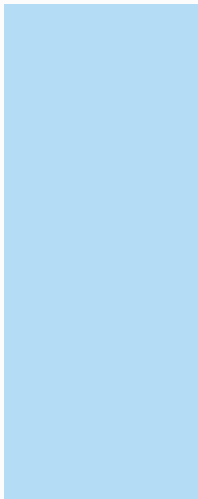
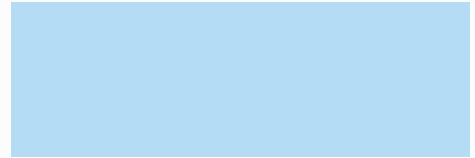




OREGON DEPARTMENT OF
Human Services
Child Welfare



2026 ODHS Child Welfare **Resource Family Training Catalog**

Welcome resource parents, relative resource parents, guardians and adoptive parents!

We are thrilled to have you here as you embark on this journey of growth, learning and empowerment. Your role in caring for children experiencing the foster care system is invaluable; providing children with the love, stability and guidance they need to thrive. This training course menu is designed to support you in that mission: equipping you with the tools, skills and knowledge to navigate the challenges and joys of parenting with confidence and compassion.

As the world evolves, so do the needs of the children in our care. By staying up to date on

the latest best practices, trauma-informed approaches and parenting strategies, you are ensuring that you can offer the highest level of support to the children who depend on you. Training is not just a requirement, it is an opportunity for personal and parenting growth, a chance to refine your skills and a way to strengthen the positive impact you have on young lives.

Thank you for your commitment, heart and dedication to fostering a brighter future for children in need. We are honored to be part of your journey and look forward to learning and growing together.

Welcome to your next step in making a difference!

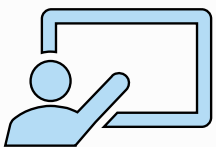
Good to Know:



Before you can participate in any of our training opportunities, you will need to **[register for a Workday Learning account](#)**. All resource family members and caregivers need to create a Workday Learning account to access the trainings listed in this document. Each person needs their own account using their own email address. An email address can only be used once in Workday.

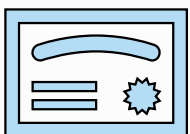
To register, and learn more about Workday Learning, please visit

<https://www.oregon.gov/odhs/providers-partners/foster-care/Pages/workday.aspx>



Each training listed in this catalog includes a brief description, the link to register and participate in each, and the type of training – **Live, or On-demand**.

- **Live** trainings are instructor-led and take place virtually by Zoom or webinar.
- **On-demand** trainings can be accessed online at a time that works for you.



All listed trainings can count toward your ongoing training hours for certification. Certification staff will track course completion and training records in your Workday Learning account.

RESOURCE FAMILY REQUIRED TRAININGS AND TIMELINES	5
Orientation Training	5
Mandatory Reporting of Child Abuse in Oregon	6
Safe Sleep Practices for Infants in ODHS Care	6
RAFT – Resource and Adoptive Family Training (non-relative families required only):	6
INITIAL RECOMMENDED TRAINING	7
Overview of Child Welfare System	7
Expanding Your Parenting Paradigm	7
Being a Resource Parent: Making the Decision	7
Understanding Resource Home Certification Rules	8
Being a Resource Parent: Caring for Teens	8
Being a Resource Parent: Honoring Identity	8
Being a Resource Parent: The Reasonable and Prudent Parenting Standard	8
All About Me Books: A Guide for Resource Parents	9
How Does RAFT Connect to Your Role as an Adoptive Parent?	9
Transitions Toolkit	9
LEARN ABOUT PROCESSES EXPERIENCED BY RESOURCE PARENTS	10
Child Adolescent Needs and Strengths (CANS)	10
Child Protective Services (CPS) Assessments in Resource Parent Homes	10
Citizen Review Board (CRB) Hearings: What Resource Parents Need to Know	10
Medical Services for Children and Youth in Care	10
Family Time Defined: My Role as a Resource Parent	11
Overview of the Juvenile Justice System	11
Oregon Safety Model for Resource Parents	11
ONGOING– SUGGESTED TRAININGS	12
Understanding trauma	12
Parenting Children Who have Experienced Trauma	12
Adverse Childhood Experiences (ACES)	12
Understanding the Impact of Trauma on Youth in Foster Care	13
Parenting tools for challenging behaviors	13
A New Suitcase of Parenting Knowledge and Skills	13
Building Positive Connections with Children	13
Creating Family Dynamics	14
Crisis Prevention Intervention – Verbal Intervention Training	14
Developing and Sustaining a Healthy and Supportive Relationship with Youth	14
Express Understanding to Focus on Solutions	14
Meeting Children’s Unique Needs	15
Parenting Tools for Long-Term Solutions	15
Understanding Challenges and Life Skills	15
Understanding and Managing Youth Challenging Behaviors	15
Experience as a caregiver	16

