

Mental Health and Fetal Alcohol Spectrum Disorders Training for Child Foster Care Providers

The requirement for mental health and fetal alcohol spectrum disorders training for child foster care found in Minnesota Statutes, section 245A.175 reads as follows:

245A.175 CHILD FOSTER CARE TRAINING REQUIREMENT; MENTAL HEALTH TRAINING; FETAL ALCOHOL SPECTRUM DISORDERS TRAINING.

Prior to a nonemergency placement of a child in a foster care home, the child foster care license holder and caregivers in foster family and treatment foster care settings, and all staff providing care in foster residence settings 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 training requirement for the foster family license holder and caregivers, and foster residence staff must be on children's mental health issues and treatment. The annual training must also include one hour of training on fetal alcohol spectrum disorders within the first 12 months of licensure. After the first 12 months of licensure, training on fetal alcohol spectrum disorders may count toward the 12 hours of required in-service training per year. Short-term substitute caregivers are exempt from these requirements. Training curriculum shall be approved by the commissioner of human services.

The purpose of this communication is to provide information about the processes established and approved by the Department of Human Services in order to meet the above training requirements.

Mental Health

Initial requirement – training must be at least two hours in length and must be completed prior to licensure

The following training provided through the Minnesota Child Welfare Training System has been approved to meet the requirements for initial children's mental health training:

CSP9221 Introduction to Mental Health for Resource Families (three hours) – Classroom

This training 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.

CSP9339 Introduction to FASDs for Resource Families (three hours) - Classroom

Participants will learn how Fetal Alcohol Spectrum Disorders (FASDs) 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.

County, tribal, and private agency licensors may also review and approve initial training for child foster care applicants. To approve the training, licensors must ensure that the training addresses the causes, symptoms, and key warning signs of mental health disorders; cultural considerations; and effective approaches for dealing with a child's behaviors. In addition, the following key words must be used as a guide for approving mental health training:

Attachment	Depression	Resiliency	Anxiety	Behavior Disorders	Development
Trauma	Medication (psychotropic)	Autism/Pervasive Developmental Disorder	Bipolar	Attention-Deficit Hyperactivity Disorder	Eating Disorders

When approving training courses for the initial children's mental health training requirement, all of the following information must be documented and kept on file at the licensing agency:

- What is the title?
- What are the topics (include a brief description)?
- What are the learning objectives?
- What is the method of delivery?
- Who developed the training/presentation?
- What are the qualifications of the developer/presenter?
- What is the length of the presentation?

Annual requirement – one hour (may be counted in the twelve hours of required annual training)

The following training provided through the Minnesota Child Welfare Training System has been approved to meet the requirements for the one hour annual requirement for children's mental health training:

CSP9221B Children's Mental Health for Resource Families – Anxiety (1.5 Hours-Classroom)

This training provides a 1.5 hours overview of a common mental health diagnosis that foster and adoptive children often present within the child welfare system. Anxiety will be discussed in terms of main origins, symptoms, behaviors, treatment, interventions, and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

CSP9221C Children's Mental Health for Resource Families- Attention Deficit Hyperactivity Disorder - ADHD (1.5 Hours- Classroom)

This training provides a 1.5 hours overview of a common mental health diagnosis that foster and adoptive children often present within the child welfare system. Attention Deficit Hyperactivity Disorder will be discussed in terms of origins, symptoms, behaviors, treatment, interventions, and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

CSP9221D Children's Mental Health for Resource Families – Depression – (1.5 Hours – Classroom)

This training provides 1.5 hours of overview of a common mental health diagnosis that foster and adoptive children often present within the child welfare system. Depression will be discussed in terms of origins, symptoms, behaviors, treatment, interventions and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

CSP9221E –Children's Mental Health for Resource Families – Obsessive Compulsive Disorder – OCD – (1.5 Hours – Classroom)

This training provides 1.5 hours of overview of a common mental health diagnosis that foster and adoptive children may present within the child welfare system. Obsessive Compulsive Disorder (OCD) will be discussed in terms of origins, symptoms, behaviors, treatment, interventions and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

CSP9221F Children's Mental Health for Resource Families – Autism – (1.5 hours – Classroom)

This training provides 1.5 hours of overview of a common mental health diagnosis that foster and adoptive children may present within the child welfare system. Autism will be discussed in term of origins, symptoms, behaviors, treatment, interventions and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

County, tribal, and private agency licensors may also review and approve the annual training requirement. To approve the training, licensors must ensure that the training is on children's mental health issues and treatment. The key words listed above must be used as a guide for approving the training.

Fetal Alcohol Spectrum Disorders (FASD)

Initial requirement – one hour within the first 12 months of licensure (in addition to twelve hours of required annual training)

Annual requirement - one hour (may be counted in the twelve hours of required annual training)

The following training has been approved to meet the requirements for the one hour initial and annual requirement for FASD training:

***CSP9339 Introduction to FASDs for Resource Families (three hours)**

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.

*Please note that if the above training is taken prior to licensure, it would meet the requirements for the two hour initial children's mental health training AND also fulfill the initial one hour requirement for FASD training that is required within the first 12 months of licensure because it is a three hour training.

County, tribal, and private agency licensors may also review and approve the annual training requirement. The following key words must be used as a guide for approving FASD training:

Fetal Alcohol Spectrum Disorders	Alcohol-Related Birth Defects	Alcohol-Related Neurodevelopmental Disorder	Partial Fetal Alcohol Syndrome	Prenatal exposure to alcohol
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Additional training resources or information:

MOFAS – Minnesota Organization on Fetal Alcohol Syndrome – www.mofas.org

NAMI – National Alliance on Mental Illness – www.nami.org

MACMH – Minnesota Association for Children's Mental Health – www.macmh.org

MCCCA – Minnesota Council of Child Caring Agencies - www.mccca.org

MN Adopt – www.mnadopt.org

CEED – Center for Early Education and Development – www.cehd.umn.edu/ceed/

PACER Center – www.pacer.org

Minnesota Mental Health – www.mnmentalhealth.org

Foster Parent College – www.fosterparentcollege.com

Minnesota Child Welfare Training System – nadine.groven@state.mn.us

Department of Human Services, Children's Mental Health Division – LaRone.greer@state.mn.us