



PRE-APPROVED ONLINE TRAINING LIST

Foster Parents may complete up to 50% of self-directed training (where a live trainer is not present) to meet the caregivers continuing training requirement. Note: reimbursement is not available for self-directed training.

Please remember to submit your certificate of completion to Terry Chapman at tchapman@beechacres.org upon finishing the online course. Please also be sure to complete the Outside Training Agreement.

This document lists approved online courses. The topics are grouped into categories that correspond with your Individual Training Needs Assessment (ITNA). If your ITNA indicated a need/want for a training topic, you will be required to take a course in that area and the training requirement will be listed on your Individual Training Plan. If you are looking to fulfill elective hours, you may select from any topic area, but the miscellaneous section at the end may be the most helpful.

To obtain pre-approval for any training not listed on this document, please contact Ryshel Bowling. Failure to

www.FosterClub.com – This website charges \$24.95 per parent for a one year subscription. Each subscription includes unlimited access to course for one year. ^{get pre-approval may result in the inability to receive credit.}

www.FosterParents.com – This website charges per individual course. The cost of each course ranges between \$6.95 - \$12.95.

[Cenpatico](http://Cenpatico.com)– This website offers FREE live webinars at scheduled times. Please contact Terry Chapman or Ryshel Bowling prior to enrolling in a specific course to obtain pre-approval.

www.fosterparentcollege.com – This website charges per individual course. The cost of each course ranges from \$10 - \$30.

[OCWTP](http://OCWTP.com) – The Ohio Regional Training Center has online courses free of charge. Additionally, the OCWTP has several Caregiver/Foster Parent trainings hosted in person which are pre-approved and ongoing webinars during scheduled times; please contact Terry Chapman or Sarah Sizemore prior to enrolling in webinars to obtain pre-approval.

Independent Living

- Helping Youth Prepare for the Transition to Adulthood – www.fosterclub.com
- Using the Foster Club Transition Toolkit – www.fosterclub.com
- Teaching Independence & Keeping Fragile Kids Safe - www.fosterparents.com
- Preparing for Post High School Education - www.fosterparents.com
- Teaching Essential Life Skills to Children of All Ages - www.fosterparents.com

- Money Skills – www.fosterparents.com

Medication Monitoring / Medical Care

- Psychotropic Medication, Part 1 – www.fosterclub.com
- Psychotropic Medication, Part 2 – www.fosterclub.com
- Shaken Baby Syndrome and Sudden Infant Death Syndrome – www.fosterparents.com
- Health Issues – www.fosterparents.com
- Kids & Their Bones - www.fosterparents.com
- Dietary Guidelines – Food Allergies and Eating Disorders - www.fosterparents.com
- Understanding Asthma – www.fosterparents.com
- High Needs Babies & Beyond - www.fosterparents.com
- Nutrition Healthy Eating - www.fosterparents.com
- Eating Disorders - www.fosterparents.com
- Eating and Food Issues – www.fosterparentcollege.com

Cultural Competency

- Fostering Young People of A Different Race – www.fosterclub.com
- Parenting Children across Racial & Cultural Line – www.fosterparents.com
- Transracial and Cross-Cultural Fostering – www.fosterparents.com
- Hispanic Family Dynamics - www.fosterparents.com
- Celebrating American Indian Culture in the Family - www.fosterparents.com
- Cultural Issues in Parenting – www.fosterparentcollege.com
- Culturally Competent Parenting – www.fosterparentcollege.com
- What Children's Perspectives Tell Us about Inclusion – www.open.edu
- Caregivers Transcending Differences (907-2-DL2-S) – www.ocwtp.net
- Indian Child Welfare Act (ICWA) of 1978 (201-83-DL1-NOS) – www.ocwtp.net

