

FOSTER PARENT NEWS

DCS TRAINING NEWSLETTER



DCS Newsletter Color Code



DCS Opportunities of Training Credit

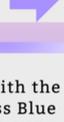


3rd Party Opportunities for Training Credit



Resources / Entertainment / Information

Should a foster parent sign for medical bills?



When a foster youth is on TennCare, the health provider should not require payment from foster payments. Foster parents are not financially responsible for medical services for foster youth. **As a reminder, foster parents should never sign as the person who is financially responsible.**

Foster parents can connect with the Select Kids team at Blue Cross Blue Shield by phone at 1-877-DCS-KIDS or SelectKids_GM@bcbst.com.

For more information on medical and mental health resources click on the QR code.



Foster parents should coordinate with the child's FSW or FPS if the youth does not have TennCare or for additional questions.

There are approximately 400 children and youth who are in full guardianship and in need of permanent families throughout Tennessee.

Click here to visit ParentAChild.org

Please consider whether you could be the answer to a young person's longing for a forever home.

POINT YOUR CAMERA PHONE AND SCAN THE QR CODE TO LEARN MORE ABOUT ASSESSMENT HOMES



Online Trainings
CLICK HERE

Foster Parent Training Resources
CLICK HERE

CALENDAR OF LIVE TRAININGS
CLICK HERE

Adoption Awareness Training
Want to know more about Adoptions in TN from our very own staff?

Join us for a full day on Nov. 29, 10:00-4:00 pm EST or for split sessions on Dec. 14 & 15, 1:00-4 pm EST

NOVEMBER - National ADOPTION MONTH

Register for 11/29

Register for 12/14

Register for 12/15



Medical Resources and Information (M.R.I.)



Medication Administration will now be called Medical Resources and Information and will include:

- New information on CBD-Cannabidiol
- New Medical and Mental Health Resources
- MRI Refresher is now 2.5 hours of class time

CLICK HERE

Regional Foster Parent Support Group Parenting in the Age of Screens, Social Media, and Gaming

East - November 17, 5:30-7:30pm EST

Middle - November 28, 5:30-7:30pm CST

West - November 29, 5:30-7:30pm CST

Regional Foster Parent Support Group Co-Regulation

East - January 24, 5:30-7:30pm EST

Middle - January 9, 5:30-7:30pm CST

West - January 23, 5:30-7:30pm CST

ONLINE TRAINING

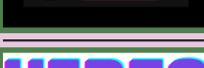
DCS PRACTICE MODEL INTRODUCTION

*30 minutes of training credit



Of the Month

Click HERE



rabbi_shais_taub

December 6, 5:30 to 6:30 PM CT



1 hour Training Credit

Maintaining Balance in Life Webinar Announcement

VIDEO

Of the Month

Click HERE

Julie Rotella



TUESDAY, DECEMBER 13 11:00AM-12:00PM CST *1 hr Training Credit



Child Welfare Community Lunch and Learn Series: Tennessee Women, Infants and Children (WIC) Program

DCS TALKS PODCAST

Holiday Stress Podcast Episode

DECEMBER CALENDAR

Click the links below to register

11/17 - [Creating Normalcy Through Prudent Parenting](#)

11/21 - [Caring for the Child with Sexual Trauma](#)

12/1 - [CANS](#)

12/3 - [Trauma Informed Parenting Strategies \(T.I.P.S.\)](#)

12/6 - [When and How to Turn a Crisis into a Learning Event](#)

12/8 - [Be the One](#)

12/10 - [Creating Normalcy through Prudent Parenting](#)

12/13 - [Stewards of Children](#)

12/15 - [Intro to TBRI for Parents](#)

1/5 - [Foundations of TBRI](#)

1/9 - [My Child Struggles at School: What Can I Do?](#)

1/10 - [Positive Parenting](#)

1/12 - [Caring for the Child with Sexual Trauma](#)

1/12 - [Building Strong Brains](#)

Why We Do It the DCS Training Team!



Randi Earley

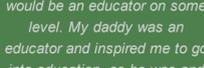
Training Officer I

Foster Parent Training, TN Valley and Upper Cumberland Regions; CPR Waiver Specialist

As a child, I always knew that I would be an educator on some level. My daddy was an educator and inspired me to go into education, as he was and will always be my hero. I chose to work for DCS after hearing my parents speak of their childhoods and the trauma they endured as children. As a foster parent trainer, I get to teach about how delicate the children in our system are based on their experience of trauma and how to help them be resilient despite all of their adversities.

My goal is to always provide a listening ear and support to all of the children and families that cross my path. If I can help one child, one family, or one foster parent have a positive experience with DCS, then I have been successful. While I cannot change the past and the trauma that my parents might have endured, I can always work diligently to make an impact and change the future for the children and families that I meet.

when it's Christmas Eve and your kid tells you what he ACTUALLY wants for Christmas



Let us be the first to give a friendly sign, to nod first, smile first, speak first, and - if such a thing is necessary - forgive first.

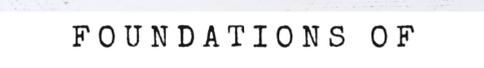
-Author Unknown

Upcoming Classes

FOUNDATIONS OF TBRI - INTRO

1/5/2023 5:30-7:30 pm CST *Good for Trauma and Therapeutic training hours

6:30-8:30pm EST



Building Strong Brains

Available Class Options: January 27, March 31, February 24, April 28

*Worth 2 Hours of Training Credit *Fulfills Trauma Training Credit

Click HERE for more details!

Moving from Empathy to Compassion Masterclass and Coaching Series:

The Science of Self-Care and Well-Being in Child Welfare

Laurie Ellington, MA, LPC, BBC, MCC, HMCT, RYT, NBC-HWC

WEBINAR

This interactive 4-part science-based masterclass with 1 coaching session explores recent discoveries that reveal compassion cultivates resilience and promotes psychological and physical well-being. Findings that illuminate the effects of compassion on the autonomic and central nervous system will be shared, as well as research on the experience of empathetic distress fatigue, for which compassion seems to be the antidote.

Participants will learn skills for moving from empathy to compassion to decrease the risk for fatigue, burnout, and vicarious trauma, as well as strategies for maintaining a healing presence and staying in service when witnessing human suffering.

Click here to learn from Laurie herself about this training opportunity.

The person you need to be kindest to is yourself.

Click the Links Below to Register:

Session 1: The Human Stress Response

Session 2: Self-Care, Empathy, & Compassion

Session 3: The Neuroscience of Compassion & Empathy.

Session 4: The Ethical Imperative of Self-Compassion

SCHEDULE

DATES: 3 consecutive Saturdays: January 7th, January 14th and January 21, 2023

Time: 9:00am-2:30pm CST/10:00am-3:30pm EST

LOCATION: Zoom

COURSE ID: CHR220222

REGISTRATION: Please contact Loretta at 731-613-5294.



Statewide Zoom Class

The fundamentals of caring for you, your family, and your child with mental illness.

Classes Forming Now - Limited Space Available

CARE FOR YOUR WELLNESS!

- PAUSE
- RESET
- NOURISH

Click here to view the article



AGE-RELATED REACTIONS TO A TRAUMATIC EVENT

Click here to view the article



HELPFUL LINKS

Foster Parent Training

Training Calendar

Online Training

Self-Care

DCS Talks Podcast

Child Welfare Resources

Regional Training Contact

DCS Listens Registration

Birth Children Resources

Unsung Hero of the Month