

Ongoing Training for Foster Parents and Relative Caregivers

Training List

All Child Welfare (CW) Certified Foster Parents and Relative Caregivers must have 30 hours of ongoing training every two years. Training is intended to be assessed at 180-day home visits (or more frequently if needed), and training plans developed to ensure the Foster Parent or Relative Caregiver (known forth as caregivers) has resources for further knowledge and skill development. All training related information is documented in the OR-Kids Provider Training Tab. With recent contractual changes, Oregon DHS CW is seeking ways to provide ongoing training opportunities to caregivers.

This document discusses different online training opportunities. It contains the direct link to the course/video, a quick synopsis, and information on cost:

No Cost/Training Online	Cost/Training Online
Training is found online and can be accessed by anyone and is free. Some offer a certificate of completion. Caregivers accessing these trainings will need to ensure receipt of a certificate of completion or document their training hours on form CF 034.	Training is found online and can be accessed by anyone for a fee. These typically offer a certificate of completion. Local districts can choose to use their Foster Parent Training and Support expenditures to purchase online training for specific caregivers.

The overall list divided into topic areas of general parenting courses and foster care specific courses and will note whether the training is no cost or a cost. Although books and websites may serve as training credit for some caregivers, they are not noted here for training resources – this list is strictly online training focused (webinars, e-courses, podcasts). Additional training resources such as books and websites are collated on the Caregiver Training Intranet page under “[Caregiver Resources Index](#)”. The “[Caregiver Resources Index](#)” page may be exported to excel and filtered by topic area, and shared directly with caregivers.

There are likely many other training materials available that are not found on this list. Please do not feel you only have to stick to content on this list – we encourage you to develop creative training plans with caregivers that meets their specific knowledge/skill needs.

This online training list may be shared directly with caregivers.

Have an online training resource to add? Email FosterFamily.Supports@dhsosha.state.or.us

Caregiver Online Training

Note: Some video resources allow for Closed Captioning and language selection (subtitles/CC).

Parenting Courses

Course Title	Agency	Synopsis of Course	Cost
<u>Positive Parenting Made Simple</u>	Imperfect Families	20-day e-course focuses on parenting in stressful situations; building a strong connection with the child; discussing discipline that does not involve time outs/threats/bribes	\$14.99
<u>An Evening with Heather Forbes "Battling Bad Behavior" Webinar Series</u>	Beyond Consequences Institute, Heather T. Forbes LCSW	75 minute and live webinars discuss neuroscience and behavior.	Review website for changes; typically, \$25.00 per webinar
<u>12 Beyond Consequences Online Courses</u>	Beyond Consequences Institute, Heather T. Forbes LCSW	Webinar times vary; each discusses connections to development and neuroscience in connection to behavior and regulation.	Each course is \$9.99
<u>Trust Based Relational Intervention (TBRI) Video Series</u>	Karyn Purvis Institute of Child Development	Variety of videos introducing TBRI and its model	Free
<u>Collaborative Problem Solving Virtual Training</u>	Dr. Ross Greene Lives in the Balance	Understanding introductory and advanced knowledge of the Collaborative Problem Solving	Rent Day 1 for \$89.00; Rent Day 2 for \$149.00

<p>Introductory 5-week course via teleconference</p>		<p>Model. Two day course (Day 1- 6 hours long; Day 2- 12 hours long)</p> <p>5 weeks; space is limited to 6 parents.</p>	<p>5-week course: email litbparents@gmail.com</p>
<p>Aha! Parenting Video, Audio and Podcasts</p> <p>Peaceful Parent Happy Kids Online Course</p>	<p>Dr. Laura Markham</p>	<p>Wide variety of parenting topics that can be filtered by age, behavior and discipline.</p> <p>Live course registration for 12 weeks with audio lessons – self paced.</p>	<p>Free</p> <p>\$154.00</p>
<p>Special Education Webinars (English and Spanish)</p>	<p>FACTOregon</p>	<p>Various toolkits to guide parents through special education and distance learning.</p>	<p>Free</p>
<p>Intellectual and Developmental Disability: e-modules and recorded webinars</p>	<p>The ARC of Oregon</p>	<p>Many online resources related to caring for and working with individuals with disabilities. Available in Relias Learning and Community Course List</p>	<p>Relias/OTAC: Course costs vary - \$19.95+</p> <p>Community Course: Free</p>
<p>Parentology Webinars: variety of recorded and live webinars</p>	<p>Dr. John Taylor - PARENTology</p>	<p>Variety of parenting information related to caring for children.</p>	<p>Recorded Webinars: \$20.00</p>
<p>Videos on Special Education: Webinars</p>	<p>PACER Center</p>	<p>Webinar and videos for parent special education information</p>	<p>Free</p>

