



**2026**

# **Self-Study Catalog**

*For Caregivers of Foster and Adoptive Children*

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# *Introduction to the Alaska Center for Resource Families Self-Study Course Catalog*

This self-study course catalog was created to support Alaska's foster, adoptive, guardian, and relative caregivers by building understanding of the child protection system and the special needs of the children in your care. You can order materials, study at your own pace, and submit questionnaires to earn training hour. We have added a convenient check box for you to track what you are interested in ordering or to track what you have already done.

The Alaska Center for Resource Families (ACRF) is a private, nonprofit, grant-funded program that partners with the Office of Children's Services to support caregivers and help meet training requirements. All services are provided at no cost. ACRF offers a wide range of training options, including Zoom training sessions, web-based courses, and self-study materials.

## *Training Requirements for Licensed Foster Parents*

In Alaska, foster parents are required to complete training during each licensing year to support their ability to meet the unique needs of children in their care. This catalog is designed to help you explore available training opportunities that support your growth as a licensed caregiver and help you meet your annual Individualized Training Plan (ITP) requirements.

In two-parent households, both parents may complete the same self-study course—including books, DVDs, and videos. However, each parent must submit a separate questionnaire to receive training hour.

Training completed through other sources may also count toward foster parent training hour. Time spent reading relevant books, watching videos, listening to audio materials, or attending community events related to your role as a resource parent can be applied toward the training topic that you chose on your ITP. To receive hour, please complete an ITP Universal Questionnaire. This form is available on our website or by calling 1-800-478-7307 to request a copy.

### ***IT IS EASY TO ORDER MATERIALS:***

- Visit our offices (Located on the back cover)
- Order online by going to [www.librarycat.org/acrf](http://www.librarycat.org/acrf).
- Or call our office! Our numbers are located on the cover of this catalog.

## *Start Your Training Here...*

The journey through foster care and adoption is extraordinarily complex. To navigate the system, all foster and adoptive families should first complete **Core Training for Resource Families**. If you have never taken Core Training be sure to select this on your Individualized Training Plan (ITP). We offer Core Training by Zoom, self-paced online course and Workbook. The workbook features the units below. If you would rather do Core Training by Zoom or Online call 1-800-478-7307 to sign up.

### **Core Training for Resource Families (16 Hours Credit)** *Updated June 2023*

#### **Becoming a Healing Family:**

*Unit 1: Understanding Trauma (1.5 Hours)*

*Unit 2: Felt Safety and Taking Care of Yourself (1.0 Hour)*

*Unit 3: Helping Your Child Understand and Manage Emotions and Behaviors (2.0 Hours)*

*Unit 4: Supporting Connections and Strength Based Stories (1.0 Hour)*

*Unit 5: Advocating and Promoting Trauma Informed Care (1.0 Hour)*

#### **Understanding OCS and the Role of the Resource Family:**

*Unit 6: Understanding Child Protective Services (2.0 Hours)*

*Unit 7: The Child Protective Services Team/Understanding ICWA (1.5 Hours)*

*Unit 8: Working with the Office of Children's Services (1.5 Hours)*

*Unit 9: Working with Birth Families and Family Contact (1.5 Hours)*

*Unit 10: Permanency Goals (Reunification, Adoption and Legal Guardianship) (1.0 Hour)*

*Unit 11: Transitions and Reunification (1.0 Hour)*

*Unit 12: The Reasonable and Prudent Parent Standard (1.0 Hour)*

### **Core Training for Relative Caregivers (16 Hours Credit)** *Updated June 2023*

#### **Becoming a Healing Family:**

*Unit 1: Kinship Care (1.5 Hours)*

*Unit 2: Understanding Trauma (1.5 Hours)*

*Unit 3: Felt Safety and Taking Care of Yourself (1.0 Hour)*

*Unit 4: Helping Your Child Understand and Manage Emotions and Behaviors (2.0 Hours)*

*Unit 5: Setting and Enforcing Boundaries in Kinship Foster Families (2.0 Hours)*

#### **Understanding OCS and the Role of the Resource Family:**

*Unit 6: Understanding Child Protective Services (2.0 Hours)*

*Unit 7: The Child Protective Services Team/Understanding ICWA (1.5 Hours)*

*Unit 8: Working with the Office of Children's Services (1.5 Hours)*

*Unit 9: Permanency Goals (Reunification, Adoption and Legal Guardianship) (1.0 Hour)*

*Unit 10: Transitions and Reunification (1.0 Hour)*

*Unit 11: The Reasonable and Prudent Parent Standard (1.0 Hour)*

# *Adoption Learning Path*

Prepare yourself and your family by learning everything you can. If you are interested in adoption we recommend you complete the following training. Contact ACRF to get started!

- Resource Family Orientation** (*by Zoom or self-study*)
- Core Training for Resource Families** (*by Zoom, online course or workbook*)
- Building Families Through Adoption** (*by Zoom or workbook*)
  - Workbook Units (10 Hours Credit)*
  - Unit 1: Core Issues in Adoption*
  - Unit 2: Talking to Children About Adoption*
  - Unit 3: Attachment in Adoption*
  - Unit 4: Adopting the Traumatized Child*
  - Unit 5: Trans-Racial and Trans-Cultural Issues in Adoption*
  - Unit 6: Understanding and Managing Transitions*
  - Unit 7: Medical and Disclosure Issues in Adoption*
- Adopting through OCS** (*Zoom only*)

## *Second Year Training...*

If this is your second year as a resource parent, you can choose to do the Second Year Training Pack on your Individualized Training Plan (ITP). These are available on our website or you can request a hard copy.

### **OPTION 1 (10 Hours Credit):**

#### **Understanding the Regulations: What Alaskan Foster Parents Need to Know**

*Based on the Regulations Updated July 2022*

- Unit 1: Positive Parenting and Managing Behavior*
- Unit 2: Daily Life, Program and Activities*
- Unit 3: Child Health Care and Medications*
- Unit 4: Nutrition and Eating in the Foster Home*
- Unit 5: Safety in the Foster Home*
- Unit 6: Foster Parent Training*
- Unit 7: Recordkeeping*
- Unit 8: Supervision, Alternate Caregiver, and the Reasonable & Prudent Parent Standard*
- Unit 9: Confidentiality*
- Unit 10: Fire Safety, First Aid and Emergency Preparedness in the Foster Home*

### **OPTION 2 (8.5 Hours Credit):**

- Course: Fetal alcohol spectrum disorder (FASD): An introduction to Foster Parents (3.0 hours)*
- Course: Reporting Child Abuse and Neglect (2.0 hours)*
- Course: The reasonable and prudent parent standard (1.5 hours)*
- Information Packet: The Indian Child Welfare Act (ICWA) (1.0 hour)*
- Information Packet: Birth and foster parent partnership: Tips for building respectful relationships with birth parents. (1.0 hour)*

# Cluster Packets

Cluster Packets are composed of articles and courses that pertain to a specific topic. You can keep the materials and return the questionnaires for training credits.

**Abused and Neglected Children..... 14.5 Hours Credit**

Course: *Child Abuse and Neglect in the Young Child (5 hours)*

Course: *Domestic Violence and Its Impact on Children (3 hours)*

Course: *The Physically Abused or Neglected Child in Foster Care (3 hours)*

Course: *Understanding the Effects of Maltreatment on Early Brain Development (1.5 hours)*

Information Packet: *Child Maltreatment (1 hour)*

Information Packet: *Long-Term Consequences of Abuse and Neglect (1 hour)*

**ADD/ADHD..... 5.0 Hours Credit**

Course: *Focusing on ADHD: A Guide for Foster Parents (3 hours)*

Information Packet: *ADHD and Teens (1 hour)*

Information Packet: *Attention-Deficit Hyperactivity Disorder: Parent's Medication Guide (1 hour)*

**Adoption and Guardianship Preparation Training for Alaska's Resource Families  
(6 Hours Credits) Updated January 2011**

Unit 1: *The State of Alaska Child Protection System and Permanency through Adoption and Guardianship*

Unit 2: *The Home Study Process*

Unit 3: *Special Needs Children and Legal Risk Placement: Open or Closed Adoptions*

Unit 4: *Core Issues in Adoption*

Unit 5: *Maintaining Connections to Culture and Family*

Unit 6: *State of Alaska Adoption or Guardianship Subsidy Programs*

**Aggression In Children..... 9 Hours Credit**

Course: *Caring for the Aggressive Child in Foster Care Part 1: Strategies for Reducing Aggression (3 hours)*

Course: *Caring for the Aggressive Child in Foster Care Part 2: Responding to Out-of-Control Behavior (2 hours)*

Course: *Understanding and Dealing with Temper Tantrums (2 hours)*

Course: *Understanding the Cognitive Triangle to Understand Feelings and Behaviors (1 hour)*

Information Packet: *7 Positive Strategies for Managing Aggressive Behavior in Young Children (1 hour)*

**Autism Spectrum Disorder..... 7 Hours Credit**

Course: *Social Stories (2 hours)*

Information Packet: *Autism Spectrum Disorder (1 hour)*

Information Packet: *Autism 100 Day Kit for Families of School Age Children Newly Diagnosed with Autism (1 hour)*

Information Packet: *Autism 100 Day Kit for Families of Newly Diagnosed Young Children (1 hour)*

Information Packet: *Sensory Integration vs Sensory Processing Disorder (1 hour)*

Information Packet: *Using Social Stories with Children with Autism (1 hour)*

- Behavior Management..... 10 Hours Credit**

*Course: Creative Parenting Strategies for Traumatized Children (5 hours)*

*Course: Positive Parenting for Foster Parents (2 hours)*

*Course: Striving for Good Parenting: Providing a Healthy and Nurturing Environment for Foster Children (3 hours)*
  
- Caring for Kids who have been Sexually Abused..... 4.0 Hours Credit**

*Information Packet: Part 1: The Facts about Child Sexual Abuse (1 hour)*

*Information Packet: Part 2: Child Sexual Development and Sexual Behavior Problems in Children (1 hour)*

*Information Packet: Part 3: Coping with the Emotional Stress of the Legal Issues (1 hour)*

*Information Packet: Part 4: Understanding and Dealing with Acquaintance Rape (1 hour)*
  
- Child Development: Birth Through 10 Years..... 8.5 Hours Credit**

*Course: The Young Child in Foster Care: Developmental Issues (4 hours)*

*Course: Understanding the Effects of Maltreatment on Early Brain Development (1.5 hours)*

*Information Packet: Bright Futures Developmental Series 1: Social and Emotional Development in Infancy - Birth to 12 months (1 hour)*

*Information Packet: Bright Futures Developmental Series 2: Social and Emotional Development in Early Childhood - Ages 1 to 4 (1 hour)*

*Information Packet: Bright Futures Developmental Series 3: Social and Emotional Development in Middle Childhood - Ages 5 to 10 (1 hour)*
  
- Child Welfare ..... 6 Hours Credit**

*Course: Reporting Child Abuse and Neglect (2 hours)*

*Course: The Role of the Guardian Ad Litem and Case Appointed Special Advocate (2 hours)*

*Information Packet: Recognizing Signs and Symptoms of Child Abuse and Neglect (1 hour)*

*Information Packet: Understanding Team Decision-Making (1 hour)*
  
- Communication Strategies for Resource Families ..... 8 Hours Credit**

*Course: Communicating Clearly: Skills for Foster Parents (2 hours)*

*Course: Communicating with your Teen (2 hours)*

*Course: Home to Home: Partnering with Birth Parents in Foster Care Part 1: Supporting Connection During Placement (2 hours)*

*Information Packet: Keeping in Touch: Effective Communication with Your Caseworker (1 hour)*

*Information Packet: Tips for Setting Up Good Communication with Your Foster Child's Team (1 hour)*
  
- Depression and Self-Destructive Behavior.....13.5 Hour**

*Course: Understanding Depression and Suicide in Children and Teens (2.5 hours)*

*Course: Gatekeeper Training: Understanding and Intervening in Suicidal Behavior in Adolescents (5 hours)*

*Course: Understanding Self-Injury (3 hours)*

*Information Packet: Cutting and Self-Injury (1 hour)*

*Information Packet: Recognizing Depression in Children and Teens: Where to Find Help and How to Get it (1 hour)*

*Information Packet: Suicide, Stress and Adolescents (1 hour)*

- Difficult Behaviors ..... 15 Hours Credit**

  - Course: Animal Cruelty and Children (3 hours)*
  - Course: Runaways in Foster Care (3 hours)*
  - Course: Understanding and Dealing with Stealing Behaviors (2 hours)*
  - Course: Understanding and Dealing with Lying Behaviors (2 hours)*
  - Information Packet: Bipolar Disorders in Children and Teens (1 hour)*
  - Information Packet: Fears in Children (1 hour)*
  - Information Packet: Fire-Setting (1 hour)*
  - Information Packet: Food Hoarding (1 hour)*
  - Information Packet: Oppositional Defiant Disorder in Children and Adolescents (1 hour)*
  
