

Evidence-based Foster Parent Training

The Foster/Adopt PRIDE training program reviewed the following websites, per the OIG and are making them available for licensing agencies and foster parents to utilize for training credit hours. Licensing agencies may use the information to conduct in-house training for foster parents. Follow the Group TCAF process listed below to submit for training credit. Instructions for foster parents to gain access to the information and request training credit is also listed below.

LICENSING AGENCIES

Approved websites for developing foster parent training:

1. The Incredible Years: www.incredibleyears.com

The Incredible Years is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behavior problems and promote their social, emotional and academic competence. The programs are used worldwide in schools and mental health centers and have been shown to work across cultures and socioeconomic groups. There are costs associated with using this program.

2. Nurturing Parenting: www.nurturingparenting.com

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors. The programs have been adapted for special populations including Foster and Adoptive Families. There are costs associated with using this program.

3. Child Welfare Information Gateway: www.childwelfare.gov

The Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well

Division of Clinical Practice and Development
Office of Workforce Development, Parent and Caregiver Support
406 East Monroe Street - Station #122 • Springfield, IL 62701
217-785-5689 • Toll Free 877-800-3393 • FAX 217-782-9301

E-mail dcfstraining@illinois.gov • On-Line Virtual Training Center www.dcfstraining.org
www.DCFS.illinois.gov

as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. A service of the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services, the Child Welfare Information Gateway provides access to print and electronic publications, websites, databases, and online learning tools for improving child welfare practice, including resources that can be shared with families.

4. NAMI: www.nami.org

The National Alliance on Mental Health (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of American affected by mental illness. NAMI provides education programs to ensure that families, individuals, and educators get the support and information they need.

Group TCAF process:

The following documentation must be submitted when group training credit is requested.

1. Attendance sheet: list the names of each participant and the last four digits of their SSN
2. CFS 574(Foster Parent Training Credit Approval Form-TCAF): complete sections 3-8
3. Agenda or outline

FOSTER PARENTS

The following articles and movies have been reviewed and approved for foster parent training credit:

Article Topics:

To access, the articles go to www.nami.org and scroll down until you reach the list titled Mental Illness. After reviewing the article, return to this document in the VTC, foster parent link, and click on the corresponding quiz at the bottom of this document. To receive training credit for reading the article, you must read all of the information related to the article. Certain articles have additional information under tabs on the page. Upon completion of the review questions, submit them with a Foster Parent Training Credit Approval Form (TCAF) to the Office of Training and Professional Development to receive credit for the training. Each article is worth one credit hour.

- Anxiety Disorders
- Autism
- Bipolar Disorder
- Depression
- Eating Disorders
- Schizoaffective Disorder

Movies:

Go to www.nami.org, scroll down until you reach the list titled Mental Illness. A title page called "7 of the Best Movies about Mental Health" will display and you will see the following list of approved movies. You will have to rent each through your local library or video store or online store. After watching the movie, return to this document on the VTC under Foster Parents, Approved On-Line Credit Options, and click on

the corresponding quiz at the bottom of this document. Upon completion of the review questions, submit them with a Foster Parent Training Credit Approval Form (TCAF) to the Office of Training and Professional Development to receive credit for the training. Each Movie review is worth 3 credit hours.

1. A Beautiful Mind
2. Silver Linings

Questions for NAMI Recommended Articles and Movies:



Article-Anxiety Disorder.docx



Article-Autism.docx



Article-BiPolar Disorder.docx



Article-Depression.docx



Article-Eating Disorder.docx



Article-Schizoaffective Disorder.docx



Movie-Silver Linings & Review questions.c



Movie-A Beautiful Mind & Review Quest