



## Training Opportunities September/October 2021

*The TFI Family Services Training Department is happy to provide a bi-monthly list of exciting and informative in-person and webinar trainings. Please share the list with your foster parents, adoptive parents, those interested in foster/adoption, and any child welfare professionals who may be interested in attending.*

### **Class Enrollment**

#### **Kansas**

TFI/MNS staff members should enroll through Agency Academy on LMS365. Foster parents, and other child welfare professionals should enroll through the Kansas Children's Alliance website – <http://childally.gosignmeup.com>. A free account is required to enroll on the CA site. If you do not have an account, please select the "Create Account" option on their training page. You will receive an automated e-mail confirming your enrollment. A separate e-mail will be sent from the trainer with your login information approximately 24 hours prior to the start time.

#### **Other States**

TFI/MNS staff members should enroll through Agency Academy on LMS365. Foster parents and other child welfare professionals located outside of Kansas should enroll through the MNS website. To sign up for a free training go to <https://mnstraining.eventbrite.com>. Once you have selected the class(es) you want, enter **TFI** as the promotional code at checkout. You will receive an automated e-mail confirming your enrollment. A separate e-mail will be sent from the trainer with your login information approximately 24 hours prior to the start time.

*If you do not receive the link to your class by the morning of the training, or you have any questions or concerns, please e-mail our Training Department at [KSPTStaff@tfifamily.org](mailto:KSPTStaff@tfifamily.org).*



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## Training Opportunities September/October 2021

### LIVE WEBINAR TRAININGS

#### Abusive Head Trauma

The objective of this training for those caring for children ages 0-3 about the important aspects of Early Brain Development, the risks associated with Sudden Infant Death Syndrome, and Shaken Baby Syndrome.

- *September 22, 2021*      *7:00pm-9:00pm*      *Trainer: DeAnna Colahan*      **CA # 111336**
- *October 26, 2021*      *7:00pm-9:00pm*      *Trainer: DeAnna Colahan*      **CA # 111337**

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#### Adverse Childhood Experiences (ACEs)

Participants will learn about the ACE study and the examined long-term impacts of various childhood traumatic experiences. This study found long term mental and physical consequences related to 2 or more adverse experiences. They will also learn more about the ACE study and how to help children navigate trauma in a proactive and healing way.

- *September 2, 2021*      *12:30pm-2:00pm*      *Trainer: Lora Bruce*      **CA # 111305**
- *September 9, 2021*      *6:30pm-8:00pm*      *Trainer: Lora Bruce*      **CA # 111306**

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#### Ages and Stages

Identify the developmental milestones for ages newborn through 17 years old based on:

- Physical Development
- Cognitive Development
- Language Development
- Social and Emotional Development
- Effects of Trauma on Development

- *October 7, 2021*      *12:00pm-1:00pm*      *Trainer: Renee Lilley*      **CA # 111344**
- *October 12, 2021*      *12:00pm-1:00pm*      *Trainer: Renee Lilley*      **CA # 111348**



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## Training Opportunities September/October 2021

### Attachment, Separation, Grief, and Loss

This training will identify the challenges of facing attachment, separation, grief, and loss due to transitional nature of caring for foster children. Examine the different attachment styles, assist foster parents in cultivating their abilities to be thoughtful and responsive to their foster child's needs and identify coping skills and strategies for foster parents and children as they progress toward the formation of more healthy and secure attachments. Participants will explore the 5 stages of grief with examples of how they may be expressed in the foster care system, will gain knowledge in preventative measures, and will identify coping skills and resilience factors to manage grief and loss.

- *September 7, 2021*      *12:00pm-1:30pm*      *Trainer: Lora Bruce*      **CA # 111312**
- *October 4, 2021*      *5:00pm-6:30pm*      *Trainer: Lora Bruce*      **CA # 111313**
- *October 20, 2021*      *1:30pm-3:00pm*      *Trainer: Lora Bruce*      **CA # 111314**

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### Caring For Teens

This training will help you as a parent understand our teenager's experiences and needs so that you can respond with practical strategies that foster healthy development. These strategies include approaches that acknowledge trauma and loss, support effective communication, promote a teen's independence, and address behavior and mental health concerns. Participants will also learn six key steps to prepare for taking in teenagers.

- *September 16, 2021*      *12:00pm-1:00pm*      *Trainer: Hettie Wilson*      **CA # 111327**

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### Cognitive Disorders And The Brain

Participants will obtain knowledge on the correlation between the brain and cognitive disorders. Participants will obtain knowledge of some specific cognitive disorders, and understand them in relation to the brain's functions. Participants will be able to identify "normal" child development and recognize signs of problems in a child's development. Participants will understand the effects of trauma on the brain and cognition.

