

Working with Youth in Out-of-Home Care (YIC)

Adult Education Class

Instructor: Melinda Velasquez, M.A.

Who should take these classes? Resource Families, or those working toward becoming a Resource Family (Foster, Kinship, Non-Relative Extended Family Members, Pre or Post-Adoptive Families) Short-Term Residential Therapeutic Program & Residentially Based Services Staff, County Probation Staff, County Social Services, Agency Staff, Educators & Education Admin Staff, Medical Professionals, Law Enforcement, CASA and those providing services to children, youth, young adults and families who have experienced trauma.

These classes meet the training requirements for the Pre-Service training needed prior to being approved as a Resource Family, as well as for Short-Term Residential Therapeutic Program staff.

Adult Education classes are provided free of charge. See page 2 for course outline and learning objectives. CEUs may also be available for LMFT & LCSW, which may require payment billed by that provider.

Choose either the Saturday classes in February OR Tuesday & Thursday mornings in March & April
Adult Education Course #734A = YIC 1A, 1B, 1C & 1D and Adult Education Course #734B = YIC 2A, 2B, 2C & 2D
***Please Note: The first class, 734A or YIC 1A starts earlier than all other sessions**

Day	Date	Time	Location: Southwest Center Campus 950 S. Wright Rd., Santa Rosa-Modular Building #2
Sat	2/10/18	*9:00a.m.-12:30p.m. 1:30p.m. – 4:30p.m.	YIC 1A: Understanding the Child Welfare System YIC 1B: Rights of Children, Youth & Young Adults in Care
Sat	2/24/18	9:30a.m.-12:30p.m. 1:30p.m. – 4:30p.m.	YIC 1C: Roles & Responsibilities of the Child & Family Support Team YIC 1D: Child Development: Common Concerns for Youth in Care
Sat	3/17/18	9:30a.m.-12:30p.m. 1:30p.m. – 4:30p.m.	YIC 2A: Understanding Trauma & Healing Power of TIC YIC 2B: Understanding & Navigating Complicated Group Dynamics
Sat	3/31/18	9:30a.m.-12:30p.m. 1:30p.m. – 4:30p.m.	YIC 2C: Trauma Responses Disguised as Behavioral Issues YIC 2D: Relationships that Heal & Foster Resiliency

Day	Date	Time	Location: Southwest Center Campus 950 S. Wright Rd., Santa Rosa-Modular Building #2
Tues	3/6/18	*9:00a.m.– 12:30p.m.	YIC 1A: Understanding the Child Welfare System
Thurs	3/8/18	9:30a.m. – 12:30p.m.	YIC 1B: Rights of Children, Youth & Young Adults in Care
Tues	3/13/18	9:30a.m. – 12:30p.m.	YIC 1C: Roles & Responsibilities of the Child & Family Support Team
Thurs	3/15/18	9:30a.m. – 12:30p.m.	YIC 1D: Child Development: Common Concerns for Youth in Care
Tues	3/27/18	9:30a.m. – 12:30p.m.	YIC 2A: Understanding Trauma & Healing Power of TIC
Thurs	3/29/18	9:30a.m. – 12:30p.m.	YIC 2B: Understanding & Navigating Complicated Group Dynamics
Tues	4/3/18	9:30a.m. – 12:30p.m.	YIC 2C: Trauma Responses Disguised as Behavioral Issues
Thurs	4/5/18	9:30a.m. – 12:30p.m.	YIC 2D: Relationships that Heal & Foster Resiliency

How to register for these classes:

If you have questions, or want to register for these classes, please contact us so we can assist you:

Email: FosterAndKinshipEvents@santarosa.edu **Phone:** (707) 521-6954



Class # 734A: Part 1 Content: YIC 1A-1D**YIC 1A: Understanding the Child Welfare System**

- Resource Family Approval Overview
- Child Welfare Services
- Indian Child Welfare Act (ICWA) Overview
- Federal Mandates: Safety, Permanency & Well-being
- Types of Permanency & Concurrent Planning

YIC 1B: Rights of Children, Youth & Young Adults in Out-of-Home Care

- Personal Rights of Youth in Foster Care
- Confidentiality
- Visitation & Importance of Sibling & Family Relationships
- Sexual Orientation Gender Identity Expression (SOGIE) & LGBTQ Cultural Competency

YIC 1C: Roles & Responsibilities of the Child & Family Team

- Intro to Cultural Humility
- Maintaining Professionalism on the Child & Family Team
- Accessing Education, Health Services & Other Resources - Available to Youth in Care
- Prudent Parent Standard
- Importance of Self-Care

YIC 1D Child Development: Common Concerns for Youth in Out-of-Home Care

- Understanding Child Development
- Family Systems Theory & the Impacts on Trauma Exposed Individuals
- Effects of Child Abuse & Neglect on Child Development
- Attachment, Attunement & Co-Regulation
- Trauma & the Central Nervous System

Class # 734B: Part 2 Content: YIC 2A-2D**YIC 2A: Understanding Trauma & the Healing Power of Trauma-Informed Care (TIC)**

- Adverse Childhood Experiences (ACE)
- Complex Developmental Trauma
- Trauma Stress Response & Reactions
- Secondary Trauma & Compassion Fatigue
- Trauma-Informed Care

YIC 2B: Understanding & Navigating Complicated Group Dynamics

- Stages of Group Development
- Working one-on-one vs. in a group setting
- Managing youth with different needs, abilities, levels of power simultaneously
- Cultural Humility & Group Dynamics

YIC 2C: Trauma Responses Disguised as Behavioral Issues

- Trauma Responses: Behaviors & Indicators of Trauma Exposure
- Tools for Promoting Positive Discipline
- Physical, Emotional & Psychological Impacts of Trauma
- Frequently Used/Misused Diagnoses of Youth in Care
- Common Health Issues & Psychotropic Medications

YIC 2D: Relationships that Heal & Foster Resiliency

- Understanding Grief & Loss in the Realm of Foster Care
- Developing Healthy Relationships is the Key to Everything
- Empathy as a Tool for Relationship Building & Healing
- Practicing Harm Reduction & Minimizing Re-Traumatization
- Helping Youth Move through the Trauma & Into Stability

All Classes are 3 Hours in Duration**734A: Part 1 Outcomes and Objectives:**

Students will be able to:

Identify the functions and mandates of the Child Welfare and Juvenile Probation Systems and how they work with other systems in the community to serve youth in out of home care.

Navigate their way through working with diverse group of children, youth, young adults and professionals with different needs, while still maintaining respect and professionalism.

Understand the basic roles and responsibilities of the different members of the Child and Family Support Team.

Understand the effects child abuse and neglect have on Child Development, and the importance of attachment, attunement and self-regulation in healing children and families.

734B: Part 2 Outcomes and Objectives:

Students will be able to:

Understand Trauma-Informed Care and how it is essential for healing.

Contrast and compare Trauma, Complex Trauma and Post-Traumatic Stress Disorder.

Understand Sexual Orientation Gender Identity and Expression and best practices for providing care for Lesbian, Gay, Bisexual, Transgender and Questioning youth in care.

Begin to learn to identify the signs children and youth are victims of commercial sexual exploitation, and best practices for providing care and supervision for the victims.

Explain common misused diagnoses of youth in care and childhood "bad" behaviors and their connection to hyper vigilant/traumatized central nervous system overload.