

# Course Catalog



**VÉASE EL LADO REVERSO PARA EL CATÁLOGO EN ESPAÑOL**

Educational courses for  
resource and kinship parents.





## Our Mission

Our mission is to provide advocacy and enriching programs and services to empower families and youth to thrive.

### New Jersey In-Service Training Licensing Requirements

Primary Provider	Secondary Provider
7 credit hours per year	5 credit hours per year
21 credit hours over 3 years	15 credit hours over 3 years

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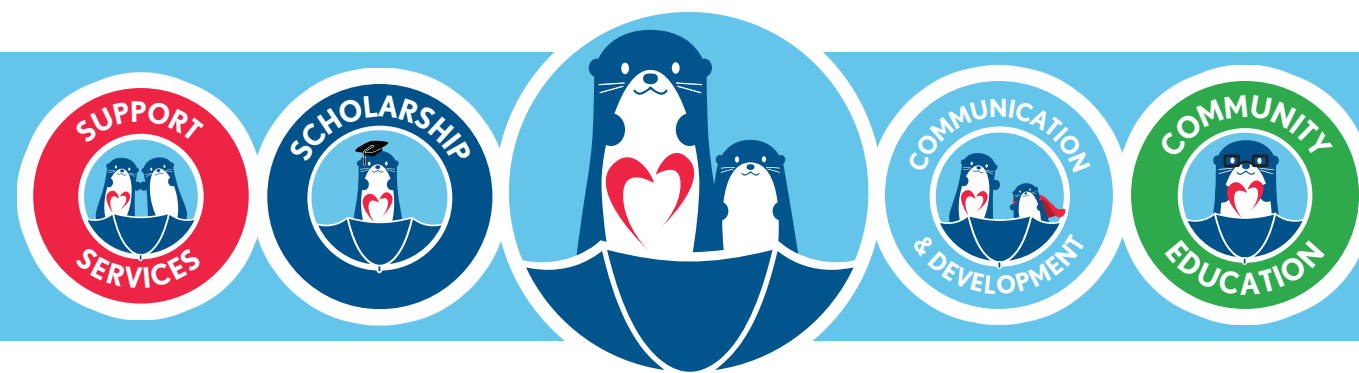
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**Cursos en español: Véase el lado reverso**

# WE CAN HELP! HERE'S HOW.



**embrella®**  
Embracing & Empowering Families

Although we're proud of our educational courses, embrella does a lot more to help the families we serve.

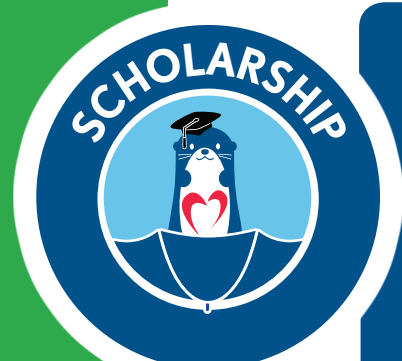
Here are just a few of our amazing services that you can take advantage of to help a child find money for college, ease the financial burdens that raising children can bring or provide an outlet for you during trying times.

For more information on any of the services on the next page or to find out more about our other programs, please visit [www.embrella.org](http://www.embrella.org) or call 800.222.0047.



**HEART-TO-HEART MENTORING**  
Resource parents in your community sign up to help you become the best you can be. Get a mentor today, or become a mentor yourself!

**FAMILY ADVOCATES**  
Call your Family Advocate whenever you need support or resources to work with CP&P, or just for someone to listen to you.



**NJFC SCHOLARS PRIVATE SCHOLARSHIPS**  
Scholarships for students attending 4-year universities, 2-year community colleges, or career and technical programs!

**PACES COACHES**  
1-on-1 coaches help 16-21 year old youth in care to navigate education and employment opportunities after high school.



**DREAMERS & BELIEVERS**  
Get up to \$600 towards a child's dream - use it for things like sports practice, dance lessons and more!

**CAMP SCHOLARSHIPS**  
We can help your child in care spend a week at a beautiful summer camp - contact us to find out how!





