

ACRF provides support and training for foster, adoptive, guardian and relative caretakers in Alaska



After a short break in the summer, the Resource Family Advisory Board is back up and running again. The Board will be meeting in person in Anchorage October 23 and 24, 2015. You can find a list of RFAB members at the website www.acrf.org to see who is closest to your area.

The Starter Kit Project will begin a push in October to help with some basic supplies for every child coming into a new placement. Do you know a group who wants to help? Find more information on the website or contact a RFAB member. Also, we are hoping to have our spring face to face meeting in Juneau in order to talk to legislators about foster care issues. What's important to you? What do you

think the Board should be working on? We want to hear from you.

The Resource Family Advisory Board is still looking for representation from the Western, Southwestern and Northwestern parts of the state. Are you that person? Contact the Board at akresourcefamilyboard@yahoo.com or Aileen McInnis at amcinnis@nwresource.org to find out more or request an application.

JYS Starting New Treatment Foster Care Program!

Juneau Youth Services (JYS) is actively recruiting NOW for treatment foster parents in Juneau to work with their new Treatment Foster Care Program! The program will serve seriously emotionally disturbed youth, ages 3 to 18 years, and their families. Treatment Foster Care is for children dealing with emotional concerns and challenging behaviors, frequently due to difficult childhood experiences and trauma associated with abuse or neglect. Youth in Treatment Foster Care have documented behavioral health (emotional or behavioral disorder and/or substance use) impairments. The treatment foster home is considered the child's primary treatment setting, and treatment foster parents are trained and supported to implement the child's individualized treatment goals in collaboration with the child's treatment team.

Interested? Please contact us to learn more about becoming a JYS treatment foster parent! Interested persons can contact Colleen McKenzie at 907-523-6523 (colleenm@jys.org) or email Lori King, JYS Treatment Foster Care Specialist at lorik@jys.org.

Thank You!!!

Thanks to a generous donation from the Mat-Su Health Foundation, ACRF was able to facilitate four Trauma-focused workshops in the Mat-Su Valley that were attended by a total of 110 participants. Foster, adoptive and relative caregivers came as well as agency staff from 12 organizations, Social Work and Human Services students, and tribal representatives from Knik Tribal Council, Chickaloon Village Traditional Council, and Cook Inlet Tribal Council.

Thanks to a grant from the State of Alaska Early Comprehensive System Project and the UAA Child Welfare Academy, Alaska Center for Resource Families facilitated a Wasilla training on **Prenatal Alcohol Exposure and Trauma in Young Children** attended by 68 people. The presenters were: Betsy Woodin (ACRF), FASD Consultant Cheri Scott, Jean Kincaid (MSSCA), Lisa Wade (Chickaloon), Dorene Asay (OCS), Carol Koliadko (Public Health), Patrick Cockrell (CCS Early Learning), Lucy Hope (MSBSD), Dylan Conduzzi & Barb Chambers (FASDx). There were 14 foster/relative/adoptive parents and 54 agency staff from the following organizations: Volunteers of America, FASDx, Public Health, Mat-Su Borough School District, Alaska Family Services, Office of Children's Services, Chugiak Children's Services, Southcentral Foundation, Alaska Family Services, Southcentral Foundation, CCS Early Learning, Cook Inlet Tribal Council, Chickaloon, Links, Stone Soup Group, Mat-Su Services for Children and Adults, Denali Family Services, Akeela, Family Centered Services of Alaska, and Facing Foster Care in Alaska. Thank you to everyone that participated!

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Training Calendar

Fairbanks Training:

*Unless otherwise noted, the trainings in Fairbanks are held at ACRF, 815 Second Ave, STE 202. Pre-registration is **REQUIRED** except for **Adopting Through OCS and Orientation**, call 479-7307 to register.*

✦ **SEPTEMBER:**

Resource Family Orientation

Tues 9/1 6:00pm and Tues 9/15 11:30am

Core Training for Resource Families (Sessions 2, 3 & 4)

Thurs 9/3, 9/10 & 9/17 from 1:00-4:00pm. Must attend all four sessions.

Adopting Through OCS

Wed 9/9 from 1:30-3:30pm

Transitioning Children into Permanency: 3-5-7 Overview

Wed 9/16 from 9:00am-1:30pm

Building Families through Adoption

Wed 9/23 from 6:00-9:00pm and Sat 9/26 from 9:00am-3:00pm. Must attend all both sessions. Lunch provided on Saturday.

