



Welcome to the Resource Family Training Institute!

*As Caregivers you are an important part of our team because you are caring for and supportive of the children that have been placed in your homes. Licensed Foster Parents and Licensed or Unlicensed Kinship Care Providers are welcome to attend all classes. We want to support you by providing **FREE** quality trainings to you. There are several ways you can access trainings. You can attend the many classes available throughout the state. You can participate in classes on-line and view numerous videos on your computer. We would encourage you to explore the RFTI website for all training available to you. For questions about training, please call one of the trainers listed on the last page of this flyer.*

If you require financial assistance for child care and/or travel to these classes, please speak with your child's social worker or your licensor.

Are there class room trainings I can take?

Yes, each month the Institute offers a variety of trainings in each region. These include many varied topics such as; Engaging Families for Change, Enhancing Relationships through Teaming, Educational Advocacy, Culture and Self Esteem, Behavior Management, Addictions, Autism and Children With Physical Disabilities. The training topics offered will vary by region, so please check the training calendar on the Resource Family Training website or call a regional trainer for updated information.

How do I find the calendar that lists the classroom trainings?

<http://www1.dshs.wa.gov/ca/fosterparents/ongoing.asp>

When you reach this website, click on your region of the calendar and view trainings, dates and locations in your area. You may also contact a trainer listed on the last page of this flyer.

First Aid and CPR are offered to all caregivers.

Keep the Beat offers First Aid and CPR classes to all caregivers of children. A schedule of locations and dates can be found on Keep the Beat's website <http://www.keepthebeatcpr.org/> You can also call Keep the Beat at 253-217-1105 or toll free, 1-888-704-6074 (Mon – Fri 9-5).

How do I find the website that lists trainings and videos?

The following website: <http://www1.dshs.wa.gov/ca/fosterparents/ongoing.asp> will show you trainings closest to your home with dates and locations. It will also show you videos you can view on-line in your home. When you attend a class or view a video, you will receive a training certificate. This certificate shows you have completed the class/video viewing. If you are a licensed foster parent you can give the certificate to your licensor to assist in meeting your licensing requirements.

How do I find the information for On-Line Classes ?

Fosterparent.dshs.wa.gov

What Videos are available On-line?

A sample of topics available for video viewing on-line includes the following topics:

- **Back on Track:** A film for youth in care (34 min).
- **Behavioral Challenges in Foster Care** with Gary Benton. Learn about handling challenging behaviors in children (59 min).
- **Behavior Management, Ages 11-18** with Wendy Warman, MSW. This video deals with behaviors of children experiencing emotional distress (2 hrs, 27 min).
- **Brain Development & Nurturing Children's Growing Minds** with Victoria Tennant. Learn how the brain works and how you can enhance the growth of a young mind (5 hrs, 20 min).
- **Bright Futures Preventative Mental Health** with Micky Kander, MSW, MPH. This is a curriculum developed by the University of Washington to address the mental health of children in care (4 videos; 3 hrs, 38 min - total).
- **Clinical Issues for the Relative Caregiver** with Dr. Joseph Crumbley. Dr. Crumbley is a noted expert in the field of Kinship Care. His valuable insights are delivered with compassion and humor (2 hrs, 4 min).
- **De-escalation Techniques in Foster Care** with Gary Benton. In this workshop, Gary Benton helps us to develop skills to bring the tension down with children in care (59 min).
- **The Dependency Court Process and the Role that Foster Parents Can Play:** Getting ready for court can be an intimidating experience. Learn what is expected and the role you can play in the process (1 hr, 26 min).
- **Effects of Multiple Placements on Youth in Care** with Dinah Martin, MSW. Multiple placements can lead to a lack of bonding on the part of a child in that circumstance. Learn how to prevent multiple placements (2 videos, 4 hrs - total).
- **Extreme Behavior & Associated Mental Health Issues** with Sharon Young, LMFT. This workshop will help you understand mental health issues that can impact youth (4 videos; 3 hrs, 43 min - total).
- **Fetal Alcohol Syndrome (FAS) & Fetal Alcohol Related Conditions** with Carolyn Hartness and Julie Gelo. Learn how to structure your home to accommodate the needs of children with Fetal Alcohol Spectrum Disorders (4 hrs, 30 min).
- **Annual Foster Parent Appreciation Ceremony** at the Capital, Olympia, Washington. (1 hrs, 33 min).
- **Fire Safety for Young Children** - Learn how to keep young children safe in a fire with Ed Burgado (also En Espanol). Part of keeping kids safe is making sure that they know what to do in a fire. This video should be viewed, not only by you, but by the children in your home. It could save their life! (9 min).
- **Foster Care Improvement Plan** with Bob Partlow (15 min).
- **Giving Our Youth Wings to Fly** with Mr. Robert Danzig. Mr. Danzig, retired CEO of the Hearst Corporation, talks with youth in care about succeeding in life. Mr. Danzig should know as he grew up in foster care and learned valuable lessons that helped him in his business and personal life (55 min).
- **Important Issues in Indian Child Welfare** - This is a panel about the Indian Child Welfare Act and why it is important to our work with Native children (1 hr).
- **Journey Through The Healing Circle** - Learn more about Fetal Alcohol Syndrome and related conditions as a fox, a raccoon, a bear and a puffin use traditional Native American storytelling to explain symptoms and strategies to help those dealing with these conditions (2 hrs).
- **Keeping it Real** – A film about the importance of cultural connections for African American children in non African American homes (41 min).
- **Love and Logic** with Jonathan English, LMFT. Become a Love and Logic Parent. Learn how to work with your child for positive behavior change (4 hrs; 30 min).
- **Make It Happen** - Hear about a sensational 3 day pre-college experience for your teen in care. They will learn about the college application process, developing good study habits, financial aid available to them for college and living life on campus. Your child can go to college. The possibility is very real. Help them to embrace that dream (10 min).

