

Foster & Kinship Care Education

West Los Angeles College

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FALL 2024 & Winter 2025 SCHEDULE

SCHEDULE OF CLASSES

The FKCE program at West Los Angeles College provides free online trainings.

All trainings are hosted online from September-*January 2025*

Register for all classes at <https://forms.gle/5GhfSCLRn7MaKUeE6>

Specialized Care Increment Certification (12 hours)

Date	Time	Trainer
September 23, 24, 25	5:30pm-9:30pm	Alexis Estwick
Septiembre 28, Octubre 5 & 12 (Spanish)	9:00am-1:00pm	Marisela Magana
October 28, 29, 30	5:30pm-9:30pm	Dr. Barbara Fellows
November 18, 19, 20	5:30pm-9:30pm	Daniel Torres
Noviembre 23 & December 7, 14	9:00am-1:00pm	Dr. Barbara Fellows
December 16, 17, 18	5:30pm-9:30pm	Dr. Barbara Fellows
December 2, 3, 4 (Spanish)	5:30pm-9:30pm	Marisela Magana
January 27, 28, 29	5:30pm-9:30pm	Daniel Torres

W-Rate Pre-Service Trainings

Date	Time	Trainer
November 18,19,20,21	5:30pm-9:30pm	Tamitra Clark

*Please Note: Training may be canceled due to low attendance.

All classes count towards RFA Renewal Hours, SCI, W Rate

September 2024

Date	Time	Topic	Trainer
Tuesday 9/3/24	9:30am- 12:30pm	ADD/ADHD/ODD/RAD Learn about the most common disorders in children. Their symptoms, behaviors, and treatments. This class will further discuss parenting, advocacy and resources available.	Dr. Barbara Fellows
Thursday 9/5/24	6:00pm-9:00pm	Behavioral Management and Positive Discipline This class will discuss effective ways to handle challenging behaviors. It will further cover effective treatments and why traditional techniques may not work for some youth, and caregiver self-care importance.	Alexis Estwick, MA
Saturday 9/7/24	9:30am-11:30am	Diagnósticos comunes en niños ADHD, ODD, RAD Discusión de los diagnósticos comunes de la infancia, como el trastorno por déficit de atención con hiperactividad, el trastorno negativista desafiante y el trastorno reactivo del apego, causas, síntomas y opciones de tratamiento. También lo que los cuidadores pueden hacer para ayudar a los niños a su cuidado con estos trastornos en el hogar.	Leila Montiel, LMFT
Tuesday 9/10/24	9:30am- 12:30pm	Asthma and other Respiratory Conditions This topic covers what to look out for and why training on these respiratory conditions are extremely important to the health and well-being of our children. It can interfere with daily activity and can become life threatening.	Dr. Barbara Fellows
Thursday 9/12/24	6:00pm-9:00pm	Preparing for your 1st Placement Knowing what questions to ask before placement helps with making a formal decision. This class will further discuss what to expect at the beginning of placement and how to support the child through the loss and separation.	Marisela Magana
Tuesday 9/17/24	9:30am- 12:30pm	Creating a File for each Child: Documentation &Forms Learn best practices on what and how to document. Using proper forms and documents may reduce allegations. Learn how to be consistent and detailed in your note taking.	Dr. Barbara Fellows
Thursday 9/19/24	6:00pm-9:00pm	Co-Parenting/Visitation/Monitoring Maintaining an open communication and a positive relationship with birth families lead to a faster reunification and long-lasting relationships. This class will discuss do's and don't of visitation and different monitoring options.	Dr. Tamitra Clark
Saturday 9/21/24	9:30am-11:30am	Violencia doméstica y los niños. Una discusión sobre la violencia doméstica, qué es y cómo afecta a los niños que están expuestos a esta violencia, incluido el desarrollo del cerebro, los efectos en el comportamiento y el desarrollo emocional y social. También se discuten los efectos a largo plazo, como la depresión y la ansiedad en la edad adulta, y la dificultad para formar relaciones sociales. Esta clase también ofrece algunos consejos sobre cómo puede ayudar a los niños bajo su cuidado que están lidiando con los efectos de la exposición a la violencia doméstica.	Marisela Magana
Tuesday 9/24/24	9:30am-12:30pm	Sickle Cells Anemia and Other Blood Disorder Sickle cells anemia is a genetic blood disorder that may adversely affect some American children of African descent. This class will discuss in depth what sickle cells is, what symptoms to look out for	Dr. Barbara Fellows

		along with the inclusion of their general universal blood disorders.	
Thursday 9/26/24	6:00pm-9:00pm	Depression & Anxiety Disorders This class will explore common mental health disorders of foster youth. Anxiety and Depression. Learn to identify symptoms, the latest treatments and learn how to advocate for your child's mental health needs. Resources to mental health will be provided	Dr. Tamitra Clark
Saturday 9/28/24	9:30am-11:30am	Valores y Normas Éticas Hablemos de la importancia de los valores familiares y cómo inculcar estándares éticos.	Leila Montiel, LMFT