Understanding Mental Health

- Choosing & Talking to Your Child's Therapist – www.fosterparents.com
- Recognizing & Parenting The Bipolar Child/Adolescent – www.fosterparents.com
- How to Identify and Help Anxiety in Young Children – www.fosterparents.com
- They Say My Child Has Bipolar-What Does This Mean & What Can Be Done About It? – www.fosterparents.com
- Sleep Disorders: A Parent's Most Exhausting Challenge! – www.fosterparents.com
- Conduct Disorder - What Is It & What Can Parents Do About It? – www.fosterparents.com
- ADHD - What Is It, Does My Child Really Have It? And What Can Be Done About It? – www.fosterparents.com
- Mad, Sad, Glad, Scared and The Other Lively Emotions – www.fosterparents.com
- There IS a Difference Between Reactive Attachment Disorder & Attachment Disorder! – www.fosterparents.com
- Children Who Self Abuse – www.fosterparents.com
- Eating Disorders - www.fosterparents.com
- Understanding Our Senses & Sensory Integration Disorders - www.fosterparents.com
- Psychiatric Disorders Found in Foster & Adopted Children - www.fosterparents.com
- Anxiety, Depression, Bi-Polar Symptoms & Disorders in Children & Teens – www.fosterparent.com
- Attention Deficit – Hyperactivity Disorder (ADHD/ADD) - www.fosterparents.com
- Depression in Children and Adolescents – www.fosterparents.com
- Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) in Children and Adolescents: Diagnosis and Treatment - www.fosterparents.com
- Bipolar Affective Disorder (Manic Depressive Disorder) in Children and Adolescents - www.fosterparents.com
- Panic Disorder, Separation Anxiety Disorder, and Agoraphobia in Children and Adolescents – www.fosterparents.com

- Obsessive – Compulsive Disorder – www.fosterparents.com
- Suicide Facts & Prevention for Foster & Adoptive Families – www.fosterparents.com
- Eating Disorders – www.fosterparentcollege.com
- Reactive Attachment Disorder – www.fosterparentcollege.com
- Making Sense Of Mental Health Problems – www.open.edu

Adolescent Sexuality

- Supporting LGBTQ Youth In Foster Care – www.fosterclub.com
- Sexually Transmitted Diseases: What You Need To Know – www.fosterparents.com
- Living and Working With LGBTQ Youth in Foster Care - 4 credit hours - www.fosterparents.com
- Working with Gay, Lesbian, Bisexual & Transgendered Youth - www.fosterparents.com

Working with Primary Families

- Foster Parents & Birth Parents – Working Together for the Children - www.fosterparents.com
- The Sibling Bond – www.fosterclub.com
- Sibling Abuse – www.fosterparents.com
- Understanding Birth Family Relationships – www.fosterparentcollege.com
- Working Together with Primary Families – www.fosterparentcollege.com
- Working with Birth Parents I: Visitation – www.fosterparentcollege.com

Attachment & Bonding

- Loss and Grief Experienced by Foster and Adopted Children - www.fosterparents.com
- Ambiguous Foster Child – Attachment, Separation, Loss & Loyalty – www.fosterparents.com
- Parent-Child Attachment – www.fosterparentcollege.com

Substance Abuse / Dependency

- A Caregiver's Guide To Common Street Drugs – www.fosterparents.com
- The Addiction-Prone Child – www.fosterparents.com
- Adolescent Substance Abuse & Treatment – www.fosterparents.com
- Marijuana – Are You Informed? – www.fosterparents.com

The Effects of Trauma & Abuse

- Impact Of Separation On Children And Youth – www.fosterclub.com
- Understanding Childhood Trauma – www.fosterclub.com
- Helping Foster Youth Through The Holidays – www.fosterclub.com
- Parenting Abused and Neglected Children – www.fosterparents.com
- Holidays, Vacations, Birthdays & Other Celebrations: Why Are They Often So Difficult For Foster Children? – www.fosterparents.com
- Creating a Healing Environment for Our Children – www.fosterparents.com
- How to Get Kids to Talk about Their Feelings & Why They Should – www.fosterparents.com
- Parenting on the Same Channel – www.fosterparents.com
- Saying Hello and Good-Bye – www.fosterparents.com
- Divorce: What Foster and Adoptive Parents Need to Know – www.fosterparents.com
- Bridge from Rage to Reason: Coaching the Traumatized Child to Think Before Acting - www.fosterparents.com
- Why Do Traumatized Children Need Such A Different Approach To Parenting- www.fosterparents.com
- Parenting Traumatized Children Part I - www.fosterparents.com

- Parenting Traumatized Children Part II - www.fosterparents.com
- Parenting Traumatized Children Part III - www.fosterparents.com
- Parenting Traumatized Children Part IV - www.fosterparents.com
- Sexual Behaviors of Traumatized Children: Why Are These Children So Focused On Sex- www.fosterparents.com
- Trauma-Informed Parenting – www.fosterparentcollege.com
- Caring for Children Who Have Been Sexually Abused – www.fosterparentcollege.com
- Child Abuse & Neglect – www.fosterparentcollege.com
- Why Children Mistrust Good Care - <https://fostercare.academy/>
- Complex Trauma and Its Effects on Child Development - <https://fostercare.academy/>
- Trauma and Its Impact of Behavior - <https://fostercare.academy/>
- Childhood in Crisis? – www.open.edu

