



Learn from Home!

TN DCS Virtual Foster Parent Conference September 11-12, 2020

Presented by the Tennessee Department of Children's Services in partnership with the Tennessee Foster and Adoptive Care Association (TFACA) and Harmony Family Center.

Registration Brochure



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General Information:

The 2020 Tennessee Foster Parent Conference will be held September 11-12, 2020. Pre-registration is required.

This year's conference will be a virtual conference with session times in the Central Time Zone.

Conference Committee Contacts:

Conference Coordinator

Michelle Rigling: micheller@harmonyfamilycenter.org
Registration Helpline: 423-521-1528

Department of Children's Services

Ronya Faulkner, Director of Training and Professional Development
Joye Duvall, Director of Foster Parent Training

Harmony Family Center

Kate Trudell, Chief Executive Officer
Keith Bailey, Training Director

Tennessee Foster and Adoptive Care Association

Tammy Titus, President

For questions or registration assistance, please contact Michelle Rigling, Conference Coordinator, at micheller@harmonyfamilycenter.org or by leaving her a voicemail at 423-521-1528.

Registration Information

The deadline for registration is Friday, August 28, 2020. NO late registrations will be accepted, unless we extend registration publicly.

WEB: The registration website for the 2020 TN DCS Foster Parent Conference is <https://cvent.me/MQwOPw>

MAIL: To register by mail, please contact your Foster Parent Support Worker.

Only foster parents who have registered in advance will be permitted to attend the conference or join any of the workshop sessions.

You will be prompted to make workshop selections during the online registration process. For this reason, be sure to review the workshop section and conference schedule before going to the registration website.

Access to Workshops

Participants will receive individual web links for each course from Messenger@webex.com closer to the event date. Please save this email address in your contacts and save emails from this system. **Check your SPAM, Junk, Clutter or Promotions folders regularly.** Also, be sure to save Michelle Rigling's email address as a contact so that you receive conference related announcements and reminders. Her email address is micheller@harmonyfamilycenter.org.

Registration Fees

Due to the virtual format of this year's conference, registration fees are waived and foster parents may attend at no cost.

Pre-registration is required. The first 850 registrants will have access to the app so register early! We will continue to accept registrations after we have 850 people registered, however those individuals will not have access to the app and the resources that will be available on the app.

Virtual Conference Schedule Overview

Conference attendees can earn 15+ hours of training by attending the Opening Session, Friday's Lunch & Learn, and multiple workshops.

FRIDAY	September 11, 2020
9:00am-9:45am	Welcome & Opening Session (WebEx)
10:00am-12:00pm	Morning Workshops
12:15pm-12:45pm	Lunch & Learn with Laurie Ellington
1:15pm-4:30pm	Afternoon Workshops
4:30pm	Optional Right Time Videos – On Your Own
SATURDAY	September 12, 2020
8:15am-8:45pm	Video Debrief Sessions
9:00am-10:00am	Early Morning Workshops
10:30am-12:30pm	Late Morning Workshops
12:30pm-1:15pm	Lunch Break
1:15pm-4:30pm	Afternoon Workshops
4:30pm	End of Conference

Special Activity Descriptions

Welcome & Opening Session

This session kicks off our conference and will include important information and updates. Please plan to attend this session, just as you would attend the Opening Ceremony at an in-person conference.

Lunch & Learn

This optional session provides participants an opportunity to learn during their lunch break. More information can be found on the following page.

Right Time Videos and Video Debrief Sessions

Participants have the option to view one of eight videos for extra credit. To take advantage of this, register for the Debrief Session on Saturday morning that corresponds with the video you would like to watch. You will then need to watch the video on Friday evening and then attend the early morning debrief session on Saturday. You can read the descriptions for each video in the Workshop Descriptions section of this brochure.

2020 Highlighted Speaker:

Laurie Ellington, MA, LPC, PCC, HMCT, RYT, NBC-HWC



Laurie is co-founder and Chief Executive Officer of Zero Point Leadership, a leading-edge integrative neuro-somatic based learning and development organization. She is among the pioneers who recognize that we change the world by harnessing the power of the connection between the heart and mind. Combining findings from modern neuroscience, mind-body research, stress resilience, mindfulness, and flow she helps individuals, teams and organizations change the way they think, feel, and show up in the world.

Laurie has over 25 years of experience in coaching, training, consulting, leadership, facilitation, and mind/body medicine, and is appreciated for her ability to evoke untapped capacities and eliminate outdated habits that get in the way of excelling. She believes that gaining a deeper understanding of human relationships plays a key role in shifting out of status quo to move positive change forward. Her philosophy is that change happens from the inside out versus the outside in, and people have the solutions within them. Laurie completed her coach training with the College of Executive Coaching, where she became a Certified Professional Coach. She continued her coach training at the NeuroLeadership Institute, where she earned her certification in Brain-Based Coaching (RCC). Laurie also earned her Professional Certified Coach (PCC) credentials from the International Coach Federation (ICF) and is a National Board-Certified Health & Wellness Coach (NB-HWC). She is a Licensed Professional Counselor (LPC) with expertise developing trauma-informed health and human service systems. Following her journey working in private practice as a psychotherapist, she became a change leader in systems transformation. Laurie is also a HeartMath® Certified Trainer (HMCT), where she teaches people the psychophysiology of building stress resilience to prepare for and adapt in the face of change and adversity.

Laurie is Adjunct Faculty with the Office of Personnel Management's Center for Leadership Development, where she facilitates Neuroscience of Leadership, Emotional Intelligence, Brain Hacking Tools for Creating Flow States of Consciousness, and Stress Resilience/Mindfulness programs for federal government leaders within various agencies across the continental US and at the Federal Executive Institute and Eastern Management Development Center. As a Mentor Coach and Adjunct Faculty at Maryland University of Integrative Health, Laurie teaches mindfulness/meditation and health & wellness coaching courses. She is also an Associate Faculty at University of California- Davis, where she teaches brain-based leadership and resiliency courses, as well as faculty with the University of Phoenix, where she teaches psychology, ethics, and critical thinking.

Laurie enjoys yoga, dancing, being in nature, and facilitating transformative change. She is currently pursuing her Ph.D. in Mind-Body Medicine and is a Registered Yoga Teacher (RYT).

Lunch & Learn Session
Moving from Protection to Connection: The
Neuroscience of Engagement

Presenter: Laurie Ellington, MA, LPC, PCC, HMCT, RYT, NBC-HWC

Friday, September 11, 2020 | 12:15pm-12:45pm

All Foster Parents are automatically registered for this session. Attendance is not required.