October 2024

Date	Time	Topic	Trainer
Tuesday 10/1/24	9:30am-12:30pm	Trauma & Developmental Delays Gain foundational knowledge about how trauma can impact the development of children. It will also introduce the brain structure and early child development of children who have experienced trauma.	Dr. Barbara Fellows
Thursday 10/3/24	6:00pm-9:00pm	Understanding Suicide Prevention & Assessment This class will discuss signs, symptoms to look for and how resource parents can support children and youth. This training will also provide information on how to request a mental health assessment.	Dr. Tamitra Clark
Saturday 10/5/24	9:30am-11:30pm	CSEC: Explotación sexual comercial de niños y jóvenes La explotación sexual comercial infantil es la explotación por un adulto de un niño, niña o adolescente, menor de 18 años. El objetivo de esta capacitación es la prevención de la explotación sexual comercial de niños, niñas y adolescentes con énfasis en la sensibilización, identificación e implementación de estrategias de prevención e intervención. Esta capacitación proporciona el conocimiento y las habilidades necesarias para identificar a los jóvenes explotados sexual y comercialmente y proporcionar apoyo cultural y lingüísticamente competente a los jóvenes explotados sexual y comercialmente.	Leila Montiel, LMFT
Tuesday 10/8/24	9:30am-11:00am	Understanding Money Part 1 This class will cover 8 ways to get out of debt and build savings including 4 simple investments for a better money future, 401(k)s and IRAs.	Bruce Miller
Thursday 10/10/24	6:00pm-9:00pm	Common Health Issues This class will discuss a variety of common health problems that children experience. It will also provide information on symptoms and treatments. Learn techniques on self-care for caregivers who provide care for children with these conditions.	Dr. Barbara Fellows
Tuesday 10/15/24	9:30am-11:00am	Understanding Money Part 2 This class will cover 8 ways to get out of debt and build savings including 4 simple investments for a better money future, 401(k)s and IRAs.	Bruce Miller
Thursday 10/17/24	6:00pm-9:00pm	Emancipation/ILP/ AB12 This class will cover AB12 foster care law and principles. It will cover the different resources available to current or former out of home youth.	Alexis Estwick, MA

Date	Time	Topic	Trainer
Saturday 10/19/24	9:30am-11:30am	Hablemos de Distintos Tipos de Trauma. Los niños que han experimentado eventos traumáticos necesitan sentirse seguros y amados. Todos los padres desean brindar este tipo de hogar seguro y enriquecedor para sus niños. Sin embargo, cuando los padres no entienden los efectos del trauma, es posible que malinterpreten el comportamiento de su hijo y sientan frustración o resentimiento.	Leila Montiel, LMFT
Tuesday 10/22/24	9:30am-12:30pm	Level of Care-Specialized Care Increment Booster Visually learn about the different LOC and SCI tiers, and language used by DCFS as well as support available based on the needs of your child and youth. This training includes information regarding resource parenting reporting tool used to determine funding for caregivers.	Dr. Barbara Fellows
Thursday 10/24/24	6:00pm-9:00pm	Cultural Considerations and Sensitivity Awareness This training will help identify the cultural differences, languages, food, activities and dynamics of the family within those cultures and how to accept those differences.	Dr. Barbara Fellows
Saturday 10/26/24	9:30am-11:30am	Recursos 101 Sea ingenioso sabiendo dónde buscar servicios y apoyo. Acceso a recursos comunitarios disponibles para niños en situación de dependencia no menor.	Leila Montiel, LMFT
Tuesday 10/29/24	9:30am-12:30pm	Anger management for both child and care-givers Explore different ways to manage emotions through self-regulation activities. The importance of self-care and support will be addressed.	Alexis Estwick, MA
Thursday 10/31/24	No Class	HAPPY HALLOWEEN	

