

## Mental Health Training for Foster Parents

The following communication has two purposes: 1) To alert children's mental health and foster care licensing agencies (public, private, and tribal) to the establishment of an approved course list (see attached) for foster parents needing to fulfill the mental health training requirements defined by Minnesota Statute 245A.175 and 2) To inform children's mental health and foster care licensing agencies about the processes established by the Department of Human Services to update the approved courses list and verify course completion.

Please review the attached document identifying courses approved to satisfy the 2-hour initial mental health training requirement and the 1-hour continuing education requirement for foster parents. The most current list of approved trainings will be posted on the DHS Children's Mental Health website. Information about courses being suggested for future inclusion on the list (e.g., course title; name and credentials of facilitator; brief description of course; length of course; course modality: face-to-face, web-based, video; and location where course is offered) should be sent to Martha Aby at [martha.j.abby@state.mn.us](mailto:martha.j.abby@state.mn.us). Requests will be reviewed annually by a DHS committee.

### Verification Process:

The 2-hour initial training requirement can only be met by completing courses included on the approved list that are 2-hours or longer in length. County, tribal, and private agency licensors may review and approve requests from foster parents seeking 1-hour credit for courses not on the approved training list prior to attendance. The following key words must be used as a guide for approving these requests:

Attachment

Depression

Anxiety

Behavior disorders

Development

Trauma

Resiliency

Medication (psychotropic)

Autism/Pervasive Developmental Disorder

Bipolar

Attention-Deficit Hyperactivity Disorder

Fetal Alcohol Spectrum Disorder

Counties, tribes, and private agencies will be expected to maintain a record of approved trainings completed by foster parents.

If you have any questions about courses appearing on the approved courses list or about the training verification process described above, please contact Martha Aby ([martha.j.abby@state.mn.us](mailto:martha.j.abby@state.mn.us) or 651-431-4860).

Children’s Mental Health Training for Foster Parents:

Approved List of Courses

September 30, 2011

*To comply with Minnesota State Statutes 245A.175: Prior to a nonemergency placement of a child in a foster care home, the child foster care provider, licensed after July 1, 2007, must complete two hours of training that addresses the causes, symptoms, and key warning signs of mental health disorders; cultural considerations; and effective approaches for dealing with a child's behaviors. At least one hour of the annual 12-hour training requirement for foster parents must be on children's mental health issues and treatment. Training curriculum shall be approved by the commissioner of human services.*

\*\*Not all of the following trainings meet criteria for the initial 2 hour requirement.

Training Provider/Host	Training Title	Training Description	Access Information
Child Welfare Training System	Introduction to Children’s Mental Health	Made in 2004, it is a 2 hour training done by Dr. Read Sulik	Resource family who is interested taking training from the MN Child Welfare Training System (CWTS), such as CSP 9221, CSP 9321, or CSP 9339, will need to contact their designated county/tribal agency staff. There is no fee for county/tribal license providers to attend these trainings. Others such as child care providers will need to pay a fee to attend (CWTS) training. The fee for these participants is collected by counties/tribes and sent to DHS following the training.
Child Welfare Training System	Introduction to Mental Health	<b>CSP9221: Introduction to Mental Health for Resource Families (three hours)—with Deena McMahon</b> This course provides an introduction to a number of common mental health diagnoses that foster and adoptive children often present within the child welfare system. Each diagnosis is discussed in terms of origins, symptoms, behaviors, treatment, interventions, and cultural considerations. It also includes information and helpful tips about common co-occurring or dual diagnoses. This course meets the training requirement in 245A.	See above

