

# Iowa Foster & Adoptive Parents Association Foster Parent Training - Guide Sheet



Licensing Worker: \_\_\_\_\_ Phone number: \_\_\_\_\_

Licensing Agency: \_\_\_\_\_

Date licensed: \_\_\_\_\_ Date of renewal: \_\_\_\_\_

**You must make application for renewal of your license by contacting your licensing worker by phone or e-mail at least 30 days and no more than 90 days before your expiration date.** All foster homes are required to obtain 6 hours of continuing education each year.

It is important to keep your certificates of attendance in a safe place during the year. You will submit these certificates as proof of credit to your licensing worker. This Guide Sheet is for your records only, not for submission to your licensing worker. You will need to submit the Foster Parent Training Report (form 470-2540) to your licensing worker 30 days after your in-service training.

**Mandatory Child Abuse Reporter Training** (*mandatory class*) **Date completed:** \_\_\_\_\_

This class **MUST** be taken in the first six months of licensure, and then every five years thereafter. IFAPA offers this course each year at our State Conference in March. The IFAPA website also links to a website that offers an online Mandatory Child Abuse Reporter training that has been approved by DHS for foster parent credit. Check out our website [www.ifapa.org](http://www.ifapa.org) for step-by-step instructions to take this course online. There are other venues that offer Mandatory Reporter Training, such as your local support group, community college, hospital, AEA, or DHS. **PLEASE NOTE: It is important that the class offers two hours of child-abuse content in order for you to receive foster parent credit. (If a course offers only one hour of child-abuse content and one hour of dependent-adult abuse content, it DOES NOT qualify for foster parent credit.**

**CPR/First Aid** **Date Completed:** \_\_\_\_\_

All foster parents shall be certified in CPR/First Aid every three years through a nationally recognized training organization such as the American Red Cross or American Heart Association and shall maintain a certificate indicating the date of training and expiration. (Current foster home who are licensed by 10-1-2009 shall complete the training by 10-1-2010.) Online training classes do not meet this requirement. Please check your local Red Cross, support groups, etc. for possible trainings.

## **ON-GOING TRAININGS OFFERED BY IFAPA:** (*There is no fee to attend*)

**If you are a NEW foster parent, IFAPA recommends taking the following ongoing IFAPA trainings:**

**1. Preventative Practices II: Date Completed:** \_\_\_\_\_

This course is helpful for any parent who has just completed PS-MAPP or wants a refresher on how to protect themselves against allegations of abuse. Guidelines for managing roles and relationships in the home and with the professional team are highlighted, what general processes lead to false allegations, how to document to protect yourself, and placement practices to minimize your risk of false allegations.

**2. Transitioning Resources: A Toolbox for Transitioning: Date Completed:** \_\_\_\_\_

This training highlights important resources that can help youth in and after foster care. It will also explain how and when to access the many resources. This information will increase the youth's potential for success by maximizing their opportunity for achieving better outcomes transitioning from foster care to adulthood. This is a very educational and interactive class that will help you in finding needed resources in your area for the youth in your home. Topics discussed will be Positive Youth Development & the implementation of youth-centered planning strategies to help engage the youth in planning for their future.

☐ **3. Working with Birth Families by Mike McGuire: Date Completed:** \_\_\_\_\_

This training will explore the role of foster parents in working with birth families. This training will look at how the foster parent/birth parent relationship has changed over the years and with that change the expectation that foster families become more involved with birth families to better work toward positive outcomes. This class will provide an opportunity to better understand the birth family perspective. We will examine some of the modern social issues faced by birth families and how these barriers can impact their ability to succeed. We will also examine the grief and loss process and how it affects both birth families as well as foster families. This training allows foster parents the opportunity to examine their own comfort level in working with birth families. We will discuss strategies for working more effectively with birth families to achieve more positive outcomes for children in foster care.

☐ **4. Up, Down & All Around – ADHD, ODD & Pediatric Bipolar Disorder Date Completed:** \_\_\_\_\_

ADHD, ODD, and Pediatric Bipolar disorder in children and adolescents are often misunderstood and can be difficult to diagnose. However, thorough understanding and accurate diagnosis are key to effective treatment, education, and parenting for these children. Dr. Phillips will discuss the diagnostic and behavioral similarities and differences between attention deficit hyperactivity disorder, oppositional defiant disorder, and pediatric and adolescent bipolar disorder, the components of a thorough evaluation, and the elements of a thorough treatment program, with an emphasis on effective parenting practices.

☐ **5. Beyond Consequences: A Love Based Approach to Helping Children with Severe Behaviors**

**Date Completed:** \_\_\_\_\_

This training gives the understanding to truly provide emotional safety for children with trauma histories. By revealing the connection between the body/mind system as it relates to trauma and stress, it challenges all of us to embrace a paradigm shift as reflected in the works of Drs. Bruce Perry and Bryan Post. It reveals our own fears, invites us to step into our child's internal world, and demonstrates how to respond to them with love. Come with an open mind and heart.

☐ **6. Generations X, Y & Z: The Toxic Culture of Teens Date Completed:** \_\_\_\_\_

This class will explore how, in many ways, today's teens live in a culture that has become toxic, much like the environment around us. Just as we see the signs of toxicity and stress on our environment, today's teenagers also live with personal, social, and societal issues that often result in risk taking, danger, loss, and sometimes tragedy. Topics covered will include teen substance abuse, teen suicide, the impact of technology on teen's lives, internet concerns, firearms in the home, peer groups and peer pressure, domestic and sexual violence...and more. This class will increase parent and caregiver awareness of these issues and discuss strategies to deal with teens facing these challenges.

**ONLINE TRAINING:**

The website of [www.fosterparents.com](http://www.fosterparents.com) has been approved by DHS for training credit for Iowa's foster parents. You may receive up to 3 credits via this site toward your yearly training requirements. There is a fee of approximately \$5.00 per course. **PLEASE NOTE: The following two courses under the category Reactive Attachment Disorder, titled *Bonding and Attachment Workshop I* and *Bonding and Attachment Workshop II* are NOT approved for training credit.**

**IFAPA TRAINING SCHEDULE:**

In addition to the above classes, IFAPA offers other 6-hour trainings throughout the year, some new, some returning by popular demand. Please refer to the newest training schedule booklet (either fall booklet or spring booklet) for additional trainings available to you. Check out [www.ifapa.org](http://www.ifapa.org) for more info on available training opportunities.

*Please remember to plan ahead for training. In the event of a last minute crisis or emergency, a weather cancellation, or if IFAPA has less than 10 people enrolled and has to cancel the class, you might not be able to attend the class you planned to attend. Please schedule your training far enough away from your renewal date, that if you have to cancel and re-schedule, you have the ability to do so. Please keep in mind IFAPA trainings are offered during the months of September through June; IFAPA does not offer training opportunities in July or August. Children are not permitted in the trainings. Day care is not provided.*

**Questions?** Call IFAPA at 800-277-8145 ext. 1 or e-mail [smiles@ifapa.org](mailto:smiles@ifapa.org).