May 2022 Between Families Newsletter trainings:

**Self-Care For Foster Parents**

The goal of this training is to provide foster parent with important information regarding the importance of selfcare. The training will provide foster parents with information on the problems that can arise from not caring for themselves. Foster parents will be provided with definitions and signs and symptoms for the conditions of stress, burnout and secondary traumatic stress. Foster parents will be able to understand the need to watch for signs within themselves and how to develop a stress management plan, as well as other ways to combat stress, burnout and secondary traumatic stress.

• *May 12, 2022 5:00pm-6:00pm Trainer: Renee Lilley*

**Substance Abuse In Adults**

This training will provide participants with information about substance abuse. 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 in making healthy choices and working through substance abuse problems..

• *May 19, 2022 12:00pm-1:30pm Trainer: Kayla Patton*

**Regulating Emotions**

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.

• *June 22, 2022 11:00am-12:00pm Trainer: Lora Bruce*

**PTSD In Children and Teens**

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.

• *May 7, 2022 9:00am-10:00am Trainer: Kayla Patton*

• *June 23, 2022 12:30pm-1:30pm Trainer: Renee Lilley*