

Virtual Training

Below is a list of online training being offered by AFFM online. All training is free of charge. Please click the link after each training description to sign up. You will receive an email with login instructions using Zoom once registration has been validated. The login information will be sent before the meeting starts.

For information on how to use Zoom:

<https://support.zoom.us/hc/en-us/sections/201728913-Joining-Starting>

November 15, 2021 5:30 PM-6:30 PM

Return to Vertical – Evaluating the Impacts of COVID-19

Presented by Christopher McLaughlin, LCSW, Associate Vice President Community & Pediatric Services, Northern Light Acadia Hospital

It's been a long and grueling marathon along the COVID race "course" that we've been running since March of 2020. As we start to round the bend and can almost see the finish line ahead, we must prepare ourselves for what is waiting for us after this journey ends and the steps towards a "cool down" period begins. Through a process of thoughtful reflection, this workshop will review the impacts that chronic stress, trauma, grief and loss have had on our collective wellness and will seek to validate the current experience of post-crisis "drain". This workshop will identify the new set of resiliency strategies that are now required as we begin the process of healing our bodies and our minds as we attempt to rediscover our "vertical" selves in a post-COVID world.

Register Here: <https://forms.gle/5ZPdxjv4eiGfzCoMA>

November 18, 2021 7:00 PM-9:00 PM

Mandated Reporter Training

Presented by Hether Anderson AFFM Training Facilitator

All resource families are required to take the mandated reporter training when becoming licensed. They also need to renew this training every 4 years! Join us here for mandated reporter training and receive 2 training hours towards recertification!

Mandated Reporters are a critical part of Maine's Child protection system and act as an early warning network to identify suspected child abuse and neglect; promptly enough to avoid serious and long term damage to a child. Professionals who frequently encounter children in their work are in the best position to recognize and report suspected child abuse and neglect and are required by law to do so.

Register Here: <https://forms.gle/MwC7Wp7zLqTPHdE28>

November 30, 2021 10:00 AM-12:00 PM

Mandated Reporter Training

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Register Here:

https://docs.google.com/forms/d/e/1FAIpQLSdeDeIXskT1kQ7CFr8tkP5TH_Bq52uhVMXrVseRVD4t1TXLLQ/viewform

December 3, 2021 10:30 AM-12:00 PM

What Am I Missing? Learning the Difference Between Feeling Safe and Being Safe

Presented by Central Maine Youth Trauma Initiative (CMYTI), a National Child Traumatic Stress Network grant funded project of MaineGeneral Medical Center's Edmund Ervin Pediatric Center.

Children entering Resource Care don't come to your home with an instruction booklet. Even though you've done everything you can think of to make each child feel welcome and safe in your home, sometimes nothing seems to work. This training offers insight into how trauma can sometimes cause concerning behaviors. You will learn to use your trauma lens to view safety from the child's point of view, and gain creative strategies to add to your resource parenting toolkit.

RSVP: <https://www.maine-general.org/classes-events/search-results/?TermId=50b9c44b-c417-ec11-a841-000d3a611ea2>

To register, please go to MaineGeneral.org > Classes & Events > Resource Parent Training, and select the training topic(s) for which you would like to register. Please contact Jean Youde, CMYTI Project Manager at CMYTI@MaineGeneral.org with questions.

December 7, 2021 7:00 PM-8:30 PM

Understanding Boundaries as a Resource Parent

Presented by Hether Anderson AFFM Training Facilitator

In this training, you will understand setting boundaries for healthy relationships. This training will answer some of the common issues and concerns when setting boundaries, and how to recognize when there is an issue with a boundary.

Register Here:

https://docs.google.com/forms/d/e/1FAIpQLSeHctWnRSK6hnCATYZqQ6MAILCCT4qM0QDo_ZScOVOHGYzovw/viewform

December 7, 2021 1:30 PM-3:00 PM

Being an Emotional Container

Presented by Central Maine Youth Trauma Initiative (CMYTI), a National Child Traumatic Stress Network grant funded project of MaineGeneral Medical Center's Edmund Ervin Pediatric Center.

Children who have been through trauma may not have developed the skills to understand, express, and manage their emotions. They may feel overwhelmed by their feelings, particularly in the face of new stresses, strange situations and trauma reminders; and act out as a result. When we respond calmly and supportively to these behaviors, we show children that we can handle their emotions, no matter how big they get. Once we are able to do that, we can teach them how to handle those emotions too. Being an emotional container is a strategy about helping children regain control of their emotions and behaviors when they aren't able to do it by themselves.

