



## Training Opportunities January-March 2023

*The TFI Family Services Training Department is happy to provide a quarterly 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.*

### **Training Enrollment**

#### **Kansas**

TFI/MNS staff members should enroll through Agency Academy on LMS365 as well as Kansas Children's Alliance. Foster parents, and other child welfare professionals should enroll through the Kansas Children's Alliance website – [learn.childdally.org/account/login](https://learn.childdally.org/account/login). 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. When prompted for a code, use **learn**. You will receive an automated e-mail confirming your enrollment as well as the webinar information for the training(s) you have selected.

#### **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

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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.

- *March 1, 2023* *11:30am-1:30pm* *Trainer: Renee Lilley*

### Cultural Competency

This training will go over disparities and disproportionality among specific populations of children in child welfare. We will define what culture is and the important part it plays in the foster care system. Participants will be able to understand how cultural factors influence how children may identify, interpret, and respond to traumatic events. Tools and tips will be discussed on bringing cultural awareness to professionals and caregivers.

- *March 2, 2023* *11:00am-1:00pm* *Trainer: Renee Lilley*

### 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 to become perpetrators and victims of domestic violence in adulthood.

- *January 3, 2023* *5:30pm-6:30pm* *Trainer: Kayla Patton*
- *March 15, 2023* *12:40pm-1:40pm* *Trainer: Kayla Patton*

### 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.

- *February 4, 2023* *9:30am-10:30am* *Trainer: Kayla Patton*



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### Emotional Resilience

Participants will recognize the effects of stress and define Emotional Resilience. Additionally, learners will be able to identify attitudes of resilience and how resilience works. Much of the presentation focuses on learning the keys to increasing emotional intelligence, as well as pinpointing strategies to teach resilience to children. Finally, learners will acquire resilience and make a lasting change.

- *January 12, 2023*                      *10:30am-12:30pm*                      *Trainer: Renee Lilley*

### 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.

- *March 7, 2023*                      *5:30pm-6:30pm*                      *Trainer: Kayla Patton*

### 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.

- *January 28, 2023*                      *10:00am-11:00am*                      *Trainer: Renee Lilley*

### 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.

- *January 14, 2023*                      *9:30am-11:00am*                      *Trainer: Kayla Patton*
- *February 15, 2023*                      *1:00pm-2:30pm*                      *Trainer: Kayla Patton*





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### Internet Safety

Participants will learn tips to help keep children and families safe while using social media. Different types of media usage will be discussed as well as how to talk to older children and teens about safe practices. Different types of resources and tools are given to help caregivers safeguard against the dangers of the internet.

- February 21, 2023 5:30pm-6:30pm Trainer: Renee Lilley

### Keeping Sibling Connections

Participants will come away with a deeper understanding of the importance of maintain sibling connections between children in Foster Care. Participants will be able to recognize the effects not having a sibling connection has on a child. Participants will also be able to recognize the positive outcomes of children in foster care being able to keep a strong sibling connection while in foster care.

- January 10, 2023 7:00pm-8:30pm Trainer: DeAnna Colahan
- February 27, 2023 7:00pm-8:30pm Trainer: DeAnna Colahan

### LGTBQ Youth In Care

This training gives participants the opportunity to gain understanding into the importance of working effectively with LGBTQ youth and to build knowledge in the basic facts about the LBGTQ 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.

- January 27, 2023 11:00am-12:30pm Trainer: Kayla Patton
- March, 3, 2023 12:30pm-2:00pm Trainer: Renee Lilley

### Mental Health Basics

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

- February 21, 2023 11:00am-12:30pm Trainer: Renee Lilley



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### 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 right for a child's age, and recognize that normal activities are important for children and teens.

- February 7, 2023 7:00pm-8:30pm Trainer: DeAnna Colahan
- March 27, 2023 7:00pm-8:30pm Trainer: DeAnna Colahan

### 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.

- February 11, 2023 10:00am-11:00am Trainer: Renee Lilley

### Partnering For A Successful Court Process (Kansas only)

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

- February 1, 2023 12:40pm-1:40pm Trainer: Kayla Patton
- March 4, 2023 9:30am-10:30am Trainer: Kayla Patton

### Preparing Foster Children For Independent Living

This training will provide participants with information about supporting foster children as they prepare to age out of the foster care system. Participants will be provided with the knowledge they need to understand the child's transition plan and how to effectively support them in completing tasks outlined in the plan. Participants will also gain knowledge about supportive resources to help children successfully transition from foster care to adulthood.

- January 13, 2023 10:00am-11:30am Trainer: Renee Lilley
- March 3, 2023 10:00am-11:30am Trainer: Kayla Patton



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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.