# WELCOME TO **embrella**<sup>®</sup>

Embracing & Empowering Families

# 1



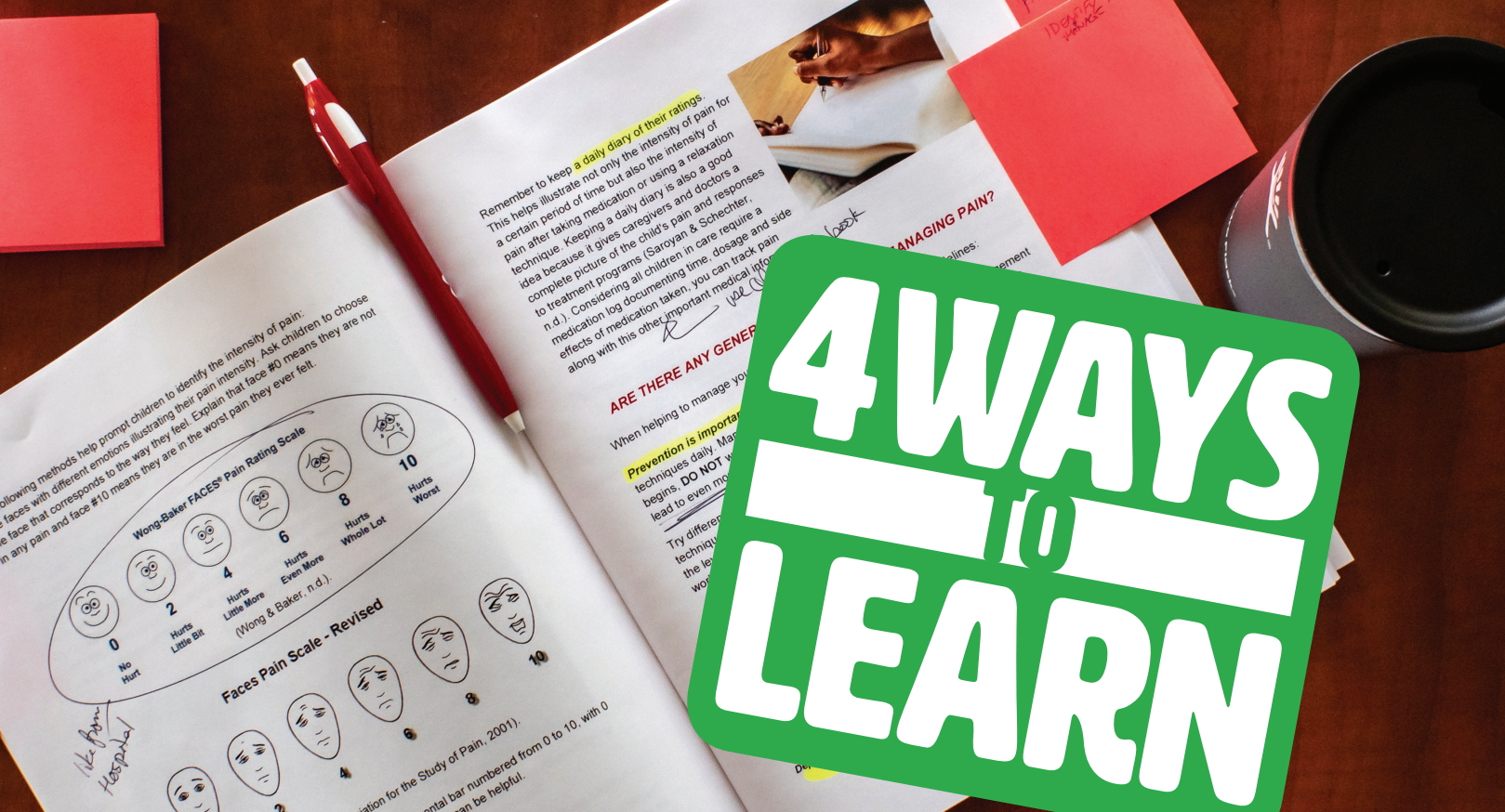
embrella educational courses are **free to all licensed resource and kinship families** throughout New Jersey to ensure you can meet the Department of Children and Families (DCF) Office of Licensing's (OOL) educational requirements. Whether a traditional foster family or a kinship family, both are considered licensed resource families in New Jersey. Therefore every licensed parent in the home must complete educational in-service training hours during each three-year licensing cycle while their home is open to ensure that our children receive the best care possible. All embrella courses are pre-approved and assigned credit hours by DCF.

All of our courses are evidence and trauma informed and address the various challenges and successes you may encounter while caring for our children. We strive to support you with skills to be successful no matter the type of care you provide.

Please note: Courses do not have to be taken in a specific order. Course selection is subject to change.

To access courses or to obtain an online catalog, please visit [www.embrella.org](http://www.embrella.org) to view our Course Library or call 800.222.0047.





# 4 WAYS TO LEARN

## Community-Based Workshops

Live in-person workshops are held in various locations throughout New Jersey. At our workshops, you will learn valuable information, receive in-service hours, and find out what is happening with **embrella** and your community. Participants can share their experiences and connect with other resource and kinship parents. Be sure to check our online calendar at [www.embrella.org](http://www.embrella.org) for dates, times and locations. Please arrive on time to receive credit. Any changes to dates, times or locations will be immediately updated on the calendar. In case of inclement weather, please visit [www.embrella.org](http://www.embrella.org) or call 800.222.0047 to see if the workshop is still being held.

Course topics within this catalog can be presented as a live Community-Based workshop upon request. If you have a group of ten or more resource and/or kinship parents and would like to request a workshop, please call 800.222.0047 or email [trainings@embrella.org](mailto:trainings@embrella.org). Please provide at least two-month's notice and a location for the workshop. Locations can include but are not limited to DCF offices and local community centers such as libraries, YMCA's and faith-based centers.

## E-Learning Courses

E-Learning courses are online lessons that allow you to study or train at any time that is convenient for you. E-Learning courses can be accessed on a computer, laptop or mobile device and can be completed at your own pace.

E-Learning courses can be accessed by either visiting our main website at [www.embrella.org](http://www.embrella.org) or by going directly to our E-Learning site at [www.teachingfamilies.org](http://www.teachingfamilies.org). To create an account, click on the register link on the top right corner of the screen and follow the instructions provided.