Accessing Services and Supports	16
Being a Resource Parent: Caring for Children	16
Birth and Resource Parent Partnership	16
Building Parental Resilience	16
Caregiver Stress: The SMART Approach for Resource/Adoptive Parents	17
Combining Kids by Birth or Adoption	17
Developing Open and Effective Communication with Youth in Care	17
FACT OREGON: Overview of Developmental Disability Services in Oregon	17
Family Dynamics	18
Introduction to Occupational Therapy and Foster Care	18
Overview of the Juvenile Justice Process and the Types of Court Hearings for Resource Parents	18
Trauma-informed Co-parenting for Success	18
What is it Really Like to Raise a Child with FASD?	19
Experience of the child	19
Building Children’s Resilience	19
Commercial Sexual Exploitation of Children (CSEC)	19
Domestic Violence 101 for Resource and Adoptive Families	19
Impacts of Fetal Alcohol Spectrum Disorders	20
LGBTQIA+ Youth: Support Basics for Resource/Adoptive Parents	20
Life Story – Birth and Adoption Story	20
Managing Placement Transitions	20
Practical Tips for Disciplining While Maintaining Attachment	21
Preparing for and Managing Family Time	21
Responding to Children in Crisis	21
Sensory Integration	21
Sexual Abuse Prevention Training Series	22
Sexual Trauma	22
Supporting the Mental Health of Youth in Your Care	22
Supporting Youth Who’ve Experience Domestic Violence	23
Trauma-Informed Parenting – Practical Applications of TBRI	23
Trauma-Informed Responding and Answering the Tough Questions	23
Understanding and Managing Child Sexual Behavior	23
Understanding Substance Use Disorder	24
Understanding TBRI – Connected Parenting	24
Identity and culture	24
Caring for LGBTQIA2S+ Youth in Care	24
Indian Child Welfare Foundations of ICWA, ORICWA and the Resource Parent’s Role	25
Keeping Connections Strong: A Guide to Cultural Continuity	25
Supporting Youth’s Identities and Cultures	25
Sexual Development and Identity	25
Caring for tweens and teens	26
Preparing for Adulthood	26
Kin and relative caregiver	26
Strengths in Relative Caregivers	26
Resource Families Ask: “What is ICPC?”	26

Adoption and guardianship

Adoption: ODHS Process Overview for Resource and Adoptive Parents

Adoption Steps – Application to Finalization

Common Feelings Associated with Being Adopted

Connections with Birth Families After Adoption

Guardianship Overview for Resource Families

Introduction to Adoption

Mediation for Adoption and Guardianship

ODHS Adoption and Guardianship Assistance

27

27

27

27

28

28

28

28

Education

Education

FACT OREGON: Understanding Special Education: Introducing the Six Core Principles of IDEA (Individuals with Disabilities Education Act)

29

29

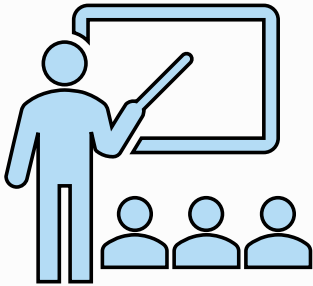
RESOURCES

29



Resource family required trainings and timelines

If you are considering or pursuing becoming a resource parent, relative resource parent or adoptive parent, there are initial training requirements to meet.



Orientation Training: On-demand, within 30 days of placement.

Mandatory Reporter Training: On-demand, before taking RAFT.

RAFT Training (non-relative families required only): Live, within 12 months of certification.

Safe Sleep Practices for Infants in ODHS Care: On-demand, within 30 days of placement of an infant under 12 months of age (relatives only). For non-relative resource parents, complete prior to certification.

Orientation Training

Training type: **On-demand**

Training length: **2 hours**

To become certified you must complete Orientation Training. You can also participate to help you determine if becoming a resource parent is right for you. There are two versions: one for general and non-relative child-specific applicants, and one for relative applicants. Choose the one that applies to you. Both versions are taken on-demand and cover required forms and the assessment processes.

Resource Parent Orientation Training: This on-demand five-part video series takes about two hours to complete. This version is for general and non-relative child-specific applicants.

Workday link: [ODHS - CW - Resource Parent Orientation Training \(Non-Relatives\)](#)

Relative Orientation Training: This on-demand four-part video series takes about two hours to complete.

Workday link: [ODHS - CW - Resource Parent Orientation Training \(Relative\)](#)

Mandatory Reporting of Child Abuse in Oregon

Training type: **On-demand**

Training length: **1 hour**

Learn about the requirements of mandatory reporters in recognizing and understanding signs of child abuse, when and how to report abuse, and information to share when reporting abuse.

