

<b>SAMPLE SPECIALIZED RESOURCE PARENT TRAINING</b>	
<b>Topic</b>	<b>Example Training Titles</b>
<i>Introduction to E-ISFC and the Mental Health Service System</i>	<i>E-ISFC Logic Model Training: Supports the Specialized Parent with understanding the target population, the specific interventions, the requirements of the parent and the agency and the intended overall program outcomes of E-ISFC.</i>
<i>Understanding Child and Adolescent Development and Age-appropriate Interventions for Positive Behavior Management</i>	<i>Wisdom Path Way (WPW) Reparative Parenting model- Level I: 3 day/18-hour course on the overview of child development and the impacts of trauma and attachment.</i>
<i>Working with Abused, Neglected, and/or Delinquent Children/Youth Using a Trauma-Informed Approach and Understanding Youth Attachment Challenges</i>	<i>WPW- Level II: 4 day/24 hours teaching and coaching on the WPW approach and development of coaching plans, limit setting, and the impacts of trauma and attachment.</i>
<i>Preventing and Managing a Crisis</i>	<i>Crisis Training for Foster Families (a derivative of Therapeutic Crisis Intervention)</i>
<i>Communication and Relationship Building with Children/Youth and Families</i>	<i>WPW- Level II: 4 day/24 hours teaching and coaching on the WPW approach and development of coaching plans, limit setting, and the impacts of trauma and attachment.</i>
<i>Cultural Humility &amp; Awareness</i>	<i>Embedded in WPW Level I and II. Supports the Specialized Parent with understanding the impacts of historical and systemic trauma in various cultures. Additional training on SOGIE.</i>
<i>Teaming</i>	<i>Training of the CFT process and CFT meeting roles and responsibilities. On-going coaching is provided to support the Specialized Parent on their role within the CFT.</i>
<i>Parent Self-Care, Loss and Vicarious Trauma</i>	<i>E-ISFC Staff will use the Taking Care of Yourself checklist from the National Child Traumatic Stress Network with resource parent. Discussion will also include the program respite care program.</i>
<i>Others</i>	<i>HIPAA, Progress Note Documentation -The Daily Life of a Chart/Medi-Cal note writing, Computer Intro-Parents will be loaned an Agency laptop to use while providing E-ISFC services, Motivational Interviewing, Specialty Training such as CSEC, SUD and other individual youth needs.</i>

**ASPIRANET**

**SPECIALIZED RESOURCE PARENT TRAINING**

<b><i>Pre-Approval Training</i></b>		
<b>Training Curriculum/Source</b>	<b>Training Course/Topic(s)</b>	<b>Hours</b>
Aspiranet Trainer	Orientation	2
Trauma Informed Resource Parent Training Curriculum/National Child Traumatic Stress Network Aspiranet developed curriculum	<b><u>Session 1</u></b> (3 hrs) <ul style="list-style-type: none"> <li>Module 1 &amp; 2: Introduction to Trauma Informed Parenting, Trauma 101</li> <li>Aspiranet curriculum: Personal Rights and Aspiranet Policies</li> </ul> <b><u>Session 2</u></b> (3 hrs) <ul style="list-style-type: none"> <li>Module 3 &amp; 4: Understanding Trauma's Effects, Building a Safe Place</li> <li>Aspiranet curriculum: Educational Needs &amp; Rights, Prudent Parent Standard</li> </ul> <b><u>Session 3</u></b> (3 hrs) <ul style="list-style-type: none"> <li>Module 5 &amp; 6: Dealing with Feelings and Behaviors, Connections &amp; Healing</li> <li>Aspiranet curriculum: Mental Health and Health Care needs and services</li> </ul> <b><u>Session 4</u></b> (3 hrs) <ul style="list-style-type: none"> <li>Module 7 &amp; 8: Becoming an Advocate, Self-care &amp; Secondary Traumatic Stress</li> <li>Aspiranet curriculum: LGBTQ Youth and SB89</li> </ul>	12
CDSS Child Abuse Mandated Reporter Curriculum	Mandated Reporter Training	2
Foster Parent College	Understanding Sex Trafficking	2
American Red Cross or other authorized training provider	First Aid/CPR	4
American Red Cross	Water Safety for Parents & Caregivers	1
	<b>TOTAL</b>	<b>22</b>

<b>Training Curriculum/Source</b>	<b>Training Course/Topic(s)</b>	<b>Hours</b>
Foster Parent College	Wetting/Soiling	2
Foster Parent College	Fire Play/Setting	4
Foster Parent College	Cultural issues in Parenting	4
Foster Parent College	Advanced Parenting Workshop: Taking Things without Permission	6
Foster Parent College	Advanced Parenting Workshop: Understanding Non-Compliance	6
Foster Parent College	Advanced Parenting Workshop: Social & Physical Aggression	6
Foster Parent College	Advanced Parenting Workshop: Self Injury	6
Foster Parent College	Advanced Parenting Workshop: Problematic Sexual Behavior	6