Be aware that prior registration may be needed to attend certain **embrella** meetings or events. If you are unsure if registration is needed, please call 800.222.0047 or email [trainings@embrella.org](mailto:trainings@embrella.org)



Online courses available 24/7, whenever you can fit it in. [www.teachingfamilies.org](http://www.teachingfamilies.org)

## Home Correspondence Courses

These educational booklets are mailed or emailed to you to complete at your own pace. Simply complete the test questions, registration and course evaluation and send back to us for credit. The booklet is yours to keep for future reference. Correspondence courses are sent one at a time; the next registered course will not be sent until your original questions and evaluation are received. These courses can be ordered or requested at [www.embrella.org](http://www.embrella.org) or by calling us at 800.222.0047.

## Webinar Courses

Webinar courses are interactive, virtual classes taught by a live instructor. Participants are able to connect with the instructor and fellow resource and kinship parents to share knowledge, experiences and support. These courses are prescheduled and prior registration is required.

Webinar courses can be accessed on a computer, laptop or mobile device. To register, visit our website at [www.embrella.org](http://www.embrella.org). Once you register, you will receive a confirmation email with a personal join link; please ensure that you keep this email to join the session. If you have difficulties accessing or registering for a webinar course, please call us at 800.222.0047 or email us at [trainings@embrella.org](mailto:trainings@embrella.org).

## Transcripts

Your **embrella** Transcript is a record of all **embrella** courses you have completed which can be used towards your educational in-service training hour requirement. Once you complete an **embrella** course, your Transcript will be updated to reflect the course title, in-service hours and the date completed. When requesting your Transcript, ensure that you have your resource family license number as well as the three-year licensing cycle effective date handy. Please be advised **embrella** transcripts only track **embrella** courses. If you take a course outside of **embrella**, please speak with your Resource Family Worker.

### Remember:

- Have your license number ready to register for courses.
- Course evaluations **MUST** be completed to receive in-service credit.



*"I appreciate the design and the topics of embrella courses. The reading is informative but not dry. Thank you for offering this kind of assistance to new resource parents like myself."*

- RP Noël Anderson on the Home Correspondence Course, "Teaming with Birth Families for Success"



Receive courses by mail or e-mail and complete them at your own pace! Order today at [www.embrella.org](http://www.embrella.org) or by calling 800.222.0047



Make sure to check out our webinar schedule to see which ones you can attend!

[www.embrella.org](http://www.embrella.org)



E-Learning Transcripts can be found on the Transcript tab of your account when you log in at [www.teachingfamilies.org](http://www.teachingfamilies.org)



You can request your Transcript for the other modalities by visiting [www.embrella.org](http://www.embrella.org) or call us at 800.222.0047



# Introductory Courses

# 2



## A Guide to Advocacy in New Jersey

IN-SERVICE  
2  
CREDIT-HOURS

Learn to advocate in real-life situations and understand the organizations in New Jersey that provide support and advocacy services to both you and the children you care for.



## African-American and Biracial Haircare

IN-SERVICE  
3  
CREDIT-HOURS

Acquire knowledge of the appropriate tools and products for daily hair care management for African-American and Biracial children and youth, as well as learn common styling techniques.



## All About Asthma

IN-SERVICE  
3  
CREDIT-HOURS

Learn how to recognize, treat and prevent asthma attacks.



## Allegations from A to Z

IN-SERVICE  
3  
CREDIT-HOURS

Gain insight into the types of allegations and violations you can face as a resource or kinship parent as well as the CP&P investigation process and appropriate action you can take when you have an allegation.



## An Introduction to DCF's Case Practice Model

IN-SERVICE  
3  
CREDIT-HOURS

Enhance your understanding of DCF's Case Practice Model and what you can expect from DCF as they employ the model to protect and serve children and families.



## Birds and the Bees and Everything in Between

IN-SERVICE  
3.5  
CREDIT-HOURS

Learn ways to start serious conversations about sex and sexuality with children and youth to ensure they have accurate information about safe sex.



## Bullying: It's A Real Problem

IN-SERVICE  
4  
CREDIT-HOURS

Obtain strategies for helping children and youth involved in bullying by understanding the different forms of bullying, the effects of bullying and the warning signs to watch out for.



## Car Safety

IN-SERVICE  
2  
CREDIT-HOURS

Recognize the dangers of automobile accidents and learn about proper restraints for children while obtaining information on car seats, seatbelts, bus travel, and teenage driving.



## Caring for Children with Incarcerated Parents: An Introduction

IN-SERVICE  
2  
CREDIT-HOURS

Gain ways to support children and youth by better understanding your role when working with the criminal justice system.



## The Child Health Program and You

IN-SERVICE  
2  
CREDIT-HOURS

Learn about the basic health needs of children in care and how the Child Health Program oversees and ensures each child's health plan is met.



## Child Safety Essentials I: Indoor Safety

IN-SERVICE  
3  
CREDIT-HOURS

Learn to keep children safe with an in-depth review of all the harmful risks children encounter in your home.



