



# 2025 ODHS Child Welfare Resource Family Training Catalog

## Welcome Resource Parents, Relative Resource Parents, Guardian Parents 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, your heart, and your 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!**

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### 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 state trainings. 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.

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## RESOURCE FAMILY REQUIRED TRAINING 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*	Mandatory Reporter Training	RAFT Certification
<ul style="list-style-type: none"><li>• On-Demand</li><li>• Within 30 days of placement</li></ul>	<ul style="list-style-type: none"><li>• On-Demand</li><li>• Prior to taking RAFT</li></ul>	<ul style="list-style-type: none"><li>• Live</li><li>• Within 12 months of certification</li></ul>

### ORIENTATION TRAINING

To become certified you must complete Orientation. You can also take Orientation to get an overview to help you determine if becoming a resource parent is right for you. \*There are two versions, one for general applicants, and one for child-specific and relative applicants. Choose the one that applies to you. Both versions are taken On-Demand and covers required forms and the assessment processes.

Child-Specific and Relative Orientation	Resource Parent Orientation
On-Demand	On-Demand
4-part video series	5-part video series
About 2 (two) hours to complete	About 2 (two) hours to complete
Workday Link: <a href="#">ODHS - CW - Resource Parent Orientation Training (Child-Specific &amp; Relatives)</a>	Workday Link: <a href="#">ODHS - CW - Resource Parent Orientation Training</a>

## CAPACITACIÓN DE ORIENTACIÓN

Para obtener la certificación, debe completar la capacitación de orientación. Pueden participar en la capacitación de orientación para obtener una introducción y visión general para ayudarle a determinar si convertirse a un apoyo para los niños es adecuado para usted.

### Capacitación de Orientación para Parientes de Apoyo y Padres de Apoyo de un Niño Específico

On-Demand

Esto incluye una serie de vídeos en 5 partes. La orientación en línea cubre los formularios y el proceso de evaluación requeridos, pero no incluye los procesos locales o los recursos locales.

Se tarda unas 2 horas en completar todo el proceso de orientación en línea.

Workday Link: [ODHS - CW - Capacitación de Orientación para Parientes de Apoyo y Padres de Apoyo de un Niño Específico](#)

### Orientación para padres de recursos

On-Demand

Esto incluye una serie de vídeos en 5 partes. La orientación en línea cubre los formularios y el proceso de evaluación requeridos, pero no incluye los procesos locales o los recursos locales.

Se tarda unas 2 horas en completar todo el proceso de orientación en línea.

Workday Link: [ODHS - CW - Orientación para padres de recursos](#)

## MANDATORY REPORTING OF CHILD ABUSE IN OREGON

Training Type: **On-Demand**

This 45-60 minute interactive training course describes the role of mandatory reporters in reporting suspected child abuse. It helps mandatory reporters and others recognize and understand the signs of child abuse, as well as the role of implicit bias and impact of structural racism when determining whether a report is required. Participants will learn abuse definitions, when and how to make a report, and what information is helpful to share with the Oregon Child Abuse Hotline screener.

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



## RAFT – RESOURCE AND ADOPTIVE FAMILY TRAINING

Training Type: **Live**

Resource and Adoptive Family Training (RAFT) is the ODHS Child Welfare certification training curriculum for all resource parents, relative resource parents, and pre-adoptive parents. The RAFT series is a 27-hour curriculum that takes place during nine, 3-hour sessions delivered at a set date and time. Each Resource/Adoptive Parent will need to register and complete the RAFT series.

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

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

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

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

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

Capacitación para familias adoptivas y de apoyo (RAFT) es el currículo de capacitación de certificación para todos los padres de apoyo, parientes de apoyo, y padres preadoptivo.

RAFT debe completarse para todos los padres de apoyo dentro de los 12 meses posteriores a convertirse en un padre de apoyo certificado.

RAFT tiene nueve sesiones de 3 horas proporcionadas a través de Zoom. Si necesita alguna adaptación (por ejemplo, interpretación de ASL, formato alternativo, materiales impresos) o un intérprete para un idioma que no sea inglés, por favor envíe un correo electrónico al Contacto del curso o al Instructor al inscribirse en la RAFT.

[ODHS - CW - Capacitación para familias adoptivas y de apoyo \(RAFT\)](#)



## 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 (6) months of submitting an initial application.

### OVERVIEW OF CHILD WELFARE SYSTEM

Learn about a general overview of the Child Welfare System related to how the system 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**

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.

