

# January 2026 Super Saturday Participant Resource

	Topic	Agency	Contact Information	Additional Links & Resources
<b>Jenny Essex,</b> DCS RAPT Logistics Supervisor & CANS Specialist	CANS to Assess the Impact of Trauma	DCS Staff Development	<a href="mailto:Jenny.essex@dcs.in.gov">Jenny.essex@dcs.in.gov</a>	Three components of trauma that the FCM needs to know <ul style="list-style-type: none"> <li>• Exposure “What happened to you” ex. abuse neglect, natural disaster, domestic violence war/terror</li> <li>• Experience “What was it like for you” ex. symptoms, stressors and developmental changes</li> <li>• Effect “What’s happening as a result” ex. Dysregulation, intrusions, hyperarousal, attachment difficulty, dissociation, grief separation, avoidance, numbing</li> <li>• Family Interview Guide</li> </ul>
<b>Liz Strauth,</b> Member Advocate for Anthem	Well-being & Medical Office Visits	Anthem Medicaid	<a href="mailto:Liz.Stauth@anthem.com">Liz.Stauth@anthem.com</a>	<ul style="list-style-type: none"> <li>• Schedule Dental, Eye, Physical well-check visit</li> <li>• Transportation is available to go/from medical/therapy visits (allow 2 hours for pickups)</li> <li>• Sydney App - <a href="https://www.anthem.com/member-resources/sydney-app">https://www.anthem.com/member-resources/sydney-app</a></li> </ul>
<b>John Graham,</b> Education & Outreach Manager	Online Threats Affecting Families in 2026 and What Parents Need to Know	Susie’s Place	<a href="http://www.SusiesPlace.org">www.SusiesPlace.org</a>  Additional Resource Sits:  <a href="https://www.thorn.org/">https://www.thorn.org/</a>  <a href="https://www.missingkids.org/home">https://www.missingkids.org/home</a>  <a href="https://connect.ncmec.org/learn">https://connect.ncmec.org/learn</a>	Online Threats <ul style="list-style-type: none"> <li>• Commodified interactions (exchange of items of value for sexual interaction)</li> <li>• Sexortation (threats to expose sexual images),</li> <li>• AI deepfakes and nudity apps (media depicts real people in a sexually suggestively or explicitly) ,</li> <li>• Sadistic exploitation groups (groups targeting children online coercing them to produce degrading/explicit content)</li> </ul> What Can Parents Do <ul style="list-style-type: none"> <li>• Keep devices in shared spaces, know the passwords, set clear online boundaries, monitor contacts, random checks, utilize resources and view with kids, reassure kids they can come to you, communicate not just “the” talk but multiple conversation early and often</li> </ul>
<b>Kaitlyn Gonzalez,</b> Community Outreach	Dental Care Program, Preventative Care, Older Youth Programs, Education Support	United Healthcare	Member Services 1(800) 832-4643 Nurse Line 1(800) 542-8630	UnitedHealthcare offers a free AbleTo app that provides virtual mental health coaching and self-care resources.
<b>Christopher Mundy,</b> GAL <b>Joshua Pollack,</b> Attorney	GAL/CASA; Advocacy for the Best Interest of Child; Permanency Plans Best Interest Guiding Principles Legal Support	<a href="http://KidsVoiceofIndiana.org">Kids' Voice of Indiana</a>  <a href="mailto:cmundy@kidsvoicein.org">cmundy@kidsvoicein.org</a>	Kids' Voice of Indiana 615 N. Alabama, Suite 200 Indianapolis, IN 46204 317-558-2870 <a href="http://www.kidsvoice.org">www.kidsvoice.org</a>	

