

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

## Reasonable and Prudent Parent Standard – *Have you been trained?*

If you haven't already, you will be hearing from your licensing worker to make sure you have read about and understand about the Reasonable and Prudent Parent Standard. *So why not get your training credit in while you learn?* ACRF has two self-studies to help you learn about this very important change in policy that give foster parents more leeway in making decisions but also holds them to a standard of sensible decisionmaking based on a child's ability and developmental stage.

You can do both self-studies! For 1.0 hour training go to [www.acrf.org](http://www.acrf.org) and look on the main page under "What's Happening in Alaska..." There you will find two versions of the training-- the 1.0 Hour Training Tracks called **The Reasonable and Prudent Parent Standard** and the 1.5 Hour Self Study called **The Reasonable and Prudent Parent Standard: Information for Resource Parents**. Or contact your local ACRF office for a paper copy.



## Let's Talk ICWA

This telephonic event is designed specifically for foster and pre-adoptive parents across Alaska to learn about the Indian Child Welfare Act (ICWA) and to have a chance to get your questions answered. This statewide teleconference is led by April Stahl, OCS ICWA Coordinator in Anchorage and Danielle Holt, Tribal Representative from Kawerak. Each session will start with a brief discussion of a specific topic related to ICWA and then be opened up for questions or concerns about what ICWA means and does in Alaska.

Next Let's Talk ICWA session will be held **Friday, February 12 from 4 to 5p.m.** and then will be held regularly on the **first Thursday of every month from 4-5pm.** To participate dial 1-800-944-8766. Participant Code: 22460#.



## FOSTER PARENTS...RFAB WANTS TO HEAR FROM YOU!!!

It's a new year and the **Resource Family Advisory Board** will be setting new goals to work on. One suggested goal was to establish a Bill of Rights for Foster Parents. What do you think should be included? What other ideas do you have for the **Resource Family Advisory Board**?

Let us know by contacting us at [akresourcefamilyboard@yahoo.com](mailto:akresourcefamilyboard@yahoo.com) or by letter to RFAB c/o Alaska Center for Resource Families, 840 K Street, Suite 101, Anchorage, AK 99501.

## BUILDING FAMILIES THROUGH ADOPTION NOW ONLINE!

**Adopting?** Learn everything you can to help your family be successful! You can now take our **Building Families through Adoption** online. Building Families through Adoption come in both a classroom version through your local ACRF office and a web-based class that aims to prepare potential adoptive parents for the realities of joys of adoption. This course covers *Adoption Expectations, Birth Parents, Talking to Children about Adoption, Understanding Grief and Loss, Attachment and Trauma Informed Parenting and Identity*. Courses start twice a month with a required telephonic orientation and then the course continues at your own pace. Go to our website and look for the **How to Adopt tab** → **Adoption Learning Path** to find more about this web-based class.

## ACRF STAFF/OFFICE DIRECTORY

### Northern Regional Office

Rachel Hanft, Trainer/Family Support

Wanda Lindsoe, Data Coordinator

Dee Dee Keyser, Resource Coordinator

Julia Holmes, Project Assistant

Ruth Post, Adoption Support

815 Second Avenue, Suite 202

Fairbanks, AK 99701

Phone: 479-7307/Fax: 479-9666

Toll Free 1-800-478-7307

E-mail: [acrf@nwresource.org](mailto:acrf@nwresource.org)

### Anchorage Regional Office

Aileen McInnis, Director

Brenda Ursel, Trainer/Adoption Support

Lissa Rylander, Family Support Associate

Debbie LaFlamme, Project Assistant

840 K Street, Suite 101

Anchorage, AK 99501

Phone: 279-1799/Fax: 279-1520

Toll Free: 1-866-478-7307

E-mail: [acrfsc@nwresource.org](mailto:acrfsc@nwresource.org)

### Mat-Su Regional Office

Betsy Woodin, Trainer/Family Support

Catherine Worden, Project Assistant

5050 Dunbar Street, Suite A2

PO Box 876844

Wasilla, AK 99687

Phone: 376-4678/FAX: 376-4638

Email: [acrfms@nwresource.org](mailto:acrfms@nwresource.org)

### Southeastern Regional Office

John Bennett, Trainer/Family Support

9109 Mendenhall Mall Road Suite 6A

Juneau, AK 99801

Phone: 790-4246/Fax: 790-4248

E-mail: [acrfse@nwresource.org](mailto:acrfse@nwresource.org)

1-800-478-7307

[www.acrf.org](http://www.acrf.org)



# 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.

### ◆ FEBRUARY:

#### Core Training for Resource Families

Wed & Thurs Feb 3-4 & 10-11 from 6:00-9:00pm. Must attend all four sessions.

