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.
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. Just completed another, Positive Parenting I, 100% great. Keep em 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

Foster Parent College is a production of Northwest Media Inc.

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
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.

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.