Child Welfare Training System	Understanding and Building Attachment	<p><b>CSP9321C: Understanding and Building Attachment (six hours) NOTE: If this training is scheduled on two days, participants must attend session 1 prior to attending session 2.</b></p> <p>This training focuses on the initiation and development of attachment in children, and is designed for licensed foster caregivers with placement experience. The first half of the training distinguishes characteristics of secure attachment from those of insecure attachment, and provides information on how the crisis created by separation and placement impacts and is impacted by the child’s attachment pattern. Because research demonstrates that the most consistent predictors of secure attachment are caregiver variables, the last half of the workshop presents a template for parenting children with insecure attachment. Participants will be provided with case scenarios and asked to consider attachment patterns and formulate strategies to maintain/build attachment with their foster children.</p>	See above
Child Welfare Training System	Children Living with Fetal Alcohol Spectrum Disorder	<p><b>CSP 9339 Introduction to FASD for Resource Families (three hours)</b></p> <p>Participants will learn how Fetal Alcohol Spectrum Disorders (FASD) can impact emotional, behavioral and physical development from infancy to adulthood. They will learn the differences in brain development and the importance of early assessment and intervention. Participants will explore daily challenges at home and in school and discover effective strategies to address the emotions and behaviors of the children.</p>	See above
Children’s Mental Health Division	“Building Strong Foundations—Intro to Infant Mental Health”	<p><b>Learning goals/ objectives:</b> This course teaches early childhood professionals and professionals serving families of young children the concept of infant mental health through lecture, video presentations and discussion.</p>	<ol style="list-style-type: none"> <li>1. Go to DHS TrainLink: <a href="http://www.dhs.state.mn.us/TrainLink">http://www.dhs.state.mn.us/TrainLink</a></li> <li>2. Click the <b>Adult and Children’s Mental Health</b> link.</li> <li>3. <b>Sign On</b> with your Unique Key in the upper <b>RIGHT</b> corner and click <b>OK!</b></li> <li>4. Click <b>Class Schedules/Registration</b></li> <li>5. Scroll down to <b>Children’s MH Classes</b>, highlight and click <b>GO!</b></li> </ol>

			6. Select <b>Building Strong Foundations</b> class of your choice and follow the directions on the screen.
Minnesota Association for Children's Mental Health	"Early Identification and Prevention Strategies for Children's Mental Health Disorders"—"In depth Key Warning Signs"	3 hour training	Register online through their website: <a href="http://www.macmh.org">www.macmh.org</a>
Minnesota Association for Children's Mental Health	"Online Educators Course in Children's Mental Health Disorders"	2-3 hour online training that includes an overview of common children's mental health disorders and suggestions for interventions in a classroom setting.	Take on-line through the MACMH website: <a href="http://www.macmh.org/2010/05/online-educators-course-in-childrens-mental-health-disorders/">http://www.macmh.org/2010/05/online-educators-course-in-childrens-mental-health-disorders/</a>
Minnesota Association for Children's Mental Health	Annual Conference	Topics change per session and each year	Please register and find out more information through the MACMH website: <a href="http://www.macmh.org">www.macmh.org</a>
Minnesota Association for Children's Mental Health and Children's Mental Health Program—Lessons from the Field	"Childhood Trauma: Symptoms, Treatment, & Care"	Multiple 3 hour courses offered throughout the metro area	Register online through the MACMH website ( <a href="http://www.macmh.org">www.macmh.org</a> ) or the Children's Mental Health Program website: <a href="http://www.cmh.umn.edu/lff.html">http://www.cmh.umn.edu/lff.html</a>
Children's Mental Health Program at the Children, Youth and Family Consortium	Past Lessons from the Field	<p>The Children, Youth &amp; Family Consortium's Children's Mental Health Program (CMH Program) hosts a theme-based seminar series called Lessons from the Field. The purpose of this series is 1) to engage community and University clinicians, community leaders, researchers, and instructors in examining specific topics related to children's mental health, and (2) to close the research-practice gap by developing a strong circular pattern of communication where theory and research inform practice that in turn informs theory and research.</p> <p>The series fits the CMH Program goal to strengthen children's mental health practice and policy by promoting use of evidence. Events are planned by a diverse group of community and University representatives and attended by clinicians, researchers, parents and others locally and throughout</p>	<p>Video presentations and PowerPoint slides from past Lessons from the Field Series can be viewed from their website: <a href="http://www.cmh.umn.edu/events/lessonsfromthefield.html">http://www.cmh.umn.edu/events/lessonsfromthefield.html</a></p>