**Kinship Workday Link:** [ODHS - CW - Expanding Your Parenting Paradigm \(Kinship\)](#)

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

### BEING A RESOURCE PARENT: MAKING THE DECISION

Training Type: **On-Demand**

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**

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**

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**

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**

Learn more about the role of the resource parent in applying the Reasonable and Prudent Parenting Standard. This standard allows resource parents to make day-to-day parenting decisions. Learn more in this module about the Reasonable Prudent Parenting Standard, and how this also applies to managing challenging behaviors.

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

## SAFE SLEEP

### Training Type: **On-Demand**

This training will give you valuable information about safe sleep practices for infants and your role as a Resource Parent and/or Respite Provider. Many of us come to this topic with our own beliefs and experiences. Be aware the content of the training may evoke different emotions and, depending on an individual's personal or professional experience, may be difficult. Please complete the training at your own pace to engage in self-care.

This training consists of a short video, a self-study guide, a knowledge check and a survey. The self-study guide is attached and can be used on your computer or printed. Please make sure to read through the entire document and complete all the activities including the knowledge check before advancing to the survey. It may be beneficial to save a copy of your completed self-study guide to access in the future.

**Workday Link:** [ODHS - CW - Safe Sleep for Oregon's Infants \(for Resource/Adoptive Parents\)](#)

## SUEÑO SEGURO

### Training Type: **On-Demand**

Esta capacitación le dará información valiosa sobre las prácticas de sueño seguro para bebés y su papel como padre de apoyo y/o proveedor de relevo. Es posible que algunos vean este tema con nuestras propias creencias y experiencias. Tenga en cuenta que el contenido de esta capacitación puede evocar diferentes emociones y, dependiendo de la experiencia personal o profesional de un individuo, puede ser difícil. Por favor complete la capacitación a su propio ritmo para tomar parte en el cuidado personal.

La capacitación consiste en una guía de aprendizaje y una prueba de conocimientos. Se adjunta la guía de aprendizaje, que puede utilizarlo en la computadora o imprimirse. Por favor, asegúrese de leer todo el documento y completar todas las actividades. Puede ser beneficioso guardar una copia de su guía de aprendizaje completa para acceder en el futuro.

**Workday Link:** [ODHS - CW - Sueño seguro para los bebés de Oregon](#)

## ALL ABOUT ME BOOKS: A GUIDE FOR RESOURCE PARENTS

Training Type: **On-Demand**

This training will provide information on All About Me Books, an evidence-based engagement tool to support children in their journey through the foster care system. Learn about your role in helping children understand their story, build connection, and increase their self-worth through the creation of All About Me Books.

**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**

RAFT is the foster care certification training curriculum for resource parents, relative resource parents, pre-adoptive parents, and guardians. The RAFT training contains critical information about the kind of specialized parenting needed to meet a child's needs, regardless of the age of the child. In this

training, you will hear how RAFT can prepare you for parenting a child who has experienced trauma, separation and loss and equip you with the skills necessary for your adoption journey!

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

## ADOPTION STEPS – APPLICATION TO FINALIZATION

Training Type: **On-Demand**

This computer-based training provides an overview of the entire adoption process, from applying to finalizing the adoption. It's perfect for prospective adoptive parents who are not caring for children known to them or planning to be a resource parent. You'll gain practical knowledge and insights into each stage of the process.

**Workday Link:** [ODHS - CW - Adoption Steps - Application to Finalization](#)

## LEARN ABOUT PROCESSES EXPERIENCED BY RESOURCE PARENTS

### CHILD ADOLESCENT NEEDS AND STRENGTHS (CANS)

Training Type: **On-Demand**

The Child Adolescent Needs Strengths (CANS) Assessment addresses the following objectives:

- Define the (CANS) assessment
- Summarize how a CANS assessment is used
- Identify the CANS contact at ODHS

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

### MEDICAL SERVICES FOR CHILDREN AND YOUTH IN CARE

Training Type: **On-Demand**

This training provides an overview of the different medical services, how to prepare for appointments, and how to distinguish which appointments ODHS schedules vs. which services the resource parent needs to schedule.

**Workday Link:** [Medical Services for Children and Youth in Care](#)

## FAMILY TIME DEFINED: MY ROLE AS A RESOURCE PARENT

Training Type: **On-Demand**

This provides a broad overview of 'Family Time', the role of the Resource Parent, and why ODHS values Family Time.

