

## Foster VC Kids 21<sup>st</sup> Century Caregiving Alternative Online Training Plan

*This plan requires approval by your RFA Worker. Please watch all required videos and complete quiz (where applicable) and print a copy of the completion certificate for each session. If you are unable to attend session #1 in person, please contact Angelina McCormick Soll so you can obtain a copy of the 21<sup>st</sup> Century Caregiving Participant Guide. You are required to review the contents of the manual as part of your training.*

21 <sup>st</sup> Century Caregiving Classes	QPI Just in Time <a href="http://www.qpicalifornia.org/pages/TopicIndex.shtml">http://www.qpicalifornia.org/pages/TopicIndex.shtml</a>
Session #1: System of Care, Partnership Agreement, & Working with the Team	<p><b>Fostering and the Courts: What Foster Parents and Kinship Caregivers Need to Know About California's Dependency Court Process ( 1 hour, quiz required, review handouts that are provided on the training page )</b>  <a href="http://centervideo.forest.usf.edu/video/qpi/california/fosteringandcourts/start.html">http://centervideo.forest.usf.edu/video/qpi/california/fosteringandcourts/start.html</a></p> <p style="text-align: center;"><b>AND</b></p> <p><b>CCR Webinar Overview For Youth ( 30 minutes, quiz required)</b>  <a href="http://centervideo.forest.usf.edu/qpi/California/ccroverview/start.html">http://centervideo.forest.usf.edu/qpi/California/ccroverview/start.html</a></p> <p>Please review the Partnership Agreement ( request this from your RFA Worker) and Day 1, page 9 in the 21<sup>st</sup> Century Caregiving Participant Guide.</p>
Session #2: Understanding Trauma	<p><b>Trauma and the Impacts on Children in Foster Care: Parts 1 and 2 (2 Hours, quiz required )</b>  <a href="http://centervideo.forest.usf.edu/qpi/nevada/traumaimpchild/part1.html">http://centervideo.forest.usf.edu/qpi/nevada/traumaimpchild/part1.html</a>  <a href="http://centervideo.forest.usf.edu/qpi/nevada/traumaimpchild/part2.html">http://centervideo.forest.usf.edu/qpi/nevada/traumaimpchild/part2.html</a></p>
Session #3: Teaming, Attachment and Co-Parenting	<p><b>Attachments and Implications for Foster Care in Early Childhood ( 1 hour, quiz required)</b>  <a href="http://centervideo.forest.usf.edu/video/qpi/florida/attachmentimplication/start.html">http://centervideo.forest.usf.edu/video/qpi/florida/attachmentimplication/start.html</a></p> <p style="text-align: center;"><b>AND</b></p> <p><b>QPI Focus on Partnership: Foster Parents and Birth Parents ( 1 hour, no quiz available)</b>  <a href="http://centervideo.forest.usf.edu/video/qpi/florida/fostrparntbirthparnt/start.html">http://centervideo.forest.usf.edu/video/qpi/florida/fostrparntbirthparnt/start.html</a></p> <p><b><u>Please answer the following questions (in your Participant Guide, Day 3, Page22 about Co-Parenting and discuss with your RFA worker:</u></b></p> <ol style="list-style-type: none"> <li>1. Why is co-parenting beneficial for children?</li> <li>2. What are some ways you can co-parenting with the child's birth parents?</li> <li>3. What are your worries about co-parenting ?</li> </ol>
Session #4: Normalcy & Cultural Competence	<p><b>Personal Rights of Foster Youth ( 50 minutes, quiz required, review handouts that are provided on the training page)</b>  <a href="http://centervideo.forest.usf.edu/video/qpi/california/ombudspersonrights/start.html">http://centervideo.forest.usf.edu/video/qpi/california/ombudspersonrights/start.html</a></p> <p style="text-align: center;"><b>AND</b></p> <p><b>Preserving and Nurturing Cultural Connections in Our Children ( 80 minutes, quiz required)</b>  <a href="http://centervideo.forest.usf.edu/qpi/preserveconn/preserveconn.html">http://centervideo.forest.usf.edu/qpi/preserveconn/preserveconn.html</a></p>

