



Resource and Adoptive Parent Training (RAPT)

Course Catalog

The class schedule is online at www.in.gov/dcs/calendar.

Note: All families adopting must complete RAPT I-IV.

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SUPER *Saturday*



DCS RAPT Super Saturday consists of a three-hour session with recurring and new speakers/topics.

- Provide additional opportunities for information, learning, and resources for those fostering/adopting, as well as those considering such.
 - Voluntary, and no registration is required
 - Participants may receive up to three training hours, depending on the number of hours attended
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- **Classes occur every 3rd Saturday**
 - **10 a.m.-1 p.m.**
(Participants can log in as early as 9:30 a.m.)
 - **Sessions will be held on Zoom with information below:**
<https://iu.zoom.us/j/88085903059>
Zoom Meeting ID: 8808 590 3059
(As you enter Zoom, please rename yourself to your First and Last Name)

RAPT I: Introduction to DCS

Introduction to the mission, vision and values of the Indiana Department of Child Services (DCS) and the basic structure of the agency.

- Explanation of licensing process to become a resource and adoptive parent
 - Exploration of the role of resource parents on the service team
 - Review potential impact of fostering and adoption on children
- **Credit Hours: 3 hours**



RAPT II: Child Abuse and Neglect

Teaching the basics of Child Abuse and Neglect to current and future resource and adoptive parents.

- Learn the definition of child maltreatment and the signs of abuse
 - Develop empathy for children in care and their parents
- **Credit Hours: 3 hour**
▪ **Required materials: Computer**
(Course counts toward face-to-face training hours.)
▪ **Prerequisites: RAPT I**

RAPT III: Attachment, Discipline and the Effects of Caregiving on the Family



An overview on the topics of Attachment, Discipline, and the Effects of Caregiving on the Family. This is the second face-to-face training needed to become a licensed resource parent.

- **Credit Hours: 4 hours**

RAPT IV: Adoption

Introducing the concepts of adoption to current and future resource and adoptive parents.

- Identify the considerations made during the pre-adoption process
 - Acknowledge and respond to some challenges that may be faced by the adopted child and family
- **Credit Hours: 6 hours**

Kinship Relative Training

Participants learn to manage changing roles, relationships and needs as they assume kinship/relative caregiver duties.

- Learn policy and permanency options to ensure child and family well-being
- Focus on their emotional well-being

▪ **Credit Hours: 3 hours**

▪ **Note:** *This training is an alternative for RAPT I pre-service training, offered to kinship families wanting to become licensed foster parents*



Building Resilience for Lifelong Success

Explores opportunities to build resilience within children in care regardless of their permanency plan.

- Understanding the effects of Adverse Childhood Experiences (ACE) and the ability to build resilience
- Recognizing supports, engagement opportunities and prioritizing self-care

▪ **Credit Hours: 6 hours**



Preparing for Family Change

Overview of the changes family members could experience throughout their journey as resource care providers.

- Discuss topics like (but not limited to) grief and loss, change in family structure and development of long-term relationships with children in care and their biological families
- Guide to coping skills for parents and family members as they experience change

▪ **Credit Hours: 4 hours**



Fostering Older Youth

Guide to the specific needs of older youth (13+). Overview of adolescent brain development and how the brain is affected by trauma.

- Recognize and address challenges experienced by older youth
- Overview of DCS policies and programs as well as federal/state legislation aimed at improving outcomes for older youth

▪ **Credit Hours: 4 hours**



Supporting & Caring for Youth on Probation



This course is designed to help caregivers of youth on probation improve the quality of their care.

- The role of trauma, triggers, and their impact on challenging behaviors is examined
- Examine the probation process and its impact on the youth themselves

▪ **Credit Hours: 1 hour**

▪ **Required Materials: Computer**

Resource Family Self-Care

Recognizing and addressing resource parent compassion fatigue and secondary trauma.

- Discussion of self-care practices aimed at maintaining well-being
- Overview of strategies to build skills for coping, resiliency and assembling supports

▪ **Credit Hours: 6 hours**



Teaming With Families: The CFTM

Overview of the purpose of a Child and Family Team Meeting (CFTM) as it fits into the DCS practice model and role of the resource parent as a part of the team.

- Observation of a CFTM through a hypothetical family's experience

▪ **Credit Hours: 4 hours**



My Family, Your Family

Guide to navigating the relationship between the resource family and the biological family.