- Emergency Shelter/On-Call Homes ..... 16 Hours Credit**

  - Course: Boundaries in Foster Care Part 1: Boundaries in Your Role as a Foster Parent (2.5 hours)*
  - Course: Boundaries in Foster Care Part 2: Maintaining Boundaries in Your Foster Home (2.5 hours)*
  - Course: Home to Home: Partnering with Birth Parents in Foster Care Part 1: Supporting Connection During Placement (2 hours)*
  - Course: Home to Home: Partnering with Birth Parents in Foster Care Part 2: Reunification and Transition (2 hours)*
  - Course: The Sexually Abused Child in Foster Care (4 hours)*
  - Information Packet: Effective Communication with Your Social Worker or Case Manager (1 hour)*
  - Information Packet: Foster Parent Grief and Loss (1 hour)*
  - Information Packet: Trauma Series Topic 3: Building a Safe Place (1 hour)*
  
- Fetal Alcohol Spectrum Disorder ..... 15 Hours Credit**

  - Course: Adolescents with Fetal Alcohol Spectrum Disorder (4 hours)*
  - Course: FASD Tips for Parents and Caregivers (2 hours)*
  - Course: Fetal Alcohol Spectrum Disorder: Caring for Foster Children with FASD (5 hours)*
  - Information Packet: 9 Core Messages: What Everyone Should Know About Prenatal Alcohol Exposure (1 hour)*
  - Information Packet: Helping Siblings Understand Fetal Alcohol Spectrum Disorder (1 hour)*
  
- Fetal Alcohol Spectrum Disorder: Educational Issues ..... 9 Hours Credit**

  - Course: Education and Youth in Foster Care (3 hours)*
  - Course: Fetal Alcohol Spectrum Disorder: Preschool and Elementary Educational Issues (4 hours)*
  - Information Packet: Alaska Special Education Guide for Parents (1 hour)*
  - Information Packet: Fetal Alcohol Spectrum Disorder: Educational Strategies (1 hour)*
  
- Fire Safety and Fire Setting ..... 8 Hours Credit**

  - Course: Fostering a Fire Safe Home: A Guide for Foster Parents Caring for a Child with Fire Setting Behavior (4 hours)*
  - Course: Understanding the Regulations #10: Fire Safety, First Aid and Emergency Preparedness in the Foster Home (1 hour)*
  - Information Packet: Fire Safety in the Home (1 hour)*
  - Information Packet: Fire-Setting (1 hour)*
  - Information Packet: Helping Children Cope with Disaster and Trauma (1 hour)*

**Foster Parenting Native Children ..... 7 Hours Credit**

*Course: How Foster and Adoptive Parents Can Work with Tribes (2 hours)*

*Course: The Importance of Culture and Maintaining Connections for Alaskan Native Children (2 hours)*

*Course: Understanding the Effects of Childhood Trauma on Brain Development in Native Children (2 hours)*

*Information Packet: Alaska Native Cultural Values and Languages (1 hour)*

**From Home to Home..... 12.5 Hours Credit**

*Course: Changing Families: Understanding and Helping Children Manage Transition (3 hours)*

*Course: Home to Home: Partnering with Birth Parents in Foster Care Part 1: Supporting Connection During Placement (2 hours)*

*Course: Home to Home: Partnering with Birth Parents in Foster Care Part 2: Reunification and Transition (2 hours)*

*Course: Making Visits Go More Smoothly (2 hours)*

*Course: The Grief of Letting Go: Support and Care for Foster Families Transitioning a Child (1.5 hours)*

*Information Packet: Foster Parent Grief and Loss (1 hour)*

*Information Packet: Lifebooks (1 hour)*

**Increasing Professional Skills for Foster Parents ..... 15.5 Hours Credit**

*Course: Communicating Clearly: Skills for Foster Parents (2 hours)*

*Course: Supporting Infants, Toddlers, and Families Impacted by Caregiver Mental Health Problems, Substance Abuse and Trauma (3 hours)*

*Course: The Foster Parent's Role in the Court Process (1.5 hours)*

*Course: Understanding Family Contact (2 hours)*

*Course: Understanding Team Decision-Making (1 hour)*

*Information Packet: Effective Communication with Your Social Worker or Case Manager (1 hour)*

*Information Packet: Equipping Foster Parents to Actively Support Reunification (1 hour)*

*Information Packet: Helping Adolescents Develop Skills to Manage Health Care Needs (1 hour)*

*Information Packet: Incarcerated Parents and Their Children: Information for Resource Families (1 hour)*

*Information Packet: Supporting LGBTQ+ Youth: A Guide for Foster Parents (1 hour)*

*Information Packet: Trauma Series Topic 6: Becoming an Advocate (1 hour)*

*Handout: Complaints Regarding Foster Homes*

**Kinship/Relative Care ..... 7.5 Hours Credit**

*Course: Kinship Care (2 hours)*

*Course: Off to a Good Start #7: When You Are a Foster Parent for a Relative (1 hour)*

*Course: Setting and Enforcing Boundaries with Relatives in Kinship and Adoptive Families (2.5 hours)*

*Information Packet: Kinship Care and the Child Welfare System (1 hour)*

*Information Packet: Grandparents Raising Grandchildren (1 hour)*

*Handout: Applying for a Background Variance for Relative Caregivers*

- Mental Health Disorders ..... 17 Hours Credit**

  - Course: Fostering Children and Teens with Mental Health Problems (5 hours)*
  - Course: Mental Health Disorders in Children and Adolescents: An Overview (3 hours)*
  - Course: Psychotropic Medication and Children in Foster Care: Tips for Advocates and Judges (2.5 hours)*
  - Course: When Your Foster Child Needs Counseling (2.5 hours)*
  - Information Packet: Bipolar Disorders in Children and Teens (1 hour)*
  - Information Packet: Mental Health: What is a Dual Diagnosis? (1 hour)*
  - Information Packet: Obsessive-Compulsive Disorder in Children (1 hour)*
  - Information Packet: Oppositional Defiant Disorder in Children and Adolescents (1 hour)*
  
- Off To A Good Start Series ..... 9 Hours Credit**

  - Course: #1: Caring for the Sexually Abused Child in Foster Care (1 hour)*
  - Course: #2: Caring for the Physically Abused Child in Foster Care (1 hour)*
  - Course: #3: Caring for the Neglected Child in Foster Care (1 hour)*
  - Course: #4: Caring for the Child from a Home with Domestic Violence (1 hour)*
  - Course: #5: Caring for the Alcohol-Affected Child in Foster Care (1 hour)*
  - Course: #6: Caring for the Child from an Alcoholic Home (1 hour)*
  - Course: #7: When you are a Foster Parent for a Relative (1 hour)*
  - Course: #8: Separation and Loss in the Foster Child (1 hour)*
  - Course: #9: Caring for the Drug Exposed Infant (1 hour)*
  
- Parenting Foster and Adopted Teens ..... 20.5 Hours Credit**

  - Course: Communicating with Your Teen (2 hours)*
  - Course: Fostering the Teenager (4 hours)*
  - Course: Fostering Pregnant and Parenting Teens (3 hours)*
  - Course: Parenting the Adopted Adolescent (2 hours)*
  - Course: Supporting Legal Rights for Teens: A Guide for Caregivers and Teens Preparing for the Legal Rights and Responsibilities of Turning 18 (2.5 hours)*
  - Information Packet: Help Me to Succeed: A Guide for Supporting Youth in Foster Care to Prevent Teen Pregnancy (1 hour)*
  - Information Packet: Ready, Set, Fly! A Parent's Guide to Teaching Life Skills (2 hours)*
  - Information Packet: Rights, Responsibilities, and Resources: A Guidebook for Foster Youth in Alaska (2 hours)*
  - Information Packet: Stinky, Smelly and Unkempt: Hygiene Issues for Foster Children (1 hour)*
  - Information Packet: Supporting Your Teen for Her First Visit to a Gynecologist (1 hour)*
  
- Sexual Abuse ..... 15 Hours Credit**

  - Course: Dealing with Sexually Acting-Out Behaviors in Foster Care (4 hours)*
  - Course: The Adolescent Sexual Offender (4 hours)*
  - Course: The Sexually Abused Child in Foster Care (4 hours)*
  - Course: Understanding Children's Sexual Behaviors: What's Natural and Healthy (2 hours)*
  - Information Packet: Parenting the Sexually Abused Child (1 hour)*

**Supporting and Caring for Children Exploring and Expressing Themselves** ..... **5 Hours Credit**

*Information Packet: If You Are Concerned About Your Child's Gender Behaviors (1 hour)*

*Information Packet: LGBTQ Youth in Foster Care (1 hour)*

*Information Packet: Supporting & Caring for Transgender Children (1 hour)*

*Information Packet: Supporting LGBTQ+ Youth: A Guide for Foster Parents (1 hour)*

*Information Packet: Supporting Your LGBTQ+ Youth: A Guide for Foster Parents (1 hour)*

**Pre-Natal Exposure to Drugs** ..... **5 Hours Credit**

*Course: Picking Up Baby: A Guide for Foster Parents Picking Up a Child from the Hospital (1 hour)*

*Information Packet: Baby Steps: Caring for Babies with Prenatal Substance Exposure (1 hour)*

*Information Packet: Caring for Drug Affected Infants (1 hour)*

*Information Packet: Maternal/Fetal/Neonatal Effects of Alcohol and Other Drugs Commonly Used in Pregnancy (1 hour)*

*Information Packet: Neonatal Abstinence Syndrome (1 hour)*

**Trauma Informed Care** ..... **14 Hours Credit**

*Course: Creative Parenting Strategies for Traumatized Children (5 hours)*

*Course: Using the Cognitive Triangle to Understand Feelings and Behaviors (1 hour)*

*Information Packet: Helping the Traumatized Child at Home and School (1 hour)*

*Information Packet: Trauma Series Topic 1: The Essential Elements of Trauma Informed Parenting (1 hour)*

*Information Packet: Trauma Series Topic 2: Trauma and its Effects on Development in Young Children (1 hour)*

*Information Packet: Trauma Series Topic 3: Building a Safe Place (1 hour)*

*Information Packet: Trauma Series Topic 4: Dealing with Feelings and Behaviors (1 hour)*

*Information Packet: Trauma Series Topic 5: Connections and Healing (1 hour)*

*Information Packet: Trauma Series Topic 6: Becoming an Advocate (1 hour)*

*Information Packet: Trauma Series Topic 7: Taking Care of Yourself (1 Hour)*

# ACRF Library Materials

All ACRF library materials located in our office are listed below in ITP topic order to help you easily select materials related to your chosen topic. Library materials include books, DVDs, and audio CDs, which may be checked out for a three-week period and must then be returned to our office.

Courses and information packets contain materials you may keep; to receive credit, simply return the completed questionnaires. To better assist you in finding your chosen topic, please refer to the Table of Contents on page 2 and 3.

