



The Power of Connection!

Foster Parent Virtual Conference

Spring

2021



Presented by the Tennessee Department of Children's Services

2021 Spring Registration Brochure

General Information

The 2021 Tennessee Foster Parent Grand Regional Mini-Conferences will be held on the following dates. Each mini-conference will have an emphasis on the grand region listed, however if you are unable to participate in the mini-conference scheduled for your grand region, you may attend either of the other available dates.

West Grand Region		Middle Grand Region			East Grand Region	
April 17, 2021 Register by April 15, 2021		May 15, 2021 Register by May 13, 2021			June 26, 2021 Register by June 24, 2021	
Northwest	Shelby	Davidson	South Central	Upper Cumberland	East	Smoky Mountain
Benton	Southwest	Mid-Cumberland	Bedford	Cannon	Anderson	Blount
Carroll	Chester	Cheatham	Coffee	Clay	Campbell	Claiborne
Crockett	Decatur	Montgomery	Franklin	Cumberland	Loudon	Cocke
Dickson	Fayette	Robertson	Giles	DeKalb	Monroe	Grainger
Dyer	Hardeman	Rutherford	Grundy	Fentress	Morgan	Hamblen
Gibson	Hardin	Sumner	Hickman	Jackson	Roane	Jefferson
Henry	Haywood	Trousdale	Lawrence	Macon	Scott	Sevier
Houston	Henderson	Williamson	Lewis	Overton	Union	Tennessee Valley
Humphreys	Lauderdale	Wilson	Lincoln	Pickett	Knox	Bledsoe
Lake	Madison		Marshall	Putnam	Northeast	Bradley
Obion	McNairy		Maury	Smith	Carter	Hamilton
Stewart	Tipton		Moore	Van Buren	Greene	Marion
Weakley			Perry	Warren	Hancock	McMinn
			Wayne	White	Hawkins	Meigs
				Cannon	Johnson	Polk
				Clay	Sullivan	Rhea
				Cumberland	Unicoi	Sequatchie
					Washington	

Registration Information

Pre-registration is required no later than two days before your selected mini conference. If you do not register by this date, you will not be able to attend and conference staff will not be able to let you into the virtual training environments. Participants will receive WebEx links for each session to login the day of the conference.

Visit the [Foster Parent Conference webpage](#) to register.

1. On the foster parent conference webpage, select the conference weekend you would like to attend and click the provided link to register.
2. Complete the registration form and include all requested information. If multiple people within your household will be attending the same conference workshops together, you only need to submit one form. Include the other household members in the provided field and be sure to provide your full LEGAL names. **It is critical that you are able to access the email address you provide with your registration information, or you will not be able to attend the conference.**
3. Select the classes you wish to attend from the dropdown menu provided for each session.
4. When you are satisfied with your selections, submit the form to complete your registration.
5. You will receive an email from messenger@webex.com for each training you have selected. Save these links so that you will be able to join the trainings. **Check your promotions, spam, junk, or clutter folders regularly if emails do not appear in your inbox within 24 hours of submitting your registrations.**

If you lose your WebEx confirmation links before training, contact the registration helpline for assistance.

Registration Helpline: (615) 696-9056

Please leave a message and a training staff member will return your call within 24 business hours.

You may also email tndcs.fpconference@gmail.com for assistance.

Be sure to use the same email address and the same name(s) throughout the registration process to ensure you receive proper training credit. Use the images on the following pages as a guide when registering.

April 2021 Foster Parent Mini Conference Registration

Please note this registration form is for the April 17, 2021 mini-conference ONLY. May and June registrations will be available at a later date.

Participant (enter your LEGAL name)*

Rebecca

Bunch

First Name

Last Name

Enter the FULL LEGAL NAME of any other participants who will be viewing the selected trainings with you.

Gregory Serrano

If other members of your household will be participating in the conference but NOT in the same trainings, please submit a separate registration form.

Email*

YOUR.EMAIL@domain.com

Confirm Email*

YOUR.EMAIL@domain.com

Phone*

555-555-5555

Role*

- ☒ Foster/Adoptive/Kinship Parent
☐ Agency Staff
☐ Other:

Agency or Organization*

TN DCS

What device will you be using to participate in the conference?*

- ☒ Desktop or laptop computer
☐ Google Chromebook
☐ Phone (iPhone, Android)
☐ Tablet (iPad, Surface, etc.)
☐ Other:

Do you have a second device for viewing materials during the training?*

- ☒ Yes
☐ No

County*

Davidson

Edison IDs (if unknown, enter N/A)*

EL\$REBBUN09; EL\$GRESER09

Date of Birth*

Mar -

01 -

2021 -



Zip Code*

37000

If you do not have an Edison account, this information will be used to create one for you.