- *September 30, 2021*      *12:00pm-1:00pm*      *Trainer: Renee Lilley*      **CA # 111342**



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## Training Opportunities September/October 2021

### Compassion Fatigue and Secondary Stress

This class will provide learners with the ability to:

- Recognize the difference between burn out, compassion fatigue and secondary traumatic stress, while identifying the potential impact on those in the serving professions
- Utilize a variety of options for assessment of compassion fatigue and secondary stress
- Discovered options for interventions and prevention of compassion fatigue and secondary stress

Explore options for influencing organizations to support worker resiliency through reflective practice and supervision.

- *October 6, 2021*      *11:00am-12:30pm*      *Trainer: Lora Bruce*      **CA # 111343**

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### Creating Discipline and Appropriate Behaviors

Participants will gain an understanding of how to use effective discipline, set appropriate boundaries, and how to be flexible when parenting foster children.

- *October 27, 2021*      *5:00pm-6:00pm*      *Trainer: Lora Bruce*      **CA # 111356**

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### Crisis Intervention and Verbal De-Escalation

Participants will recognize the effects of stress and learn to identify causes, impact and behaviors of a crisis situation. Learners will acquire knowledge about the importance of reducing re-traumatization during a crisis, while obtaining strategies for safely defusing violent behavior. A four-step process to crisis intervention will be taught. Finally, participants will have the opportunity to learn key steps to debriefing after a crisis.

- *September 8, 2021*      *11:30am-12:30pm*      *Trainer: Renee Lilley*      **CA # 111315**



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## Training Opportunities September/October 2021

### Domestic Violence and Child Development

Participants will leave this training with a clear understanding of domestic violence; what constitutes domestic violence, statistics concerning victims of domestic violence, and the cycle of domestic violence. Participants will also be provided with information concerning the impact of domestic violence on children and child development, including the possibility of children exposed to domestic violence growing up to become perpetrators and victims themselves.

- *September 2, 2021*      *5:00pm-6:30pm*      *Trainer:Hettie Wilson*      **CA # 111307**

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### Domestic Violence In Teen Dating

Participants will be able to define dating, learn various risk factors of domestic violence in teen dating, identify types of violence teens encounter through dating, gain understanding of the long-term effects of violence on teens, and acquire prevention strategies to reduce domestic violence in teen dating.

- *September 17, 2021*      *11:30am-12:30pm*      *Trainer: Lora Bruce*      **CA # 111328**
- *October 11, 2021*      *1:00pm-2:00pm*      *Trainer: Lora Bruce*      **CA # 111329**

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### Emotional Resilience

This training teaches parents how to regulate their emotions while also finding ways to help those in their care deal with their feelings and emotions when times get tough. Strategies include 6 ways to boost emotional regulation skills and ways to identify the different types of expressive anger in children and youth. Looking at what's behind the anger while modeling appropriate reaction to behaviors will be the focus of this training.

- *October 11, 2021*      *5:00pm-6:00pm*      *Trainer: Hettie Wilson*      **CA # 111347**



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## Training Opportunities September/October 2021

### Food Insecurities In Children

Participants will be able to define food insecurity, define and identify food insecurity behaviors in children, learn contributing factors that lead to food insecurity, and learn interventions and strategies to reduce food insecurity behaviors.

- *October 9, 2021*      *10:15am-11:15am*      *Trainer: Renee Lilley*      **CA # 111345**

### Helping Families Prepare For the Court Process

This training will teach employees and foster parents what to expect during the court process while in foster care.

- *September 23, 2021*      *12:00pm-1:00pm*      *Trainer: Renee Lilley*      **CA # 111338**
- *September 29, 2021*      *5:00pm-6:00pm*      *Trainer: Renee Lilley*      **CA # 111339**

### Identifying Learning Strengths In Children

Participants will understand the 3 main types of learning styles (Visual, Auditory and Kinesthetic) and acquire strategies to use with each type of strength to make learning easier.

- *September 9, 2021*      *5:00pm-6:00pm*      *Trainer: Lora Bruce*      **CA # 111325**

### Improving Foster Placement Stability

Participants will be able to define disruption and learn factors that contribute to disruptions in foster care. Participants will gain an understanding in why disruptions occur and be able to recognize the stages of disruption. Finally, participants will learn ways to prevent disruptions and strategies to improve placement stability.

- *October 9, 2021*      *11:30am-12:30pm*      *Trainer: Hettie Wilson*      **CA # 111346**
- *October 18, 2021*      *12:00pm-1:00pm*      *Trainer: Hettie Wilson*      **CA # 111351**



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## Training Opportunities September/October 2021

### Internet Safety

Participants can learn tips to help keep children and employees safe while using social media. Learn about the privacy settings, and which ones are best suitable for you. Learn tips to help keep children safe while using the internet and the different safety measures available.

