



January – March 2013

DHS Foster/Adoptive/Relative Parents Ongoing Training Bulletin

Updated 12/28/2012

The following trainings are for the **DHS Child Welfare Foster, Adoptive, and Relative Caregiver Community**. Listed trainings include those offered by the Child Welfare Partnership (CWP) and others by special arrangement. If you wish to attend CWP trainings in other regions throughout the state, please log onto the following web site for a list of statewide trainings. Check the website's "Other Resources" tab for links to more websites with appropriate training:

<http://www.cwpsalem.pdx.edu/foster/>

Most of these trainings are free of charge for our DHS foster/adoption community. Note there are a variety of training locations. Each class lists the method of registration for that particular class.

Note: Classes presented in Spanish are identified by gray shading.

If a Spanish-speaking caregiver wants to take a class presented in English, they can call **Irene Phipps** at **971-673-1838** and she will find out if we can arrange for an interpreter.

There are many ways to get your 30 hours of ongoing training every 2 years. **Be sure to check with your Certifier/Adoption Worker to get approval for support group hours and training not offered by DHS.**

Some ways to get training credits:

- Attend classes and support groups listed in this "**Ongoing Training Bulletin**".
- Read relevant books, watch DVDs or videotapes, or listen to audiotapes. **(See information on page 7 of this Bulletin about the statewide Foster Parent Lending Library.)**
- Work with a Foster/Relative/Adopt Mentor to develop skills in caring for your children and working with the child welfare system.
- Work with your child's therapist on ways to effectively parent the child.

- Take online training through **Foster Club** and **Foster Parent College**. A description of these web-based programs is on the following pages.
- Take online training through websites for other states' child welfare agencies, such as Washington state at, www.dshs.wa.gov/ca/fosterparents/training.asp
- Take online training through the Child Trauma Academy at, www.childtraumaacademy.com
- Check the following website's "**Other Resources**" tab for links to more websites with appropriate training: www.cwpsalem.pdx.edu/foster/
- Check the following website for a schedule of free **Car Seat Safety Clinics**: www.childsafetyseat.org
- Attend relevant classes offered by community organizations, such as hospitals, schools, libraries, etc. We recommend you browse the following websites for trainings by **Swindells Child Disability Resource Center** and **r.i.s.e. Center** for Children and Youth with Disabilities .

Swindells Child Disability Resource Center website:

<http://oregon.providence.org/patients/programs/swindells-child-disability-resource-cent/Pages/default.aspx>

r.i.s.e. (respect, inspire, support and educate) Center website:

www.oregonrisecenter.org

For questions about this training schedule, please call the **Metro Training Line 971-673-1822**



What You Need to Know About the NEW District 2 Metro Training Center

(Updated 12/14/12)

NEW LOCATION:

Classes and Fingerprinting offered at new location as of February 1st

East Self Sufficiency Building – Entry A (North end)

Location is between Stark & Market. Sign next to driveway says:

1245 SE 122nd

STATE OF OREGON

ADULT AND FAMILY SERVICES

(Plenty of parking behind building near Entry A)

Actual mailing address is: 1415 SE 122nd Ave., Portland, OR 97233

SAME TRAINING PHONE LINE: 971-673-1822

NEW TRAINER:

To be announced very soon. 971-673-1837

Maureen Lovejoy is retiring after almost 20 years of training DHS caregivers.

CONTINUING TRAINER:

Irene Phipps Irene.M.Phipps@state.or.us 971-673-1838

Irene trains many of the English-speaking Foundations Classes, all Spanish-speaking Foundations classes and hosts the Hispanic Foster and Adoptive Parents Training and Support Group, among many other duties in the unit.

NEW CLERICAL SUPPORT:

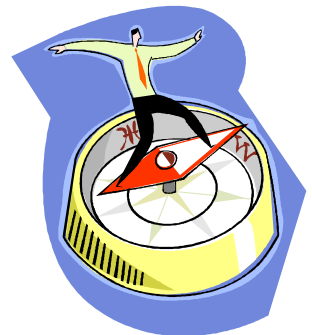
Patricia Grismore will also be leaving the Training Unit. She will be taking on a new assignment at Midtown Branch. Her replacement will be selected very soon.

NEW SUPERVISOR:

Diamond Livingston 503-872-5564

Diamond.Livingston@state.or.us

Diamond is also the supervisor of the District 2 Volunteer Program. You have probably already met her as she coordinated the “Mittens & More”, “Foster Family Day at Oaks Park”, “Books from the Heart”, and many, many more projects serving foster and pre-adoptive families in Multnomah County.





Front / Driveway Entrance to Parking Lot



Back / Entrance to Building

**Multnomah County Developmental Disability Services
Children's Foster Care
2013**

Provider Enrollment Agreement Training

This training is for you IF:

- You are certified as a DHS – Child Welfare foster care provider;
- You have a foster child placed with you who is eligible for Developmental Disability Services;
- That foster child's case is managed by Multnomah County Developmental Disability Services;
- You have signed and agreed to follow the requirements listed in the Provider Enrollment Agreement (PEA) in order to receive payment for that child.

This training meets the requirements for you to attend a mandatory training regarding the record keeping requirements found in the Provider Enrollment Agreement within 6 months of signing it.