November 2024

Date	Time	Topic	Trainer
Saturday 11/2/24	9:30am-11:30am	Drogas Callejeras. Una discusión sobre las drogas callejeras comunes: marihuana, cocaína, alucinógenos, metanfetamina, fentanilo y otras. Revisaremos sus nombres comunes de calles y cómo afectan al usuario. Nos centraremos en las sustancias a las que pueden estar expuestos los niños y adolescentes y el peligro adicional de los medicamentos falsificados.	Leila Montiel, LMFT
Tuesday 11/5/24	9:30am-12:30pm	Reasonable Prudent Parenting Standard Making prudent decisions can be difficult. This class will provide strategies to promote normalcy for children and youth. It will detail reasonable decision making in accordance with RFA's written directives Vol. 8.	Dr. Barbara Fellows
Thursday 11/7/24	6:00pm-9:00pm	Grief & Loss: From the lens of the Resource Parent and the Child This training will cover the stages of grief and loss. It will also address the impact of loss on the children and youth as well as the caregiver after a removal, replacement or after a child has reunified and returned home.	Dr. Barbara Fellows
Saturday	9:30am-11:30am	Trastorno Reactivo del Apego Analiza el trastorno reactivo del apego: qué es, cómo se desarrolla, los síntomas y las opciones de tratamiento. La clase también discute cómo los padres de recursos pueden ayudar a los niños bajo su cuidado que son diagnosticados con este trastorno.	Leila Montiel, LMFT

Date	Time	Topic	Trainer
Tuesday 11/12/24	9:30am-12:30pm	Learning Disabilities and IEP Learn about educational resources and rights that support children with their unique needs. Class will discuss and provide an overview of IEP process.	Marisela Magana
Thursday 11/14/24	6:00pm-9:00pm	Understanding Psychotropic Medication Class will provide basic knowledge and understanding of how medication affects the brain functions & what a comprehensive evaluation consists of. Class will also review myths related to medication, as well as explore and discuss the pro and cons of medication and what forms to request for usage of psychotropic.	Dr. Barbara Fellows
Tuesday 11/19/24	9:30am-12:30pm	Personal Hygiene This workshop will cover the importance of good hygiene and how to teach children about puberty and body changes.	Dr. Barbara Fellows
Thursday 11/21/24	6:00pm-9:00pm	Caring for Medically Fragile Infant/Children This class will discuss the common medical conditions for children with special healthcare needs, treatments available, educational opportunities for these children, and the importance of whole family support.	Dr. Barbara Fellows
Saturday 11/23/24	9:30am-11:30am	Servicios de Intervención Temprana Esta clase cubrirá las etapas de desarrollo y los signos de retrasos en el desarrollo, cómo recibir los servicios y recursos.	Marisela Magana
Tuesday 11/26/24	9:30am-12:30pm	Building Healthy Attachments This class will help identify the different attachment styles and methods to create healthy ones. Healthy attachments help children trust and create long-term positive relationships.	Dr. Tamitra Clark
Thursday 11/28/24	NO CLASS	HAPPY THANKSGIVING !!!	

December 2024

Date	Time	Topic	Trainer
Tuesday 12/3/24	9:30am-12:30pm	Gender Expression and Identity Every child has their own unique backgrounds and experiences as part of who they are. It is significantly important to accept children for who they are and make them feel part of a family. LGBTQ laws and resources will be covered.	Dr. Barbara Fellows
Thursday 12/5/24	6:00pm-9:00pm	Teen Substance Use Disorders/ Accessing Services This class will provide information about drug use, effects, and treatments. It will further cover how to access services and resources.	Dr. Tamitra Clark
Saturday 12/7/24	9:30am-11:30am	Ayudar a los Niños y Adolescentes a Lidar con la Ansiedad Social Es importante conocer el trastorno de ansiedad social para poder ayudar a los niños superarlo. Como padres, ser involucrados en el tratamiento del niño y mantener una actitud activa. Reforzar los logros del niño, hacer críticas constructivas que puedan ayudar al niño superar, y escuchar las preocupaciones del niño.	Leila Montiel, LMFT

Date	Time	Topic	Trainer
Tuesday 12/10/24	9:30am-12:30pm	Nutrition and Wellness Is nutrition a part of wellness? This training will discuss the various ways good nutrition can promote mental and physical development for both caregiver and children in care. Learn creative strategies to promote daily wellness. Did you know an apple a day will keep the doctor away?	Dr. Barbara Fellows
Thursday 12/12/24	6:00pm-9:00pm	Understanding Mental Health in Children Learn about the most common mental health diagnosis in children, the symptoms, interventions, and treatments.	Dr. Tamitra Clark
Saturday 12/14/24	9:30am-11:30am	Seguridad Cibernética Cómo promover que los niños y jóvenes sean buenos ciudadanos digitales; comprender los derechos y responsabilidades que conlleva estar en línea y utilizar la tecnología de manera positiva.	TBD
Tuesday 12/17/24	9:30am-12:30pm	Home Investigations/Allegations Going through a home investigation can be a stressful moment. Learn what to expect, the process and how to be prepared.	Marisela Magana
Thursday 12/19/24	6:00pm-9:00pm	Permanency Options: Legal Guardianship/Adoption/Kinship Are you ready to talk about Adoption and/or Legal guardianship? Learn ways how to have an age-appropriate conversation about permanency. Review legal guardianship vs adoption options, adoption laws, legal bills, and supportive resources.	Marisela Magana

