

Foster & Kinship Care Education

West Los Angeles College

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SPRING SCHEDULE 2024

SCHEDULE OF CLASSES

The FKCE program at West Los Angeles College provides free online trainings.

All trainings are hosted online from *February -June 2024*.

Register for all classes at <https://forms.gle/5GhfSCLRn7MaKUe6>

Specialized Care Increment Certification (12 hours)

Date	Time	Trainer
February 26, 27, 28, 2024	5:30pm-9:30pm	Daniel Torres
Febrero 5, 6, 7, 2024 (<i>Español</i>)	5:30pm-9:30pm	Leila Montiel Marisela Magana
March 18, 19, 20, 2024	5:30pm-9:30pm	Barbara Fellows
April 24, 25, 26, 2024	5:30pm-9:30pm	Daniel Torres
April 13, 20, 27 (<i>Saturdays</i>)	9:00am-1:00pm	Barbara Fellows
May 30, 31 June 1, 2024	5:30pm-9:30pm	Barbara Fellows
Mayo 20, 21, 22, 2024 (<i>Español</i>)	5:30pm-9:30pm	Leila Montiel Marisela Magana
June 26, 27, 28, 2024	5:30pm-9:30pm	Daniel Torres
June 15, 22, 29, 2024 (<i>Saturdays</i>)	9:00am-1:00pm	Barbara Fellows

W-Rate Pre-Service Trainings

Date	Time	Trainer
March 11, 12, 13, 14, 2024	5:30pm-9:30pm	Tamitra Clark

***Please Note:** Trainings may to be cancelled due to low attendance.

All classes count towards RFA Renewal Hours, SCI, W Rate**February 2024**

Date	Time	Topic	Trainer
Thursday 2/1/24	6:00pm-9:00pm	Trauma & Developmental Delays Part 1 This class will provide foundational knowledge about how trauma can impact the development of children. It will also introduce the brain structure and early child development of children who have experienced trauma.	Tamitra Clark
Tuesday 2/6/24	9:30am- 12:30pm	Preparing for your 1st Placement Knowing what questions to ask before placement helps with making a formal decision. This class will further discuss what to expect at the beginning of placement and how to support the child through the loss and separation.	Marisela Magana
Thursday 2/8/24	6:00pm-9:00pm	Gender Identity and Basic Terms Every child has their own unique backgrounds and experiences as part of who they are. It is significantly important to accept children for who they are and make them feel part of a family. LGBTQ laws and resources will be covered.	Barbara Fellows
Saturday 2/10/24	9:30am-11:30am	Preparándose para su Primera Colocación Saber qué preguntas hacer antes de la colocación ayuda a tomar una decisión formal. Esta clase discutirá más a fondo qué esperar al comienzo de la colocación y cómo apoyar al niño durante la pérdida y la separación.	Marisela Magana
Tuesday 2/13/24	9:30am- 12:30pm	Trauma & Developmental Delays Part 2 This class will provide foundational knowledge about how trauma can impact the development of children. It will also introduce the brain structure and early child development of children who have experienced trauma.	Tamitra Clark
Thursday 2/15/24	6:00pm-9:00pm	Creating a File for each Child: Documentations & Forms Learn best practices on what and how to document. Using proper forms and documents may reduce allegations. Learn how to be consistent and detailed in your note taking.	Barbara Fellows
Tuesday 2/20/24	9:30am- 12:30pm	Level of Care-Specialized Care Increment Booster Learn about the different level of care tiers, funding and support available based on the needs of your child and youth.	Barbara Fellows
Thursday 2/22/24	6:00pm-9:00pm	Home Investigations Going through a home investigation can be a stressful moment. Learn what to expect, the process and how to be prepare.	Barbara Fellows
Saturday 2/24/24	9:30am-11:30am	Equipo Infantil y Familiar (CFT) Esta clase le ayudará a comprender cómo funciona el CFT y cómo utilizarlo. El CFT es una herramienta principal para formar equipos y trabajar en colaboración con otros proveedores.	TBA
Tuesday 2/27/24	9:30am-12:30pm	ADD/ADHD/ODD/RAD Learn about the most common disorders in children. Their symptoms, behaviors, and treatments. This class will further discuss parenting, advocacy and resources for resource parents caring for children with these diagnoses.	Leila Montiel