Behavior Support; School; and Trauma/Grief/Resilience : Videos	Swindells Resource Center	Video resources developed from Providence Swindells	Free
Josh Shipp Video Series: <ul style="list-style-type: none"> •Video #1: How to Handle Acting Out •Video #2: Getting Kids to Listen •Video #3: Success in School and Life •Resources for Parents & Caring Adults 	Josh Shipp	Free training series – special emphasis on parenting youth and teens. Additional articles as well.	Free
Fetal Alcohol Spectrum Consultation Education and Training Services: Online Workshops and Parent Training	FASCETS	Online workshops via Zoom in 2 hour increments.	Workshops vary between \$310+
All Children All Families: Various recorded videos and live webinars	Human Rights Campaign	Promotes LGBTQ-inclusive policies and affirming practices.	Free

Foster Parent/Adoptive Parent Specific Training Courses

Course Title	Agency	Synopsis of Course	Cost
Family to Family: 4 part course series -Communication with Birth Parents as Partners -Elements of Family First Shifting Foster Care -Healthy Boundaries, Healthy Relationships - Panel Discussion with Dr. Jerry Milner, DSW	National Foster Parent Association	Each series is a recorded webinar ranging from 1 – 1.5 hours in length. All were recorded in 2020.	Free
Quick Rescues: 13 courses on a variety of foster parenting topics	National Foster Parent Association	Each course is 10 minutes in length for quick and poignant information	Free
Foster Care Institute of Online Training Webinars: 52 webinars on a variety of foster parenting topics	Dr. John DeGarmo	Each recorded webinar is 30-60 minutes long with printable certificate.	Access for all webinars for one year: \$49.95; individual webinars \$9.95-\$9.99 each
Birth-Foster Parent Mentoring Teams: Podcast Episode 41	Child Welfare Information Gateway	Podcase is 39:12 long; This episode, features a conversation with both birth and foster parent mentors and leaders on how to eliminate barriers and stigmas to lead to faster reunification.	Free
North American Council on Adoptable Children	North American Council on Adoptable Children (NACAC)	Each recorded webinar is 1.5hours long with printable certificate on a variety	Each webinar is \$15 for NACAC

(NACAC): Recorded Webinars on a variety of topics		of topics impacting caregivers who foster and/or adopt.	members / \$20 for nonmembers
Strengthening Your Family: Live and OnDemand Webinars	Center for Adoption Support and Education (CASE)	Webinar and OnDemand times vary – check website for details.	Live: Free to first 600 registrants; discount codes also available - see website. OnDemand: \$10.00 per webinar
Raising Black Boys: Webinar	Adoption Learning Partners	An honest dialogue about some of the tough realities and complex issues that Black children may experience and how their parents can guide, support and prepare them for a society that is far from color blind.	\$18.00 w/o certificate; \$20.00 w/certificate
Adoption Specific Recorded Webinars	Adoption Learning Partners	These webinars offer helpful support on timely topics and feature the leading experts in the field of adoption presenting the latest research and draw on real life experience.	Each webinar is \$18.00
Foster Parent College Online Courses: Variety of topics (available in English and Spanish)	Foster Parent College	Self-paced e-learning courses on a variety of key topics impacting fostering.	DHS CW has training credits – connect with certifier to be provided credits
Videos for New SAFE Families and Every Child Volunteers: Video links that are	True Insight Parenting – Every Child Lane County Oregon	Compilation of video links for volunteers with overlap for caregivers in fostering.	Free

helpful for foster parents			
ORPARC Informational Packets and Lending Library	Oregon Post Adoption Resource Exchange (ORPARC)	Variety of informational packets, books, and DVDs that can be mailed free of charge to Child Welfare Certified Families, Adoptive Parents and Relative Caregivers	Free
Fostering Young People of a Different Race: Guidebook and Recorded Panel Additional recorded Webinars	FosterClub	Discussing the caregiver's role in ensuring the youth they are caring for meet the wellbeing needs and understanding cultural sensitivity.	Free Annual cost of \$24.95 for unlimited OnDemand access
Foster Care & Adoption Community Training: Various online courses	Foster Care & Adoptive Community	Over 100 courses relating to caring for children in foster care/adoption.	Each course varies; lowest starts at \$6.95
LGBTQ+ Youth in Foster Care: Foster Talks Recorded Panel	Boys and Girls Aid	50 min recorded panel that explores the experiences of LGTBQ+ youth in foster care and how their caregivers can create a welcoming home.	Free
Foster Parent License Renewal Training	FosterParentTraining.com	Over 350 hours of online training	Must purchase an annual membership: \$19.99 single; \$29.99 couple
KEEP Oregon	Oregon Social Learning Center and Oregon DHS Child Welfare	Virtual live training available to DHS Child Welfare certified	Free

		families. Multiple groups available: Spanish-language; ASL; NAYA/Native American Foster parents and those caring for Native American children; LGBTQUIA+ Teen Foster Youth	
National Child Traumatic Stress Network Training: Various webinars and online trainings	National Child Traumatic Stress Network	Online webinars and e-Learning courses for professionals and families who want to learn more about child traumatic stress. You must create an account to access training.	Free