WHEN (choose 1 session to attend):

Wednesday	January 9	10 AM – 12 NOON
Wednesday	April 10	6:30 – 8:30 PM
Wednesday	July 10	10 AM – 12 NOON
Wednesday	October 9	6:30 – 8:30 PM

WHERE:

January 9th ONLY

**Lloyd Plaza
1425 NE Irving St.,
Building 200, 2nd Floor, Suite 250
Portland, OR 97232**

All other dates

East Self Sufficiency Building – Entry A North end
(between Stark & Market in Portland 97233)
Sign next to driveway says:

1245 SE 122nd

**STATE OF OREGON
ADULT AND FAMILY SERVICES**

TO PRE-REGISTER:

Call **Irene Lee** at **503-988-6396**

TRAINING CREDIT:

You will receive a certificate for **2 hours of training**



Maureen Lovejoy

**Long time DHS Foster, Relative and
Adoptive Parent Trainer**

is RETIRING!!!

**Please, join us to celebrate with her this important milestone in her life.
It is hard to believe it is happening but... IT IS HAPPENING!
We all love Maureen and we will miss her very much!**

**DATE: MONDAY JANUARY 7, 2013
3 - 6 PM**

**LOCATION: Imago Dei Community
(Entrance on 13th Ave. – 1 block south of Burnside)
1302 SE Ankeny St., ROOM 101
Portland, OR 97214**

Families Welcome!







**Please NO GIFTS!
Instead, bring your favorite hors d'oeuvres to share.
Please bring items ready to serve.**

Statewide Foster Parent Lending Library






This library is **Free** for Oregon Foster, Relative, and Pre-Adoptive Parents

Do you need training credits?*

Want more information on particular subject matter such as...?

-  Parenting
-  Child Development
-  Foster Issues
-  Adoption Issues
-  Child Functioning
-  Child's needs





The library offers:

-  Easy Internet access
-  Spanish language **
-  Material mailed
-  Return postage paid
-  Video's and audio

How do I use the library?

Go to the website

<http://oregondhs.booksys.net/opac/oregondhs/index.html>

-  Look on left side of screen and click on **My Items**
-  Put your **certification provider number** in the **Patron User Name/Barcode**
-  Put your **certification provider number** in the **Pin** field
-  Find what you would like to check out and wait for it to come in mail.

Still have questions?

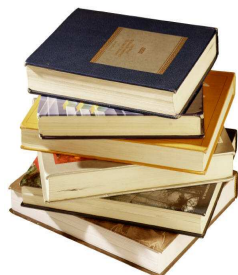
Contact your librarian
Cynthia Gallegos

By E-mail: Cynthia.R.Gallegos@state.or.us

By phone: **503-373-7838**

* Credits are available for most books, videos and audios

** Spanish Language may be available for some material



Foster Parent College
Online Training Courses
www.fosterparentcollege.com



Foster Parent College provides dynamic, interactive, multimedia training courses for adoptive, kinship and foster parents.

Behavior Management Courses: Childhood Anxiety Disorders, ADHD/ADD/ODD, Reactive Attachment Disorder, Self-Harm, Stealing, Running Away, Wetting and Soiling, Sexualized Behavior, Sleep Problems, Lying, Fire-setting, Anger Outbursts, Eating Disorders.

Parenting Strategies Courses: Positive Parenting I, Positive Parenting II, Positive Parenting III, Safe Parenting, Kinship Care, Working with Birth Parents I: Visitation, Working with Schools, Relationships: Strengthening Communications, House Safety.

Each course is approximately 30-40 minutes in length, includes a summary, an interactive question and answer section, and a Certificate of Completion. Most courses include supplemental handouts.

To Begin:

- To register for courses through Foster Parent College, call:
The Metro Training Line 971-673-1822 and leave a message
- Your **e-mail address** will be your **login** and you will be assigned a password.
- You will be given up to 4 Foster Parent College credits, which allows you to enroll in up to 4 individual courses.
- Go to the website www.fosterparentcollege.com and enroll in the courses you want to take.
- You will have up to 30 days to complete the courses.
- When you finish a course, you may print out your own completion certificate.
- If you want to take more courses, you can call and request more hours.

NOTE: Each parent in your home will have their own account even if you have the same email address.

Foster Club Online Training: Learn How

<http://www.fosterclub.com/training/index.cfm>



The Foster Club Training Library is designed to offer free CEUs (continuing education units) in a convenient manner that fits your own schedule. You will need to confirm with your Foster Care Certifier that CEUs earned here will be credited toward the renewal of your annual foster parent license. While not a total substitute for interactive classes and training workshops, distance learning has become an expected and valued method of continuing education.

The Foster Club Training Library consists of collection of research papers, reports, articles and book excerpts produced by leading authorities in child welfare and available in the public domain. By using these existing resources as the content of each course, we are able to offer our online training for free. Foster Club has prepared a quiz for each course that checks for the learner's comprehension of the subject matter.

Registered users will be able to keep track of CEUs earned and will receive a downloadable certificate for each course that is completed. Registered users may also print a transcript of all courses taken, which may be submitted to a Foster Care Certifier as proof of continuing education. Registration is free.