## Child Safety Essentials II: Outdoor Safety

IN-SERVICE  
3  
CREDIT-HOURS

Enhance your understanding of child safety and the dangers that children face when right outside your home.



## Childhood Allergies

IN-SERVICE  
3  
CREDIT-HOURS

Learn how to keep allergies in check by understanding what they are, how they develop, types, treatments, and common myths.



## Communication: A Two Way Street

IN-SERVICE  
4  
CREDIT-HOURS

Improve your skills as a speaker and listener to enhance communication in your home and with the children in your care.



## Cultural Diversity

IN-SERVICE  
2.5  
CREDIT-HOURS

Gain insight into your views on race, ethnicity, culture, sexual orientation, and gender identity while building skills to teach children diversity and respect for all.



## DCF Policies for Everyday Situations

IN-SERVICE  
2.5  
CREDIT-HOURS

Enhance your knowledge of key DCF policies that directly affect you and the children you care for.





### Dealing with Adolescent Depression and Suicide

IN-SERVICE  
CREDIT-HOURS  
4

Recognize warning signs of depression and suicide while being empowered to be more confident in understanding, identifying, and responding to youth in need.



### Disaster Preparedness I: Preparing Your Family Before an Emergency

IN-SERVICE  
CREDIT-HOURS  
3

Learn the basics of preparedness while following CP&P policy, as well as steps you can take now to ensure your family's safety if a disaster strikes.



### Educational Stability Act

IN-SERVICE  
CREDIT-HOURS  
1.5

Understand the importance of educational stability for children in care and how federal legislation has impacted child welfare in New Jersey.



### Empty Seat at the Dinner Table: Grief and Loss

IN-SERVICE  
CREDIT-HOURS  
2

Acquire an understanding of the different types of grief children, kinship and resource parents can experience and ways you and members of your family can prepare for and manage grief.



### Impacts of Lead Poisoning

IN-SERVICE  
CREDIT-HOURS  
3

Understand the impact on child development, the symptoms and treatment of lead poisoning and ways to reduce the threat of lead poisoning.



### Legalities of Kinship Care

IN-SERVICE  
CREDIT-HOURS  
1.5

Learn the various legal issues and legislation that commonly arise and impact kinship care while understanding the difference between adoption and kinship legal guardianship to better plan for kin in care.



### Love is Love: Empowering LGBTQI Youth

IN-SERVICE  
CREDIT-HOURS  
2

Increase your understanding of LGBTQI terms, current issues faced by youth who identify as LGBTQI, societal changes and legislation while also obtaining resources on safe spaces and community supports.



### No Hablo Español: Basic Spanish for Resource Parents

IN-SERVICE  
CREDIT-HOURS  
2.5

Learn basic Spanish to communicate with a Spanish-speaking child who joins your family by studying the Spanish language sound system and simple vocabulary.



### Normalcy: Letting Kids be Kids

IN-SERVICE  
CREDIT-HOURS  
2

Comprehend updated laws and policies which shift more decision-making to kinship and resource parents about children and youth in their care, in order to provide them with the opportunities and experiences all young people should have.



### On Solid Ground: Permanency Planning for Children

IN-SERVICE  
CREDIT-HOURS  
2.5

Discover methods and procedures used to achieve permanency for children in care while also learning the critical impact lack of permanency can have on children.



### Oppositional Defiant Disorder

IN-SERVICE  
CREDIT-HOURS  
2

Obtain a comprehensive knowledge of this behavioral disorder by learning to differentiate behaviors linked to child development vs. behaviors that are connected to ODD and know when psychological intervention is needed.



### Parenting Through Puberty

IN-SERVICE  
CREDIT-HOURS  
2.5

Become prepared to care for youth experiencing puberty while with your family through awareness of possible challenges and insight into parenting approaches.



### Positive Discipline: It Can Work for You

IN-SERVICE  
CREDIT-HOURS  
3.5

Understand the difference between discipline and punishment and gain new skills to discipline children effectively, so negative behaviors decrease and self-esteem increases.



### Preparing Your Home for Office of Licensing Inspections

IN-SERVICE  
CREDIT-HOURS  
2

Increase your knowledge of the different types of inspections you will encounter as a licensed kinship and resource parent in New Jersey and ways you can prepare for a successful inspection.



### Preparing Youth for Independence

IN-SERVICE  
CREDIT-HOURS  
3.5

Develop your skills in building relationships with youth and gain resources to strengthen your support to them as they prepare for adulthood.



### Psychotropic Medications and Children in Care

IN-SERVICE  
CREDIT-HOURS  
4

Obtain information on both the risks and benefits of psychotropic medication through learning the steps taken when considering this type of medication, who the decision-makers are, the responsibilities of all involved and the accountability kinship and resource parents have for a child's health and well-being.



### Resource Parents and Youth Can Attend Court

IN-SERVICE  
CREDIT-HOURS  
3

Secure an understanding of New Jersey legislation and how it affects resource parents and youth attending court hearings such as the family's permanency hearing.



### Self-Injury: That Hurt, and I Did It Myself

IN-SERVICE  
CREDIT-HOURS  
3.5

Understand the psychologically addictive nature of self-injurious behavior and its link to trauma, recognize the warning signs and gain tactics to assist a child or youth with this behavior.