#### Motivations for Adoption

Tues Feb 9 from 6:00-8:00pm

#### Foster-pa-loo-zah: February Focus: Intro to Fostering Pa-Loo-Zah and Stress Mgt

Sat Feb 13 from 11:00am-12:30pm and again on Sat Feb 24 from 5:30-7:00pm

#### Adopting Through OCS

Wed Feb 17 from 1:00-3:00pm.

#### Building Families Through Adoption

Tues Feb 23 & Thurs Feb 25 from 6:00-9:00pm  
AND Sat Feb 27 from 9:00am-3:00pm.  
Must attend all three sessions, lunch provided on Saturday.

### ◆ MARCH:

#### Foster-pa-loo-zah: March: Focus TBA

Sat Mar 12 from 11am-12:30pm  
and again on  
Wed Mar 23 from 5:30-7:00pm

#### Core Training for Resource Families

Thurs Mar 24 from 6:00-9:00pm AND Sat Mar 26 from 9:00am-4:00pm. Must attend both sessions, lunch provided Saturday.

#### Adoption 101

Tues Mar 29 from 6:00-8:00pm.

### ◆ APRIL:

#### Building Families Through Adoption

Tues Apr 12 & Thurs Apr 14 from 6:00-9:00pm & Sat Apr 16 from 9:00am-3:00pm. Must attend all three sessions, lunch provided on Saturday.

#### Connecting While Correcting

Fri Apr 22 from 6:00-8:30pm & Sat Apr 23 from 9:00am-4:00pm. Must attend both sessions, lunch provided Saturday.

### ◆ MAY:

#### Core Training for Resource Families

Thursdays May 5, 12, 19 & 26 from 6-9pm. Must attend all four sessions.

#### Adoption 101/Motivations for Adoption

Tues May 24 from 10:00am-2:00pm. Lunch provided.



## *Thank You, Thank You, Thank You!*

A huge thank you and congratulations to CH (CPT) Paul D. Tolbert and the Kodiaks (and Sabrina Owsley, Resource Family Advisory Board), on the success of their holiday care campaign! The efforts of Chaplain Tolbert and the 70<sup>th</sup> Brigade Engineer Battalion, 1<sup>st</sup> Stryker Brigade Combat Team (Kodiaks!) have created 400 starter kits (valuing \$8000) for children and youth coming into out-of-home custody! At times, when children are taken into custody and separated from their family, they come with nothing but the clothes on their back. Separation from family and grief are difficult life challenges that these children should not have to go through alone. They should be cared for and supported by their community. We can't thank you enough for your outstanding contribution to the lives of children in need of a little extra nurturance and care. If you are interested in donating a starter kits or find out more about the program, contact ACRF at 1 800 478-7307.

## **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 2<sup>nd</sup> Monday of every month from 6:30-8:00pm at RCPC, 726 26<sup>th</sup> Avenue, Suite 2 in Fairbanks. Call 456-2866 for more information.**

### **Fairbanks Family to Family**

Held at ACRF **every 2<sup>nd</sup> Wednesday from 11:00am-12:00pm. 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.

## **STATEWIDE TELEPHONIC SUPPORT GROUP FOR FOSTER PARENTS:**

### **Topic: Grief and Loss**

Come find a safe place to share and support each other as foster families who have struggled with a foster child who has left their home. Facilitated by Ruth Post

Tuesdays from 6:00-7:30pm

January 26

February 16

March 22

Call 1-800-944-8766

Enter code: 22460#

## **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](mailto:bwoodin@nwresource.org). You must pre-register as classes will be cancelled without notice if no one signs up.

### ✦ **JANUARY:**

#### **"Paper Tigers": A Documentary about Adverse Child Experiences**

Thurs Jan 28 from 12:30-3:30pm showing at Links Parent Resource Center on PW HWY in Regan Bldg & again on Fri Jan 29 at 7pm showing at the CASA office in Palmer.

### ✦ **FEBRUARY:**

#### **Core Training for Seasoned Foster Parents**

Tues Feb 2 & Thurs Feb 4 from 9:00am-1:00pm. Must attend both classes.

