

# CAREGIVER TRAINING COLLABORATIVE

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## Spring Bulletin 2016

A listing of trainings, classes, and conferences geared towards supporting the needs of adoptive, foster, kinship, and guardianship caregivers in Vermont.

### February

#### Fostering to Forever

February 16, 2016 5:30 – 9:00 pm  
Barre

This class is strongly suggested for families that are providing, or hope to provide permanent homes for children through adoption or permanent guardianship. This class is intended to help your family prepare for this on-going commitment. Topics covered in the class include: transitioning from fostering to permanence, celebrating and claiming the newest member of your family, and an introduction to the world of adoption.

**Contact:** Janet Benoit Connor at [jbenoitc@uvm.edu](mailto:jbenoitc@uvm.edu)

The Caregiver Training Collaborative Bulletin is a quarterly publication. To advertise your event, please use the form at the back of this bulletin. Questions or comments? [Pamela.Piper@vermont.gov](mailto:Pamela.Piper@vermont.gov)

# March

## **Child Brain Development and the effects of Trauma**

**March 5, 2016 10:00am – 1:00pm**  
**Howard Center 1138 Pine St. Burlington VT 05401**

This training will focus on child brain development and how trauma can impact a developing child.

**Contact** Katie Nee 802.488.6742 or [knee@howardcenter.org](mailto:knee@howardcenter.org) with questions or to RSVP.

## **Feeding the Developing Brain & Successfully Working with Children with Challenging Behaviors (2 Part seminar)**

**March 12, 2016 AM Session 9:00 – 12:00**  
**PM Session 12:30 – 3:30pm**  
**Rutland Regional Medical Center**  
Presenter: Scott Noyes

Join us for an energetic day with Scott! The morning will begin with the topic **Feeding the Developing Brain**. The more we know about the food and brain connection, the better choices we can make about the diet. How is this structure best fueled? What are the ramifications of the brain not receiving its daily requirements of nutrients? This presentation looks at the food sources required to optimize the brain.

The afternoon session will cover: **Successfully Working with Children with Challenging Behaviors** Are these children spoiled? manipulative? stubborn? obstinate? The problem with these labels is that they imply that the children's behaviors are contemplated and intentional. We quickly find that usual reward-and-punishment strategies do not work with these children. Working with these kids often makes people feel frustrated, overwhelmed and exhausted. This session looks closely at these children and works to develop systems that help them and support you.

**Contact:** Rosie Piontek 802-747-0033  
Email [rosiep@vac-rutland.com](mailto:rosiep@vac-rutland.com)

## **De-Escalation With Children**

**March 17, 2016 6 – 9:00 pm**  
**Springfield College of Human Services, St. Johnsbury**  
Presenter: Scott Noyes

De-escalation is the reduction in the intensity of a conflict. Unlike escalation, which often occurs rapidly and unintentionally, de-escalation tends to be slow and only happens intentionally through much effort. A variety of approaches are possible: the gradual reciprocal reduction in tension approach (GRIT), cooling off periods, changing communication strategies and patterns, and

others. This presentation will introduce ways to bring a child back to a reasonable state. Learning to control yourself, your physical stance, and how to have a helpful discussion, are topics this workshop includes. This information puts adults working with escalated behaviors in supportive positions.

**Contact** Kim Buxton 748-1992 x316 or [kim@umbrellanek.org](mailto:kim@umbrellanek.org)

## **Strategies to Stop Bullying, Cyber Bullying and Social Aggression**

**Monday March 21<sup>st</sup> 6:30—8:30 pm**

**Mary Johnson Childcare Center**

**81 Water St Middlebury, VT**

**Presented by: Mike Dreiblatt** is the president of [standuptobullying.net](http://standuptobullying.net) and a national speaker on bullying and violence prevention, diversity, healthy relationships, effective communication and discipline of students with special needs.