- Explanation of the ways resource parents assist in reunification
- Explore challenges they could face when working with the parents or guardians of a child
- Examination of a biological parent through a trauma-informed lens
- Use tools and strategies to successfully engage with a child's parents and guardians

▪ **Credit Hours: 4 hours**



Educational Advocacy

Guide to identifying and assisting children with a disability that adversely affects learning.

- Overview of federal laws and state statutes that apply to student care

▪ **Credit Hours: 2 hours**

▪ **Required materials: Computer**



Nuts and Bolts

Introductory course to resource parenting with a focus on practical issues. Topics to be covered:

- Life books
- Medical passports
- Smoking policies
- Child seat safety
- The Child and Adolescent Strength and Needs (CANS) assessment
- The complaint resolution process

▪ **Credit Hours: 3 hours**



Power of Peers

Focus on psychological development and the effects of peer pressure on a child's decision-making and self-esteem.

- View of the stages of healthy psychosocial development of children from birth through adolescence
- Learn how neglect and abuse affect healthy psychosocial development
- Understand the positive and negative influences of peers and how to build resilience
- Recognize and respond to social challenges children face

▪ **Credit Hours: 6 hours**

The Impact of Human Trafficking on Indiana's Foster Youth

This course will help participants recognize the signs, scope, and impact of human trafficking on Indiana's foster youth.

- Understand the grooming process and how they can keep children and youth safe
- Develop trust and build safe spaces
- Partner with community and service providers to help the child heal and grow

▪ **Credit Hours: 4 hours**



Sexual Abuse 101

Participants will discuss societal conceptions of child sexual abuse, typical sexual development in children, and define their role in disclosure situations.

- Prepare a safety plan
- Help children who have experienced sexual abuse find the appropriate treatment
- Create a supportive healing environment

▪ **Credit Hours: 1.5 hours**



Sexual Abuse 201

Training where participants will build on their knowledge of child sexual abuse by demonstrating their role in the victim's recovery process.

- Describe treatment options and emotional expectations as victims heal
- Build dynamic safety plans to meet the changing needs of known victims and those with problematic sexual behavior

▪ **Credit Hours: 1.5 hours**



Sexually Harmful Behaviors

Help participants understand and contribute to the healing process of adolescents (ages 12 to 18) with sexually harmful behaviors.

- Discuss sexual development, the impact of trauma, and the importance of building relationships with youth
- Create an initial safety plan and make updates as needed and agreed upon by the entire family

▪ **Credit Hours: 3 hours**



Understanding and Managing Challenging Behaviors

Overview of factors that affect child behavior, including how trauma impacts development.

- Tips for setting up structure in a home, addressing behaviors and de-escalating situations
- Teaching children to identify emotions as ways to manage behaviors
- Guide to positive discipline techniques and DCS policy regarding discipline in resource homes

▪ **Credit Hours: 3 hours**



ACEs: Removing, Reducing, Mitigating, Lifelong Success

This course is designed to help Resource Parents understand ACEs and their effects on children and families.

- Increase their knowledge of ACEs
- Learn prevention and mitigation strategies for long-term success of youth in care

▪ **Credit Hours: 3 hours**



Adoption Assistance Overview

Participants learn DCS policies and processes as they consider the commitment to adopt a foster or relative child.

- Examine state and federal adoption assistance programs as well as post-adoption support services

▪ **Credit Hours: 2 hours**

▪ **Required materials: Computer**

Note: This class does not fulfill the requirement of completing RAPT IV



Understanding Social Media

A course to help caregivers, social workers and other professionals promote the safe use of social media within the children they care for or serve.

- **Credit Hours: 2 hours**
- **Required materials: Computer**
(This online course counts toward face-to-face training hours.)



Trauma-Informed Care I

The first of a two-part series. Participants will discover the impact of trauma and their role in the Trauma-Informed Care (TIC) process.

- Caregivers will be equipped with hands-on tools to establish strong bonds and relationships
- Help children build coping skills

- **Credit Hours: 4 hours**



Trauma-Informed Care II

The second of a two-part series. Overview of how children might respond to traumatic events, how to promote resilience in children, how trauma can interfere with children's development and functioning and how trauma can affect children's view of themselves and their future.

- Suggestions on how resource parents can help children feel safe when talking about trauma
 - Exploration of trauma-informed advocacy
 - Indicators a child might need the support of trauma-informed therapy
- **Credit Hours: 4 hours**



Intro to Developmental Disabilities

This training will provide an overview of common developmental disabilities.