#### **FASD 201**

Wed Feb 10 from Noon-4:00pm. Held at the Links Parent Resource Center.

#### **Core Training for Relative Caregivers**

Tues Feb 23 & Thurs Feb 25 from 9am-1pm. Must attend both classes.

### ✦ **MARCH:**

#### **Core Training for Resource Families**

Thurs Mar 10 from 6:00-9:00pm & Sat Mar 12 from 9:00am-5:00pm. Must attend both classes.

### ✦ **APRIL:**

#### **Adopting through OCS**

Thurs Apr 14 from 6:00-9:00pm. Held at OCS in Wasilla.

### ✦ **MAY:**

#### **Building Families Through Adoption**

Mon May 9, Wed May 11 & Fri May 13 from 9:00am-Noon. Must attend all three classes.

## **Mat-Su Support Groups:**

- ✦ **LINKS Parent Support Group** held 2<sup>nd</sup> Monday each month from 6:00-7:00pm. Held at LINKS on PW HWY in the Regan Bldg. For more information contact Amber 373-3635.
- ✦ **Survivors of Suicide Support Group.** Group meets every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 7:00-9:00pm at Turn a Leaf Thrift Store, 400 N Yenlo, in conference room.
- ✦ **The Mom2Mom, Dad2Dad Parent Support Group.** For caregivers of children with Attachment Disorder. Group meets 1<sup>st</sup> 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.** Group meets 2<sup>nd</sup> 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](mailto:agapeak@att.net).
- ✦ **Grandparents Support Group.** Relative caregivers and their children enjoy activities and snacks every 2<sup>nd</sup> Saturday from 1:00-3:00pm. Relative caregivers only, no children meet every 4<sup>th</sup> Friday from 10:30-Noon to plan Saturday activities and provide support for each other. Held Turn a Leaf Community room next to the thrift store at 404 N Yenlo in Wasilla. Contact David Carry 1-888-522-9866 [grands@voaak.org](mailto:grands@voaak.org) or visit [www.voaak.org](http://www.voaak.org), Rozann Kimpton 376-7322 [rozann@mtaonline.net](mailto:rozann@mtaonline.net) or Betsy Woodin 376-4678 [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org).

## **STATEWIDE**



## **Rural Teleconference Training**

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

### **Tues Feb 16, 7-8pm**

- **How Parenting Standards have Evolved, Betsy Woodin, ACRF**

### **Wed Feb 17, Noon-1pm**

- **When OCS Investigates Complaints Against Your Foster Home, Aileen McInnis, ACRF and Joanna Williams, OCS**

### **Tues Mar 8, 7-8pm**

- **Alaska's Foster Youth Bill of Rights, Aileen McInnis, ACRF and FFCA**

### **Wed Mar TBA, Noon-1pm**

- **Tax Issues Related to Foster Care and Adoption, Brenda Ursel, ACRF and Josh Krull**

### **Tues Apr 5, 7-8pm**

- **Alternatives to Adoption Disruption or When Things Get Tough in Your Adopted Home, Ruth Post, OCS**

### **Wed Apr 13, Noon-1pm**

- **Medication Management, Aileen McInnis, ACRF and OCS Staff**

### **Tues May 10, 7-8pm**

- **Intro to Fetal Alcohol Spectrum Disorder, John Bennett, ACRF**

### **Wed May 25, Noon-1pm**

- **Self-Care, Rachel Hanft, ACRF**

### **Tues Jun 7, 7-8pm**

- **Working with Homeless Young Adults, Betsy Woodin and My House**

### **Wed Jun 8, Noon-1pm**

- **Talking to Very Young Children About Adoption, Brenda Ursel, ACRF**

## **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](mailto:jbennett@nwresource.org).

### ✦ **JANUARY:**

#### **Difficult Behavior in Foster and Adopted Teens**

Wed Jan 27 from 6:30-8:30pm

### ✦ **FEBRUARY:**

#### **Five-Week Parenting Class - for parents 24 years old and younger with at least one child between 0-3 years.**

Every Tuesday for 5 weeks beginning Feb 9 from 5:00-6:00pm. Call Zach Gordon Youth Center to register 907-586-2635. Held at the Young Parent Health Teen Center in the back of the Zach Gordon Youth Center.