RSVP: <https://www.mainegeneral.org/classes-events/search-results/?TermId=50b9c44b-c417-ec11-a841-000d3a611ea2>

To register, please go to MaineGeneral.org > Classes & Events > Resource Parent Training, and select the training topic(s) for which you would like to register. Please contact Jean Youde, CMYTI Project Manager at CMYTI@MaineGeneral.org with questions.

December 14 & 16, 2021 6:00 PM-8:00 PM

This is a 2 part series, attending both days is required for certificate

Positive Discipline

Presented by Hether Anderson, AFFM Training Facilitator

The two most significant challenges children face are learning acceptable social behaviors and being able to control their own actions. And there lies the vital importance of taking time to teach and guide children in learning how to make effective choices and manage their own behavior over time. This can start as early as possible. This workshop will cover the definition of discipline along with 7 principles of discipline which are introduced through group work and class discussion. These principles of discipline will give you tools to use at home.

Register Here:

<https://docs.google.com/forms/d/e/1FAIpQLScGvStTw-g39RF5TgdUxD4FkOv6z7dvSyePCbsBoJEgHLnw/viewform>

December 14, 2021 1:00 PM- 2:30 PM

The Invisible Suitcase Part I - What It Is and Why Does It Matter?

Presented by Central Maine Youth Trauma Initiative (CMYTI), a National Child Traumatic Stress Network grant funded project of MaineGeneral Medical Center's Edmund Ervin Pediatric Center.

Children in your care can exhibit challenging behavior that is difficult to manage at times. Many of the children who come into resource care bring with them a history of experiencing trauma. But did you know that they also bring beliefs about themselves, their caregivers and the world as a result of the trauma they have experienced? In Part 1 of the Invisible Suitcase you will learn about the beliefs that children often bring into their resource homes and how these beliefs are connected to their challenging, and at times puzzling, behavior.

RSVP: <https://www.maine-general.org/classes-events/search-results/?TermId=50b9c44b-c417-ec11-a841-000d3a611ea2>

To register, please go to MaineGeneral.org > Classes & Events > Resource Parent Training, and select the training topic(s) for which you would like to register. Please contact Jean Youde, CMYTI Project Manager at CMYTI@MaineGeneral.org with questions

December 21, 2021 9:30 AM-11:00 AM

The Invisible Suitcase Part II - Repacking a Child's Beliefs

Presented by Central Maine Youth Trauma Initiative (CMYTI), a National Child Traumatic Stress Network grant funded project of MaineGeneral Medical Center's Edmund Ervin Pediatric Center.

This training is for resource parents who have completed The Invisible Suitcase Part I. In Part II we explore what you might have in your own invisible suitcase, and how these beliefs may affect the way you react to the children in your care. This training provides helpful, concrete suggestions about how to explore the child's beliefs and respond to them differently. By doing this, you will learn to repack the child's suitcase with new, healthier experiences and beliefs, which can result in new, healthier behavior.

RSVP: <https://www.maine-general.org/classes-events/search-results/?TermId=50b9c44b-c417-ec11-a841-000d3a611ea2>

To register, please go to MaineGeneral.org > Classes & Events > Resource Parent Training, and select the training topic(s) for which you would like to register. Please contact Jean Youde, CMYTI Project Manager at CMYTI@MaineGeneral.org with questions

January 5, 2022 7:00 PM-8:30 PM

Understanding the Maine Child Protective Court System

Presented by Hether Anderson AFFM Training Facilitator

After this training participants will have the basic understanding of the court process and terms. Participants will feel more comfortable navigating the court system with having this basic understanding of the process and terms used.

Register Here:

<https://docs.google.com/forms/d/e/1FAIpQLScLLIrpIEJsnz2Gvxc74E2PSsp9K5-Z4kdDU3w4Trc5qRWd9g/viewform>

January 13, 2022 7:00 PM-9:00 PM

Mandated Reporter Training

Presented by Hether Anderson AFFM Training Facilitator

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Register Here:

<https://docs.google.com/forms/d/e/1FAIpQLSfFQDt-4k5r2b5TXWt50X3jBVaNgv5F20VtmrkYXJX5n8qpbq/viewform>

January 18, 2022 1:00 PM-2:30 PM

Allegation Prevention and Protocol

Presented by Hether Anderson AFFM Training Facilitator

This training will assist families in asking "the right questions" prior to placement, provide helpful hints on what and when to document events, provide creative ways to prioritize and/or reduce conflicts between adults and children, provide a basic understanding of confidentiality rules, and the respecting and valuing of privacy. The training will also share the process of investigating an allegation in a foster home and what families can anticipate in terms of the process.

