



Department of

Children's Services

FOSTER PARENT NEWS DCS TRAINING NEWSLETTER



Foster Parent Training Resources

[CLICK HERE](#)



CALENDAR OF LIVE TRAININGS

[CLICK HERE](#)



[CLICK HERE](#)

Online Trainings



NAMI Basics Class is comprised of six session workshops for parents and caregivers of children and adolescents with a mental illness. The class covers illnesses, medication, in-depth documentation with additional resources with forms for the various systems like medical and school.



STATE-WIDE VIRTUAL

**START DATE: TBA
TO REGISTER:
CONTACT DENISE STEWART
615-361-6608
DSTEWART@NAMITN.ORG**



TN-KEY FOSTER PARENT CO-TRAINERS NEEDED!

The next training to become a TN KEY trainer is **January 8-10, 2024**

To complete a Foster Parent Co-Trainer Interest form,

[CLICK HERE](#)

Letter from our DCS Director of Training and Professional Development Ronya Faulkner

The TN Department of Children's Services Training Team is excited to announce a new training platform for DCS foster parents. You will be able to complete online learning, communicate with training staff, and most importantly track your training records. You will receive a letter in the mail that will contain your username, temporary password, and link to the platform.

Foster parents are also encouraged to download the Brightspace Pulse App for mobile devices. Links for iOS and Android are located by clicking [HERE](#), or can be accessed by scanning the QR code below.

Additionally, you can email our team for assistance at EI_DCS.Brightspace@tn.gov. We will also provide training opportunities to learn about the new system soon.



TN DCS Foster Parent Training Center

[CLICK HERE](#)



Email our team for assistance in Brightspace

[CLICK HERE](#)



Download the Brightspace Pulse App

[CLICK HERE](#)



Holiday Helpers

WHICHEVER MEDIA YOU LIKE, WE WANT TO PROVIDE YOU WITH RESOURCES FOR THE HOLIDAYS!



Podcast Holiday Helper

THE HOLIDAYS WITH ADOPTED, FOSTER, OR KINSHIP KIDS WHO'VE BEEN EXPOSED TO TRAUMA



Video Holiday Helper

SCHEDULING YOUR DAY: CREATING ROUTINE IN A TIME OF CHANGE



Article Holiday Helper

10 TIPS TO ENJOY THE HOLIDAYS WITH KIDS WHO HAVE EXPERIENCED TRAUMA





Meet Zuri!

Zuri is a sweet and caring young lady who needs a loving forever family. Zuri likes playing, teaching, writing, reading, and watching TV shows/movies. She also likes riding in the front seat of the car. She loves animals, especially pandas.

Click **HERE** to see Zuri's Video

Zuri would like an active family who likes to go places and have new adventures. She would also love a home with dogs or other pets. Zuri wants to live in an area where there are lots of things to do and she can play outside in a yard, go to the park, water parks, and enjoy other fun summer activities. She would also love it if her new family goes to church and shares her love of cheese pizza and honey BBQ wings.

There are approximately 400 children and youth who are in full guardianship and in need of permanent families throughout Tennessee. Please consider whether you could be the answer to a young person's longing for a forever home.

Click here to visit ParentAChild.org



Foundations of Learning & Behavior

Friday, December 1, 2023
12:00pm - 1:00pm CST

click here!



Cognitive Disengagement Syndrome: A Distinct Kind of Inattention

Tuesday, December 5, 2023
12 pm CST / 1pm EST

click here!



ADDITUDE



AIMHiTN
Institute of Advanced Mental Health in Tennessee

CLICK HERE



You are invited to a discussion with author Sandy White Hawk

WHEN: November 28, 2023
FROM 1-3pm CT
OR 2-4PM ET



Healthy Outcomes from Positive Experiences (HOPE)

Join our community partners, the Regional Intervention Program for HOPE training! Positive experiences can ease toxic stress and help children and youth grow into more resilient, healthier adults. HOPE identifies ways that our communities and systems of care can better ensure that all children have more positive experiences and that all families have support to nurture and celebrate their strengths. Participants will be able to ask questions and receive resources!



November 30, 2023
5:30 to 7:00 PM
or 6:30 to 8:00 PM

[CLICK HERE TO REGISTER](#)



Stories from the Field: Harmony Family, Adoptive/Foster Care Family Support

Wednesday, December 6, 2023
10:00 - 11:00 am CST



[click here!](#)



Foster Parent Focus Group!