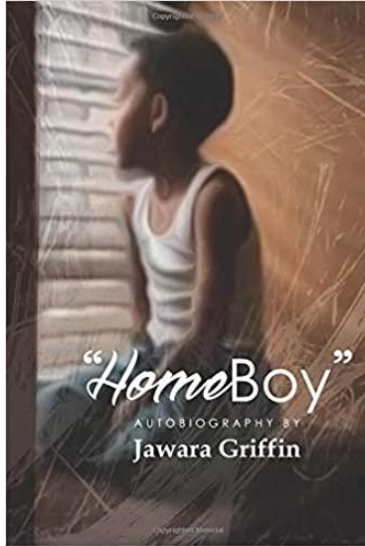
Foster parenting is becoming increasingly complex. It requires skills for navigating rapidly changing environments and understanding the deeply social nature of the human brain. Unfortunately, due to the way the brain is wired, change and uncertainty are often met with a great deal of unease. When this is combined with the deleterious effects of trauma, engagement levels and child and family outcomes can be profoundly impacted. The human nervous system has a built-in protection mechanism to manage dangerous situations. This can hinder the collaboration, trust, and engagement important for helping people create a life they prefer.

Psychology safety and connection underpin the neurobiology of the social engagement system, which is foundational to healing trauma. Disengagement, or a state of protection, is the primary reason why people appear to be 'resistant' to new ideas and why they struggle to regulate themselves in challenging situations. Fortunately, discoveries from modern neuroscience and mind-body research reveal there is a science to engagement that can help foster parents deepen their understanding of how to engage children, youth, families, and system partners in the mobilization of positive change. As a foster parent working in child welfare systems of care, knowing the biological underpinnings of collaboration and influence can be a game changer.

This 30-minute science-backed presentation draws on breakthroughs from modern neuroscience, mind-body research, trauma, and the physiology of stress resilience, providing fresh insights into the biology of creating a climate of trust and engagement. There will be a focus on helping foster parents enhance interpersonal interactions inside the home as well as when collaborating with family members and system partners based on what neuroscience tells us drives human behavior.

Conference Book Club:
***Homeboy* by Jawara Griffin**

Including a lecture and reflection by the author!



This year we are excited to offer a book discussion featuring the book *Homeboy* by Jawara Griffin.

Parents who register for this workshop should read the book prior to attending and join the workshop prepared to participate in a facilitated discussion with other foster parents.

Parents who complete the book and participate in this two-hour workshop will receive a total of **four (4) training credit hours**. This workshop will be held Saturday from 10:30 AM to 12:30 PM.

Find this book online at Amazon for download or to order a paper copy.

Book Description:

At the age of eight, Jawara griffin was left alone with three of his brothers and one sister in their dilapidated home in North Philadelphia. He struggled, stole and somehow made it through with just a few shared pieces of clothing and torn up pair of sneakers. Later, wrenched away from his siblings due to his mother's drug addiction, Jawara was moved from group home to group home and was dubbed a "home boy" by his cruel classmates in school. Throughout all this, he persevered and followed the advice of a teacher to keep a smile on his face at all times and fight for what he wanted. His positive mindset paid off, and today Jawara is a successful attorney. By sharing his story, he hopes to inspire others by reassuring them that "No matter what you are going through today, I promise you, you will all be winners in life."

2020 Foster Parent Training Guidelines and Updates

Training Requirements can be found online at:
https://www.tn.gov/content/dam/tn/dcs/documents/training/fpt_TrainingReq.pdf

First Year Parents-required courses include

- Working with the Education System (CBT)- available online
- Creating Normalcy through Prudent Parenting
- What to Know About Child Exploitation and Human Trafficking
- Preserving Kindship Families (applies to Kinship Families only)
- One trauma related training
- Additional training hours to meet 15 hour annual requirement

Second Year Parents-requirements include:

- CPR/First Aid Refresher every 2 years
- Medication Administration Refresher every 2 years- available online
- A total of 15 training hours are required (this can include CPR/First Aid and Medication Administration)

Third, Fourth and Special Population Parents:

- Refer to DCS Foster Parent Training Requirements or talk to your DCS worker

For more information, please contact your Foster Parent Support Worker.

Conference staff will not be able to advise you on which workshops to take or provide detailed information about your home's specific training requirements.

Workshop Themes and Class Series Information

This page is designed to help you quickly identify workshops about specific topics or themes foster parents may be interested in. You will need to reference the workshop schedules and workshop descriptions for more information.

2020 Series Classes:

*You must take every class in a series to receive credit.

- LGBTQ+ for Foster Parents Part 1 and 2
- Trauma Informed Parenting Strategies (TIPS) Part 1 and 2

2020 Trauma Courses

(These courses meet the trauma training requirement)

- Basics of Autism
- Building Strong Brains
- Caring for the Child with Sexual Trauma
- Crisis De-escalation
- Empowered to Connect: Trust Based Relational Interventions (TBRI)
- Positive Parenting
- Suicide Prevention/Question, Persuade, Respond
- Trauma Informed Parenting Strategies (TIPS) Part 1 and 2
- Playful Parenting with Traumatized Children
- Sensory Solutions for Regulation

2020 Culture Courses

(These courses are interchangeable for cultural competency coursework)

- LGBTQ+ for Foster Parents Part 1 and 2

Required Courses Approved Substitutions

Required Course	Approved Substitution
What to Know About Child Exploitation and Human Trafficking	Recognizing and Responding to Human Trafficking in Minors

Planning Your Schedule: Friday Workshop Selections

For the maximum number of credit hours available, make a selection from each of the following.

FRIDAY OPENING SESSION

9:00am-9:45am	Opening Session and Welcome
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FRIDAY MORNING WORKSHOPS

10:00am-12:00pm	
Creating Loving Attachments with PACE	
Empowered to Connect: TBRI	
Important Healthcare Information Every Foster Parent Should Know	
Medication Administration Refresher	
Nutrition Across the Lifespan	
Playful Parenting with Traumatized Children	
Social Media and Cyber Safety	
Straight Forward Safety Planning for Youth with Problematic Sexual Behaviors	
Suicide Prevention (QPR)	
What Foster Parents Need to Know about Concussions	
What to Know about Childhood Exploitation & Human Trafficking	

FRIDAY LUNCH & LEARN

12:15-12:45pm	Moving from Protection to Connection with Laurie Ellington
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AFTERNOON WORKSHOPS

1:15pm-4:30pm	
Caring for the Child with Sexual Trauma	
CPR/First Aid	
Connecting the Dots: What Every Foster Parent Should Know about CANS	
Creating Normalcy through Prudent Parenting	
Creating Teachable Moments	
Engaging Parents and Teens 2.0	
LGBTQ for Foster Parents Part 1 (must take Part 2 on Saturday)	
NAS/Safe Sleep	
Positive Parenting	
TN KEY Overview	
Trauma Informed Parenting Strategies Part 1 (must take Part 2 on Saturday)	

FRIDAY EVENING OPTIONAL ON-YOUR-OWN VIDEOS

After 4:30pm	Choose from 8 different videos to watch and receive extra training credit. To do this, register for the corresponding debrief session on Saturday morning.
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Planning Your Schedule: Saturday Workshop Selections

For the maximum number of credit hours available, make a selection from each of the following.