### Stress is Stressing Me Out

IN-SERVICE  
CREDIT-HOURS  
4

Develop new ways to handle stress while learning its common causes, warning signs and symptoms that affect children and adults.



### Supporting Children Exposed to Domestic Violence

IN-SERVICE  
CREDIT-HOURS  
3

Broaden your knowledge of domestic violence and dating violence, as well as ways trauma from violence can impact children and youth.



### Teaming with Birth Families for Success

IN-SERVICE  
CREDIT-HOURS  
2

Gain skills in building positive working relationships with families and learn tips for working with reluctant families while helping children transition home.



### Traveling with Challenging Children

IN-SERVICE  
CREDIT-HOURS  
2

Obtain tips and tricks for preparing for any kind of travel obstacle such as long car rides, airports, delays and safety precautions in addition to grasping state requirements and permission needed when traveling with children in care.



### Toilet Training

IN-SERVICE  
CREDIT-HOURS  
1

Increase your ability to navigate this milestone by learning signs a child is ready, preparation involved, the process and areas that may be problematic due to trauma and medical needs of children that may join your family.



### Under One Roof: Working to Keep Siblings Together

IN-SERVICE  
CREDIT-HOURS  
3

Discover the importance of sibling relationships through studying the dynamics of siblings and the additional trauma sibling separations can cause.



### Understanding and Preventing Runaway Behavior

IN-SERVICE  
CREDIT-HOURS  
2

Explore why children and youth run away and develop skills to prevent these behaviors and actions to take if a child or youth runs away.



### Understanding Anger in Children and Adolescents

IN-SERVICE  
CREDIT-HOURS  
3

Be able to recognize types of aggression and anger, identify their connection to trauma and understand the serious impacts aggression can have on children and youth.



### Understanding Child Development

IN-SERVICE  
CREDIT-HOURS  
4

Learn ways to assist children with their skills and abilities as they grow by understanding developmental stages and how trauma and disabilities can hinder development.



### Understanding Trauma & Resilience I

IN-SERVICE  
CREDIT-HOURS  
4

Gain a strong awareness of trauma by learning its themes, how it manifests in daily living as well strategies to support and build resilience in children and youth.



### Visitation: A Path to Healing

IN-SERVICE  
CREDIT-HOURS  
2

Gain skills to assist in preparing, aiding and addressing concerns while also gaining techniques for handling concerns that may arise when a child has their family time.



### Social and Emotional Issues in Kinship Care

IN-SERVICE  
CREDIT-HOURS  
1.5

Learn the various social and emotional challenges that are specific to being a kinship caregiver and ways to mediate these issues.



### Stealing: Causes and Prevention

IN-SERVICE  
CREDIT-HOURS  
3.5

Review common causes of stealing behaviors and their ties to trauma, and obtain practical ways to prevent stealing incidents.



### Welcome to our Family

IN-SERVICE  
CREDIT-HOURS  
3

Prepare for a child to join your family by learning steps to take before they arrive, ways to make a child feel comfortable and how to engage your family members.





# Intermediate Courses

# 3



## Adopting Through CP&P

IN-SERVICE  
2.5  
CREDIT-HOURS

Comprehend CP&P policies and procedures that lead to children becoming legally free, as well as steps of the adoption process.



## Affirming and Inclusive Love: Embracing LGBTQI+

IN-SERVICE  
3.5  
CREDIT-HOURS

Gain an enhanced understanding of the LGBTQI+ community and our youth who identify in one or more of these groups.



## Being Digitally Savvy in a Digital World

IN-SERVICE  
3  
CREDIT-HOURS

Enhance your knowledge of technology children and youth use daily and build approaches to protect children in your home from online risks and predators.



## Caring for Children with Incarcerated Parents

IN-SERVICE  
3  
CREDIT-HOURS

Develop your knowledge of caring for children and youth when their parents are involved with the criminal justice system through peer interaction and live Q&A.



## Chew On This: A Guide to Diet and Nutrition

IN-SERVICE  
4  
CREDIT-HOURS

Obtain insight into appropriate versus inappropriate weight control methods while learning the benefits of nutrition and working as a family to stay healthy.



## Dealing with Childhood Obesity

IN-SERVICE  
3  
CREDIT-HOURS

Aid children suffering from obesity by learning practical skills such as ways to involve children in exercise, tips for camouflaging healthy food and calculating body mass index.



## Disaster Preparedness II: Staying Safe During an Emergency

IN-SERVICE  
3  
CREDIT-HOURS

Know what to do during any disaster through understanding types of disasters, details on evacuating or taking shelter, and when to act.



## Disaster Preparedness III: Recovering and Coping with Disaster

IN-SERVICE  
3  
CREDIT-HOURS

Learn how to rebuild after a disaster strikes by exploring the types of assistance available and how to access assistance.



## Fetal Alcohol Spectrum Disorders (FASDs)

IN-SERVICE  
2  
CREDIT-HOURS

Prepare yourself for caring for children with FASDs through examining disorders that fall under FASDs and behaviors and challenges that can arise.