Workday link: [ODHSOHA - HR - Mandatory Reporting of Child Abuse in Oregon](#)

Safe Sleep Practices for Infants in ODHS Care

Training type: **On-demand**

Training length: **1 hour**

Learn how to create a safe sleep environment and reduce the risk of sleep-related infant deaths (SUID). This course covers your responsibility to follow safe sleep guidelines and ensure anyone caring for the infant follows them too.

Workday link: [ODHS - CW - Safe Sleep for Infants in ODHS Care](#)

RAFT – Resource and Adoptive Family Training (non-relative families required only):

Training type: **Live, within 12 months of certification.**

Training length: **27 hours**

Resource and Adoptive Family Training (RAFT) is the ODHS Child Welfare certification training curriculum that all non-relative resource parents and non-relative pre-adoptive parents must complete within 12 months of becoming certified. Relative resource parents are encouraged to participate in RAFT for gaining knowledge and skills. The RAFT series is a 27-hour curriculum that takes place during nine, three-hour sessions delivered at a set date and time. Each resource or adoptive parent will need to register and complete the RAFT series.

[ODHS - CW - RAFT Session 1](#)

[ODHS - CW - RAFT Session 2](#)

[ODHS - CW - RAFT Session 3](#)

[ODHS - CW - RAFT Session 4](#)

[ODHS - CW - RAFT Session 5](#)

[ODHS - CW - RAFT Session 6](#)

[ODHS - CW - RAFT Session 7](#)

[ODHS - CW - RAFT Session 8](#)

[ODHS - CW - RAFT Session 9](#)



Initial recommended training

Once you have attended Orientation, Mandatory Reporting Training, and are registered for RAFT there are some initial recommended trainings to complete, ideally within six months of submitting an initial application.

Overview of Child Welfare System

Training type: **On-demand**

Training length: **35 minutes**

Receive a general overview of the Child Welfare system related to how it came into existence, and its main functionality. This training is not specific to Oregon.

Workday link: [ODHS – CW – Overview of the Child Welfare System](#)

Expanding Your Parenting Paradigm

Training type: **On-demand**

Training length: **50 minutes**

Learn about what it means to expand your parenting paradigm and consider ways to prepare yourself and your family to become resource parents. This training is not specific to Oregon. There are two versions of this training; choose the one that's right for you

Relative Workday link: [ODHS - CW - Expanding Your Parenting Paradigm\(Relative\)](#)

General Workday link: [ODHS - CW - Expanding Your Parenting Paradigm \(General\)](#)

Being a Resource Parent: Making the Decision

Training type: **On-demand**

Training length: **30 minutes**

Learn what it means to be a resource parent and how it impacts your entire family.

Workday link: [ODHS - CW - Being a Resource Parent: Making the Decision](#)

Understanding Resource Home Certification Rules

Training type: **On-demand**

Training length: **30 minutes**

This training will cover what the rules are related to becoming a licensed resource parent, why the rules are important and how to interpret the rules.

Workday link: [ODHS - CW - Understanding Resource Home Certification Rules](#)

Being a Resource Parent: Caring for Teens

Training type: **On-demand**

Training length: **15 minutes**

Learn more about the role of a resource parent in caring for tweens and teens, discussions you may have with them and considerations to help a teen learn daily skills to prepare them for adulthood.

Workday link: [ODHS - CW - Being a Resource Parent: Caring for Teens](#)

Being a Resource Parent: Honoring Identity

Training type: **On-demand**

Training length: **1 hour**

Learn more about the role of a resource parent in understanding, acknowledging and supporting all identities of a child you may be caring for.

Workday link: [ODHS - CW - Being a Resource Parent: Honoring Identity](#)

Being a Resource Parent: The Reasonable and Prudent Parenting Standard

Training type: **On-demand**

Training length: **30 minutes**

Learn more about the Reasonable and Prudent Parenting Standard. This standard allows resource parents to make day-to-day parenting decisions and manage challenging behaviors.

Workday link: [ODHS - CW - Being a Resource Parent: The Reasonable and Prudent Parenting Standard](#)

All About Me Books: A Guide for Resource Parents

Training type: **On-demand**

Training length: **1 hour**

All About Me Books are a tool that helps kids in foster care understand their life story, feel more connected, and build self-esteem. Learn about supporting these books with kids.

Workday link: [ODHS - CW - All About Me Books: A Guide for Resource, Adoptive and Guardianship Parents](#)

How Does RAFT Connect to Your Role as an Adoptive Parent?

Training type: **On-demand**

Training length: **15 minutes**

Learn how RAFT can prepare you for parenting a child who has experienced trauma, separation and loss. RAFT is for all resource and pre-adoptive families - learn how RAFT is applicable to those on the adoption journey.

Link: [How Does RAFT Connect to Your Role as an Adoptive Parent?](#)

Transitions Toolkit

Training Type: **On-demand**

Training Length: **1 hour**

Learn about the different types of transitions that children in foster care may experience, and ways resource parents can support the child before, during, and after a transition.

