

# 2026 ODHS Child Welfare Resource Family Training Catalog

## Welcome resource parents, relative resource parents, guardians and adoptive parents!

We are thrilled to have you here as you embark on this journey of growth, learning and empowerment. Your role in caring for children experiencing the foster care system is invaluable; providing children with the love, stability and guidance they need to thrive. This training course menu is designed to support you in that mission: equipping you with the tools, skills and knowledge to navigate the challenges and joys of parenting with confidence and compassion.

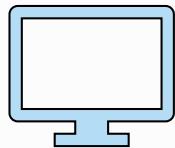
As the world evolves, so do the needs of the children in our care. By staying up to date on

the latest best practices, trauma-informed approaches and parenting strategies, you are ensuring that you can offer the highest level of support to the children who depend on you. Training is not just a requirement, it is an opportunity for personal and parenting growth, a chance to refine your skills and a way to strengthen the positive impact you have on young lives.

Thank you for your commitment, heart and dedication to fostering a brighter future for children in need. We are honored to be part of your journey and look forward to learning and growing together.

**Welcome to your next step in making a difference!**

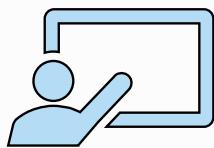
### Good to Know:



Before you can participate in any of our training opportunities, you will need to [\*\*register for a Workday Learning account\*\*](#). All resource family members and caregivers need to create a Workday Learning account to access the trainings listed in this document. Each person needs their own account using their own email address. An email address can only be used once in Workday.

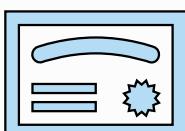
**To register, and learn more about Workday Learning, please visit**

<https://www.oregon.gov/odhs/providers-partners/foster-care/Pages/workday.aspx>



Each training listed in this catalog includes a brief description, the link to register and participate in each, and the type of training – **Live, or On-demand**.

- **Live** trainings are instructor-led and take place virtually by Zoom or webinar.
- **On-demand** trainings can be accessed online at a time that works for you.



All listed trainings can count toward your ongoing training hours for certification. Certification staff will track course completion and training records in your Workday Learning account.

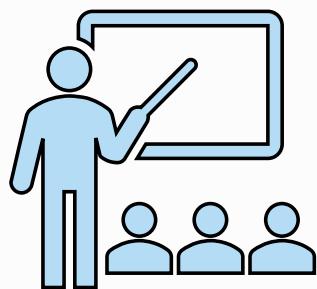
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## Resource family required trainings and timelines

If you are considering or pursuing becoming a resource parent, relative resource parent or adoptive parent, there are initial training requirements to meet.



**Orientation Training:** On-demand, within 30 days of placement.

**Mandatory Reporter Training:** On-demand, before taking RAFT.

**RAFT Training (non-relative families required only):** Live, within 12 months of certification.

**Safe Sleep:** On-demand, within 30 days of placement of an infant under 12 months of age (relatives only). For all other resource parent types, this training is completed prior to issuance of certificate.

Capacitación a pedido, dentro de los 30 días de la colocación de un infante menor de 12 meses de edad (Solo Parientes). Para todos los demás padres de apoyo, esta capacitación se debe completar antes de recibir su certificación.

### Orientation Training

Training type: **On-demand**

Training length: **2 hours**

To become certified you must complete Orientation Training. You can also participate to help you determine if becoming a resource parent is right for you. There are two versions: one for general and non-relative child-specific applicants, and one for relative applicants. Choose the one that applies to you. Both versions are taken on-demand and cover required forms and the assessment processes.

**Resource Parent Orientation Training:** This on-demand five-part video series takes about two hours to complete. This version is for general and non-relative child-specific applicants.

**Workday link:** [ODHS - CW - Resource Parent Orientation Training \(Non-Relatives\)](#)

**Relative Orientation Training:** This on-demand four-part video series takes about two hours to complete.

**Workday link:** [ODHS - CW - Resource Parent Orientation Training \(Relative\)](#)

## **Capacitación de Orientación**

Para obtener la certificación, debe completar la capacitación de orientación. Pueden participar en la capacitación de orientación para obtener una introducción y visión general para ayudarle a determinar si convertirse a un apoyo para los niños es adecuado para usted.

**Capacitación de Orientación para Parientes de Apoyo:** On-demand, Esto incluye una serie de videos en cinco partes. La orientación en línea cubre los formularios y el proceso de evaluación requeridos, pero no incluye los procesos locales o los recursos locales. Se tarda unas dos horas en completar todo el proceso de orientación en línea.

**Workday link:** [ODHS - CW - Capacitación de Orientación para Parientes de Apoyo y Padres de Apoyo de un Niño Específico](#)

**Orientación para padres de recursos:** On-demand, Esto incluye una serie de videos en cinco partes. La orientación en línea cubre los formularios y el proceso de evaluación requeridos, pero no incluye los procesos locales o los recursos locales. Se tarda unas dos horas en completar todo el proceso de orientación en línea. Esto es para solicitantes generales y solicitantes de un niño específico que no son parientes.

**Workday link:** [ODHS - CW - Orientación para padres de recursos](#)

## **Mandatory Reporting of Child Abuse in Oregon**

Training type: **On-demand**

Training length: **1 hour**

Learn about the requirements of mandatory reporters in recognizing and understanding signs of child abuse, when and how to report abuse, and information to share when reporting abuse.

**Workday link:** [ODHSOHA - HR - Mandatory Reporting of Child Abuse in Oregon](#)

## **Safe Sleep**

Training type: **On-demand**

Training length: **1 hour**

Safe sleep practices for infants includes a self-study guide and knowledge check - this version is specific to resource parents.

**Workday link:** [ODHS - CW - Safe Sleep for Oregon's Infants \(for Resource/Adoptive Parents\)](#)

## **Sueño seguro**

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1 hora**

La capacitación de Sueño seguro para los bebés consiste en una guía de aprendizaje y una prueba de conocimientos – esta versión es específica para padres de apoyo.