## Four Stepping Stones to Maturity

IN-SERVICE  
2  
CREDIT-HOURS

Help children and youth reach maturity through studying self-esteem, decision making, anger management and conflict resolution to ensure they develop these essential skills for adulthood.



## Gangs - The Need to Belong

IN-SERVICE  
2  
CREDIT-HOURS

Prevent children and youth from engaging with gangs by understanding gang culture, tips to recognize warning signs and actions you can take to prevent their involvement.



## Handling Hepatitis C

IN-SERVICE  
3.5  
CREDIT-HOURS

Be able to assist children and youth suffering from this disease by focusing on transmission, testing, treatments and how to deal with the stress related to caring for someone with Hepatitis C.



## Helping Children Manage Pain

IN-SERVICE  
3.5  
CREDIT-HOURS

Help children and youth cope with acute and chronic pain through exploring pain's debilitating effects and the difference between types of pain.



## The Impact of Kinship Care

IN-SERVICE  
2  
CREDIT-HOURS

Grasp the ways in which caring for a family member or friend's children will impact you and your home and be prepared to deal with both the challenges and joys of kinship care.



## Juvenile Gambling: What are the Odds?

IN-SERVICE  
3  
CREDIT-HOURS

Recognize the signs of teenage gambling, the fastest rising addiction today, and learn what you can do about it.



## Kids and Money

IN-SERVICE  
2  
CREDIT-HOURS

Learn how to teach money management to children and youth to ensure they understand financial responsibility and goal setting.





### Kinship Legal Guardianship vs. Adoption

IN-SERVICE  
2  
CREDIT-HOURS

Understand the different permanency options available to kinship parents and the children they care for when family reunification is not possible.



### The Multicultural Family I

IN-SERVICE  
2  
CREDIT-HOURS

Learn practical ways to handle challenges that may arise when caring for family members of a different race or culture and gain an understanding of societal and cultural issues & identity.



### Navigating Public Transportation in New Jersey

IN-SERVICE  
2  
CREDIT-HOURS

Help youth and children gain useful skills in navigating public transportation such as identifying types of transportation available, public transportation etiquette and utilizing accessible services.



### NJFC Scholars: Gaining Access to Post-Secondary Education

IN-SERVICE  
2  
CREDIT-HOURS

Learn the ins and outs of New Jersey Foster Care Scholars Program to aid eligible youth in gaining access to post-secondary education.



### NJFC Scholars: Post-High School Options for Youth

IN-SERVICE  
1.5  
CREDIT-HOURS

Take an active role in assisting youth with planning and preparing for post-secondary education through understanding the common paths youth take after high school, such as continuing their education, joining the workforce or enlisting in the military.



### Paying Attention to AD/HD

IN-SERVICE  
3  
CREDIT-HOURS

Understand the difficulties associated with this disorder while finding the most effective methods of managing symptoms associated with AD/HD.



### Schizophrenia in Childhood and Adolescence: An Introduction

IN-SERVICE  
3.5  
CREDIT-HOURS

Gain knowledge of this debilitating illness by learning the cause, symptoms and treatment available while also gaining information on related concerns such as substance abuse, violence and suicide.



### Social Emotional Learning

IN-SERVICE  
4  
CREDIT-HOURS

Help children learn vital social and emotional skills by studying social awareness, relationship management, self-awareness, self-management and responsible decision making.



### Strengthening Families™: 5 Ways to Thrive

IN-SERVICE  
2.5  
CREDIT-HOURS

Help children and their families thrive by learning the five protective factors and how they help build important social and emotional life skills and buffer the effects of trauma.



### Stress Management: Don't let the Stress Bubble Up

IN-SERVICE  
1.5  
CREDIT-HOURS

Understand how too much stress can negatively affect health and gain tips on healthy stress management techniques to help you cope positively and be resilient during stressful times.



### Successfully Dealing with Lying Behaviors

IN-SERVICE  
3  
CREDIT-HOURS

Develop skills in recognizing and reacting to lying behaviors through learning about lying and its connection to trauma in children.



### Understanding Trauma & Resilience II

IN-SERVICE  
3.5  
CREDIT-HOURS

Increase your knowledge of trauma and resilience through exploring strength-driven approaches that are geared to support children and youth in building a resilient mindset.



### Who Am I? Developing Positive Identity

IN-SERVICE  
3.5  
CREDIT-HOURS

Gain strategies to assist children in developing positive identities by grasping the importance of self-esteem and resilience and how these two concepts connect to child development.



### Why Does Love Hurt?

IN-SERVICE  
4  
CREDIT-HOURS

Further protect youth in your care from abusive relationships by learning to distinguish potential abusive friendships and dating relationships, knowing warning signs and ways of developing a safety plan.



### Youth Employment

IN-SERVICE  
3  
CREDIT-HOURS

Help youth achieve self-sufficiency by aiding them with obtaining employment, including job search techniques, the interview process, budgeting and career selection.