✦ **OCTOBER:**

Resource Family Orientation

Tues 10/6 6:00pm and Tues 10/20 11:30am

FASD 101

Sat 10/10 from 11:00am-3:30pm

Knowing Who You Are

Mon 10/26 and Tues 10/27 from 8:30am-4:30pm. (Location TBA)

Adoption 101

Wed 10/28 from 1:00-3:00pm

✦ **NOVEMBER:**

Resource Family Orientation

Tues 11/3 6:00pm and Tues 11/17 11:30am

Core Training for Relative Caregivers

Thurs 11/5 from 6:00-9:00pm and Sat 11/7 from 9:00am-4:00pm. Must attend both sessions.

Motivations for Adoption

Wed 11/11 from 10:00am-Noon

Adoption Information Session

Thurs 11/12 from 6:30-8:30pm

✦ **DECEMBER:**

Resource Family Orientation

Tues 12/1 6:00pm and Tues 12/15 11:30am

Building Families through Adoption

Wed 12/2 and Thurs 12/3 from 6:00-9:00pm and Sat 12/5 from 9:00am-3:00pm. Must attend all three sessions, lunch provided on Saturday.

Adopting Through OCS

Wed 12/16 from 1:30-3:30pm

Fairbanks Support Groups:

Grands Raising Great Children Support Group

There are limited supervised children's activities available during the group. Please pre-register if you are bringing your children. Group meets the 2nd Monday of every month from 6:30-8:00pm at RCPC, 726 26th Avenue, Suite 2 in Fairbanks. Call 456-2866 for more information.

Fairbanks Family to Family

Held at ACRF every 2nd Wednesday from 11:00am-12:30pm. Call Rachel at 479-7307 if you have questions.

Fetal Alcohol Spectrum Disorder Support & Discussion Group

Please refer to <http://www.acca-ilp.org/fasd> for more information.

FASD Into Action

Caring for a child with Fetal Alcohol Spectrum Disorder or other neurobehavioral differences can be challenging. FASD Into Action is a training designed for parents and caregivers to understand brain differences and build a set of tools to minimize difficult behaviors and promote success in children experiencing FASD and other brain difference.

The Alaska Center for Children and Adults (ACCA) will host this training every Tuesday evening beginning September 22nd for 8-weeks from 6:00-8:00pm, held at 1020 Barnette Street.

Caregivers will gain a better understanding of FASD and how to more effectively advocate for their child inside and outside of the home. Dinner will be provided.

For more information or to register, contact Jenn Wagaman, FASD Diagnostic Team Coordinator at 456-4003, ext 126 or email jenn.wagaman@alaskacenter.org.

Mat-Su Training:

Unless otherwise noted, the trainings in Wasilla will be held at ACRF: 5050 Dunbar ST, STE A2 (off the Palmer/Wasilla HWY, Brentwood Plaza). Pre-Registration is required for the following events by contacting Betsy at 376-4678 or bwoodin@nwresource.org. You must pre-register as classes will be cancelled without notice if no one signs up.

✦ **SEPTEMBER:**

Core Training for Seasoned Foster Parents

Mon 9/14 and Fri 9/18 from 9:00am-1:00pm. Must attend both classes to receive training credit.

Building Families through Adoption

Thurs 9/17 from 6:00-9:00pm and Sat 9/19 from 9:00am-5:00pm. Must attend both classes to receive training credit.

✦ **OCTOBER:**

Core Training for Resource Families Part 1

Mon 10/5, Thurs 10/8 and Mon 10/12 from 6:00-9:00pm. Must attend Part 1 and Part 2 of classes to receive training credit.

Adopting through OCS

Thurs 10/29 from 6:00-9:00pm. Held at OCS in Wasilla.

✦ **NOVEMBER:**

Core Training for Resource Families Part 2

Mon 11/2, Thurs 11/5 and Mon 11/9 from 6:00-9:00pm. Must attend Part 1 and Part 2 of classes to receive training credit.

Mat-Su Support Groups:

✦ **The Mom2Mom, Dad2Dad Parent Support Group.** For Adoptive, foster, kinship care, guardianship, and grandparents who care for children with Attachment Disorder. **Group meets 1st Monday of every month from 10:30am-Noon at the Alaska Attachment & Bonding Associates Office.** For more information call 376-0366.

✦ **Foster Parent Support Group: AGAPE.** A faith-based network of foster and adoptive families. **Group meets 2nd Thursday night from 6-8pm monthly at the Palmer Church of God.** Attendees are encouraged to bring finger food to share and childcare is provided. For information or to make arrangements for childcare call Vickie at 863-2144 or email agapeak@att.net.