		<p>Minnesota via video stream and interactive television.</p> <p>More than just mean girls; A series on Relational Aggression (2010-2011)</p> <p>Race, Culture, and Children's Mental Health (2009-2010)</p> <p>Autism Spectrum Disorders (2008-2009)</p> <p>Issues that Impact Attachment (2007-2008)</p> <p>Attachment Series (2006-2007)</p>	
National Alliance on Mental Illness	“Children’s Challenging Behaviors Workshops”	Raising a child or adolescent with challenging behaviors can be difficult. Learn the five essential tasks to build confidence in your skills, improve the relationship with your child and create balance in your life. This all-day workshop is for parents and caregivers of school-age children, and is approved for two hours training for foster care families.	Registration and class information can be found on the NAMI website: <a href="http://www.namihelps.org/classes.html">http://www.namihelps.org/classes.html</a>
National Alliance on Mental Illness	“Mental Health Crisis Planning”	Having a child with challenging behaviors or mental illness can be stressful and at times families need help. Learn the role of county crisis teams, de-escalation techniques and how to create effective crisis plans. This workshop also provides information about resources in the community. Class is approved for one-hour training for foster care families.	Registration and class information can be found on the NAMI website: <a href="http://www.namihelps.org/classes.html">http://www.namihelps.org/classes.html</a>
National Alliance on Mental Illness	“Keeping Families Together”	Have you ever considered residential treatment for your child? What can you do when your child needs more care than can be provided at home? This workshop provides information on children's residential treatment, your rights as a parent when you place your child in treatment and how you can access mental health services for your child without giving up custody of your child.	Registration and class information can be found on the NAMI website: <a href="http://www.namihelps.org/classes.html">http://www.namihelps.org/classes.html</a>
National Alliance on Mental Illness	“What Works, What Helps? Treatment options in Children’s Mental Health”	When do you seek help for your child’s behavior? What information do you share with a professional? This workshop will help you learn: warning signs, diagnostic assessment process, and treatment options.	Registration and class information can be found on the NAMI website: <a href="http://www.namihelps.org/classes.html">http://www.namihelps.org/classes.html</a>
Minnesota Council of Child Caring Agencies	Annual Conference	Topics change per session and each year	Information on the conference and registration information can be found at the MCCA website: <a href="http://www.mcca.org">www.mcca.org</a>

Center for Advanced Studies in Child Welfare	<p>Suggested topics:</p> <p>Children's exposure to domestic violence</p>	<p>From the website:</p> <p>The varied and changing needs of children and families served by the child welfare system requires today's child welfare professionals to become informed about a multitude of practice strategies, policies, and populations. The intent of the modules is to present the latest practice-relevant child welfare research from top researchers at the University of Minnesota in a format that is timely, efficient and easy to use for today's busy child welfare professionals.</p> <p>The modules found through the links on this page are self-directed learning opportunities consisting of narrated Power Point presentations created using a tool called Adobe Presenter. In addition to the self-advanced narrated slides, each presentation may contain a variety of media, including video clips, website links, or other audio files. The module may require you to visit an outside website, read an attached document or watch a video. The length of the module, including the time it will take you to access and complete any of the interactive media features or reading, should be between 1 and 2 hours.</p>	<p>Resources can be found <a href="http://www.cehd.umn.edu/ssw/cascw/PracResources/ModuleHome.asp">http://www.cehd.umn.edu/ssw/cascw/PracResources/ModuleHome.asp</a></p>
Center for Early Education and Development	<p>"Introduction to Infant Mental Health"</p> <p>"Addressing the Needs of Young Children Who Engage in Challenging Behaviors."</p>	<p>CEED offers a variety of online courses for continuing education (clock hours). The course sessions are guided by instructors. Follow the links below for more details about each course, including registration information. <a href="http://www.cehd.umn.edu/CEED/onlinecourses/default.html">http://www.cehd.umn.edu/CEED/onlinecourses/default.html</a></p>	<p>Registration information can be found at: <a href="http://www.cehd.umn.edu/CEED/onlinecourses/default.html">http://www.cehd.umn.edu/CEED/onlinecourses/default.html</a></p>
Center for Early Education and Development	Harris Visiting Scholar Program	<p>From the website:</p> <p>As part of the Harris Visiting Scholar Program, we invite a key figure in the field of child development to address the public on a topic of relevance to parents of young children and professionals working with young children and their families. The program is recognized for bringing highly regarded national figures in the infant-toddler field to Minnesota to share their latest research, practice, and policy work.</p> <p>Past Presentations are available on the website</p>	<p><a href="http://www.cehd.umn.edu/ceed/conferences/harrisforum/default.html">http://www.cehd.umn.edu/ceed/conferences/harrisforum/default.html</a></p>