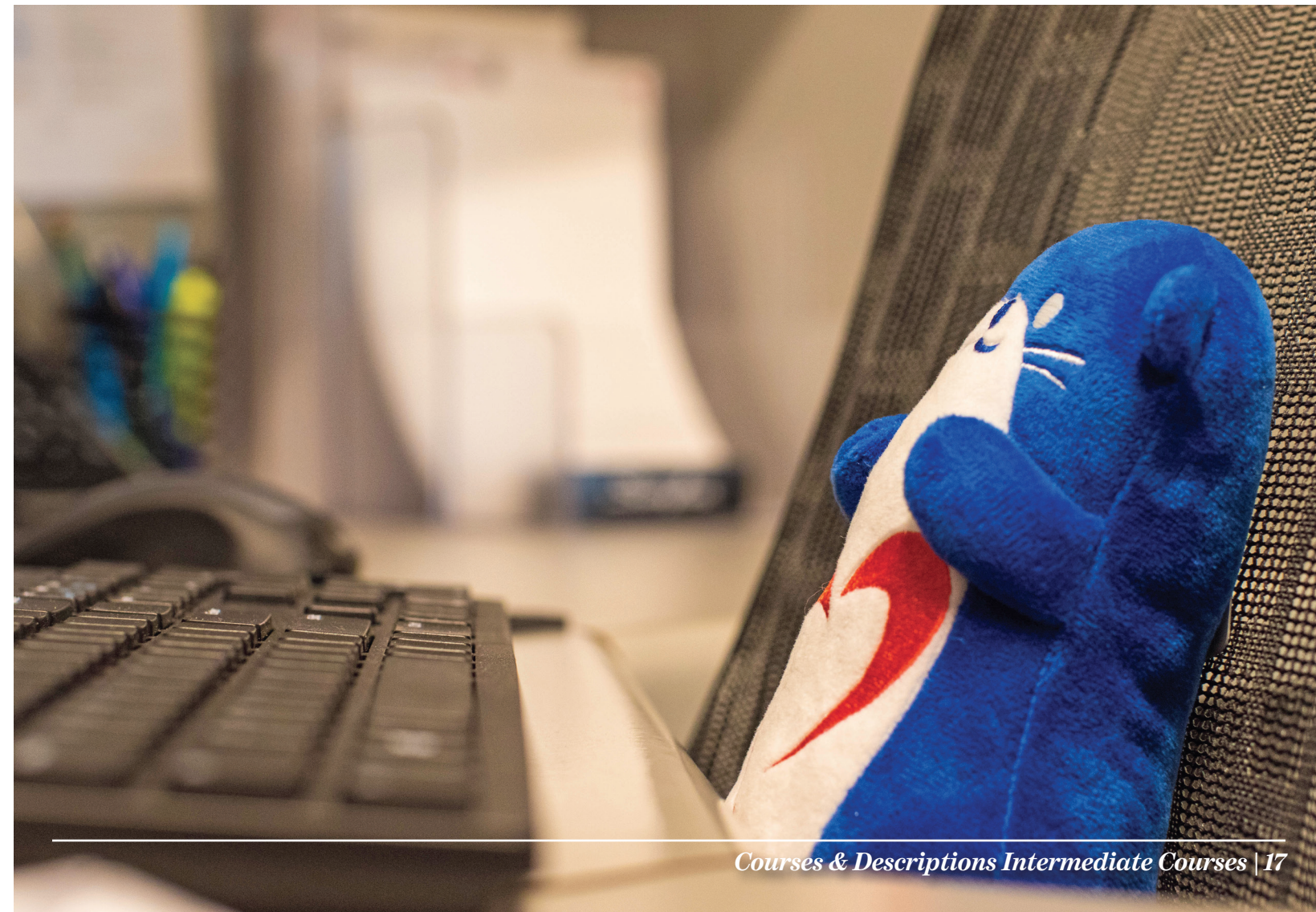
### Youth Thrive™ I: Trauma's Impact on Adolescence

IN-SERVICE  
4  
CREDIT-HOURS

Be prepared to assist youth who have suffered trauma by examining two of the five protective factors to enhance healthy development and well-being while understanding adolescent development, including trauma's effects on brain development, and social connections.



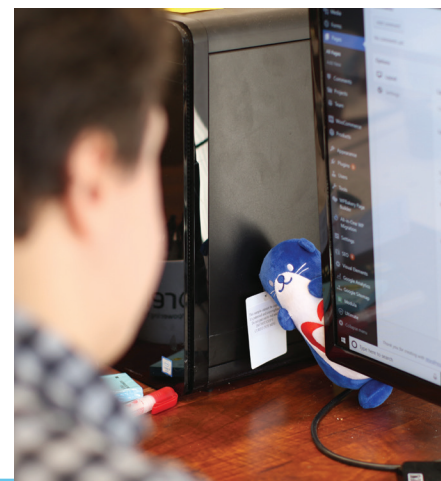
- RP Jacqueline Ford on E-Learning Course "Communication: A Two Way Street"





# 4

## Advanced Courses



### Autism Across the Spectrum

IN-SERVICE  
3.5  
CREDIT-HOURS

Become prepared to care for children and youth with this developmental disability through examining characteristics, diagnosis, treatment strategies and resources available to assist you.



### Balancing Love and Loyalty

IN-SERVICE  
3  
CREDIT-HOURS

Learn about the connection between boundaries and kinship care and identify strategies to help set and maintain healthy boundaries as you adjust to your new role as a kinship caregiver.



