



UNDERSTANDING THE REGULATIONS:

What Alaskan Foster Parents Need to Know

#6

Foster Parent Training
1.0 Training Credit



Written and Produced by:
The Alaska Center for Resource Families
1-800-478-7307
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Office of Children's Services



UNDERSTANDING THE REGULATIONS: *What Alaskan Foster Parents Need to Know*

Foster Parent Training Reference 7 AAC 50.250

This series was compiled with help from the State of Alaska Office of Children's Services to help foster parents understand the foster care regulations. This series is a guide to the regulations, but not a substitute. In all differences between the information in this series and the regulations, the regulations are the final authority. Contact your licensing worker for a complete copy of the regulations.

FOSTER PARENT COMPETENCIES

This self-study module addresses part or all of the following Child Welfare League of America Competencies for Foster Caregivers:

905-1 The foster caregiver knows the state's/province's licensing rules and the mandates and expectations of foster families to remain licensed.

Under the foster care regulations, foster parents are required to complete a certain amount of training each year. This self-study states the training requirements for foster parents and offers ideas of how to get and record your training.



WHY DO I NEED TRAINING? I ALREADY KNOW HOW TO RAISE CHILDREN!

The children that are coming into foster care are affected more and more with complex behaviors, abuse neglect delinquency and drug affects. Foster children often times have more difficult behaviors than your own children may have had and training keeps foster parents up to date with skills to address these difficult behaviors. It is also recognized that foster parents are playing more of a professional role than they have in the past. You are often more than a parent, you are a counselor, a team player and case manager. The training requirement is similar to the continuing education required of teachers, nurses, social workers and doctors.

WHAT DO THE REGULATIONS SAY ABOUT TRAINING?



All licensed foster homes in Alaska are required to have training each year. A foster home with a single parent needs 10 hours of training each year. A two parent foster home needs 15 hours a year shared between the parents. Each foster parent is required to have at least 5 hours of training a year. That means that one foster parent can have 10 hours of training and the other can have 5 hours of training. This home

would have completed their training requirements. Applicants need to attend the orientation or pre-service training that is required in your area.

Training hours are “clock hours.” That means that if you go to a 2-hour class, you receive 2 hours of training credit. Foster parents may choose training that best fits their interest and the type of children they care for. Accepted training includes education that helps in caring for the children who come into your home. Following is a list of sample topics that would be acceptable for foster parent training.

POSSIBLE TOPICS FOR FOSTER PARENT TRAINING

- *Parenting skills and discipline*
- *Child development*
- *Child abuse, neglect*
- *Alcoholism*
- *Juvenile delinquency*
- *CPR, First Aid*
- *Special needs children*
- *Assistive or adaptive technology*
- *Medical training for working with special needs*
- *Court procedures*
- *Indian Child Welfare Act*
- *Working with emotionally disturbed children*
- *Behavior modification*
- *Cross cultural sensitivity*
- *School and study skills*

Foster parents can get their training in many ways. Training can be obtained from classes sponsored/taught by the Alaska Center for Resource Families, or attending classes taught by the Office of Children’s Services, or attending classes sponsored by other agencies. Participating in individualized training around a child’s special needs, attending parent education classes offered by schools, attending support or education groups, or self-study training with the Alaska Center for Resource Families.

Foster parents may also undergo informal training such as material covered at meetings, watching a video, reading a book, or individual training with Infant Learning Program staff. These informal training’s must be documented in writing. Documentation should include the date, subject, method of training and the name of the person who conducted the training. If books are read or a video is viewed, foster parents can get credit by filling out a report sheet available through the Alaska Center for Resource Families.

Foster parents should document their training for review with their licensing worker. The Alaska Center for Resource Families can assist foster parents in recording and obtaining their training.



ASSISTANCE WITH TRAINING

The Alaska Center for Resource Families (ACRF) is here to help foster parents obtain training that will help with the particular needs of their foster children. ACRF has a self-study library, which includes books, courses, and videos. ACRF also sponsors classroom training. The Alaska Center for Resource Families has a library of hundreds of hours of self-study materials that can be mailed free of charge. To get the self-study catalog of available materials or to set up training that is right for you, contact ACRF at 1-800-478-7307.

Foster parents are responsible for reporting all training to the Alaska Center for Resource Families (ACRF). This includes any OCS training. Training and self-study done through ACRF is automatically recorded. Contact ACRF to report any training from sources other than the Alaska Center for Resource Families. A form to report training is included in this self-study. ACRF reports all completed training to your licensing representative on a quarterly basis.