Date	Time	Topic	Trainer
Thursday 2/29/24	6:00pm-9:00pm	Rights & Responsibilities of Resource Parents This class will review the written directives on resource parents' rights and responsibilities according to the written directives.	Alexis Estwick

March 2024

Date	Time	Topic	Trainer
Tuesday 3/5/24	9:30am-12:30pm	Domestic Violence Impact on Children & Youth Research reveals that children who have been exposed to domestic violence are more likely than their peers to experience a wide range of difficulties which include anger, oppositional behavior, fear, low self-esteem, and withdrawal from poor social relationships.	Alexis Estwick
Thursday 3/7/24	6:00pm-9:00pm	Asthma/Respiratory Conditions Respiratory problems is a condition in which a person's airway becomes inflamed or narrowed producing mucous making it difficult to breathe. It can interfere with daily activity and can become life threatening.	Barbara Fellows
Saturday 3/9/24	9:30am-11:30pm	Level of Care-Specialized Care Increment Booster (Español) Conozca los diferentes niveles de atención, financiación y apoyo. disponibles según las necesidades de su niño y joven.	Marisela Magana Leila Montiel
Tuesday 3/12/24	9:30am-11:00am	Understanding Money Part 1 This class will cover, 8 ways to get out of debt and building saving, 4 simple investments for a better money future, 401(k)s and IRAs.	Bruce Miller
Thursday 3/14/24	6:00pm-9:00pm	Anger Management Explore different ways to managing emotions through self- Regulating activities. The importance of self-care and support will be addressed.	Alexis Estwick
Tuesday 3/19/24	9:30am-11:00am	Understanding Money Part 2 This class will cover, 8 ways to get out of debt and building saving, 4 simple investments for a better money future, 401(k)s and IRAs.	Bruce Miller
Thursday 3/21/24	6:00pm-9:00pm	Resources 101 This class will provide you with emergency resources. Become resourceful, by knowing where to seek for services and support.	Barbara Fellows
Saturday 3/23/24	9:30am-11:30am	Diagnóstico de FASD/Detección Toxicológica Esta clase describirá los efectos del alcohol en el feto en desarrollo y las consecuencias a largo plazo. Los padres adoptivos podrán identificar características faciales, comportamientos y condiciones de salud que están relacionados a FAS.	Marisela Magana Leila Montiel
Tuesday 3/26/24	9:30am-12:30pm	Helping Children Manage Stress & Anxiety Children manifest their stress and anxiety differently. Learn about the common behaviors exhibited by stress and anxiety; how to reduce stressors and cope with anxiety.	Daniel Torres
Thursday 3/28/24	6:00pm-9:00pm	Co-Parenting with Birth Parents Maintaining an open communication and a positive relationship with birth families lead to a faster reunification and long-lasting relationships.	Barbara Fellows



April 2024

Date	Time	Topic	Trainer
Tuesday 4/2/24	9:30am-12:30pm	Prudent Parenting & DCFS Q & A Making prudent decisions can be difficult. This class will help you Make careful and sensible parental decisions in accordance with RFA's written directives.	Barbara Fellows
Thursday 4/4/24	6:00pm-9:00pm	DCFS Court System and Juvenile Probation System Learn about DCFS children's court system, your role in court and how to support children during court. This class will also cover the Juvenile Probation system and ways you support your youth and work with the youth probation officer.	TBA
Saturday 4/6/24	9:30am-11:30am	Transformando Sueños en Títulos Curso 2 Los cuidadores se sentirán capacitados para discutir el valor de la educación superior con sus jóvenes de secundaria y brindarles ideas sobre cómo pueden desempeñar un papel activo en el apoyo a sus jóvenes para que lleguen a la universidad. Los cuidadores aprenderán la importancia de la exploración y preparación universitaria temprana y los pasos clave que pueden tomar para ayudar a los jóvenes a convertir sus sueños en títulos.	Leila Montiel
Tuesday 4/9/24	9:30am-12:30pm	Grief & Loss: From the lens of the Resource Parent This class will cover the stages of grief and loss for caregivers. Learn ways to cope with your loss when children are returned home.	Tamitra Clark
Thursday 4/11/24	6:00pm-9:00pm	Building Healthy Attachments This class will help identify the different attachment styles and methods to create healthy ones. Healthy attachments help children trust and create long-term positive relationships.	Barbara Fellows
Tuesday 4/16/24	9:30am-12:30pm	Sexual Health Education (SB89) This class will review the legislation Senate Bill 89, discuss thoughts and feelings about having the sex talk, stages of development, the different contraceptive methods, STI's, and Tools & Resources	Alexis Estwick
Thursday 4/18/24	6:00pm-9:00pm	Level of Care-Specialized Care Increment Booster Learn about the different level of care tiers, funding and support available based on the needs of your child and youth.	Barbara Fellows
Saturday 4/20/24	9:30am-11:30am	Crear un Archivo para Cada Niño: Documentaciones y Formularios Aprenda las mejores prácticas sobre qué y cómo documentar. Usando formas adecuadas y los documentos pueden reducir las acusaciones. Aprende a ser consistente y detallado en su notas.	Marisela Magana
Tuesday 4/23/24	9:30am-12:30pm	Sleep Disturbance Sleeping has many benefits. Learn the affect's, signs of sleeping problems and tips to support your child's sleep. Foster care and sleep disorders will be reviewed.	Barbara Fellows
Thursday 4/25/24	6:00pm-9:00pm	Child Abuse Reporting The role of a resource family as a mandated reporter, including training of child abuse, neglect identification, and neglect reporting.	TBA
Tuesday 4/30/24	9:30am-12:30pm	Turning Dreams into Degrees Course 1 Caregivers will feel empowered to discuss the value of higher education with their Middle school youth and provide ideas for how they can play an active role in supporting their youth to college. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees.	Daniel Torres