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

## OVERVIEW OF THE JUVENILE JUSTICE SYSTEM

Training Type: **On-Demand**

Child Welfare frequently interacts with the Oregon Juvenile Court system. It is important for Resource Families to have a basic understanding of the Oregon Juvenile Courts. In this training you will gain an understanding of what the Oregon Juvenile Court system is, the types of juvenile dependency court hearings in a child welfare case and your role as resource parent during a 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**

Learn about the steps ODHS Child Welfare follows to prioritize the safety of children and young people through

the life of their case.

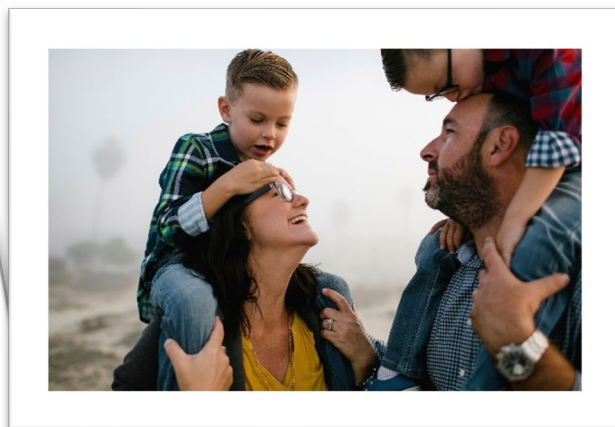
**Workday Link:** [ODHS - CW - Child Protective Service \(CPS\) Assessments in Resource Parent Homes](#)

## CHILD PROTECTIVE SERVICES (CPS) ASSESSMENTS IN RESOURCE PARENT HOMES

Training Type: **On-Demand**

Learn about the process, the roles of Child Welfare staff during an assessment, and what a resource parent can expect during the assessment.

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



## AFTER RAFT – SUGGESTED TRAININGS

Resource parents have ongoing training requirements to maintain certification. We have many options for continued learning in several categories:

### UNDERSTANDING TRAUMA

#### PARENTING CHILDREN WHO HAVE EXPERIENCED TRAUMA

Training Type: **Live**

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:** [Core Teen: Parenting Youth who have experienced Trauma for Resource/Adoptive Parents](#)

#### ADVERSE CHILDHOOD EXPERIENCES (ACES)

Training Type: **Live**

Learn how trauma and overwhelming stress impact development of our brains and nervous systems, and how traits are passed from one generation to the next through the expression of 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: **Live**

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 for Resource/Adoptive Parents](#)



# PARENTING TOOLS FOR CHALLENGING BEHAVIORS

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## UNDERSTANDING & MANAGING YOUTH CHALLENGING BEHAVIORS

Training Type: **Live**

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

**Workday Link:** [Core Teen: Understanding and Managing Youth Challenging Behaviors](#)

## DEVELOPING AND SUSTAINING A HEALTHY AND SUPPORTIVE RELATIONSHIP WITH YOUTH

Training Type: **Live**

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

**Workday Link:** [Core Teen: Developing & sustaining a healthy and supportive relationship with youth](#)

## EXPRESS UNDERSTANDING TO FOCUS ON SOLUTIONS

Training Type: **Live**

Identify the four (4) R's of punishment and explore ways to help children feel better so they can do better.

**Workday Link:** [Positive Discipline Series: Express Understanding to Focus on Solutions](#)

## UNDERSTANDING CHALLENGES AND LIFE SKILLS

Training Type: **Live**

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

**Workday Link:** [Positive Discipline Series: Understanding Challenges and Life Skills](#)

## BUILDING POSITIVE CONNECTIONS WITH CHILDREN

Training Type: **Live**

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

**Workday Link:** [Positive Discipline Series: Building Positive Connections with Children](#)

## MEETING CHILDREN'S UNIQUE NEEDS

Training Type: Live Training

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:** [Positive Discipline Series: Meeting Children's Unique Needs](#)



## A NEW SUITCASE OF PARENTING KNOWLEDGE AND SKILLS

Training Type: **Live**

Learn ways to support youths' important connections and sense of connectedness, and understand the impact of secondary trauma on parenting and self-care.

**Workday Link:** [Core Teen: A New Suitcase of Parenting Knowledge and Skills](#)

## PARENTING TOOLS FOR LONG-TERM SOLUTIONS

Training Type: **Live**

Explore tools to teach life skills.