Foster Club is not an accredited institution and these tools are offered without guarantee of acceptance by your Certifier. Please check with your Certifier to ensure they will accept Foster Club Training Library's CEUs.

Distance or remote learning makes sense as an option for busy foster families. If this option appeals to you, why not speak to your foster parent association or foster care agency about promoting the concept? Download an article or flier and help spread the word about the Foster Club Training Library.

Multnomah County DHS Ongoing Training January – March 2013

Note: Classes presented in Spanish are identified by gray shading.

Be sure your Spanish-speaking caregivers have the Spanish version of this Ongoing Training Bulletin.

If a Spanish-speaking caregiver wants to take a class presented in English, they can call **Irene Phipps** at **971-673-1838**. She will find out if we can arrange for an interpreter.

For NetLink Information go to website: [//cwpsalem.pdx.edu/distance/resource.htm](http://cwpsalem.pdx.edu/distance/resource.htm)

For NetLink HELP contact:

Dan McAdam dan.mcadam@nwlearning.com or 1-503-302-8945 (English only)

NetLink Technical Support 1-503-378-5885 (English only)

DHS Service Desk 1-503-945-5623 (English only)

Provider Enrollment Agreement (PEA) Training for DD Services

2 Hours

Lois Fox

This class is for you if Multnomah County Developmental Disability Services manages the case of a foster child placed with you. This training meets the requirements for you to attend a mandatory training regarding the record keeping requirements found in the Provider Enrollment Agreement within 6 months of signing it.

10 am – 12 noon Wednesday January 9

Metro Training Center, 1425 NE Irving St., Building 200, Second Floor, Suite 250, Portland 97232

Registration: Irene Lee **503-988-6396**

Nurturing the Infant in Care: Birth to 24 Months

3 Hours

Sandra McIlhenny

In addition to the trauma of separation from bio parents at a tender age, many young children in care are compromised by other conditions. Prenatal exposure to alcohol or other drugs, prematurity or low birth weight, and prior injuries may affect the attachment capabilities of the infant, as well as normal development.

6 – 9 pm Wednesday January 9

Metro Training Center, 1425 NE Irving St., Building 200, Second Floor, Suite 250, Portland 97232

Registration: Metro Training Line, **971-673-1822**

NetLink

Parenting Children with ADD/ADHD Fundamentals

3 Hours

Jennifer Scholes MA

Participants will learn about the myths surrounding ADD/ADHD, and how the disorder is diagnosed. Oregon Psychotropic Medication regulations and forms, treatment of children with this diagnosis, and most important, tips and tools for people parenting these children, will be discussed.

8:30 – 8:45 am Log on from your home computer.

8:45 am – 12 pm Class Thursday January 17

For REGISTRATION instructions go to website prior to day of class:

<http://cwpsalem.pdx.edu/distance/resource.htm>

HELP phone numbers are listed at the beginning of this list of classes.

NetLink

Parenting a Child with Special Needs

3 Hours

Penny Jordan MA

Neglect, prenatal exposure to drugs/alcohol, emotional or sexual abuse, and domestic violence are among the most common types of maltreatment experienced by children placed in foster care. These experiences often lead to learning, emotional and behavioral difficulties, which require special help in school and at home. Children may have multiple or severe problems which require the help of professionals. Participants in this class will learn how to access community resources, and make household changes to make placement less traumatic. In addition participants learn parenting strategies that are most appropriate for children with learning, emotional and behavioral challenges.

5:30 – 5:45 pm Log on from your home computer.

5:45 – 9 pm Class Thursday January 17

For REGISTRATION instructions, go to website prior to day of class:

<http://cwpsalem.pdx.edu/distance/resource.htm>

HELP phone numbers are listed at the beginning of this list of classes.

CPR & First Aid

5 Hours

Milan Miller

All certified foster and relative providers are encouraged to hold a current card in CPR and First Aid. Individuals learn infant lifesaving skills, injury prevention, preventing heart disease, and first aid skills. Students are assessed by each skill demonstrated. Successful completion of the course certifies the student in Infant, Child and Adult CPR and First Aid for two years. This training is for DHS providers only, not staff or community partners or providers with other agencies. Thank you for your cooperation.

9 am – 3 pm Saturday January 26

Metro Training Center, 1425 NE Irving St., Building 200, Second Floor, Suite 250, Portland 97232

Registration: Metro Training Line, **971-673-1822**

How Juvenile Court Works: How Foster Parents and Probation Officers can Collaborate to have Better Outcomes for Youth in Care **3 Hours**

Tracey Freeman, LCSW, Community Justice Manager, Multnomah Co. Dept. of Community Justice

Bring your questions about how the Juvenile Court works in Multnomah County. The instructor will share ideas on collaboration between Foster Parents and Probation Officers when youth are gang affected, have minor criminal behaviors, have sexual behavior problems, and many other issues.

6 – 9 pm Wednesday January 30

Metro Training Center, 1425 NE Irving St., Building 200, Second Floor, Suite 250, Portland 97232

Registration: Metro Training Line, **971-673-1822**

*** NOTE NEW LOCATION FOR METRO TRAINING CENTER ***
*** Effective February 1st ***

Methamphetamine Endangered Children **3 Hours**

Dawn Sly LCSW

Methamphetamine is the most common illegal drug used in Oregon. Meth has a devastating effect on children raised by meth-addicted parents. In this training you will learn up to date information on the impact of Meth on children, how behavior and learning are affected, and consult on your individual child with an expert in the field.