**Workday link:** [ODHS - CW - Sueño seguro para los bebés de Oregon](#)

## **RAFT – Resource and Adoptive Family Training (non-relative families required only):**

Training type: **Live, within 12 months of certification.**

Training length: **27 hours**

Resource and Adoptive Family Training (RAFT) is the ODHS Child Welfare certification training curriculum that all non-relative resource parents and non-relative pre-adoptive parents must complete within 12 months of becoming certified. Relative resource parents are encouraged to participate in RAFT for gaining knowledge and skills. The RAFT series is a 27-hour curriculum that takes place during nine, three-hour sessions delivered at a set date and time. Each resource or adoptive parent will need to register and complete the RAFT series.

[ODHS - CW - RAFT Session 1](#)

[ODHS - CW - RAFT Session 2](#)

[ODHS - CW - RAFT Session 3](#)

[ODHS - CW - RAFT Session 4](#)

[ODHS - CW - RAFT Session 5](#)

[ODHS - CW - RAFT Session 6](#)

[ODHS - CW - RAFT Session 7](#)

[ODHS - CW - RAFT Session 8](#)

[ODHS - CW - RAFT Session 9](#)



Tipos de Capacitación: **En linea**

Duración de la Capacitación: **27 horas**

Capacitación para familias adoptivas y de apoyo (RAFT) es el currículo de capacitación de certificación para todos los padres de apoyo y padres preadoptivo. RAFT debe completarse para todos los padres de apoyo dentro de los 12 meses posteriores a convertirse en un parent de apoyo certificado. RAFT tiene nueve sesiones de tres horas proporcionadas a través de Zoom. Cada los padres de apoyo y padres preadoptivo Cada recurso o parent adoptivo necesitará registrarse y completar la serie RAFT.

[ODHS - CW - Capacitación para familias adoptivas y de apoyo \(RAFT\)](#)

## Initial recommended training

Once you have attended Orientation, Mandatory Reporting Training, and are registered for RAFT there are some initial recommended trainings to complete, ideally within six months of submitting an initial application.

### Overview of Child Welfare System

Training type: **On-demand**

Training length: **35 minutes**

Receive a general overview of the Child Welfare system related to how it came into existence, and its main functionality. This training is not specific to Oregon.

**Workday link:** [ODHS – CW – Overview of the Child Welfare System](#)

### La Visión General del Sistema de Bienestar Infantil

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **35 minutos**

Esta capacitación de 35 minutos sobre la Visión General del Sistema de Bienestar Infantil se recomienda encarecidamente antes de participar en RAFT.

**Workday link:** [ODHS - CW - la Visión General del Sistema de Bienestar Infantil](#)

### Expanding Your Parenting Paradigm

Training type: **On-demand**

Training length: **50 minutes**

Learn about what it means to expand your parenting paradigm and consider ways to prepare yourself and your family to become resource parents. This training is not specific to Oregon. There are two versions of this training; choose the one that's right for you

**Relative Workday link:** [ODHS - CW - Expanding Your Parenting Paradigm\(Relative\)](#)

**General Workday link:** [ODHS - CW - Expanding Your Parenting Paradigm \(General\)](#)

## **Ampliando su Paradigma de Crianza (General)**

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **50 minutos**

Aprenda lo que significa ampliar su paradigma de crianza y considere formas de prepararse usted y su familia para convertirse en padres de apoyo. Esta capacitación no es específico a Oregón.

**Workday link:** [ODHS - CW - Ampliando su Paradigma de Crianza \(General\)](#)

## **Being a Resource Parent: Making the Decision**

Training type: **On-demand**

Training length: **30 minutes**

Learn what it means to be a resource parent and how it impacts your entire family.

**Workday link:** [ODHS - CW - Being a Resource Parent: Making the Decision](#)

## **Ser Padre De Apoyo: Tomar La Decisión**

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **30 minutos**

Este módulo, Ser padre de apoyo: tomar la decisión, le ayudará a ver cómo ser padre de apoyo puede afectar a toda su familia.

**Workday link:** [ODHS - CW - ETWD - Ser Padre De Apoyo: Tomar La Decisión](#)

## **Understanding Resource Home Certification Rules**

Training type: **On-demand**

Training length: **30 minutes**

This training will cover what the rules are related to becoming a licensed resource parent, why the rules are important and how to interpret the rules.

**Workday link:** [ODHS - CW - Understanding Resource Home Certification Rules](#)

## **Being a Resource Parent: Caring for Teens**

Training type: **On-demand**

Training length: **15 minutes**

Learn more about the role of a resource parent in caring for tweens and teens, discussions you may have with them and considerations to help a teen learn daily skills to prepare them for adulthood.

**Workday link:** [ODHS - CW - Being a Resource Parent: Caring for Teens](#)

## **Being a Resource Parent: Honoring Identity**

Training type: **On-demand**

Training length: **1 hour**

Learn more about the role of a resource parent in understanding, acknowledging and supporting all identities of a child you may be caring for.

**Workday link:** [ODHS - CW - Being a Resource Parent: Honoring Identity](#)

## **Being a Resource Parent: The Reasonable and Prudent Parenting Standard**

Training type: **On-demand**

Training length: **30 minutes**

Learn more about the role of the resource parent in applying the Reasonable and Prudent Parenting Standard. This standard allows resource parents to make day-to-day parenting decisions and manage challenging behaviors.

**Workday link:** [ODHS – CW – Being a Resource Parent: The Reasonable and Prudent Parenting Standard](#)

## **All About Me Books: A Guide for Resource Parents**

Training type: **On-demand**

Training length: **One hour**

All About Me Books are a tool that helps kids in foster care understand their life story, feel more connected, and build self-esteem. Learn about your role as a resource parent in making these books with them.

