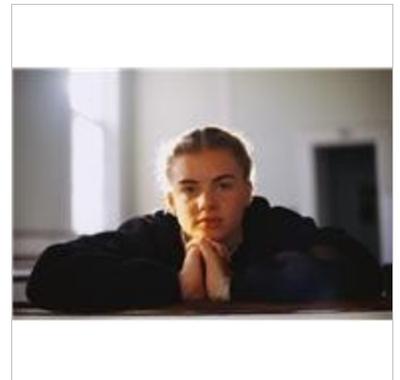
Although DFS is not able to provide reimbursement for these courses, they are a great way not only to gain training hours (24 hrs each), but to enrich your life. Each course has twelve sessions which may take approximately an hour or more to complete - depending on connection speed and other variables. After successfully passing the provided quizzes, a letter of completion indicating you have had 24 hours of instruction can be printed. A few of the courses are listed below:

Understanding Adolescents \$85

Instructor: Sonya Jodoin

Session Start Dates: July 20 | August 17 | September 21 | October 19
| November 9 | December 14

You'll learn about the many physical, emotional, and cognitive changes that affect the teens in your life, and you'll understand the significance of these changes both for you and the adolescent. You'll look into relationships both in and outside of the home and the development of a teen's identity. You'll explore personality, moral development and the role of faith. Finally, you'll gain an understanding as to how teens are affected by stress, including common defense mechanisms, coping techniques, and common mental health issues. By the time you finish this course, you should be very well-prepared to understand, appreciate, and meet the needs of the teens in your life.



Handling Medical Emergencies \$85

Instructor: Bryan Scyphers

Session Start Dates: July 20 | August 17 | September 21 | October 19
| November 9 | December 14



This course will identify common medical emergencies affecting children and adults, help you recognize signs and symptoms, and teach you how to render appropriate emergency care. For adults, you will learn how to recognize and manage chest pain, heart attack, stroke, diabetic problems, seizures, breathing difficulty, burns, and allergic reactions. For children, you will also learn about poisoning, fever, childhood illnesses, injuries from accidents, and the signs of abuse.

Guiding Kids on the Internet \$85

Instructors: Christine Gee and Katherine Emmons.

Session Start Dates: July 20 |August 17 |September 21 |October 19 |November 9 |December 14

Work the Web with your kids! This essential course for teachers, leaders, and parents will give you the confidence you need for helping children get the best from Internet access. Step-by-step instructions will lead you in discovering various kid-friendly Internet features. These include web page creation with easy-to-use templates and examples, kid-safe searches, fun resources for kids; and the many communication possibilities for schools, clubs, teacher networks, and even extended families. This course includes lessons for you, the adult, but also features printable instruction sheets that can be used directly with the young people you work with. The activities are informative, interactive, and fun; and, most importantly, will help you and your kids use the Internet to its fullest potential.

SAT/ACT Preparations Part 1 \$85

Instructor: Scott Hatch and Lisa Zimmer-Hatch

Session Start Dates: July 20 |August 17 |September 21 |October 19 |November 9 |December 14

This course and its follow-up will prepare you to excel in all sections of the undergraduate college entrance exams and provide you with the means to achieve your best potential score!

SAT/ACT Preparations Part 2 \$85

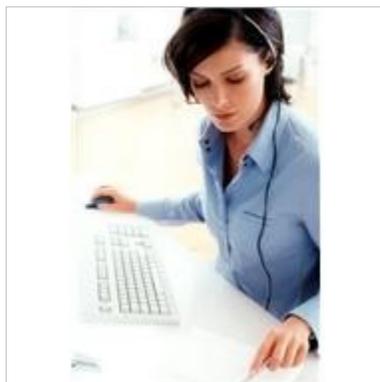
Instructor: Scott Hatch and Lisa Zimmer-Hatch

Session Start Dates: July 20 |August 17 |September 21 |October 19 |November 9 |December 14

This course and its follow-up will prepare you to excel in all sections of the undergraduate college entrance exams and provide you with the means to achieve your best potential score!

Contact info for the Ed2go classes is:

Christine Scott
(302) 571-5378
cscott24@dtcc.edu



Training: Trauma in Children and Families

The Center for Early Childhood Mental Health Consultation was created through a grant from the Office of Head Start and is an online resource for educators. Many foster parents may find the information located on the site valuable including some of the free online tutorials, one of which is a 30 minute tutorial on Trauma in Children and Families (see description below).