✦ **Grandparents Support Group.** For relative caregivers and the children. Sponsored by Volunteers of America, Alaska Grandfamilies Project. **Group meets 3rd Friday from 10:00am-Noon (Relative Caregivers only, no children) to plan Saturday activities and provide support for each other. Relative Caregivers and their children meet 1st Saturday every month from 1-3pm to enjoy activities and snacks. Held at Turn a Leaf Community Room next to the thrift store, 404 N Yenlo.** For more information about this support group contact David Carry, Volunteers of America Alaska Grandfamilies Project 1-888-522-9866 or email grands@voaak.org or visit www.voaak.org. Rozann Kimpton is the local contact for Mat-Su Grandparents Support Group at 376-7322 or email rozann@mtaonline.net or Melody McCullough 373-8963 or email musikalone@yahoo.com. For more information contact Betsy, ACRF 376-4678 or email bwoodin@nwresource.org.



Rural Teleconference Training

Families may participate by dialing 1-800-944-8766 and when asked enter the code: 26867#. For more information email Betsy at bwoodin@nwresource.org or call 1-800-478-7307.

Tues Sept 1st, 7-8pm

- FASD and School Aged Children & Youth, John Bennett, ACRF

Thurs Sept 17th, Noon-1pm

- Sensory Processing Disorders and FASD, Donna Kelly & Amy Dummann, PIC

Thurs Oct 15th, Noon-1pm

- Caregivers Supporting Children with Sensory Processing Disorders at Home & School, Cary Moore, Focus

Tues Oct 20th, 7-8pm

- Understanding Child Protective Services/OCS, Aileen McInnis, ACRF and Child Welfare Academy Staff

Tues Nov 10th, 7-8pm

- Adopting Through OCS, Ruth Post, ACRF

Wed Nov 18th, Noon-1pm

- OCS Forum: Disclosure in Adoption What to Expect, Yvonne Hill, OCS

Tues Dec 8th, 7-8pm

- Parent and Child Attachment Styles, Brenda Ursel, ACRF

Wed Dec 9th, Noon-1pm

- Meet the Resource Family Advisory Board, RFAB Board Members

Juneau Training:

Unless otherwise noted, the trainings in Juneau will be held at ACRF: 9109 Mendenhall Mall Road, Suite 6A (Enter near the end farthest from the Super Bear store, next to State Farm, walk up the hallway and ACRF is to your right). Pre-Registration is required for the following events by contacting John at 790-4246 or email jbennett@nwresource.org.

✦ **SEPTEMBER:**

Introduction to Special Education Law

Thurs 9/3 from 6:30-8:30pm

Adopting through OCS

Wed 9/9 from 6:30-8:30pm

Core Training for Resource Families

Wed 9/16 from 6:00-9:00pm and Sat 9/19 from 9:00am-5:00pm. Must attend both days to receive training credit.

Resource Family Orientation

Thurs 9/17 from Noon-1:00pm

Introduction to Fetal Alcohol Spectrum Disorder

Wed 9/23 from 6:30-8:30pm

Trauma Informed Care

Sat 9/29 from 9:00am-3:00pm

✦ **OCTOBER:**

Resource Family Orientation

Thurs 10/15 from 7:00-8:00pm

Building Families through Adoption

Wed 10/21 from 6:00-9:00pm and Sat 10/24 from 9:00am-4:00pm. Must attend both days to receive training credit.

✦ **NOVEMBER:**

Social and Emotional Development and the Impact of Trauma

Thurs 11/12 from 6:30-8:30pm. Held at Juneau Youth Services, 2075 Jordan Avenue.

Resource Family Orientation

Thurs 11/19 from Noon-1:00pm

✦ **DECEMBER:**

Adopting through OCS

Wed 12/2 from 6:30-8:30pm

Resource Family Orientation

Thurs 12/17 from 7:00-8:00pm

Core Training for Resource Families

Wed 12/9 from 6:00-9:00pm and Sat 12/12 from 9:00am-5:00pm. Must attend both days to receive training credit.

Juneau Support Groups:

✦ **Grandparents Raising Grandchildren Support Group**

This group meets on the **last Wednesday of each month from 6:30-8:30pm at the Old Moose Lodge, 8335 Old Dairy Road**. Call TJ Arnold for details: 209-0516.

7th Annual Rural Behavioral Health Practice Conference

Friday, October 9th from 7:30am – 4:00pm

Group webcast sites: In Alaska at Anchorage, Barrow, Fairbanks, Homer, Juneau, and Ketchikan. Individual webcast available from your own computer.

Cost: \$110 General registration; \$90 UAA and Trust faculty or staff; \$20 FT students.

Registration: Go to <http://www.mnpsych.org/3786-2>

Description: The purpose of the Rural Behavioral Health Practice Conference is to make quality continuing education available to behavioral health professionals about the particular practice issues involved in working with rural people and communities. The conference is coordinated by the Minnesota Psychological Association, which will award up to 7.5 CEUs.

