

## **The Office of Foster Care Division Introduces Foster Parent College**

In January of 2007 the Department purchased a pilot program from Foster Parent College in an effort to offer foster parents increased opportunities in post licensing training. As with all on-line training, Foster Parent College allows individuals to receive training within their own homes. On-line training also offers foster parents who have difficulty with child care or have medically complex children to receive training without leaving the home.

The pilot was launched in order to measure the effectiveness of online training as well as to evaluate the content of the training. Approximately fifty (50) foster parents from the Danbury, Norwich, and Willimantic Offices participated in the pilot program. Each licensed foster/adoptive parent was asked to complete two (2) on-line classes by March 31, 2007. The foster and adoptive parents provided OFCS with overwhelmingly positive feedback regarding the on-line training. Foster Parent College also offers a DVD Library of 17 courses, and "Off Road Parenting" Book/DVD in Spanish. Foster Parent College offers training on the following topics: Kinship Care, Positive Parenting, ADHD/ADD/ODD, Reactive Attachment Disorder, Safe Parenting, Self Harm, Running Away, Sexualized Behavior, Lying, Anger Outbursts, Stealing, Wetting and Soiling, Sleep Problems, Fire Setting, and Eating Disorders.

The on-line training program can also provide DCF with an online management system to allow staff to register members, assign trainings units to participants, monitor usage, create customized reports, view course content, and schedule and teach our own courses.

Due to the great response and additional trainings opportunities offered to foster parents, the Office of Foster Care Services has purchased 2400 units of on-line training to be offered to foster/adoptive parents served by each of the Area Offices.

While a foster parent is eligible to complete as much online training as they wish, only 3 modules of online training can be considered toward the 6 required post licensing modules each 12-month period. The Department continues to encourage face to face group trainings in order to benefit from the group process and establish support networks.

- Kinship Care – Family feuds, allegiance to birth parents, distance and defiance with kinship family.
- Positive Parenting III – Use of time-out, privilege removal, and assigning extra chores to manage difficult behavior.
- ADHD / ADD /ODD – This course explores diagnosis and treatments of ADHD, ADD, and ODD. The course discusses steps to help children with the disorder.
- Positive Parenting II – The course discusses setting limits and behavior contracts as positive parenting techniques.
- Reactive Attachment Disorder – Healthy and unhealthy attachment, the emotionally promiscuous RAD child, the hyper-vigilant RAD child, RAD & other diagnoses.

- Safe Parenting – The safety plan, health & security, actual & developmental age, trauma history, treatment plan, state regulations.
- Positive Parenting I – Cooperation, tracking behavior, and encouragement.
- Self Harm – Self-injury, high-risk behavior, suicidal behavior, reckless, accident proneness, and hair pulling.
- Stealing – Shoplifting, stealing based on envy or revenge, kleptomania, and stealing from loved ones.
- Running Away – Searching for roots, running from rules, running from love and intimacy, wanting to be wanted, and running to street crime.
- Wetting and Soiling – Wetting as an emotional outlet, wetting as a self-defense, classic daytime or nighttime wetting, soiling and smearing feces, constipation and withholding stools.
- Sexualized Behavior – Obsessive sexual behavior, sexual behavior with siblings, seductive behavior towards adults, and public masturbation.
- Sleep problems – Roaming, nightmares and night terrors, sleeping alone, and depression.
- Lying – Getting out of trouble, gaining attention, pathological, and getting others in trouble.
- Fire-setting – Silent but deadly, impulsive, disturbed, and accidental or curious.
- Anger Outbursts – Temper tantrums, assaultive behavior towards other children, rage towards the mother, and erratic or unpredictable anger.
- Eating Disorders – Stealing and hoarding food, gorging, refusing certain foods, and anorexia.

**You can register with Foster Parent College by contacting your DCF Area Office.**

FPC CUSTOMER  
COMMENT CORNER

These online courses are a lifesaver. They give me credit while teaching valuable tools to use in handling behaviors with my children.

—*Nellie, Foster Parent*

Thanks to the wonderful person that thought of this idea as I work full time and foster children as well. This has made my already hectic life a lot easier. Thanks and keep up the good work.

—*Denise, Foster Carer (Australia)*

These courses are very well planned and presented. I just completed another, Positive Parenting I, 100% great. Keep them coming. Enjoy these courses and being able to complete them on the net at home.

—*William & Audrey, Foster Parents*

Just finished class number six. The class on Anger Outbursts was very informative and hit the nail on the head as to what we are dealing with. Thanks for some options and the validation.

—*Shari, Foster Parent*

## Free online training for foster parents

CT Dept. of Children and Families

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Foster Parent College is a production of Northwest Media Inc.

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Read the research report on foster parent training by Northwest Media Inc. at:  
<http://www.northwestmedia.com/nwm/research.html>

Find more training resources at: [www.SocialLearning.com](http://www.SocialLearning.com)



## What is Foster Parent College (FPC)?

In these interactive courses, you'll explore specific behavior problems and emotional disorders in children, and learn how to effectively deal with them. Each course:



- Offers practical solutions to the daily challenges parents face.
- Presents effective and powerful messages through dramatic vignettes, interviews with parents and instruction from nationally-known child welfare experts.
- Includes a question and answer section, and offers a certificate of completion for specified hours of training.



## Available courses

ADD, ADHD & ODD	R.A.D.
Anger Outbursts	Runaway Behavior
Eating Disorders	Safe Parenting
Fire-setting	Self Harm
Kinship care	Sexualized Behavior
Lying	Sleep Problems
Positive Parenting 1	Stealing
Positive Parenting 2	Wetting & Soiling
Positive Parenting 3	Visitations



Check the website often, as new courses are continually being added.

You can access these courses from any computer with internet access. Don't have a computer at home? Try your local public library. High speed internet is recommended.

## Online Training – convenient, engaging and effective

### ■ FPC 101 – Self-Directed Courses

- Each online course includes 30-40 minute multimedia presentation, interactive review questions, printable summaries and handouts, and unlimited access to a discussion board.
- Watch a course any time, at your convenience, in the comfort of your own home. Avoid the hassles and expense of arranging daycare or travel!
- Talk about what you learned, ask questions, or share suggestions any time you want at the online discussion boards.
- Print a Certificate of Completion for two hours of training.

### ■ FPC 201 – Interactive Workshops

Take online learning to the next level with these courses that are taught by Dr. Rick Delaney and other parenting experts.

- Discover reasons behind behavior and explore solutions.
- Follow a scenario and work with other class members to identify clues and ultimately create an effective action plan. Learn to apply similar strategies in your own family.
- Print a Certificate of Completion for six hours of training.
- Course activities must be completed within the scheduled three-week time frame.
- Only selected courses are available. Check the website for current schedule.

## Get Started Today!

Foster Parent College online courses are free to eligible parents in your agency. Contact the agency staff listed below to find out if you're eligible, and he or she will register you. You will need a valid email address.

Once your agency has registered you, you will receive an email that instructs you how to log in to the website and choose your courses. You will be given a number of "training units" to use to enroll in courses. If you use all of those units, contact your agency if you would like more.

**CONTACT: [Please contact your area DCF office.](#)**