6 – 9 pm Wednesday February 6

Metro Training Center, entrance at 1245 SE 122nd Ave., North Building, Entry A, Portland 97233

Registration: Metro Training Line, **971-673-1822**

NetLink

Collaborative Problem Solving **3 Hours**

Penny Jordan MA

Collaborative Problem Solving involves a three step process of identifying and understanding a child's concerns, identifying the adults' concerns and brainstorming collaboratively to come to solutions. Research has shown Collaborative Problem Solving (CPS) to be highly effective with children and adolescents who do not respond to standard parenting approaches, and in fact, their behavior often deteriorates. Learn a unique approach to an old problem, while gaining practical strategies to help difficult youth gain the skills necessary to handle frustration and to adapt when the situation requires.

8:30 – 8:45 am Log on from your home computer.

8:45 am – 12 pm Class Thursday February 7

For REGISTRATION instructions go to website prior to day of class:

<http://cwpsalem.pdx.edu/distance/resource.htm>

HELP phone numbers are listed at the beginning of this list of classes.

NetLink

Ten Tips for Parenting Teens

3 Hours

Jennifer Scholes MA

Raising teenagers is challenging, and more so when they have been part of the foster care system. In this training you will learn 10 strategies that will help you, your family, and your teen. Some of the topics addressed include: relationship building, setting reasonable limits, and dealing with stress when communicating with your teen.

5:30 – 5:45 pm Log on from your home computer.

5:45 – 9 pm Class Tuesday February 12

For REGISTRATION instructions, go to website prior to day of class:

<http://cwpsalem.pdx.edu/distance/resource.htm>

HELP phone numbers are listed at the beginning of this list of classes.

The Connection: The Child and the Birth Family

3 Hours

Jennifer Scholes MA

The type and the frequency of contact with a child's biological parents is one of the many difficult decisions child welfare workers make. No matter the level of contact, issues related to the birth family must be addressed and resolved by the agency, caregiver, and the child. Participants in this training will learn to understand the issues children face when they are separated from their birth family, gain tools to help facilitate birth family relationships and understand the challenges and benefits of birth family contact.

6 – 9 pm Wednesday February 13

Metro Training Center, entrance at 1245 SE 122nd Ave., North Building, Entry A, Portland 97233

Registration: Metro Training Line, **971-673-1822**

**Primeros Auxilios de Infantes, Niños y Adultos
(CPR and First Aid for Infants, Children and Adults)**

5 Hours

Rodolfo Oliveros

Todos los padres de crianza son animados a mantener una tarjeta corriente de RCP y primeros auxilios. Las personas aprenden habilidades para salvar vidas infantiles, la prevención de lesiones, la prevención de las enfermedades del corazón, habilidades y primeros auxilios. Los estudiantes son evaluados por cada habilidad demostrada. Éxito del curso certifica al estudiante en infantes, niños y adultos de RCP y primeros auxilios durante dos años. RCP clases están abiertas sólo a los proveedores de DHS. Este curso es sólo para proveedores de DHS, no el personal o los socios o proveedores de la comunidad con otras agencias.

9 am – 2 pm Saturday February 23

Metro Training Center, entrance at 1245 SE 122nd Ave., North Building, Entry A, Portland 97233

Registration: Irene Phipps 971-673-1838

Caring for Sexual Minority Youth**3 Hours**

Bree Abbey

This training is designed to help caregivers understand the experiences and culture of sexual minority youth. The workshop will serve as an introduction to issues including identification of internal and external bias, risk factors for sexual minority youth and strategies for being an ally.

6 – 9 pm Monday February 25**Metro Training Center**, entrance at 1245 SE 122nd Ave., North Building, Entry A, Portland 97233**Registration:** Metro Training Line, **971-673-1822**

*NetLink***Loss and Grief: The Child and the Caregiver****3 Hours**

Children in state care have all suffered loss. These children can be expected to have grief associated with those losses. Caregivers who understand loss and grief will be better able to help children through the process.

5:30 – 5:45 pm Log on from your home computer.**5:45 – 9 pm Class Thursday March 7**

For REGISTRATION instructions, go to website prior to day of class:

<http://cwpsalem.pdx.edu/distance/resource.htm>

HELP phone numbers are listed at the beginning of this list of classes.

Effective Communication**3 Hours**

Jennifer Scholes MA

Learn the six fundamental, cultural differences in communication, why communication is so important and the effects of poor communication. Participants will also learn the four elements of communication, how to listen for understanding and different styles of communication. A focus on presenting in court will provide information about how to present in court, how to write effectively for the court and how to register a complaint.

6 – 9 pm Wednesday March 13**Metro Training Center**, entrance at 1245 SE 122nd Ave., North Building, Entry A, Portland 97233**Registration:** Metro Training Line, **971-673-1822**

NetLink

Parenting to a Child's Temperament

3 Hours

While recognizing that children in care have been impacted by their prior experiences, we also know that each child has their own biological make-up that contributes to their development. In this training, we will identify children's temperament types, accompanying traits, compare them with our own, and identify how we can assist children whose natural temperament is challenging to us.