"*Recognizing and Addressing Trauma in Infants, Young Children, and Their Families*" is an online tutorial for professionals who work with young children that explains what is meant by trauma, outlines the developmental context of trauma in early childhood, and expands professionals' knowledge for intervention through consultation. The tutorial also provides valuable links to a range of resources for further learning and exploration.

Those who complete the tutorial will be able to:

- Define trauma, describe two types of trauma, and list common yet diverse types of traumatic experiences
- Describe the impact of trauma on infants, toddlers, and young children from a developmental perspective
- Identify trauma signs and symptoms in infants, toddlers, and young children
- Recognize and understand the role of the consultant in addressing trauma in the early care and education setting

The free tutorial takes between 30 and 40 minutes to complete. It is the sixth in a series for mental health consultants and was funded by the Office of Head Start and developed by the Center for Early Childhood Mental Health Consultation (ECMHC). Find the entire series of tutorials on the ECMHC website:

www.ecmhc.org/tutorials/trauma/index.html

Registration Information for PCAD Trainings

- ◆ **REGISTRATION IS REQUIRED FOR ALL CLASSES.** Please call Prevent Child Abuse Delaware, our foster parent training contractor, at **425-7490** (New Castle), **1-866-925-7223** (Kent & Sussex) to register. The phones in the Kent and Sussex offices will often have a recording on which you may leave your registration information.
- ◆ You will receive a postcard confirming your registration.
- ◆ Childcare and lunch are offered at Saturday trainings. **Please pre-register the children you will be bringing because space is limited to the first 50 children registered.**
- ◆ **Please do not bring children to a class when childcare is not offered.** The content of the classes is not for children and children cannot be left unsupervised in another room.
- ◆ Central office will issue monthly reports to coordinators alerting them to foster parents who were no-shows for the previous month. A no-show is defined as someone who is registered for training, but did not attend, and did not alert PCAD to this fact ahead of time.

New Castle County Workshops Overview

Key: ❤️ Child Care provided 🙋 Meets GTF training requirement 🗣️ Refreshments provided

<p>Saturday, September 17, 2011</p> <p>9am to 12pm</p> <p>Understanding the Teenage Brain: “Why They Think and Act Differently Than We Do” 🗣️ (3 hours)</p> <p>Neighborhood House Building 1218 B Street Wilmington, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Wednesday, October 5th & 12th, 2011</p> <p>6pm to 9pm</p> <p>First Aid and CPR (6 hours) 🙋</p> <p>Community Services Building 100 West 10th Street Wilmington, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Monday, October 17, 2011</p> <p>6pm to 9pm</p> <p>Depression and Suicide in Children and Youth 🙋 (3 hours)</p> <p>Community Services Building 100 West 10th Street Wilmington, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Thursday, October 20, 2011</p> <p>6pm to 8pm</p> <p>Becoming A Love and Logic Parent: Ownership of the Problem 🗣️ (2 hours)</p> <p>809 N. Washington St. Wilmington, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Saturday, October 22, 2011</p> <p>9am to 12pm</p> <p>Teens and Domestic Violence (3 hours)</p> <p>Neighborhood House, Inc. 1218 B Street Wilmington, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>
<p>Thursday, October 27, 2011</p> <p>6:30pm to 8:30pm</p> <p>Working with Children Who Have Been Sexually Abused, Part 1 (2 hours)</p> <p>56 W. Main Street Suite 203 Newark, DE 19702</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Thursday, October 27, 2011</p> <p>6:30 to 8:30pm</p> <p>Psychotropic Medications 🗣️ (2 hours)</p> <p>Word Alive Worship Center 707 Pulaski Hwy Suite 207 Bear, DE 19701</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Thursday, November 3, 2011</p> <p>6pm to 8pm</p> <p>Communicating to Get the Best Out of Your Children (2 hours)</p> <p>Community Services Building 100 West 10th Street Wilmington, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Saturday, November 12, 2011</p> <p>9:00am to 3:30pm</p> <p>Working with Birth Families 🙋 🗣️ ❤️ (6 hours)</p> <p>Aldersgate Church Rt 202 Wilmington, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Saturday, November 12, 2011</p> <p>9:00am to 3:30pm</p> <p>Sexual Abuse: How We Can Help 🙋 🗣️ ❤️ (6 hours)</p> <p>Aldersgate Church Rt 202 Wilmington, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>
<p>Saturday, November 12, 2011</p> <p>9:00am to 3:30pm</p> <p>Crisis Intervention 🙋 🗣️ ❤️ (6 hours)</p> <p>Aldersgate Church Rt. 202 Wilmington, DE</p> <p style="text-align: center;"><i>Please call PCAD to Register</i></p>	<p>Tuesday, November 15, 2011</p> <p>9am to 12pm</p> <p>Guiding a Brighter Future (3 hours)</p> <p>Girls Scout Building 501 S. College Avenue Newark, DE 19711</p> <p style="text-align: center;"><i>Please call DGI to register</i></p>	<p>Wednesday, November 16, 2011</p> <p>6pm to 9pm</p> <p>Stewards of Children: A Child Sexual Abuse Prevention Program (3 hours)</p> <p>Community Services Building 100 West 10th Street Wilmington, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Tuesday, November 22, 2011</p> <p>6:30pm to 8:30pm</p> <p>Working with Children Who Have Been Sexually Abused, Part 2 (2 hours)</p> <p>56 W. Main Street Suite 203 Newark, DE 19702</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Wednesday, November 30, 2011</p> <p>6pm to 8:30pm</p> <p>Understanding Your Child’s Temperament (2.5 hours)</p> <p>Community Services Building 100 West 10th Street Wilmington, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>

