

Foster Parent Training Plan

Foster Parents
RRTS Staff Name

Evaluation period: From _____ To _____

This form is intended to assist foster parents as they assess and identify their training needs in relation to the needs of the children they intend to care for. Ideally, foster families will use this form as a guide to prepare for each licensing cycle of training. The RRTS Caseworker worker will review this form with each foster parent and together will prioritize training needs and identify options for obtaining training.

Do you prefer in person or virtual trainings: in person virtual

Do you know how to access individual training credit hours? (max of 3 hours/yr)

Yes No N/A

Y = Yes N = No

A. The Foster Parent as Part of the Foster Care Team

I need training around:

- _____ 1. Working with family of origin while in the foster case
- _____ 2. Working with family of origin after adoption
- _____ 3. Reasonable and Prudent Parenting and what decisions you can make in the case and what you need to discuss with others
- _____ 4. Documentation Training
- _____ 5. Confidentiality Rules
- _____ 6. Working with professionals on the child welfare team (CASA, GAL, JCO, etc)
- _____ 7. Permanency option differences (adoption, APPLA, guardianship)
- _____ 8. Transitioning children from higher level of care to your home (hospital, PMIC, etc)
- _____ 9. Crisis Management, who to call and when
- _____ 10. Preventative Practices
- _____ 11. Other please list:

B. Fostering Family Connections

- _____ 1. Importance of Self Care
- _____ 2. Community Resources for your foster child
- _____ 3. The importance and maintenance of sibling connections
- _____ 4. Understanding and supporting cultural issues in foster parenting
- _____ 5. Reunification

- _____ 6. Kinship relationship building
- _____ 7. Shared Parenting
- _____ 8. Other:

C. Separation and Attachment

- _____ 1. Separation, Grief and Loss
- _____ 2. Trauma Related Behaviors
- _____ 3. Attachment: Disorders and styles
- _____ 4. The importance of history: Life Books
- _____ 5. Other:

D. The Effects of Fostering on the Foster Family

- _____ 1. Strategies to cope with changes in the foster family dynamics
- _____ 2. Grief and Loss in the foster family
- _____ 3. Assessing your families strengths in fostering: impact on your family
- _____ 4. Other:

E. Foster Care Related Skills

- _____ 1. Foster parent Roles and Responsibilities
- _____ 2. Explanation of Court proceedings in a case
- _____ 3. Care of a child who has experienced trauma
- _____ 4. Food or eating concerns
- _____ 5. Health and wellbeing for your foster child
- _____ 6. Communicable Diseases
- _____ 7. Parenting in Racially and Culturally diverse families
- _____ 8. Cultural awareness
- _____ 9. Drug effected children behaviors and development
- _____ 10. Trauma effects on development
- _____ 11. Expectations due to developmental delays
- _____ 12. Navigating school systems, (expulsion/suspension, IEPs, 504)
- _____ 13. Autism Spectrum
- _____ 14. Developmental Disabilities
- _____ 15. Working with children with physical ability challenges
- _____ 16. Child Growth and Development
- _____ 17. Other:

F. Working With Children/Youth Who Have Emotional Behavioral Problems

- _____ 1. Depression/suicide risk

- _____ 2. Understanding youth mental health
- _____ 3. Verbal de-escalation
- _____ 4. Lying and stealing
- _____ 5. ADHD
- _____ 6. Aggression to people or things
- _____ 7 Human Trafficking
- _____ 8 Substance use/abuse
- _____ 9 Oppositional Defiance Disorder (ODD)/ Conduct Disorder
- _____ 10 Fire Starting
- _____ 11. Gang Involvement/Violence
- _____ 12. Social Media/Concerns
- _____ 13. Bullying
- _____ 14. Enuresis and Encopresis Management
- _____ 15. Failure to Thrive
- _____ 16. Elopement (running away)
- _____ 17. Other:

G. Caring for Children/Youth Who Have Been Sexually Abused

- _____ 1. Signs and symptoms of sexual abuse
- _____ 2. Behavior management of children who have been sexually abused
- _____ 3. Preventative practices for parenting children who have been sexual abused
- _____ 4. Parenting a child with sexual trauma: house rules and supervision]
- _____ 5. Other:

H. Fostering Sexual Offenders

- _____ 1. Protecting others in the home when fostering a sexual offender
- _____ 2. Working with youth who have a court appointed officer due to sexual offenses.
- _____ 3. Ways to manage and help sexual offenders in the home.
- _____ 4. Other:

I. Preparation for Independent Living

- _____ 1. Preparing a youth to live independently.
- _____ 2. Transitional Living
- _____ 3. Working with adult living skill providers
- _____ 4. Navigating the transition system
- _____ 5. Navigating aging out options

- _____ 6. Permanency contract (what does the relationship with foster family and child look like after aging out)
- _____ 7. Fostering beyond the age of 18
- _____ 8. Other:

J Other Training Not Listed

Training goals for the next licensing period:

Foster parent signature	Date
Foster parent signature	Date
RRTS Signature	Date