SATURDAY MORNING OPTIONAL DEBRIEF SESSIONS

*If you plan to watch one of the Right Time Videos on Friday evening, register for the corresponding Debrief Session below.

8:15am-8:45am
Right Time Video: Continued Connections
Right Time Video: Parental Adaption
Right Time Video: Parental Regulation
Right Time Video: Relationship Development
Right Time Video: SOGIE (Sexual Orientation and Gender Identity Expression)
Right Time Video: Transitions
Right Time Video: Trauma Informed Resource Parenting: The Effects of Trauma
Right Time Video: Trauma Informed Resource Parenting: Understanding Behavior

SATURDAY EARLY MORNING WORKSHOPS

9:00am-10:00am
Addressing the Opioid Epidemic in TN
Advocating for your Foster or Adoptive Child at School
Basics of Autism
Building Strong Brains
CASA: The Intricacies of CASA as it Weaves throughout the Child and Family Team
Crisis De-Escalation
DCS Community Outreach
Empowering Local Foster Parent Association Leaders
Parenting Sibling Groups
Preventing Teen Runaways and Truancy
Recognizing and Responding to Human Trafficking in Minors
Tennessee Safe Baby Courts
The Road to Adulthood: An Overview of Adult Service Models

Planning Your Schedule: Saturday Workshop Selections (continued)

SATURDAY LATE MORNING WORKSHOPS

10:30am-12:30pm
Approved, Now What?
Couples Who Foster
Darkness to Light
DCS Computer Systems: TFACTS, Edison, and WebEx
Families Having Fun and Moving More
Foster Parent Bill of Rights
Fostering Better Health: Advisory Panel Discussion with BCBS
Homeboy: Conference Book Club and Workshop
Parenting Skills for ACE Resilience
Project Transition: Community and Recovery for Emerging Young Adults
Sensory Solutions for Regulation
What to Know about Childhood Exploitation & Human Trafficking

SATURDAY AFTERNOON WORKSHOPS

1:15pm-4:30pm
Child and Family Team Meetings
CPR/First Aid
Creating Normalcy through Prudent Parenting
Impact of Fostering on Birth Children
LGBTQ for Foster Parents Part 2
Loving and Letting Go
Navigating the Legal System: A Panel for Foster Parents
Preserving Kinship Families
Trauma Informed Parenting Strategies Part 2
Working with Birth Parents and Visitation

2020 Workshop Descriptions (listed alphabetically)

Addressing the Opioid Epidemic in the State of Tennessee through Collaboration

Presenter/Agency: Angie Finch, RN, CIC, BCBS

Credit Hours: 1

Each day in Tennessee, at least three people die from an opioid-related overdose, which is more than the number of daily traffic fatalities. This epidemic does not discriminate and knows no boundaries. It devastates families and harms communities across Tennessee.

Driven largely by the opioid epidemic, the number of kids entering foster care in Tennessee has jumped by more than 10.3% in the past two years. Children with a parent or parents addicted to drugs tend to stay in foster care longer, and usually having experienced significant trauma. Through collaboration of all healthcare facilities, healthcare providers and state agencies/officials, we can and must do better.

We will discuss the BlueCare Opioid strategy and the 4 major components:

- Primary Prevention
- Increasing access to treatment: Specialty MAT Network
- Focused patient engagement: Early detection, interventions to reduce impact of opioid misuse.
- Provider engagement: support, educate/train providers on opiate prescribing.

During this presentation we will discuss the risk factors for substance abuse, physical and behavioral changes that can suggest opioid addiction and how to find resources.

Advocating for Your Foster or Adoptive Child at School

Presenter/Agency: Franny Alexander, Harmony Family Center

Credit Hours: 1

Navigating the educational system is uniquely challenging for families whose children have experienced trauma. In this workshop, participants will learn about the 504 and IEP processes, children's educational rights, and how to best advocate for their child.

Approved, Now What?

Presenter/Agency: DCS

Credit Hours: 2

"Approved: Now What" has a target audience of newly approved foster parents. This training seeks to help answer questions that newly approved foster parents might have about their role, training requirements, confidentiality and logistics of what "day one" might look like with a foster child. This training also seeks to be a source of encouragement and empowerment considering all of the, overwhelming, information they are receiving as they begin their new journey as foster parents.

Basics of Autism

Presenter/Agency: Whitney Anne Loring, PsyD, Vanderbilt

Credit Hours: 1

This presentation will focus on the symptoms of Autism Spectrum Disorder (ASD) and how it affects every person differently. Participants will learn about the core characteristics of ASD and how those impact a child's learning and behavior. Participants will also be provided with an overview of recommended services for children with ASD. A few simple strategies for supporting children with ASD, specifically related to communication and behavior, will also be discussed.

Building Strong Brains: Tennessee's ACEs Initiative

Credit Hours: 1

This course meets the trauma training requirement

Tennessee's ACEs Initiative is an effort to impact understanding of the latest brain science to prevent and mitigate the impact of adverse childhood experiences. In this workshop, participants will gain an understanding of how early childhood experiences impact brain development, learn four core concepts of development, learn how healthy child development is the foundation of the individual child and our communities as well as gain a basic understanding of neural development. Participants will also learn how intergenerational transmission of early adversity occurs and how early life stress impacts life-long health and development. Finally, participants will learn what can be done to remediate the effects of ACEs.

Caring for the Child with Sexual Trauma

Presenter/Agency: Harmony Family Center

Credit Hours: 3

This course meets the trauma training requirement

This training addresses issues of coping with and responding to disclosures, managing sexual acting-out behaviors, developing family rules that are relevant to the sexually abused child, understanding myths and realities of sexual abuse, realizing the important role of therapy, and understanding the potential outcomes for children who have been victimized.

CASA: The Intricacies of CASA as it Weaves throughout the Child and Family Team

Presenter/Agency: Lynne Farrar and Wendy Spence, CASA

Credit Hours: 1

This workshop will cover the mission of CASA (Court Appointed Special Advocates) from the local level, through the state and national network. Everyday situations in regards to a child's journey through placement will be explored from the standpoint of the team. Topics will include:

- Basics of CASA Advocacy-what does a CASA volunteer do?
- State Statute for CASA

- CASA's place in the child welfare system
- Panel to include members of the Child & Family Team, i.e., local CASA director, foster parent, DCS, GAL, Judge
- Collaboration throughout the team for the best interest of the child
- Discussion of typical scenarios and how to address them

Child and Family Team Meetings

Presenter/Agency: Lindsay Coleman, DCS

Credit Hours: 3

In this workshop, participants will learn the purpose of Child and Family Team Meetings (CFTM), the importance of participating in CFTMs and the roles and responsibilities of foster parents in the CFTM, when to request a CFTM, and how to interact as part of the Child and Family Team.