- Discover resources and support for children with developmental disabilities and their caregivers
- Participants will learn their role in helping children with developmental disabilities during a Child and Family Team Meeting (CFTM)

▪ **Credit Hours: 4 hours**



Developmental Disabilities: Autism Spectrum Disorders

Participants will learn about Autism Spectrum Disorder (ASD) and how it impacts children in care.

- Discover your role in caring for children on the spectrum, common therapies, and interventions that can be applied at home
- Explore educational, community, and state-level supports available to those in the ASD community

▪ **Credit Hours: 2 hours**

▪ **Required materials: Computer**



Developmental Disabilities: ADHD

Participants will learn about Attention Deficit Hyperactivity Disorder (ADHD) and recognize the symptoms, behaviors, and challenges children with ADHD face.

- Learn the importance of extending ADHD therapies at home
- Learn how to advocate for accommodations in school

▪ **Credit Hours: 1.5 hours**

▪ **Required materials: Computer**



Developmental Disabilities: Cerebral Palsy

Participants will learn about cerebral palsy and how this movement disorder can impact children.

- Explore the role of a caregiver in supporting a child's range of mobility, education, and progress toward independence
- Identify educational and resources available
- **Credit Hours: 2 hours**
- **Required materials: Computer**



Developmental Disabilities: Epilepsy

Learn about epilepsy and how this neurological disorder impacts children in care.

- Explore the caregiver's role in minimizing the impact and frequency of seizures on children
- Understand what treatments and interventions exist to assist youth with epilepsy
- Identify educational, community, and state-level supports available to those with epilepsy

- **Credit Hours: 2 hours**
- **Required materials: Computer**



Developmental Disabilities: Fetal Alcohol Spectrum Disorders

Learn about Fetal Alcohol Spectrum Disorders and how they may impact the child in care.

- Explore the structural and interpersonal effects of prenatal alcohol exposure, important and common interventions, and care/support strategies
- Examine educational, community, and state-level supports available to those with or who care for someone with FASD

- **Credit Hours: 2 hours**
- **Required materials: Computer**



Car Seat Training for Resource Parents

Review the Indiana child vehicle restraint laws and basics of car safety and child passenger safety.

- Identify and select appropriate child vehicle restraints for specific ages and sizes
- Practice installing and harnessing car seats
- Gain resources to help safely transport children

▪ **Credit Hours: 2 hours**



RAPT: Caring for Drug-Exposed Infants



Participants will learn about the impacts and challenges drug-exposed infants and their families face.

- Discover the role in caring for babies exposed to drugs, common therapies and interventions that can be applied at home
- Explore medicinal, community and DCS supports available to resource parents and kinship caregivers

▪ **Credit Hours: 2 hours**

▪ **Required materials: Computer**

Attachment

Introduction to attachment theory and how to meet the challenge of caring for a child with attachment challenges to encourage healing.

▪ **Credit Hours: 4 hours**



Lunch & Learn – Medical Conditions: Asthma

Participants learn about asthma and how it affects children.

- Discover DCS healthcare policy and its obligations and limitations in providing health care to a child in out-of-home care
- **Credit Hours: 1 hour**
- **Required materials: Computer**
(This online course counts toward face-to-face training hours.)



Lunch & Learn – Medical Conditions: Diabetes

Participants learn about diabetes and how it affects children.

- Discover DCS health care policy and its obligations and limitations in providing health care to a child in out-of-home care
- **Credit Hours: 1 hour**
- **Required materials: Computer**
(This online course counts toward face-to-face training hours.)



Placement Disruption

Overview of placement disruption and how disruption can impact a child's safety, stability, permanency and well-being.

- Guide to services and resources that are available to help avoid disruptions of the child's placement
- **Credit Hours: 6 hours**



Strengthening Lives Through Co-care

In this training, participants will examine the definition and applications of co-care through activities and scenarios around the various families involved with DCS.

- Participants will gain valuable insights on how implementing co-care practices can:
 - » Strengthen relationships
 - » Improve communication
 - » Build better outcomes for everyone

▪ **Credit Hours: 4 hours**



Promoting Mental Wellness Through the Arts

This course will help participants articulate how the arts can promote mental wellness.

