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# Foster, Adoptive, Kinship, and Birth Parent Training in 2023–2024



In an exciting venture with the Michigan Department of Health and Human Services, the MSU School of Social Work is pleased to present opportunities for training specific to all caregivers engaged with the Michigan child welfare system.

If you are a foster parent, adoptive parent, kinship/relative parent, or birth parent, these **FREE trainings** are customized to help support your needs in raising the children in your home, understanding some of the unique and sometimes challenging needs that children and their families often face in the child welfare system.

Following licensure, caregivers are required to earn six hours of training annually. These trainings can count toward those hours.

Find all program details on our website: [socialwork.msu.edu/ce](https://socialwork.msu.edu/ce).

## How to register for trainings

Webinar training: <https://www.eventbrite.com/o/msu-school-of-social-work-44929438833>

If questions, contact: Gina Tremonti Gembel, MSW, at the MSU School of Social Work Continuing Education office  
[swkce@msu.edu](mailto:swkce@msu.edu), 517-353-3060

DELIVERED BY



School of Social Work



# Foster, Adoptive, Kinship, and Birth Parent Training

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This training is intended for adults. Some content is not appropriate for children.

## Culturally Fluent Parents: Navigating Race, Culture, and Adoption

**Date/time:** Tuesday, October 24, 2023 • Program 10:00 AM – 12:00 PM (ET)  
**Location:** TWO-HOUR WEBINAR  
**Presenter:** Valarie A. Chavis, MS  
 Founder/Director, Culturally Fluent Families



**Training objectives:** As a result of this training, you will be prepared to:

- Gain information about the importance of embracing and valuing your child's racial and cultural identity.
- Identify and challenge personal biases to create an inclusive and equitable environment for your child.
- Develop a plan of action to connect your child to their cultural heritage and community.

**Beginner and intermediate skill levels**  
**Target audience:**  
 ✓ Foster Parents  
 ✓ Adoptive Parents

**Description:** If you are adopting or are already parenting a child of a different race or culture, this webinar was created specifically for you. You will learn to create a family that supports your child's cultural heritage and positive racial identity. You will learn how to identify and deal with racism, manage privilege, and, most importantly, navigate confidently between your culture of origin and your child to make community connections. We will focus on self-awareness and examine the internal and external challenges, create a plan to address challenges, and discuss the importance of racial and ethnic identity. The webinar will give you specific tools and lead you through the development of a parenting blueprint that will give you solid direction and more confidence on your journey. This webinar will utilize exercises, large group discussion, and visual displays.

## Relationships and Boundaries

**Date/time:** Wednesday, November 1, 2023 • Program 10:00 AM – 12:00 PM (ET)  
**Location:** TWO-HOUR WEBINAR  
**Presenter:** Jennifer Patrick, MA, CFLE  
 Founder of Family Bound LLC



**Training objectives:** As a result of this training, you will be prepared to:

- Identify indicators of healthy and toxic relationships.
- Grasp how relationships impact humans on a biological level.
- Place their primary relationships in categories that reflect whether those relationships will promote physical, mental, and emotional long-term health or cause decline in overall health and well-being.

**Intermediate skill level**  
**Target audience:**  
 ✓ Foster Parents  
 ✓ Adoptive Parents  
 ✓ Kinship Parents

**Description:** Being a foster, adoptive, or kinship parent takes everything you have and more! You have to guard your time, resources, and energy from people, places, and things that drain them. Learn how to recognize the signs of healthy relationships, symptoms of unhealthy relationships, and how they each impact your physical, mental, and emotional well-being. This webinar will utilize exercises, large group discussion, and visual displays.



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### Having the Tough Conversations About Race with Your Child

**Date/time:** Monday, November 13, 2023 • Program 12:00 PM – 1:00 PM (ET)  
**Location:** ONE-HOUR WEBINAR  
**Presenter:** Stacey Goodson, MS  
 Foster Parent, Trainer, Consultant



**Training objectives:** As a result of this training, you will be prepared to:

- List the definition and give two examples of microaggressions.
- List the definition and give to examples of implicit biases.
- Describe tangible ways to engage in conversations with youth about race.