#### **Adopting Through OCS**

Wed Feb 10 from 6:30-8:30pm

#### **Helping Youth Prepare for Adult Life**

Tues Feb 16 from 6:30-8:30pm

#### **Core Training for Resource Families**

Thurs Feb 25 from 6:00-9:00pm and Sat Feb 27 from 9:00am-5:00pm. Must attend both classes.

### ✦ **MARCH:**

#### **Introduction to Attachment Disorder**

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

#### **Symposium: Resilience and the Power of Relationships**

Fri & Sat Mar 18-19 from 8:30am-4:30pm. Held at Centennial Hall. Cost: \$240 per person. **SCHOLARSHIPS AVAILABLE: Apply NOW** for a chance at one of two FREE scholarships to this symposium. Call 790-4246 or email [jbennett@nwresource.org](mailto:jbennett@nwresource.org) for scholarship information. **Applications must be submitted to ACRF by FRIDAY, FEBRUARY 26.**

#### **Understanding Suicide: Building Intervention Skills**

Thurs Mar 24 from 6:30-8:30pm

### ✦ **APRIL:**

#### **Adopting through OCS**

Tues Apr 5 from 6:30-8:30pm

#### **Connecting While Correcting**

Sat Apr 9 from 9:00am-5:00pm

#### **Building Families Through Adoption**

Tues Apr 19 from 6:00-9:00pm **and** Sat Apr 23 from 9:00am-4:00pm. Must attend both days to receive training credit.

### ✦ **MAY:**

#### **Core Training for Resource Families**

Thurs May 5 from 6:00-9:00pm **and** Sat May 7 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.

## **Ketchikan Training**

### ✦ **FEBRUARY:**

#### **ACEs/Resiliency Summit**

Tues & Wed Feb 23-24 from 8:30-4:30pm. Held at the Ted Ferry Civic Center. **COST: \$25.** Foster parent credit will be available for those who attend and let ACRF know by submitting an Alternative Training Information Sheet and supporting documentation. **TO REGISTER:** Call Matt Tibbles 907-228-43741. Call John 907-790-4246 to learn about foster parent credits for this event.

Women in Safe Homes (WISH) is presenting this two-day event to discuss how early childhood trauma affects brain development and how it impacts not only the lives of the traumatized, but the economic and social health of their communities. Trauma Informed Care will also be presented as a way to respond to people within a community. This is recommended for anyone working with or around people who might have experienced trauma.

### ✦ **MAY:**

**Topic, dates, times not yet determined.** Watch for information in your inbox or mail.

## **Prince of Wales Island Training**

### ✦ **MAY:**

**Topic, dates, times not yet determined.** Watch for information in your inbox or mail.

## 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.

---

# Ten Strategies to Complete Your Foster Parent Training (or how to “git ‘er done!”)

*Aileen McInnis, Director, Alaska Center for Resource Families*

Licensed foster parents know that every year you have to figure out how to meet the requirement that you get a certain number of training hours completed. This article gives you ten strategies to help you “git ‘er done” so you aren’t scrambling as your licensing worker is knocking at the door. (BONUS STRATEGY: You can earn an hour of training credit by completing this short course and completing the questionnaire!)