8:30 – 8:45 am Log on from your home computer.

8:45 am – 12 pm Class Thursday March 21

For REGISTRATION instructions go to website prior to day of class:

<http://cwpsalem.pdx.edu/distance/resource.htm>

HELP phone numbers are listed at the beginning of this list of classes.

Behavior and Crisis Management Training (BCMT) Parts 1 & 2

12 Hours

Sandra McIlhenny and Jennifer Scholes MA

Behavior and Crisis Management Training is two full days of training in understanding yourself, your response to a child's challenging behavior, and understanding and intervening when challenging behaviors occur in your home.

NOTE: You must be a DHS certified foster or pre-adoptive parent to attend this class.

You must attend both days.

9 am – 4 pm Friday & Saturday March 22 & 23

Metro Training Center, entrance at 1245 SE 122nd Ave., North Building, Entry A, Portland 97233

Registration: Metro Training Line, **971-673-1822**

Common Mental Health Disorders in Teens

3 Hours

Jean Vanlue MA LPC LMFT

This training will provide the participant with a basic understanding of the common mental health disorders that occur in the teenage years along with signs and symptoms to watch for. Introductory information on the stages of psychosocial development and factors that put the teenage foster child at increased risk will be discussed. Suggestions will be made on possible ways to approach a teen in need of mental health intervention to increase the likelihood that the teen will be agreeable to an evaluation or to treatment.

9 am – 12 noon Saturday March 30

Metro Training Center, entrance at 1245 SE 122nd Ave., North Building, Entry A, Portland 97233

Registration: Metro Training Line, **971-673-1822**

Natural Hair and Skin Care Workshop for Children/Youth of African Descent 2 Hours

Amber Starks, Founder of Conscious Coils

This workshop provides an opportunity for parents to learn how to manage African hair and skin while empowering the child(ren) to celebrate and take ownership of both. It will provide hands-on activities for both parents and children (1 child/adult), a Q&A session, and each family will be provided a goodie bag with product samples and tools to take home.

This workshop will inform and assist families with the styling of African hair through natural hair care (styling and maintaining hair without the use of heat or permanent chemicals) as well as general skin care. You will learn styling tips, cleaning, moisturizing, detangling, night routines, products, etc. in dealing with the hair of children/youth of African descent. In the second half of this class you will learn basic care for their skin (cleaning and moisturizing).

We hope to see you and your child in class. Space is limited so sign-up soon.
Class size limited to 10 adults with 1 child each.

2 – 4 pm Saturday March 30

Metro Training Center, entrance at 1245 SE 122nd Ave., North Building, Entry A, Portland 97233

Registration: Metro Training Line, **971-673-1822**

**Parent Management Training for Foster Parents
(PMT-FP) Series**

offered by staff of Supporting Siblings in Foster Care (SIBS) Project

Giving Good Directions

Do you feel like your child is not listening to you or hearing you when you make simple requests? Join this experiential training that provides the essential tools necessary to promote effective child response and follow through when giving instruction. You will also explore ways to create positive experiences with your child that strengthen your overall relationship.

Teaching Responsibility to Your Child

What is the one area or behavior where you really want to see improvement for your child? Doing homework? Getting to school on time? This interactive session teaches a step by step approach to redirect and engage your child in learning new skills.

Setting Limits

This two part course helps to teach the importance of boundaries within the family structure and beyond. Part 1 is an introductory session providing a foundational framework for understanding and promoting appropriate and effective limit setting. The session for part 2 allows practical ways to gain compliance from your child and set boundaries. You will learn effective discipline approaches for various age groups.

6-Session PMT-FP WEBINAR SERIES (from your home computer)

Participation is required for all 6 sessions.

This series will be offered via the internet.

To participate you must have a webcam feature on your computer.

If you would like to register and do not have webcam capability, we may be able to make arrangements so you can participate.

Technical assistance and support is available on request.

Registration: SIBS Program PSU 503-725-9644

Speak SLOWLY and DISTINCTLY, leaving this information:

- **First & Last Name**
- **Phone Numbers**
- **E-mail Address**
- **Whether you have webcam capability on your computer**
- **Dates of each of the 6 sessions**

Each session earns 1 1/2 hours training credit.

Wed. January 23	9:30 - 11 a.m.	Session 1: Giving Good Directions – Part 1
Wed. January 30	9:30 - 11 a.m.	Session 2: Giving Good Directions – Part 2
Wed. February 6	9:30 - 11 a.m.	Session 3: Teaching Responsibility to Your Child – Part 1
Wed. February 13	9:30 - 11 a.m.	Session 4: Teaching Responsibility to Your Child – Part 2
Wed. February 20	9:30 - 11 a.m.	Session 5: Setting Limits – Part 1
Wed. February 27	9:30 - 11 a.m.	Session 6: Setting Limits – Part 2

DHS Foster/Adopt/Relative Ongoing Trainings At-A-Glance
Multnomah County
January – March 2013

Note: Classes presented in Spanish are identified by gray shading.
 If a Spanish-speaking caregiver wants to take a class presented in English, they can call Irene Phipps at 971-673-1838 to arrange for an interpreter.

