



Foundations for Strong Families and Supportive Communities Syllabus

COURSE DESCRIPTION

This training aims to equip potential foster parents with the skills and knowledge they need to effectively care and advocate for foster children. Throughout this course, participants will learn about the Florida foster care system, trauma and its effects, how to positively manage behaviors, and how to advocate for the best interest of foster children. By completing this course, participants will have the ability to provide high-quality parenting that meets the individual needs of diverse children and help them achieve safe and stable permanency.

RATIONALE

The current state of the foster care system highlights the need for quality licensed foster families. There is a wide gap between the number of licensed foster families and children in need of placement. There is also a lack of curricula designed for the Christian faith community. This training aims to address that gap by providing Biblically informed and family-centered content. The COVID-19 pandemic accelerated the shift toward online learning, making training available to potential foster parents based on their schedule.

This training not only provides participants with the necessary skills and knowledge to effectively care and advocate for foster children, but it also helps volunteers and biological families explore and meet the needs of their own families and communities. By completing the course, participants will be able to make a positive impact on the lives of children and contribute to the overall improvement of the foster care system.

I. PREREQUISITES

- a. Completion of 1 hour of Encounter

II. REQUIRED RESOURCE(S)

- a. Computer with basic audio / video output equipment
- b. Internet access (broadband recommended)
- c. Word processor (Microsoft Office recommended)

III. RECOMMENDED RESOURCE(S)

- a. Device capable of scanning documents
- b. Printer, if participants prefer to print documents





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Disclaimer: The above resource(s) provide(s) information consistent with the latest research regarding the subject area. Fostering Our Future does not necessarily endorse specific personal, religious, philosophical, or political positions found in these resource(s).

IV. COURSE LEARNING OUTCOMES

Upon successful completion of this training course, the participant will be able to:

- Understand how a child enters, moves through, and exits the foster care system
- List the top five circumstances children are removed from their home
- Define neglect, physical and sexual abuse and identify warning signs
- Explain the primary goal of foster care
- Identify the signs of grief in children and birth parents
- Define trauma and identify trauma triggers
- Explain how entering the child welfare system can impact the physical, mental, social, and emotional development of children
- Name the attachment styles
- Discuss the standards for the exterior and interior of a foster home
- Recognize the standards for water/pool and fire safety
- Describe the Reasonable and Prudent Parent Standard
- Restate the Multi-Ethnic Placement Act and Americans with Disabilities Act
- Recognize the 8 components to Murray Bowen's Family Systems Theory
- Understand Edwin Friedman's concept of Family Systems Thinking
- Apply the concepts of Triangles and Differentiation to improve the quality of your interactions with foster children and promote spiritual and emotional growth in your biological family
- Identify methods of multi-cultural parenting
- Recall the Florida Administrative Code on appropriate discipline





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V. TRAINING ASSIGNMENTS

- a. Review of course lessons and any assigned readings/videos
- b. Fill-in-the-Blank Assignments (2)
During two lessons you will be required to complete fill-in-the-blank assignments related to the lesson or video.
- c. Knowledge Check (2)
During one lesson you will be required to complete two knowledge checks. These are designed to show what knowledge you retain before and after a reading.
- d. Reflection Assignments (21)
During each lesson you will be required to reflect on the materials presented and address specific questions, tasks, or case studies related to the lesson.
- e. Department of Children and Families Training Modules (2)
You will be required to complete two DCF modules on preventing human trafficking and psychotropic medications. The Preventing Human Trafficking module “aims to help foster families and case managers identify the signs of human trafficking and report any reasonable suspicions.” The Psychotropic Medications module provides an overview of the responsibilities of the foster parent regarding the administration of psychotropic medications to your foster child. Both modules are required to complete Foundations.
- f. Personal Coaching Sessions (3)
During three lessons you will be required to meet with the facilitator or your family advocate for a personal coaching session. These sessions are designed to provide an opportunity to deep dive about the content and the licensing process.
- g. Interview (1)
During the final lesson you will be required to interview a seasoned foster parent about their experiences. The interview is designed to give you a better understanding of real events in the world of fostering.
- h. Case Study (1)
During the final lesson you will be required to watch Broken Places, a documentary highlighting the impact of trauma in different families. This film acts as the capstone assignment of Foundations and required you to apply knowledge from previous lessons to successfully complete the reflection.