May 2024

Date	Time	Topic	Trainer
Thursday 5/2/23	6:00pm-9:00pm	Core Practice Model This class will increase resource parents' awareness of Standards & Values through the Core Practice Model. Learn ways to monitor and evaluate your practice to improve child outcomes while working in partnership.	Alexis Estwick
Saturday 5/4/23	9:30am-11:30am	Recursos 101 Esta clase le tara recursos de emergencia. Convertirse ingenioso, al saber dónde buscar servicios y apoyo.	Marisela Magana
Tuesday 5/7/23	9:30am-12:30pm	Mental Health First Aid This class will help support children and youth in your care who are experiencing a mental health crisis. Learn how to identify, understand and provide ongoing support including resources.	Tamitra Clark
Thursday 5/9/24	6:00pm-9:00pm	Nutrition and Wellness Class will discuss the various ways of preparing healthy nutritious food for your child. Learn successful and creative strategies to promote daily wellness throughout the day.	TBA
Tuesday 5/14/24	9:30am-12:30pm	Caring for Medically Fragile Infant/Children This class will discuss the most common medical conditions, manage treatment, and the importance of support.	Barbara Fellows
Thursday 5/16/24	6:00pm-9:00pm	CSEC: Commercial Sexual Exploitation of Children Our focus is to bring awareness and identification of Commercial Sexual Exploitation of Children, a form of human trafficking where our children are forced into sexual slavery. We will equip you with a basic understanding of the crime and its scope. You will be given information needed to spot the red flags of a CSEC victim.	Barbara Fellows
Saturday 5/18/24	9:30am-11:30am	Estructura, Rutinas y Horarios Durante el Verano Aprenda herramientas y consejos sobre cómo crear rutinas efectivas para tus hijos. La estructura y las rutinas promueven la responsabilidad y la autoestima eficiencia.	Marisela Magana
Tuesday 5/21/24	9:30am-12:30pm	Foster Children Bill of Rights This class will focus on the Bill of Rights for children and youth in foster care. Learn ways to adhere to these bills of rights while making prudent parenting decisions.	Daniel Torres
Thursday 5/23/24	6:00pm-9:00pm	Trauma Informed Parenting This class will define trauma, identify the various types and common reactions. Also, discuss positive parenting techniques to help manage difficult behaviors and the importance of self-care.	Tamitra Clark
Tuesday 5/28/24	9:30am-12:30pm	Child and Family Team (CFT) This class will help you understand how the CFT works and how to use the CFT as their core tool for teaming and working collaboratively with other providers.	Marisela Magana
Thursday 5/30/24	6:00pm-9:00pm	Oral Hygiene Learn in depth about children's oral health and preventive care. Become more comfortable in recognizing dental disease and conditions to meet children dental needs.	Dental Hygiene Team