Kent County Workshops

Key: ♥ Child Care provided 🇺🇸 Meets GTF training requirement 🇺🇸 Refreshments

<p>Tuesdays, October 11, 18, 25, & November 1, 2011</p> <p>6pm to 9pm</p> <p>Becoming a Love and Logic Parent 🇺🇸 (6 hours)</p> <p>DelTech Terry Campus Dover, DE Room TBD</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Thursday, October 13, 2011</p> <p>6pm to 8pm</p> <p>Communicating to Get the Best Out of Your Children (2 hours)</p> <p>DelTech Terry Campus Dover, DE 19901 Room TBD</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Thursday, October 20, 2011</p> <p>6pm to 8pm</p> <p>Early Childhood Parenting Made Fun: Limits Create Happier Parents, Happier Kids, and Happier Families 🇺🇸 🇺🇸 (3 hours)</p> <p>91 Wolf Creek Boulevard Suite 1 Dover, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Thursday, October 20, 2011</p> <p>6:30pm to 8:30pm</p> <p>Working with Children Who Have Been Sexually Abused, Part 1 (2 hours)</p> <p>846 Walker Road Unit # 32-1 Dover, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>
<p>Tuesday, October 25, 2011</p> <p>6:30pm to 8:30pm</p> <p>Mental Health Diagnoses 🇺🇸 ♥ (2 hours)</p> <p>Mt. Enon Church 600 N. Church Street Milford, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Monday, November 7, 2011</p> <p>6pm to 9pm</p> <p>What Foster Parents Need to Know About Psychotropic Medications 🇺🇸 (3 hours)</p> <p>Del Tech Terry Campus Dover, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Thursday, November 17, 2011</p> <p>6:30pm to 8:30pm</p> <p>Working with Children Who Have Been Sexually Abused, Part 2 (2 hours)</p> <p>846 Walker Road Unit # 32-1 Dover, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Tuesdays, November 22 & 29, 2011</p> <p>6pm to 9pm</p> <p>Sexual Abuse: How Can We Help 🇺🇸 (6 hours)</p> <p>Del Tech Terry Campus Dover, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>
<p>Tuesday, December 6, 2011</p> <p>6pm to 9pm</p> <p>Stewards of Children: A Child Sexual Abuse Prevention Program (3 hours)</p> <p>Del Tech Terry Campus Dover, DE Room TBA</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>			