Connecting the Dots: What Every Foster Parent Should Know About CANS

Presenter/Agency: Nena Horton, Vanderbilt and Michelle Law, DCS

Credit Hours: 3

The Child and Adolescents Strengths and Needs Assessment (CANS) is used by DCS to communicate needs and strengths of youth and their families. In addition to the importance of the child/youth's voice and the family's voice for the CANS, the foster parent's voice is also one of the most critical and vital elements to ensure positive outcomes for that child/youth. This course will share information about the what/why/how of CANS, what can be learned about traumatic experiences and reactions a youth may have, and ways that teams can help youth to "build their bounce".

Couples Who Foster

Presenter/Agency: DCS

Credit Hours: 2

This curriculum focuses on strengthening relationship and family dynamics. The training will provide information on the importance of positive parenting; associations between components of the family context and emotion regulation; stress and stressors felt by each spouse; effects of fostering on the family; creating and maintaining a healthy relationship; ways and to incorporate self-care as a family dynamic, and recognizing the importance of Positive Parenting.

CPR & First Aid

Presenter/Agency: Harmony Family Center

Credit Hours: 4

This course, required of all foster parents, instructs participants in the basic CPR and first aid skills that can sustain or save a life while professional emergency help is on the way. This training will make the home and work environment safer by preventing

illness and injury as well as allowing parents to quickly recognize and respond to emergencies.

Creating Loving Attachments with PACE

Presenter/Agency: Kindal Akers, Harmony Family Center

Credit Hours: 2

PACE is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe. It is based upon how parents connect with their young infants. As with young toddlers can begin to explore and safety may be a concern. Parenting with PACE gives space for the troubled child to feel safe enough to being trusting others, considering others, and allowing emotional closeness.

Creating Normalcy through Prudent Parenting

Presenter/Agency: Harmony Family Center

Credit Hours: 3

This course, required of all foster parents, introduces and instructs participants on how to create normalcy through the reasonable, prudent parent standard which is characterized by careful, thoughtful parental decision-making that is intended to maintain a child's health, safety and best interest, while creating a more normal life. Participants will be able to recognize the importance of normalcy, implement the prudent parent standard and learn more about providing access to age appropriate activities.

Creating Teachable Moments

Presenter/Agency: Harmony Family Center

Credit Hours: 3

This course was created to address the skills that youth need in order to navigate life in the direction of success. The tools youth need are easily obtained with the help of a significant personal connection who takes an interest in teaching them. This course will discuss the ways we work with our youth, which falls into two categories: teaching tangible skills (such as problem solving, planning, decision-making, time management, communication and interpersonal relations) and teaching intangible skills (such as cooking, budgeting or how to get a summer job). Caregivers can provide these skills be creating teachable moments with youth. This material will help foster parents have a better understanding of the lasting impact they can have on a youth's future.

Crisis De-escalation Techniques

Presenter/Agency: Keith Bailey, Harmony Family Center

Credit Hours: 1

This course meets the trauma training requirement

In this workshop we will learn about trauma-informed care and approaches to use when supporting children and youth in a crisis situation. We will explore the concept of

aggression in children and youth and learn a variety of techniques that will assist them in managing aggressive behaviors. Participants will also learn some resources and strategies for self-care that will assist them in dealing with aggressive and challenging behaviors of children.

DCS Community Outreach

Presenter/Agency: Amy Taylor, DCS

Credit Hours: 1

This class will focus on the Office of Child Safety and the two main divisions it supports: The Child Abuse Hotline and Child Protection Services Investigations. The Child Abuse Hotline oversees reporting and screening referrals of abuse and neglect. Child Protection Services Investigations is responsible for investigating referrals of child abuse and neglect. Participants in this workshop will leave with an understanding of mandated reporting.

Darkness to Light

Presenter/Agency: DCS

Credit Hours: 2

One out of ten children will be sexually abused before their 18th birthday. This means that in a school classroom of 20 children there are two children who are bearing the burden of child sexual abuse alone and need our help. For abused children, their classroom teacher may be the only safe adult in their lives. That is why it is critical for us to work together to train teachers, school personnel, professionals, and all members of our community how to recognize the abused children who are in their classrooms and report the abuse. The Darkness to Light curriculum is DHS approved for child care licensing requirements and DCS approved for foster parent training.

DCS Computer Systems: Edison, TFACTS, and WebEx

Presenter/Agency: DCS

Credit Hours: 2

This session will provide an overview of the computer-based programs that Foster Parents are now using. Come and learn more about the Edison Learning Management System, including how to establish an account, register for classes and check your learning transcript. Foster Parents will also be using TFACTS to confirm placements and board payments. Demonstrations of this system including how to complete assessments, questionnaires, surveys and invoice confirmation will be provided. In addition, more and more training is being offered through the video conferencing software WebEx, allowing you to complete training hours from your home or any location where you have an internet connection. Come learn how to navigate live webinar training with ease.

Empowered to Connect/Trust Based Relational Intervention (TBRI)

Presenter/Agency: Harmony Family Center

Credit Hours: 2

This course meets the trauma training requirement

TBRI® is a holistic approach that is multi-disciplinary, flexible, attachment-centered and challenging. It is a trauma-informed intervention that is specifically designed for children who come from “hard places” of maltreatment, abuse, neglect, multiple home placements and violence, but you’ll see that the principles apply to all children. TBRI® consists of three sets of harmonious principles: connecting, empowering and correcting. In this course, we will provide an overview of these principles.

Empowering Foster Parent Association Leaders

Presenter/Agency: Tammy Titus, TFACA

Credit Hours: 1

This workshop will give association leaders a clear plan on what steps to take to get an association started, how to recruit members, and identify their statewide support members. The governing elements of local associations will be covered, including how to conduct meetings and IRS and TFACA requirements. The Minimum Standards for Local Associations will also be explained. This workshop is open to anyone interested in starting or growing a local association and those interested in the operations of the Tennessee Foster and Adoptive Care Association (TFACA).

Engaging and Parenting Teens 2.0

Presenter/Agency: DCS

Credit Hours: 3

This course will showcase the benefits of being a foster parent for teens and discuss adolescent development in relation to behaviors, identity, peers, and family and the relationship between interdependence and positive youth development.

Families Having Fun and Moving More

Presenter/Agency: Cassie Wanamaker, BCBS and Shelia Bates, BCBS

Credit Hours: 2

Children entering foster care may be dealing with a variety of health problems such as malnutrition, failure to thrive, obesity, developmental delays, attachment issues and the results of emotional neglect. In this interactive session, participants will learn:

- How family physical activity and play function as powerful interventions to improve these problems
- Easy ways to increase physical activity in daily life
- Free and low-cost resources for family activities

Note: Participants should wear comfortable clothes suitable for playing games.