## ADD/ADHD or Sensory Integration Issues

### BOOKS:

- The ADHD Workbook for Teens: Activities to help you gain motivation and confidence (2.0 Hours)**  
*Honos-Webb, PH.D., Lara. Instant Help Books, 2010. Selected Reading Questionnaire.*
- Understanding Your Child's Sensory Signals: A Practical Daily Use Handbook (2.0 Hours)**  
*Voss, Angie. CreateSpace Independent Publishing Platform, 2011. Selected Reading Questionnaire.*

### DVDs:

- A Sensory World: Making Sense of Sensory Disorders (1.0 Hour)**  
*Purvis, Dr. Karen and Dr. David Cross. Institute of Child Development, 2010 Selected DVD Questionnaire*
- Sensory Integration (2.25 Hours)**  
*Purvis, Dr. Karen. Institute of Child Development, 2008 Selected DVD Questionnaire*

### INFORMATION PACKETS:

- ADHD and Teens, Updated 2008 (1.0 Hour)**
- Attention-Deficit/Hyperactivity Disorder: A Parent's Medication Guide, 2020 (1.0 Hour)**
- Sensory Integration vs. Sensory Processing Disorder, Updated 2023 (1.0 Hour)**

### SELF-STUDY COURSES:

- Focusing on ADHD: A Guide for Foster Parents (3.0 Hours)**  
*McInnis, Aileen. ACRF, Updated 2023. Questionnaire: 13 completion, multiple choice and true/false questions.*
- Sensory Integration and Sensory Processing Disorder (1.0 Hour)**  
*Woodin, Betsy. ACRF Rural Teleconference Series, 2010 Questionnaire: 10 multiple choice, true-false, short answer and completion questions.*

## Adolescent Development & Guidance

### BOOKS:

- 30 Days of Sex Talks for Ages 12+: Empowering Your Child with Knowledge of Sexual Intimacy (1.0 Hour)**  
*Educated and Empower Kids, Rising Parent Media 2015. Selected Reading Questionnaire.*
- Parenting Difficult Tweens and Teens (2 CD Set) (4.0 Hours)**  
*Post, Bryan and Helene Timpone, CSW. Post Publications, 2010. Selected Audio Questionnaire.*

### AUDIO:

- Surviving Adolescence: A Workshop for Parents Raising Challenging Teens (1.0 Hour)**  
*McCreight, Brenda. Adoptioncds.com, von Ende Communications, 2011. Questionnaire: 16 true/false and multiple choice questions.*

## DVDS:

- Adolescence and Other Temporary Mental Disorders (1.25 Hours)**  
*Friman, Dr. Patrick, Boys Town Press, 2010, Selected DVD Questionnaire.*

## INFORMATION PACKETS:

- Bright Futures Developmental Series 4: Social and Emotional Development in Adolescence - Ages 11 to 21, reviewed 2023 (1.0 Hour)**
- Helping Adolescents Develop Skills to Manage Health Care Needs, 2024 (1.0 Hour)**
- My Child Has No Friends, 2026 (1.0 Hour)**
- Navigating the “Birds and the Bees” Talk, 2017 (1.0 Hour)**
- Normal Adolescent Development, Updated 2023 (1.0 Hour)**

## SELF-STUDY COURSES:

- Fostering the Teenager, (4.0 Hours)**  
*McInnis, Aileen, Based on work of Carol Brice. ACRF, Updated 2023. Questionnaire: 15 multiple choice, completion, and true/false questions.*

# Adoption

## BOOKS:

- 20 Life Transforming Choices Adoptees Need to Make (2.0 Hours)**  
*Eldridge, Sherrie. Jessica Kingsley Publishers, 2015. Selected Reading Questionnaire.*
- Adoption is a Family Affair! What Relatives and Friends Must Know (2.0 Hours)**  
*Irwin-Johnson, Patricia, Jessica Kingsley Publishers, 2012. Selected Reading Questionnaire.*
- Adoption Nation: How the Adoption Revolution is Transforming Our Families -- and America (2.0 Hours)**  
*Pertman, Adam. The Harvard Common Press, 2011. Selected Reading Questionnaire.*
- Keeping Your Adoptive Family Strong: Strategies for Success (1.0 Hour)**  
*Keck, Gregory C. & L. Gianforte, 2015. Selected Reading Questionnaire.*
- No Biking in the House without a Helmet: 9 Kids, 3 Continents, 2 Parents, 1 Family (2.0 Hours)**  
*Greene, Melissa Fay, 2011. Selected Reading Questionnaire.*
- Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys (2.0 Hours)**  
*Keck, Gregory C., NavPress, 2009. Selected Reading Questionnaire.*
- Seven Core Issues in Adoption and Permanency (3.0 Hours)**  
*Davis-Maxon, Allison. Jessica Kingsley Publishers, 2019. Selected Reading Questionnaire.*
- The Seven Core Issues in Adoption and Permanency Workbook for Children and Teens (2.0 Hours)**  
*Davis-Maxon, Allison. Jessica Kingsley Publishers, 2023. Selected Reading Questionnaire.*
- Toddler Adoption: The Weaver’s Craft – Revised Edition (2.0 Hours)**  
*Hopkins-Best, Mary. Jessica Kingsley Publishers, 2011. Selected Reading Questionnaire.*
- Welcoming a New Brother or Sister through Adoption (2.0 Hours)**  
*James, Arleta. North Atlantic Books, 2013. Selected Reading Questionnaire.*
- What White Parents Should Know About Transracial Adoption: An Adoptee’s Perspectives on its History, Nuances, and Practices (2.0 Hours)**  
*Guida-Richards, Melissa. Jessica Kingsley Publishers, 2021. Selected Reading Questionnaire.*
- What White Parents Should Know About Transracial Adoption the Workbook: Practical Tools, Skills, and Prompts for Affirming Your Adopted Child's Cultural Identity (2.0 Hours)**  
*Guida-Richards, Melissa. Jessica Kingsley Publishers, 2023. Selected Reading Questionnaire.*
- You Should Be Grateful: Stories of Race, Identity and Transracial Adoption (2.0 Hours)**  
*Tucker, Angela. Beacon Press, 2022. Selected Reading Questionnaire.*

## DVDs:

- Adopted (1.5 Hours)**  
*Barb Lee, Point Made Films, 2013, Selected DVD Questionnaire.*
- I Have Roots and Branches: Personal Reflections on Adoption (.75 Hours)**  
*Herman, Flory G., 2004, Selected DVD Questionnaire.*
- Open Adoption & Family Services: Open Adoptee Experiences and Real Life Stories (1.0 Hour)**  
*Open Adoption & Family Services, 2015, Selected DVD Questionnaire.*

- Struggle for Identity: Issues in Transracial Adoption and a Conversation 10 Years Later (.75 Hours)**  
*PhotoSynthesis Productions, 2007, Selected DVD Questionnaire*
- The Road to Adoption and Foster Care (1.0 Hours)**  
*Rich Newman in Association with AdoptUsKids, 2008, Selected DVD Questionnaire*
- Wo Ai Ni Mommy (I Love You Mommy) (1.25 Hours)**  
*Wang-Breal, Stephanie. Jessica Kinsley Publishers, 2010. Selected DVD Questionnaire.*

### INFORMATION PACKETS:

- Accessing Adoption Support and Preservation Services, Updated 2024 (1.0 Hour)**
- Adopting as a Single Parent, Updated 2023 (1.0 Hour)**
- Adoption Assistance Program (Adoption Subsidy), 2023 (Adoption Subsidy) (1.0 Hour)**
- Adoption at School, 2023 (1.5 Hours)**
- Adoption Nutrition: A Starter Guide for Foster & Adoptive Parents, Reviewed 2023 (1.0 Hour)**
- Adoption: Child Readiness in the School, Updated 2023 (1.0 Hour)**
- Adoption: Grief and Loss, Updated 2023 (1.5 Hours)**
- Adoption: Ready or Not, Updated 2023 (1.0 Hour)**
- Adoption: Searching for Birth Relatives, Updated 2022 (1.0 Hour)**
- Court Hearings for the Permanent Placement of Children, Updated 2022 (1.0 Hour)**
- Finding and Using Post-Adoption Services, Updated 2022 (1.0 Hour)**
- Foster Parent Adoption, Updated 2022 (1.0 Hour)**
- Guardianship, Updated 2026 (1.0 Hour)**
- Military Families and Adoption, Updated 2022 (1.0 Hour)**
- Obtaining Background Information on Your Prospective Adopted Child, Updated 2022 (1.0 Hour)**
- Openness in Adoption: Building Relationships Between Adoptive and Birth Families, Updated 2022**
- Surviving Adoption Challenges, Reviewed 2023 (1.0 Hour)**
- Tax Hours and Adoption, Updated 2022 (1.0 Hour)**
- Understanding the Home Study Process, Updated 2022 (1.0 Hour)**
- What is Foster Parenting and Adoption, Updated 2022 (1.0 Hour)**

### SELF-STUDY COURSES:

- Adoption & Disclosure: A Guide for Families Adopting from the Foster Care System in Alaska (1.0 Hour)**  
*Ursel, Brenda. ACRF, reviewed 2023. Questionnaire: 8 short answer, multiple choice and true/false questions.*
- Navigating Open Adoptions (2.5 Hours)**  
*Schroll, Jennie. ACRF, 2021. Questionnaire: 1 true/false, short answer, fill in the blank and multiple choice questions.*
- Parenting the Adopted Adolescent (2.0 Hours)**  
*Keech, Tamara. ACRF, 2006, reviewed 2016. Questionnaire: 15 multiple choice, true/false and fill in the blank questions.*

## *Aggression & De-Escalation*

### BOOKS:

- Parent's Guide to Preventing and Responding to Bullying (1.0 Hour)**  
*Thomas, Jason. School Bullying Council, 2011. Selected Reading Questionnaire.*
- Rage: True Stories by Teens About Anger (2.0 Hours)**  
*Edited by Laura Longhine, Free Spirit Publishing, 2012. Selected Reading Questionnaire.*
- Raising the Challenging Child: How to Minimize Meltdowns, Reduce Conflict, and Increase Cooperation (2.0 Hours)**  
*Buckwater, Karen Doyle and Debbie Reed, Revell, 2019. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- 7 Positive Strategies for Managing Aggressive Behavior in Young Children, updated 2023 (1.0 Hour)**
- Bullying and Children, updated 2023 (1.0 Hour)**
- Parenting 911: When Things Get Tough, 2020 (1.0 Hour)**

## SELF-STUDY COURSES:

- Anger in Foster Children (1.5 Hours)**  
*Wissink, Jennifer. ACRF, reviewed 2016. Questionnaire: 15 true/false and completion questions.*
- Caring for the Aggressive Child in Foster Care Part 1: Strategies for Reducing Aggression (3.0 Hours)**  
*McInnis, Aileen. ACRF, 2022. Questionnaire: 8 true/false, fill in the blank and short answer questions.*
- Caring for the Aggressive Child in Foster Care Part 2: Responding to Out-of-Control Behavior (2.0 Hours)**  
*McInnis, Aileen. ACRF, 2022. Questionnaire: 8 true/false, fill in the blank and short answer questions.*
- Understanding and Dealing with Temper Tantrums (2.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 12 true/false, multiple choice, essay and completion questions.*
- Using the Cognitive Triangle to Understand Feelings and Behaviors (1.0 Hour)**  
*Musser, Kendall. ACRF, 2023. Questionnaire: 8 true/false, multiple choice, short answer and completion questions.*

# *Alaska Native*

## BOOKS:

- Reawakening Our Ancestors' Lines: Revitalizing Inuit Traditional Tattooing (2.0 Hours)**  
*Lars, Krutak. LM Publishers, 2014. Selected Reading Questionnaire.*
- Tattoo Traditions of Native North America: Ancient Contemporary Expressions of Identity (2.0 Hours)**  
*Lars, Krutak. LM Publishers, 2014. Selected Reading Questionnaire.*

## COMPUTER DISKS (CD-ROM):

- Inupiaq (Coastal) Level 1 Language Learning (2.0 Hours)**  
*Rosetta Stone Language Learning Success.2007. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- Alaska Native Cultural Values and Languages, updated 2023 (1.0 Hour)**

## SELF-STUDY COURSES:

- The Importance of Culture and Maintaining Connections for Alaskan Native Children (2.0 Hours)**  
*Hayes, Deborah. ACRF, Updated 2023. Questionnaire: 7 short answer, true/false, and multiple choice questions.*
- Understanding the Effects of Childhood Trauma on Brain Development in Native Children (2.0 Hours)**  
*Wasserman, Eidell. Victims of Crime, reviewed 2023. Questionnaire: 12 true/false, multiple choice and completion questions.*

# *All Children All Families*

## BOOKS:

- Adoption by Lesbians and Gay Men: A New Dimension in Family Diversity (2.0 Hours)**  
*Brodzinsky, David M. and Adam Pertman, Oxford University Press, 2012. Selected Reading Questionnaire.*
- Let's Get This Straight: The Ultimate Handbook for Youth with LGBTQ Parents (2.0 Hours)**  
*Fakhridd-Deen, Tina, Seal Press, 2010. Selected Reading Questionnaire.*
- This is a Book for Parents of Gay Kids: A Question and Answer Guide to Everyday Life (1.0 Hour)**  
*Owens-Reid, Dan and Kristin Russo. Chronicle Books, 2014. Selected Reading Questionnaire.*
- Unconditional: A Guide to Loving and Supporting Your LGBTQ Child (1.0 Hour)**  
*Eriksen, Telaina, Mango Publishing, 2017. Selected Reading Questionnaire.*
- When Children Come Out: A Guide for Christian Parents (2.0 Hours)**  
*Yarhouse, Mark and Olya Zaporazhets. InterVarsity Press, 2022. Selected Reading Questionnaire.*

