

Foster & Kinship Care Education

West Los Angeles College

9000 Overland Ave. Culver City, CA 90230

E-mail: fkce@wlaac.edu

Call/Voicemail: 562-367-3407

RFA renewal hours, SCI, W rate

The FKCE program at West Los Angeles College provides free online parenting workshops. All trainings are currently being hosted online February- June 2022. **Register for all classes at**

<https://forms.gle/CCT5TPHhReRh7DXy9>

Specialized Care Increment Trainings (Formerly known as D & F)

Date	Time
February 14, 15, 16 2022	9:00-1:00p.m
March 1, 2, 3, 2022 March 23, 24, 25, 2022	5:30-9:30p.m 5:30-9:30p.m
April 18, 19, 20 2022	9:00-1:00pm
May, 16,17,18 2022	5:30-9:30p.m
June 1,2,3, 2022 June 15,16,17, 2022 June 27, 28, 29, 2022	9:00-1:00p.m 5:30-9:30p.m 5:30-9:30p.m

W-Rate Pre-Service Trainings

Date	Time
March 21,22,23,24 2022	5:30-9:30p.m.
June 6,7,8, 9 2022	5:30-9:30p.m

Weekly Renewal Workshop Hours: Please view the back of this page to view dates, times, and class descriptions.

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February 2022			
Date	Time	Topic	Trainer
Tuesday 2/1/22	9:30am-12:30pm	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
Thursday 2/3/22	6:00pm-9:00pm	Engagement: How important is it? This class will explore the relationship between engagement and attachment using a trauma-informed approach. Caregivers will enhance their ability to navigate various situations using effective engagement skills.	Alexis Estwick
Tuesday 2/8/22	9:30am-12:30pm	Written Directive: Learn about what RFA written directive entails. How to navigate it and what it consists of. This information will help you make informed decisions as a Resource Parent.	Sandra Smith
Thursday 2/10/22	6:00pm-9:00pm	Strategies to Address Vicarious Trauma: Vicarious trauma and compassion fatigue can arise in caregivers. If you don't care for yourself it can lead to burnout. Caregivers will learn strategies to utilize to increase their self-care, be more resilient and compassionate.	Nicole Klasey
Tuesday 2/15/22	9:30am-12:30pm	Home Investigations: Going through a home investigation can be a stressful moment. Learn what to expect, the process and how to be prepared.	Barbara Fellows
Thursday 2/17/22	6:00pm-9:00pm	Impact of Mass Incarceration on Foster Youth: It is important to understand mass incarceration and how it impacts our foster youth. In this class we'll talk about the historical context of mass incarceration, why mass incarceration exists, how it impacts foster youth, and strategies to support youth who have an incarcerated parent.	Nicole Klasey
Tuesday 2/22/22	9:30am-12:30pm	DCFS Q & A and DCFS Visitations: Regulations & Policies: Learn all about visitations: how to be prepared, what to expect and your role during visitations. This class will help you create positive experiences during visitations.	Barbara Fellows
Thursday 2/24/22	6:00pm-9:00pm	Knowing your Capacity: Eco Map: Recognizing your strengths and needs contribute to a successful placement. During this class you will create and reflect on your Eco-Map.	Alexis Estwick
Saturday 2/26/22	9:00am-1:00pm	Medically Fragile Care – Special Care Increment (SCI): Learn from a public health nurse how to care for a medically fragile child.	Gisela Ramos

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March 2022			
Date	Time	Topic	Trainer
Tuesday 3/1/22	9:30am-12:30pm	Trauma Sensitive Parenting: This class will help you understand how trauma affects children in different ages, learn strategies on how to parent a child who has experienced trauma.	Alexis Estwick
Thursday 3/3/22	6:00pm-9:00pm	Creating a Strong Support System: Share 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
Tuesday 3/8/22	9:30am-12:30pm	Celebrating Culture and Diversity: This class will help resource parents identify family dynamics, understand the makeup of culture, and recognize its importance and how to embrace cultural differences.	Daniel Torres
Thursday 3/10/22	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.	Daniel Torres
Tuesday 3/15/22	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.	Barbara Fellows
Thursday 3/17/22	6:00pm-9:00pm	Behavioral Management Techniques & Strategies: This class will discuss effective ways to handle challenging behaviors. It will further cover effective treatments and the importance of self-care when managing challenging behaviors.	Sandra Smith
Saturday 3/19/22	9:00am-1:00pm	Medically Fragile Care – Special Care Increment (SCI): Learn from a public health nurse how to care for a medically fragile child.	Gisela Romo
Tuesday 3/22/22	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.	Daniel Torres
Thursday 3/24/22	6:00pm-9:00pm	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.	Nicole Klasey
Tuesday 3/29/22	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, and 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 3/31/22	No Class	Cesar Chavez Day!!!	