Foster Parent Bill of Rights

Presenter/Agency: Nancy Woodall, Foster Parent Advocacy Program, and Johnetta Lane, Harmony Family Center

Credit Hours: 2

This workshop covers the 25 tenets and subsequent amendments that govern the way foster parents are viewed and treated as part of the professional team that serves children in the child welfare system of Tennessee. The Foster Parent Bill of Rights outlines the department's commitment to providing foster parents with the support, training and resources they need to provide for Tennessee's foster children.

Fostering Better Health: A Foster Parent Advisory Panel Discussion with BCBS

Presenter/Agency: Alexis Street, BCBS and Floydett Humphrey, BCBS

Credit Hours: 2

Blue Cross Blue Shield is here to help you understand and get the most out of your healthcare benefits. Come join us for an exciting panel lead discussion to learn more about:

- Your child's health benefits
- Local resources that can help you and your family
- Upcoming BlueCare Tennessee events

We also want to hear and learn from you! Come prepared to discuss any success you have experienced with your benefits as well as ways your benefits can be improved.

Homeboy: Conference Book Club and Workshop

Presenter/Agency: Jawara Griffin, Federal Criminal Defense

Credit Hours: 2

Requires reading the book, Homeboy by Jawara Griffin, in advance.

In this workshop we will discuss the book, Homeboy, written by Jawara Griffin. After our discussion, author Jawara Griffin will offer information and resources related to the critical needs of children who have experienced trauma. There is never a full understanding of the magnitude of trauma that each child we encounter has had to endure, and therefore, no specific knowledge of what that child needs to feel safe and cared for. Jawara will recount his time in foster care and group homes as well as his continued interaction with youth in foster care to equip attendees with some fundamental and necessary tools to identify the needs of children. Specifically, this course will touch on the parent's need to be consistent, compassionate, and creative.

****MUST READ BOOK IN ADVANCE***

Impact of Fostering on Birth Children

Presenter/Agency: Harmony Family Center

Credit Hours: 3

Adding a foster child to the household naturally stirs up a variety of emotions. Birth children of foster parents may be excited at the prospect of a new child in the home, but at the same time may be jealous of the time and energy their parents devote to the new child. This course explores what birth children may feel through all phases of the fostering process and offers tips for helping them cope.

Important Healthcare Information Every Foster Parent Needs to Know

Presenter/Agency: Betsy Lowe and Melandie Akins, DCS

Credit Hours: 2

This class will provide Foster Parents with insight into the importance of clear communication between the healthcare providers, DCS (FSW & Regional Health Unit Nurse) and the Foster Parent. Discuss the medication consent process and how to ensure medications are provided in a safe and timely manner.

LGBTQ+ for Foster Parents Part 1 and 2

Presenter/Agency: DCS

Credit Hours: 3 per class (6 total)

This curriculum aims to enhance parenting strategies for LGBTQ+ youth. The training will provide information on the scope of LGBTQ+ youth in the child welfare system; the challenges to safety, permanence and well-being for LGBTQ+ youth; understanding DCS policy related to sexual orientation, gender identity and expression; using accurate and culturally appropriate terminology; and increasing their own competency in parenting LGBTQ+ youth.

Loving and Letting Go

Presenter/Agency: Harmony Family Center

Credit Hours: 3

This workshop will help foster parents address the grief and loss they experience when children in their homes return to their birth parents or other permanent placements. Techniques will also be provided on how to manage the stress that accompanies grief during the transition period of a foster child leaving the home.

Medication Administration Refresher

Presenter/Agency: Belinda Bernard, RN

Credit Hours: 2

This refresher course, required for all DCS foster parents every two years, includes an update on medication administration policies and procedures. The course also provides an update on knowledge and safety related to effectively administering

medications to children in care. Topics included range from self-storage and disposal of medication to common errors in medication administration.

Moving from Protection to Connection Lunch and Learn

Presenter/Agency: Laurie Ellington

Credit Hours: 0.5

See page 5 of this brochure for a complete description. This 30-minute science-backed presentation draws on breakthroughs from modern neuroscience, mind-body research, trauma, and the physiology of stress resilience, providing fresh insights into the biology of creating a climate of trust and engagement. There will be a focus on helping foster parents enhance interpersonal interactions inside the home as well as when collaborating with family members and system partners based on what neuroscience tells us drives human behavior.

NAS/Safe Sleep

Presenter/Agency: Belinda Bernard, RN

Credit Hours: 3

This workshop will increase the knowledge of parents who are fostering or considering fostering infants affected by neonatal abstinence syndrome (NAS). Parents will learn to understand the effects on infants exposed to drugs during pregnancy and will also learn non-pharmacological ways to sooth and comfort infants. The ABCs of safe sleep are also covered.

Navigating the Legal System Panel with DCS

Presenter/Agency: DCS and Community Partners

Credit Hours: 3

This workshop will discuss various aspects of the legal system and address how resource parents can work effectively within the court system. The workshop will address the roles of children's advocates, including a Guardian Ad Litem, and court representatives. Discussion will be held concerning how everyone involved can work toward a partnering relationship.

Nutrition Across the Lifespan

Presenter/Agency: Shayna Smith, PhD, RDN, LDN, Health and Wellness Director, DCS

Credit Hours: 2

This workshop will introduce participants to nutritional information from birth to adulthood, including the importance of healthy eating, balanced meals, and introducing new foods to children. Healthy weight maintenance will also be discussed.

Parenting Sibling Groups

Presenter/Agency: DCS

Credit Hours: 1

Parenting Sibling Groups: This curriculum aims to educate foster parents on the dynamics of sibling groups and enhance their skills in managing a sibling group in their home. This training will provide information on the following:

- Different dynamics of sibling groups entering foster care
- The importance of the sibling relationship
- Opportunities and challenges of fostering sibling groups
- Sibling youth's perspective
- Tips on managing a sibling group in your home
- DCS policy on multiple children in the home
- Preparing your family and your home to receive a sibling group.

Parenting Skills for ACE Resilience

Presenter/Agency: Victoria LeBlanc, Attached Parenting

Credit Hours: 2

Adverse Childhood Experiences (ACEs) may be the largest public health crisis we face today and the foster care system cares for a large portion of the children and families affected. It is imperative that we work to stop the intergenerational transmission of ACEs and build resilience in children. Research shows that the principles of attachment parenting promote resilience in children and their families. Foster and adoptive parents can demonstrate to traumatized children that relationships can be safe and that healthy attachment can be formed. In this workshop, we will identify 10 types of Adverse Childhood Experiences and will learn more about the intergenerational transmission of ACEs. We will discuss attachment parenting and how attachment parenting skills can increase resilience in children and decrease the chances of intergenerational transmission. Participants will also learn how Attachment Parenting International's evidenced-informed "Attached at the Heart" program can be used to support foster and adoptive parents.