**Workday Link:** [Positive Discipline Series: Parenting Tools for Long-Term Solutions](#)

## CREATING FAMILY DYNAMICS

Training Type: **Live**

Explore tools that include children in planning to reduce frustrations including Curiosity Questions, Asking vs. Telling, and more.

**Workday Link:** [Positive Discipline Series: Creating Family Dynamics](#)

## CRISIS PREVENTION INTERVENTION – VERBAL INTERVENTION TRAINING

Training Type: **Live**

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

**Workday Link:** [Crisis Prevention Intervention - Verbal Intervention Training](#)





# EXPERIENCE AS A CAREGIVER

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## ACCESSING SERVICES AND SUPPORTS (LIVE)

Training Type: **Live or On-Demand**

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

**Live Workday Link:** [ODHS - CW - Accessing Services and Support for Resource/Adoptive Parents](#)

**On-Demand Workday Link:** [ODHS – CW – Accessing Services and Supports](#)

## BIRTH AND RESOURCE PARENT PARTNERSHIP

Training Type: **On-Demand**

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 & Resource Parent Partnership](#)

## BUILDING PARENTAL RESILIENCE

Training Type: **On-Demand**

Learn the importance of self-care for parents who are fostering or adopting as well as practical ideas to incorporate self-care into your daily routine.

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

## CAREGIVER STRESS: THE SMART APPROACH FOR RESOURCE/ADOPTIVE PARENTS

Training Type: **On-Demand**

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](#)

## DEVELOPING OPEN AND EFFECTIVE COMMUNICATION IN RESOURCE AND ADOPTION FAMILIES

Training Type: **On-Demand**

Learn about effective verbal and non-verbal communication; how to develop and use open communication with children and recognize the importance of active listening skills.

**Workday Link:** [ODHS – CW – Developing Open and Effective Communication in Resource and Adoption Families](#)

## FAMILY DYNAMICS

Training Type: **On-Demand**

Learn about the impact fostering or adopting can have on family dynamics including the impact 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**

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 & Foster Care for Resource and Adoptive Parents](#)

## TRAUMA-INFORMED CO-PARENTING FOR SUCCESS

Training Type: **Live**

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

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

## PARTNERING WITH BIRTH PARENTS IN FOSTER CARE

Training Type: **On-Demand**

Learn ways to develop a healthy relationship with a child's parents to facilitate reunification when possible.

**Workday Link:** [ODHS – CW – Partnering with Birth Parents in Foster Care for Resource/Adoptive Parents](#)

## BEING A RESOURCE PARENT: CARING FOR CHILDREN

Training Type: **On-Demand**

This training focuses on caring for children in care for new Resource Parents and those considering becoming one.

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

## WHAT IS IT REALLY LIKE TO RAISE A CHILD WITH FASD?

Training Type: **On-Demand**

Learn how prenatal exposure to alcohol damages the brain of a developing fetus, and how to identify and manage behaviors that are typical from children with Fetal Alcohol Spectrum Disorder (FASD).

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

## OVERVIEW OF THE JUVENILE JUSTICE PROCESS AND THE TYPES OF COURT HEARINGS FOR RESOURCE PARENTS

Training Type: **On-Demand**

Gain a basic understanding of the Oregon Juvenile Court system and how CW and the courts interact.

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



## EXPERIENCE OF THE CHILD

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### BUILDING CHILDREN'S RESILIENCE

Training Type: **On-Demand**

Learn to 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: **Live**

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

**Workday Link:** [ODHS – CW – Commercial Sexual Exploitation of Children \(CSEC\) for Resource/Adoptive Parents](#)

### DOMESTIC VIOLENCE DYNAMICS FOR RESOURCE/ADOPTIVE FAMILIES

Training Type: **Live**

Learn insights into the world of a survivor of domestic violence.

**Workday Link:** [ODHS – CW – Domestic Violence Dynamics for Resource/Adoptive Families](#)

### FETAL ALCOHOL SPECTRUM DISORDER (FASD) IMPACTS

Training Type: **Live**

Learn to understand short and long-term impacts on children exposed to substances prenatally, including FASD.

**Workday Link:** [ODHS – CW – Fetal Alcohol Spectrum Disorder \(FASD\) Impacts for Resource/Adoptive Parents](#)

### LGBTQIA+ YOUTH: SUPPORT BASICS FOR RESOURCE/ADOPTIVE PARENTS

Training Type: **Live**

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**

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

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

### MANAGING PLACEMENT TRANSITIONS

Training Type: **On-Demand**

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](#)

### MENTAL HEALTH CONSIDERATIONS

Training Type: **Live**

Gain a basic understanding of mental health disorders and conditions that commonly occur in childhood, signs of grief, and medications.