Register Here:

https://docs.google.com/forms/d/e/1FAIpQLSetceR0mtP-xSxTPb039gCZLCSD_74pj3d6XV3vWAXy6MficA/viewform

January 26, 2022 7:00 PM-8:30 PM

Planning for Joining a Child to Your Family

Presented by Hether Anderson AFFM Training Facilitator

This training is designed to help support resource families in understanding the processes a child and family go through when a child joins a resource home. We will cover the commitments, needs and wishes for a child joining your family. This training will help guide families in working for a successful transition.

Register

Here:<https://docs.google.com/forms/d/e/1FAIpQLSdAyZIDbCu5qNgL9OWHsg3xVZga9zE-xIR0izid74IEG-KCIA/viewform>

February 2, 2022 7:00 PM-9:00 PM

Mandated Reporter Training

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Register Here:

<https://docs.google.com/forms/d/e/1FAIpQLSdSSyzMSpYNKHM5j8RVIDr1Zc9B7H3N2RSj5W2UA0qPzokaDA/viewform>

February 10, 2022 7:00 PM-8:30 PM

Parenting Life Skills

Presented by Hether Anderson AFFM Training Facilitator

Participants will understand 12 key good parenting skills and how to implement them in real-life situations. The information helps participants navigate the confusing and overwhelming abundance of parenting advice out there.

Register Here:

https://docs.google.com/forms/d/e/1FAIpQLScb5IaxQW4a4FAHrvp2_vzSDsAiHXyGKZXqBqRua62-C5GLBQ/viewform

February 15, 2022 7:00 PM-8:30 PM

Building Healthy Relationships

Presented by Hether Anderson AFFM Training Facilitator

This training focuses on supporting healthy development, conversations and relationships with young children to teenagers. During the 1 1/2 hour training participants will review the stages of typical child sexual development, identify red flags, and practice skills for starting conversations and answering difficult questions.

Register Here:

https://docs.google.com/forms/d/e/1FAIpQLScNVi2JNbfWvUGWTMFrDFkFRMVcOoxN_lo422oR8EB1upH4UQ/viewform

February 28, 2022 7:00 PM-9:00 PM

Mandated Reporter Training

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Register Here:

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Foster Parent College

Are you looking to complete your relicensing hours on your own time? FosterParentCollege.com's self-paced training courses are available 24/7 with most courses including; informative handouts, interactive exercises, an interactive review questionnaire, and printable summary. Some of the courses available include Anger Outbursts, Child Abuse and Neglect, Foster Care to Adoption, Understanding Behavior, Kinship Care and SO many more!

If you are a current licensed resource home or kinship family Foster Parent College is free to use when you sign up through AFFM's account here:

<https://www.fosterparentcollege.com/comment/contact-affiliate.jsp?affId=1110&op=request>

Podcast training available anytime!

This link is to a podcast focused on how the older generations can facilitate and foster relationships with younger generations (grandkids), especially in a post-retirement stage of life. If you would like a training certificate issued for this training, please email monica@affm with a brief summary of what you took away from this podcast. You can view/listen to the podcast at any of the below links.

Blog Post: <https://blog.guidancepointllc.com/19>

Youtube: <https://www.youtube.com/watch?v=8xqv7A21RgU>

Facebook Post: <https://www.facebook.com/theretirementsuccessinmainepodcast/>

ApplePodcasts: <https://podcasts.apple.com/us/podcast/the-retirement-success-in-maine-podcast/id1479140129>

Spotify: https://open.spotify.com/show/5vphBSQ5dCu0jPBuQ9rM63?si=zSKLNxd4SUa4etrKWfAZ_w

Beyond Consequences

TISConversations - Join Heather T. Forbes, LCSW for relevant trauma-informed

conversations designed to support teachers, parents, and professionals. Deepen your understanding of how to solve challenging issues from a trauma-informed lens. Podcast also available on Google Podcasts, Apple Podcasts, Amazon Music and Spotify.

<https://www.youtube.com/channel/UCojwEQSAIQnaX1KRSTlwOTw>