Playful Parenting with Traumatized Children

Presenter/Agency: Allison Douglas, Harmony Family Center

Credit Hours: 2

This course meets the trauma training requirement

Creating attachment and is not always easy for families parenting children with histories of trauma, abuse and neglect. This workshop will explore the importance of play in the parent child relationship, as well as specific ways families can create opportunities for playful interactions and fun- even while dealing with challenging behaviors.

Positive Parenting

Presenter/Agency: Harmony Family Center

Credit Hours: 3

This course meets the trauma training requirement

This course centers on building connections and relationships with children who have experienced trauma through foster care. Positive parenting will help parents become more mindful in their interactions with children as well as learning to see behaviors through a trauma lens. Several typical trauma behaviors will be addressed and hands on strategies provided to address big emotions. A focus on observation of behavior as well as nutrition and wellbeing will be discussed. This course is designed to help parents with daily interactions to build connections and strengthen resilience in children.

Preserving Kinship Families

Presenter/Agency: Harmony Family Center

Credit Hours: 3

This 3-hour class covers information previously available through Kinship Family Dynamics and Kinship Family Role Conflict. Participants will gain a greater understanding of the factors that are constantly shifting family dynamics from differing communication styles and changes in parental roles to family traditions. Participants will explore ways to adapt to change in family dynamics and learn techniques to address role conflicts that occur as a result of kinship placements. Working with birth parents and how to handle stressors that can occur from being a kinship placement will also be discussed.

Preventing Teen Runaways and Truancy

Presenter/Agency: DCS

Credit Hours: 1

In this workshop, participants will be able to identify common reasons why teens run away, signs that may indicate a teen is thinking about running away, and tools to help prevent running away. Truancy and prevention will also be discussed, as well as ways to develop lasting relationships with teens.

Project Transition: Community and Recovery for Emerging Young Adults

Presenter/Agency: Benjamin Holmes, Project Transition

Credit Hours: 2

This workshop will provide information about Project Transition, a community based program that provides daily therapeutic treatment and psychiatric rehabilitation services to support the recovery of its members. This workshop will empower foster parents with knowledge of how to use Project Transition as a resource for youth who are turning 18 years old

Recognizing and Responding to Human Trafficking in Minors

Presenter/Agency: Natalie Ivey, JD, Community Coalition Against Human Trafficking

Credit Hours: 1

Allowed substitution for What to Know about Childhood Exploitation and Human Trafficking

This workshop will address common misconceptions surrounding the issue of human trafficking and discuss what human trafficking actually looks like in our community, the prevalence of the problem and the intersection of human trafficking and the foster care system. The training will also provide tips and tools for working with minors who have been exposed to trafficking in the foster care setting.

Right Time Videos and Debrief Sessions

Video will be on-your own; Debrief sessions led by DCS

Credit Hours: 1.5

- **Continued Connections:** Continued Connections targets the honoring of the teens' former attachments, acknowledges that teens are part of other families and have other relationships, and recognizes that the loyalty and connection to those relationships may be significant. Continued Connections also explores the importance of your relationship with the youth's birth family and other people who are important to the youth. This theme captures the concept that resource parents may need to move beyond their own discomfort toward prior relationships in order to help the youth grieve losses, maintain connections, confirm their identity, and form healthy attachments with others.
- **Parental Adaption:** Parental Adaptation is based on the idea that youth cannot be parented in the same manner as "traditional" parenting. It targets the thinking and skills parents will need to adjust to assure that their parenting responses successfully respond to the needs of the youth. The learning objectives are to (1) Understand why parenting responses need to be adjusted based on the youth's skills, emotion development and needs, (2) Increase awareness of how a youth's prior experiences have shaped their sense of identity, values and/or behavior, and how the lack of alignment between their values and yours can create discomfort for you, and (3) Identify new support and intervention strategies.
- **Parental Regulation:** The purpose of this learning opportunity is to enhance your understanding of parental regulation. Parental Regulation is the set of skills and abilities that help us manage our feelings and behaviors so that we can then use the right skills, interventions and supports at the right time. The learning objectives are to understand how to regulate yourself through a variety of techniques and understand the importance of self-regulation and modeling those behaviors for the youth. Every parent will experience times when they feel

a sense of frustration, anger, hurt, and sadness. The challenges and stresses that parents face every day.

- **Relationship Development:** The purpose of this portion of the training is to enhance your learning around relationship development. In this program, relationship development is defined as the critical tasks and skills required to engage, increase commitment and positive connection, and develop a supportive healing relationship between foster caregivers and the youth in their homes. As a result, participants will (1) Understand how trust and safety are critical to relationship development, (2) Understand how parenting characteristics are related to relationship development, and (3) Identify parenting strategies that support relationship development.
- **SOGIE (Sexual Orientation, Gender and Identity Expression):** The purpose of this learning opportunity is to enhance your learning around sexual orientation, gender identity and expression (SOGIE). SOGIE is a term that includes all types of sexual orientation and gender identities and expressions. In this program, the term diverse SOGIE is used to describe youth who are expressing a non-traditional sexual orientation or gender identity, and who need to be supported through their sexual orientation or gender identity exploration with understanding and acceptance. The learning objectives are to (1) Increase awareness of the complexities of youth who identify as Lesbian, Gay, Bisexual, Transgender, Questioning and Two-Spirit (LGBTQ2S), (2) Strengthen understanding of behaviors that demonstrate acceptance and support of LGBTQ2S youth, (3) Enhance awareness of the critical role that family support plays in determining long term well-being, (4) Learn strategies to help reconcile your value system with the support needs of your youth, (5) Enhance awareness of the needs for advocacy for LGBTQ2S youth, and (6) Youth who identify themselves as LGBTQ2S are disproportionately represented in the foster care system.
- **Transitions:** A critical element of creating a safe, predictable environment is to ensure smooth transitions for youth. Transitions include moves such as being placed from the birth home into a foster home, moves from one foster home to another, being placed into a group home or treatment setting, moving into an adoptive home or returning to the birth home from foster care. The purpose of this portion of the training is to enhance your learning around transitions. This session focuses on how change impacts the youth, you, and your family. Strategies are introduced to help you prepare for and manage the emotional impact (stress, fear, uncertainty, pain, loneliness, anxiety and hopelessness) that are often a part of the transition process. The learning objectives are to learn how to prepare for periods of transition, learn how transitions impact youth, identify ways to respond to youth through transitions, recognize how youth are coping with the transition, and increase awareness about the impact of transitions on you and your family.