Rural practitioners continually adapt their work to the needs of rural people and communities, as well as to new practice models and research. This conference will help you work with rural care's ethical demands, rural disasters, rural indigenous people, and rural schools. This program is designed for psychologists and other behavioral health professionals and is at the intermediate to advanced level.

Presenters: Jeffery Leichter, Randal Quevillon, Laverne and Sam Demientieff, JP Jameson and Kurt Michael

1.0 HOUR SELF-STUDY

Licensed foster parents can read the following article and earn foster parent training credit by filling out the following questionnaire and returning it to the Alaska Center for Resource Families.

The Reasonable and Prudent Parent Standard

Aileen McInnis, Director, Alaska Center for Resource Families

In September 2014, Congress passed the “Prevent Sex Trafficking and Strengthening Families” Act, H.R. 4980. Compliance with this law is precipitating some important changes in Alaska’s child welfare system and these changes will impact foster parents. In this self-study, we will look at the “Reasonable and Prudent Parent Standard” and the participation of foster youth in social, enrichment, extracurricular and cultural activities. This law recognizes the need to make every effort to *normalize* the lives of foster children. Foster children have often been denied the opportunity to participate in typical childhood activities and foster parents may have been unsure or reluctant to sign permission slips for activities. Participation in normal childhood activities is important to a child’s emotional and social development and in learning basic life coping skills. The Federal Law establishes a “reasonable and prudent parent” standard for making these decisions and Alaska OCS is updating its Policy and Procedures to comply with those standards. This policy is currently set to go into effect on October 1, 2015.

Specific provisions of the law in regards to the reasonable and prudent parenting standard allows foster parents to use their knowledge of the child’s age and developmental level in making reasonable decisions in the child’s life including:

- Allowing foster parents to decide whether the child may engage in social, extracurricular, enrichment, cultural, and social activities, including sports, field trips, and overnight activities
- Allowing foster parents to sign permission slips and arrange for transportation for the child to and from activities.
- Requiring foster parents to follow court orders and judgments which may impact those decisions. (For example, a child cannot go on a weekend trip if it violates a scheduled visitation time, unless otherwise approved.)
- Requiring the state to establish a youth rights document for youth 14 years and older describing that youth’s rights with respect to education, health, visitation, and court participation.
- Requiring training of foster parents to include “knowledge and skills relating to the reasonable and prudent parent standard”.

REASONABLE AND PRUDENT STANDARDS

The new Alaska policies allows foster parent to approve or disapprove activities without prior approval of OCS using a “prudent parent standard” for most social, extracurricular, cultural and enrichment activities. The term “reasonable and prudent parent standard” means.

- The foster parent makes a careful and sensible parenting decisions through the knowledge of the child’s age and developmental level
- The foster parent will be considering the health, safety and best interests of a child while balancing the decision with a need to encourage emotional and developmental growth in a child.

Let’s break it down. You as a foster parent can make more of the day to day decisions about a child’s regular activities. But you are expected to use a “reasonable and prudent parent” standard. So think carefully when deciding if a foster child can participate in activities such as after school clubs, sports, sleepovers, field trips, or special events. Just like you would consider information about an activity before approving it for your own birth child, you should ask about any activity for a foster child questions such as: *Is it safe for this child? Is it appropriate for his age? Is there anything about this child’s special needs that would make this activity inappropriate? Does this activity “normalize” life in foster care? Are other children and youth his or her age participating in this activity? Are the friends and parents that this child is spending time with appropriate and safe for the child to be alone with? Is this an activity that other children in the home of comparable age and ability participate in?*

Some decisions will still require that a foster parent seek previous approval before a child can participate. These may be situations where birth parents need to be consulted or where licensing requirements require previous approval. Please see the table at the end of this article to compare when a foster parent can make the decision and when the social worker makes the decision

NORMALIZING LIFE IN FOSTER CARE

The second part of the prudent parent standard is that children in custody are entitled to as normal a life as possible and are entitled to participate in age appropriate activities. Resource families should be helping children and youth participate in **Extracurricular** (i.e. sports, clubs); **Enrichment** (i.e. attending community events); **Cultural Activities** (i.e. participation in native dance groups); and **Social Activities** (i.e. sleepovers, dances). Participating in these activities will begin to be documented. When the child is placed in your home, you should be informed of his age and developmental level. As you get to know the child, find out what his friends and peers are doing, or children that are at the same developmental level. Try to discover a child’s interest and help him find activities to participate in as he settles into your home

The child’s social worker will start asking about participation in activities normal and appropriate for the age of your child when the social worker conducts monthly visits with the child and visits in your home. If you are not sure what activities are available or are having difficulty getting the child to engage in activities that you feel would be beneficial, talk with your social worker for ideas, talk to other foster parents or talk with the staff at the Alaska Center for Resource Families. These activities should be supported by your foster care stipend though in