Sussex County Workshops

Key: ♥ Child Care provided 🇺🇸 Meets GTF training requirement 🍷 Refreshments

<p>Wednesday, September 21, 2011</p> <p>9am to 12pm</p> <p>Guiding a Brighter Future (3 hours)</p> <p>Milford State Service Center (Annex) 13 S.W. Front Street Milford, DE 19963</p> <p style="text-align: center;"><i>Please call DGI to register</i></p>	<p>Saturday, October 1, 2011</p> <p>9:00am to 3:30pm</p> <p>Crisis Intervention 🇺🇸 🍷 ♥ (6 hours)</p> <p>Eagles Nest Church Milton, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Saturday, October 1 (Part 1) and October 8, 2011 (Part 2)</p> <p>9am to 3:30pm</p> <p>Becoming a Love and Logic Parent 🇺🇸 🍷 ♥ (12 hours)</p> <p>Eagles Nest Church Milton, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Saturdays, October 1 (Part 1) & October 8th (Part 2), 2011</p> <p>9am to 3:30pm</p> <p>Foster Pride Module 1: The Foundation for Meeting the Developmental Needs of Children at Risk 🇺🇸 🍷 ♥ (12 hours)</p> <p>Eagles Nest Church Milton, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>
<p>Saturday, October 8, 2011</p> <p>9am to 3pm</p> <p>First Aid and CPR 🇺🇸 (6 hours)</p> <p>Eagles Nest Church Milton, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Saturday, October 8, 2011</p> <p>9am to 12pm</p> <p>Depression and Suicide in Children and Youth 🇺🇸 (3 hours)</p> <p>Eagles Nest Church Milton, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Tuesday, October 18, 2011</p> <p>6pm to 8pm</p> <p>Helping Foster Children Develop Social Skills (2 hours)</p> <p>Lewes Library 111 Adams Ave. Lewes, DE 19958</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>	<p>Monday, November 14, 2011</p> <p>6pm to 8:30pm</p> <p>Understanding Your Child's Temperament (2.5 hours)</p> <p>DelTech Owens Campus Dover, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>
<p>Monday, December 12, 2011</p> <p>6pm to 9pm</p> <p>Stewards of Children: A Child Sexual Abuse Prevention Program (3 hours)</p> <p>DelTech Owens Campus Dover, DE</p> <p style="text-align: center;"><i>Please call PCAD to register</i></p>			

PCAD Training Descriptions Listed Alphabetically

Key: 👍 Meets GTF training requirement 🍷 Refreshments provided ❤️ Childcare provided

Becoming a Love and Logic Parent (12 Hours) - Level 2 👍

(Childcare & refreshments provided on Saturday classes only).

Would you like to have more fun parenting? Would you like to have fewer power struggles with your children? Learn the Love and Logic way to parent. This program was developed by Foster Cline M.D. an internationally renowned child psychiatrist and the father of birth children, an adopted child and several foster children. The principles you will learn in this class will help you raise foster children who are self-confident, motivated and ready for the real world. Your foster children will win because they'll learn to solve their own problems while gaining the confidence they need to meet life's challenges. And you'll win because you'll establish healthy control-without anger, threats, nagging or exhausting power struggles. *Facilitator: Kellie Turner, Prevent Child Abuse Delaware*

Becoming a Love and Logic Parent: "Ownership of the Problem" (2 hours) - Supplemental Training 🍷

This is part of a series developed by the Love and Logic Institute. This series counts only as a supplemental training and is not considered part of the State of Delaware Foster Care Module Requirements.

Facilitators: Mike McHugh, HS-BCP and Cherie Crockett, MS

Communicating To Get the Best Out of Your Children(2 hours) - Supplemental Training

Adults often focus on communicating effectively with other adults (friends, co-workers, spouses, partners) but sometimes forget that communicating with children also takes skill and perhaps can be more difficult. It's important to know how to: talk positively to and about children, not turn every question into a battle and let the child know you are listening. This class will allow foster parents to know, learn, and use the skills necessary to have effective communication with the children in their care. *Facilitator: Niagia Williams, MSW: Prevent Child Abuse Delaware*

Crisis Intervention (6 hours) - Level 5 👍🍷❤️

Foster parents working with children, youth and families must understand the importance of being safe while ensuring the safety of others. Many harmful incidents can be avoided if individuals recognize and respond appropriately to potentially volatile situations. Through participation in this workshop, foster parents will understand the inter-relationships between themselves and others and learn strategies to de-escalate crisis situations. *Facilitator: Nicole Cunningham, Division of Family Services*

Depression and Suicide in Children and Youth (3 hours) - Level 4 👍

This presentation will address symptoms of depression, warning signs for increased risk of suicide, and ways foster parents can help ensure treatment for children. Format will include lecture and group discussion.