Workday link: [ODHS - CW - Transitions Toolkit for Resource Families](#)

Learn about processes experienced by resource parents

Child Adolescent Needs and Strengths (CANS)

Training type: **On-demand**

Training length: **30 minutes**

The CANS Assessment is required for all children in foster care. Learn what it is, what you'll be asked as a resource parent, and what happens after it's completed.

Workday link: [ODHS - CW - Overview of the Child Adolescent Needs and Strengths \(CANS\) Assessment for Resource/Adoptive Parents](#)

Child Protective Services (CPS) Assessments in Resource Parent Homes

Training type: **On-demand**

Training length: **30 minutes**

When a CPS Assessment occurs in a resource parent home, it can feel challenging. Learn more about the process, the roles of Child Welfare staff during an assessment, and what to expect.

Workday link: [ODHS - CW - Child Protective Service \(CPS\) Assessments in Resource Parent Homes](#)

Citizen Review Board (CRB) Hearings: What Resource Parents Need to Know

Training type: **On-demand**

Training length: **1 hour**

Learn about the CRB and how resource parents can participate in CRB processes.

Workday link: [ODHS - CW - Citizen Review Board \(CRB\) 101 for Resource Parents](#)

Medical Services for Children and Youth in Care

Training type: **On-demand**

Training length: **30 minutes**

Explore what types of medical services children in foster care will access, how to prepare for appointments, and when to involve ODHS in medical service planning.

Workday link: [ODHS - CW - Medical Services for Children and Youth in Care](#)

Family Time Defined: My Role as a Resource Parent

Training type: **On-demand**

Training length: **30 minutes**

Family Time (Visitation) is an important part of connection for children in foster care. Gain a broad overview of what family time is and the role of resource parents.

Workday link: [ODHS - CW - Family Time Defined: My Role as a Resource Parent](#)

Overview of the Juvenile Justice System

Training type: **On-demand**

Training length: **30 minutes**

Child Welfare frequently interacts with the Oregon Juvenile Court system. Learn more about the types of court hearings and your role as a resource parent during court hearings.

Workday link: [ODHS - CW - Overview of the Juvenile Justice Process for Resource/Adoptive Parents](#)

Oregon Safety Model for Resource Parents

Training type: **On-demand**

Training length: **30 minutes**

Learn about the steps ODHS Child Welfare follows to prioritize the safety of children and young people throughout the life of their case.

Workday link: [ODHS - CW - The Oregon Safety Model for Resource Parents](#)

Ongoing- suggested trainings

Non-relative resource parents have ongoing training requirements to maintain certification. Relative resource parents are encouraged to increase knowledge and skill development by taking training. We have many options for continued learning in several categories:

- Understanding trauma
- Parenting tools for challenging behaviors
- Experience as a caregiver
- Experience of the child
- Identity and culture
- Caring for teens and tweens
- Kin and relative caregiver
- Adoption and guardianship
- Education

Understanding trauma

Parenting Children Who have Experienced Trauma

Training type: **On-demand**

Training length: **1 hour**

Learn how fear changes the way youth think, feel and act, and learn trauma-informed techniques for parenting a youth based on their emotional age and development.

Workday link: [ODHS - CW - Core Teen: Parenting Youth who have experienced Trauma for Resource/Adoptive Parents](#)

Adverse Childhood Experiences (ACES)

Training type: **Live**

Training length: **2 hours**

Learn how trauma and stress impact development of our brains and nervous systems, and how traits are passed from one generation to the next through our DNA.

Workday link: [ODHS - CW - Adverse Childhood Experiences \(ACEs\) for Resource/Adoptive Parents](#)

Understanding the Impact of Trauma on Youth in Foster Care

Training type: **On-demand**

Training length: **1 hour**

Learn how traumatic stress and adversity impacts a youth's development, and the importance of responding to the underlying causes of the youth's behaviors and promoting well-being.

Workday link: [ODHS - CW - CORE TEEN: Understanding the Impact of Trauma on Youth in Foster Care](#)

Parenting tools for challenging behaviors

A New Suitcase of Parenting Knowledge and Skills

Training type: **On-demand**

Training length: **1 hour**

Learn ways to support important connections and understand the impact of secondary trauma on parenting and self-care.

Workday link: [ODHS - CW - Core Teen: A New Suitcase of Parenting Knowledge and Skills](#)

Building Positive Connections with Children

Training type: **Live**

Training length: **2 hours**

Explore tools based on the importance of connection before correction and on how mistakes are opportunities to learn.

Workday link: [ODHS - CW - Positive Discipline Series: Building Positive Connections with Children](#)

Creating Family Dynamics

Training type: **Live**

Training length: **2 hours**

Explore tools that help include children in planning to reduce frustration, like curiosity questions and asking instead of telling.