**Workday link:** [ODHS - CW - All About Me Books: A Guide for Resource, Adoptive and Guardianship Parents](#)

## How Does RAFT Connect to Your Role as an Adoptive Parent?

Training type: **On-demand**

Training length: **15 minutes**

Learn how RAFT can prepare you for parenting a child who has experienced trauma, separation and loss. RAFT is for all resource and pre-adoptive families - learn how RAFT is applicable to those on the adoption journey.

**Link:** [How Does RAFT Connect to Your Role as an Adoptive Parent?](#)

## Adoption Steps - Application to Finalization

Training type: **On-demand**

Training length: **45 minutes**

Curious about the adoption process with ODHS Child Welfare? Learn about the entire process, from application to finalization. This training is most helpful for prospective adoptive parents who are not caring for children related to them or planning to be a resource parent.

**Workday link:** [ODHS - CW - Adoption Steps - Application to Finalization](#)

## Transitions Toolkit

Training Type: **On-demand**

Training Length: **1 hour**

Learn about the different types of transitions that children in foster care may experience, and ways resource parents can support the child before, during, and after a transition.

**Workday link:** [ODHS - CW - Transitions Toolkit for Resource Families](#)

## Learn about processes experienced by resource parents

### Child Adolescent Needs and Strengths (CANS)

Training type: **On-demand**

Training length: **30 minutes**

The Child Adolescent Needs and Strengths (CANS) Assessment is a required assessment for all children in foster care. Learn more about the CANS Assessment, the kind of information you will be asked as a resource parent, and what happens after the assessment is completed.

**Workday link:** [ODHS - CW - Overview of the Child Adolescent Needs and Strengths \(CANS\) Assessment for Resource/Adoptive Parents](#)

### Citizen Review Board (CRB) Hearings: What Resource Parents Need to Know

Training type: **On-demand**

Training length: **1 hour**

Learn about the CRB and how resource parents can participate in CRB processes.

**Workday link:** [ODHS – CW – Citizen Review Board \(CRB\) 101 for Resource Parents](#)

### Medical Services for Children and Youth in Care

Training type: **On-demand**

Training length: **30 minutes**

Explore what types of medical services children in foster care will access, how to prepare for appointments, and when to involve ODHS in medical service planning.

**Workday link:** [ODHS - CW - Medical Services for Children and Youth in Care](#)

### Family Time Defined: My Role as a Resource Parent

Training type: **On-demand**

Training length: **30 minutes**

Family Time (Visitation) is an important part of connection for children in foster care. Gain a broad overview of what family time is and the role of resource parents in encouraging Family Time.

**Workday link:** [ODHS - CW - Family Time Defined: My Role as a Resource Parent](#)

## Overview of the Juvenile Justice System

Training type: **On-demand**

Training length: **30 minutes**

Child Welfare frequently interacts with the Oregon Juvenile Court system. Learn more about the types of court hearings and your role as a resource parent during court hearings.

**Workday link:** [ODHS - CW - Overview of the Juvenile Justice Process for Resource/Adoptive Parents](#)

## Oregon Safety Model for Resource Parents

Training type: **On-demand**

Training length: **30 minutes**

Learn about the steps ODHS Child Welfare follows to prioritize the safety of children and young people throughout the life of their case.

**Workday link:** [ODHS - CW - The Oregon Safety Model for Resource Parents](#)

## Child Protective Services (CPS) Assessments in Resource Parent Homes

Training type: **On-demand**

Training length: **30 minutes**

When a CPS Assessment occurs in a resource parent home, it can feel challenging. Learn more about the process, the roles of Child Welfare staff during an assessment, and what a resource parent can expect.

**Workday link:** [ODHS - CW - Child Protective Service \(CPS\) Assessments in Resource Parent Homes](#)

## La Evaluación de los Servicios de Protección de Menores (CPS) en los Hogares de los Padres de Apoyo

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **30 minutos**

¿Ha tenido curiosidad sobre el proceso de La Evaluación de los Servicios de Protección de Menores (CPS) en los Hogares de los Padres de Apoyo por Bienestar Infantil del ODHS? Conozca el proceso, las funciones del personal de Bienestar Infantil durante una evaluación y lo que un parent de apoyo puede esperar durante la evaluación.

**Workday link:** [ODHS - CW - La Evaluación de los Servicios de Protección de Menores \(CPS\) en los Hogares de los Padres de Apoyo](#)

## Ongoing- suggested trainings

Non-relative resource parents have ongoing training requirements to maintain certification. Relative resource parents are encouraged to increase knowledge and skill development by taking training. We have many options for continued learning in several categories:

- Understanding trauma
- Parenting tools for challenging behaviors
- Experience as a caregiver
- Experience of the child
- Identity and culture
- Caring for teens and tweens
- Kin and relative caregiver
- Adoption and guardianship
- Education

### Understanding trauma

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#### **Parenting Children Who have Experienced Trauma**

Training type: **On-demand**

Training length: **1 hour**

Learn how fear changes the way youth think, feel and act, and learn trauma-informed techniques for parenting a youth based on their emotional age and development.

**Workday link:** [ODHS - CW - Core Teen: Parenting Youth who have experienced Trauma for Resource/Adoptive Parents](#)

#### **Adverse Childhood Experiences (ACES)**

Training type: **Live**

Training length: **2 hours**

Learn how trauma and stress impact development of our brains and nervous systems, and how traits are passed from one generation to the next through our DNA.

**Workday link:** [ODHS - CW - Adverse Childhood Experiences \(ACEs\) for Resource/Adoptive Parents](#)

## **Understanding the Impact of Trauma on Youth in Foster Care**

Training type: **On-demand**

Training length: **1 hour**

Learn how traumatic stress and adversity impacts a youth's development, and the importance of responding to the underlying causes of the youth's behaviors and promoting well-being.

**Workday link:** [ODHS - CW - CORE TEEN: Understanding the Impact of Trauma on Youth in Foster Care](#)

## **Parenting tools for challenging behaviors**

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### **Understanding and Managing Youth Challenging Behaviors**

Training type: **On-demand**

Training length: **1 hour**

Learn skills in coping and managing your own emotions while parenting a youth with challenging behaviors.