<p><b>Session #5: Positive/Trauma Informed Parenting</b></p>	<p><b>Parenting from the Trenches: Parts 1, 2, 3 ( 2.5 hours, quiz required)</b>  <a href="http://centervideo.forest.usf.edu/AdoptILConf2016/ParentingfromTrenches/start.html">http://centervideo.forest.usf.edu/AdoptILConf2016/ParentingfromTrenches/start.html</a></p>
<p><b>Session #6: Sexual Abuse, CSEC, &amp; Medical Resources</b></p>	<p><b>*Please note that these topics may be emotionally upsetting. Please contact your RFA worker if you would like to talk about how you were impacted by these trainings.</b></p> <p><b>Commercial Sexual Exploitation of Children: Awareness and Identification (1 ½ hours, quiz required)</b>  <a href="http://centervideo.forest.usf.edu/qpi/California/sacramentocsec/start.html">http://centervideo.forest.usf.edu/qpi/California/sacramentocsec/start.html</a></p> <p style="text-align: center;"><b>AND</b></p> <p><b>Creating Sexual Safety and Promoting Healing (Recovery) in Foster Care and Adoption ( 70 minutes, quiz required, review handouts on training page)</b>  <a href="http://centervideo.forest.usf.edu/summit15/sexualsafety/start.html">http://centervideo.forest.usf.edu/summit15/sexualsafety/start.html</a></p> <p style="text-align: center;"><b>AND</b></p> <p><b>Foster Health Link Overview ( 15 minutes, no quiz)</b>  <a href="http://fostervckids.org/fhl/">http://fostervckids.org/fhl/</a></p> <p style="text-align: center;"><b>AND</b></p> <p><b>Review Day 1, pages 10-14 in 21<sup>st</sup> Century Foster Caregiving Participant Guide and Caregiver Health Care guide at <a href="http://fostervckids.org/wp-content/uploads/2017/04/Caregiver-Health-Guide-English.pdf">http://fostervckids.org/wp-content/uploads/2017/04/Caregiver-Health-Guide-English.pdf</a></b></p>
<p><b>Session #7: Education and Effective Transitions</b></p>	<p><b>Helping Youth in Need: A Video from VCOE Foster Youth Services ( 15 minutes, no quiz available)</b>  <a href="http://www.vcoe.org/Special-Populations/Foster-Youth-Services">http://www.vcoe.org/Special-Populations/Foster-Youth-Services</a></p> <p style="text-align: center;"><b>AND</b></p> <p><b>Educational Rights of Foster Youth ( 1 hour, quiz required)</b>  <a href="http://centervideo.forest.usf.edu/video/qpi/california/fosteredurights/start.html">http://centervideo.forest.usf.edu/video/qpi/california/fosteredurights/start.html</a></p> <p><b>Review Info about our Local Foster Youth Services Program: Foster And Homeless Youth Services Brochure <a href="http://www.vcoe.org/Portals/7/Special-Populations/Foster-Youth/FHYS%20-%20Revised%208.4.16a.pdf">http://www.vcoe.org/Portals/7/Special-Populations/Foster-Youth/FHYS%20-%20Revised%208.4.16a.pdf</a></b></p> <p style="text-align: center;"><b>AND</b></p> <p><b>Every Child Needs a Transition Plan: Parts 1 and 2 ( 1 ½ hours, quiz required, review handouts that are provided on the website)</b>  <a href="http://centervideo.forest.usf.edu/qpi/transitionplans/start.html">http://centervideo.forest.usf.edu/qpi/transitionplans/start.html</a></p>
<p><b>Session #8: Self-Care, Resources, &amp; Panel</b></p>	<p><b>** Need to attend in person session; please contact your RFA worker if you are unable to complete this session.</b></p>