## DVD:

- Living Adoption: Gay Parents Speak (1.0 Hour)**  
*Photosynthesis Productions and the Human Rights Campaign, 2010. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- Fostering an LGBTQ Youth, *updated 2016* (1.0 Hour)**
- Frequently Asked Questions From LGBTQ+ Prospective Foster and Adoptive Parents, 2024 (1.0 Hour)**
- If You Are Concerned about Your Child's Gender Behaviors, *updated 2016* (1.0 Hour)**
- LGBT Foster and Adoptive Parents, 2013 (1 Hour)**
- LGBTQ Youth in Foster Care, *updated 2016* (1 Hour)**
- Supporting & Caring for Transgender Children, 2022 (1.0 Hour)**
- Supporting Your LGBTQ Youth: A Guide for Foster Parents, 2019 (1.0 Hour)**
- What Children and Youth Want LGBT Parents to Know, 2013 (1 Hour)**
- Working with LGBTQ+ Families in Foster Care and Adoption, 2024 (1.0 Hour)**

## *Animal Safety*

## INFORMATION PACKETS:

- Pet Safety with Children in a Foster Home, 2022 (1.0 Hour)**

## SELF-STUDY COURSES:

- Animal Cruelty and Children (3.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 15 multiple choice, true/false and completion questions.*

## *Attachment*

## Audio/CD:

- Attachment Issues for Children Under 5 Years Old (1.25 Hours)**  
*Featuring Regina Kupecky. von Ende Communications, 2011. Selected Audio Questionnaire*
- Parenting the Hurt Child (1.5 Hours)**  
*Featuring Gregory Keck. Adoption.com von Ende Communications, 2011. Selected Audio Questionnaire*

## BOOKS:

- Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma (2.0 Hours)**  
*Wesselmann, Debra and Cathy Schweitzer. W.W. Norton & Company, 2014. Selected Reading Questionnaire.*

## DVDs:

- Attachment: Why It Matters (3.25 Hours)**  
*Featuring Dr. Karen Purvis. Institute of Child Development, 2012. Selected DVD Questionnaire.*
- The Attachment Dance (2.25 Hour)**  
*Featuring Dr. Karen Purvis and Dr. David Cross. Institute of Child Development, 2008. Selected DVD Questionnaire.*

## SELF-STUDY COURSES:

- Attachment (2.0 Hours)**  
*Oregon Post Adoption Resource Center, updated 2023. Questionnaire: 13 multiple choice, true/false and completion questions.*

## *Autism Spectrum Disorders*

## BOOKS:

- 105 Activities for Your Child with Autism and Special Needs (2.0 Hours)**  
*Jules, Susan, 2020. Selected Reading Questionnaire.*
- A Parent's Guide to High-Functioning Autism Spectrum Disorder, Second Edition: How to Meet the Challenges and Help Your Child Thrive (2.0 Hours)**  
*Ozonoff, Dawson and James C. McPartland. The Guilford Press, 2015. Selected Reading Questionnaire.*

- Autism Early Intervention: Fast Facts: A Guide that Explains the Evaluations, Diagnoses, and Treatments for Children with Autism Spectrum Disorders (1.0 Hour)**  
*Melmed, Raun D. Future Horizons, 2007. Selected Reading Questionnaire.*
- Beyond the Spectrum: A Guide to Parenting Adolescents with Autism (2.0 Hours)**  
*Bass, Richard. RBG Publishing, 2023. Selected Reading Questionnaire.*
- Parenting Your Child with Autism: Practical Solutions, Strategies, and Advice for Helping Your Family (2.0 Hours)**  
*Sastry, Anjali and Blaise Aguirre, New Harbinger Publications, 2012. Selected Reading Questionnaire.*
- Ten Things Every Child with Autism Wishes You Knew: Updated and Expanded Edition (2.0 Hours)**  
*Notbohm, Ellen and Veronica Zysk, Future Horizons, 2012. Selected Reading Questionnaire.*
- The New Social Story Book, Revised and Expanded 15th Anniversary Edition: Over 150 Social Stories that Teach Everyday Social Skills to Children and Adults with Autism and their Peers (3.0 Hours)**  
*Gray, Carol. Future Horizons, 2015. Selected Reading Questionnaire.*
- The Parents' Practical Guide to Resilience for Preteens and Teenagers on the Autism Spectrum (2.0 Hours)**  
*Purkis, Jeanette and Emma Goodall, Jessica Kingsley Publishers, 2018. Selected Reading Questionnaire.*
- Turn Autism Around: An Action Guide for Parents of Young Children with Early Signs of Autism (2.0 Hours)**  
*Lynch-Barbera, Mary. Hay House, Inc. 2022. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Autism Spectrum Disorder, updated 2023 (1.0 Hour)**
- Autism: 100 Day Kit for Families of Newly Diagnosed Young Children, 2023 (1.0 Hour)**
- Autism: 100 Day Kit for Families of School Age Children Newly Diagnosed with Autism, 2023 (1.0 Hour)**
- Using Social Stories with Children with Autism, 2019 (1.0 Hour)**

### SELF-STUDY COURSE:

- Social Stories (2.0 Hours)**  
*Reinhardt, Christie. ACRF, updated 2023. Questionnaire: 11 True/False, short answer and fill in the blank questions.*

## *Boundaries & Touch*

### DVD:

- Healthy Touch (1.0 Hour)**  
*TCU Institute of Child Development, 2008. Selected DVD Questionnaire.*

### INFORMATION PACKETS:

- Boundaries and Touch in Foster Care, 2018 (1.0 Hour)**

### SELF-STUDY COURSES:

- Boundaries in Foster Care Part 1: Boundaries in Your Role as a Foster Parent (2.5 Hours)**  
*McInnis, Aileen. ACRF, 2025. Questionnaire: 12 true/false, short answer, and multiple choice questions.*
- Boundaries in Foster Care Part 2: Maintaining Boundaries in Your Foster Home (2.5 Hours)**  
*McInnis, Aileen. ACRF, 2025. Questionnaire: 12 true/false, short answer, fill in the blank, and multiple choice questions.*

## *Child Abuse / Domestic Violence / Neglect*

*Due to the subject matter, some of these materials may contain strong language and/or graphic details.*

### BOOKS:

- Creative Interventions with Traumatized Children (2.0 Hours)**  
*Malchiodi, Cathy A. and Perry, Bruce, Guilford Press, 2008. Selected Reading Questionnaire.*
- Redefining Normal (2.0 Hours)**  
*Black, Justin and Alexis, Global Perspectives Publishing, 2020. Selected Reading Questionnaire.*

## DVD:

- Effects of Neglect in Early Childhood (1.0 Hour)**  
*McInnis, Aileen. ACRF Rural Teleconference Series, 2010. Questionnaire: 10 True/False, multiple choice and short answer questions.*
- Forever Shaken (1.0 Hour)**  
*Verzal, Brandon and Tiffany. Nebraska Brain Injury, 2014. Selected DVD Questionnaire.*
- Hear Our Voices: Stories of Children Exposed to Domestic Violence (1.0 Hour)**  
*Silence Speaks, A Project of the Center for Digital Storytelling. Questionnaire: Selected DVD Questionnaire*

## INFORMATION PACKETS:

- Abusive Head Trauma (Shaken Baby Syndrome), updated 2023 (1.0 Hour)**
- Child Maltreatment, updated 2023 (1.0 Hour)**
- Long-Term Consequences of Abuse and Neglect, updated 2023 (1.0 Hour)**
- Recognizing Signs and Symptoms of Child Abuse and Neglect, updated 2026 (1.0 Hour)**

## SELF-STUDY COURSES:

- Child Abuse and Neglect in the Young Child (5.0 Hours)**  
*McInnis, Aileen. ACRF, updated 2023. Questionnaire: 15 True/False, multiple choice and completion questions.*
- Domestic Violence: What Foster Parents Need to Know (3.0 Hours)**  
*McInnis, Aileen. ACRF, 2025. Questionnaire: 15 True/False, multiple choice and completion questions.*
- Off to a Good Start #2: Caring for the Physically Abused Child in Foster Care (1.0 Hour)**  
*McInnis, Aileen. ACRF, updated 2015. Questionnaire: 3 short answer questions.*
- Off to a Good Start #3: Caring for the Neglected Child in Foster Care (1.0 Hour)**  
*McInnis, Aileen. ACRF, updated 2015. Questionnaire: 3 short answer questions.*
- Off to a Good Start #4: Caring for the Child from a Home with Domestic Violence (1.0 Hour)**  
*McInnis, Aileen. ACRF, updated 2015. Questionnaire: 3 short answer questions.*
- Reporting Child Abuse and Neglect (2.0 Hours)**  
*McInnis, Aileen. ACRF, updated 2026. Questionnaire: 10 True/False, multiple choice and completion questions.*
- The Physically Abused or Neglected Child in Foster Care (3.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 11 True/False, multiple choice and completion questions.*
- Understanding the Effects of Maltreatment on Early Brain Development (1.5 Hours)**  
*McInnis, Aileen. ACRF, updated 2023. Questionnaire: 14 True/False, multiple choice, completion and short answer questions.*

# *Child Development*

## BOOKS:

- 30 Days of Sex Talks for Ages 3-7: Empowering Your Child with Knowledge of Sexual Intimacy (1.0 Hour)**  
*Educated and Empower Kids, Rising Parent Media 2015. Selected Reading Questionnaire.*
- 30 Days of Sex Talks for Ages 8-11: Empowering Your Child with Knowledge of Sexual Intimacy (1.0 Hour)**  
*Educated and Empower Kids, Rising Parent Media 2015. Selected Reading Questionnaire.*
- Growing an In-Sync Child: Simple, Fun Activities to Help Every Child Develop, Learn and Grow (2.0 Hours)**  
*Kransowitz, M.A., Carol and Joy Newman, MA TarcherPerigee, 2010. Selected Reading Questionnaire.*
- Many Languages, Building Connections: Supporting Infants and Toddlers Who Are Dual Language Learners (2.0 Hours)**  
*Nemeth, Karen N., A Gryphon House Book, 2012. Selected Reading Questionnaire.*
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind (2.0 Hours)**  
*Siegel, Daniel J. M.D., and Tina Payne Bryson, Ph.D., Bantam Books, 2012. Selected Reading Questionnaire.*

## DVD

- Playful Interaction: Unlocking the Mysteries of Nurturing Human Relationships (2.25 Hours)**  
*TCU Institute of Child Development, 2009. Selected DVD Questionnaire.*

## INFORMATION PACKETS:

- Best Beginnings: Early Learning Activities for Infants and Toddlers Ages Birth-36 Months, 2009 (2.0 Hours)**
- Best Beginnings: Early Learning Activities for Preschoolers Ages 36-60 Months, 2009 (2.0 Hours)**

- Bright Futures Developmental Series 1: Social and Emotional Development in Infancy - Birth to 12 months, reviewed 2023 (1.0 Hour)**
- Bright Futures Developmental Series 2: Social and Emotional Development in Early Childhood - Ages 1 to 4, reviewed 2023 (1.0 Hour)**
- Bright Futures Developmental Series 3: Social and Emotional Development in Middle Childhood - Ages 5 to 10, reviewed 2023 (1.0 Hour)**
- Fears in Children, updated 2016 (1.0 Hour)**

### SELF-STUDY COURSES:

- The Young Child in Foster Care: Developmental Issues (4.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 15 True/False, multiple choice and completion questions.*

## *Communication Skills*

### BOOKS:

- A Little Spot of Feelings & Emotions Educator Guide (2.0 Hours)**  
*Alber, Diane. Diane Alber Art LLC, 2021. Selected Reading Questionnaire.*
- Give Them the Words (2.0 Hours)**  
*Gallo, Kim, MS CCC-SLP. Improving Communication for Exceptional Kids, 2023. Selected Reading Questionnaire.*
- I Just Don't Like the Sound of No! Activity Guide for Teachers: Classroom Ideas for Teaching the Skills of Accepting 'No' for an Answer and Disagreeing Appropriately (1.0 Hour)** *We also have the Children's book: I Just Don't Like the Sound of No! My Story About Accepting No for An Answer and Disagreeing the right way!*  
*Cook, Julia. Boys Town Press, 2012. Selected Reading Questionnaire.*
- Lighthouse Conversations: Being a Beacon for Teens (2.0 Hours)**  
*Various Authors, Edited by Al Desetta. Youth Communication, 2009. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Courageous Conversations, 2019 (1.0 Hour)**
- Effective Communication with Your Social Worker or Case Manager, 2014 (1.0 Hour)**
- Keeping in Touch: Effective Communication with Your Caseworker, 2011 (1.0 Hour)**
- Tips for Setting up Good Communication with Your Foster Child's Team, 2019 (1.0 Hour)**