Child / Adolescent Development

****For this section you need to choose courses that are geared toward the ages and developmental levels of the children you care for ****

- Helping Children Become Readers – www.fosterparents.com
- Developmental Milestones Guide (Birth – 5 years) – www.fosterparents.com
- Normal Growth and Development - www.fosterparents.com
- Early Interventions - www.fosterparents.com
- Teaching Our Youngest (Preschoolers) – www.fosterparents.com
- Early Intervention Strategies at Home – www.fosterparents.com
- Helping Toddlers and Preschoolers Catch Up - www.fosterparents.com
- Fun Play – Safe Play - www.fosterparents.com
- Toys: What Do Children Really Need? When? Why? (Birth – 5 years) - www.fosterparents.com
- Raising Foster & Adopted Teens: Not for the Faint of Heart - www.fosterparents.com
- Teaching Independence & Keeping Fragile Kids Safe - www.fosterparents.com
- Foster Parenting Teens – Restoring Peace in Your Home - www.fosterparents.com
- Parenting Teenagers - www.fosterparents.com
- A Foster Parent’s Guide through Puberty - www.fosterparents.com
- Assessing & Exercising the Brain Functioning of Traumatized Children - www.fosterparents.com
- Preparing for Post High School Education - www.fosterparents.com
- Child Development in Detail Part 1 –Infancy - www.fosterparents.com
- Child Development in Detail Part 2- Toddlers- www.fosterparents.com
- Child Development in Detail Part 3- Pre-School Years- www.fosterparents.com
- Child Development in Detail Part 4- School Years- www.fosterparents.com
- An Overview of Child Development - www.fosterparents.com
- The Importance & Policies of Early Intervention Services – www.fosterparents.com
- Learning Disorders, Learning Disabilities – www.fosterparents.com
- Acute Crisis – A Developmental Perspective – www.fosterparents.com
- Child Development – www.fosterparentcollege.com
- Introduction to Neurological Reorganization - <https://fostercare.academy/>
- Raising an Emotionally Intelligent Child - <https://fostercare.academy/>
- Trauma and Its Impact of Behavior - <https://fostercare.academy/>
- Understanding Children: Babies Being Heard – www.open.edu

Drug Exposed Infants

- Fetal Alcohol, Other Drugs & Their Effect – www.fosterparents.com
- Fetal Alcohol, Other Drugs – Caregivers/Family Issues – www.fosterparents.com

- Fetal Alcohol, Other Drugs – School Issues – www.fosterparents.com
- Parenting a Child Who Was Substance Exposed – www.fosterparentcollege.com
- Substance-Exposed Infants – www.fosterparentcollege.com

Effective Member of the Treatment Team

- Allegation Prevention – www.fosterparents.com
- Child Abuse & Neglect Reporting – www.fosterparents.com
- Surviving in Today’s Foster Care Climate: A Guide to Working With Social Workers & Treatment Team Members - www.fosterparents.com
- Learning & Working with Schools – www.fosterparents.com
- Working with Schools – www.fosterparentcollege.com
- The Child Welfare Team – www.fosterparentcollege.com

Advocacy

- Educational Stability for Young People In Foster Care – www.fosterclub.com
- Strategic Sharing – www.fosterclub.com
- Advocacy in Education – www.fosterparents.com
- Understanding the I.E.P. Process – www.fosterparents.com
- Building a Strong Family – School Relationship – www.fosterparents.com
- Learning & Working with Schools – www.fosterparents.com
- Getting involved & Staying Involved in Your Child’s Education – www.fosterparents.com
- Teaching Independence & Keeping Fragile Kids Safe - www.fosterparents.com
- Learning Disorders, Learning Disabilities – www.fosterparents.com
- School Issues - Education Advocacy – www.fosterparents.com