### TEN STRATEGIES FOR TRAINING

- 1 Know the requirements.** All licensed foster homes in Alaska (including licensed relative homes) are required to have training each year. A foster home with a single parent needs 10 hours of training. A two-parent foster home needs 15 hours a year shared between parents, with each foster parent having a minimum of 5 hours. Child placement agencies such as therapeutic foster care agencies often have additional training requirements above the required state requirements. You can always do more training as you want or need to but this is the requirement for each year no matter how long you’ve been a foster parent.
- 2 Know when your licensing date is.** When do you need to have your training hours completed each year? That’s individual to each family. Look at your Community Care License and locate the beginning date of your original license. That is the date that the clock starts ticking. Within the twelve month of dates, you need to do your training. You can’t bank or save up training hours to spread out over several years. Your training needs to happen within the licensing year.
- 3 Do your training as soon as you can.** Instead of waiting for the last minute, change your mindset and try to do it as soon as you can. The earlier you do your training, the sooner you meet the requirement and take that off your list of things to do. If you know your license is renewed every August, then be looking for training opportunities in the fall when school starts up. If you can complete your hours in the first three months of your fostering year, you are free to enjoy the next nine months without worry.
- 4 Count training you are already doing.** Are you a teacher, counselor, nurse, or daycare provider? Does your work require CPR or First Aid? Do you like to attend seminars or family related training at your church or at the school? Do any of them relate to your fostering? Did you get some one-on-one training for the medical or education issues for the child in your home? All of these can count if you can justify how they help you in your fostering. (See **Step 5** to make sure you are documenting it.)
- 5 Be sure to document all your training.** You can’t just say “yeah, I did it” – you have to document it. The Alaska Center for Resource Families (ACRF) is the grantee responsible for tracking training, so make sure to send the information to us. Use the **Alternative Training Sheet** (which you can find on our website at [www.acrf.org](http://www.acrf.org) under the Self-Study tab or through any ACRF office), make sure to get a certificate or a letter or email stating your attendance or a copy of the sign-in sheet, and get the trainer’s contact information to verify that you attended. For one-on-one training, a letter or email from the professional verifying the training is valid.
- 6 Make your training work for you.** The reason there is a training requirement is that we want foster families to learn the skills they need in order to best provide for the children in their home. So ask yourself, who is in my home and what do they need? Do you need to learn more about FASD or how to advocate for special education? Do you have a medically fragile child and have lots of educational moments with medical professionals? Does your therapist offer parenting classes that would help in your home? Pick training that is going to help parent the child in your home.
- 7 Double your fun.** If there are two of you in the home and you go to training or complete a self-study or attend a teleconference, you both get training credit for attending. Make sure you both complete the materials and both fill out the questionnaire or both sign the sign-in sheet.
- 8 Be flexible in your thinking (and your training.)** When people hear “training”, they often imagine a classroom or conference, but there are lots of ways to do your training. ACRF has an extensive self-study library from books, to DVDs, to courses and we sponsor two teleconference trainings every month. ACRF also has sheets to help you document training and education done through books, watching foster care related videos, attending Community Events, or viewing on-line webinars. Just remember (back to **Step 5**) – DOCUMENT! Check out [www.acrf.org](http://www.acrf.org) under the self-study tab for all the forms you need.
- 9 Know what is NOT accepted as training.**
  - \*Training must be related to providing care or parenting the children in foster care. You must justify why this training is related to fostering – if not related to your fostering, it can’t count toward the requirement.
  - \*If you are conducting the training yourself, it does not count as you attending the training.
  - \*If you are supervising a visitation, attending counseling, going to a TDM, having a licensing visit, those do not count as training events.
  - \*Support groups do not count as training unless there is an educational presentation or focus during the meeting.
  - \*If you are doing an ACRF self-study, you cannot receive credit if you’ve done the same training within the past three years.
  - \*You cannot get training credit for attending training that teaches or advises you to do something against foster care regulations or encourages abuse (such as conversion therapy or advocating physical, harsh or degrading punishment.)

*Ten Strategies to Complete Your Foster Parent Training continued...*

- 10 ACRF can help you “git ‘er done!”** Check the ACRF calendar for what’s coming up in your area or on the teleconference schedule. If you have a local ACRF office, check out the lending library. Check out our web and audio classes. Call 1-800-478-7307 and ask us to put together a training packet for you, based on your needs. Upon request, ACRF can email your training record to you, so you’ll know what you have taken, or to document that you met the requirements. ■

**1.0 HOUR SELF-STUDY QUESTIONNAIRE**

## Ten Strategies to Complete Your Foster Parent Training

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 [acrif@nwresource.org](mailto:acrif@nwresource.org).

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Provider#: \_\_\_\_\_

1) Name two (2) different ways that you can get your training hours done.

a) \_\_\_\_\_

b) \_\_\_\_\_

2) Where can you find the forms for registering alternative training?

\_\_\_\_\_

3) How many training hours are required each year for a two-parent foster home shared between the two foster parents.

\_\_\_\_\_ a) Five

\_\_\_\_\_ b) Ten

\_\_\_\_\_ c) Fifteen

\_\_\_\_\_ d) Twenty

4) How many training hours are required each year for a single parent foster home?

\_\_\_\_\_ a) Five

\_\_\_\_\_ b) Ten

\_\_\_\_\_ c) Fifteen

\_\_\_\_\_ d) Twenty

5) If you are teaching a class, you can also claim it as training hours for yourself.

\_\_\_\_\_ a) TRUE

\_\_\_\_\_ b) FALSE

6) Foster parent training hours need to be reported to the Alaska Center for Resource Families (ACRF) so they can be added to your training record.