Center for Early Education and Development	Strong Foundations: Minnesota Conference for Healthy Development	Annual conference. Please see website for further details	<a href="http://www.cehd.umn.edu/ceed/conferences/strongfoundations/default.html">http://www.cehd.umn.edu/ceed/conferences/strongfoundations/default.html</a>
Center for Early Education and Development	Minnesota Early Intervention Summer Institute	<p>The Minnesota Early Intervention Summer Institute is a unique professional development opportunity provided to the early childhood field through sponsorship by the Minnesota Department of Education.</p> <p>Gain new insights and develop new skills for your work with young children and families. Enjoy the traditional activities that Summer Institute participants have enjoyed through the years, including the lunchtime barbeque and the evening wine and dessert reception hosted by Minnesota DEC. You'll find the lusciously landscaped and serene campus of St. John's University provided the perfect setting for learning, reflection, and rejuvenation.</p>	<a href="http://www.cehd.umn.edu/ceed/conferences/summerinstitute/default.html">http://www.cehd.umn.edu/ceed/conferences/summerinstitute/default.html</a>
School Mental Health.org	Learning Center for Child and Adolescent Trauma Speaker Series	A collection of seven free, online series of presentations related to child and adolescent trauma. The topics covered include: Assessment and treatment of complex trauma, culture and trauma, theory and research findings of about trauma, creating trauma-informed child-serving systems, the impact of terrorism and disaster on children, child traumatic grief, and child sexual abuse. Each 1.5 hour presentation is worth 1.5 continuing education contact hour credits.	<a href="http://www.schoolmentalhealth.org/Training/index.html">http://www.schoolmentalhealth.org/Training/index.html</a>
MN Adopt	<p>“Adoption Parenting” by Anne Gearity</p> <p>“Tough Questions, No Easy Answers: Tips for Raising Hurt Kids”-Deena McMahon</p> <p>“The Mosaic: When RAD meets FASD” Deena McMahon and Wendy Lee Raun</p> <p>“Ideas for Biculturalism in Transracial Families”</p>	Includes PowerPoint slides - Presentation audio commentary - Participant Questions & Answers Programs run 60 to 90 minutes - For quality playing experience, please play CD from computer with audio capacity. Shipping costs are included in the price. (CEUs are not available for CD-only purchases)	Registration material and further information can be found at: <a href="http://www.mnadopt.org/webinars.php">http://www.mnadopt.org/webinars.php</a>

	<p>Robert O'Connor</p> <p>“Avoiding Power Struggles and Healing Hearts” Paul Buckley</p> <p>“Helping Troubled Adopted Children with Complex Histories.” Richard Delaney</p> <p>“Adolescence, RAD, and Attachment” Krista Nelson</p> <p>“Sexually Abused Children in Adoption and Foster Care” Deena McMahon</p> <p>“Helping Adopted and Foster Youth Transition to Adult Living” Terssa Markworth</p> <p>“Helping Adopted and Foster Youth Transition to Adult Living.” Terssa Markworth</p> <p>“Lying, Stealing, and Running Away.” Deena McMahon and Paul Buckley</p>		
Public Broadcasting Service	Depression: Out of the Shadows	For more information please see: <a href="http://www.pbs.org/wgbh/takeonestep/depression/index.html">http://www.pbs.org/wgbh/takeonestep/depression/index.html</a> 90 minutes	PBS website: <a href="http://www.pbs.org">www.pbs.org</a>
Public Broadcasting Service	The Medicated Child	Frontline episode. Please see <a href="http://www.pbs.org/wgbh/pages/frontline/medicatedchild/">http://www.pbs.org/wgbh/pages/frontline/medicatedchild/</a> 60 minutes	PBS website: <a href="http://www.pbs.org">www.pbs.org</a>