**Workday link:** [ODHS – CW – Understanding and Managing Youth's Challenging Behaviors](#)

### **Developing and Sustaining a Healthy and Supportive Relationship with Youth**

Training type: **On-demand**

Training length: **1 hour 15 minutes**

Learn the impacts of loss and grief on youths and learn how to enhance attachment and strengthen your relationship with them.

**Workday link:** [ODHS – CW – Developing and Sustaining a Healthy and Supportive Relationship with Youth for Resource and Adoptive Parents](#)

### **Express Understanding to Focus on Solutions**

Training type: **Live**

Training length: **2 hours**

Identify the four Rs of punishment and explore ways to help children feel better so they can do better.

**Workday link:** [ODHS - CW - Positive Discipline Series: Express Understanding to Focus on Solutions](#)

## **Understanding Challenges and Life Skills**

Training type: **Live**

Training length: **2 hours**

Explore common parenting challenges and learn how to create alternatives to help children develop valuable life and social skills, and reduce frustrations.

**Workday link:** [ODHS - CW - Positive Discipline Series: Understanding Challenges and Life Skills](#)

## **Building Positive Connections with Children**

Training type: **Live**

Training length: **2 hours**

Explore tools based on the importance of connection before correction and on how mistakes are opportunities to learn.

**Workday link:** [ODHS - CW - Positive Discipline Series: Building Positive Connections with Children](#)

## **Meeting Children's Unique Needs**

Training type: **Live**

Training length: **2 hours**

Explore how basic brain development and traumatic experiences may impact behaviors as well as learning strategies to help children and caregivers regulate emotions.

**Workday link:** [ODHS - CW - Positive Discipline Series: Meeting Children's Unique Needs](#)

## **A New Suitcase of Parenting Knowledge and Skills**

Training type: **On-demand**

Training length: **1 hour**

Learn ways to support youths' important connections and sense of connectedness and understand the impact of secondary trauma on parenting and self-care.

**Workday link:** [ODHS - CW - Core Teen: A New Suitcase of Parenting Knowledge and Skills](#)

## **Parenting Tools for Long-Term Solutions**

Training type: **Live**

Training length: **2 hours**

Explore tools to teach life skills.

**Workday link:** [ODHS - CW - Positive Discipline Series: Parenting Tools for Long-Term Solutions](#)

## **Creating Family Dynamics**

Training type: **Live**

Training length: **2 hours**

Explore tools that include children in planning to reduce frustrations including curiosity questions, asking versus telling, and more.

**Workday link:** [ODHS - CW - Positive Discipline Series: Creating Family Dynamics](#)

## **Crisis Prevention Intervention – Verbal Intervention Training**

Training type: **Live**

Training length: **6 hours**

CPI Verbal Intervention™ training provides resource families with an effective framework for preventing, de-escalating and safely responding to crisis behavior.

**Workday link:** [ODHS - CW - Crisis Prevention Intervention - Verbal Intervention Training for Resource/Adoptive Parents](#)

## **Experience as a caregiver**

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### **Accessing Services and Supports**

Training type: **On-demand**

Training length: **1 hour**

Understand the types of services available and how to ask for them.

**Workday link:** [ODHS – CW – Accessing Services and Supports](#)

### **Acceso a Servicios y Apoyo**

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1 hora**

Este video se centra en una conversación entre dos profesionales sobre la necesidad de apoyo y servicios para brindar un entorno de apoyo y sanación para los niños que han experimentado un trauma, una pérdida o una separación.

**Workday link:** [ODHS - CW - Acceso a Servicios y Apoyo](#)

## **Birth and Resource Parent Partnership**

Training type: **On-demand**

Training length: **30 minutes**

Explore the birth and resource parent partnership, why it is essential, what is needed for success and how to begin to build a partnership.

**Workday link:** [ODHS – CW – Birth and Resource Parent Partnership](#)

## **Building Parental Resilience**

Training type: **On-demand**

Training length: **1 hour**

Learn the importance of self-care for parents who are fostering or adopting as well as practical ideas to incorporate self-care into your daily routine.

**Workday link:** [ODHS – CW – Building Parental Resilience](#)

## **Creando Resiliencia en los Padres**

Tipos de Capacitación: **A pedidio**

Duración de la Capacitación: **1 hora**

Este video describe la importancia de la resiliencia de los padres para los padres que están criando o adoptando niños que han experimentado trauma, separación y pérdida.

**Workday link:** [ODHS - CW - Creando Resiliencia en los Padres](#)

## **Caregiver Stress: The SMART Approach for Resource/Adoptive Parents**

Training type: **On-demand**

Training length: **1 hour**

This training teaches the SMART (Simple and sustainable, Mindful, Accessible, Renewing; Rejuvenating Timely and Tuned) approach to relieving stress.

**Workday link:** [ODHS – CW – Caregiver Stress: The SMART Approach for Resource/Adoptive Parents](#)

## **Developing Open and Effective Communication with Youth in Care**

Training type: **On-demand**

Training length: **1 hour**

Learn kind, clear, and age-appropriate ways to talk with youth. Learn practical tools for handling tough conversations while building trust, connection, and confidence.

**Workday link:** [ODHS – CW – Developing Open and Effective Communication with Youth in Care](#)

## **Family Dynamics**

Training type: **On-demand**

Training length: **1.5 hours**

Learn about the impact fostering or adopting can have on family dynamics including the impact on marital relationships, biological children, foster or adoptive children already living in the home, and extended family members.

**Workday link:** [ODHS – CW – Family Dynamics](#)

## **Dinámicas Familiares**

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1.5 horas**

Este video brinda una visión realista de cómo la crianza temporal o la adopción afectarán la vida familiar.

**Workday link:** [ODHS - CW - Dinámicas Familiares](#)

## **Introduction to Occupational Therapy and Foster Care**

Training type: **On-demand**

Training length: **30 minutes**

Learn about a branch of behavioral health called occupational therapy and how it can help children complete their daily activities.