If you do not have an Edison account, this information will be used to create one for you.

Course Selection

This year's mini-conference includes specialized tracks to assist parents in selecting courses that will be relevant to them. Participants are free to take classes from any track; these categories are provided only for your information. Tracks will be listed beside each course title.

- **First Year Track:** aimed at new foster parents needing to complete first year training requirements
- **Second Year+ Track:** aimed at parents in the second year or later after approval
- **Therapeutic/Trauma Informed Track:** for parents needing to complete therapeutic training and/or interested in trauma-informed subjects

In addition to these workshops, participants will have the opportunity to participate in a 30 minute welcome session and a 30 minute Lunch and Learn.

Participants can earn up to 7 credit hours during this mini-conference.

SELECT YOUR REGION BELOW: Welcome Session (8:30am-9:00am CENTRAL/9:30am-10:00am EASTERN)*

Shelby County

If you are attending this conference and do not live in the West Grand Region, you may select any of the options above.

Session 1 (9:15am-11:15am CENTRAL/10:15am-12:15pm EASTERN)*

Second Year+: Couples Who Foster

Session 2 (12:30pm-1:30pm CENTRAL/1:30pm-2:30pm EASTERN)*

First Year: Building Strong Brains (fulfills first year trauma requirement)

Session 3 (1:45pm-4:45pm CENTRAL/2:45pm-5:45pm EASTERN)*

Therapeutic/Trauma Informed: De-escalating Crisis

Submit Form



Thank you for registering for the April 17, 2021 mini conference. You will receive a separate link for each of the trainings listed below to login to each session. **Be sure to use YOUR.EMAIL@domain.com when logging into your sessions the day of training.**

Your schedule, including the optional welcome and lunch and learn sessions, is below.

Schedule for: Rebecca Bunch

Additional participants: Gregory Serrano

Schedule:

**Welcome Session (8:30am-9:00am Central/9:30am-10:00am Eastern):
Shelby Opening Session**

**Session 1 (9:15am-11:15am Central/10:15am-12:15pm Eastern):
Couples Who Foster**

**Lunch and Learn (11:30am-12:00pm Central/12:30pm-1:00pm Eastern):
Connecting during Mealtimes**

**Session 2 (12:30pm-1:30pm Central/1:30pm-2:30pm Eastern):
Building Strong Brains**

**Session 3: (1:45pm-4:45pm Central/2:45pm-5:45pm Eastern):
De-escalating Crisis**

Conference Registration and Support Demonstration

If you would like assistance in registering for the mini-conference, please join us for a Conference Registration and Support Demonstration. These sessions are designed to walk participants through the registration process and answer any questions about the technological aspects of the conference that you may have.

View the [Foster Parent Training Calendar](#) to identify a training session and obtain assistance with the registration process.

Virtual Conference Schedule Overview

Conference attendees can earn 7 hours of training by attending the Regional Welcome Session, the Lunch and Learn, and all workshops during each of three sessions.

Conference Agenda	
8:30 am-9:00 am	Regional Welcome Session (30 Minutes)
9:15 am-11:15 am	Morning Workshop (2 hours)
11:30 am-12:00 pm	Lunch and Learn (30 Minutes)
12:30 pm-1:30 pm	Afternoon Workshop (1 hour)
1:45 pm-4:45 pm	Afternoon Workshop (3 hours)

Note that the hours listed above are in LOCAL time for the target grand region of each weekend. April 17 and May 15 will be held at the times above in CENTRAL time, and June 26 will be held in EASTERN time.

Special Sessions

Welcome & Opening Session This session kicks off our conference and includes important information and updates. Participants can meet the leaders and training staff in their region. Please plan to attend this session.

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

Virtual Training Etiquette

- All participants must be able to view the training presentation. Participants who call in only will not be able to receive credit for these trainings.
- Participants may not attend training while operating a motor vehicle or other heavy machinery.
- Participants must be clothed in appropriate classroom attire and may not be in bed.
- All participants must be physically present with the device being used to view training (i.e., participants may not participate via FaceTime, phone, etc. with another participant who is viewing the training)
- Participants may not smoke, use tobacco products, or consume alcohol during training.

Spotlight: Dr. Shayna Smith, DCS Health and Wellness Director

Dr. Shayna Smith serves as the Health and Wellness Director at the Department of Children's Services and will present information about the importance of healthy eating, balanced meals, and introducing new foods to children as ways to connect and build relationships. Dr. Smith is a registered dietitian with experience in clinical environments, food service operations, and government administration. In her research, she has examined ways to ensure that fruits and vegetables are accessible to all families.