Participants will learn strategies to bully-proof their program curtail social aggression, maximize teaching time and help students succeed in a healthy learning environment. Topics include: defining bullying, harassment and social aggression; strategies to increase respect and decrease violence and bullying; bully proofing for students and teaching staff how to address the bully. This informative, fun and fast-paced workshop will emphasize practical lesson plans and re- search based strategies to confront social aggression and bullying.

**Please pre-register by contacting Amethyst at:** 388-4304 or [resource@mjccvt.org](mailto:resource@mjccvt.org)

## **Trauma Informed Care**

**March 23, 2016 6:30 - 8:30 pm**

**Child Care Resource Center Williston, VT**

**Presenter:** Joelle van Lent, Psy.D. Licensed Psychologist-Doctorate

Dr. van Lent will offer an overview of the impact of early neglect and trauma on a child's development, including their ability to build relationships, learn, and respond to context. This training will incorporate approaches from attachment, family systems theory, clinical practice, and research on resilience in children facing chronic adversity. An emphasis will be placed on the impact of developmental trauma on relationship capacity and communication skills, as well as specific recommendations for approaches and strategies to use within a child care setting.

**Registration info:** Sharon Wheelock 863-3367 ext. 134  
[swheelock@childcareresource.org](mailto:swheelock@childcareresource.org)

## **Overcoming Barriers to Protect Children from Sexual Abuse**

**March 24, 2016 6 – 9:00 pm**  
**Springfield College of Human Services, St. Johnsbury**  
**Presenter:** Johanna Stavaaldsen

This 3-hour interactive training educates adults about attitudes, boundary violations, grooming, and pre-offending behaviors that often precede sexual offenses. This training includes: identification of barriers to reporting and mandated reporting tips; common offender behaviors and attitudes in both children and adults; normal sexual behavior in children and signs of sexual abuse; role-playing when and how to confront safely and effectively; myths and facts about offenders and their behaviors; bystander issues. Multiple educational methods used include video; role-playing responses to both children and adults, brain storming, scenarios to practice distinguishing offenses from pre-offending behaviors, and discussion.

**Contact:** Kim Buxton 748-1992 x316 or [kim@umbrellanek.org](mailto:kim@umbrellanek.org)

## **Supporting Children's Grieving**

**Tuesday March 29, 2016 6:30—8:30pm**  
**Location:** **Ilsley Public Library Community Room**  
**75 Main Street, Middlebury**

**Presenter;** Laura Basili, Ph.D. is a clinical psychologist whose therapeutic work focuses on how children, families, and helping professionals make meaning of illness, suffering, loss, and adversity.

Loss is a part of our everyday lives and part of the struggle of being human. As individuals educating and mentoring children, we can all benefit from learning about the process of grieving. This workshop will explore the developmental, familial, and spiritual dimensions of the grief process in children, adolescents, & families. The different types of losses young children and youth experience will be discussed, with a particular focus on the death of a loved one or loss of a relationship due to situations such as incarceration, substance abuse, placement in foster care and/or termination of parental rights. Unique characteristics of the grieving process for children who have experienced trauma will be explored. Creative coping strategies for various types of losses will be presented.

**Please pre-register by contacting Amethyst at:** 388-4304 or [resource@mjcvt.org](mailto:resource@mjcvt.org)

## **The Worried Child: Recognizing Anxiety in Children and Helping Them Cope**

**March 30, 2016 6:30 – 8:30 pm**  
**Child Care Resource Center 81 Commerce St., Williston, VT**

**Presenter:** Paul Foxman Ph.D., Author, Founder and Director  
Center for Anxiety Disorders

Anxiety in children is increasing at an epidemic rate due to multiple stresses in modern life. Anxiety affects children's emotional, social, intellectual and physical development, and can take many forms including separation anxiety, panic disorder, worry, social anxiety, obsessive-compulsive behavior, post-traumatic stress and school phobia. In his presentation, Dr. Paul Foxman will explain why and how anxiety develops in children, including current research on genetics, brain research and learning. Dr. Foxman will also suggest steps that can be taken to reduce anxiety, such as managing children's media exposure, teaching self-regulation skills, focusing on behavioral health (sleep, diet/nutrition, physical activity) and ensuring appropriate structure and rhythms in homes, daycare settings and schools.