Workday link: [ODHS - CW - Positive Discipline Series: Creating Family Dynamics](#)

Crisis Prevention Intervention - Verbal Intervention Training

Training type: **Live**

Training length: **6 hours**

CPI Verbal Intervention™ training provides resource families with an effective framework for preventing, de-escalating and safely responding to crisis behavior.

Workday link: [ODHS - CW - Crisis Prevention Intervention - Verbal Intervention Training for Resource/Adoptive Parents](#)

Developing and Sustaining a Healthy and Supportive Relationship with Youth

Training type: **On-demand**

Training length: **1 hour 15 minutes**

Learn the impacts of loss and grief on youths and learn how to enhance attachment and strengthen your relationship with them.

Workday link: [ODHS - CW - Developing and Sustaining a Healthy and Supportive Relationship with Youth for Resource and Adoptive Parents](#)

Express Understanding to Focus on Solutions

Training type: **Live**

Training length: **2 hours**

Identify the four Rs of punishment and explore ways to help children feel better so they can do better.

Workday link: [ODHS - CW - Positive Discipline Series: Express Understanding to Focus on Solutions](#)

Meeting Children's Unique Needs

Training type: **Live**

Training length: **2 hours**

Explore how basic brain development and traumatic experiences may impact behaviors as well as learning strategies to help children and caregivers regulate emotions.

Workday link: [ODHS - CW - Positive Discipline Series: Meeting Children's Unique Needs](#)

Parenting Tools for Long-Term Solutions

Training type: **Live**

Training length: **2 hours**

Explore tools to teach life skills.

Workday link: [ODHS - CW - Positive Discipline Series: Parenting Tools for Long-Term Solutions](#)

Understanding Challenges and Life Skills

Training type: **Live**

Training length: **2 hours**

Explore common parenting challenges and learn how to create alternatives to help children develop valuable life and social skills, and reduce frustrations.

Workday link: [ODHS - CW - Positive Discipline Series: Understanding Challenges and Life Skills](#)

Understanding and Managing Youth Challenging Behaviors

Training type: **On-demand**

Training length: **1 hour**

Learn skills in coping and managing your own emotions while parenting a youth with challenging behaviors.

Workday link: [ODHS - CW - Understanding and Managing Youth's Challenging Behaviors](#)

Experience as a caregiver

Accessing Services and Supports

Training type: **On-demand**

Training length: **1 hour**

Understand the types of services available and how to ask for them.

Workday link: [ODHS – CW – Accessing Services and Supports](#)

Being a Resource Parent: Caring for Children

Training type: **On-demand**

Training length: **30 minutes**

Learn about what it means to care for children in foster care. This is a great opportunity for those considering becoming a resource parent to learn more.

Workday link: [ODHS – CW – Being a Resource Parent: Caring for Children](#)

Birth and Resource Parent Partnership

Training type: **On-demand**

Training length: **30 minutes**

Explore the birth and resource parent partnership, why it is essential, what is needed for success and how to begin to build a partnership.

Workday link: [ODHS – CW – Birth and Resource Parent Partnership](#)

Building Parental Resilience

Training type: **On-demand**

Training length: **1 hour**

Learn the importance of self-care for parents who are fostering or adopting.

Workday link: [ODHS – CW – Building Parental Resilience](#)

Caregiver Stress: The SMART Approach for Resource/Adoptive Parents

Training type: **On-demand**

Training length: **1 hour**

This training teaches the SMART (Simple and sustainable, Mindful, Accessible, Renewing; Rejuvenating Timely and Tuned) approach to relieving stress.

Workday link: [ODHS – CW – Caregiver Stress: The SMART Approach for Resource/Adoptive Parents](#)

Combining Kids by Birth or Adoption

Training type: **On-demand**

Training length: **1 hour**

Explore common ways families blend children by birth and adoption, along with practical tips for parents who adopt after having biological children. This is an audio only training.

Workday link: [ODHS – CW – ETWD – Combining Kids by Birth and Adoption](#)

Developing Open and Effective Communication with Youth in Care

Training type: **On-demand**

Training length: **1 hour**

Learn kind, clear, and age-appropriate ways to talk with youth. Learn practical tools for handling tough conversations while building trust, connection, and confidence.

Workday link: [ODHS – CW – Developing Open and Effective Communication with Youth in Care](#)

FACT OREGON: Overview of Developmental Disability Services in Oregon

Training type: **On-demand**

Training length: **1 hour**

An overview of Oregon's developmental disability services, how to access them, and how they support individuals with intellectual and developmental disabilities and their families to live full lives.

Registration link: [Overview of Developmental Disability Services in Oregon](#)

Family Dynamics

Training type: **On-demand**

Training length: **1.5 hours**

Learn about the impact fostering or adopting can have on marital relationships, biological children, foster or adoptive children already living in the home, and extended family members.

Workday link: [ODHS – CW – Family Dynamics](#)

Introduction to Occupational Therapy and Foster Care

Training type: **On-demand**

Training length: **30 minutes**

Learn about a branch of behavioral health called occupational therapy and how it can help children complete their daily activities.

