

# Foster Care Training Calendar

This document includes registration information for all in-person and pre-recorded trainings. For details about training requirements that apply to you, go to the "Training" section of the foster parent website at [www.hennepin.us/fosterparents](http://www.hennepin.us/fosterparents). For questions, contact [fostercare@hennepin.us](mailto:fostercare@hennepin.us).

## In-person Trainings

All trainings listed in this section are conducted on Microsoft Teams or Zoom unless stated otherwise, and count towards your annual 5 hours "in-person" requirement. To register, email [fostercare@hennepin.us](mailto:fostercare@hennepin.us) and write "In-Person Training" in the subject line and include with your request:

1. Name of everyone attending the training and Licensing Worker, and the name of the training(s).
2. Please request all partner agency registration info no later than two days before their training.

### Understanding Early Episode Psychosis for Families/NAMI

- Tuesday, June 25, 2024: 7:00pm – 9:00pm

### OCD: How to Recognize Behaviors in Children and Adolescents/NAMI

- Wednesday, June 26, 2024: 12:00pm – 12:30pm

### OCD: How to Recognize Behaviors in Children and Adolescents/NAMI

- Wednesday, June 26, 2024: 4:30pm – 5:30pm

### Encouraging Positive Behavior at Home/NAMI

- Monday, July 8, 2024, 7:00pm – 7:30pm

### Coping with Kid/NAMI

- Wednesday July 10, 2024, 12:00pm – 12:30pm

### Let's Move! Using Movement to Promote your Child's Development /HC

- Thursday July 11, 2024 6:00pm – 8:00pm

### Interoception and Trauma/FAM

- Friday, July 12, 2024, 10:00am - 12:00pm

TBRI Level 1: A New Approach to Trauma/HC

- Saturday July 13, 2024 9:00am – 12:00pm

Anxiety, Stress and Coping/NAMI

- Tuesday, July 16, 2024, 10:00am – 10:30am

Supporting Your Teen Through the College Years: The Seven Core Struggles in Adoption/FAM

- Wednesday, July 17, 2024, 11:00am - 12:30pm

How to Help Youth with Mental Health And Drug Use/NAMI

- Wednesday, July 17, 2024, 12:00pm – 12:30pm

Introduction to Trauma and a Trauma-Informed Approach/NAMI

- Wednesday, July 17, 2024, 12:00pm – 1:00pm

Autistic, NOT "with Autism"/FAM

- Tuesday, July 23, 2024, 10:30am - 12:00pm

Our Journeys: Multicultural Stories of Healing & Recovery/NAMI

- Wednesday, July 24, 2024, 12:00pm – 1:30pm

Understanding the Impact of Birth Order/FAM

- Thursday, July 25, 2024, 10:00am - 11:30am

The ABCs of Support: Acronyms for Navigating the Children's Mental Health System/NAMI

- Wednesday, July 31, 2024: 12:00pm – 12:30pm

Recognizing Early Warning Signs of Mental Illnesses in Children & Adolescents /NAMI

- Friday, August 2, 2024, 10:00am – 12:00pm

How to Talk About Difficult Birth Histories with Adopted Children/FAM

- Wednesday, August 14, 2024, 11:00am - 12:30pm

Sensory Processing and Self-Regulation/HC

- Saturday August 17, 2024 9:00am -12:00pm

Self-care as A Foster Parent /HC

- Thursday September 5, 2024 6:00pm – 8:00pm

TBRI Level 2: A New Approach to Trauma-Connecting Principles/HC

- Saturday September 21, 2024 9:00am-12:00pm

TBRI Level 3: A New Approach to Trauma-Empowering and Correcting Principles/HC

- Saturday October 19, 2024 9:00am-12:00pm

Early Warning Signs of Mental Illness in Youth/NAMI

- Thursday, November 7, 2024, 6:30pm – 8:00pm

## Children and Restraint Systems (C.A.R.S)

This car seat training is required for foster parents and their Substitute Caregivers who will transport children under the age of 8. Your licensor needs to request registration for a Substitute Caregiver. To register email [fostercare@hennepin.us](mailto:fostercare@hennepin.us) . Children are not allowed at the training. The training is held at the Northwest Suburban Family Service Center, Brooklyn Center, MN 55429

Tuesday evening, 5:30 p.m. – 8:30 p.m.

- July 16
- August 13
- September 10

Saturday morning, 9 a.m. – 12 p.m.

- July 13
- August 10
- August 24
- September 7
- September 21

## Pre-recorded Trainings

All trainings listed in this section count towards your remaining 7 hours of training requirement. To register, email [fostercare@hennepin.us](mailto:fostercare@hennepin.us) and write "Prerecorded Training" in the subject line and include with your request the name of the training(s).

### Fetal Alcohol Spectrum Disorder (FASD)

- Fetal Alcohol Spectrum Disorder (1hr)
- FASD, ADHD or both (1.5hrs)
- Implications of FASD for the Adoptive Family (1hr)
- Resources for Families Living with FASD: What is Out There (1hr)

### Children's Mental Health

- Introduction to Children's Mental Health (2hrs)
- Autism Spectrum African American community (30 min)
- Autism Spectrum Native American community (30 min)
- Autism Spectrum Hmong community (30 min)
- Autism Spectrum Latino community (30 min)
- Autism Spectrum Somali community (30 min)
- Children's Mental Health: ADHD (1.5hrs)
- Children's Mental Health: Anxiety (1.5hrs)
- Children's Mental Health: Depression (1.5hrs)
- Children's Mental Health: OCD (1.5hrs)

## Other

- Age Appropriate and Inappropriate Sexualized Behaviors (2.5hrs)
- Best Practices in Serving LGBTQ+ Parents (1.5hrs)
- Beyond Time In: Coaching Parents in Trauma Sensitive Discipline (1.5hrs)
- Building Self-esteem in Children (1hr)
- Child Defiance - Overcoming Opposition, Resistance and Backtalk (3.5hrs)
- Child Discipline Without Punishments or Bribes (1.5hrs)
- Developmental Impact of Trauma (2 hrs.)
- Discipline in Foster Care: Managing our Behaviors to Manage Theirs (2hrs)
- Foster Parent Guide (3hrs)
- Grief and Loss in Foster Care (1.5hrs)
- Healing through Tantrums and Tears (2hrs)
- Helping Kids with Difficult Behaviors (30min)
- Introduction to LGBTQ+ Inclusion (1.5hrs)
- Kids Hair Fundamentals (1hr)
- Mandated Reporter Training (1hr)
- MAPCY: Foster Care Supplemental Rate (2hrs)
- Nuts and Bolts: Foster Care the Hennepin Way (1hr)
- Overcoming Anger, Aggression and Violence in Kids (2hrs)
- Picky Eaters, Sugar Addicts and Dinner Table Power Struggles (2hrs)
- Prudent Parenting (1.5hr)
- SUID/AHT- Sudden Unexpected Infant Death and Abusive Head Trauma (1.5hr)
- Toileting Problems: Enuresis & Encopresis (1.5hrs)
- Trauma Sensitive Discipline for Parents (2hrs)
- Vulnerable Adults Mandated Training
- Working with Infants Experiencing Withdrawal (2hrs)

## Foster Parent College

Foster Parent College trainings are additional pre-recorded trainings offered to foster parents at no cost.

- To learn more, visit Foster Parent College at [www.fosterparentcollege.com](http://www.fosterparentcollege.com)
- If you want a Foster Parent College account created for you, send an email to [fostercare@hennepin.us](mailto:fostercare@hennepin.us)