**Beginner and intermediate skill levels**

**Target audience:**

- ✓ Foster Parents
- ✓ Adoptive Parents
- ✓ Kinship Parents

**Description:** This webinar will help participants be able to identify implicit biases that exist for the youth in our community. In addition, examples of implicit biases and microaggressions will be explored and identified. Throughout the training, tangible ways to become more self-aware and comfortable having conversations about race will be explored. By the end of this webinar, participants will have practiced having tough conversations about race with others, in an effort to increase their comfort level in having these conversations with the children in their lives. This webinar will utilize exercises, large group discussion, and visual displays.

### Viewing Trauma Through a New Lens: A Survivor's Guide

**Date/time:** Tuesday, January 9, 2024 • Program 10:00 AM – 12:00 PM (ET)  
**Location:** TWO-HOUR WEBINAR  
**Presenter:** Shenandoah Chefalo, BA  
 Author, Founder of Chefalo Consulting



**Training objectives:** As a result of this training, you will be prepared to:

- Identify the concept of “trauma brain” and how it impacts behaviors and understanding including work around historical trauma response and race trauma.
- Describe the trauma-informed paradigm shift to view behaviors from strength based *vs.* deficit based.
- List strategies to view trauma work differently from a traditional approach.

**Intermediate skill level**

**Target audience:**

- ✓ Foster Parents
- ✓ Adoptive Parents
- ✓ Kinship Parents

**Description:** Children and youth who have experienced trauma, broken and insecure attachments, and other assaults to the brain present significant challenges to families. Speaking from a point of personal experience, Shenandoah Chefalo is a professional coach and author who presents to professional and family audiences across the country. Following a career in the legal field, Shenandoah wrote *Setting Your Vision and Defining Your Goals* (an e-book) and published her memoir, *Garbage Bag Suitcase*, earlier this year. She has been featured on radio and television locally, nationally, and internationally.



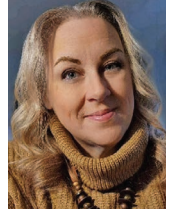
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### Get Set for Siblings

**Date/time:** Monday, January 22, 2024 • Program 12:00 PM – 1:00 PM (ET)  
**Location:** ONE-HOUR WEBINAR  
**Presenter:** Margaret White, BSW  
 Social Work Supervisor, Michigan Adoption Resource Exchange



**Training objectives:** As a result of this training, you will be prepared to:

- Transition new children into their home.
- Prepare existing children in the home for the changes they will experience.
- Prepare for reunification or placement change.

**Beginner skill level**

**Target audience:**

- ✓ Foster Parents
- ✓ Adoptive Parents
- ✓ Kinship Parents

**Description:** Get ready, get set, it's a go for new siblings! When you have children in your home already and are about to welcome new foster, pre-adoptive, or relative placements into your home, there are inevitable speed bumps. This webinar will provide actionable steps to help ease that transition and manage the conflicts and emotions that may arise. This webinar will also discuss preparing for foster child reunification and how to help the children in your home cope with the big feelings that come along with that. This webinar will utilize large group discussion.

### Triple Threat: Teenagers, Talking, and Trauma: Parts 1 and 2

**Date/time:** Part 1: Friday, January 26, 2024 • Program 12:00 PM – 1:00 PM (ET)  
**Date/time:** Part 2: Friday, February 2, 2024 • Program 12:00 PM – 1:00 PM (ET)  
**Location:** 2 ONE-HOUR WEBINARS  
**Presenter:** Stacey Goodson, MS  
 Foster Parent, Trainer, Consultant



**Training objectives:** As a result of this training, you will be prepared to:

- Describe the definition of trauma and the four types of trauma.
- Distinguish between “normal” teenager behaviors and behaviors that are likely a result of experiencing trauma.
- Demonstrate tangible behavior management methods that work for youth that have experienced trauma.