- Identifying its use in psychotherapy
- Compare the benefits from different forms of the performing and visual arts
- Develop strategies to encourage a child to participate in the arts

▪ **Credit Hours: 2.5 hours**



Residential Foster Care Transition Planning

Participants will learn about residential treatment for youth and the role resource parents and kinship caregivers play in the transition to foster care.

- Engage in discussions regarding the impact of trauma, discharge from residential treatment and safety planning

▪ **Credit Hours: 3 hours**



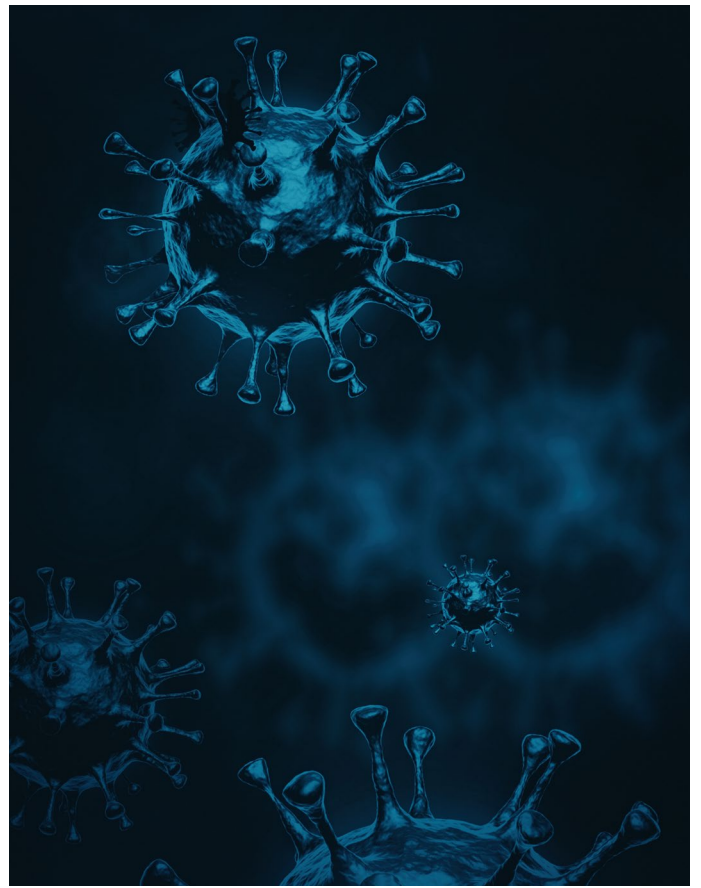
Bloodborne Pathogens

Participants will learn about bloodborne pathogens and how to prevent, limit, and mitigate exposure to them.

- Understanding biological characteristics of bloodborne pathogens
- Recognize protocols and strategies for managing exposure and post-exposure response

- **Required Materials: Computer**

(This training is a licensing requirement and does not count as training hours)



Safe Sleep

Participants will learn the importance of Safe Sleep, how to practice it, and how to educate temporary caregivers to decrease the risk to infants in care.

- Recognize the importance of utilizing safe sleep methods
- Understand the types of Sudden Unexpected Infant Deaths (SUID)
- Identify factors that contribute to SUIDs and increased risk for infants in DCS care
- Utilize tips for Safe Sleep Practice with children in their care

- **Credit Hours: 3 hours**

- **Required Materials: Computer**



Intake Request Forms



Changes and Benefits

- Provide a centralized and standardized way for you to submit your training requests
- Quickly identify and assign the right trainer and resources to your request
- Form captures all necessary information, minimizing follow-up questions
- Efficiently respond and fulfill requests
- Ensures no requests are overlooked and all details are tracked systematically

Internal

(Agency Team Members who need additional trainings and/or presentations)

A new process designed to streamline and enhance how you request Preservice/ In-service trainings, SPOT (Sneak Peek of Trainings) Trainings, and/or presentations.

[Access the form here.](#)

External

(LCPAs who need specific training sessions (i.e. TOTs).)

A new process designed to streamline and enhance how you request Training-of-Trainer (TOT) classes for LCPAs.

[Access the form here.](#)



Schedule of classes

The class schedule can be found online at
www.in.gov/dcs/calendar

Register for classes

Email DCSRAPTRegistrations@dcs.in.gov
or call 317-232-0212 with your name, county, phone
number, email address and name of class.

Online classes

Online courses are IU Canvas training classes, accessible at
<https://ssw.iu.edu/childwelfare/training/cat/rapt>.



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