Public Broadcasting Service	Dying to be Thin	Nova episode. Please see <a href="http://www.pbs.org/wgbh/nova/body/dying-to-be-thin.html">http://www.pbs.org/wgbh/nova/body/dying-to-be-thin.html</a> 60 minutes		PBS website: <a href="http://www.pbs.org">www.pbs.org</a>
Foster Parent's Test	On-line classes	ADHD - What Is It, Does My Child Really Have It? And What Can Be Done About It? - 4 credit hours	\$8.95	<a href="http://www.fosterparentstest.com">www.fosterparentstest.com</a>
		Conduct Disorder - What Is It & What Can Parents Do About It? - 4 credit hours.	\$8.95	
		Aspergers, Autism & Other Pervasive Developmental Disorders - 3 credit hours	\$6.95	
		Understanding Our Senses & Sensory Integration Disorders - 3 credit hours	\$6.95	
		Sleep Disorders - A Parent's Most Exhausting Challenge! - 2 credit hours	\$4.95	
		They Say My Child Has Bipolar-What Does This Mean & What Can Be Done About It? - 3 credit hours	\$6.95	
		Anxiety, Depression, Bi-Polar Symptoms & Disorders in Children & Teens - 3 credit hours	\$6.95	
		Psychiatric Disorders Found in Foster & Adopted Children - 4 credit hours	\$8.95	
		Difficult Children 104: Children With Post Traumatic Stress Disorder - 3 credit hours	\$6.95	
		Attention Deficit-Hyperactivity Disorder(ADHD/ADD) - 4 credit hours	\$8.95	
		Recognizing & Parenting The Bipolar Child/Adolescent - 3 credit hours	\$6.95	
Depression in Children and Adolescents - 4 credit hours	\$8.95			

		<p>Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) in Children and Adolescents: Diagnosis and Treatment - 4 credit hours</p> <p>Bipolar Affective Disorder (Manic Depressive disorder) in Children and Adolescents - 3 credit hours</p> <p>Panic Disorder, Separation Anxiety Disorder, and Agoraphobia in Children and Adolescents - 3 credit hours</p> <p>Obsessive-Compulsive Disorder - 4 credit hours</p>	<p>\$8.95</p> <p>\$6.95</p> <p>\$6.95</p>	
Social Learning	Foster Parent College: Childhood Anxiety Disorders	<p>In <b>Childhood Anxiety Disorders</b> pediatric psychiatrist Dr. James Kagan and a panel of foster and adoptive parents discuss their children's fears and phobias: Separation Anxiety Disorder, Social Anxiety Disorder, panic disorders; plus phobias like agoraphobia and other childhood worries. Dr. Kagan considers each child's issues and makes recommendations for setting and achieving behavior goals. Discussions focus on when to seek professional therapeutic counseling or psychotherapy and on what specific medications are available for both short- and long-term treatments.</p> <p>Running time 53 minutes</p> <p>Includes: 1 Interactive DVD, Viewer Guide and reproducible questionnaire.</p>		<a href="http://www.sociallearning.com">www.sociallearning.com</a>
Foster Parent College	Various titles	<p>Anger Outburst; Eating Disorders; Fire-Setting; Sexualized Behavior; Lying; Sleep Problems; Wetting and Soiling; Running Away; Stealing; Self-Harm; Reactive Attachment Disorder (R.A.D.); ADHD/ADD/ODD; Childhood Anxiety Disorders; Children with Autism; Grief and Loss; Culturally Competent Parenting; Substance Exposed Infants</p>		<a href="http://www.fosterparentcollege.com">www.fosterparentcollege.com</a>
Foster Club	Helping Children and Adolescents Cope with Violence and Disasters	<p><b>Synopsis:</b> Helping young people avoid or overcome emotional problems in the wake of violence or disaster is one of the most important challenges a parent, teacher or mental health professional can face.</p>		<a href="http://www.fosterclub.com">www.fosterclub.com</a>