This lunch and learn places an emphasis on how family meals are ways to build relationships and to provide children with a sense of stability and connectedness. Studies show that regular family meals improve academic performance and reduce behavior problems. Meals are where we learn and explore family and cultural values and establish personal tastes. Family mealtimes are also a way to disconnect from outside distractions and model food choice and behaviors to children. This session will focus on helping foster parents enhance interpersonal interactions inside the home during mealtimes, as well as introduce participants to nutritional information, the importance of healthy eating, and promoting balanced meals.

2021 Spring Foster Parent Conference Information

Training Requirements can be found on the DCS website at:

<https://files.dcs.tn.gov/policies/chap16/ReqTrainChtFP.pdf>

First Year Parents required courses include:

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

Second Year Parents and thereafter requirements include:

- CPR and First Aid every 2 years
- Medication Administration Refresher every 2 years
- Additional training hours to meet 15 hour annual requirement

For additional information, contact your Foster Parent Support Worker.

General Information

This year's mini-conferences include specialized tracks to assist parents in selecting courses that will be relevant to them. Participants are free to take classes from any track; these categories are provided only for your information. Tracks will be listed beside each course title.

- **First Year Track:** aimed at new foster parents needing to complete first year training requirements
- **Second Year+ Track:** aimed at parents in the second year or later after approval
- **Therapeutic/Trauma Informed Track:** for parents needing to complete therapeutic training and/or interested in trauma-informed subjects

In addition to these workshops, participants will have the opportunity to participate in a 30-minute welcome session and a 30-minute Lunch and Learn.

Welcome Session April 17 and May 15: 8:30 am-9:00 am Central/9:30 am-10:00 am Eastern June 26: 7:30 am-8:00 am Central/8:30 am-9:00 am Eastern	
Session 1 April 17 and May 15: 9:15 am-11:15 am Central/10:15 am-12:15 pm Eastern June 26: 8:15 am-10:15 am Central/9:15 am-11:15 am Eastern	
First Year: What to Know about Child Exploitation and Human Trafficking Training credit: 2 hours If you are a first year foster parent and have already completed this training, you may choose from any of the other offerings during this session.	This course will equip foster parents with information and training about Child Exploitation and Human Trafficking. Foster parents will gain insight into the criminality of child exploitation and human trafficking while learning about the physical and psychological impact it has on children. Participants will learn 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.
Second Year+: Couples Who Foster Training credit: 2 hours	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.
Second Year+: Medication Administration Refresher Training credit: 2 hours	This course is required for all DCS foster parents every two years after approval. This refresher course includes an update on medication administration policies and procedures. The course also provides an update on the knowledge to administer medications safely and effectively to children in care. Topics included in this class range from self-storage and disposal of medication to common errors in medication administration.
Second Year+: Empathy to Compassion Training credit: 2 hours	This training explores recent discoveries that reveal compassion cultivates resilience and promotes psychological and physical well-being. Foster parents will learn skills for moving from empathy to compassion to decrease the risk for fatigue, burnout, and secondary trauma, as well as strategies for maintaining a healing presence and staying in service when witnessing human suffering.
Therapeutic/Trauma Informed: Suicide Prevention (Question, Persuade, Refer) This course meets the trauma training requirement. Training credit: 2 hours	QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a training program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers). The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources.

Therapeutic/Trauma Informed: Managing Challenging Behaviors in Child Welfare This course meets the trauma training requirement. Training credit: 2 hours	In this training, DCS Regional Psychologist, will facilitate participants' learning about factors that contribute to behavior challenges for children and youth in child welfare. Using a trauma-informed lens, participants will learn how to use themselves and their relationships to help children manage emotions and behaviors. Dr. Smith will also work with participants to develop strategies to regulate, de-escalate and respond to children with challenging behaviors. The regional psychologist will be available to answer participants' specific questions about managing challenging behaviors.
Lunch and Learn: Connecting during Mealtimes April 17 and May 15: 11:30 am-12:00 pm Central/12:30 pm-1:00 pm Eastern June 26: 10:30 am-11:00 am Central/11:30 am-12:00 pm Eastern	
Session 2 April 17 and May 15: 12:30 pm-1:30 pm Central/1:30 pm-2:30 pm Eastern June 26: 11:30 am-12:30 pm Central/12:30 pm-1:30 pm Eastern	
First Year: Building Strong Brains This course meets the trauma training requirement. Training credit: 1 hour	The architecture of a young child's brain is shaped by the interaction between genes and experiences. Science shows that Adverse Childhood Experiences are correlated with negative health outcomes. In this training, participants will build knowledge and understanding of early childhood brain development and ways to mitigate the impact of Adverse Childhood Experiences. This training promotes potential of every child in Tennessee to have the opportunity to lead a healthy, productive life.
Second Year+: Parenting Sibling Groups Training credit: 1 hour	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: <ul style="list-style-type: none"> • 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.