### SELF-STUDY COURSES:

- Communicating Clearly: Skills for Foster Parents (2.0 Hours)**  
*McInnis, Aileen. ACRF, edited 2023. Questionnaire: 12 multiple choice, completion, and true/false and essay questions.*
- Communicating With Your Teen (2.0 Hours)**  
*McInnis, Aileen, ACRF, Updated 2025. Questionnaire: 12 Fill in the blank, multiple choice and true/false questions.*

## *Culture Awareness & Cultural Competency*

### BOOKS:

- Decolonizing Trauma Work: Indigenous Stories and Strategies (2.0 Hours)**  
*Linklater, Renee. Fernwood Publishing. 2014. Selected Reading Questionnaire.*
- What Kind of Ancestor Do You Want to Be? (2.0 Hours)**  
*Hausdoerffer, Hecht, Nelson, and Cummings. The University of Chicago Press, 2021. Selected Reading questionnaire.*
- Witnessing Whiteness: The Need to Talk About Race and How to Do It (2.0 Hours)**  
*Tochluk, Shelly. Roman & Littlefield Publishers, Inc. 2010. Selected Reading questionnaire.*

### INFORMATION PACKETS:

- Caring for the Hair and Skin of African American Children, 2023 (1.0 Hour)**
- Making Cultural Connections: Hair, Skin and Diet for Children of Color, 2005 (1.0 Hour)**
- Navigating the Holidays with Youth in Custody, 2018 (1.0 Hour)**
- Winter Time Fun, 2020 (1.0 Hour)**

## SELF-STUDY COURSES:

- Cross Cultural Child Care: A Guide for Foster Parents (1.0 Hour)**  
*Conte, Michele M. University of Oregon, reviewed 2016. Questionnaire: 12 multiple choice questions.*

# *Depression or Self-Destructive Behavior*

## BOOKS:

- Fighting the Monster: Teens Write about Confronting Emotional Challenges and Getting Help (2.0 Hours)**  
*Various Authors, Edited by Al Desetta. Youth Communication, 2011. Selected Reading Questionnaire.*
- The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings (1.0 Hour)**  
*Van Dijk, Sherri and Guindon, Karma. Instant Help Books, 2010. Selected Reading Questionnaire.*

## DVDs:

- A Youth Suicide Prevention Seminar for Parents and Communities (1.5 Hours)**  
*The Jason Foundation, 2010. Selected DVD Questionnaire.*

## INFORMATION PACKETS:

- Cutting and Self-Injury in Youth, updated 2016 (1.0 Hour)**
- Recognizing Depression in Children and Teens, When to Get Help and How to Get it, 2023 (1.0 Hour)**
- Suicide, Stress and Adolescents, updated 2022 (1.0 Hour)**

## SELF-STUDY COURSES:

- Gatekeeper Training: Understanding and Intervening in Suicidal Behavior in Adolescents (5.0 Hours)**  
*McInnis, Aileen. ACRF, 2010. Questionnaire: 21 multiple choice, true/false, and fill-in the blank questions.*
- Understanding Depression and Suicide in Children and Teens (2.5 Hours)**  
*Wissink, Jennifer. ACRF, updated 2026. Questionnaire: 15 true/false, completion and short answer questions.*
- Understanding Self-Injury (3.0 Hours)**  
*Davis, Regina. ACRF, reviewed 2023. Questionnaire: 8 multiple choice, true/false, completion and short answer questions.*

# *Difficult Behaviors*

## BOOKS:

- Raising Kids with Big Baffling Behaviors: Brain-Body-Sensory Strategies that Really Work (2.0 Hours)**  
*Gobbel, Robyn, Jessica Kingsley Publishers, 2024. Selected Reading Questionnaire*
- The Difficult Child (2.0 Hours)**  
*Turecki, Stanley M.D. Bantam Books 2000. Selected Reading Questionnaire.*

## COMPUTER DISKS (CD-ROM):

- Cause and Consequence: An Interactive Behavior Management System (2.0 Hours)**  
*NTI Upstream, 2010. Selected DVD Questionnaire.*

# *Eating & Food Issues*

## BOOKS:

- Child of Mine: Feeding with Love and Good Sense (3.0 Hours)**  
*Satter, Ellyn, Bull Publishing Co. 2000. Selected Reading Questionnaire.*
- Love Me, Feed Me: The Adoptive Parent's Guide to Ending the Worry About Weight, Picky Eating, Power Struggles and More (2.0 Hours)**  
*Rowell, Katja, M.D.. Family Feeding Dynamics LLC, 2012. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- Eating Healthy and Shopping on a Budget, 2020 (1.0 Hour)**
- Food Hoarding, 2012 (1.0 Hour)**

## SELF-STUDY COURSES:

- Understanding the Regulations Unit 4: Nutrition and Eating in the Foster Home (1.0 Hour)**  
*McInnis, Aileen. ACRF, 2022. Questionnaire: 6 true/false questions.*

## *Education & School Issues*

### BOOKS:

- From Foster Care to College: A Guide for Teens (2.0 Hours)**  
*Youth Communication. 2010. Selected Reading Questionnaire.*
- The Complete IEP Guide: How to Advocate for Your Special Ed Child (1.0 Hour)**  
*Siegel, Attorney Lawrence M., Delta Printing Solutions, Inc.. 2011. Selected Reading Questionnaire.*
- The Motivation Breakthrough: 6 Secrets to Turning on the Tuned-Out Child (3.0 Hours)**  
*Lavoie, Richard, Simon & Schuster, 2007. Selected Reading Questionnaire.*
- Wrightslaw: All About IEPs: Answers to Frequently Asked Questions About IEPs (2.0 Hours)**  
*Wright, Peter, Pamela Wright and Sandra O'Connor. Harbor House Law Press, 2010. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Back to School: Getting Kids and Yourself Ready for the Transition, 2017 (1.0 Hour)**
- Educational Champion Series: Beliefs, Expectations and Aspirations about Education, 2015 (1.0 Hour)**
- Educational Champion Series: Communication with Child and School, 2015 (1.0 Hour)**
- Educational Champion Series: Preparing for Higher Education, updated 2016 (1.0 Hour)**
- Foster to College: Preparing Foster Youth to Dream Big, 2019 (1.0 Hour)**
- Helping Students Develop Their IEPs, 2010 (1.0 Hour)**
- Helping Your Young Child Emotionally and Socially at School, 2012 (1.0 Hour)**
- Putting a 504 Plan to Work for You, 2016 (1.0 Hour)**
- Special Education: IDEA for Children Birth to Three, 2015 (1.0 Hour)**
- Special Education: IDEA for Children Three and Up, updated 2016 (1.0 Hour)**
- The Importance of Stability in a Foster Youth's Education, 2018 (1.0 Hour)**

## SELF-STUDY COURSES:

- Education and Youth in Foster Care (3.0 Hours)**  
*Keech, Tamara. ACRF, 2009. Questionnaire: 20 multiple choice, true/false, short answer and fill in the blank questions.*

## *Family Contact & Birth Parents*

### INFORMATION PACKETS:

- Birth and Foster Parent Partnership: A Relationship Building Guide, 2022 (1.0 Hour)**
- Making Digital Visits Go Smoothly, 2020 (1.0 Hour)**
- Supervising Family Contact Time, 2018 (1.0 Hour)**
- The First Meeting Between Birth and Foster Parent, 2018 (1.0 Hour)**
- Understanding the Concept of Family Time, 2021 (1.0 Hour)**

### SELF-STUDY COURSES:

- Home to Home: Partnering with Birth Parents in Foster Care Part 1: Supporting Connection During Placement (2.0 Hours)**  
*McInnis, Aileen. ACRF, 2025. Questionnaire: 14 true/false and multiple choice questions.*
- Making Visits Go More Smoothly (2.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 8 true/false, multiple choice, essay and completion questions.*
- Understanding Family Contact (2.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 12 fill in the blank and multiple-choice questions.*

**Understanding Team Decision-making (1.0 Hour)**

*McInnis, Aileen. ACRF, updated 2025. Questionnaire: 12 fill in the blank and multiple-choice questions.*

## *FASD or Pre-Natal Exposure to Drugs*

### BOOKS:

**Fantastic Antone Succeeds: Experiences in Educating Children with FAS (6.0 Hours)**

*Kleinfeld, Judith and Siobhan Wescott. University of Alaska Press, 1993. Questionnaire: 12 multiple choice, completion, true/false and essay questions.*

**Fantastic Antone Grows Up: Adolescents and Adults with Fetal Alcohol Syndrome (4.0 Hours)**

*Kleinfeld, Judith, Barbara Morse, and Siobhan Wescott. University of Alaska Press, 2000. Questionnaire: 4 short answer and essay questions.*

**Guided Growth: Educational and Behavioral Interventions for Children and Teens with Fetal Alcohol Spectrum Disorders and Early Trauma (2.0 Hours)**

*Chasnoff, Ira J, MD and Ronald J. Powell, PhD. NTI Upstream, 2020. Selected Reading Questionnaire.*

**Understanding Fetal Alcohol Spectrum Disorder: A Guide to FASD (1.0 Hour)**

*Catterick, Maria and Curran, Liam. Jessica Kingsley Publishers, 2014. Selected Reading Questionnaire.*

### DVD:

**8 Magic Key Strategies for Students with Fetal Alcohol Spectrum Disorder (.5 Hours)**

*Concepts by Deb Evensen and Jan Lutke, Reproduced and Distributed by the National Organization of Fetal Alcohol Syndrome, Developed and Produced by the Anchorage School District, 2015. Selected DVD Questionnaire.*

**In Our Own Words: Children and Adults Living with an FASD (1.0 Hour)**

*National Organization of Fetal Alcohol Syndrome, 2015. Selected DVD Questionnaire*

**Moment to Moment: Teens Growing Up with FASDs (1.0 Hour)**

*NtiUpstream.com, 2014. Selected DVD Questionnaire.*

**Substance-Exposed Infants (2.0 Hours)**

*Foster Parent College. 2010. Questionnaire: 10 multiple choice, short answer and true/false questions.*

### INFORMATION PACKETS:

**9 Core Messages: What Everyone Should Know About FASD, 2021 (1.0 Hour)**

**Baby Steps: Caring for Babies with Prenatal Substance Exposure, 2023 (2.0 Hours)**

**Caring for Drug Affected Infants, 2026 (1.0 Hour)**

**Fetal Alcohol Spectrum Disorders: Educational Strategies, updated 2026 (1.0 Hour)**

**Helping Siblings Understand Fetal Alcohol Spectrum Disorders, 2010 (1.0 Hour)**

**Maternal/Fetal/Neonatal Effects of Alcohol and Other Drugs Commonly Used in Pregnancy, 2021 (1.0 Hour)**

**Neonatal Abstinence Syndrome (NAS), 2017 (1.0 Hour)**

### SELF-STUDY COURSES:

**Adolescents with Fetal Alcohol Spectrum Disorder (4.0 Hours)**

*McInnis, Aileen. ACRF, updated 2006. Questionnaire: 12 true/false, multiple choice, completion, definitions, and essay questions.*

**FASD Tips for Parents and Caregivers (2.0 Hours)**

*FASD Support Network of Saskatchewan, updated 2023. Questionnaire: 4 short answer questions.*

**Fetal Alcohol Spectrum Disorder: An Introduction for Foster Parents (3.0 Hours)**

*McInnis, Aileen. ACRF, updated 2017. Questionnaire: 15 true/false, multiple choice, and short answer questions.*

**Fetal Alcohol Spectrum Disorder: Caring for Children with FASD (5.0 Hours)**

*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 15 true/false, multiple choice and short answer questions.*

**Fetal Alcohol Spectrum Disorder: Preschool and Elementary Educational Issues (4.0 Hours)**

*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 18 true/false, multiple choice and short answer questions.*

**Off to a Good Start #5: Caring for the Alcohol Affected Child in Foster Care (1.0 Hour)**

*McInnis, Aileen. ACRF, updated 2015. Questionnaire: 3 short answer questions.*

**Off to a Good Start #9: Caring for the Drug Exposed Infant (1.0 Hour)**

*McInnis, Aileen. ACRF, updated 2015. Questionnaire: 3 short answer questions.*

- Picking Up Baby: A Guide for Foster Parents Picking Up a Child from the Hospital (1.0 Hour)**

*McInnis, Aileen with the help of Karen Storey, Bonnie Lange, and Diane Holmstrom. ACRF, reviewed 2016. Questionnaire: 9 short answer, multiple choice, and true/false questions.*