Facilitator: Vince Giampeitro, Children & Families First

Early Childhood Parenting Made Fun: Limits Create Happier Parents, Happier Kids, & Happier Families (2 hours) - Supplemental Training 🍷

This is part of a series developed by the Love and Logic Institute. *Facilitator: Kathy Snyder, MSW*

First Aid and CPR (6 hours) - Level 1 👍

Participants will learn how to manage illness and injuries of adults and children in the first few minutes until professional help arrives. Topics include: First Aid Basics, Medical Emergencies, and Injury Emergencies. If a cardiac arrest happened in your home, would you know how to perform life-saving CPR? Surprisingly, the vast majority of Americans do not know how to do CPR, which can double a victim's chance of survival. Foster parents will learn how to perform this important lifesaving technique. *Facilitator: Your Training Solution*

Foster Pride Module 1: The Foundation for Meeting the Developmental Needs of Children at Risk (12 hours) Level 1 👍 - All foster parents are required to complete this module. 👍🍷❤️

One of the biggest challenges foster parents face is learning how to help badly abused and neglected children build their shattered self-esteem. Foster parents will learn to assess the self-concept of children who have been abused, neglected and separated from their families. Participants will become aware of the connection between self-esteem and behavior and will practice communication skills that nurture children and promote healing and growth. *Facilitator: Karen DeRasmo, Executive Director, Prevent Child Abuse Delaware*

PCAD Training Descriptions (continued)

Key: 👍 Meets GTF training requirement 🎯 Refreshments provided ❤️ Childcare provided

Guiding a Brighter Future (3 hours) - Supplemental Training

In this training learn the benefits of mentoring children and teens in your local community. Discover how everyone has the power and responsibility to be great role models to our youth, specifically growing girls. Mentoring truly works! In this training, you will also explore the different ways you can mentor, tips and tools for working with youth, and discover how to start a mentoring program at work. This is a collaborative effort between the Delaware Center for Justice, Delaware Girls Initiative, and Creative Mentoring. *Facilitator: Rachael Hotchkiss*

Helping Foster Children Develop Social Skills (2 hours) - Supplemental Training

An essential tool for positive interactions throughout our lives is having social skills. For kids who don't have these tools in their toolbox, life can be more difficult. When kids are confident in the way they interact with others it leads to success in other areas of their lives. Help the children in your life become more successful by learning not only what social skills are but how to teach and model them. *Facilitator: Niagia Williams, MSW Prevent Child Abuse Delaware*

Mental Health Diagnoses (2 hours) - Supplemental Training

Various mental health diagnoses will be reviewed along with the symptoms and recommendations for treatment. The foster parents will be reminded of the importance of regular therapy for the foster children and to be supportive of the therapeutic process in order for healing to occur. A question/answer period will be held at the end of the session. *Facilitator: Children's Choice*

Protecting LGBT Youth (3 hours) - Supplemental Training

This interactive workshop is designed to educate professionals and the community at large on the emotional, social, and spiritual aspects impacting LGBT youth. Participants will gain through research, resources, experiential activities and discussion, a new cultural perspective and sensitivity in relating to the LGBT community. *Facilitator: Mary Post, Domestic Violence Prevention Enhancement and Leadership Through Alliances Project Coordinator, Delaware Center for Justice*

Psychotropic Medications (2 hours) - Supplemental Training 🎯

This particular training counts only as a supplemental training and is not considered part of the State of Delaware Foster Care Module Requirements, Level 2. This training goes into detail about the various forms of medication available for children with mental health needs. Common medications are discussed which include a description, its effectiveness, and what mental disorder is associated with the medication for treatment. This training also looks into signs and symptoms to look for in a child to determine if a change in dosage of medication is needed. *Facilitator: Dawn L. Robinson, RN*

Sexual Abuse of Children: How We Can Help (6 hours) - Level 3 🎯

(Childcare & refreshments provided on Saturday classes only).