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i. Live Sessions (7)

You will be required to attend seven 3-hour weekly sessions. These sessions review the lesson, provide discussion opportunities, and explore the content through Raising James, an ongoing case study.

VI. TRAINING POLICIES

- a. All course content must be completed to successfully complete the training.
- b. Participants are required to attend all the live sessions to successfully complete the training.
- c. Participants are required to attend all personal coaching sessions to successfully complete the training.





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SCHEDULE

LESSON	LESSON OBJECTIVES	TO DO
Lesson 1: The Florida Foster Care System	<ul style="list-style-type: none"> • Understand how a child enters, moves through, and exits the foster care system • List the top five circumstances children are removed from their home • Define neglect, physical and sexual abuse and identify warning signs • Explain the primary goal of foster care 	Fill-in-the-Blank Notes (1) Reflection Assignment (1)
Lesson 2: The Effects of Entering the Child Welfare System	<ul style="list-style-type: none"> • Identify the signs of grief in children and birth parents • Define trauma and identify trauma triggers • Explain how entering the child welfare system can impact the physical, mental, social, and emotional development of children • Name the attachment styles 	Reflection Assignment (5) Knowledge Check (2)
Lesson 3: Standards for Licensed Caregivers	<ul style="list-style-type: none"> • Discuss the standards for the exterior and interior of a foster home • Recognize the standards for water/pool and fire safety • Describe the Reasonable and Prudent Parent Standard • Restate the Multi-Ethnic Placement Act and Americans with Disabilities Act 	Reflection Assignment (2) Coaching Session (1)





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LESSON	LESSON OBJECTIVES	TO DO
<p>Lesson 4: Introduction to Family Systems Thinking</p>	<ul style="list-style-type: none"> • Recognize the 8 components to Murray Bowen's Family Systems Theory • Understand Edwin Friedman's concept of Family Systems Thinking • Apply the concepts of Triangles and Differentiation to improve the quality of your interactions with foster children and promote spiritual and emotional growth in your biological family 	<p>Fill-in-the-Blank Notes (1) Reflection Assignment (5) Coaching Session (1)</p>
<p>Lesson 5: Managing Behavior, Part 1</p>	<ul style="list-style-type: none"> • Identify methods of multi-cultural parenting • Recall the Florida Administrative Code on appropriate discipline • Discuss different positive discipline and behavior management techniques • Describe guidelines for parenting children who have experienced trauma 	<p>Reflection Assignment (1) DCF Training Module (1)</p>
<p>Lesson 6: Managing Behavior, Part 2</p>	<ul style="list-style-type: none"> • Discuss the role of the foster parent in the administration of psychotropic medications • Conduct a family huddle • Recall the purpose of the Mobile Response Team • Describe the impact of Adverse Childhood Experiences (ACEs) • Explain how Positive Childhood Experiences can reverse the effects of ACEs 	<p>Reflection Assignment (2) DCF Training Module (1)</p>





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LESSON	LESSON OBJECTIVES	TO DO
Lesson 7: Family Advocacy	<ul style="list-style-type: none">• Acknowledge that you have rights as a foster parent• Understand the responsibility you have to advocate for the child in your care• Understand your role and responsibility in court• Explain the importance of your role in the multidisciplinary team	Reflection Assignment (2) Coaching Session (1)
Lesson 8: Working Together as Part of the Treatment Team	<ul style="list-style-type: none">• Recall the three types of visitation in Florida• Apply strategies for effective co-parenting• Discuss how to develop a Life Book• Differentiate the different roles of the multidisciplinary team	Reflection Assignment (2)
Lesson 9: Transitioning Out of Care	<ul style="list-style-type: none">• Recall the different ways children exit the Florida child welfare system• Discuss termination of parental rights• Describe how children can be retraumatized during the transition to permanency• Identify behaviors of grief and loss in foster parents• Apply previous concepts to real-life case studies	Reflection Assignment (1) Interview (1) Case Study (1)