Workday link: [ODHS – CW – Occupational Therapy and Foster Care for Resource and Adoptive Parents](#)

Overview of the Juvenile Justice Process and the Types of Court Hearings for Resource Parents

Training type: **On-demand**

Training length: **30 minutes**

Gain a basic understanding of the Oregon Juvenile Court system and Child Welfare interaction.

Workday link: [ODHS – CW – Overview of the Juvenile Justice Process for Resource/Adoptive Parents](#)

Trauma-informed Co-parenting for Success

Training type: **Live**

Training length: **1.5 hours**

Join a panel discussion of Oregon parents and resource parents as they answer your questions and share their lived experience of relationship building and healthy communication.

Workday link: [ODHS – CW – Trauma-Informed Co-Parenting for Success for Resource/Adoptive Parents](#)

What is it Really Like to Raise a Child with FASD?

Training type: **On-demand**

Training length: **75 minutes**

Learn about Fetal Alcohol Spectrum Disorder (FASD) and how to identify and manage behaviors that are typical from children with FASD.

Workday link: [ODHS – CW – ETWD – What is it Really Like to Raise a Child with FASD?](#)

Experience of the child

Building Children’s Resilience

Training type: **On-demand**

Training length: **1 hour**

Learn the concepts and definitions related to enhancing the resilience of children who have experienced trauma, separation or loss.

Workday link: [ODHS – CW – Building Children’s Resilience](#)

Commercial Sexual Exploitation of Children (CSEC)

Training type: **On-demand**

Training length: **1 hour**

Learn about CSEC, and how youth in foster care are at a higher risk of exploitation.

Workday link: [ODHS – CW – ETWD - Commercial Sexual Exploitation of Children for Resource and Adoptive Parents](#)

Domestic Violence 101 for Resource and Adoptive Families

Training type: **On-demand**

Training length: **45 minutes**

Gain an introductory overview of domestic violence, what it is, and how it affects individuals – especially children.

Workday link: [ODHS – CW – Domestic Violence 101 for Resource and Adoptive Families](#)

Impacts of Fetal Alcohol Spectrum Disorders

Training type: **On-demand**

Training length: **1.5 hours**

Learn to understand impacts on children exposed to substances prenatally, including FASD.

Workday link: [ODHS – CW – Impacts of Fetal Alcohol Spectrum Disorders](#)

LGBTQIA+ Youth: Support Basics for Resource/Adoptive Parents

Training type: **Live**

Training length: **2 hours**

Learn what the letters in LGBTQIA stand for, and what they mean for how you show up and support youth.

Workday link: [ODHS – CW – LGBTQIA+ Youth: Support Basics for Resource/Adoptive Parents](#)

Life Story – Birth and Adoption Story

Training type: **On-demand**

Training length: **1 hour**

Learn the importance of having conversations with children about their birth and adoption story.

Workday link: [ODHS – CW – Life Story – Birth and Adoption Story](#)

Managing Placement Transitions

Training type: **On-demand**

Training length: **1 hour**

This provides an overview of the impact transitions have on children who've experienced trauma, loss or separation, and strategies to help children cope.

Workday link: [ODHS – CW – Managing Placement Transitions](#)

Practical Tips for Disciplining While Maintaining Attachment

Training type: **On-demand**

Training length: **75 minutes**

Hear from Amanda Purvis, a Training Specialist at the Karyn Purvis Center for Child Development, about practical tips for disciplining while maintaining attachment.

Workday link: [ODHS – CW – Practical Tips for Disciplining While Maintaining Attachment for Resource/Adoptive Parents](#)

Preparing for and Managing Family Time

Training type: **On-demand**

Training length: **1 hour**

Learn about the importance of children maintaining visits with their family and how to check in and address concerns, questions and emotions children may encounter before and after visits.

Workday link: [ODHS – CW – Preparing for and Managing Family Time](#)

Responding to Children in Crisis

Training type: **On-demand**

Training length: **1 hour**

Learn about self-regulation challenges that children in foster care may experience.

Workday link: [ODHS – CW – Responding to Children in Crisis](#)

Sensory Integration

Training type: **On-demand**

Training length: **1 hour**

Learn how early childhood trauma and neglect may impact a child's ability to successfully interact with their outside world.

Workday link: [ODHS – CW – Sensory Integration](#)

Sexual Abuse Prevention Training Series

Training type: **On-demand**

Training length: **varies; see below for each training in the series**

- **Stewards of Children (2-1/2 hours)** Learn to discuss child sexual abuse prevention, implement protective policies, and recognize and respond to boundary violations, suspicions and disclosures.
- **Protecting Children from Sex Trafficking (45 minutes)** Explore the root causes of commercial sexual exploitation and reducing children's risk of exploitation.
- **Protecting Children through Active Bystanding (45 minutes)** Learn how to be an active bystander in child sexual abuse prevention, recognize boundary violations and intervene effectively to reinforce boundaries and protect children.
- **Healthy Touch for Children and Youth (45 minutes)** This training provides guidelines for healthy touch and safe, respectful interactions with children.
- **Talking with Children about Safety from Sexual Abuse (45 minutes)** You will learn how to talk with and listen to children about sexual abuse and personal safety.