- **Nak Nu We Sha Program, Yakama Nation** - Reflect on the importance of foster homes within the Native Community (9 min).
- **Physically Assaultive Youth** - In order to take children with these behaviors you must watch a video and complete the standard evaluation form found on the video library page. If you desire additional information on this topic, you are encouraged to attend a classroom workshop in your area. Please check the Regional RFTI training calendar on the website or contact your RFTI trainer. The classroom workshop deals with behaviors of children who display physically acting out behaviors. Learn how to structure your home to promote health and safety from the start (2 hrs).
- **Relative Placement Through DCFS** - The best place for a child is with their family. The panel discussion touches on the benefits and challenges of parenting a grandchild or other relative (44 min).
- **Sexually Aggressive Youth** - In order to take children with these behaviors you must watch a video and complete the standard evaluation form found on the video library page. If you desire additional information on this topic, you are encouraged to attend a classroom workshop in your area. Please check the Regional RFTI training calendar on the website or contact your RFTI trainer. The classroom workshop deals with behaviors of children who display sexually acting out behaviors. Learn how to structure your home to promote health and safety from the start. (2 hrs).
- **Success Stories of Youth in Care** - See what a difference you can make in the life of a young person in out-of-home care. Children need to know that they can reach for stars, regardless of their early life circumstances. Learn about four very resilient youth, who, with the support of mentors, have succeeded! (28 min).
- **Trauma and Children** with Ross Dawson, MSW and Dr. Harry Kramer. Learn about trauma and how it effects children, especially in the post 9/11 era (1 hr, 25 min).
- **We are GBLTQ** a video about the needs of Gay, Lesbian, Bisexual, Transgender and Questioning Youth (42 min).
- **Working with ADHD and Fetal Alcohol Spectrum Disorders** with Randi Hankins Randi is a dynamic speaker who delivers information with humor and compassion to those dealing with ADHD and FASD. You will learn a great deal in this workshop on how to improve the environment for children with these issues (4 videos; 5 hrs, 5 min - total).
- **Coming soon: A film for caregivers with tools to help your Native American child be in touch with their cultural roots.**

I don't have a computer, how can I find out about training?

Our trainers are willing to help you. You can call the trainer listed below to ask for information on up-coming classes, or if they have a library from which you can check out some videos to view at home. These classes and videos vary by region so please check with your trainer.

Other Training available:

- ◆ Self-study materials that you can complete at home are available in some regions. Please contact a trainer in your region for further information and availability.
- ◆ DVD Days are also available in some local offices where you can view DVDs and discuss with a facilitator and other care providers. Please contact a trainer in your region for further information & availability.

Who can I contact regarding any questions I have:

Please contact our regional Foster Parent Trainers. They are very willing to help you. Please call the trainer below that is closest to you.

RESOURCE FAMILY TRAINING INSTITUTE TRAINERS

Please contact our Foster Parent Trainers. They are very willing to help you.
Please call the trainer listed below that is closest to you.

Region	RFTI Supervisor	RFTI Trainer(s)
1 <i>(Spokane and surrounding areas)</i>	Jan Hinkle-Rodriguez 509.836.5769 hrje300@dshs.wa.gov	Michelle Cutlip 509.363.3392 cumi300@dshs.wa.gov Nancy Leigh 509.764.5612 Lnan300@dshs.wa.gov
2 <i>(Yakima, Tri-Cities, Ellensburg, and surrounding areas)</i>	Jan Hinkle-Rodriguez 509.836.5769 hrje300@dshs.wa.gov	Ryan Kruger 509.767.2879 krry300@dshs.wa.gov
3 <i>(Bellingham, Everett, Mt. Vernon, and surrounding areas)</i>	Cora Phillips 206.923.4953 phco300@dshs.wa.gov	Joan Sager 425.339.1811 sajk300@dshs.wa.gov Sheri Rego 360.738.2305 regs300@dshs.wa.gov
4 <i>(Seattle Metro Area)</i>	Cora Phillips 206.923.4953 phco300@dshs.wa.gov	Barbara Gutter 206.923.4951 guba300@dshs.wa.gov Shelly Myers 206.923.4950 mysh300@dshs.wa.gov Yolanda Marzest 206.923.4955 mayo300@dshs.wa.gov
5 <i>(Tacoma, Bremerton, Puyallup, and surrounding areas)</i>	Cora Phillips 206.923.4953 phco300@dshs.wa.gov	Linda Falcocchio 253.983.6474 fali300@dshs.wa.gov
6 <i>(Tumwater, Olympia, Forks, Aberdeen, Kelso, Vancouver, and surrounding areas)</i>	Jan Hinkle-Rodriguez 509.836.5769 hrje300@dshs.wa.gov	Bill Todd 360.565.2296 towi300@dshs.wa.gov Arthur Fernandez 360.725.6788 sart300@dshs.wa.gov Colleen Wilcox 360.993.7991 mumc300@dshs.wa.gov