For NetLink Information go to website: [//cwpsalem.pdx.edu/distance/resource.htm](http://cwpsalem.pdx.edu/distance/resource.htm)

For NetLink HELP call:

NetLink Technical Support 1-503-378-5885 **DHS Service Desk** 1-503-945-5623

Dan McAdam dan.mcadam@nwlearning.com or 1-503-302-8945 (English only)

Date	Times & Max Credit Hours	Class Title & Instructor	Location	REGISTRATION
Tuesday January 8	10 am – 12 noon 1 hour Support	<i>Foster Parent Advisory Meeting</i>	DHS District 2 Office 2446 SE Ladd Ave. Portland 97214	No need to register. Contact Person: Niene Pugliano 503-872-5591
Tuesday January 8	7 – 9 pm 1 hour Training 1 hour Support	To Be Determined <i>GMFPA East County Training & Support Group</i>	Gateway Izzy's 1307 NE 102 nd Ave. Portland 97220	No need to register. Contact Person: Sandi Gabriel 503-253-0264
Wednesday January 9	10 am – 12 noon 2 hours Training	Provider Enrollment Agreement (PEA) Training for DD Services Lois Fox <i>Only for providers who have a foster child whose case is managed by Mult. Co. DD Services</i>	Metro Training Ctr. 1425 NE Irving St. Bldg 200 2 nd Floor Suite 250 Portland 97232	Irene Lee 503-988-6396 Leave this info when you call: Your name and phone number, DD Case manager's name

Date	Times & Max Credit Hours	Class Title & Instructor	Location	REGISTRATION
Wednesday January 9	6 - 9 pm 3 hours Training	Nurturing the Infant in Care: Birth to 24 Months Sandra McIlhenny	Metro Training Ctr. 1425 NE Irving St. Bldg 200 2 nd Floor Suite 250 Portland 97232	Patricia Grismore Metro Training Line 971-673-1822 ext. 1
Thursday January 17	<i>Log on</i> 8:30 – 8:45 am Class 8:45 – 12 noon 3 hours Training	<i>NetLink</i> Parenting Children with ADD/ADHD Fundamentals Jennifer Scholes MA	From your home computer	For registration instructions go to website <u>before</u> day of class: http://cwpsalem.pdx.edu/distance/resource.htm HELP phone numbers are listed at the beginning of this chart.
Thursday January 17	10 am – 12 noon 2 hours Training	Caring for Children with Asthma Helen Rodman, RN Certified Asthma Educator <i>3rd Thursday Training Group for DHS Caregivers of Medically Fragile and/or Young Children</i>	Metro Training Ctr. 1425 NE Irving St. Bldg 200 2 nd Floor Suite 250 Portland 97232	Patricia Grismore Metro Training Line 971-673-1822 ext. 1
Thursday January 17	<i>Log on</i> 5:30 – 5:45 pm Class 5:45 – 9 pm 3 hours Training	<i>NetLink</i> Parenting Children with ADD/ADHD Fundamentals Jennifer Scholes MA	From your home computer	For registration instructions go to website <u>before</u> day of class: http://cwpsalem.pdx.edu/distance/resource.htm HELP phone numbers are listed at the beginning of this chart.
Monday January 21	6 – 8 pm 1 hour Support 1 hour Training	Adoption Counseling Kathy Nordahl <i>Adoption Training & Support Group</i>	Midtown Branch 1425 NE Irving St. Bldg 400, 1 st Floor, Suite 400 Portland 97232	No need to register. Call to find out if child care is available this time. Contact Persons: Rene Hendricks 971-673-1866 Donna Thomas 971-673-2087

Date	Times & Max Credit Hours	Class Title & Instructor	Location	REGISTRATION
Wednesday January 23	6 – 9 pm 1 1/2 hours Training 1 1/2 hour Support	<i>In Spanish Only To Be Determined</i> Irene Phipps <i>Hispanic Foster and Adoptive Parents Training & Support Group</i>	Midtown Branch 1425 NE Irving St. Bldg 400, 1 st Floor, Suite 400 Portland 97232	Irene Phipps 971-673-1838
Saturday January 26	9 am – 3 pm 5 hours Training	CPR & First Aid Milan Miller, paramedic	Metro Training Ctr. 1425 NE Irving St. Bldg 200 2 nd Floor Suite 250 Portland 97232	Patricia Grismore Metro Training Line 971-673-1822 ext. 1
Wednesday January 30	6 – 9 pm 3 hours Training	How Juvenile Court Works: How Foster Parents and Probation Officers can Collaborate to have Better Outcomes for Youth in Care Tracey Freeman, LCSW, Community Justice Manager	Metro Training Ctr. 1425 NE Irving St. Bldg 200 2 nd Floor Suite 250 Portland 97232	Patricia Grismore Metro Training Line 971-673-1822 ext. 1
		METRO TRAINING CENTER MOVES FEBRUARY 1ST <i>All classes after this point offered at: 1245 SE 122nd Ave., North Building, Entry A Portland 97233</i>		
Wednesday February 6	6 – 9 pm 3 hours Training	Methamphetamine Endangered Children Dawn Sly LCSW	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1