**Workday Link:** [ODHS – CW – Mental Health Considerations for Resource/Adoptive Parents](#)

## TRAUMA-INFORMED RESPONDING AND ANSWERING THE TOUGH QUESTIONS

Training Type: **Live**

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](#)

## PRACTICAL TIPS FOR DISCIPLINING WHILE MAINTAINING ATTACHMENT

Training Type: **On-Demand**

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](#)

## UNDERSTANDING TBRI – CONNECTED PARENTING

Training Type: **On-Demand**

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

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

## TRAUMA-INFORMED PARENTING – PRACTICAL APPLICATIONS OF TBRI

Training Type: **On-Demand**

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](#)

## PREPARING FOR AND MANAGING FAMILY TIME

Training Type: **On-Demand**

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**

This training highlights some of the difficulties children who have experienced trauma, separation, or loss can have in self-regulation.

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

## SENSORY INTEGRATION

Training Type: **On-Demand**

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 TRAUMA

Training Type: **On-Demand**

This training provides an overview of some of the emotional needs of children who have been sexually abused.

**Workday Link:** [ODHS – CW – Sexual Trauma](#)

## STEWARDS OF CHILDREN: DARKNESS TO LIGHT

Training Type: **Live**

Learn to prevent, recognize, and react responsibly to child sexual abuse.

**Workday Link:** [ODHS – CW – Stewards of Children: Darkness to Light for Resource/Adoptive Parents](#)

## SUICIDE PREVENTION SKILLS: QUESTION, PERSUADE, REFER (QPR) TRAINING FOR RESOURCE/ADOPTIVE PARENTS

Training Type: **Live**

QPR Gatekeeper Training for Suicide Prevention is a two (2) hour educational program designed to teach resource parents the warning signs of a suicide crisis and how to respond as a resource parent.

**Workday Link:** [ODHS – CW – Suicide Prevention Skills: Question, Persuade, Refer \(QPR\) for Resource/Adoptive Parents](#)

## UNDERSTANDING SUBSTANCE USE

Training Type: **Live**

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

**Workday Link:** [ODHS – CW – Understanding Substance Use Disorder for Resource/Adoption Parents](#)

## SUPPORTING YOUTH WHO'VE EXPERIENCE DOMESTIC VIOLENCE

Training Type: **Live**

Understand the effects of Domestic Violence on children and youth, and some learn some proven ways to support their healing.

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

## UNDERSTANDING AND MANAGING CHILD SEXUAL BEHAVIOR

Training Type: **Live**

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

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

## ALL ABOUT ME BOOKS: A GUIDE FOR RESOURCE PARENTS

Training Type: **On-Demand**

This training course will provide an overview of All About Me Books, a trauma-informed and evidence-based engagement tool to support children in their journey through foster care.

**Workday Link:** [ODHS – CW – All about Me Books: A Guide for Resource, Adoptive, and Guardianship Parents](#)



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# IDENTITY AND CULTURE

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## WHY ICWA/ORICWA MATTERS AND BUILDING YOUR UNDERSTANDING OF ICWA

Training Type: **Live**

Learn about the history and legal requirements of the Indian Child Welfare Act (ICWA) and Oregon ICWA, and why these laws are needed today.

**Workday Link:** [ODHS – CW – Why ICWA/ORICWA Matters and Building Your Understanding of ICWA for Resource/Adoptive Parents](#)

## NURTURING YOUTHS CULTURAL/RACIAL/ETHNIC NEEDS AND SEXUAL ORIENTATION/GENDER IDENTITY/EXPRESSION

Training Type: **Live**

Learn ways to incorporate the youth's race, culture, and ethnicity into family life, and demonstrate skills in communicating acceptance and support for youth who are questioning their sexual or gender identity and/or identify as LGBTQIA2S+.

**Workday Link:** [ODHS – CW – Core Teen: Nurturing Youth's Cultural/Racial/Ethnic Needs and Sexual](#)

[Orientation/Gender Identity/Expression for Resource/Adoptive Parents](#)

## SEXUAL DEVELOPMENT AND IDENTITY

Training Type: **On-Demand**

Get an overview of healthy sexual development and how to talk to children about healthy sexual development and relationships.