The Reasonable and Prudent Parent Standard continued...

many cases, schools may waive participation fees for children in care. If you need assistance for fees related to special events, talk to your social worker about a *Special Request for Funds*. Participation in activities normal for your child or youth's age will also be addressed at the OCS Administrative Case Reviews which you as a foster parent should be invited to. Be prepared to talk about the child or youth's activities and your role in supporting them

Under this law, older children (14 years and older) will also be given more say in their participation in activities. As a foster parent, you should be talking with your youth to learn about his interest and help him participate in activities related to this interest. In the new policy, youth will be allowed have a representative of his choosing to advocate and advise the child on the areas where the prudent parent standard may apply. Youth over the age of 14 will be given a Youth Right Brochure which will outline the rights youth have in this matter. As of August 25, the **Youth Rights Brochure** was still in the process of being developed.

If you and the child's worker are not in agreement on age and developmentally appropriate activities and you have not been able to come to resolution, you have options. You can ask the worker to set up a supervisory staffing to help come to a resolution, and if you still are not in agreement with the decision from OCS you can file a formal grievance. Remember, the purpose of these changes is to help children and youth have as normal a childhood experience as possible and help them participate in normal social and enrichment activities.

COMMON SITUATIONS	Foster Parent can give permission and should Apply Reasonable and Prudent Parent Standard	Need OCS Permission/Birth Parent Permission or Paperwork
Travel and Trips	<p>Can include foster children on trips with the family less than 72 hours that don't take the family out of state</p> <p>Can include foster children in normal family recreational activities such as camping, hiking, fishing, and sports as long as required safety equipment is used (such as life preservers for boating and helmets when required for biking)</p>	<p>Need 14 day notice for trip out of state or out of Country</p> <p>Need Travel Authorization for Ferry or Plane Ride or trips over 100 miles</p> <p>if OCS is paying for mileage or transportation costs</p> <p>Need prior approval if interferes with court ordered or family contact plans</p>
School Trip	Resource Parent can sign permission slip for activities less than 72 hours	Activities where child will be gone for longer than 72 hours from home
Overnight Activities and Sleepovers	Foster parent can give permission using a reasonable and prudent parenting standard	Activities where child will be gone for longer than 72 hours from home
Extra-curricular, Social, Cultural or Enrichment Activities	<p>Extra-curricular, social activities, cultural activities that fit the community norm and not considered high risk.</p> <p>Arranging of transportation to and from activities</p>	Activities where child will be gone for longer than 72 hours from home or may interfere with court ordered family contact
Risk Activities	Participation in organized sports and risk activities usual in the community and appropriate for the child	<p>Required to request advance permission from placement worker to participate in high risk or risk activities not usual for the community and moderate risk such as operation of a vehicle, participation in contact sports or adventure activities or handling of a firearm.</p> <p>No participation in activities prohibited by licensing regulations (i.e. child 8 or younger riding on a ATV or snowmobile, boating without a flotation device or participating in an airborne activity such as hang gliding.)</p>
Haircuts	<p>If the child requires normal upkeep of their current hairstyle the foster parent is able and responsible to providing this.</p> <p>If you are unsure about what is normal for the child, check with their case worker.</p>	Any haircuts which alter the child's appearance. Some children due to cultural, religious or personal reasons have strong views on the importance or reasons for haircuts. Parent or Guardian permission is needed.
Driver's License	Foster parent is not recognized by DMV as an eligible person to sign application form	Can only get driver's license with OCS approval and consent of birth parent or legal guardian. Caseworker or guardian of child must sign DMV application form. Must have insurance through responsible adult such as resource parent or relative.

1.0 HOUR SELF-STUDY QUESTIONNAIRE

The Reasonable and Prudent Parent Standard

If you read the above entitled article and want foster parent training credit applied to your training requirement, fill out the following questionnaire and FAX it to 1-907-479-9666, mail to ACRF, 815 Second AVE STE 202, Fairbanks, AK 99701 or email to acrf@nwresource.org.

Name: _____ Email: _____

Address: _____ Provider#: _____

- 1) The reasonable and prudent parenting standard takes away the ability of foster parents to make decisions about daily activities and school involvement and gives more decision-making power to the social worker

_____ a) TRUE

_____ b) FALSE

- 2) Who is able to give the permission for the following activities? (*circle one*)

Trips for less than 72 hours?	Foster Parent	Caseworker
Signing for school permission slips?	Foster Parent	Caseworker
Transportation to school activities?	Foster Parent	Caseworker
Travel out of state?	Foster Parent	Caseworker
Overnight activities?	Foster Parent	Caseworker
High risk activities?	Foster Parent	Caseworker

- 3) An important part of the new law includes the provision that resource families should be helping children and youth participate in extracurricular, social and cultural activities normal for their age and developmental level.