### Bipolar Disorder in Children and Adolescents

IN-SERVICE  
3  
CREDIT-HOURS

Assist children and youth diagnosed with this disorder by understanding potential causes, diagnosis and treatment while also learning suicide prevention strategies to ensure safety.



### Childhood Skin Disorders

IN-SERVICE  
3.5  
CREDIT-HOURS

Understand the symptoms, treatment and prognosis for complex skin disorders such as impetigo, eczema and psoriasis, as well as less severe skin conditions such as acne and diaper rash.



### Child Sexual Abuse

IN-SERVICE  
4  
CREDIT-HOURS

Be prepared to support a child or youth who is a victim of sexual abuse by recognizing signs of trauma on victims and understanding criminal law and how these can affect a licensed family while helping the child.



### Critical Thinking: Skill Development for Children

IN-SERVICE  
1.5  
CREDIT-HOURS

Examine concepts of critical thinking and how educating children on this crucial skill can assist in their social and intellectual development.



### Disaster Preparedness IV: More Than Mother Nature

IN-SERVICE  
3  
CREDIT-HOURS

Recognize different types of man-made disasters and how you can prepare your family for them.



### Eating Disorders

IN-SERVICE  
3.5  
CREDIT-HOURS

Understand the root causes of different eating disorders such as anorexia and bulimia, learn warning signs and gain tools to assist children and youth in your care who may be suffering from one of these disorders.



### Human Trafficking: What You Need to Know

IN-SERVICE  
2  
CREDIT-HOURS

Prevent trafficking of children and youth by recognizing the reality, signs, risks and prevention of sex and labor trafficking.



### Long-Lasting Effects of Food Insecurity

IN-SERVICE  
2  
CREDIT-HOURS

Gain insight into how trauma can lead to puzzling behaviors such as hoarding and hiding food, how these issues differ from traditional eating disorders and strategies to help children and youth develop a healthy, secure relationship with food.



### Meditation

IN-SERVICE  
2.5  
CREDIT-HOURS

Calm the mind by learning meditation techniques for you and your family, the physical, mental and emotional benefits of meditation and how to get children involved in this healing practice.



### The Multicultural Family II

IN-SERVICE  
2  
CREDIT-HOURS

Be equipped to deal with awkward and intrusive questions when caring for family members of a different race or culture.



### Post-Adoption Issues

IN-SERVICE  
2  
CREDIT-HOURS

Be prepared to handle challenges by understanding the core issues faced after adoption and learning strategies to manage ambiguous loss and grief.



### Post-Traumatic Stress Disorder (PTSD)

IN-SERVICE  
3  
CREDIT-HOURS

Learn how trauma can lead to PTSD in children and youth by examining signs, diagnosis, and treatment options and obtain skills to help children and youth cope with this disorder.



### Schizophrenia in Childhood and Adolescence

IN-SERVICE  
4  
CREDIT-HOURS

Enhance your knowledge of this illness with in-depth information and insight through interviews with Dr. Traci Wright, a New Jersey childhood psychiatrist.



### Sexualization of Young Girls

IN-SERVICE  
2.5  
CREDIT-HOURS

Develop skills to further protect young children from sexualization by exploring factors that contribute to sexualized behaviors in children and ways society targets female children directly.





### Silent Victims: Prenatal Exposure to Opioids and Cocaine

IN-SERVICE  
3.5  
CREDIT-HOURS

Study the effects of narcotics exposure on infant development and gain techniques to help infants and young children cope with these effects.



### Sleep Disorders in Children

IN-SERVICE  
5.5  
CREDIT-HOURS

Understand symptoms and treatment of various sleep disorders children and youth may suffer from, such as apnea, bedwetting, sleepwalking and nightmares.



### Special Education: Answers to Important Questions

IN-SERVICE  
3.5  
CREDIT-HOURS

Develop skills to navigate the complex maze of special education systems by exploring Child Study Teams, Individualized Education Plans (IEPs), current law and the classifications of learning disabilities.



### Understanding Intellectual and Developmental Disabilities (IDD)

IN-SERVICE  
2  
CREDIT-HOURS

Increase your knowledge of various types of IDDs and their causes while obtaining techniques and tips to assist with daily living skills and gain access to the best programs for a child.



### Youth and Authority

IN-SERVICE  
2  
CREDIT-HOURS

Empower youth to have positive interactions with police and other figures of authority, examine community and policing societal issues and teach youth their rights during a police stop.



### Youth Thrive™ II: Resilience in Adolescence

IN-SERVICE  
3  
CREDIT-HOURS

Be prepared to assist youth who have suffered trauma by examining three of the five protective factors to enhance healthy development and well-being while understanding cognitive and social-emotional competence, concrete support in times of need and youth resilience.



*“I wanted to thank the facilitators. This is a pretty challenging topic and you were enthusiastic, encouraging and straightforward.”*

- RP Lori Poinsett on Webinar “Caring for Children with Incarcerated Parents”



## THIS IS THE END OF THE ENGLISH CATALOG.

The final portion of this catalog is designed for Spanish speakers.