Date	Times & Max Credit Hours	Class Title & Instructor	Location	REGISTRATION
Thursday February 7	<p><i>Log on</i> 8:30 – 8:45 am Class 8:45 – 12 noon 3 hours Training</p>	<p><i>NetLink</i> Collaborative Problem Solving Penny Jordan MA</p>	<p>From your home computer</p>	<p>For registration instructions go to website before day of class: http://cwpsalem.pdx.edu/distance/resource.htm HELP phone numbers are listed at the beginning of this chart.</p>
Tuesday February 12	<p>10 am – 12 pm 1 hour Support</p>	<p>Foster Parent Advisory Meeting</p>	<p>DHS District 2 Office 2446 SE Ladd Ave. Portland 97214</p>	<p>No need to register. Contact Person: Niene Pugliano 503-872-5591</p>
Thursday February 12	<p><i>Log on</i> 5:30 – 5:45 pm Class 5:45 – 9 pm 3 hours Training</p>	<p><i>NetLink</i> Ten Tips for Parenting Teens Jennifer Scholes MA</p>	<p>From your home computer</p>	<p>For registration instructions go to website before day of class: http://cwpsalem.pdx.edu/distance/resource.htm HELP phone numbers are listed at the beginning of this chart.</p>
Tuesday February 12	<p>7 – 9 pm 1 hour Training 1 hour Support</p>	<p>To Be Determined <i>GMFPA East County Training & Support Group</i></p>	<p>Gateway Izzy's 1307 NE 102nd Ave. Portland 97220</p>	<p>No need to register. Contact Person: Sandi Gabriel 503-253-0264</p>
Wednesday February 13	<p>6 – 9 pm 3 hours Training</p>	<p>The Connection: The Child and the Birth Family Jennifer Scholes</p>	<p>Metro Training Ctr. 1245 SE 122nd Ave, North Bldg., Entry A Portland 97233</p>	<p>Metro Training Line 971-673-1822 ext. 1</p>
Monday February 18	<p>6 – 8 pm 1 hour Support 1 hour Training</p>	<p>Mediation Meg Goldberg <i>Adoption Training & Support Group</i></p>	<p>Midtown Branch 1425 NE Irving St. Bldg 400, 1st Floor, Suite 400 Portland 97232</p>	<p>No need to register. Call to find out if child care is available this time. Contact Persons: Rene Hendricks 971-673-1866 Donna Thomas 971-673-2087</p>

Date	Times & Max Credit Hours	Class Title & Instructor	Location	REGISTRATION
Thursday February 21	10 am – 12 noon 2 hours Training	Treatment of Serious Allergic Reactions in Children Helen Rodman, RN Certified Asthma Educator <i>3rd Thursday Training Group for DHS Caregivers of Medically Fragile and/or Young Children</i>	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1
Saturday February 23	9 am - 2 pm 5 hours Training	In Spanish Only CPR and First Aid for Infants, Children and Adults Rodolfo Oliveros	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1
Monday February 25	6 – 9 pm 3 hours Training	Caring for Sexual Minority Youth Bree Abbey	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1
Wednesday February 27	6 – 9 pm 1 1/2 hours Training 1 1/2 hour Support	In Spanish Only Understanding the Signs of Substance Abuse in Adolescents Michael McGroarty, ORPARC <i>Hispanic Foster and Adoptive Parents Training & Support Group</i>	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1
Thursday March 7	<i>Log on</i> 5:30 – 5:45 pm Class 5:45 – 9 pm 3 hours Training	<i>NetLink</i> Loss and Grief: The Child and the Caregiver	From your home computer	For registration instructions go to website before day of class: http://cwpsalem.pdx.edu/distance/resource.htm HELP phone numbers are listed at the beginning of this chart.
Tuesday March 12	10 am – 12 pm 1 hour Support	Foster Parent Advisory Meeting	DHS District 2 Office 2446 SE Ladd Ave. Portland 97214	No need to register. Contact Person: Niene Pugliano 503-872-5591

Date	Times & Max Credit Hours	Class Title & Instructor	Location	REGISTRATION
Tuesday March 12	7 – 9 pm 1 hour Training 1 hour Support	To Be Determined GMFPA East County Training & Support Group	Gateway Izzy's 1307 NE 102 nd Ave. Portland 97220	No need to register. Contact Person: Sandi Gabriel 503-253-0264
Wednesday March 13	6 – 9 pm 3 hours Training	Effective Communication Jennifer Scholes MA	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1
Monday March 18	6 – 8 pm 1 hour Support 1 hour Training	To Be Determined <i>Adoption Training & Support Group</i>	Midtown Branch 1425 NE Irving St. Bldg 400, 1 st Floor, Suite 400 Portland 97232	No need to register. Call to find out if child care is available this time. Contact Persons: Rene Hendricks 971-673-1866 Donna Thomas 971-673-2087
Thursday March 21	<i>Log on</i> 8:30 – 8:45 am Class 8:45 – 12 noon 3 hours Training	<i>NetLink</i> Parenting to a Child's Temperament	From your home computer	For registration instructions go to website <u>before</u> day of class: http://cwpsalem.pdx.edu/distance/resource.htm HELP phone numbers are listed at the beginning of this chart.
Thursday March 21	9 am – 12 noon 3 hours Training	The Dysregulated Child: Children Who Lose Control of their Emotions, Bodies and Behaviors Leslie Brown, Children's Relief Nursery <i>3rd Thursday Training Group for DHS Caregivers of Medically Fragile and/or Young Children</i>	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1
Friday & Saturday March 22 & 23	9 am – 4 pm 12 hours Training	Behavior and Crisis Management Training (BCMT) Sandra McIlhenny and Jennifer Scholes MA You must be a DHS-certified foster or pre-adoptive parent to attend this class. <i>You must attend both days.</i>	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1