_____ a) TRUE

_____ b) FALSE

- 4) Foster parents will be asked about how they are encouraging youth to participate in normal activities by whom? (*Choose all that apply*)

_____ a) By social workers on monthly visits

_____ b) By licensing workers during the application process

_____ c) By the local OCS Regional Manager

_____ d) At administrative reviews

- 5) In the near future, youth over the age of 14 years old will be given a Youth Right Brochure which will outline their rights in the matter of participating in normal activities.

_____ a) TRUE

_____ b) FALSE

SPOTLIGHT ON ACRF BOOK AND DVD SELF-STUDIES

ACRF is continually updating our library with new information, however these DVDs and books are still an excellent way to get your training credits. Call to check out up to 2 at a time, 1-800-478-7307 or 479-7307 in Fairbanks/North Pole.

ABUSE

- DVD: A Safe Environment for Foster Children 1: Managing Sexual Acting-Out Behaviors (2 hours)
- DVD: A Safe Environment for Foster Children 2: Understanding & Managing Anger (2 hours)
- DVD: A Safe Environment for Foster Children 3: A Time & Place for Healing (2 hours)
- BOOK: Caring for the At-Risk Infant and Toddler in a Foster Care Home (2 hours)
- DVD: Domestic Violence and Childhood Trauma (1 hour)
- DVD: Effects of Neglect in Early Childhood (1 hour)
- DVD: Fostering the Sexually Abused Child Part 1 (1 hour)
- DVD: Fostering the Sexually Abused Child Part 2 (1 hour)
- BOOK: Helping the Sexually Abused Child: A Guide for Foster Parents (3 hours)
- DVD: Hidden Victims: Children of Domestic Violence (2 hours)
- DVD: How to Tell if a Child is Being Abused (1 hour)
- CD-ROM: Reporting Child Abuse in Alaska (1 hour)
- DVD: Sexualized Behavior (Foster Parent College) (2 hours)
- BOOK: Sexualized Children: Assessment and Treatment of Sexualized Children and Children Who Molest (2.5 hours)
- CD-ROM: Shaken Baby Syndrome 101 (2 hours)
- DVD: The Witness: The Impact of Domestic Violence on Children (1 hour)

ADOLESCENCE

- DVD: Active Parenting of Teens: Drugs, Sexuality & Violence, Reducing the Risks (2 hours)
- DVD: Mario's Gang: A Parent's Guide to Separating Teens from Gangs (1 hour)
- DVD: Running Away (Foster Parent College) (2 hours)
- DVD: Teens in Foster Care (2 hours)
- DVD: Working with the Hostile Teen (2 hours)
- DVD: Working with the Resistant Teen (2 hours)

ADOPTION

- CD-ROM: Adoption through the Office of Children's Services (2 hours)
- BOOK: Attaching in Adoption: Practical Tools for Today's Parents (1.5 hours)
- DVD: First Steps for Strengthening Adoptive Families (8 hours)
- DVD: I Wonder: Teenagers Talk About Being Adopted (1.5 hours)
- BOOK: Nurturing Adoptions: Creating Resilience After Neglect and Trauma (5 hours)
- AUDIO CD: Parenting Difficult Tweens and Teens (4 hours)
- DVD: Parenting Tasks in Transracial Adoptions (1 hour)
- AUDIO CD: Regina's Bag of Tricks: Hands-on Techniques to Help Children Understand the Changes in their Lives (2 hours)
- DVD: Talking to Your Child About Adoption (1 hour)
- DVD: The Special Needs of Minority Children Adopted Transracially (1 hour)
- BOOK: Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past (4 hours)
- DVD: Understanding Adoption Subsidies through the State of Alaska (1 hour)

ALCOHOL: FASD TOPICS

- DVD: David with Fetal Alcohol Syndrome (1.5 hours)
- BOOK: Fantastic Antone Grows Up: Adolescents and Adults with Fetal Alcohol Syndrome (4 hours)
- BOOK: Fantastic Antone Succeeds: Experiences in Educating Children with FAS (6 hours)
- DVD: Journey Through the Healing Circle Birth through 22 years old (4 hours)
- BOOK: Parenting Children Affected by Fetal Alcohol Syndrome: A Guide for Daily Living (3 hours)

ATTENTION DEFICIT HYPERACTIVITY DISORDER

- DVD: ADHD, ADD and ODD (Foster Parent College) (2 hours)
- DVD: Trouble in Mind: Attention Deficit Disorder (1 hour)
- DVD: Why Won't My Child Pay Attention? (2.5 hours)