- *February 28, 2023*                      *1:00pm-2:00pm*                      *Trainer: Renee Lilley*

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### 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 factors that may influence a child's likelihood of experiencing PTSD will be identified. Participants will be able to recognize the various ways 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.

- *February 14, 2023*                      *5:30pm-6:30pm*                      *Trainer: Kayla Patton*

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### Recognizing and Reporting Child Abuse and Neglect

The focus of this training will cover the definitions and types of abuse and neglect. We'll 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.

- *January 30, 2023*                      *7:00pm-9:00pm*                      *Trainer: DeAnna Colahan*
- *February 22, 2023*                      *7:00pm-9:00pm*                      *Trainer: DeAnna Colahan*



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## Training Opportunities

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### 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.

- *January 31, 2023*                      *11:30am-12:30pm*                      *Trainer: Renee Lilley*
- *February 7, 2023*                      *5:30pm-6:30pm*                      *Trainer: Kayla Patton*

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### Runaway Behaviors

Learning Objectives: • Identify the occurrence of runaway behaviors • Learn about the risk factors and predictors of runaway behaviors • Gain understanding into why runaway behaviors are an option to at risk youth • Learn coping strategies that providers can teach youth as proactive measures to prevent runaway behaviors.

- *March 30, 2023*                      *11:00am-1:00pm*                      *Trainer: Renee Lilley*

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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.

- *January 12, 2023*                      *5:30pm-6:30pm*                      *Trainer: Renee Lilley*

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### Self-Care For Foster Parents

The goal of this training is to provide foster parent with important information regarding the importance of self-care. 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.

- *March 4, 2023*                      *10:30am-11:30am*                      *Trainer: Renee Lilley*



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### 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.

- *February 1, 2023*                      *11:00am-12:30pm*                      *Trainer: Kayla Patton*
- *March 17, 2023*                      *11:00am-12:30pm*                      *Trainer: Kayla Patton*

### 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.

- *January 10, 2023*                      *5:30pm-6:30pm*                      *Trainer: Kayla Patton*
- *March 21, 2023*                      *5:30pm-6:30pm*                      *Trainer: Kayla Patton*

### Trauma 101

- ❖ Trauma Definitions and Types: Acute, chronic, complex, racial, historical, and intergenerational trauma.
- ❖ Impact of Trauma/Development and Trauma
  - Recognize the relationship between a child's lifetime trauma history and their behaviors and responses
  - Understand how cultural factors influence how a child may identify, interpret, and respond to traumatic events
  - Understand how traumatic experiences affect development throughout the lifespan
- ❖ Safety, Permanency, and Well-Being
  - Recognize the importance of trauma-informed practices in achieving safety, permanency, and well-being for children and families in the child welfare system
- ❖ Resilience
  - Identify internal and external factors that promote healing and resilience among children who have been impacted by trauma

- *January 7, 2023*                      *9:00am-1:00pm*                      *Trainer: DeAnna Colahan*
- *February 18, 2023*                      *9:00am-1:00pm*                      *Trainer: DeAnna Colahan*
- *March 18, 2023*                      *9:00am-1:00pm*                      *Trainer: DeAnna Colahan*



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### TRAINER BIOGRAPHIES

**Renee Lilly** is a Training Specialist in Area 8 out of the Wichita, KS office for TFI Family Services. Renee holds a B.S. 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 as a Foster Care worker and has worked in Parent Education, Kinship care, and Child Care Resource and Referral. She is also a certified MAPP/DT instructor and certified Safe Sleep instructor through the KIDS Network.

**Kayla Patton** is a Training Specialist in Area 4 out of the Independence, KS office for TFI Family Services. Kayla holds a B.S in Social Work with a minor in Gender, Women, and Sexualities Studies. She is additionally a Licensed Social Worker. Kayla has 5 years of experience working for Child Welfare including experience in Reintegration Case Management, Foster Care Homes, Kinship, and Recruitment. Kayla also has 2 years of experience in Mental Health, and is a CPR/First Aid instructor, as well as a MAPP/DT certified instructor.

**Kyleen Condon** is a Permanency Supervisor in Area 8 out of the Wichita, KS office for TFI Family Services. Kyleen holds a B.A. Social Work and a B.A. in Psychology. She additionally is a Licensed Social Worker. Kyleen has 8 years of Child Welfare Experience between working at the Department of Children and Families, and with the State Reintegration Contract. Kyleen has an immense passion for working with victims of Human Trafficking and carried a Human Trafficking case load in her time as a Reintegration Social Worker. Kyleen continues to serve this population while at TFI as a member of their Rapid Response Team that partners with DCF and law enforcement to completes Human Trafficking Assessments on youth that are at risk for victimization.

**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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