There are 60 million people in this country who have been victims of sexual abuse. This means it is very likely that a foster parent will provide care to a child who has been a victim of sexual abuse. This interactive workshop will focus on ways to care for a child who has been sexually abused. This workshop will allow foster parents to practice techniques and discuss any current concerns they have about a child in their care or behaviors they are facing. *Facilitator: Kellie Turner, Prevent Child Abuse Delaware*

Stewards of Children – A Child Sexual Abuse Prevention Program (3 Hours) - Supplemental Training

Stewards of Children is a revolutionary interactive prevention program developed by Darkness to Light, a national child sexual abuse prevention organization. The program educates adults to prevent, recognize and react responsibly to child sexual abuse and to take proactive steps to protect children.

PCAD Training Descriptions (continued)

Key: 🍷 Meets GTF training requirement 🍷 Refreshments provided ❤️ Childcare provided

Participants will hear stories from survivors, learn the “7 Steps to Protecting Children”, receive a workbook detailing simple principles to child protection and be challenged to take responsibility for the safety of children. *Facilitator: Kellie Turner, M.Ed, NCC: Prevent Child Abuse Delaware*

Teens and Domestic Violence (3 hours) - Supplemental Training 🍷

The repercussions of domestic violence are impossible to ignore—they hurt not just the young people victimized but also their families, friends, schools, and communities. This training will focus on how we can work together to educate our teens and young children about healthy relationships, teaching healthy relationship skills and prevent the devastating cycle of domestic violence. *Facilitator: Clytia Charles*

Understanding the Teenage Brain: “Why They Think and Act Differently Than We Do” (3 hours)- Supplemental Training 🍷

If you have a youth age 13 to 19 in your life, then this training is for you! This seminar includes a brief easy to understand overview of the human brain, and how it develops in adolescents. You will learn why their judgment, perception, reasoning, and decision making, really IS different than yours. It will explain why they can't relate to you, and why you are absolutely convinced they've “lost their mind”. This factual, sometime humorous, look into their brain may even make you a little more tolerable of their “crazy teen” behavior. *Facilitator: Carolyn Morgan, LCSW*

Understanding Your Child's Temperament (2.5 hours) - Supplemental Training

Temperament influences a child's style of interaction as well as the way he/she understands the world. This workshop will help participants understand why temperament is and its nine key traits. Participants will also examine how temperament effects a child's behavior as well as how their temperament effects the interactions they have with the children in their care. *Facilitator: Kellie Turner, M.Ed. NCC: Prevent Child Abuse Delaware*

What Foster Parents Need to Know About Psychotropic Medications (3 hours) - Level 2 🍷

Many children in foster care take medications to moderate their behavior or their mood so they can function in a family or school setting. During this training, foster parents will have an opportunity to find answers to frequently asked questions including: When should a child be evaluated for medications? What information do foster parents need to help the physician evaluating a child for medications? What medications are prescribed for children and what do these medications do? What are the benefits and risks? What are the side effects? What observations and information from the foster parent helps a physician monitor a child on medications? *Facilitator: Craig Strickland, PH.D, Program Director at the Behavioral Health Training & Education Network*

Working with Birth Families (6 hours) - Level 2 🍷🍷❤️

It is not easy for foster parents to work with birth parents who have abused and neglected their children or who continue to disappoint their children. But a child's bond with his/her parent is powerful and, no matter what happened, the child often still wants to be connected in some way with his/her biological family. Who are these birth parents anyway? Come learn how foster parents can share the parenting role with birth parents in a way that holds the best promise for a child today and tomorrow. *Facilitator: Mary Lou Edgar, MSW, LCSW: A Better Chance for Our Children*

Working with Children Who Have Been Sexually Abused Part 1 - (2 Hours) - Supplemental Training 🍷

The goal of this training is to Assisting parents with understanding some of the complex & challenging behaviors of children who have been sexually abused. *Facilitators: Pollard, MS, Therapist & D. Moore, BA, Recruiter/Trainer*

Working with Children Who Have Been Sexually Abused Part 2 - (2 Hours) - Supplemental Training 🍷

The goal of this training is to Assisting parents with understanding some of the complex & challenging behaviors of children who have been sexually abused. *Facilitators: Pollard, MS, Therapist & D. Moore, BA, Recruiter/Trainer*

To Register with The Delaware Girls Initiative (DGI)

The Delaware Girls Initiative is an innovative partnership between local, state and federal government, the faith-based community, universities, foundations, corporations and nonprofit organizations to address the gender specific needs of girls who are at risk. The initiative is a comprehensive collaboration charged with better understanding and effectively addressing the issues faced by girls.