**Workday link:** [ODHS – CW – Occupational Therapy and Foster Care for Resource and Adoptive Parents](#)

## **Trauma-informed Co-parenting for Success**

Training type: **Live**

Training length: **1.5 hours**

Join a panel discussion of Oregon parents and resource parents as they answer your questions and share their lived experience of relationship building and establishing healthy communication.

**Workday link:** [ODHS – CW – Trauma-Informed Co-Parenting for Success for Resource/Adoptive Parents](#)

## **Partnering with Birth Parents in Foster Care**

Training type: **On-demand**

Training length: **45 minutes**

Learn ways to develop a healthy relationship with a child's parents to facilitate reunification when possible.

**Workday link:** [ODHS – CW – Partnering with Birth Parents in Foster Care for Resource/Adoptive Parents](#)

## **Being a Resource Parent: Caring for Children**

Training type: **On-demand**

Training length: **30 minutes**

Learn about what it means to care for children in foster care. This is a great opportunity for those considering becoming a resource parent to learn more.

**Workday link:** [ODHS – CW – Being a Resource Parent: Caring for Children](#)

## **What is it Really Like to Raise a Child with FASD?**

Training type: **On-demand**

Training length: **75 minutes**

Learn how prenatal exposure to alcohol damages the brain of a developing fetus, and how to identify and manage behaviors that are typical from children with Fetal Alcohol Spectrum Disorder (FASD).

**Workday link:** [ODHS – CW – ETWD – What is it Really Like to Raise a Child with FASD?](#)

## **Overview of the Juvenile Justice Process and the Types of Court Hearings for Resource Parents**

Training type: **On-demand**

Training length: **30 minutes**

Gain a basic understanding of the Oregon Juvenile Court system and how CW and the courts interact.

**Workday link:** [ODHS – CW – Overview of the Juvenile Justice Process for Resource/Adoptive Parents](#)

## FACT OREGON: Overview of Developmental Disability Services in Oregon

Training type: **On-demand**

Training length: **1 hour**

An overview of Oregon's developmental disability services, how to access them, and how they support individuals with intellectual and developmental disabilities and their families to live full lives.

**Registration link:** [Overview of Developmental Disability Services in Oregon](#)

## HECHO OREGON: Descripción general de los servicios de discapacidad del desarrollo en Oregón

Tipos de Capacitación: **A pedidio**

Duración de la Capacitación: **1 hora**

Una descripción general de los servicios de discapacidad del desarrollo de Oregón, cómo acceder a ellos y cómo apoyan a las personas con discapacidades del desarrollo y sus familias para llevar vidas plenas.

**Enlace de Registro:** [Resumen de los Servicios para Discapacidad del Desarrollo en Oregon](#)

## Experience of the child

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### Building Children's Resilience

Training type: **On-demand**

Training length: **1 hour**

Learn the concepts and definitions related to enhancing the resilience of children who have experienced trauma, separation or loss.

**Workday link:** [ODHS – CW – Building Children's Resilience](#)

### Creando Resiliencia en los Niños

Tipos de Capacitación: **A pedidio**

Duración de la Capacitación: **1 hora**

Este video define la resiliencia, en parte, como la capacidad de recuperarse de los tiempos difíciles y destaca cómo la relación entre padres e hijos es fundamental para desarrollar la resiliencia.

**Workday link:** [ODHS - CW - Creando Resiliencia en los Niños](#)

## **Commercial Sexual Exploitation of Children (CSEC)**

Training type: **On-demand**

Training length: **1 hour**

Learn about CSEC, and how youth in foster care are at a higher risk of exploitation.

**Workday link:** [ODHS – CW – ETWD - Commercial Sexual Exploitation of Children for Resource and Adoptive Parents](#)

## **Domestic Violence 101 for Resource and Adoptive Families**

Training type: **On-demand**

Training length: **45 minutes**

Gain an introductory overview of domestic violence, what it is, and how it affects individuals – especially children.

**Workday link:** [ODHS – CW – Domestic Violence 101 for Resource and Adoptive Families](#)

## **Impacts of Fetal Alcohol Spectrum Disorders**

Training type: **On-demand**

Training length: **1.5 hours**

Learn to understand impacts on children exposed to substances prenatally, including FASD.

**Workday link:** [ODHS – CW – Impacts of Fetal Alcohol Spectrum Disorders](#)

## **LGBTQIA+ Youth: Support Basics for Resource/Adoptive Parents**

Training type: **Live**

Training length: **2 hours**

Learn what the letters in LGBTQIA stand for, and what they mean for how you show up and support youth.

**Workday link:** [ODHS – CW – LGBTQIA+ Youth: Support Basics for Resource/Adoptive Parents](#)

## **Life Story – Birth and Adoption Story**

Training type: **On-demand**

Training length: **1 hour**

Learn the importance of having conversations with children about their birth and adoption story.

**Workday link:** [ODHS – CW – Life Story – Birth and Adoption Story](#)

## **Historia de vida: historia del nacimiento y la adopción**

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1 hora**

El video de la historia del nacimiento y la adopción se basa en las experiencias y el conocimiento de los padres de crianza temporal y adoptivos, los adultos adoptados y los expertos para enseñar a los espectadores la importancia de hablar con los niños sobre sus historias, especialmente aquellos aspectos de la historia de un niño que sucedió antes de ser colocado con una familia de crianza o adoptiva.

**Workday link:** [ODHS - CW - Historia de vida: historia del nacimiento y la adopción](#)

## **Managing Placement Transitions**

Training type: **On-demand**

Training length: **1 hora**

This provides an overview of the impact transitions have on children who've experienced trauma, loss or separation, and strategies to help children cope.

**Workday link:** [ODHS - CW - Managing Placement Transitions](#)

## **Navegando las transiciones de hogar**

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1 hora**

El video muestra el importante papel que desempeñan los padres de crianza en el apoyo a los niños que hacen la transición hacia y desde su hogar.