**Beginner skill level**

**Target audience:**

- ✓ Foster Parents
- ✓ Adoptive Parents

**Description:** This engaging webinar will allow participants the opportunity to understand the definition of trauma as well as have an understanding of the differences between “normal” teenager behaviors and behaviors that are a result of experiencing trauma. In addition, behavior management methods and ways to connect with teenagers will be explored. This webinar is an opportunity for anyone living with teens, working with them, or supporting them to have a better understanding of how their brains work and ways to strengthen the relationship. This webinar will utilize exercises, large group discussion, and visual displays.





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### Big Behaviors and Trauma: Similarities, Differences and Strategies for Working with Traumatized Youth

**Date/time:** Friday, February 16, 2024 • Program 12:00 PM – 1:00 PM (ET)  
**Location:** ONE-HOUR WEBINAR  
**Presenter:** Kelley Blanck, LMSW  
 Instructor, MSU School of Social Work



**Training objectives:** As a result of this training, you will be prepared to:

- Define the different types of trauma.
- List the similarities and differences between typical developmental behavior and trauma symptoms.
- Describe strategies for coaching parents of children with big behavior.
- Identify tips and resources for children with trauma exposure.

**Beginner skill level**  
**Target audience:**  
 ✓ Foster Parents  
 ✓ Adoptive Parents  
 ✓ Kinship Parents

**Description:** Trauma affects how children view and cope with life. These children often behave in ways that seem random, unpredictable, withdrawn, and extreme, struggling with impulse control and being able to think through consequences (NCTSN, 2017). Many of these children come from underserved/underrepresented populations and communities (AFCARS 2022). Research and practice are now opening our eyes to the significant relationship between behavior and trauma exposure. In this webinar, you will learn about common similarities and differences between typical developmental behaviors and trauma behavior, as well as the interrelatedness of each. You will receive strategies for working with youth who are exhibiting big behavior due to trauma exposure. In addition, you will receive tips and resources for further education and tools available to families. This webinar will utilize exercises and visual displays.

### Making Connections with Your Traumatized Child

**Date/time:** Tuesday, March 12, 2024 • Program 10:00 AM – 12:00 PM (ET)  
**Location:** TWO-HOUR WEBINAR  
**Presenter:** Lauren Peabody, LMSW  
 Founder of Nurture Family Center



**Training objectives:** As a result of this training, you will be prepared to:

- Identify the impact of attachment trauma on the brain.
- Describe two methods to help calm your child's brain.
- Develop strategies to heal with attunement, nurturing messages, touch and play.

**Beginner skill level**  
**Target audience:**  
 ✓ Foster Parents  
 ✓ Adoptive Parents

**Description:** In this webinar, caregivers will learn the basics of attachment trauma and its impact on brain development. We will explore the most common symptoms of attachment trauma and how they manifest behaviorally in ways that can be very triggering and scary for caregivers. Caregivers will learn why and how attachment trauma influences every moment of a child's life including their decisions and reactions. We will also focus on strategies caregivers can use to meaningfully connect with their children in ways that feel safe for a traumatized child. Questions will be answered regarding why at times it is difficult for these children to form connections. We will explore how to use these strategies during a crisis or meltdown. This webinar will utilize small and large group discussions and visual displays.



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### Making Change: From Anger to Advocacy

Date/time: **Tuesday, May 14, 2024** • Program 10:00 AM – 12:00 PM (ET)

Location: **TWO-HOUR WEBINAR**

Presenter: **Lara Bouse**

Executive Director, Fostering Forward Michigan



**Training objectives:** As a result of this training, you will be prepared to:

- Manage your frustration to focus on a core issue and all that feeds into it.
- Identify other voices or entities necessary to begin the process of attempting change.

**Advanced skill level**

**Target audience:**

- ✓ **Foster Parents**
- ✓ **Adoptive Parents**
- ✓ **Kinship Parents**

**Description:** In this webinar, you will discuss and gain insight into how to turn frustration into action steps for a preferred outcome. Steps for advocacy and remaining positive while facing adversity and objections will be provided. You will be given the opportunity to explore concerns key to working through common concerns regarding the vast child welfare system(s) in Michigan. This webinar will utilize large group discussion and visual displays.