PACER	Their Annual National Ted and Dr. Roberta Mann Foundation Symposium about Children & Young Adults with Mental Health and Learning Disabilities	More information on previous symposiums and upcoming information can be found on PACER's website: <a href="http://www.pacer.org/help/symposium/2011/mannSymposiumResources2011.asp">http://www.pacer.org/help/symposium/2011/mannSymposiumResources2011.asp</a>	<a href="http://www.pacer.org">www.pacer.org</a>
PACER	Understanding Challenging Behaviors	Monday, November 14, 2011 Challenging behaviors in children and youth are often misunderstood. This workshop will discuss identifying behaviors that may indicate mental health concerns, interventions that are effective, and how to get appropriate services and referrals. Special attention will be paid to school-related supports and interventions. This workshop is presented by the Minnesota Statewide Family Network. 6:30pm-8:30pm ( <i>St. Cloud</i> )	<a href="http://www.pacer.org">www.pacer.org</a>
Michelle Fallon	The Mental Health Needs of Young Children in Foster Care	This two hour course provides an overview of infant and early childhood mental health and the special considerations for promoting healthy development for infants, toddlers and preschoolers in out-of-home-placement. Included is an introduction to the biology of stress in young children and strategies for caring for stressed young children.	These courses can be offered face-to-face or modified for web-based training. The length of the courses is considered the minimum, but can be expanded to half- or full-day trainings offering more depth and hands-on activities. Additional trainings related to mental health promotion, prevention and intervention for young children and their caregivers can be developed upon request. Phone number: (612/245-7099)
Michelle Fallon	Why are some children so hard to nurture?: Strategies for promoting healthy attachment in infants and young children in foster care	This is a three hour course offering more in-depth strategies for working with young children in out-of-home placement, based on the "Attachment and Bio-behavioral Catch-up" model of Mary Dozier.	See above
Volunteers of America	Mental Health Disorders	<b>Brief Description of Course:</b> An overview of Mental Health as it relates to foster youth. The course includes the impact of mental health on children, the factors that influence mental health, warning signs, the continuum of acculturation, individual behavioral concerns, medications and social environment.	Only available to VOA foster parents

		<p>The following common mental health disorders are covered in the training: Anxiety Disorders, Asperger’s Syndrome, Attention Deficit Hyperactivity Disorder, Conduct Disorder, Depression, Eating Disorders, Fetal Alcohol Spectrum Disorder, Obsessive-Compulsive Disorder, Oppositional Defiant Disorder, Post-Traumatic Stress Disorders, Reactive Attachment Disorder, Schizophrenia, Bipolar Disorder (Please see attached power point)</p> <p><b>Length of Course:</b> 2 hours</p>	
<p>Children’s Home Society &amp; Family Services</p>	<p>Attachment and Development</p>	<p>The course provides a general foundation for understanding the attachment process and mental health disturbances related to attachment disruptions.</p> <ul style="list-style-type: none"> <li>• The cycle of attachment is described and the participants learn how attachment leads to internal working models of relationships.</li> <li>• The effects of abuse, neglect, trauma, and multiple caregivers on attachment are explained.</li> <li>• Research on the relationship between attachment problems and difficulty with self-regulation is explained.</li> <li>• Reactive Attachment Disorder is defined and described.</li> <li>• Risk factors for attachment problems and Reactive Attachment Disorder are covered.</li> <li>• Participants learn how children are likely to view relationships if they have had a secure attachment versus insecure or disrupted attachments.</li> <li>• Information on attachment as a developmental process is included. Child development is discussed in terms of “uneven development” and how providers can “parent to a child’s emotional age”. A child’s emotional age may be significantly different from a child’s chronological age.</li> <li>• Participants are given a list of “clues of attachment difficulties” ranging from indiscriminate affection to aggression or stealing.</li> <li>• Attunement is defined and described; there is a discussion about how parents can use their relationships with children as a vehicle for change and healing.</li> <li>• Concrete tips/ideas for facilitating attachment with a child are given to participants.</li> </ul>	<p>Only available to participants in CHSFS programing: Training held at Children’s Home Society and Family Services (CHSFS) in St. Paul, MN during pre-adoption education provided to families interesting in adopting through the Public Private Adoption Initiative program. CHSFS also holds this training at a community site in Sauk Rapids, MN once or twice each year.</p>