**Registration info:** Sharon Wheelock 863-3367 ext. 134  
[swheelock@childcareresource.org](mailto:swheelock@childcareresource.org)

## **Dancing With Porcupines; Solving Your People Puzzles**

**March 30, 2016 9:00 – 3:30 pm**  
**Essex Alliance Church Essex, VT**  
**Presenter: Jeanine Fitzgerald**

Have other people's behaviors ever left you feeling annoyed or frustrated? Have you ever wondered why some people talk things out while others think things through? Or perhaps, you have experienced misunderstandings because of difference in communication styles. If so, you are not alone. We have been there ourselves, but we have found a way to create a collaborative team by making sense of the "people puzzles" in our lives. This session applies an empowering model that leads to a deeper understanding and appreciation of ourselves and others. This model can be used to reduce tension, minimize confrontation and conflict, restore relationships, enhance communication and manage team dynamics.

**Registration info:** Sharon Wheelock, 802-863-3367, ext. 140

# April

## **Raising Children in a Violent Society**

**April 4, 2016 6:00 PM-8:00 PM**  
**Grand Isle Elementary School, 224 US-2, Grand Isle, VT**  
**Presenter:** Scott Noyes

This workshop investigates where children are being exposed to (some) violence and what we can do about it. From developing strategies for handling children's aggression to working toward using respectful language, recognizing that children are exposed to violence and there is something parents can do about it.

**Contact:** Margaret Maley 802-393-6591 or  
email [Margaret.Maley@ncssinc.org](mailto:Margaret.Maley@ncssinc.org)

## **Conflict Resolution**

**April 7, 2016, 6:00 PM-8:00 PM**  
**NCSS Family Center, 130 Fisher Pond Road, St. Albans, VT**  
**Presenter :** Louise Dietzel

Contrary to popular belief, conflict does not come from the other person's behavior. Instead it comes from ones' perception and reaction to another person, their behavior and situation. This workshop identifies the processes of interpersonal conflict and teaches ways to decrease conflict.

**Contact:** Margaret Maley 802-393-6591  
email [Margaret.Maley@ncssinc.org](mailto:Margaret.Maley@ncssinc.org)

## **Cyber Safety and Awareness**

**April 9, 2016 10:00am - 1:00pm**  
**Howard Center 1138 Pine St. Burlington VT 05401**

This training will focus on cyber security, threats and awareness for families. There will be discussions of personal cyber safety and security as well as tips and tricks to keep yourself and your kids technologically safe.

**Contact:** Katie Nee, 802.488.6742 or [knee@howardcenter.org](mailto:knee@howardcenter.org) with questions or to RSVP.

## **Caring for Opioid Exposed Infants**

April 23, 2016 10:00 – 2:00 pm

- ◆ Myths and Challenges of Addiction/Recovery
- ◆ What you need to know about Neonatal Abstinence Syndrome (NAS)
- ◆ How to Nurture and Comfort the Infants in your care
- ◆ Clarify When and Who to Ask for Help
- ◆ Identify YOUR Local Resource Team

**Contact:** Janet Benoit Connor at [jbenoitc@uvm.edu](mailto:jbenoitc@uvm.edu)

## **Don't Pop Your Cork**

**April 27, 2016 6-9:00 pm**  
**Windham Regional Career Center (WRCC) @ Brattleboro Union High School**

**Presented by Jeanine Fitzgerald, The Fitzgerald Institute**

No matter how much we love children or how fulfilling we find caring for and educating them, it is difficult and demanding work at times. There are no instruction manuals or cookbook recipes, nor are there mandates that require us to take care of ourselves. However, your success as a caregiver is determined in part, by your ability to renew your energy and meet your own needs. This session explores ways to nurture the nurturer. It is about creating wellness in your life which is much more than stress management and reduction.