- **Trauma Informed Resource Parenting- Understanding and Recognizing the Effects of Trauma:** The purpose of this learning opportunity is to continue to enhance your understanding and recognition of the effects of trauma and trauma-informed parenting. This session explores how trauma affects the youth's physical, psychological and emotional wellbeing and introduces the critical framework of "Regulate, Relate, Reason" which will help you remember how to best respond to youth who have been affected by all types of trauma. Trauma informed resource parenting is defined as the framework that includes understanding, recognizing, and responding to the effects of all types of trauma on children and youth in care. The learning objectives are to understand the basics of brain development, understand what traumatic events are and how they affect youth physically, emotionally and psychologically, and increase your understanding of the "Regulate, Relate, Reason" framework.
- **Trauma Informed Resource Parenting- Understanding Behavior:** The purpose of this learning opportunity is to further explore how trauma effects youth's behaviors. The experience of trauma often produces behaviors that will seem out of context and usually includes anger, mistrust or defiance. The experience of trauma can also impact school performance and relationships and can result in delays in and social skills and development. You will explore how the interactions and interventions used with youth who have experienced trauma are different than those used with youth who have not experienced trauma. The learning objectives are to (1) Understand what traumatic events are and how they affect youth physically, emotionally and psychologically, (2) Recognize emotions and behaviors in your child that are associated to a traumatic event, (3) Learn how triggers work and how to respond effectively to a traumatic response, and (4) Gain usable knowledge on how to parent traumatized youth and promote successful behaviors.

Sensory Solutions for Regulation

Presenter/Agency: Kindal Akers, Harmony Family Center

Credit Hours: 2

Some children with trauma histories and developmental delays display problems with sensory integration and self-regulation. The facilitator(s) will explain a variety of sensory needs. Facilitators will discuss a therapeutic approach that engages the whole child, physically and emotionally, with the goal of expanding the child's window of tolerance for both positive and negative emotional states and for connection with others. Participants will obtain tools to support self-regulation through sensory input, understand how to create an effective sensory diet, and increase awareness of resources that may be beneficial to their children and family.

Social Media and Cyber Safety

Presenter/Agency: Harmony

Credit Hours: 2

Cyberbullying happens 24 hours a day, 7 days a week and reaches kids even when they are alone. This workshop will explore ways that parents can help prevent cyberbullying and 29 how to respond if you find out your child has become a victim of cyberbullying. Participants will also learn about the dangers and legal ramifications of sexting. In this workshop, participants will also gain a greater understanding of social media dangers that affect foster children and learn the basics of Internet Safety. Texting abbreviations and the language of social media will be covered. Foster parents will learn ways to help children avoid internet “danger zones” as well as implement parental controls on computers and mobile devices.

Straight Forward Safety Planning for Youth with Problematic Sexual Behavior

Presenter/Agency: Jacqueline (Ina) Page, Univ of Tennessee Health Sciences Center

Credit Hours: 2

Safety planning related to adolescents with problematic sexual behavior often raises questions. It is recognized that there is a need for safety rules, but typically there are questions about how rigid are the rules, are there any exceptions, does the youth have to be supervised at all times, etc. However, safety rules are just one component of the plan. The other component is ensuring that the plan supports healthy adolescent development. Balancing these two components can raise additional questions. Those in the parent role may find themselves second guessing what’s okay and what’s not. Therapists can help guide decisions, but life isn’t limited to therapy. This presentation takes a straight-forward approach to safety planning. Real world examples are utilized to facilitate an interactive discussion about safety rules balanced with the adolescent’s involvement age appropriate activities.

Suicide Prevention: Question, Persuade, Refer

Presenter/Agency: DCS

Credit Hours: 2

This course meets the trauma training requirement

Foster parents play a significant role in suicide prevention. This presentation covers topics from awareness and primary prevention, to intervention and suicide risk assessments.

Tennessee Safe Baby Courts: What it Means for Foster Families

Presenter/Agency: DCS

Credit Hours: 1

Safe Baby Court is a specialized court program that was established for infants and toddlers (birth through 3 years of age). The program strives to find new ways for

families to connect with community service providers and provide a strong foundation for infant mental health. The goal is to reduce maltreatment and traumatic experience during significant brain development of infants and toddlers; while increasing family accountability in conjunction with community program interaction to achieve permanency.

Children served are either at risk of entering foster care or currently in care.

Participants will learn about the Safe Baby Court program in Tennessee and learn the role foster parents play in Safe Baby Court and how they can support the children and families involved.

The Road to Adulthood: An Overview of Adult Service Models

Presenter: Tara Deer, DCS

Credit Hours: 1

This training provides an overview of voluntary adult service models including Extension of Foster Care (EFC), Employment and Community First Choices (ECF-Choices), and Behavioral Health Transitions. The Road to Adulthood is intended to serve as a guide for teams considering service options for youth aging out of foster care. This training also includes special topics for serving youth with intellectual disabilities, developmental delays and chronic mental health disorders.

TN KEY- Overview

Presenter/Agency: DCS

Credit Hours: 3

The TN KEY (Knowledge Empowers You) training curriculum was developed for the purpose of providing prospective foster parents with the most trauma-informed information to help assist in navigating their journey through foster care. This workshop will allow participants an opportunity to review the Permanency Plan development process while learning the function of a Child and Family Team meeting. Additionally, participants will explore the science behind toxic stress and trauma especially on brain development, behavior and overall health. After defining trauma, national experts discuss the ACEs study, along with how chemicals released during stressful events create a fight, flight, flee, or freeze response that helps us to survive real and perceived threats. Next, participants acquire the knowledge and skills necessary to build resilience in foster children by understanding how attachment occurs when the Circle of Security model is successfully implemented, while utilizing the "Regulate, Relate, and Reason" techniques created by Dr. Bruce Perry. Finally, participants will leave this workshop rerouting techniques to address trauma behaviors.

Trauma Informed Parenting Strategies (TIPS)

Presenter/Agency: Kim Bracken, Harmony Family Center

Credit Hours: 6

Must Take Part 1 and 2

This course meets the trauma training requirement

This workshop looks at how trauma affects brain development in teens, and how to view behaviors through a trauma lens to determine the most effective parenting strategies. Topics include: Trauma-Informed Parenting, Teen Development, Issues Faced by Teens including Justice Involvement and Behavior Management.

What Foster Parents Need to Know about Concussions

Presenter/Agency: Jennifer Rayman, Brain Links, and Wendy Ellmo, Brain Links
Credit Hours: 2

Do you know someone with a history of head trauma? Did he/she sustain an injury that may have involved a fall, blow, or jolt to the head or body? They may have had a concussion. Concussion can be a very serious injury with lasting symptoms. Did you also know that there are now ways to treat a concussion? In this talk, we will explain concussion, how to spot it and new types of treatment. We will talk about possible long-term effects of this sometimes invisible disability. You will leave with free tools and resources that will help you as a foster parent.

What to Know about Child Exploitation and Human Trafficking

Presenter/Agency: Harmony Family Center
Credit Hours: 2

This course will offer foster parents insight into the criminality of child exploitation and human trafficking. Participants will learn about the physical and psychological impact it has on children and about the importance of protecting and educating children about the dangers of being lured into this fast-growing illegal activity that is considered modern day slavery.