## *Fire Safety/Fire Setting*

### INFORMATION PACKETS:

- Fire Safety in the Home, updated 2024 (1.0 Hour)**
- Fire-Setting, updated 2024 (1.0 Hour)**

### SELF-STUDY COURSES:

- Fostering a Fire Safe Home: A Guide for Foster Parents Caring for a Child with Fire-Setting Behavior (4.0 Hours)**

*McInnis, Aileen. ACRF, reviewed 2017. Questionnaire: 16 true/false, multiple choice, and completion questions.*

## *First Aid / CPR / Emergency Preparedness*

### INFORMATION PACKETS:

- Disaster Preparedness: For families of children and youth with special needs, reviewed 2023 (1.5 Hours)**
- Emergency Preparedness for Resource Families, 2017 (1.0 Hour)**
- Helping Children Cope with Disaster and Trauma, 2008 (1.0 Hour)**

### SELF-STUDY COURSES:

- Understanding the Regs Unit 10: First Aid and Emergency Preparedness in the Foster Home (4.0 Hours)**

*McInnis, Aileen. ACRF, 2022. Questionnaire: 6 true/false, multiple choice, and completion questions.*

## *Foster Care*

### BOOKS:

- Breathing Through Foster Care: A Survival Guide Based on the Reflection of a Foster Mom (2.0 Hours)**  
*Hunt, Robin LaVonne, 2020. Selected Reading Questionnaire.*
- Foster Parent Practical Planner (1.0 Hour)**  
*Stanford, Victoria, 2019. Selected Reading Questionnaire.*
- Life Story Work with Children Who Are Fostered or Adopted: Creative Ideas and Activities (2.0 Hours)**  
*Wrench, Katie and Lesly Naylor, Jessica Kingsley Publisher, 2013. Selected Reading Questionnaire.*
- The Foster Care Survival Guide (2.0 Hours)**  
*DeGarmo, Dr. John. Atlantic Publishing Group, Inc., 2018. Selected Reading Questionnaire.*
- The Foster Parenting Manual: A Practical Guide to Creating a Loving, Safe and Stable Home (2.0 Hours)**  
*DeGarmo, John. Jessica Kingsley Publishers, 2013. Selected Reading Questionnaire.*
- Three Little Words: A Memoir (2.0 Hours)**  
*Rhodes-Courter, Ashley. Athenium, 2008. Selected Reading Questionnaire.*
- What Foster Care Staff Need to Know: Teens in the System Write about What Works (2.0 Hours)**  
*Various Authors, Edited by Al Dessetta. Youth Communication, 2010. Selected Reading Questionnaire.*

### DVD:

- Brothers and Sisters in Foster Care: An Unbreakable Bond (2.0 Hours)**  
*Adoptioncds.com, von Ende Communications, 2011. Questionnaire: 9 multiple choice and true/false questions.*
- From Place to Place: Changing the System that Raised Them (1.5 Hours)**  
*Porch Productions, 2011. Selected DVD Questionnaire.*
- The Impact of Fostering on Birth Children (.5 Hour)**  
*Foster Parent College Series, NW Media, Inc. 2011. Selected DVD Questionnaire.*

## INFORMATION PACKETS:

- For Families Considering a Residential Program, 2015 (1.0 Hour)
- Helping Young People in Foster Care Through the Holidays. 2017 (1.0 Hour)
- Sibling Issues in Foster Care and Adoption, updated 2022 (1.0 Hour)
- Working with Your Social Worker, updated 2006 (1.0 Hour)

## SELF-STUDY COURSES:

- Alaska's Resource Family Handbook (2.0 Hours)**  
*McInnis, Aileen. ACRF. Updated 2023. Questionnaire: 12 short answer, multiple choice, true/false and fill-in the blank questions.*
- Religious and Spiritual Issues in Foster Care (2.0 Hours)**  
*Shears, Olivia. ACRF, reviewed 2016. Questionnaire: 11 true/false and completion questions.*
- The Foster Parent's Role in the Court Process (1.5 Hours)**  
*Ward, Sonia. ACRF, updated 2026. Questionnaire: 7 multiple choice, true/false, fill in the blank and short answer questions.*
- The Reasonable and Prudent Parent Standard: Information for Resource Parents (1.5 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2023. Questionnaire: 8 multiple choice, true/false and short answer questions.*
- The Role of the Guardian Ad Litem and CASA (2.0 Hours)**  
*McInnis, Aileen. ACRF, updated 2026. Questionnaire: 12 true/false, multiple choice and essay questions.*

# *Foster Care Regulations*

## INFORMATION PACKETS:

- Foster Care Regulations Effective 2022, (1.0 Hour)
- The New Individualized Training Plan, 2023 (1.0 Hour)
- Updates to Difficulty of Care Augmented Rates, 2023 (1.0 Hour)
- What Foster Parents Need to Know About HB 151: Children Deserve a Loving Home Act, 2017 (1.0 Hour)

## SELF-STUDY COURSES:

- Understanding the Regulations: What Alaskan Foster Parents Need to Know (10.0 Hours)**  
*McInnis, Aileen. ACRF. 2022. Questionnaires include short answer, multiple choice, true/false and fill-in the blank questions.*
  - Unit 1: Positive Parenting and Managing Behavior
  - Unit 2: Daily Life, Program and Activities
  - Unit 3: Child Health Care and Medications
  - Unit 4: Nutrition and Eating in the Foster Home
  - Unit 5: Safety in the Foster Home
  - Unit 6: Foster Parent Training
  - Unit 7: Recordkeeping
  - Unit 8: Supervision, Alternate Caregiver, and the Reasonable & Prudent Parent Standard
  - Unit 9: Confidentiality
  - Unit 10: Fire Safety, First Aid and Emergency Preparedness in the Foster Home

# *Health Care & Hygiene*

## BOOKS:

- 101 Tips for Parents of kids with Diabetes: Wisdom for Families Living with Type 1 (3.0 Hours)**  
*Hitchcock, Jeff. Skyhorse Publishing, 2015. Selected Reading Questionnaire.*
- Diabetes? Wow... (1.0 Hour)**  
*Hoper, Brian. 2020. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- Be Well. Messages from Moms on Living Healthier Lives, 2012 (1.5 Hours)
- Bed Bugs, 2016 (1.0 Hour)

- Head Lice, 2008 (1.0 Hour)**
- Health Care and the Role of Foster Parents, 2017 (1.0 Hour)**
- Help Yourself to a Healthy Home: Protect Your Children's Health, reviewed 2023 (2.0 Hours)**
- Home Care Guide for Pandemic Flu, 2009 (1.0 Hour)**
- How to Declutter your Home in 8 Easy Steps, 2022 (1.0 Hour)**
- Stinky, Smelly and Unkempt: Hygiene Issues for Foster Children, 2017 (1.0 Hour)**
- Supporting Your Teen for Her First Visit to a Gynecologist, 2017 (1.0 Hour)**
- Understanding Diabetes, 2017 (1.0 Hour)**

### SELF-STUDY COURSES:

- Children's Oral Health Information Packet (1.5 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2023. Questionnaire: 8 true/false, multiple choice, matching and completion questions.*

## *Incarcerated Parents*

### BOOKS:

- Wish You Were Here: Teens Write About Parents in Prison (2.0 Hours)**  
*Various Authors, Edited by Autumn Spanne. Youth Communication, 2010. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Incarcerated Parents and Their Children: Information for Resource Families, updated 2026 (1.0 Hour)**

## *Independent Living Skills*

### BOOKS:

- Alaska Transition Handbook: Pathway to Adulthood & Employment (1.0 Hour)**  
*Governor's Council on Disabilities & Special Education, 2019. Selected Reading Questionnaire.*
- Life Skills Activities for Secondary Students with Special Needs (3.0 Hours)**  
*Mannix, Darlene, The Center for Applied Research in Education, 1995. Selected Reading Questionnaire.*
- Managing Transitions for Teens: Making the Most of Change – Leader's Guide (2.0 Hours)**  
*Youth Communications, 2011. Selected Reading Questionnaire.*
- Money Still Doesn't Grow on Trees: A Parent's Guide to Raising Financially Responsible Teenagers and Young Adults (1.0 Hour)**  
*Godfrey, Neale S. Interior Illustrations, 2004. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Essential Life Skills to Teach Teens, 2021 (1.0 Hour)**
- Extension of Foster Care Beyond 18: State Statutes, 2024 (1.0 Hour)**
- Helping Youth Transition to Adulthood: Guidance for Foster Parents, Updated 2023 (1.0 Hour)**
- Ready, Set, Fly! A Parent's Guide to Teaching Life Skills, reviewed 2024**
- Rights, Responsibilities, and Resources: A Guidebook for Foster Youth in Alaska, 2022 (1.0 Hour)**

### SELF-STUDY COURSES:

- Supporting Legal Rights for Teens: A Guide for Caregivers and Teens Preparing for the Legal Rights and Responsibilities of Turning 18 (2.5 Hours)**  
*Mouriquand, Kimberly. ACRF, updated 2023. Questionnaire: 11 multiple choice, true/false and completion questions.*

# *Indian Child Welfare Act/Tribal Placements*

## INFORMATION PACKETS:

- The Indian Child Welfare Act, updated 2016 (1.0 Hour)**
- Working with the ICWA Worker for a Child in Your Home, 2018 (1.0 Hour)**

## SELF-STUDY COURSES:

- How Foster and Adoptive Parents Can Work with Tribes (2.0 Hours)**  
*Hayes, Deborah. ACRF, updated 2021. Questionnaire: 6 short answer and fill-in the blank questions.*

## *Infant Care*

## INFORMATION PACKETS:

- Responding to Your Baby's Cries (Preventing Abusive Head Trauma), 2024 (1.0 Hour)**

## *Investigations of Foster Homes*

## COMPUTER DISK (CD-ROM):

- Investigation Process for Allegations Regarding Foster Homes (2.0 Hours)**  
*Original power point presentation developed by Office of Children's Services, Media and questionnaire developed by Aileen McInnis, ACRF, 2011. Questionnaire: 15 fill in the blank, multiple choice, true/false and short answer questions.*

## DVD:

- The Foster Home Investigation Process (.5 Hour)**  
*Foster Parent College Series, NW Media, Inc. 2012. Selected DVD Questionnaire.*

## SELF-STUDY COURSES:

- Allegations in the Foster Home (3.0 Hours)**  
*Keech, Tammy. ACRF, reviewed 2023. Questionnaire: 18 short answer, multiple choice, true/false and fill-in the blank questions.*

## *Kinship Care & Relative Caregivers*

## BOOKS:

- Grandparents as Parents: A Survival Guide for Raising a Second Family (2.0 Hours)**  
*De Toledo, Sylvie and Deborah Edler Brown. The Guilford Press, 1995. Selected Reading Questionnaire.*
- Kinship Care: A Manual for Families (1.0 Hour)**  
*Confer, Charles. American Foster Care Resources, Inc. 1996. Selected Reading Questionnaire.*
- Raising Our Children's Children (4.0 Hours)**  
*Doucette-Dudman, Deborah, Fairview Press, 1996. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- Grandparents Raising Grandchildren: Helping Seniors as Caregivers Maintain a Productive Life, 2023 (2.0 Hours)**
- Kinship Care and the Child Welfare System, updated 2023 (1.0 Hour)**

## SELF-STUDY COURSES:

- Kinship Care (2.0 Hours)**  
*Martinez, Raquel. ACRF, updated 2023. Questionnaire: 8 essay, true/false and multiple choice questions.*
- Off to a Good Start #7: When You Are a Foster Parent for a Relative (1.0 Hour)**  
*McInnis, Aileen. ACRF, updated 2015. Questionnaire: 3 short answer questions.*
- Setting and Enforcing Boundaries with Relatives in Kinship Foster and Adoptive Families (2.5 Hours)**  
*Shears, Olivia. ACRF, reviewed 2023. Questionnaire: 10 multiple choice, short answer, fill in the blank and true/false questions.*

# Lifebooks

## BOOKS:

- Life Story Work with Children Who are Fostered or Adopted: Creative Ideas and Activities (2.0 Hours)**  
*Wrench, Katie and Lesly Naylor. Jessica Kingsley Publisher, 2013. Selected Reading Questionnaire.*
- Lifebooks: Creating a Treasure for the Adopted Child (2.0 Hours)**  
*O'Malley, Beth, 2002. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- Lifebooks, updated 2023 (1.0 Hour)**

## SELF-STUDY COURSES:

- Lifestory Books (2.0 Hours)**  
*Oregon Post Adoption Resource Center, reviewed 2023. Questionnaire: 10 true/false, multiple choice and completion questions.*