December 7th, 11:00 am EST - Knoxville

*Attendance qualifies for 2 hours of training credit



[CLICK HERE](#)



5 Hidden Needs that fuel power struggles

[click here!](#)

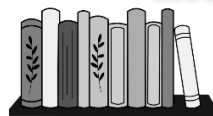
Human Trafficking Education for Foster Parents

Tuesday, December 5th
5:30-7:30 pm CST
6:30-8:30 pm EST

[CLICK HERE](#)



Library



[CLICK HERE](#)



CLICK HERE

Family Resources

CCR&R
TENNESSEE

f The Jason Foundation

Resources for Youth Suicide Prevention

- 11/17/23 [Learn More about the Indian Child Welfare Act](#)
- 11/18/23 [Medical Resources & Information Refresher](#)
- 11/28/23 [Trauma 101](#)
- 11/28/23 [Building Strong Brains](#)
- 11/30/23 [Healthy Outcomes from Positive Experiences \(HOPE\)](#)
- 11/30/23 [Your Money Your Goals](#)
- 12/2/23 [Trauma Informed Parenting Strategies \(TIPS\)](#)
- 12/5/23 [Trauma in Context and Coping](#)
- 12/5/23 [Human Trafficking Overview](#)
- 12/6/23 [When & How to Turn a Crisis into a Learning Event](#)
- 12/7/23 [Reaction Awareness: How to Show Up During Conflict](#)
- 12/7/23 [Davidson Co Annual Education Webinar](#)
- 12/7/23 [Knoxville Foster Parent Focus Group](#)
- 12/7/23 [Creating Normalcy through Prudent Parenting](#)
- 12/8/23 [Neurobiology: How Complex Trauma Impacts the Brain](#)
- 12/11/23 [CORE TEEN: Understanding & Managing Challenging Behaviors](#)
- 12/11/23 [Medical Resources & Information Refresher](#)
- 12/12/23 [TBRI for Parents – Connecting](#)
- 12/14/23 [Stewards of Children](#)
- 12/19/23 [Communicating for Conflict Resolution](#)



DECEMBER 10, 2023
NEUROBIOLOGY: HOW COMPLEX TRAUMA IMPACTS THE BRAIN

JANUARY 12, 2024
COMPLEX TRAUMA IN EARLY CHILDHOOD

MARCH 8, 2024
COMPLEX TRAUMA AND SUBSTANCE USE

APRIL 12, 2024
SUPPORTING PARENTS WITH UNRESOLVED TRAUMA

JUNE 14, 2024
RESIDENTIAL CARE

JULY 12, 2024
SCHOOLS AND LEARNING

Quarterly Autism Webinar:

November 10, 2023
February 9, 2024
May 10, 2024
August 9, 2024



Statewide Complex Trauma and Child Welfare Learning Community

2023-2024


SERIES WEBINAR

CLICK HERE

CLICK HERE

EMERGENCY RESPONSE TOOLKIT: AN EARLY RELATIONAL APPROACH
 Home-Visitor Edition



AIMHITN BY

NAMI | Tennessee
National Alliance on Mental Illness
In Our Own Voice

Real first-hand accounts of what it's like living with a mental illness.

CLICK HERE

THE SCIENCE OF HOPE AND THE CHILD WELFARE COMMUNITY



PRESENTER
 Dr. Angela B. Pharris



DATE/TIME
 January 11, 2024
 1:00-2:30 pm CST or
 2:00-3:30 pm CST

REGISTRATION
 Click [HERE](#)
 1.5 Hr. Training Credit

FETAL ALCOHOL SPECTRUM DISORDERS TWO DAY SEMINAR

Join us for this two - day seminar with Barb Clark, Director of Training with Families Rising (formerly NACAC) to explore risk factors for Fetal Alcohol Spectrum Disorders, look at the connection between brain impairment and behaviors, including impact of trauma & discuss reframing and other strategies for professionals and parents to better support children who were prenatally exposed to substances. This two day seminar will help parents, caregivers and professionals. It is recommended that participants join both days but it is not required.

January 24, 2024 - 9:00-11:00 am CST
January 25, 2024 - 9:00-11:00 am CST

[CLICK HERE](#)



**West, Middle, and
East TN Support
Groups, Affiliates,
and Additional
Resources**

Support Groups & Affiliates

[CLICK HERE](#)

Boost your engagement skills with a deeper understanding of the nervous system and the vagus nerve with Laurie Ellington!

2024 Masterclass Series



Laurie Ellington is the founder and Chief Executive Officer of Ancient Science, Inc., a leading-edge organization based on an Integrative NeuroSomatic® approach to growth and change. Laurie combines ancient wisdom teachings with findings from modern neuroscience, mind-body research, functional medicine, epigenetics, and quantum physics to help individuals, leaders, and organizations elevate the way they think, feel, and show up in the world.



About this Seminar on the Vagus Nerve and Social Engagement System
This 4-part interactive science-backed masterclass with coaching series shares recent cutting-edge findings from the fields of mind body medicine, psychoneuroimmunology, resilience, interpersonal neurobiology, and trauma as they relate to leadership and practice in human services. Participants will explore the role of the mind-body connection and the vagus nerve in psychological and physical health, well-being, and human performance. Mind-body tools for resilience and vagus nerve health will be shared and practiced. Participation in all four sessions is recommended but not required.