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

## WHY CULTURE MATTERS AND CULTURAL CONTINUITY AGREEMENTS

Training Type: **Live**

Celebrating and exploring a child's cultural identity is essential for their strength, resiliency, and sense of pride. Learn more about Cultural Continuity Agreements in relation to caring for American Indian/Alaskan Native youth, how these agreements are developed, and the importance of ongoing cultural connection.

**Workday Link:** [ODHS – CW – Understanding Why Culture Matters & Cultural Continuity Agreements for Resource/Adoptive Parent](#)





## CARING FOR TWEENS AND TEENS

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### PREPARING FOR ADULTHOOD

Training Type: **On-Demand**

Learn common skills that youth need to effectively navigate as an adult and provide strategies on how families who are fostering or adopting can prepare youth to successfully transition into adulthood.

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

### SOCIAL CONNECTION AND COGNITIVE AND SOCIAL EMOTIONAL COMPETENCIES

Training Type: **Live**

Learn the importance of young people forming social connections and learn to promote their long-term well-being to thrive into adulthood.

**Workday Link:** [ODHS – CW – Youth Thrive: Social Connection and Cognitive and Social Emotional Competencies for Resource/Adoptive Parents](#)

### UNDERSTANDING ADOLESCENT BRAIN DEVELOPMENT AND RESILIENCE

Training Type: **Live**

Learn how to better understand young people and their development and promote their long-term well-being.

**Workday Link:** [ODHS – CW – Youth Thrive: Understanding Adolescent Brain Development and Youth Resilience for Resource/Adoptive Parents](#)



## KIN AND RELATIVE CAREGIVER

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### IT'S ALL RELATIVE: SUPPORTIVE IDEAS FOR RELATIVE RESOURCE FAMILIES

Training Type: **Live**

Take a deep look at the role of the relative resource parent and the familial impact of being a relative resource parent.

**Workday Link:** [ODHS – CW – It's All Relative: Supportive Ideas for Relative Resource Families](#)

### RELATIVE RESOURCE PARENT

Training Type: **Live**

Understand the complexities of caring for children who are related.

**Workday Link:** [ODHS – CW – Relative Resource Parent](#)

### RESOURCE FAMILIES ASK: "WHAT IS ICPC?"

Training Type: On-Demand

This training is for Resource Families who are 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

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## INTRODUCTION TO ADOPTION

Training Type: **On-Demand**

This video provides an overview of the adoption process with ODHS

**Video Link:** [Introduction to Adoption](#)

## ADOPTION: ODHS PROCESS OVERVIEW FOR RESOURCE AND ADOPTIVE PARENTS

Training Type: **Live**

Understand the ODHS adoption process in more detail in terms of process and what to expect. This training is coordinated by the Oregon Child Welfare Permanency and Adoption Program.

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

## ADOPTION STEPS – APPLICATION TO FINALIZATION

Training Type: **On-Demand**

This training provides an overview of the entire adoption process, from application to finalization.

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

## CONNECTIONS WITH BIRTH FAMILIES AFTER ADOPTION

Training Type: **Live**

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](#)

## COMMON FEELINGS ASSOCIATED WITH BEING ADOPTED

Training Type: **On-Demand**

Get an overview of some of the common thoughts and feelings experienced by children and youths who have been adopted.

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

## GUARDIANSHIP OVERVIEW FOR RESOURCE FAMILIES

Training Type: **On-Demand**

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

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

## MEDIATION FOR ADOPTION AND GUARDIANSHIP

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**

Understand the Adoption and Guardianship Assistance programs, the application process, and determination of program benefits. *Note: This course is specific to currently certified ODHS Child Welfare resource families.*

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

## ASISTENCIA DE ADOPCIÓN Y TUTELA DEL ODHS

Training Type: **Live**

Comprender los programas de asistencia para adopción y tutela, el proceso de solicitud y la determinación de los beneficios del programa.

**Nota:** Este curso es específico para familias de apoyo actualmente certificadas por el **Bienestar Infantil del ODHS**.

**Workday Link:** [ODHS - CW - Programas de Asistencia para Adopción de Familias de Apoyo y Tutela para Padres de Apoyo/Adoptivos](#)



## EDUCATION

### EDUCATION

Training Type: **On-Demand**

This training helps parents who are fostering or adopting understand some of the educational challenges children who have experienced trauma, separation, or loss may encounter.

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

## RESOURCES



[Oregon Department of Human Services 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@odhs.oregon.gov](mailto:resource.familytraining@odhs.oregon.gov)