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April 2022			
Date	Time	Topic	Trainer
Tuesday 4/5/22	9:30am-12:30pm	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
Thursday 4/7/22	6:00pm-9:00pm	Assessing the Needs of My Child: Stages of Development: This class will be reviewing the stages of development. Learn how to assesses your child's needs and how to close the developmental gaps.	Daniel Torres
Tuesday 4/12/22	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 4/14/22	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.	Nicole Klasey
Tuesday 4/19/22	9:30am-12:30pm	Depression and Suicide Prevention: Depression disorder is a common mental health problem in adolescents. It is a major risk factor for suicide, the second to third leading cause of death in adolescents. This class will discuss signs, symptoms to look for and how resource parents can support children and youth.	Daniel Torres
Thursday 4/21/22	6:00pm-9:00pm	Higher Education I: 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.	Sharonda Barksdale
Saturday 4/23/22	9:00am-1:00pm	Medically Fragile Care – Special Care Increment (SCI): Learn from a public health nurse how to care for a medically fragile child.	Irene Cordero
Tuesday 4/26/22	9:30am-12:30pm	Sexual Health Education (SB89 Part I): This class will review the legislation Senate Bill 89, discuss thoughts and feelings about having the sex talk, and how to start a conversation on sexual health.	Sandra Smith
Thursday 4/28/22	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

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May 2022			
Date	Time	Topic	Trainer
Tuesday 5/3/22	9:30am-12:30pm	Sexual Health Education (SB89 Part II): This class will discuss the stages of development, the different contraceptive methods, STI's, and Tools & Resources.	Daniel Torres
Thursday 5/5/22	6:00pm-9:00pm	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.	Alexis Estwick
Tuesday 5/10/22	9:30am-12:30pm	Cerebral Palsy: Impaired muscle coordination and the disabilities typically acquired by damage to the brain before, during or after birth. This information is vital to the SCI population.	Dr. Juan Carlos Castillo
Thursday 5/12/22	6:00pm-9:00pm	Teaching Youth to Use the Internet and Social Media Safely: With more youth using the Internet and social media at younger ages, it's crucial for caregivers to continually engage in dialogue with youth about technology. Caregivers will learn the dangers of Internet, social media and safety strategies for supporting youth to utilize these safely.	Nicole Klasey
Tuesday 5/17/22	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 5/19/22	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.	Barbara Fellows
Saturday 5/21/22	9:00am-1:00pm	Medically Fragile Care – Special Care Increment (SCI): Learn from a public health nurse how to care for a medically fragile child.	Irene Cordero
Tuesday 5/24/22	9:30am-12:30pm	Promoting Normalcy: Prudent Parenting: Every child deserves to engage in similar activities as any child. Normalcy promotes a healthy child development and creates long lasting relationships.	Barbara Fellows
Thursday 5/26/22	6:00pm-9:00pm	Foster Care Awareness Month: A panel of students, staff and resource parents will share their stories and experiences in support of foster care month.	Araceli Nunez
Tuesday 5/31/22	9:30am-12:30pm	Emancipation, Independent Living Skills, AB12: This class will cover AB12 foster care law and principles. It will also cover the different resources available to current or former out of home youth.	Sandra Smith

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June 2022			
Date	Time	Topic	Trainer
Thursday 6/2/22	6:00pm-9:00pm	Learning Disabilities & IEP: Learn about educational resources and rights that support children with their unique needs. Class will discuss and provide an overview of IEP process.	Daniel Torres
Tuesday 6/7/22	9:30am-12:30pm	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
Thursday 6/9/22	6:00pm-9:00pm	Social Communication Disorders: This class will discuss the different social communication disorders in children, child development, ways to promote social interactions, support and treatments.	Barbara Fellows
Tuesday 6/14/22	9:30am-12:30pm	Advocacy 101: 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.	Aubrey Manuel
Thursday 6/16/22	6:00pm-9:00pm	Oral Health: Learn in depth about children oral health and preventive care. Become more comfortable in recognizing dental disease and conditions to meet children dental needs.	TBA
Saturday 6/18/22	9:00am-1:00pm	Medically Fragile Care – Special Care Increment (SCI): Learn from a public health nurse how to care for a medically fragile child.	Public Health Nurse (PHN)
Tuesday 6/21/22	9:30am-12:30pm	Asthma/Respiratory Problems: 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.	Dr. Juan Carlos Castillo
Thursday, 6/23/22	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.	Aubrey Manuel
Tuesday, 6/28/22	9:30am-12:30pm	Tools to Support LGBTQ Children & Youth: 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
Thursday 6/30/22	6:00pm-9:00pm	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

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Questions and Answers

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@wlaac.edu

Have a Wonderful Summer!!!