CULTURE & HERITAGE

- DVD: All My Relation: Impact of ICWA on Foster Parenting (1 hour)
- DVD: Culturally Competent Parenting (Foster Parent College) (2 hours)
- BOOK: Growing Up Native in Alaska (3 hours)
- DVD: Keeping it Real: Supporting the Needs of African American Children in Out of DVD: Home Care (2 hours)
- DVD: Understanding the Indian Child Welfare Act (1 hour)

DEVELOPMENT

- DVD: The Adult Brain: To Think by Feeling (2 hours)
- DVD: The Aging Brain: Through Many Lives (2 hours)
- DVD: The Baby's Brain: Wider than the Sky (2 hours)
- DVD: The Child's Brain: Syllable from Sound (2 hours)
- DVD: The Teenage Brain: A World of their Own (2 hours)

DIFFICULT BEHAVIORS

- DVD: Calamity Jamie: A Parent's Guide to Coping with Defiant Teens (1 hour)
- BOOK: Challenging Behavior in Young Children: Understanding, Preventing and Responding Effectively (6 hours)
- DVD: Handling Anger, Temper Tantrums and Sibling Rivalry Effectively (1 hour)
- DVD: Helping Your Children to Stay Out of Trouble (1 hour)
- DVD: Lying (Foster Parent College) (2 hours)
- DVD: No I Won't! And You Can't Make Me! (1 hour)
- DVD: Off Road Parenting: Practical Solutions for Difficult Behavior (1 hour)
- DVD: Parenting the Explosive Child (4 hours)
- DVD: Sleep Problems (Foster Parent College) (2 hours)
- DVD: Stealing (Foster Parent College) (2 hours)
- AUDIO CD: Surviving Adolescence: A Workshop for Parents Raising Challenging Teens (1 hour)
- DVD: Wetting and Soiling (Foster Parent College) (2 hours)
- BOOK: Working with Aggressive Youth (3 hours)
- BOOK: Working with OVERactive Children (2 hours)
- BOOK: Your Defiant Teen: 10 Steps to Resolving Conflict and Rebuild Your Relationship (4 hours)

DISCIPLINE/PARENTING

- DVD: 1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (4 hours)
- DVD: A Change for the Better: Teaching Correct Behavior (1 hour)
- DVD: Ages and Stages: Knowing What to Expect and When (1 hour)
- DVD: Discipline: What Lily Learned (1 hour)
- DVD: I Can't Decide! What Should I Do? (1 hour)
- DVD: I'm Not Everybody! Helping Your Child Stand up to Peer Pressure (1 hour)
- DVD: Limit Setting with School Age Children (1 hour)
- DVD: More 1-2-3 Magic: Encouraging Good Behavior, Independence & Self-Esteem (4 hours)
- DVD: Negotiating Within the Family: You & Your Child Can Both Get What You Want (1 hour)
- DVD: Preschooler Discipline: Making it a Positive Experience (1 hour)
- DVD: Setting Your Child Up for Success: Anticipating and Preventing Problems (1 hour)
- DVD: Six Steps to Developing Responsibility (2 hours)
- DVD: Take Time to be a Family: Holding Successful Family Meetings (1 hour)
- DVD: Teaching Responsible Behavior (2 hours)
- DVD: Winning at Parenting without Beating your Kids (3 hours)
- DVD: You Want Me to Help with Housework? NO WAY (1 hour)

DRUG AFFECTED CHILDREN

- DVD: Caregiver's Guide for the Drug Exposed Infants (2 hours)
- DVD: Caring for Drug-Exposed Infants (2 hours)
- BOOK: Helping Hands: Caregivers' Guide for Drug-Exposed Infants (2 hours)
- DVD: Substance-Exposed Infants (2 hours)
- DVD: The Final Score: Winning against FAS (1 hour)

EATING DISORDERS

- DVD: Eating Disorders (Foster Parent College) (2 hours)
- DVD: Thea's Mirror: A Parent's Guide to Helping Teens with Eating Disorders (1 hour)

EDUCATION

- DVD: Common Sense Parenting: Helping Kids Succeed in School (1.5 Hours)
- DVD: Homework? I'll Do it Later (1 hour)
- DVD: Working with Schools (Foster Parent College) (2 hours)

FOSTER CARE

- DVD: Brothers and Sisters in Foster Care: An Unbreakable Bond (2 hours)
- DVD: Characteristics of Successful Resource Families (1.5 hours)
- BOOK: Foster Parenting Young Children: Guidelines from a Foster Parent (5 hours)
- CD-ROM: Investigation Process for Allegations Regarding Foster Homes (2 hours)
- DVD: Kids in Court (1 hour)
- BOOK: Rebuilding Children's Lives: A Blueprint for Treatment Foster Parents (6 hours)
- DVD: Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (2 hours)
- BOOK: Walk a Mile in My Shoes (5 hours)
- DVD: Working with Birth Parents: Visitation (2 hours)