Workday link: [ODHS - CW - Sexual Abuse Prevention Training Series](#)

Sexual Trauma

Training type: **On-demand**

Training length: **1.5 hours**

Learn about some of the emotional needs of children who have been sexually abused.

Workday link: [ODHS - CW - Sexual Trauma](#)

Supporting the Mental Health of Youth in Your Care

Training type: **On-demand**

Training length: **45 minutes**

Youth who go through difficult things like losing someone, being separated from family, or experiencing trauma may have mental health challenges. Gain the knowledge and tools to recognize, respond to, and support the mental health needs of youth in their care.

Workday link: [ODHS - CW - Supporting the Mental Health of Youth in Your Care](#)

Supporting Youth Who've Experience Domestic Violence

Training type: **Live**

Training length: **2 hours**

Understand the effects of domestic violence on children and learn ways to support healing.

Workday link: [ODHS – CW - Supporting Youth Who've Experienced Domestic Violence for Resource/Adoptive Parents](#)

Trauma-Informed Parenting – Practical Applications of TBRI

Training type: **On-demand**

Training length: **1 hour**

Learn more about applying the guiding principles of TBRI to typical parenting situations.

Workday link: [ODHS – CW – Trauma-Informed Parenting: Practical Applications of TBRI for Resource/Adoptive Parents](#)

Trauma-Informed Responding and Answering the Tough Questions

Training type: **Live**

Training length: **2 hours**

Gain practical information about responding to disclosures of sexual abuse and ways to support youth in your care who have been abused.

Workday link: [ODHS – CW – Trauma Informed Responding and Answering the Tough Questions for Resource/Adoptive Parents](#)

Understanding and Managing Child Sexual Behavior

Training type: **Live**

Training length: **2 hours**

Learn to identify common/healthy sexual behaviors or concerning/harmful behaviors, and how to respond.

Workday link: [ODHS – CW – Understanding and Managing Child Sexual Behavior for Resource/Adoptive Parents](#)

Understanding Substance Use Disorder

Training type: **On-demand**

Training length: **1.5 hours**

Learn to recognize Substance Use Disorder (SUD) as a disease, identify what recovery includes, be equipped to support children and families, and hear from someone with lived experience.

Workday link: [ODHS – CW – Understanding Substance Use Disorder for Resource and Adoptive Parents](#)

Understanding TBRI – Connected Parenting

Training type: **On-demand**

Training length: **1 hour**

Learn about TBRI from the perspective of the book, The Connected Parent, by Dr. Karyn Purvis and Lisa Qualls.

Workday link: [ODHS – CW – Connected Parenting: Understanding TBRI for Resource/Adoptive Parents](#)

Identity and culture

Caring for LGBTQIA2S+ Youth in Care

Training type: **On-demand**

Training length: **45 minutes**

Learn practical tools to create safe and supportive homes for LGBTQIA2S+ youth.

Workday link: [ODHS – CW – ETWD Caring for LGBTQIA2S+ Youth in Care](#)

Indian Child Welfare Foundations of ICWA, ORICWA and the Resource Parent's Role

Training type: **On-demand**

Training length: **2.5 hours**

Learn why ICWA and ORICWA are needed today and how to build relationships with Tribes to support cultural connection for Tribal children.

Workday link: [ODHS – CW – Indian Child Welfare Foundations of ICWA, ORICWA and the Resource Parents Role](#)

Keeping Connections Strong: A Guide to Cultural Continuity

Training type: **On-demand**

Training length: **1 hour**

Celebrating a child's cultural identity builds strength, resilience, and pride. Learn about Cultural Continuity Agreements, how they're developed, and why ongoing cultural connection matters.

Workday link: [ODHS – CW – Keeping Connections Strong: A Guide to Cultural Continuity](#)

Supporting Youth's Identities and Cultures

Training type: **On-demand**

Training length: **1 hour**

Learn how to integrate a youth's race, culture, and ethnicity into family life and support youth exploring their sexual or gender identity or identifying as LGBTQIA2S+.

Workday link: [ODHS – CW – Core Teen: Supporting Youth's Identities and Cultures](#)

Sexual Development and Identity

Training type: **On-demand**

Training length: **1 hour**

Learn about healthy sexual development, relationships, and how to talk to children about these important parts of growing up.