## Featured Speakers

<b>Anisa Evans-Tucker,</b> Older Youth Initiatives Director	Older Youth Case Management Expectations for 14+  Older Youth Services Programs: Independent Living, Collaborative Care, Voluntary Services, & Transition to Successful Adulthood Services	DCS Older Youth Service	<a href="mailto:Anisa.evans@dcs.in.gov">Anisa.evans@dcs.in.gov</a>	DCS Older Youth Initiatives Website: <a href="https://www.in.gov/dcs/olderyouth-initiatives/">https://www.in.gov/dcs/olderyouth-initiatives/</a> <ul style="list-style-type: none"> <li>• <a href="#">Older Youth Initiatives One-Page Summary</a></li> <li>• <a href="#">Older Youth Initiatives Overview</a></li> <li>• <a href="#">Independent Living Specialist Map</a></li> <li>• <a href="#">Older Youth Case Management Timeline</a></li> <li>• <a href="#">Forms</a></li> <li>• Youth Bill of Rights</li> <li>• Youth Driven CFTM</li> </ul>
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<b>Dr. Robin Donaldson,</b> Indiana Youth Services Association	Building Resilience Through Brain-Based Strategies for Regulation and Connections	Collective Impact Training and Consulting, LLC	<a href="mailto:rdonaldson@indysb.org">rdonaldson@indysb.org</a> <a href="mailto:collectiveimpacttc@gmail.com">collectiveimpacttc@gmail.com</a>	Regulation – Keep it Simple Calm the survival brain <ul style="list-style-type: none"> <li>• Deep Breathing (90 seconds) ex. 4 – 7- 4; Balloon Breathing; Snake/Horse Lips Breathing</li> <li>• Movement ex. Muscle Relaxation, Yoga/Stretching, Tension-Release Exercises</li> <li>• Rhythm ex. Music (under 80 beats per minute), Tapping</li> <li>• Sensory Care ex. Guided Meditation, Scents, Touch, Noise-cancelling headphones</li> <li>• Positive Relationships</li> <li>• Activate Executive Functioning</li> </ul>
<b>Jennifer Dorfmeier</b> Chief Deputy Director	DCS Updates	DCS Chief Deputy Director	<a href="mailto:jennifer.dorfmeier@dcs.in.gov">jennifer.dorfmeier@dcs.in.gov</a>	Responsible for DCS Field Operations, Child Services, and Fostercare Updated Practice Model Working on engagement/good customers with frontline field staff

### January Awareness

- **National Mentoring Month** - Raise awareness of mentoring in its various forms. Recruit individuals to mentor, especially in programs that have waiting lists of young people. Promote the rapid growth of mentoring by recruiting organizations to engage their constituents in mentoring.
- **National Hobby Month** - Finding a good hobby and giving yourself time to take part in it on a daily or weekly basis is sure to make you happier, and maybe even healthier.
- **Human Trafficking Awareness Day** - The goal of the day is to bring greater awareness to the crime of sex trafficking. Each year, organizations around the globe provide support to communities, training to volunteers and educational events to increase awareness.

### Highlighted Resource & Adoptive Parent Training

**RAPT Training: 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

### Helpful Information

- **RAPT website** - <https://www.in.gov/dcs/training/foster-parent-training/>
- RAPT Email [DCSRAPTRegistrations@dcs.in.gov](mailto:DCSRAPTRegistrations@dcs.in.gov)
- **RAPT Course Catalog:** [https://www.in.gov/dcs/files/RAPT\\_Course\\_Catalog.pdf](https://www.in.gov/dcs/files/RAPT_Course_Catalog.pdf)
- **IU Canvas:** <https://ssw.iu.edu/childwelfare/training/cat/rapt/>
  - *Here are the links to directly enroll in courses. If you have any troubles, please reach out to [help4dcs@iu.edu](mailto:help4dcs@iu.edu)*
  - [Adoption Assistance Overview](#)
  - [APPLA & Collaborative Care](#)
  - [Asthma](#)
  - [Bloodborne Pathogens](#)

- [Caring for Drug Exposed Infants](#)
- [Child Abuse & Neglect \(RAPT II\)](#)
- [Developmental Disabilities - ADHD](#)
- [Developmental Disabilities - Autism Spectrum Disorders](#)
- [Developmental Disabilities - Cerebral Palsy](#)
- [Developmental Disabilities - Epilepsy](#)
- [Developmental Disabilities - Fetal Alcohol Spectrum Disorders](#)
- [Diabetes](#)
- [Educational Advocacy](#)
- [Supporting and Caring for Youth on Probation](#)
- [Understanding Social Media](#)
- **RAPT Training Calendar:** <https://events.in.gov/dcs/>.
- **Link to DCS Policy:** <https://www.in.gov/dcs/2354.htm>
- **Indiana Relative/Kinship/Foster Placement Reporting Form:**  
[https://www.in.gov/dcs/files/Indiana\\_Relative\\_Kinship\\_Foster\\_Placement\\_Reporting\\_Form.pdf](https://www.in.gov/dcs/files/Indiana_Relative_Kinship_Foster_Placement_Reporting_Form.pdf)
- **Super Saturday website:** <https://www.in.gov/dcs/training/foster-parent-training/super-saturday/>
- **Indiana RAPT Super Saturday Link Tree:** <https://linktr.ee/indiana.rapt.supersaturday>

### **Microsoft Teams Tips**

- Mute prior to entering training
- Key steps to Mute Microsoft Teams Notifications: Click three dots (...) next to your profile picture in Teams, Select "Settings", Go to "Notifications and activity", and choose the desired notification settings for specific chats or all chats

### **Evaluation**

Please complete the evaluation of Super Saturday! Click link to complete: : <https://forms.office.com/g/YwiWNmGGLb>

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