<p>Therapeutic/Trauma Informed: Right Time Video Debrief: Understanding Behavior</p> <p>Participants must view this video BEFORE attending the debrief session.</p> <p>Training credit: 2 hours (video + debrief session)</p>	<p>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.</p> <p>To view this video, visit https://stateoftennessee.formstack.com/forms/righttime and select the title from the dropdown menu. Participants will receive one hour of credit for the video and an additional hour for attending the debrief session.</p>
<p>Therapeutic/Trauma Informed: Right Time Video Debrief: Understanding and Recognizing the Effects of Trauma</p> <p>Participants must view this video BEFORE attending the debrief session.</p> <p>Training credit: 2 hours (video + debrief session)</p>	<p>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 well-being 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.</p> <p>To view this video, visit https://stateoftennessee.formstack.com/forms/righttime and select the title from the dropdown menu. Participants will receive one hour of credit for the video and an additional hour for attending the debrief session.</p>

Session 3 April 17 and May 25: 1:45 pm-4:45 pm Central /2:45 pm-5:45 pm Eastern June 26: 12:45 pm-3:45 pm Central/1:45 pm-4:45 pm Eastern	
First Year: Creating Normalcy through Prudent Parenting Training credit: 3 hours If you are a first year foster parent and have already completed this training, you may choose from any of the other offerings during this session.	This training introduces and instructs participants on how to create normalcy through reasonable prudent parenting standards 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.
Second Year+: Working with Birth Parents and Visitation Training credit: 3 hours	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 and a better understanding of the federal and state mandates on child and family visitation; the importance of the child and family visitation and why supporting this contact is important to a child's developmental and mental well-being; how to identify the reasons for a child's behavior before during and after visitations; and how to strategically minimize these behaviors.
Second Year+: Positive Parenting This course meets the trauma training requirement. Training credit: 3 hours	This course centers on building connections and relationships with children who have experienced trauma. 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 to address big emotions will be provided. 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.
Therapeutic/Trauma Informed: Caring for Children Who Have Experienced Trauma This course meets the trauma training requirement. Training credit: 3 hours	Most children who enter the foster care system have experienced traumatic events. And while parenting a child who has experienced trauma can be rewarding, it can also be very difficult. This session, based on the Resource Parent Curriculum from the National Child Traumatic Stress Network, will help foster parents better understand how trauma impacts children in their care and provide concrete suggestions for ways to help. Topics including understanding the effects of trauma, dealing with feelings and behavior, promoting safety, and foster parent wellness will be covered, with interactive activities designed to help parents apply the information to situations they are currently dealing with.
Therapeutic/Trauma Informed: De-escalating Crisis This course meets the trauma training requirement. Training credit: 3 hours	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 16 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.

Therapeutic/Trauma Informed: TBRI® 101 This course meets the trauma training requirement. Training credit: 3 hours	TBRI® is a holistic approach that is multi-disciplinary, flexible, and attachment-centered. While it is a trauma-informed intervention that is specifically designed for children who have experienced maltreatment, abuse, neglect, multiple home placements and violence the principles learned during the workshop 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 as well as practical strategies to implement in your home.
---	--

Conference Committee

Ronya Faulkner, Director of Training and Professional Development

Joye Duvall, Director of Foster Parent Training

Stacy Arnold, DCS Logistics Manager

Sirena Wilson, DCS Program Manager

Erin Beese, DCS FPS Team Leader

Vanessa Addington, DCS CM3

Kathryn Leonard, Camelot

Loree Knowles, Camelot

Rebecca Rollins, Camelot

Marion Rhines, TFACA Executive Director and Parent Representative

To find additional training opportunities, visit our website at

<https://www.tn.gov/dcs/program-areas/training/tpd/fpt/t.html>

Virtual Classroom Training

<https://www.tn.gov/dcs/program-areas/training/tpd/fpt/t/calendars/post-state.html>

Online Training

<https://www.tn.gov/dcs/program-areas/training/tpd/fpt/t/opportunities/online-training.html>

Podcast Series

<https://www.tn.gov/dcs/program-areas/training/tpd/cw-resources/cwr/dcs-talks.html>

Child Welfare Resources

<https://www.tn.gov/dcs/program-areas/training/tpd/cw-resources.html>