**Workday link:** [ODHS - CW - Navegando las transiciones de hogar](#)

## **Supporting the Mental Health of Youth in Your Care**

Training type: **On-demand**

Training length: **45 minutes**

Youth who go through difficult things like losing someone, being separated from family, or experiencing trauma may have mental health challenges. This training equips resource parents with the knowledge and tools to recognize, respond to, and support the mental health needs of youth in their care.

**Workday link:** [ODHS - CW - Supporting the Mental Health of Youth in Your Care](#)

## **Trauma-Informed Responding and Answering the Tough Questions**

Training type: **Live**

Training length: **2 hours**

Gain practical information about responding to disclosures of sexual abuse and ways to support youth in your care who have been abused.

**Workday link:** [ODHS – CW – Trauma Informed Responding and Answering the Tough Questions for Resource/Adoptive Parents](#)

## **Practical Tips for Disciplining While Maintaining Attachment**

Training type: **On-demand**

Training length: **75 minutes**

Hear from Amanda Purvis, a Training Specialist at the Karyn Purvis Center for Child Development, about practical tips for disciplining while maintaining attachment.

**Workday link:** [ODHS – CW – Practical Tips for Disciplining While Maintaining Attachment for Resource/Adoptive Parents](#)

## **Understanding TBRI – Connected Parenting**

Training type: **On-demand**

Training length: **1 hour**

Learn about TBRI from the perspective of the book, The Connected Parent, by Dr. Karyn Purvis and Lisa Qualls.

**Workday link:** [ODHS – CW – Connected Parenting: Understanding TBRI for Resource/Adoptive Parents](#)

## **Trauma-Informed Parenting – Practical Applications of TBRI**

Training type: **On-demand**

Training length: **1 hour**

Learn more about applying the guiding principles of TBRI to typical parenting situations.

**Workday link:** [ODHS – CW – Trauma-Informed Parenting: Practical Applications of TBRI for Resource/Adoptive Parents](#)

## Preparing for and Managing Family Time

Training type: **On-demand**

Training length: **1 hour**

Learn about the importance of children maintaining visits with their family and how to check in and address concerns, questions and emotions children may encounter before and after visits.

**Workday link:** [ODHS – CW – Preparing for and Managing Family Time](#)

## Preparación y manejo de las visitas

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1 hora**

Esta capacitación está diseñada para que lo complete aproximadamente en un hora. A lo largo la capacitación, habrá breves revisiones de conocimiento y una prueba posterior al final del curso para ayudarlo a evaluar el conocimiento y las habilidades que está desarrollando. La capacitación también le dará oportunidades de aplicar lo que ha aprendido a su experiencia individual y le ofrecerá sugerencias de recursos adicionales que mejorarán su exploración continua de este tema.

**Workday link:** [ODHS - CW - Preparación y manejo de las visitas](#)

## Responding to Children in Crisis

Training type: **On-demand**

Training length: **1 hour**

This training highlights some of the difficulties children who have experienced trauma, separation or loss can have in self-regulation.

**Workday link:** [ODHS – CW – Responding to Children in Crisis](#)

## Cómo responder a los niños que están en crisis

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1 hora**

Este video resume las fases de la crisis y da a los padres de crianza temporal y adoptivos una comprensión de cada fase de la crisis.

**Workday link:** [ODHS - CW - Cómo responder a los niños que están en crisis](#)

## **Sensory Integration**

Training type: **On-demand**

Training length: **1 hour**

Learn how early childhood trauma and neglect may impact a child's ability to successfully interact with their outside world.

**Workday link:** [ODHS – CW – Sensory Integration](#)

## **Integración Sensorial**

Tipos de Capacitación: **A pedidio**

Duración de la Capacitación: **1 hora**

El video de integración sensorial se centra en el viaje de una familia mientras navegan por la vida diaria criando niños con necesidades sensoriales.

**Workday link:** [ODHS - CW - Integración Sensorial](#)

## **Sexual Trauma**

Training type: **On-demand**

Training length: **1.5 hours**

This training provides an overview of some of the emotional needs of children who have been sexually abused.

**Workday link:** [ODHS – CW – Sexual Trauma](#)

## **Traumas sexuales**

Tipos de Capacitación: **A pedidio**

Duración de la Capacitación: **1.5 horas**

Esta capacitación está diseñada para ser completado en, aproximadamente, noventa minutos. Durante la capacitación, se harán pruebas cortas de conocimiento y una evaluación posterior al final del curso para evaluar los conocimientos y las habilidades adquiridas. Esta capacitación también es una oportunidad para aplicar lo aprendido por experiencia personal y recomienda otros recursos para mejorar la exploración constante sobre este tema.

**Workday link:** [ODHS - CW - Traumas sexuales](#)

## **Understanding Substance Use Disorder**

Training type: **On-demand**

Training length: **1.5 hours**

Learn to recognize Substance Use Disorder (SUD) as a disease, identify what recovery includes, be equipped to support children and families, and hear from someone with lived experience.

**Workday link:** [ODHS – CW – Understanding Substance Use Disorder for Resource and Adoptive Parents](#)

## **Supporting Youth Who've Experience Domestic Violence**

Training type: **Live**

Training length: **2 hours**

Understand the effects of domestic violence on children and youth and learn ways to support their healing.

**Workday link:** [ODHS – CW - Supporting Youth Who've Experienced Domestic Violence for Resource/Adoptive Parents](#)

## **Understanding and Managing Child Sexual Behavior**

Training type: **Live**

Training length: **2 hours**

Learn to identify common or healthy sexual behaviors versus concerning or harmful behaviors, and how to respond.

**Workday link:** [ODHS – CW – Understanding and Managing Child Sexual Behavior for Resource/Adoptive Parents](#)

## **All About Me Books: A Guide for Resource Parents**

Training type: **On-demand**

Training length: **1 hour**

All About Me Books are a tool that help kids in foster care understand their life story, feel more connected, and build self-esteem. Learn about your role as a resource parent in making these books with them.