## EE/E-ISFC Specialized Resource Parent Training

### PRE-APPROVAL RESOURCE PARENT TRAINING

Training Curriculum/Source	Training Course/Topic(s)	Hours
Promesa Developed Curriculum- Promesa Trainer	<b>Orientation:</b> -Introduction to Promesa Agency, History & Philosophy -Pre-Approval Requirements (Licensing Regulations, Home Environment Assessment, RF Written Evaluation, LGBTQ+ Youth & SB89, Cultural Competency) -Foster Youth Bill of Rights, Legal Issues, Confidentiality -Roles & Responsibilities of Resource Parents/Promesa Staff, County Social Workers, Foster Youth -QPI Principles	2
Trauma-Informed Training Promesa Developed Curriculum-Promesa Trainer	<b>Session 1: (3 hours)</b> ▪ Modules 2-3: -Trauma-Informed Parenting & Understanding the Effects of Trauma <b>Session 2: (3 hours)</b> ▪ Modules 4-5: -Building a Safe Space/Dealing with Feelings & Behaviors <b>Session 3: (3 hours)</b> ▪ Modules 6-7: -Connections & Healing/Becoming an Advocate <b>Session 4: (2 hours)</b> ▪ Modules 8 & 1: -Conclusion To Trauma/Self-Care/Meet the Children	11
Outside Training- American Red Cross	Water Safety for Parents & Caregivers	1
	First Aid/CPR	4
Outside Training- CDSS Child Abuse Mandated Reporter Curriculum	Mandated Reporter Training	2
Foster Parent College	Building Trust, Motivating Change	2
<b>TOTAL Pre-Approval Training:</b>		<b>22</b>

## EE/E-ISFC TRAINING

Training Curriculum/Source	Training Course/Topic(s)	Hours
Promesa Developed Curriculum- Promesa Trainer/Foster Parent College/PROACT/Catalyst Center	<b>Module 1:</b> -Understanding Struggles for Youth Placed in Foster Care (4 hours) -Child Abuse & Neglect (4 hours) -Escalating Behavior Unwrapped (2 hours)	10
	<b>Module 2:</b> -Supporting LGBTQ+ Youth in Care (4 hours) -Healthy Sexual Development and Sexual Reproductive Rights of Foster Youth (SB89) (4 hours)	8
	<b>Module 3:</b> -Child Safety & Supervision (2 hours) -Non-Compliance & Defiance (2 hours) -Verbal De-Escalation Technique Training (2 hours) -Medication Distribution Training (1 hour)	7

<b>TOTAL EE/E-ISFC Training:</b>	<b>25</b>
<b>TOTAL Pre-Approval Training:</b>	<b>22</b>
<b>TOTAL Training Hours:</b>	<b>47</b>

\*Promesa Specialized Resource Parent Recruiter/Trainer meets with Specialized Resource Parent(s) after each Foster Parent College Module &/or In-House Training to review concepts, answer any questions or concerns and receive feedback from Resource Parent(s).

## Ongoing Training

Training Curriculum/Source	Training Course/Topic(s)	Hours
Foster Parent College/QPI- Promesa Trained Staff/QPI Champions-Trained Promesa Staff/NMT Train the Trainer Promesa Staff	<b>Module 1:</b> -Kinship Care (2 hours) -Cultural Issue with Parenting (4 hours) -Children Entering Care: Mental Health Issues (2 hours) -Children Entering Care: Physical Health Issues (2 hours) -Parent-Child Attachment (4 hours)	12
	<b>Module 2:</b> -Working Together with Primary Families (4 hours) -Working with Schools (2 hours) -Working with Birth Parents: Visitation (QPI) (2 hours)	8
	<b>Module 3:</b> -Understanding Sex Trafficking (2 hours) -Caring For Children Who Have Been Sexually Assaulted (4 hours) -Parenting a Child Who was Substance Exposed (2 hours) -Grief and Loss in the Care System (2 hours)	10
	<b>Module 4:</b> -Running Away (2 hours) -Eating and Food Issues (2 hours) -Fire Play and Fire Setting (2 hours) -Lying and Telling Untruths (2 hours) -Taking Things-Stealing (2 hours) -Sleep Problems (2 hours) -Reducing Family Stress (Family Strengthening) (4 hours)	16



## Ongoing Training, cont.

Training Curriculum/Source	Training Course/Topic(s)	Hours
The following training courses may be offered depending on individualized youth's needs as determined by EE/E-ISFC Team within the first year of placement.		
The National Child Traumatic Stress Network/Seneca Family of Agencies/Promesa Developed Training-Promesa Trained Staff	-Suicide Intervention Skills (1 hour) -Building Parental Resiliency (4 hours) -Building Resiliency in Families Contending with Intellectual and Developmental Disabilities (4 hours) - Understanding and Supporting Developmentally Disabled, System-involved Youth (4 hours) -Adolescent Trauma and Substance Abuse (4 hours)	17
Foster Parent College	Autism: A Strengths Based Approach	4
The following advanced courses are optional and may be taken in specific situations as determined by EE/E-ISFC Team		
Foster Parent College	Understanding Noncompliance (Advanced Parenting Workshop)	4
	Taking Things without Permission (Advanced Parenting Workshop)	4
	Social & Physical Aggression (Advanced Parenting Workshop)	4
	Problematic Sexual Behaviors (Advanced Parenting Workshop)	4
	Children Entering Care: Mental Health issues	2

\*This is not an exhaustive list of optional training, rather an example. Child specific topics may be recommended by EE/E-ISFC Staff or Fresno County Representatives from Child Welfare, Probation, &/or Court Staff involved in the case may require additional training upon request. CCL may require re-training. Resource Parents may request personal enrichment training(s), which will be encouraged.