June 2024

Date	Time	Topic	Trainer
Tuesday 6/4/24	9:30am-12:30pm	Regional Center Services and Resources Does your child qualify for Regional Center Services? Learn about the services, how to apply, the requirements, forms and the resources provided.	Marisela Magana
Thursday 6/6/24	6:00pm-9:00pm	Structure, Routines & Schedules During Summer This class will provide tools and tips on how to create effective routines for your children. Structure and routines promote responsibility and self-efficiency	Alexis Estwick
Saturday 6/8/24	9:30am-11:30am	Espectro Autista El autismo es un trastorno del desarrollo caracterizado por dificultad en la interacción social y la comunicación solo con movimientos y pensamientos repetitivos. La conciencia de los padres de recursos es esencial.	Marisela Magana Leila Montiel
Tuesday 6/11/24	9:30am-12:30pm	Understanding Psychotropic Medication Class will provide basic knowledge and understanding of the structure of the brain and how it works. How medication affects brain functions & what a comprehensive evaluation consists of. Class will also review myths related to medication, as well as explore and discuss the pro and cons of medication.	Barbara Fellows
Thursday 6/13/24	6:00pm-9:00pm	Diagnosis of FASD/Toxicology Screening This class will outline the effects of alcohol on the developing fetus and the long-term consequences. Resource parents will be able to identify facial characteristics, behaviors, and health conditions that are related to FAS.	Barbara Fellows
Tuesday 6/18/24	9:30am-12:30pm	Permanency Options: Legal Guardianship/Adoption/Kinship Are you ready to talk about Adoption and/or Legal guardianship? Learn ways how to have an age-appropriate conversation about permanency. Review adoption court processes, adoption laws, legal bills, and supportive resources.	Marisela Magana
Thursday 6/20/24	6:00pm-9:00pm	Eating & Hoarding Disorders Learn about the eating and Hoarding disorders; symptoms, treatment, and how you can support your child or youth. Many children or youth with eating disorders may also deal with hoarding behaviors.	TBA
Saturday 6/22/24	9:30am-11:30am	Manejo de Enojo Explore diferentes formas de manejar las emociones através de la autorregulaciones. La importancia del autocuidado y el apoyo.	Leila Montiel
Tuesday 6/25/24	9:30am-12:30pm	Turning Dreams into Degrees Course 2 Caregivers will feel empowered to discuss the value of higher education with their high school youth and provide ideas for how they can play an active role in supporting their youth to college. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees.	Daniel Torres
Thursday 6/27/24	6:00pm-9:00pm	Being your Child's Champion This class will assist resource parents on how to navigate resources, create connections, and gain skills that will promote children's educational, mental, economic, and physical health care.	TBA

QUESTIONS AND ANSWERS

QUESTION	ANSWER
How many renewal hours do I need every year?	8 Hours RFA Renewal Hours 6 Hours SCI (Formerly known as D & F Rate) 4 Hours W Rate
What is the process to become a resource parent?	The first step in order to foster or adopt a child is to call 1-888-811-1121 or go to https://dcfs.lacounty.gov/caregivers/become-a-foster-parent/ to register and attend an orientation.
What is Resource Family Approval Training (RFA)?	This program is the pre-service training mandated by Department of Children and Family Services (DCFS) for all prospective resource and adoptive parent in Los Angeles County.
What is the cost of renewal classes and pre-service certification trainings?	Classes are FREE to current resource and kinship parents as well as the community in general, please pre-register at https://forms.gle/CCT5TPHhReRh7DXy9 You can reach us at (562) 367-3407 or by e-mail FKCE@wlac.edu
What does Specialized Care Increment Training (SCI) mean?	The Special Care Increment (SCI) Training is the 12 hours foundational training for resource parents who are caring for children, adolescents and non-minor dependents who require specialized care resulting in resource parents going above and beyond the basic level of care (LOC) to meet a child's health, physical, emotional, behavioral, educational, permanency and family service needs. This training covers an overview and explanation of LOC & SCI, substance use, medication and behavior management, the impact of trauma on development, navigating the educational system, birth parent engagement, self-care and resources for a successful SCI placement.
What does W-Rate Pre-Service Training mean?	A whole Family Foster Home provides care for a teen parent and his/her non-dependent child, and is specifically recruited and trained to assist the teen parent in developing skills necessary to provide a safe, stable and permanent home.