**Workday link:** [ODHS – CW – All about Me Books: A Guide for Resource, Adoptive, and Guardianship Parents](#)

## Sexual Abuse Prevention Training Series

Training type: **On-demand**

Training length: **varies; see below for each training in the series**

- **Stewards of Children** (2-1/2 hours) Learn to discuss child sexual abuse prevention, implement protective policies, and recognize and respond to boundary violations, suspicions and disclosures.
- **Protecting Children from Sex Trafficking** (45 minutes) Explore the root causes of commercial sexual exploitation and the vital role of abuse prevention in reducing children's risk of exploitation.
- **Protecting Children through Active Bystanding** (45 minutes) Learn how to be an active bystander in child sexual abuse prevention, recognize boundary violations and intervene effectively to reinforce boundaries and protect children.
- **Healthy Touch for Children and Youth** (45 minutes) This training provides guidelines for healthy touch and safe, respectful interactions with children.
- **Talking with Children about Safety from Sexual Abuse** (45 minutes) You will learn how to talk with and listen to children about sexual abuse and personal safety.

Workday link: [ODHS - CW - Sexual Abuse Prevention Training Series](#)

## Capacitación para la Prevención del Abuso Sexual

Tipos de Capacitación: **A pedido**

Training length: **Varía**

- **Cuidadores de Niños** (2-1/2 hours) Estarás preparado para hablar sobre la prevención del abuso sexual infantil, implementar políticas de protección y reconocer y responder ante violaciones de límites, sospechas y revelaciones de abuso.
- **Protegiendo a los Niños del Tráfico Sexual** (45 minutes) Explorarás las causas fundamentales de la explotación sexual comercial y el papel vital de la prevención del abuso para reducir el riesgo de explotación en los niños.
- **Protegiendo a los Niños como Espectador Activo** (45 minutes) Aprenderás a ser un espectador activo en la prevención del abuso sexual infantil, a reconocer violaciones de límites y a intervenir de manera efectiva para reforzar los límites y proteger a los niños.
- **Contacto Físico Saludable para Niños y Jóvenes** (45 minutes) Esta capacitación ofrece pautas para el contacto físico saludable y relaciones respetuosas y seguras con los niños.
- **Hablando con los Niños sobre la Seguridad frente al Abuso Sexual** (45 minutes) Aprenderás cómo hablar con los niños y escucharlos sobre el abuso sexual y la seguridad personal.

**Workday link:** [ODHS - CW - Serie de Capacitación para la Prevención del Abuso Sexual](#)

## Identity and culture

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### Indian Child Welfare Foundations of ICWA, ORICWA and the Resource Parent's Role

Training type: **On-demand**

Training length: **2.5 hours**

Learn about the history and legal requirements of the Indian Child Welfare Act (ICWA) and Oregon Indian Child Welfare Act (ORICWA) and why these laws are needed today. Learn how to build relationships with a Tribe and why cultural engagement is important for Tribal children.

**Workday link:** [ODHS - CW - Indian Child Welfare Foundations of ICWA, ORICWA and the Resource Parents Role](#)

### Keeping Connections Strong: A Guide to Cultural Continuity

Training type: **On-demand**

Training length: **1 hour**

Celebrating and exploring a child's cultural identity is essential for their strength, resilience, and sense of pride. Learn more about Cultural Continuity Agreements in relation to caring for American Indian/Alaskan Native youth, how these agreements are developed, and the importance of ongoing cultural connection.

**Workday link:** [ODHS - CW - Keeping Connections Strong: A Guide to Cultural Continuity](#)

### Supporting Youth's Identities and Cultures

Training type: **On-demand**

Training length: **1 hour**

Learn ways to incorporate the youth's race, culture and ethnicity into family life, and demonstrate skills in communicating acceptance and support for youth who are questioning their sexual or gender identity and/or identify as LGBTQIA2S+.

**Workday link:** [ODHS - CW - Core Teen: Supporting Youth's Identities and Cultures](#)

## **Sexual Development and Identity**

Training type: **On-demand**

Training length: **1 hour**

Learn about healthy sexual development, relationships, and how to talk to children about these important parts of growing up.

**Workday link:** [ODHS – CW – Sexual Development and Identity](#)

## **Caring for tweens and teens**

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### **Preparing for Adulthood**

Training type: **On-demand**

Training length: **1 hour**

Learn common skills that youth need to effectively navigate adulthood and provide strategies on preparing youths to successfully transition into adulthood.

**Workday link:** [ODHS – CW – Preparing for Adulthood](#)

### **Preparación para la vida adulta**

Tipos de Capacitación: **A pedidio**

Duración de la Capacitación: **1 hora**

Esta capacitación está diseñado para ser completado en, aproximadamente, 1 hora. Durante el curso, se harán pruebas cortas de conocimiento y una evaluación posterior al final de la capacitación para evaluar los conocimientos y las habilidades adquiridas.

La capacitación también es una oportunidad para aplicar lo aprendido por experiencia personal y recomienda otros recursos para mejorar la exploración constante sobre este tema.

**Workday link:** [ODHS - CW - Preparación para la vida adulta](#)

## Kin and relative caregiver

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### Strengths in Relative Caregivers

Training type: **On-demand**

Training length: **5 hours**

Learn more about being a relative caregiver within the foster care system. This is a training series that contains seven videos.

- **Introduction:** Hear from Dr. Joseph Crumbley and his expertise in assisting relatives who care for children in foster care.
- **Module 1:** Learn about attachments with kinship families.
- **Module 2:** Shape your own family legacy as a caregiver.
- **Module 3:** Identify how a child forms identity within kinship families.
- **Module 4:** Healing and ways you can help a child heal.
- **Module 5:** Adaptability and embracing change as a relative caregiver.
- **Module 6:** Learn about co-parenting and role changes among the kinship family.