# Lying or Stealing

## SELF-STUDY COURSES:

- Understanding and Dealing with Lying Behaviors (3.0 Hours)**  
*McInnis, Aileen. ACRF, 2025. Questionnaire: 12 multiple choice, true/false and fill in the blank questions.*
- Understanding and Dealing with Stealing Behaviors (3.0 Hours)**  
*McInnis, Aileen. ACRF, 2025. Questionnaire: 13 multiple choice, true/false, short answer and fill in the blank questions.*

# Medically Fragile

## INFORMATION PACKETS:

- Administering Medication to Children in Care, reviewed 2026 (1.0 Hour)**
- Extra-Ordinary Care: Improving Your Medical Home A Learning Guide for Families and Caregivers, 2024 (1.0 Hour)**

# Mental Health & Illness/Psychotropic Medication

## BOOKS:

- DSM-5 Made Easy: The Clinician's Guide to Diagnosis (3.0 Hours)**  
*Morrison, James. The Guildford Press, 2014. Selected Reading Questionnaire.*
- Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder (2.0 Hours)**  
*Sisemore, Timothy A. Instant Help Books, 2010. Selected Reading Questionnaire.*

## DVDs:

- Paper Tigers: One High School's Unlikely Success Story (1.5 Hours)**  
*Brainstorm Media, 2015. Selected DVD Questionnaire.*

## INFORMATION PACKETS:

- Bipolar Disorder in Children and Adolescents, updated 2022 (1.0 Hour)**
- Disposing of Unused Medications, 2018 (1.0 Hour)**
- Mental Health: What is a Dual Diagnosis? updated 2026 (1.0 Hour)**
- Obsessive Compulsive Disorder in Children, updated 2016 (1.0 Hour)**

## SELF-STUDY COURSES:

- Fostering Children and Teens with Mental Health Problems (5.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 17 true/false, multiple choice and completion questions.*
- Mental Health Disorders in Children and Adolescents: An Overview (3.0 Hours)**  
*Wissink, Jennifer. ACRF, reviewed 2016. Questionnaire: 15 true/false, completion and short answer questions.*

- Psychotropic Medications and Children in Foster Care: Tips for Advocates and Judges (2.5 Hours)**  
*Solchany JoAnne, PhD, ARNP, 2011. Questionnaire: 15 true/false, short answer, multiple choice and fill in the blank questions.*
- Residential Programs for Struggling Adolescents (2.0 Hours)**  
*Post, Ruth. ACRF, 2015. Questionnaire: 13 multiple choice, completion, short answer, and true/false questions.*
- When Your Foster Child Needs Counseling (2.5 Hours)**  
*Mcinnis, Aileen. ACRF, reviewed 2016. Questionnaire: 12 multiple choice, essay, true/false and completion questions.*

## *Oppositional Defiant Disorder*

### BOOKS:

- The Defiant Child: A Parent's Guide to Oppositional Defiant Disorder (2.0 Hours)**  
*Riley, Dr. Douglas A. Taylor Publishing Group, 1997. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Oppositional Defiant Disorder in Children and Adolescents, updated 2026 (1.0 Hour)**

## *Positive Parenting Strategies*

### BOOKS:

- 1-2-3 Magic: Effective Discipline for Children 2-12, 3<sup>rd</sup> Edition (2.0 Hours)**  
*Phelan, Thomas W. ParentMagic Inc. 2011. Selected Reading Questionnaire.*
- 1-2-3 Magic Workbook: Effective Discipline for Children 2-12 (2.0 Hours)**  
*Phelan, Thomas W. and Lewis, Tracy M. ParentMagic Inc. 2011. Selected Reading Questionnaire.*
- How Children Succeed: Grit Curiosity and the Hidden Power of Character (2.0 Hours)**  
*Tough, Paul, Mariner Books, 2012. Selected Reading Questionnaire.*
- How to Hug a Porcupine: Negotiating the Prickly Points of the Tween Years (2.0 Hours)**  
*Ross, Julie A. McGraw-Hill Books, 2008. Selected Reading Questionnaire.*
- No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind (2.0 Hours)**  
*Siegel, Daniel J and Tina Payne Bryson. Bantam Books. 2009. Selected Reading Questionnaire*
- Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids (1.0 Hour)**  
*Clarke-Fields, Hunter. New Harbinger Publications, Inc. 2019. Selected Reading Questionnaire*
- The 5 Love Languages of Children (2.0 Hours)**  
*Chapman, Gary and Ross Campbell, Northfield Publishing, 2012. Selected Reading Questionnaire.*
- The Healing Power of the Family: An Illustrated Overview of Life with the Disturbed Foster or Adopted Child (2.0 Hour)**  
*Delaney, Richard. Wood 'N' Barns, 1997. Selected Reading Questionnaire.*

### DVDs:

- Just Add SPICE: Parenting for Happy, Healthy Kids (1.5 Hours)**  
*PBS, 2010. Selected DVD Questionnaire.*
- Positive Parenting 1: Cooperation, Tracking, and Encouragement (.75 Hours)**  
*Richard Delaney, Ph.D., Foster Parent College, 2011. Selected DVD Questionnaire.*

### SELF-STUDY COURSES:

- Positive Parenting for Foster Parents (2.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 10 multiple choice, true/false, short answer and completion questions.*
- Striving for Good Parenting: Providing a Healthy and Nurturing Environment for Foster Children (1.0 Hour)**  
*VanOrd, Maria. ACRF, 2025. Questionnaire: 10 short answer, multiple choice, true/false questions and completion questions.*

## *Reunification or Transition*

### DVDs:

- Fostering Familiarity and Cultivating Cultural Connections (1.0 Hour)**  
*Brenda Ursel, ACRF Rural Teleconference, 2010. Questionnaire: 11 true/false, multiple choice and short answer questions.*

## INFORMATION PACKETS:

- Equipping Foster Parents to Actively Support Reunification, 2024 (1.0 Hour)
- Moving Children from Foster Care to Permanency, 2019 (1.0 Hour)
- Partnering with Relatives to Promote Reunification, 2020 (1.0 Hour)
- Supporting Reunification: What Foster Parents Can Do, 2025 (1.0 Hour)
- Working with Youth to Develop a Transition Plan, 2018 (1.0 Hour)

## SELF-STUDY COURSES:

- Changing Families: Understanding and Helping Children Manage Transitions (3.0 Hours)**  
*Ursel, Brenda. ACRF, reviewed 2016. Questionnaire: 15 multiple choice, true/false and fill in the blank questions.*
- Home to Home: Partnering with Birth Parents in Foster Care Part 2: Reunification and Transition (2.0 Hours)**  
*McInnis, Aileen. ACRF, 2025. Questionnaire: 14 multiple choice, true/false, fill in the blank and completion questions.*
- The Grief of Letting Go: Support and Care for Foster Families Transitioning a Child (1.5 Hours)**  
*Ursel, Brenda. ACRF, updated 2023. Questionnaire: 10 multiple choice, completion, true/false and short answer questions.*

# *Runaways or Sex Trafficking*

## BOOKS:

- The White Umbrella: Walking with Survivors of Sex Trafficking (2.0 Hours)**  
*Bowley, Mary Frances. Moody Publishers, 2012. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- Addressing and Preventing Sex Trafficking One Youth at a Time, 2017 (1.0 Hour)
- Runaways from Foster Care and Sex Trafficking, 2024 (1.0 Hour)

## SELF-STUDY COURSES:

- Runaways in Foster Care (3.0 Hours)**  
*Musser, Kendall. ACRF, 2022. Questionnaire: 8 multiple choice, short answer and fill in the blank questions.*

# *Separation/Loss/Grief*

## BOOKS:

- Finding Our Way Home: Teens Write about Separating from Family and Reconnecting (2.0 Hours)**  
*Various Authors, Edited by Laura Longhine. Youth Communication, 2010. Selected Reading Questionnaire.*
- The 3-5-7 Model Workbook: Supporting the Work of Children, Youth and Families Toward Permanency (1.0 Hour)**  
*Henry, Darla L. Sunbury Press, 2012. Selected Reading Questionnaire.*
- The 3-5-7 Model: A Practical Approach to Permanency: Stories of Hope and Healing for Children, Youth and Families (2.0 Hours)**  
*Henry, Darla L. Sunbury Press, 2010. Selected Reading Questionnaire.*

## INFORMATION PACKETS:

- 7 Skills for Parents to Support a Grieving Child, 2021 (1.0 Hour)
- Foster Parent Grief and Loss, updated 2016 (1.0 Hour)

## SELF-STUDY COURSES:

- Navigating Grief and Loss in Foster Care (1.0 Hour)**  
*McInnis, Aileen. ACRF, 2025. Questionnaire: 14 short answer, true/false, multiple choice and fill in the blank questions.*
- Off to a Good Start #8: Separation and Loss in the Foster Child (1.0 Hour)**  
*McInnis, Aileen. ACRF, updated 2015. Questionnaire: 3 short answer questions.*

# *Sexual Abuse or Sexually Acting Out*

## INFORMATION PACKET:

- Caring for Kids who have been Sexually Abused Part 1: The Facts about Child Sexual Abuse, *reviewed 2023* (1.0 Hour)
- Caring for Kids who have been Sexually Abused Part 2: Child Sexual Development and Sexual Behavior Problems in Children, *2009* (1.0 Hour)
- Caring for Kids who have been Sexually Abused Part 3: Coping with Emotional Stress of the Legal System, *2012* (1.0 Hour)
- Caring for Kids who have been Sexually Abused Part 4: Understanding and Dealing with Acquaintance Rape, *2012* (1.0 Hour)
- Parenting the Sexually Abused Child, *Updated 2002* (1.0 Hour)

## SELF-STUDY COURSES:

- Dealing with Sexually Acting-Out Behaviors (4.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 15 True/False, multiple choice and completion questions.*
- Off to a Good Start #1: Caring for the Sexually Abused Child in Foster Care (1.0 Hour)**  
*McInnis, Aileen. ACRF, updated 2015. Questionnaire: 3 short answer questions.*
- The Adolescent Sexual Offender (4.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 11 True/False, multiple choice and completion questions.*
- The Sexually Abused Child in Foster Care (4.0 Hours)**  
*McInnis, Aileen. ACRF, reviewed 2016. Questionnaire: 14 True/False, multiple choice and completion questions.*
- Understanding Children's Sexual Behaviors (2.0 Hours)**  
*Cavanagh-Johnson, Toni. The Family Violence and Sexual Assault Institute, updated 2022. Questionnaire: 12 true/false, multiple choice, and completion questions.*

## *Sleep Related Issues*

### DVDs:

- Safe Sleep for Your Baby (.25 Hour)**  
*Safe to Sleep, US Department of Health and Human Services, 2012. Selected DVD Questionnaire.*

### INFORMATION PACKETS:

- Safe Sleep Practices for Infants, 2017** (1.0 Hour)
- Safe Sleeping Practices to Prevent SIDS (Sudden Infant Death Syndrome), 2015** (1.0 Hour)
- Sleep Issues in Foster Care, 2024** (1.0 Hour)

### SELF-STUDY COURSES:

- Sudden Infant Death Syndrome (SIDS): Questions and Answers (1.5 Hours)**  
*Hanft, Rachel. ACRF, reviewed 2023. Questionnaire: 13 true/false, multiple choice, and short answer questions.*

## *Special Needs*

### BOOKS:

- Easy to Love but Hard to Live With: Real People, Invisible Disabilities, True Stories (2.0 Hours)**  
*Bliven-Chasinoff, Tricia and Lisa Davis. DRT Press, 2014. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Alaska Special Education Guide for Parents, updated 2023** (1.0 Hour)
- Cerebral Palsy (Stone Soup Group Information Packet), 2013** (1.0 Hour)
- Deaf and Hard of Hearing (Stone Soup Group Information Packet), updated 2016** (1.0 Hour)

- Epilepsy: You and Your Child (Information for Parents), 2013 (1.0 Hour)**
- Seizures, Epilepsy and Your Child, 2013 (1.0 Hour)**
- Understanding, Diagnosing, and Coping with Slow Processing Speed, updated 2023 (1.0 Hour)**

## *Stress & Anxiety*

### BOOK:

- Helping Your Anxious Child: A Step by Step for Parents (2.0 Hours)**  
*Rapee, Ronald M. PhD and others. New Harbinger Publications, 2008. Selected Reading Questionnaire.*
- The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety & Worry (2.0 Hours)**  
*Schab, Lisa M. LCSW. Instant Help Books, 2008. Selected Reading Questionnaire.*