\_\_\_\_\_ 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

- Book: Finding a Way Out: Teens Write About Surviving Relationship Abuse (1.5 hours)
- Book: The While Umbrella: Walking with Survivors of Sex Trafficking (1.5 hours)

### ADOPTION

- Book: Keeping Your Adoptive Family Strong: Strategies for Success (1.5 hours)

### ALCOHOL: FASD TOPICS

- DVD: 8 Magic Key Strategies for Students with FASD (1.0 hour)
- Book: Educating Children and Young People with FASD Constructing Personalized Pathways to Learning (1.5 Hours)
- DVD: In Our Own Words: Children and Adults Living with FASD (1.0 hour)

### ATTENTION DEFICIT HYPERACTIVITY DISORDER

- Book: How to Reach and Teach Children with ADD/ADHD: Practical Techniques, Strategies, and Interventions (1.5 hours)

### COMMUNICATION

- Information Packet: Communication with Child and School (1.0 hour)
- Information Packet: Effective Communication with Your Social Worker or Case Manager (1.0 hour)

### DEVELOPMENT

- Book: Many Languages, Building Connections: Supporting Infants and Toddlers Who Are Dual Language Learners (1.5 hours)

### DISCIPLINE/PARENTING

- Book: 30 Days of Sex Talks for Ages 3-7: Empowering Your Child with Knowledge of Sexual Intimacy (1.5 hours)
- Book: 30 Days of Sex Talks for Ages 8-11: Empowering Your Child with Knowledge of Sexual Intimacy (1.5 hours)
- Book: 30 Days of Sex Talks for Ages 12+: Empowering Your Child with Knowledge of Sexual Intimacy (1.5 hours)
- Book: How Children Succeed: Grit, Curiosity, and the Hidden Power of Character (1.5 hours)
- CD: Toddlers and Preschoolers (2.0 hours)

### EDUCATION

- Information Packet: Educational Champion Series: Beliefs, Expectations and Aspirations About Education (1.0 hour)
- Information Packet: Educational Champion Series: Preparation for Higher Education (1.0 hour)

### FOSTER CARE

- Book: Always on the Move: Teens in Care Write About Changing Homes (1.5 hours)
- DVD: Removed (1.0 hour)

### HEALTH & SAFETY

- DVD: Safe Sleep for Your Baby (1.0 hour)
- Information Packet: Safe Sleeping Practices to Prevent SIDS (Sudden Infant Death Syndrome) (1.0 hour)

### INDEPENDENT LIVING

- Book: Do You Have What It Takes? A Comprehensive Guide to Success After Foster Care by Teens Who Have Been There (1.5 hours)

### LGBT

- Book: In the System and in the Life: A Guide for Teens and Staff to the Gay Experience in Foster Care (1.5 hours)

### MENTAL HEALTH & ILLNESS

- Book: Fighting the Monster: Teens Write about Confronting Emotional Challenges and Getting Help (1.5 hours)

### SEPARATION, LOSS & ATTACHMENT

- DVD: Children from Hard Places and the Brain (1.0 hour)

### SPECIAL NEEDS

- DVD: All Kinds of Minds: A Video About Autism (1.0 hour)
- Information Packet: Special Education: IDEA for Children Birth to Three (1.0 hour)
- Information Packet: Special Education: IDEA for Children Age 3 and Up (1.0 hour)

## ACRF WEB AUDIO RECORDINGS

Found at [www.acrf.org](http://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?*

❖ *Sensory Processing Series (3 Episodes)*

❖ *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)*

❖ *Rural Teleconference Series (10 topics)*

❖ *Special Education Series (3 Episodes)*

❖ *Adoption Referral Webcast Series (5 Episodes)*

**Northwest Resource Associates  
Alaska Center for Resource Families  
815 Second Avenue Suite 202  
Fairbanks, AK 99701**

**NONPROFIT ORG  
U.S. POSTAGE  
PAID  
FAIRBANKS, AK  
PERMIT NO. 88**

**RETURN SERVICE REQUESTED**

You can support ACRF by doing what you do every day!

There are many ways to support Alaska Center for Resource Families just by shopping as you normally do, or by choosing to shop at these locations and selecting us as your Non-Profit of choice.



- Link your Fred Meyer Rewards Card to Alaska Center for Resource Families and you still earn reward points and ACRF receives a donation!



- Shop at [smile.amazon.com](https://smile.amazon.com) and when you choose Northwest Resource Associates as your charity, ACRF will earn while you shop, at no additional cost to you!