**Registration Information** can be found at Windham Child Care Association links on page 17 of this Bulletin or call 802-254-5332

**April 29, 2016 9:00 am – 3:30 pm**  
**Essex Alliance Church Essex, VT**  
**Presenter:** Jeanine Fitzgerald

## **Through the Eyes of a Child: The Developmental Impact of Trauma**

Trauma reactive children walk through our doors every day and their life experiences have influenced the developmental pathway each follows. Often, there are behavioral symptoms that professionals label as challenging or pathological. This training examines trauma and its impact through a three-part developmental framework that explains the surface behaviors and offers research-based strategies to meeting needs, providing safety and increasing competence.

**Registration Info:** Sharon Wheelock – 802-863-3367, ext. 140

May

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**Crisis De-escalation for Foster, Respite, Guardianship or Adoptive Caregivers**

**May -To Be Determined**  
**Child, Youth and Family Services, Howard Center. 1138 Pine St. Burlington VT 05401**

This group training focuses on trauma informed interventions for caregivers when times get tough. This training draws from the Therapeutic Crisis Intervention model, created at Cornell University. The training consists of information sharing, group discussion and role playing to practice de-escalation skills.

**Contact:** Katie Nee, 802.488.6742, [knee@howardcenter.org](mailto:knee@howardcenter.org)

**Nurturing Healthy Sexual Development**

**May 12, 2016 6 - 9:00pm**  
**Windham Regional Career Center (WRCC) at Brattleboro Union High School**  
**Presented by:** Prevent Child Abuse Vermont

NHSD is an introductory workshop on child sexual abuse prevention. This is an engaging, discussion-based and interactive training, covering normal sexual development in children, types of child sexual abuse, the range of sexual behaviors from normal to very concerning, answering children's questions, and responding to sexual behavior in children. A book list for children and parents, resource list, and information on mandated reporting is also provided.

**Registration Information** can be found at Windham Child Care Association links on page 17 of this Bulletin or call 802-254-5332

**Children Affected by the Criminal Justice System: An Invisible Population**

**May 18, 2016 6 - 8:00**  
**Windham Regional Career Center (WRCC) at Brattleboro Union High School**  
**Presented by** Heidi Wener, Kids-A-Part Program, Lund Family Center

This workshop will increase our awareness of the emotional, physical and behavioral impact on children caused by the stress of parental incarceration. Participants will gain an understanding of issues for children related to 'at time of arrest', 'trial/sentencing phases', and the impact of 'long-term or re-occurring incarceration'. Parental substance abuse, family violence, and mental health disorders will be discussed in regard to their impact on the family system, as well as contributing factors for incarceration.

**Registration Information** can be found at Windham Child Care Association links on page 17 of this Bulletin or call 802-254-5332



## Save the Date!

### YDP's 2016 Annual Youth Conference

April 5th  
VTC in Randolph  
Turning Dreams into Plans  
It's going to be a full day of fun and learning for all youth who have spent time in DCF care, and we're counting on you to help us invite, register, and bring young people to the event!  
Contact: Anna Berg ([aberg@wcysb.org](mailto:aberg@wcysb.org) or 802-229-9151).

### NFI Presents Bruce Perry and Alicia Lieberman

Bruce Perry: May 24<sup>th</sup> and Alicia Lieberman: May 25<sup>th</sup>  
Location TBD  
Bruce Perry will be discussing developmental trauma and Alicia Lieberman will discuss repairing the effects of trauma in the early years.  
Look for more details to come!  
Amanda Camper: [amandacamper@nafi.com](mailto:amandacamper@nafi.com)