Contact **Daneya Wheeler**, DGI Program Assistant by email at **dwheeler@dcjustice.org** or by telephone at (302) 658- 7174 extension 10.

- ◆ Please include your name, telephone, e-mail and organization when you register.
- ◆ Registration closes three weeks prior to each scheduled workshop.
- ◆ Space is limited, so they encourage participants to register as soon as possible for any workshops.
- ◆ If workshops fill, they will retain a waiting list.
- ◆ If you are unable to attend a workshop you have already registered for, please contact **Daneya Wheeler** so she can make your spot available to someone else.

Delaware Girls Initiative is currently sponsoring the following trainings during the Fall 2011 training session for Delaware Foster Parents:

Training: “Guiding a Brighter Future”

Location and Dates of the New Castle and Sussex County Trainings

When: November 15, 2011

Where: Newark
501 S. College Avenue
Newark DE

When: September 21, 2011

Where: Milford State Service Center (Annex)
13 S.W. Front Street

Description: In this training learn the benefits of mentoring children and teens in your local community. Discover how everyone has the power and responsibility to be great role models to our youth, specifically growing girls. Mentoring truly works! In this training you will also explore the different ways you can mentor, tips and tools for working with youth, and discover how to start a mentoring program at work. This is a collaborative effort between the Delaware Center for Justice, Delaware Girls Initiative, and Creative Mentoring.

Training: “Protecting LGBT Youth”

When: November 16th, 2011

Where: Girl Scouts Building
501 S. College Avenue
Newark DE, 19711

Description: This interactive workshop is designed to educate professionals and the community at large on the emotional, social, and spiritual aspects impacting LGBT youth. Participants will gain through research, resources, experiential activities and discussion, a new cultural perspective and sensitivity in relating to the LGBT community.

Training Requirements of Delaware Foster Care Model

The Delaware Foster Care Model was developed by the Foster Care Task Force appointed by Governor Minner in January 2001. One of the major recommendations of the Task Force was that foster care board payments be linked to the skills, training and services provided by a foster parent rather than paying

according to the level of care of the child. The hope is that the child can be matched with the foster parent with the skills, training and ability to provide the child with services the child needs. The Division has been transitioning to the Model since its inception.

The Delaware Foster Care Model sets out training requirements (at the present time for DFS foster parents only) for each level of the model:

Basic Level 1:

Foster PRIDE pre-service training	27 hours
Module 1: Meeting the Developmental needs of Children at Risk	12 hours
First Aid & CPR Certifications	
* Supplemental training per year	5 hours

Moderate Level 2: All Requirements for Level 1 plus

Parenting With Love and Logic	12 hours
Working with Birth Parents	6 hours
Educational Surrogate Parent Training	2 hours
What Foster Parents Need to Know about Psychotropic Medication	3 hours
Specialized Training as Needed	
* Supplemental training per year	12 hours

Intensive Level 3: All Requirements for Level 1 and 2 plus

Sexual Abuse: How it Affects Our Children and How We Can Help	6 hours
Specialized Training as Needed	
* Supplemental training per year	15 hours

Intensive Level 4: All Requirements for Level 1, 2 and 3 plus

Depression in Children and Adolescents: From Sadness to Suicide Warnings	6 hours
(or)	
Mental Health in Children -Part 2	6 hours
Specialized Training as Needed	
* Supplemental training per year	20 hours

Intensive Level 5: All Requirements for Level 1, 2, 3 and 4 plus

Crisis Intervention	6 hours
Specialized Training as Needed	
* Supplemental training per year	20 hours

If you have questions about your current GTF (Governor's Task Force) level or how the GTF leveling system works, please contact your coordinator.

Published by the State of Delaware

<http://www.kids/delaware.gov>

(302) 633-2665

Foster Care Program Manager

John Bates

Department of Services for Children
Youth and Their Families

Vivian Rapposelli, Secretary

Fall 2011

NETWORK NEWS

FOSTER FAMILY

The Department of Services for Children, Youth and Their Families

*Division of Family Services
Delaware Youth and Family Center
1825 Faulkland Road
Wilmington, DE 19805
370630*

"Official Business, Penalty for Private Use \$300"

Our Children. Our Future. Our Responsibility.