HEALTH & SAFETY

- DVD: Big Steps for Saving Small Lives (1.5 hours)
- DVD: Child Safety and Supervision (2 hours)
- DVD: Children's Oral Health Care (2 hours)
- DVD: Home Fire Drills: What Every Parent Should Know (1 hour)
- DVD: Kids in Cars: Not Even a Minute! True Stories & How to Prevent Tragedies (1 hour)

INDEPENDENT LIVING

- DVD: Teaching Moments: How Foster Parents Can Teach Independent Living Skills to Teens (Foster Parent College) (2 hours)

KINSHIP CARE

- DVD: Grandparents Raising Grandchildren: You are not Alone (1 hour)
- DVD: Kinship Care (Foster Parent College) (2 hours)

LGBT

- DVD: We Are...GLBTQ: A Kid on Your Caseload (2 hours)



AUDIO RECORDINGS

Found at www.acrf.org Under Resources/Self Study/Take an Audio Course Online

Every month, ACRF presents two rural teleconference trainings on topics of interest to foster and adoptive families. It is one way we reach out to families all across Alaska who may not have training presented in their communities. We often tape these and make them available on our website, so every family in Alaska can listen and earn training credit. *What have you been missing?*

❖ *Adverse Childhood Experience Series (3 episodes)*

❖ *Connecting While Correcting Series: Strategies to Work with Children from Attachment Difficulties and Behavior Challenges (3 Episodes)*

❖ *Trauma Informed Caregiving for Resource Families (6 Episodes)*

❖ *Adoption Referral Webcast Series (5 Episodes)*

And More! We are currently taping the Sensory Processing Series. *Learn* and *Earn* training credit as you go!

MENTAL HEALTH & ILLNESS

- DVD: Big Boy Blue: A Guide for Parents of Depressed Teens (1 hour)
- DVD: Can You See My Pain? (1 hour)
- DVD: Childhood Anxiety Disorders (Foster Parent College) (2 hours)
- BOOK: Children and Trauma: A Parent's Guide to Helping Children Heal (5 hours)
- DVD: Day for Night: Recognizing Teenage Depression (1.5 hours)
- DVD: Managing Oppositional Youth (1.5 hours)
- DVD: Managing the Defiant Child (2 hours)
- DVD: Self-Harm (Foster Parent College) (2 hours)
- DVD: Significant Event: Childhood Trauma (1 hour)
- DVD: Trauma and Healing (1 hour)

SELF-ESTEEM

- BOOK: Building Self-Esteem in Children (6 hours)
- DVD: Developing Healthy Self-Esteem (2 hours)
- DVD: Growing Opportunities: Confidence Building with Preschool Children (1 hour)
- DVD: Growing Opportunities: Confidence Building with School-Age Children (1 hour)

SEPARATION, LOSS & ATTACHMENT

- BOOK: Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children (4 hours)
- BOOK: Fostering Changes: Treating Attachment Disordered Children (3 hours)
- DVD: Fostering Familiarity and Cultivating Cultural Connections (1 hour)
- DVD: Grief and Loss in the Care System (2 hours)
- DVD: Reactive Attachment Disorder – RAD (Foster Parent College) (2 hours)

SPECIAL NEEDS

- DVD: A New IDEA for Special Education: Understanding the System and the Law (1 hour)
- DVD: Children with Autism (Foster Parent College) (2 hours)
- BOOK: Medically Fragile Training Manual (5 hours)
- DVD: Sensory Intergration & Sensory Processing Disorder (1 hour)
- DVD: Sensory Processing for Parents: From Roots to Wings (1 hour)
- DVD: Social Skills and Autism (2 hours)
- DVD: The 3 R's for Special Education: Rights, Resources, Results (1 hour)
- DVD: Toilet Training a Child with a Developmental Disability (2 hours)
- DVD: Understanding Learning Disabilities: How Difficult Can This Be? (4 hours)

STRESS & ANGER

- DVD: Anger Outbursts (Foster Parent College) (2 hours)
- DVD: Anger Pie (Foster Parent College) (2 hours)
- DVD: Stress and the Healthy Family

SUBSTANCE ABUSE

- DVD: Failing John: A Parent's Guide to Confronting Teen Substance Abuse (1 hour)
- DVD: Roles: The Script for Children of Alcoholics (2 hours)
- DVD: The New Face of Drugs – A Wake-Up Call for Parents & Teens (2 hours)

**Northwest Resource Associates
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Fairbanks, AK 99701**

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