- *September 23, 2021*     *5:00pm-6:30pm*     *Trainer: Hettie Wilson*     **CA # 111340**
- *October 19, 2021*     *12:00pm-1:00pm*     *Trainer: Renee Lilley*     **CA # 111352**

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### LGBTQ Youth In Care

Participants will be given the opportunity to gain understanding into the importance of working effectively with LGBTQ youth and to build knowledge in the basic facts about LGBTQ youth and the issues they face. Participants will be able to identify best practices to utilize in congregate care and foster care to support LGBTQ youth.

- *September 9, 2021*     *11:30am-1:00pm*     *Trainer: Hettie Wilson*     **CA # 111324**

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### Mental Health Basics

Participants will be able to identify stigma and/ or assumptions about mental illness diagnosis; define and understand basic mental health diagnosis, symptoms and common treatments; and learn how to apply strategies and coping skills to manage behavior and symptoms.

- *October 20, 2021*     *5:30pm-7:00pm*     *Trainer: Lora Bruce*     **CA # 111353**





## Training Opportunities September/October 2021

### Normalcy and Child Development

"Normalcy" refers to allowing youth in out-of-home care to experience childhood and adolescence in ways similar to their peers not in foster care. This course will help you understand the need for children in your care to experience normalcy. After this training you will be able to:

- Define normalcy.
- Discuss reasonable and prudent parenting.
- Determine activities that are right for a child's age.
- Recognize that normal activities are important to all children and teens.

- *September 21, 2021 12:00pm-2:00pm Trainer: Renee Lilley CA # 111335*

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### Parenting Children With Special Needs

Gain an understanding of the most common types of special needs; physical, development, behavioral/emotional, and sensory impaired. Participants will understand the different approaches being a parent with a special needs child. Discuss parenting styles to understand what the best style for a child.

- *September 3, 2021 11:00am-12:00pm Trainer: Lora Bruce CA # 111308*
- *September 18, 2021 11:30am-12:30pm Trainer: Lora Bruce CA # 111309*

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### Prevention of Peer-To-Peer Abuse

Participants will learn the essentials of preventing peer-to-peer abuse, how, when and where peer-to-peer abuse occurs, gain understanding on how adults contribute to the risks, which behavioral warning signs to watch for, how to distinguish between sexual curiosity and sexual abuse and acquire skills on how to detect and prevent peer-to-peer abuse and the importance of educating youth, staff, caregivers and volunteers on the scope of the sexual abuse problem and how to detect and prevent peer-to-peer abuse.

- *September 18, 2021 10:15am-11:15am Trainer: Hettie Wilson CA # 111330*
- *October 13, 2021 5:00pm-6:00pm Trainer: Renee Lilley CA # 111331*



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## Training Opportunities September/October 2021

### **PTSD In Children and Teens**

The Participants will be able to define PTSD as it pertains to children and teens. Additionally, participants will gain understanding into the events that lead to PTSD in children and be able to identify the signs and symptoms of this diagnosis. Risk factors and protective factors that may influence a child's likelihood of experiencing PTSD will be identified. Participants will be able to recognize the various way PTSD can affect children and teens and acquire skills in responding to a child's PTSD reaction. Finally, participants will learn ways to treat and prevent PTSD in children.

- *October 25, 2021*      *12:00pm-1:30pm*      *Trainer: Hettie Wilson*      **CA # 111355**

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### **Reducing Foster Care Placement Disruptions**

Participants will be able to define disruption as it pertains to foster care and factors that contribute to them, learn the effects disruptions can have on the child, and acquire knowledge of interventions and strategies for reducing disruptions.

- *October 19, 2021*      *12:00pm-1:00pm*      *Trainer: Renee Lilley*      **CA # 111352**

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### **Regulating Emotions**

Participants will be able to identify stigma and/ or assumptions about mental illness diagnosis; define and understand basic mental health diagnosis, symptoms and common treatments; and learn how to apply strategies and coping skills to manage behavior and symptoms.

- *October 21, 2021*      *12:00pm-1:00pm*      *Trainer: Renee Lilley*      **CA # 111354**





## Training Opportunities September/October 2021

### Reporting and Recognizing Abuse and Neglect

The focus of this training will cover the definitions and types of abuse and neglect. We will review the signs and symptoms of abuse and neglect as well as mandated reporting. This training includes protective factors to minimize risks and improve resilience in children. This session will also include facilitated group discussion on this topic.