Working with Birth Parents and Visitation

Presenter/Agency: Harmony Family Center
Credit Hours: 3

This course helps everyone involved in foster care gain an appreciation for the critical role of birth parents in the lives of children in care. Participants will have an opportunity to explore the impact that a child's history and visits with his/her parents have on behaviors. The course also provides participants with a better understanding of federal and state mandates on child visitation, the importance of visitation and why supporting this contact is important to a child's developmental and mental wellbeing. Participants will also learn to identify the reasons for a child's behavior before, during and after visitations and how to strategically minimize these behaviors.

Online Registration Instructions

Before You Register:

1. Review the Conference Brochure before registering.
2. Consult with your Foster Parent Support Worker and/or anyone you may want to take a workshop with before you register.
3. Decide on the workshops you want to sign up for before going to the registration website.

Step by Step Instructions:

1. Go to the registration website: <https://cvent.me/MQwOPw>.
 2. Select the "Register NOW" button from the home page.
 3. Select your Registration Type (either DCS Foster Parent or Private Agency).
 4. Enter your Personal Information such as email, phone number and mailing address information. If applicable, add your spouse or partner in the "Guest" section of this page. Select "Next"
 5. Select the Appropriate Registration based on whether you are a current member of TFACA. Select "Next".
 6. Select your Workshop Sessions for you, and your guest if applicable.
 7. Review your Registration Summary for Accuracy. If Correct, Select "Submit".
 8. Print your confirmation and agenda for your records.
 9. Be sure to check your email for updates and reminders.
- ***If you do not see the confirmation email, check your SPAM Folder. To ensure you receive future emails, move SPAM messages into your primary inbox.

Registration Assistance:

For registration assistance, please contact Michelle Rigling, Conference Coordinator, at micheller@harmonyfamilycenter.org, or leave a voicemail at 423-521-1528.

WebEx Pre-Conference Training:

If you would like to request one-on-one assistance to prepare for the virtual conference sessions in WebEx, please schedule an appointment by September 1, 2020. There are two ways to schedule an appointment:

- Go to https://stateofennessee.formstack.com/forms/dcs_tareq Complete and submit the form. A DCS trainer will contact you to set up a one-on-one appointment for technical assistance.
- Call (865) 227-2025. Leave a message with your name, phone number, and your county/region of residence. A DCS trainer will contact you to set up a one-on-one appointment for technical assistance.

Tennessee Foster and Adoptive Care Association (TFACA) Overview



About: The Tennessee Foster and Adoptive Care Association (TFACA) is a nonprofit organization that functions as an advocacy support group for resource parents throughout the state of Tennessee. TFACA encourages and motivates foster and adoptive parents, as well as any other interested member of the community, to work together to promote the general welfare of foster children. We assist in communications between foster and adoptive parents and others concerned with the growth and development of foster children. **Website: www.tfaca.net.**

Membership: Membership is open to all foster or adoptive parents, employees of the Tennessee Department of Children's Services, and citizens concerned about the well-being of foster and adoptive parents and children. Membership is \$20 per year and members receive a discount on their conference registration, when applicable. Membership application and payment must be completed through TFACA's website.

TFACA Scholarship: Foster, birth and adoptive children of TFACA members are eligible to apply for the Kenneth P. and Maxine Fox Scholarship. Applications must be submitted by the TFACA deadline to be considered. Visit the TFACA website for more information: **<http://www.tfaca.net/scholarships.html>**

2020 Frequently Asked Questions

Question: When is the deadline for conference registration?

Answer: The deadline for registration is Friday, August 28, 2020 unless the conference fills up (sells out) before that date. Due to our new registration process, there will be no exceptions.

Question: How do we register if we are a foster parent couple or have other adults in our home?

Answer: Foster parent couples can register together this year. One foster parent will be the primary registrant and their spouse or partner will be considered their "guest." Please add your spouse or partner as a guest during the registration process. You will have the opportunity to choose workshops separately as part of the registration process.

Question: How do I change my workshop selections?

Answer: You can use your email and confirmation number to change your workshop selections through August 28, 2020. After that date, your selections are final. For this reason, it is important that you read all the workshop descriptions and discuss options with your Foster Parent Support Worker or Agency Worker before registering. If there are fellow foster parents that you want to attend a workshop with, you will need to talk to them in advance to decide on those workshops before registering.

Question: How many training credit hours are available this year?

Answer: Depending on the workshops you choose and the optional activities you participate in, you could earn over 15 credit hours. Optional activities include Friday morning's Opening Session, Friday's Lunch & Learn, and Optional Activities Friday Evening.

Question: How do I access my virtual workshops?

Answer: Participants will receive individual web links for each course from Messenger@webex.com closer to the event date. Please save this email address in your contacts and save emails from this system. Check your SPAM, Junk, Clutter or Promotions folders regularly.

2020 Conference Hosts and Sponsors

Department of Children's Services

The Department of Children's Services serves Tennessee children and their families through a variety of programs, services and initiatives. Some of the values that guide their work includes:

- Children Do Best at Home: DCS believes that children do better when they are at home with safe and nurturing parents and caregivers; DCS is strengthening families so that children can be safe and loved at home.
- Families Can Be Strengthened and Successful: When children must come into foster care, DCS strengthens foster parents so that children remain stable, and strengthens families so that children can return home quickly.
- Children Deserve a Forever Family: Children who can't return home exit foster care quickly to a forever family.
- Well-being Matters: Children and families' well-being and healthy development matters and they receive the services and supports they need from us to be successful. Staff well-being is important as well and they need the training, services and supports to be healthy in order to meet the needs of the children and families they support.

Harmony Family Center

Harmony is your resource for innovative, evidence-based therapies and programs that are uniquely catered to individual, children, and family needs. Harmony's staff and practitioners are students of the latest science-backed, trauma-informed therapies and services. Harmony is not a promoter of the "how it's always been" mentality. Instead, Harmony is a proponent of a comprehensive, interdisciplinary approach that meets each person where they are. Since 1996, Harmony has served over 115,000 children and families. Since inception, Harmony has trained over 13,000 professionals and community leaders.

Tennessee Foster Adoptive Care Association

The Tennessee Foster and Adoptive Care Association is a non-profit organization that functions as an advocacy support group for resource parents throughout the state of Tennessee. See page 35 in this brochure to learn more about TFACA

Blue Cross Blue Shield

Blue Cross Blue Shield has supported Tennessee's annual foster conference for many years, offering workshops, resources, free health items, conference materials and scholarships. Blue Cross Blue Shield also administers SelectKids, a BCBS program that cares for and supports children and teens in DCS custody. Be sure to visit the Blue Cross Blue Shield vendor booth this year!