Training Credit: 2 hours



Attendees: DCS Staff, Foster Parents and Community Members

| Session | Date/Time |
|---|--|
| FP Vagus Nerve & Social Engagement Seminar Part 1 | January 23, 2024 5:30-7:30 pm CT / 6:30-8:30 pm ET |
| FP Vagus Nerve & Social Engagement Seminar Part 2 | February 1, 2024 5:30-7:30 pm CT / 6:30-8:30 pm ET |
| FP Vagus Nerve & Social Engagement Seminar Part 3 | February 12, 2024 5:30-7:30 pm CT / 6:30-8:30 pm ET |
| FP Vagus Nerve & Social Engagement Seminar Part 4 | February 20, 2024 5:30-7:30 pm CT / 6:30-8:30 pm ET |



**SCAN TO VISIT
OUR WEBSITE**



bluecare.bcbst.com/foster

**QUESTIONS ABOUT
YOUR BENEFITS?**

1-888-422-2963

TRS: Dial 711,
ask for **888-418-0008**

SelectKids_GM@bcbst.com

Child Sex Abuse 101 with the Sexual Assault Center



January 30, 2024



Time: 1:00 to 2:30 PM CT or 2:00 to 3:00 PM ET

Helpful Links

- [Training Website](#)
- [Training Calendar](#)
- [Online Trainings](#)
- [Self-Care](#)
- [Podcast Episodes](#)
- [Helpful Resources](#)
- [Regional Training Contacts](#)
- [Birth Children Resources](#)
- [Unsung Hero of the Month](#)



Applying Infant Mental Health in Child Welfare Practice

| | |
|----------------------------------|---|
| February 2, 2024 | Maximizing Visitation and Family Time |
| March 8, 2024 | Navigating Transitions and Permanency |
| April 5, 2024 | Special Considerations: Substance Use |
| May 3, 2024 | Special Considerations: Domestic Violence |
| June 7, 2024 | Special Considerations: Neglect |

[CLICK HERE](#)

Be a Part of the Conversation Join our Behavioral Health Advisory Board

You're invited to join the BlueCare Tennessee Behavioral Health Advisory Board! The board is made up of members and representatives from BlueCare Tennessee and other groups. And it gives you the chance to talk to people who share your concerns.

TennCare members who come to a meeting will get \$50 or your cost of travel — whichever is more.

As a member of the board, you can:

- Learn more about what behavioral health services are available.
- Advocate for your and your family's needs.
- Find tools that can help you get better care.
- Get access to upcoming events near you.
- Talk to others about how BlueCare Tennessee can better meet your needs.

Click [HERE](#) for Full Details

DCS PARENT REGISTRATION
INSTRUCTIONS:

1. Register as an Individual/Household for the conference.
2. Once registered, you will receive access to the conference resources page where you can find the participant guide, slides, attendance certificate, and more.
3. Following the conference, parents will complete and submit a short quiz to receive training credit:

Explore the principles of TBRI Connecting, TBRI Empowering, and TBRI Correcting.

This training meets TBRI and therapeutic training hours.

Parents will receive 6 hours of training credit for the first four modules. Module 5 is optional for parents.

Viewing Period

**April 5 - June 30
2024**

CLICK HERE

SHOW  HOPE

HOPE

for the Journey

CONFERENCE

Simulcast Launch:

Friday, April 5, 2024

8:00 am CST

CLICK HERE

AGENCY REGISTRATION INSTRUCTIONS:

1. Show Hope has provided a 50% discount for private providers using code DCSSAVE on either organization size registration. You can register here.
2. Depending on your registration type, providers will receive one link to share with 15 or 30 families/households.
3. Following the Conference, parents will complete and submit a short quiz to receive training credit.

SPECIAL OFFER: FREE Access (\$199 Value) for Foster Parents

Select Kids: We're Here for Foster Families

We work with the State of Tennessee and the Department of Children's Services (DCS) to help foster children across the state stay healthy, safe and on track.

Foster parents, we're here to support you and help you get the best health care possible for your foster child or teen. **Our member care team can help your family do all this and more:**

- › Get treatment for long-term conditions
- › Manage medication
- › Stay on track with doctor visits
- › Recognize depression and handle stress

One-on-One Help

We're here to help your foster child with healthy living and long- or short-term conditions. One-on-one help doesn't cost anything, and they can join or cancel anytime with just a call.

We offer your foster child or teen:

- › Their very own care team
- › Health coaching to reach their best health
- › A care team to work with their providers
- › Help learning how to make good decisions about their health

Transportation

Do you need help getting your child to health care appointments? Your DCS representative can help you get a ride to non-emergency TennCare visits. We can also set up some non-emergency rides in special situations.

ID Cards

If your child needs another ID card, your DCS representative can send you one. Or call us at **1-888-422-2963** and we'll mail you one. You can also log in to your online account at bluecare.bcbst.com to print a temporary ID card.



TennCare Select

BlueCare Tennessee is an Independent Licensee of the Blue Cross Blue Shield Association.



Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

SCAN TO VISIT OUR WEBSITE

bluecare.bcbst.com/foster

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ask for 888-418-0008

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