Behavior Management

- Bridge from Rage to Reason: Coaching the Traumatized Child to Think Before Acting - www.fosterparents.com
- Stealing, Lying, Sneaking and Hoarding Food – www.fosterparents.com
- What Can I Expect When I Take a Foster Child Into My Home - Behavior Problems- Easing Transition – www.fosterparents.com
- Parenting the Sneaky Child- www.fosterparents.com
- Positive Discipline - www.fosterparents.com
- Putting Dignity in Discipline – www.fosterparents.com
- Parenting Children with Multiple Diagnoses, Labels, Behaviors, and Solutions - www.fosterparents.com
- Difficult Children 101 - www.fosterparents.com
- Difficult Children 103 Resiliency: Building on Their Strengths - www.fosterparents.com
- Difficult Children 104: Children with Post Traumatic Stress Disorder – www.fosterparents.com
- Anger Management for Children & Teens – www.fosterparents.com
- Effects & Behaviors Caused by Exposure to Domestic Violence - www.fosterparents.com
- Dealing with Sexually Acting out Behaviors in Foster Care – www.fosterparents.com
- Having Compassion for Foster Children Who Bully – www.fosterparents.com
- When Your Child is a Tease, A bully, or the Victim – www.fosterparents.com
- Conflict Resolution – www.fosterparents.com
- Dealing With Gang Activity – www.fosterparents.com
- Lying and Teaching the Truth – www.fosterparents.com
- Anger Management for Children and Teens – www.fosterparents.com
- Practical Ideas for Serious Situations: Drugs, Violence, Sexual Acting Out, & More – www.fosterparents.com
- Practical Ways to Deal With Difficult Children – www.fosterparents.com

- Anger Outbursts – www.fosterparentcollege.com
- Anger Pie – www.fosterparentcollege.com
- Understanding Behavior in Foster Children – www.fosterparentcollege.com
- Fire Play and Fire-setting – www.fosterparentcollege.com
- Lying (2nd Edition) – www.fosterparentcollege.com
- Noncompliance and Defiance – www.fosterparentcollege.com
- Running Away – www.fosterparentcollege.com
- Sexualized Behavior – www.fosterparentcollege.com
- Sleep Problems (2nd Edition) – www.fosterparentcollege.com
- Taking Things – Stealing – www.fosterparentcollege.com
- Wetting and Soiling – www.fosterparentcollege.com

Miscellaneous

The classes listed in this section do not meet a specific training plan requirement and can be utilized to fulfill elective training hours.

- Introducing Your Home – www.fosterclub.com
- The Wounded Spirit : Grief and Loss In Foster Care – www.fosterclub.com
- Foster Club's Permanency Pact – www.fosterclub.com
- An Introduction to Permanence – www.fosterclub.com
- An Introduction To Foster Care – www.fosterclub.com
- Promoting Normalcy – www.fosterclub.com
- The Truth About Bedwetting – www.fosterparents.com
- Part 1: Eligibility Issues and Requirements – www.fosterparents.com
- Part 2: Negotiating Adoption Assistance– www.fosterparents.com
- Part 3: Hearings & Appeals – www.fosterparents.com
- Social Media, Part 1: Friend or Foe – www.fosterparents.com
- Social Media, Part 2: Websites & Apps – www.fosterparents.com
- Social Media, Part 3: More Websites & Apps – www.fosterparents.com
- Ten Important Things Foster and/or Adoptive Parents Should Know – www.fosterparents.com
- Lessons Learned From 27 Years of Fostering Part 1 – www.fosterparents.com
- Emergency Preparedness – www.fosterparents.com
- Whole Family Foster Care Part 1 – www.fosterparents.com
- The Foster Care Experience – www.fosterparents.com
- Foster Parent Burnout: Avoiding It and Dealing with It - www.fosterparents.com
- The Adoption Process: A Personal Experience – www.fosterparents.com
- Lifebooks- www.fosterparents.com
- Water Safety - www.fosterparents.com
- Transportation Safety - www.fosterparents.com
- Through The Eyes Of A Foster Child Part – www.fosterparents.com
- What I Really Needed! - Through The Eyes Of A Foster Child Part II – www.fosterparents.com
- Aspergers, Autism & Other Pervasive Developmental Disorders – www.fosterparents.com
- Pets & Children - www.fosterparents.com
- Stress: A friend of Relentless Enemy? – www.fosterparents.com
- Paradoxical Techniques – www.fosterparents.com
- Positive Parenting 1 – www.fosterparentcollege.com
- Positive Parenting 2 – www.fosterparentcollege.com
- Positive Parenting 3 – www.fosterparentcollege.com
- Supporting Normalcy – www.fosterparentcollege.com
- Children with Autism – www.fosterparentcollege.com
- Child Safety and Supervision – www.fosterparentcollege.com
- Foster Care to Adoption – www.fosterparentcollege.com
- Grief & Loss in the Care System – www.fosterparentcollege.com

- It's My Marriage! – www.fosterparentcollege.com
- Reducing Family Stress – www.fosterparentcollege.com
- The Impact of Fostering on Birth Children – www.fosterparentcollege.com
- What Caregivers Need to Know About Human Trafficking (923-69-DL2-S) – www.ocwtp.net