Date	Times & Max Credit Hours	Class Title & Instructor	Location	REGISTRATION
Wednesday March 27	6 – 9 pm 2 hours Training 1 hour Support	<i>In Spanish Only</i> Caring for Children with Asthma Helen Rodman, RN Certified Asthma Educator <i>Hispanic Foster and Adoptive Parents Training & Support Group</i>	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1
Saturday March 30	9 am – 12 noon 3 hours Training	Common Mental Health Disorders in Teens Jean Vanlue MA LPC LMFT	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1
Saturday March 30	2 – 4 pm 2 hours Training	Natural Hair & Skin Care Workshop for Children/Youth of African Descent Amber Starks, Founder of Conscious Coils <i>Class size limited to 10 adults with 1 child each.</i>	Metro Training Ctr. 1245 SE 122 nd Ave, North Bldg., Entry A Portland 97233	Metro Training Line 971-673-1822 ext. 1

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Stay Afloat! Participate in Monthly Training and Support Groups!

*Note: Time spent on training at support groups may count towards your 30 hours training requirement.
Be sure to document the date, time, topic and presenter.*

2nd Tuesday 7 – 8 pm Training 8 – 9 pm Support

East County Training & Support Group (GMFPA)

(Open to DHS Foster and Pre-Adoptive Parents)

Gateway Izzy's 1307 NE 102nd Ave. Portland 97220

Contact: **Sandi Gabriel** 503-253-0264

3rd Monday 6 – 8 pm

Adoption Training & Support Group

(Open to DHS adoptive and pre-adoptive parents)

DHS Midtown Branch 1425 NE Irving St. Bldg. 400 Suite 400 Portland 97232

Childcare: call to find out if it is available this month

Contact: **Rene Hendricks**, Certifier/Adoption Worker 971-673-1866

Donna Thomas, Certifier/Adoption Worker 971-673-2087

Wednesdays January 23 February 27 March 27

6 – 7:15 pm Support 7:30 – 9 pm Training

Hispanic Foster and Adoptive Parents Training & Support Group (in Spanish)

Childcare: available

January 23 DHS Midtown Branch

1425 NE Irving St. Bldg. 400 Suite 400

Portland 97232

**February 27 & March 8 New Metro Training Center,
1245 SE 122nd Ave., North Building, Entry A
Portland 97233**

Contact: **Irene Phipps**, Bilingual Trainer 971-673-1838

3rd Thursday 9 am – 12 pm

**Third Thursday Training for DHS Caregivers of Medically Fragile and/or
Young Children**

January Old Metro Training Center,

1425 NE Irving St. Second Floor Bldg. 200 Suite 250

Portland 97232

**February & March New Metro Training Center,
1245 SE 122nd Ave., North Building, Entry A
Portland 97233**

Contact: **Irene Phipps**, Trainer 970-673-1838

4th Friday 11 am – 1 pm

Mentoring Support for DHS Foster Parents of Medically Fragile Children

Meets in home of foster parents Fred & Charlotte Lawer

4416 SE 113th, Portland 97266

Bring a potluck dish to share. Please carpool if you can. You may bring infants only.
1 hour Training credit (maximum 12 hours credit/2 years)

Contact: **Jennifer Kleinberg**, Certifier 971-673-1864

1st & 3rd Thursdays 12 – 1:15 pm

Support A La Carte

Support group for parents and caregivers of children and adolescents with special emotional, behavioral, mental and/or physical needs. *Please bring your lunch.*

Albertina Kerr Louise Building 1st Floor Conference Room

722 NE 162nd Ave. Portland 97230

Contact: **Adrianna Rickard** 503-929-0011

3rd Thursdays 6 - 8 pm

LGBTQ Adoption Support Group Provided by Adoption Mosaic

Support group for prospective adoptive parents that focuses on LGBTQ interests, as well as challenges of the new LGBTQ family constellation.

Q Center 4115 N. Mississippi Ave. Portland 97212

Contact: **Adoption Mosaic** 971-533-0102

2nd & 4th Fridays 10:30 am – 12 pm

Relatives Raising Relatives (Open to all Foster and Adoptive Parents)

This support group helps participants understand the changes and stress that comes from raising someone else's children and find proper ways to deal with it.

Bridge Meadows 8502 N. Wayland Ave. Portland 97203

Group Coordinator: **MaryHelen Clausing** Phone: **503-288-8303**

Program Manager, Hollywood Senior Housing

2nd & 4th Sundays 4 – 6 pm

Talk It Over

Support Group for Families with a Child or Teen with Mental Illness, Substance Abuse, or a Serious Behavior Problem

Providence Child Center – Providence Portland Medical Center

830 NE 47th Ave. Portland 97213 (free parking garage in back)

Contact: **Margaret Puckette** 503-317-1130