ACRF can send you a copy of all the training that you have reported to them. If you would like a copy of your training record, call ACRF at 1-800-478-7307. The Alaska Center for Resource Families has three regional offices. These include:

Northern Regional Office
815 Second Avenue, Suite 101
Fairbanks, Alaska 99701
1-800-478-7307 or
479-7307

Southcentral Regional Office
840 K Street, Suite 101
Anchorage, Alaska 99501
(907) 279-1799

Southeastern Regional Office
9109 Mendenhall Mall RD, Suite 6A
Juneau, Alaska 99801
(907) 790-4246

For more information about the **UNDERSTANDING THE REGULATIONS: *What Alaskan Foster Parents Need to Know*** series, contact the Alaskan Center for Resource Families at 1-800-478-7307. In Fairbanks/North Pole, call 479-7307.



ALASKA CENTER FOR RESOURCE FAMILIES

Training Information Sheet for Alaska-Licensed Foster Parents

You may use this sheet to submit any NON-Alaska Center for Resource Families on-site or self-study training hours. This Training Information Sheet will be used to update your training record. *INCOMPLETE Training Information Sheets will be RETURNED for correction before hours will be credited. ACRF WILL NOT CREDIT any training hours submitted that are OVER ONE YEAR OLD.*

To receive credit for training offered outside of ACRF sponsored training, you must:

1. Complete ALL information asked for on this Training Information Sheet.
2. Attach certification of training (such as a certificate, letter from trainer, agenda, signed flyer or sign-in sheet, etc).
3. Submit this form to:

Alaska Center for Resource Families
 815 Second Avenue, Suite 101
 Fairbanks, AK 99701

If you have any questions about training, please call 1-800-478-7307 or 479-7307 Fairbanks area

PLEASE PRINT

Provider's License#: _____ Email: _____

Name (s): _____
FIRST LAST

_____ FIRST LAST

Address: _____
MAILING ADDRESS

_____ CITY, STATE and ZIP CODE

Home Phone: _____ Work Phone: _____

ALTERNATIVE WAYS TO RECEIVE TRAINING CREDIT

Foster parents can receive training credit for educational opportunities completed outside of ACRF onsite training. For these opportunities to qualify for training hours, the sessions **MUST CONTAIN AN EDUCATIONAL COMPONENT** and **YOU MUST ATTACH DOCUMENTATION** that you completed the training. Acceptable documentation includes a certificate of completion, a copy of a certification card, a letter or note signed by the presenter, or a copy of the sign in sheet. Listed below are some accepted ways to earn training hours. Contact ACRF to determine what will be accepted.

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| <ul style="list-style-type: none"> ✓ Training or In-Service with Other Foster Parents ✓ Support Group Meetings with Speaker or Trainer ✓ Local conferences, workshops or seminars ✓ Individual Education Planning ✓ University Classes Related to Foster Care ✓ One on One Training Session With Foster Parent | <ul style="list-style-type: none"> ✓ Consultation with medical staff about child's special needs ✓ Home safety courses (Fire, Poison, Water, Gun, etc) ✓ First Aid/CPR Instruction ✓ Training Sessions with Placement Agencies ✓ FASD Diagnostic Team Education Sessions ✓ Treatment Team Meetings with Educational Component |
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Please complete blank form on the back of this page

TRAINING INFORMATION

Name of LICENSED foster parent: _____

Date of Training: _____

Training Title: _____

Community or City where training was held: _____

Presenter/Speaker: _____

Sponsoring Agency: _____

Number of Hours Completed: _____ Documentation Attached? YES NO

Contact (Name) to verify: _____ Phone #: _____

REQUIRED: *(If this section is not completed your form will be returned and credit will not be given)*

Tell us how this educational opportunity increased your knowledge about how to care for special needs children

Name of LICENSED foster parent: _____

Date of Training: _____

Training Title: _____

Community or City where training was held: _____

Presenter/Speaker: _____

Sponsoring Agency: _____

Number of Hours Completed: _____ Documentation Attached? YES NO

Contact (Name) to verify: _____ Phone #: _____

REQUIRED: *(If this section is not completed your form will be returned and credit will not be given)*

Tell us how this educational opportunity increased your knowledge about how to care for special needs children

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