Workday link: [ODHS – CW – Sexual Development and Identity](#)

Caring for tweens and teens

Preparing for Adulthood

Training type: **On-demand**

Training length: **1 hour**

Learn common skills that youth need to effectively navigate adulthood and provide strategies on preparing youths to successfully transition into adulthood.

Workday link: [ODHS – CW – Preparing for Adulthood](#)

Kin and relative caregiver

Strengths in Relative Caregivers

Training type: **On-demand**

Training length: **5 hours**

Learn more about being a relative caregiver within the foster care system.

- **Introduction:** Hear from the expertise of Dr. Joseph Crumbley.
- **Module 1:** Learn about attachments with kinship families.
- **Module 2:** Shape your own family legacy as a caregiver.
- **Module 3:** Identify how a child forms identity within kinship families.
- **Module 4:** Healing and ways you can help a child heal.
- **Module 5:** Adaptability and embracing change as a relative caregiver.
- **Module 6:** Learn about co-parenting and role changes among the kinship family.

Workday Link: [ODHS – CW – Strengths of Relative Caregivers Series](#)

Resource Families Ask: “What is ICPC?”

Training type: **On-demand**

Training length: **30 minutes**

This training is for resource families beginning the ICPC process to be approved for the placement of an out-of-state child in their home.

Workday link: [ODHS – CW – Resource Families Ask: “What is ICPC?”](#)

Adoption and guardianship

Adoption: ODHS Process Overview for Resource and Adoptive Parents

Training type: **Live**

Training length: **3 hours**

Understand the ODHS adoption process and what to expect.

Workday link: [ODHS – CW – Adoption: ODHS Process Overview for Resource and Adoptive Parents](#)

Adoption Steps – Application to Finalization

Training type: **On-demand**

Training length: **45 minutes**

Learn about an overview of the entire adoption process from application to finalization.

Workday link: [ODHS – CW – Adoption Steps – Application to Finalization](#)

Common Feelings Associated with Being Adopted

Training type: **On-demand**

Training length: **1 hour**

Learn some of the common thoughts and feelings experienced by children who have been adopted.

Workday link: [ODHS – CW – Common Feelings Associated with Being Adopted](#)

Connections with Birth Families After Adoption

Training type: **On-demand**

Training length: **1 hour**

Recognize the benefits for children being aware of their adoption story and maintaining connection with their birth families.

Workday link: [ODHS – CW – Connections with Families After Adoption and Guardianship for Resource/Adoptive Parents](#)

Guardianship Overview for Resource Families

Training type: **On-demand**

Training length: **30 minutes**

Learn about different types of guardianships, who can request changes and roles.

Workday link: [ODHS – CW – Guardianship Overview for Resource Families](#)

Introduction to Adoption

Training type: **On-demand**

Training length: **30 minutes**

Learn about what adoption means in ODHS Child Welfare.

Video Link: [Introduction to Adoption](#)

Mediation for Adoption and Guardianship

Training type: **On-demand**

Training length: **30 minutes**

Learn the process ODHS Child Welfare takes to refer families to mediation for children who are experiencing foster care.

Workday link: [ODHS – CW – Mediation for Adoption and Guardianship](#)

ODHS Adoption and Guardianship Assistance

Training type: **Live and On-demand**

Training length: **Live: 2 hours / On-demand 1 hour**

Understand the Adoption and Guardianship Assistance programs, the application process and determination of program benefits.

Workday link (Live): [ODHS – CW – Resource Family Adoption and Guardianship Assistance Programs for Resource/Adoptive Parents](#)

Workday link (On-demand): [ODHS - CW - Overview for Resource Families of Adoption and Guardianship Assistance Programs \(For Resource & Adoptive Parents\)](#)

Education

Education

Training type: **On-demand**

Training length: **1.5 hours**

Learn about some of the educational challenges that children in foster care may experience.

Workday link: [ODHS – CW - Education](#)

FACT OREGON: Understanding Special Education: Introducing the Six Core Principles of IDEA (Individuals with Disabilities Education Act)

Training type: **On-demand**

Training length: **1 hour**

Learn how the six core principles of IDEA shape special education and active participation in the process can support students with disabilities.

Registration Link: [Understanding Special Education: Introducing the Six Core Principles of IDEA](#)

Resources

[Oregon Department of Human Services \(ODHS\) Website](#)

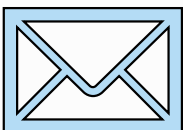
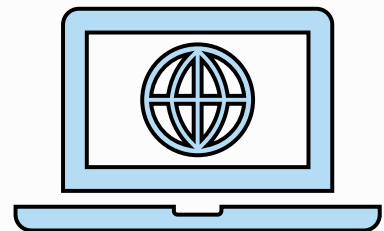
[ODHS Services for Children, Youth and Families](#)

[Workday Learning Information](#)

[Live/Online Training for Resource Families](#)

[Resource Parent Training and Support](#)

[Zoom Support](#)



Contact us at resource.familytraining@odhsoha.oregon.gov