- *September 6, 2021*      7:00pm-9:00pm      *Trainer: DeAnna Colahan*
- *October 14, 2021*      7:00pm-9:00pm      *Trainer: DeAnna Colahan*

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### Safe Sleep For Caregivers

The goal of safe sleep training is to prepare parents, foster parents, and caregivers about safe infant sleep practices.

- *September 8, 2021*      5:00pm-6:00pm      *Trainer: Hettie Wilson*      **CA # 111316**
- *September 18, 2021*      9:00am-10:00am      *Trainer: Renee Lilley*      **CA # 111317**
- *September 20, 2021*      12:00pm-1:00pm      *Trainer: Renee Lilley*      **CA # 111318**
- *September 29, 2021*      12:00pm-1:00pm      *Trainer: Hettie Wilson*      **CA # 111319**
- *October 5, 2021*      5:00pm-6:00pm      *Trainer: Hettie Wilson*      **CA # 111320**
- *October 15, 2021*      12:00pm-1:00pm      *Trainer: Renee Lilley*      **CA # 111321**
- *October 22, 2021*      12:30pm-1:30pm      *Trainer: Hettie Wilson*      **CA # 111322**
- *October 25, 2021*      5:00pm-6:00pm      *Trainer: Renee Lilley*      **CA # 111323**



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## Training Opportunities September/October 2021

### Substance Abuse and Adolescents

This training will provide participants with information about substance abuse with an emphasis on adolescent. Participants will be provided with the knowledge needed to understand substance abuse, recognize the signs of use, understand the addiction, treatment and recovery process, and be provided useful tips for assisting adolescence in making healthy choices and working through substance abuse problems.

- *October 13, 2021*      *11:30am-1:00pm*      *Trainer: Hettie Wilson*      **CA # 111349**
- *October 28, 2021*      *5:00pm-6:30pm*      *Trainer: Hettie Wilson*      **CA # 111350**

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### Substance Abuse In Adults

Participants will be able define hoarding and identify food hoarding behavior in children, learn contributing factors that lead to food hoarding, and learn interventions and strategies to reduce food hoarding behaviors.

- *September 27, 2021*      *5:00pm-6:30pm*      *Trainer: Hettie Wilson*      **CA # 111341**

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### Suicide Prevention and Intervention

This training will help participants distinguish between self-harming behaviors and suicide. Youth protective factors and risk factors will be examined, and discussion will focus on identifying and operationalizing prevention/intervention strategies for youth at risk.

- *September 20, 2021*      *5:30pm-6:30pm*      *Trainer: Lora Bruce*      **CA # 111332**
- *October 9, 2021*      *9:00am-10:00am*      *Trainer: Lora Bruce*      **CA # 111333**
- *October 20, 2021*      *12:00pm-1:00pm*      *Trainer: Lora Bruce*      **CA # 111334**



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## Training Opportunities September/October 2021

### TRAINER BIOGRAPHIES

**Lora Bruce** is a Training Specialist in Area 4 out of the Ottawa, KS office for TFI Family Services. She earned her Bachelor's degree in Organizational Leadership at Fort Hays State University. Lora has worked in child welfare for several years and will be pursuing her Masters in Social Work in the Fall of 2021. During her time with TFI, she has been trained in Trust Based Relational Intervention (TBRI), Child Welfare Trauma Toolkit Modules 1-5, Family Finding, Cognitive Interaction Skills, and additional trainings to make her proficient within her career. Lora has experience working within preschools, daycares, and PRTF's. She also excels with using trauma informed approach, customer service, youth mentoring, and collaboration.

**Renee Lilly** is a Training Specialist in Area 8 out of the Wichita, KS office for TFI Family Services. Renee holds a B.S. degree in Psychology with an emphasis in Child Development from Wichita State University. Renee has 15 years of expertise training in child welfare and child development. She has experience a foster care worker and has worked in Parent Education, Kinship Navigation, Child Care Resource and Referral, and Foster Care.

**Hettie Wilson** is a Training Specialist in Area 4 out of the Chanute, KS office for TFI Family Services. Hettie has many years of experience working within pre-school and child welfare programs. She is a parent to four daughters and loves being a mother. Hettie is proficient in collaboration, communication and advocacy.

**DeAnna Colahan** is a contract Trainer for TFI Family Services in Topeka, Kansas. She also provides pre-service trainings for NTDC. In addition to training, Deanna has run a trauma informed daycare for over 11 years. She also is a KAAC (Kansas Adoption Advisory Council) board member, runs a foster/adoptive parent support group, and operates Open Heart Outreach, which distributes clothing to families in need and support and necessities to foster/adoptive families.



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