<p>Children’s Home Society and Family Services</p>	<p>Common Mental Health Needs of Children in Care</p>	<p>The course provides definitions and descriptions of commonly seen mental health diagnoses among children waiting for adoptive homes in Minnesota.</p> <ul style="list-style-type: none"> <li>• With the assistance of the facilitator, the group generates a list of diagnoses they may expect to see if they adopt children from the child welfare system. With each new diagnosis listed, the facilitator briefly defines it and describes how the diagnosis would likely influence the child’s behavior in various settings (i.e. home, school, during transition to a new home). The facilitator ensures that, at a minimum, the following diagnoses are covered during this training: <ul style="list-style-type: none"> <li>○ Fetal Alcohol Spectrum Disorder. (A short video created by the Minnesota Organization on Fetal Alcohol Syndrome and the University of Minnesota Medical School is shown to all participants. It can be found here: <a href="https://mediamill.cla.umn.edu/mediamill/embed/16409">https://mediamill.cla.umn.edu/mediamill/embed/16409</a> )</li> <li>○ Attention Deficit Hyperactivity Disorder</li> <li>○ Mood Disorders, including Depression</li> <li>○ Anxiety Disorders</li> <li>○ Post-Traumatic Stress Disorder</li> <li>○ Oppositional Defiant Disorder (and externalizing behavior issues, in general)</li> <li>○ Reactive Attachment Disorder (covered only briefly because this topic is handled more extensively in a previous section of classes) <ul style="list-style-type: none"> <li>Other diagnoses typically mentioned during the group discussion, and covered briefly by the facilitator include autism, sensory integration issues, and bipolar disorder.</li> </ul> </li> </ul> </li> </ul>	<p>Only available to participants in CHSFS programing: Training held at Children’s Home Society and Family Services (CHSFS) in St. Paul, MN during pre-adoption education provided to families interesting in adopting through the Public Private Adoption Initiative program. CHSFS also holds this training at a community site in Sauk Rapids, MN once or twice each year.</p>
<p>STARS for Children’s Mental Health</p>	<p>Multiple trainings offered</p>	<p><b>STARS for Children’s Mental Health System Transformation of Area Resources and Services</b>  In 2005, a partnership was created in Central Minnesota to improve mental health services for children and their families. Providers and families throughout Benton, Sherburne, Stearns and Wright counties wanted to provide a comprehensive, coordinated, seamless "system of care" that is individualized,</p>	<p>Please go to the STARS website: <a href="http://www.starsnetwork.org">www.starsnetwork.org</a> for more information.</p>

		<p>family driven, youth guided, culturally competent and community-based. This partnership is called STARS (System Transformation of Area Resources and Services) for Children’s Mental Health.</p> <p><b>Educating the Community</b>  The STARS network coordinates, co-sponsors and promotes training and education for parents, youth, providers and educators throughout the four-county region. <b>Training</b> is developed based on our partners’ and service area’s current needs and challenges.</p>	
Hennepin County	Multiple trainings	<p><b><u>Sit Still-Be Quiet---Parenting Strategies for the child with Attention Difficulties</u></b>  9/26 6:30-9:30  Instructor: Deena McMahon MSW, LICSW  “Please join parent and therapist Deena McMahon as she discusses the difficulties that come with an ADHD, ADD or other attention-related conditions. Deena McMahon will demonstrate strategies to help you and your child meet the challenges of staying focused, attentive and being still during this informative and helpful evening for parents and professionals.”</p> <p><b><u>Common Behavior Problems</u></b>  9/14 6:30-8:30  11/19 9:30-11:30  Ongoing monthly stand-alone sessions. Instructor: Dr. Ted Thompson  Description:  “Young people often arrive in their new home with few clothes and difficult behaviors. Hennepin County offers the workshop “Common Behavior Problems”, which explores some of the more dramatic extreme behaviors that children engage in when confronted with overwhelming emotions. As caregivers we attempt to provide a safe environment in which children are nurtured, while also setting limits and providing options. This workshop focuses on the difficult dance of providing love, while regulating behavior.</p>	Available to Hennepin County foster parents only—please contact your licensor

