**Resource and Adoptive Parent Training (RAPT) Course Catalog**

The class schedule is online at [calendar.in.gov/site/dcs/](calendar.in.gov/site/dcs/).

*Note: All families adopting must complete RAPT I–IV.*

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Course Name</th>
<th>Description</th>
<th>Length of class: 3 hours</th>
<th>Length of class: 6 hours</th>
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<tbody>
<tr>
<td>RAPT I:</td>
<td><strong>Introduction to DCS</strong></td>
<td>Introduction to the mission, vision and values of the Indiana Department of Child Services (DCS) and the basic structure of the agency. Explanation of the licensing process to become a resource and adoptive parent. Exploration of the role of resource parents as members of the service team. Review of potential impact of fostering and adoption on children.</td>
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<tr>
<td>RAPT II:</td>
<td><strong>Child Abuse and Neglect</strong></td>
<td>Review of the definitions of abuse, neglect and sexual abuse. Overview of how and when to report suspected abuse. Discussion of the characteristics of maltreating families and predisposing attitudes and behaviors in a maltreating family. Guide to recognizing different indicators, signs and effects of abuse and neglect in children.</td>
<td>4 hours</td>
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<td></td>
<td><strong>Effects of Caregiving on the Family</strong></td>
<td>Overview of child developmental levels and how they affect a child’s understanding of and reactions to out-of-home placement. Guide to strategies that promote healthy development, attachment and self-esteem while managing children’s behaviors. Overview of potential effects on the resource family of providing care.</td>
<td></td>
<td>6 hours</td>
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<tr>
<td>RAPT III:</td>
<td><strong>Adoption</strong></td>
<td>Discussion of common adoption issues for children, parents and families. Introduction to the Indiana Adoption Program and other community resources.</td>
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<tr>
<td>RAPT IV:</td>
<td><strong>Attachment, Discipline and</strong></td>
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Power of Peers
Focus on psychological development and the effects of peer pressure on a child’s decision-making and self-esteem. Overview of the stages of healthy psychosocial development of children from birth through adolescence as well as how neglect and abuse affect healthy psychosocial development. Guide to understanding the positive and negative influences of peers and how to build resilience. Guide to recognizing and responding to social challenges children face.
Length of class: 6 hours

Attachment
Introduction to attachment theory and how to meet the challenge of caring for a child with attachment challenges to encourage healing.
Length of class: 4 hours

Preparing for Family Change
Overview of the changes family members could experience throughout their journey as resource care-providers (e.g., grief and loss, change in family structure, 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.
Length of class: 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. Guide to recognizing and addressing challenges experienced by older youth. Overview of DCS policies and programs as well as federal and state legislation aimed at improving outcomes for older youth.
Length of class: 6 hours

Cultural Competence Series, Part I:
A Look at the Topics of Poverty and Race/Ethnicity
Exploration of personal values in relation to what is considered necessary to care for a child. Introduction to definition of poverty in the United States and the concept of absolute versus relative poverty. Examination of biases and stereotypes in regard to the social construct of race. Brief look at some of the cultures represented in Indiana.
Length of class: 6 hours

Cultural Competence Series, Part II:
Language of Power
Introduction to exclusive and inclusive power and how it can affect a child and family. Discussion of the power of language, including laws that create power within society.
Length of class: 3 hours

Cultural Competence Series, Part III:
Substance Use Disorders
Overview of effect of substance abuse disorders on families involved in child welfare. Discussion of cultural competency when working with families in which substance abuse affects the safety and well-being of children. Overview of the many pathways to recovery.
Length of class: 3 hours

Cultural Competence Series, Part IV:
Supporting LGBTQ Youth
Guide to creating a safe and affirming atmosphere for all youth in care, including those who identify as part of the LGBTQ (lesbian, gay, bisexual, transgender, questioning) community. Overview of strategies to engage LGBTQ youth from a strength-based perspective. Guide to organizations that can assist the youth and family.
Length of class: 3 hours
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<tr>
<td>Understanding and Managing Challenging Behaviors</td>
<td>Overview of factors that affect child behaviors, including the impact of trauma on development. Tips for setting up structure in a home, addressing behaviors, de-escalating situations and teaching children to identify emotions as ways to manage behaviors. Guide to positive discipline techniques and DCS policy regarding discipline in resource homes.</td>
<td>3 hours</td>
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<tr>
<td>Educational Advocacy</td>
<td>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.</td>
<td>2 hours</td>
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<tr>
<td>Nuts and Bolts</td>
<td>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.</td>
<td>3 hours</td>
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<tr>
<td>Sexual Abuse</td>
<td>Overview of natural and healthy sexual behaviors for children at different ages. Guide to recognizing indications a child has been sexually abused and responding if a child discloses sexual abuse. Overview of techniques to assure the safety of the child, family and others when a child exhibits problematic behaviors in response to sexual abuse.</td>
<td>3 hours</td>
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<tr>
<td>Resource Family Self-Care</td>
<td>Guide to recognizing, 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.</td>
<td>6 hours</td>
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<tr>
<td>Placement Disruption</td>
<td>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.</td>
<td>6 hours each</td>
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<tr>
<td>Car Seat Training for Resource Parents*</td>
<td>This course reviews the Indiana child vehicle restraint laws and basics of car safety and child passenger safety. Participant will learn to identify and select appropriate child vehicle restraints for specific ages and sizes, practice installing and harnessing car seats, and receive resources to help safely transport children.</td>
<td>2 hours</td>
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*New Class Length of class: 2 hours
**Trauma-Informed Care I, II, III**

Three-part series on trauma-informed care, including 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; how trauma can affect children's view of themselves and their future. Recommendations on how resource parents can help children feel safe when talking about trauma. Exploration of trauma-informed advocacy and indicators a child might need the support of trauma-informed therapy.

Length of class: 4 hours each

**Adoption Legal Overview**

Introduction to the process and rules of the Indiana Adoption Program: types of adoption assistance; child eligibility; administrative appeals; and subsidy negotiations. The class takes this very complex subject and explains it in a clear way to help prospective adoptive parents and their foster children reach their goal of becoming a forever family.

Length of class: 2 hours

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

**Developmental Disabilities**

Overview of developmental disabilities. Guide to caring for a child with a physical or mental condition that limits one's movements, senses or activities, and the role of resource parents in advocating for education and services for children with developmental disabilities.

Length of class: 4 hours each

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**Schedule of classes**

The class schedule can be found online at [calendar.in.gov/site/dcs/](calendar.in.gov/site/dcs/).

**Register for classes**

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