January 2025

Date	Time	Topic	Trainer
Tuesday 1/7/25	9:30am-12:30pm	Child Abuse and Mandated Reporting The role of a resource family as a mandated reporter, including training of child abuse, neglect identification, and neglect reporting.	Dr. Barbara Fellows
Thursday 1/9/25	6:00pm-9:00pm	Mental Health First Aid This class will help support children and youth in your care who are experiencing a mental health crisis. Learn how to identify, understand and provide ongoing support including resources.	Dr. Tamitra Clark
Saturday 1/11/25	9:30am-11:30am	Servicios del Centro Regional ¿Su hijo califica para los servicios del Centro Regional? Aprende sobre el servicios, cómo postularse, los requisitos, formularios y los recursos proporcionó.	Marisela Magana
Tuesday 1/14/25	9:30am-12:30pm	Dealing with PTSD in Children Know the signs and how to work with this disorder more effectively. This class will review treatment, advocacy and self-care.	Dr. Barbara Fellows
Thursday 1/16/25	6:00pm-9:00pm	Diagnosis of FASD/Toxicology Screening This class will outline the effects of alcohol on the developing fetus and the long-term consequences. Resource parents will be able to identify facial characteristics, behaviors, and health conditions that are related to FAS.	Dr. Barbara Fellows
Tuesday 1/21/25	9:30am-12:30pm	Foster Children Bill of Rights This class will focus on the Bill of Rights for children and youth in foster care. Learn ways to adhere to these bills of rights while making prudent parenting decisions.	Alexis Estwick, MA

Date	Time	Topic	Trainer
Thursday 1/23/25	6:00pm-9:00pm	Staying Safe in Social Media How to promote children and youth to be good digital citizens; understand the rights and responsibilities that come with being online and using technology in a positive way.	TBD
Saturday 1/25/25	9:30am-11:30am	Investigaciones/Acusaciones Pasar por una investigación de vivienda puede ser un momento estresante. Aprenda qué esperar, el proceso y cómo prepararse.	Marisela Magana
Tuesday 1/28/25	9:30am-12:30pm	DCFS Court System and Juvenile Probation System Learn about DCFS children's court system, your role in court and how to support children during court. This class will also cover the Juvenile Probation system and ways you support your youth and work with the youth probation officer.	Dr. Barbara Fellows
Thursday 1/30/25	6:00pm-9:00pm	Advocacy This class will assist resource parents on how to navigate resources, create connections, and gain skills that will promote children's educational, mental, economic, and physical health care.	Dr. Barbara Fellows

QUESTIONS AND ANSWERS

QUESTION	ANSWER
How many renewal hours do I need every year?	<p>8 Hours RFA Renewal Hours 6 Hours SCI (Formerly known as D & F Rate) 4 Hours W Rate</p>
What is the process to become a resource parent?	<p>The first step in order to foster or adopt a child is to call 1-888-811-1121 or go to https://dcfs.lacounty.gov/caregivers/become-a-foster-parent/ to register and attend an orientation.</p>
What is Resource Family Approval Training (RFA)?	<p>This program is the pre-service training mandated by Department of Children and Family Services (DCFS) for all prospective resource and adoptive parent in Los Angeles County.</p>
What is the cost of renewal classes and pre-service certification trainings?	<p>Classes are FREE to current resource and kinship parents as well as the community in general, please pre-register at https://forms.gle/CCT5TPHhReRh7DXy9 You can reach us at (562) 367-3407 <i>or by e-mail FKCE@wlaac.edu</i></p>
What does Specialized Care Increment Training (SCI) mean?	<p>The Special Care Increment (SCI) Training is the 12 hours foundational training for resource parents who are caring for children, adolescents and non-minor dependents who require specialized care resulting in resource parents going above and beyond the basic level of care (LOC) to meet a child's health, physical, emotional, behavioral, educational, permanency and family service needs. This training covers an overview and explanation of LOC & SCI, substance use, medication and behavior management, the impact of trauma on development, navigating the educational system, birth parent engagement, self-care and resources for a successful SCI placement.</p>
What does W-Rate Pre-Service Training mean?	<p>A whole Family Foster Home provides care for a teen parent and his/her non-dependent child, and is specifically recruited and trained to assist the teen parent in developing skills necessary to provide a safe, stable and permanent home.</p>