## *Substance Abuse*

### BOOK:

- Watching My Parents Disappear: Teens Write About Addiction in the Family (2.0 Hours)**  
*Various Authors, Edited by Laura Longhine. Youth Communication, 2010. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Bath Salts and Designer Drugs, updated 2016 (1.0 Hour)**
- Growing Up Drug Free: A Parent's Guide to Prevention, 2023 (2.0 Hours)**
- Heroin, Fentanyl and Other Opioids Part 1: Understanding and Preventing Opioid Use, 2023 (1.0 Hour)**
- Heroin, Fentanyl and Other Opioids Part 2: What if My Child is Already Using? 2023 (1.0 Hour)**
- Inhalant Abuse, updated 2023 (1.0 Hour)**
- Preventing, Identifying and Treating Substance Use Among Youth in Foster Care, 2024 (1.0 Hour)**
- Tobacco, Marijuana, and E-Cigarette/Vaping Use in the Foster Home, 2018 (1.0 Hour)**
- Tools for Kids (National Association for Children of Alcoholics), 2023 (1.0 Hour)**

### SELF-STUDY COURSES:

- Alcohol Use Disorder and Addiction: Effects on the Family (4.0 Hours)**  
*McInnis, Aileen. ACRF, 2024. Questionnaire: 14 essay, short answer, true/false, fill in the blank and multiple choice questions.*
- Inhalant Abuse (4.0 Hours)**  
*Kipp-Wissink, Jennifer. ACRF, reviewed 2016. Questionnaire: 13 multiple choice, completion and true/false questions.*
- Methamphetamine: A Training Course for Resource Families (3.0 Hours)**  
*McInnis, Aileen. ACRF, updated 2024. Questionnaire: 14 short answer, multiple choice, true false and fill-in the blank questions.*
- Off to a Good Start #6: Caring for the Child from an Alcoholic Home (1.0 Hour)**  
*McInnis, Aileen. ACRF, updated 2025. Questionnaire: 3 short answer questions.*
- Substance Abuse (4.0 Hours)**  
*McInnis, Aileen. ACRF, updated 2023. Questionnaire: 16 multiple choice, true/false and completion questions.*

## *Supervision Issues or Child Care*

### INFORMATION PACKETS:

- Finding, Choosing, and Evaluating Child Care, 2022 (1.0 Hour)**
- Leaving Your Child Home Alone, updated 2014 (1.0 Hour)**
- Quality Early Child Care and Education: A Guide for Alaska's Families, 2012 (1.0 Hour)**
- Supervision in a Foster Home, 2019 (1.0 Hour)**

### SELF-STUDY COURSES:

- Supervision in Foster Care (2.0 Hours)**  
*Mouriquand, Kimberly. ACRF, 2019. Questionnaire: 10 true/false, multiple choice, short answer and fill in the blank questions.*

# Technology/Social Media/Confidentiality

## INFORMATION PACKETS:

- Find Your Way as a Parent with Social Media, 2019 (1.0 Hour)

## Teen Pregnancy

### DVDs:

- A Crucial Connection: Working Together to Address Teen Pregnancy Among Youth in Foster Care (.25 Hours)**  
*The National Campaign to Prevent Teen and Unplanned Pregnancy, 2010, Selected DVD Questionnaire.*
- Working with Teens (and Young Adults) Pregnant or Parenting (.5 Hour)**  
*Featuring Jeanne Warren Lindsay, KidSafety of America., Selected DVD Questionnaire.*

### INFORMATION PACKET:

- Help Me to Succeed: A Guide for Supporting Youth in Foster Care to Prevent Teen Pregnancy, 2013 (1.0 Hour)

### SELF-STUDY COURSES:

- Fostering Pregnant and Parenting Teens (3.0 Hours)**  
*Keech, Tamera. ACRF, reviewed 2025. Questionnaire: 15 short answer, true/false and multiple choice questions.*

## Trauma & Trauma-Informed Parenting

### BOOKS:

- CBT Toolbox for Children & Adolescents (2.0 Hours)**  
*Weed-Phifer, Lisa, Amanda Crowder, Tracy Elsenraat and Robert Hull. PESI Publishing & Media, 2017. Selected Reading Questionnaire.*
- Creative Interventions with Traumatized Children (2.0 Hours)**  
*Malchiodi, Cathy and Bruce Perry. Guilford Press, 2008. Selected Reading Questionnaire.*
- Foster Parenting Step by Step: How to Nurture the Traumatized Child and Overcome Conflict (2.0 Hours)**  
*Gopal, Dr. Kalyani. Jessica Kingsley Publications, 2013 Selected Reading Questionnaire.*
- The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma (3.0 Hours)**  
*Van der Kolk, Bessel, M.D. Penguin Group, 2014. Selected Reading Questionnaire.*
- The Science of Parenting Adopted Children: A Brain-Based, Trauma-Informed Approach to Cultivating Your Child's Social, Emotional and Moral Development (2.0 Hours)**  
*James, Arleta. Jessica Kingsley Publishers, 2019. Selected Reading Questionnaire.*
- The Seven Core Issues Workbook for Parents of Traumatized Children and Teens (3.0 Hours)**  
*Davis-Maxon, Allison and Sharon Kaplan-Roszka. Hodder & Stoughton. Ltd., 2022. Selected Reading Questionnaire.*
- Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others (2.0 Hours)**  
*Shaffer, Carolyn R. and Kristin Anundsen. Tarcher, 2009. Selected Reading Questionnaire.*
- Trauma-Informed Social-Emotional Toolbox for Children and Adolescents (2.0 Hours)**  
*Weed-Phifer, Lisa and Laura Sibbald. PESI Publishing & Media, 2020. Selected Reading Questionnaire.*
- Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency (3.0 Hours)**  
*Blaustein, Margaret E and Kristine M. Kinniburgh. Guilford Publications, 2010. Selected Reading Questionnaire.*

### INFORMATION PACKETS:

- Helping the Traumatized Child at Home and School, *updated 2016* (1.0 Hour)
- Trauma Series Topic 1: The Essential Elements of Trauma Informed Parenting, 2014 (1.0 Hour)
- Trauma Series Topic 2: Trauma and Its Effects on Development of Young Children, 2014 (1.0 Hour)
- Trauma Series Topic 3: Building a Safe Place, 2014 (1.0 Hour)
- Trauma Series Topic 4: Dealing with Feelings and Behaviors, 2014 (1.0 Hour)
- Trauma Series Topic 5: Connections and Healing, 2014 (1.0 Hour)

- Trauma Series Topic 6: Becoming an Advocate, 2014 (1.0 Hour)
- Trauma Series Topic 7: Taking Care of Yourself, 2014 (1.0 Hour)
- Understanding Historical and Generational Trauma, 2018 (1.0 Hour)

### SELF-STUDY COURSES:

- Creative Parenting Strategies for Traumatized Children (5.0 Hours)**  
*Ursel, Brenda and Tamara Keech. ACRF, reviewed 2023. Questionnaire: 17 multiple choice, true/false and short answer questions.*
- Supporting Infants, Toddlers and Families Impacted by Caregiver Mental Health Problems, Substance Abuse and Trauma (3.0 Hours)**  
*US Dept of Health & Human Services, SAMHSA. reviewed 2023. Questionnaire: 10 multiple choice, true/false and short answer questions.*

## *Trust Based Relational Intervention (TBRI)*

### BOOKS:

- The Connected Child: Bring Hope and Healing to Your Adoptive Family (for parents who have welcomed children from other countries and cultures, from troubled backgrounds and with special behavioral or emotional needs (2 Hours)**  
*Purvis, Karyn B., David R. Cross and Wendy Lyons Sunshine. McGraw Hill, 2007. Selected Reading Questionnaire.*
- The Connected Parent: Real-Life Strategies for Building Trust and Attachment (2.0 Hours)**  
*Purvis, Karyn and Lisa Qualls, Harvest House Publishers, 2020. Selected Reading Questionnaire.*
- The Connected Therapist: Relating through the Senses (3.0 Hours)**  
*Smith, Marti, 2021. Selected Reading Questionnaire.*

### DVDs:

- Children from Hard Places (1.0 Hour)**  
*Featuring Dr. Karen Purvis and Dr. David Cross. Institute of Child Development, 2014. Selected DVD Questionnaire.*
- Empowering, Connecting & Correcting Principles: Healing Children through Trust & Relationships (2.0 Hours)**  
*TCU Institute of Child Development, 2010. Selected DVD Questionnaire.*
- Facilitating Behavioral Change (1.5 Hours)**  
*TCU Institute of Child Development, 2010. Selected DVD Questionnaire.*
- TBRI® for Teens (1.0 Hour)**  
*Featuring Dr. Karen Purvis and Dr. David Cross. Institute of Child Development, 2015. Selected DVD Questionnaire.*
- TBRI® An Overview: Putting the Pieces Together (1.0 Hour)**  
*Featuring Dr. Karen Purvis and Dr. David Cross. Institute of Child Development, 2014. Selected DVD Questionnaire.*
- Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior (2.5 Hours)**  
*Purvis, Dr. Karen and Dr. David Cross. TCU Institute of Child Behavior, 2011. Selected DVD Questionnaire.*

# *Self-Study Lending Library Policies & Procedures*

*Please read carefully this is revised information as of March 2020.*

1. The Alaska Center for Resource Families (ACRF) will make every effort to forward all materials from our DVD and book library to the requesting party within two (2) to four (4) working days of the request. We will e-mail written materials whenever possible.
2. When we cannot e-mail written materials, ACRF will pay regular postage costs for printed materials sent to the resource family or community professional requesting materials. The individual making the request is responsible to **RETURN** resource materials to ACRF at their **OWN COST** for regular mail delivery. In the event postage cost creates a hardship for the foster parent, he/she is requested to contact ACRF for alternate arrangements.
3. The check-out period for due back materials is two (2) weeks. The due date can be found on the card pocket on or in each item. If you need more time to review the material, please call ACRF to extend the deadline **PRIOR** to the due date.
4. ACRF may find it necessary to put certain material on **RESERVE** when they are to be used for onsite training or curriculum development purposes.
5. Our lending library is free but you are financially responsible for any lost or damaged books, CD's, DVD's, or Computer Disks. For any materials returned to ACRF in an obviously damaged condition, the library user will be sent a bill to pay for a replacement copy. If you receive materials that are in a damaged condition, you must notify ACRF immediately.
6. The limit for the number of items checked out during the same time is as follows:

**BOOKS, DVDs, CDs AND CD-ROMs:** You may order two (2) items or one (1) set per household, for a two (2) week period. A longer check out is available to remote areas and return dates may be increased up to four (4) weeks, if requested.

**COURSES, INFORMATION PACKETS AND CLUSTER PACKETS:** There is no due date - you may keep the information sent to you. Please limit your order to three (3) Courses, Information Packets or Cluster Packets per household per order. We will e-mail these materials whenever possible.

7. In the event library items have not been returned by the due date indicated on the card pocket, a reminder postcard will be sent allowing a 10 day extension. If materials have still not been returned after the 10 day extension a notice will be sent. This notice will include a bill for the replacement cost of the late materials. Non-response within ten (10) days from the date of the second billing will necessitate revoking of privileges to use the Self-Study Library from any ACRF location until the materials or fee is returned to us. Any financial assistance (scholarship awards, mileage, meals, lodging, etc.) ACRF may provide will be denied while on a REVOKED status.

***If you have any questions regarding our Library Policy and Procedures, call your local ACRF office. Fairbanks/North Pole area: 907-290-7186 EXT 12; Anchorage: 279-1799; All other areas (Alaska only): 1-800-478-7307.***

# *Alaska Center for Resource Families*

## *Office Locations*

**To order materials, visit our offices, website, email or phone your local office.**

### **FAIRBANKS**

3429 Airport Way, Suite 202A  
Fairbanks, AK 99709

**(907) 290-7186**

**1-800-478-7307**

FAX: (907) 290-8765

### **ANCHORAGE**

840 K Street, Suite 101  
Anchorage, AK 99501

**(907) 279-1799**

**1-866-478-7307**

FAX: (907) 279-1520

### **MAT-SU**

**Physical:** 5050 Dunbar Street, Suite A-2  
**Mailing:** PO Box 876844, Wasilla, AK 99687

**(907) 308-3617**

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

**Order online: [www.acrf.org](http://www.acrf.org)**

ACRF is a Project of Northwest Resource Associates, funded by a grant from the Office of Children's Services to provide training, support, information and resources to Alaska's licensed foster parents, adoptive parents, and caretakers of children involved in the child protective system. ACRF offers a variety of educational opportunities including zoom training, teleconference and self-study. Our services are free of charge to OCS licensed foster and adoptive parents throughout the State of Alaska.