**Workday Link:** [ODHS – CW – Strengths of Relative Caregivers Series](#)

### Resource Families Ask: “What is ICPC?”

Training type: **On-demand**

Training length: **30 minutes**

This training is for resource families beginning the ICPC (Interstate Compact on the Placement of Children) process to be approved for the placement of an out-of-state child in their home.

**Workday link:** [ODHS – CW – Resource Families Ask: “What is ICPC?”](#)

## Adoption and guardianship

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### Introduction to Adoption

Training type: **On-demand**

Training length: **30 minutes**

Learn about what adoption means in ODHS Child Welfare.

**Video Link:** [Introduction to Adoption](#)

## **Adoption: ODHS Process Overview for Resource and Adoptive Parents**

Training type: **Live**

Training length: **3 hours**

Understand the ODHS adoption process in more detail in terms of process and what to expect. This training is coordinated by the Oregon Child Welfare Permanency and Adoption Program.

**Workday link:** [ODHS – CW – Adoption: ODHS Process Overview for Resource and Adoptive Parents](#)

## **Adoption Steps – Application to Finalization**

Training type: **On-demand**

Training length: **45 minutes**

This training provides an overview of the entire adoption process from application to finalization.

**Workday link:** [ODHS – CW – Adoption Steps – Application to Finalization](#)

## **Connections with Birth Families After Adoption**

Training type: **On-demand**

Training length: **1 hour**

Recognize the benefits for children being aware of their adoption story and maintaining connection with their birth families.

**Workday link:** [ODHS – CW – Connections with Families After Adoption and Guardianship for Resource/Adoptive Parents](#)

## **Common Feelings Associated with Being Adopted**

Training type: **On-demand**

Training length: **1 hour**

Get an overview of some of the common thoughts and feelings experienced by children and youths who have been adopted.

**Workday link:** [ODHS – CW – Common Feelings Associated with Being Adopted](#)

## **Sentimientos comunes relacionados con haber sido adoptado**

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1 hora**

Esta capacitación está diseñada para ser completado en aproximadamente un hora. Durante la capacitación, se harán pruebas cortas de conocimiento y una evaluación posterior al final de la capacitación se evaluar los conocimientos y las habilidades adquiridas. La capacitación también es una oportunidad para aplicar lo aprendido por experiencia personal y recomienda otros recursos para mejorar la exploración constante sobre este tema.

**Workday link:** [ODHS - CW - Sentimientos comunes relacionados con haber sido adoptado](#)

## **Guardianship Overview for Resource Families**

Training type: **On-demand**

Training length: **30 minutes**

Learn about different types of guardianships, who can request changes, roles of the guardian and more.

**Workday link:** [ODHS – CW – Guardianship Overview for Resource Families](#)

## **Mediation for Adoption and Guardianship**

Training type: **On-demand**

Training length: **30 minutes**

Learn the process ODHS Child Welfare takes to refer families to mediation for children who are experiencing foster care.

**Workday link:** [ODHS – CW – Mediation for Adoption and Guardianship](#)

## **ODHS Adoption and Guardianship Assistance**

Training type: **Live**

Training length: **2 hours**

Understand the Adoption and Guardianship Assistance programs, the application process and determination of program benefits.

**Workday link:** [ODHS – CW – Resource Family Adoption and Guardianship Assistance Programs for Resource/Adoptive Parents](#)

## Asistencia de Adopción y Tutela del ODHS

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **2 horas**

Comprender los programas de asistencia para adopción y tutela, el proceso de solicitud y la determinación de los beneficios del programa.

**Nota:** Este curso es específico para familias de apoyo actualmente certificadas por el **Bienestar Infantil del ODHS**.

**Workday link:** [ODHS - CW - Programas de Asistencia para Adopción de Familias de Apoyo y Tutela para Padres de Apoyo/Adoptivos](#)

## Education

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### Education

Training type: **On-demand**

Training length: **1.5 hours**

Learn about some of the educational challenges that children in foster care may experience.

**Workday link:** [ODHS – CW - Education](#)

### Educación

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1.5 horas**

El video Educación se centra en los viajes de dos familias mientras navegan por el sistema educativo apoyando a un niño en su hogar que está experimentando los efectos del trauma en la escuela.

**Workday link:** [ODHS - CW - Educación](#)

## FACT OREGON: Understanding Special Education: Introducing the Six Core Principles of IDEA (Individuals with Disabilities Education Act)

Training type: **On-demand**

Training length: **1 hour**

Learn how the six core principles of IDEA shape special education and active participation in the process can support students with disabilities.

**Registration Link:** [Understanding Special Education: Introducing the Six Core Principles of IDEA](#)

## HECHO OREGON: Comprendiendo la Educación Especial: Introducción a los Seis Principios Fundamentales de IDEA (Individuals with Disabilities Education Act)

Tipos de Capacitación: **A pedido**

Duración de la Capacitación: **1 hora**

Aprenda cómo los seis principios fundamentales de IDEA dan forma a la educación especial y cómo la participación activa en el proceso apoya a los estudiantes con discapacidades.

**Enlace de Registro:** [Entendiendo la Educación Especial: Introducción a los Seis Principios Fundamentales de IDEA](#)

## Resources

[Oregon Department of Human Services Website](#)

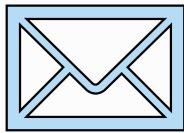
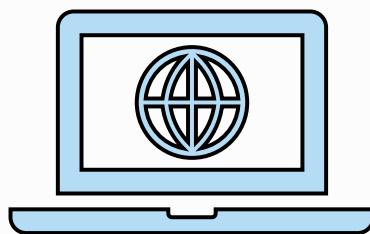
[ODHS Services for Children, Youth and Families](#)

[Workday Learning Information](#)

[Live/Online Training for Resource Families](#)

[Resource Parent Training and Support](#)

[Zoom Support](#)



Contact us at [resource.familytraining@odhs.oregon.gov](mailto:resource.familytraining@odhs.oregon.gov)