		<p>When you have done all you know to do and disruptive behaviors persist, then you need to attend the Hennepin County Workshop on Common Behavioral Problems. Whether you are a seasoned foster care parent with years of training or this is your first “relative” placement, this workshop will identify behaviors which confuse communication and /or create resistance to cooperation in the placement home. This workshop also offers a collective problem solving strategy to increase the child’s ability to adapt in their new home.</p> <p>The presenter is Ted Thompson who is a Licensed Psychologist. He is a family therapist who specializes in child and adolescent behavior. He has worked with both foster and adoptive families for over 25 years and looks at family dynamics from both the child and parents’ perspective. Bridging between the two “truths” is essential to success. He thinks he has a good sense of humor... come see what you think!”</p> <p><b><u>Mental Health: Anger and Aggression</u></b>  10/22 9:00-12:00  Instructor: Dr. Ted Thompson  Description:  “Why do so many of our foster children have anger and aggression issues? In order to be successful students and adults, children need to learn to control their anger impulses. Learn how to help children learn self-control.”</p> <p><b><u>Repairing the Groundwork- Parenting 0-6 Year Olds When Early Parenting Wasn’t Optimal.</u></b>  11/22, 11/29, 12/6 6:30-8:30  Instructor, Michelle Fallon  A three-part class. Participants can come to all three classes or to any of the three classes as they choose.  Description:  <b>Learning objectives</b>  <u>Session One:</u>  Foster/kinship/adoptive parents will understand:  1) That the behavior of young children has meaning, but is often challenging to interpret, based on the early experiences of children prior to out-of-home placement.</p>	
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Lutheran Social Services	Foster Parent Mental Health Training	Facilitator: Deena McMahon, MSW, LICSW  Course is 2 hours, at Lutheran Social Service in Minneapolis (face to face).  Description of course: Brief Description of Course: This course provides an overview of common family dynamics	Available only to LSS foster parents. Please contact your licensor.

		<p>in adoption and stresses the importance of helping a child within the context of the family:</p> <ul style="list-style-type: none"> <li>• A brief overview of the impact of trauma or neglect on attachment is provided, leading to examples of what Reactive Attachment Disorder means for a family. Other common diagnoses for children with trauma stories are also touched on, including Posttraumatic Stress Disorder, Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder, and Anxiety/Depression.</li> <li>• Family-centered therapeutic techniques are covered, including the use of the family as the client system as opposed to the individual child. Helpers learn to respect family roles and empower parents to heal their child.</li> <li>• The concepts of grief, disappointment, and ambivalence as a normative family crisis are presented, with a discussion on ways to affirm and hear this dilemma from the parents' perspective to gain parental 'buy in' and engagement in the therapeutic process.</li> <li>• Adoptive parents learn what effective interventions look like, why they work, and how to incorporate them into therapy in order for the parent to facilitate attachment repair.</li> </ul>	
Lutheran Social Services	Children's Mental Health Training	<p><i>90 Minutes Presented by Debra Martin-Schloer:</i></p> <ul style="list-style-type: none"> <li>• Factors/causes of mental health disorders- Heredity, Biology, Psychological Trauma, Environmental Stress</li> <li>• General Symptoms of mental health disorders</li> <li>• Review of specific diagnosis: Anxiety Disorder, Depressive Disorder ADHD/ADD, Oppositional Defiant Disorder, Conduct Disorder, Enuresis/Encopresis, FASD/FAE, Autism Spectrum Disorders, PTSD</li> <li>• Provide context and examples for each diagnosis.</li> </ul> <p><i>30 Minutes on Diversity presented by Fiyyaz Karin:</i> Teaching Diversity and Tolerance to Kids</p> <p>a) Racial/or ethnic self-identification- Before you can teach children about cultural diversity, as parents, you need to figure out your own beliefs.</p> <ul style="list-style-type: none"> <li>• Small group activity</li> </ul> <p>b) Experience of cultural bias - Using age appropriate language and bringing other cultures in</p>	Available only to LSS foster parents. Please contact your licensor.

		<p>c) Cultural and Racial Identity</p> <ul style="list-style-type: none"><li>• Concerns among children</li><li>• Differences in race/ethnicity between foster parents and children</li></ul> <p>d) Cultural Issues in Relation to Mental Health</p> <ul style="list-style-type: none"><li>• Engagement in cultural beliefs</li><li>• Strength's-based affiliation and practices</li><li>• Locus of Control</li></ul>	
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