### Coming Soon! RPC+

Coming soon to St. Albans, Middlebury and Bennington!  
RPC+ Caregiver Workshop, RPC+ for kids, and RPC+ Ongoing Support  
A **Resource Parent Curriculum** that educates caregivers about the impact of trauma on the development, emotions and behaviors of the children in their care; **plus** guides parents in improving their relationship with their children and their ability to manage challenging emotions and behaviors  
Amy Bielawski-Branch, MS, LCMHC [amy.bielawski-branch@uvm.edu](mailto:amy.bielawski-branch@uvm.edu)

# Statewide Training Resources

## Child Welfare Training Partnership

With the Vermont Department for Children and Families



The  
UNIVERSITY  
of VERMONT

College of Education & Social Services  
Department of Social Work  
Mann Hall 004, Trinity Camus, 208 Colchester  
Avenue  
Burlington, VT 05406-1757

### Foster, Adoptive, and Kinship Training

In Vermont, all Kin and Foster families must be licensed to care for children who have entered DCF custody. One of the requirements for licensure is the completion of **Foundations for Kinship, Foster and Adoptive Families**; a two- part training curriculum designed for Kin and Foster families in the state of Vermont. The Child Welfare Training Partnership has developed these trainings and offers them in each of the 12 districts at least twice a year.

Currently, Foundations for Kinship, Foster, and Adoptive Families consists of two parts: **First Steps** and **Classroom Sessions**.

**First Steps** is offered as two separate courses – one designed specifically for kinship families and one designed for foster families. This class can be taken as a series of teleconferences or 1 all-day classroom session.

**Foundations for Kinship, Foster, and Adoptive Families Classroom Sessions** consist of 6 sessions where Kinship and Foster families attend classes together in a safe, engaging environment. Sessions cover a variety of topics that include *attachment, trauma, and resiliency and self-care*.

#### **Fostering to Forever...a Lifelong Journey**

This class is strongly suggested for families that are providing, or hope to provide permanent homes for children through adoption or permanent guardianship. This class is intended to help your family prepare for this on-going commitment. Topics covered in the class include: *transitioning from fostering to permanence, celebrating and claiming the newest member of your family, and an introduction to the world of adoption*.

**This class is required for all families before adopting a child or youth in DCF custody.**

#### **Resource Parent Curriculum +**

This workshop is designed to provide resource parents with the knowledge and skills needed to effectively care for children and teens who have experienced trauma. Participants will learn how trauma-informed parenting can support children's safety, permanency, and well-being, and engage in skill-building exercises that will help them apply this knowledge to the children in their care. Caregivers will also learn and practice the Three P's. The Three P's are strategies adapted from PCIT (Parent Child Interaction Therapy) which has been shown to assist in managing children's problematic behavior, promote caretakers' reinforcement of child's positive behaviors, reduce conflict between caretakers and their child, and enhance positive interactions between the caretakers and their child

#### **Advanced Trainings**

Advanced Trainings are offered within a district or regionally. They are designed to help provide additional training in subject areas of interest to Foster/Kin families.

For a full listing of current classes go to Voices at the Table Blog:  
<http://Voicesatthetable.wordpress.com>

# Statewide Training Resources

## Child Welfare Training Partnership

With the Vermont Department for Children and Families

*For more information about the trainings offered by the Child Welfare Training Partnership, please contact the Training or Resource Coordinator in your district.*

### Resource Coordinators

<b>Barre:</b> Chrissy Pollard	802-479-426	<a href="mailto:christina.pollard@vermont.gov">christina.pollard@vermont.gov</a>
<b>Bennington:</b> Valerie Miner	802-442-8138	<a href="mailto:valerie.miner@vermont.gov">valerie.miner@vermont.gov</a>
<b>Brattleboro:</b> Michelle Colburn	802-257-2888	<a href="mailto:michelle.colburn@vermont.gov">michelle.colburn@vermont.gov</a>
<b>Burlington:</b> Cathy Frost	802-863-7370	<a href="mailto:cathy.frost@vermont.gov">cathy.frost@vermont.gov</a>
<b>Hartford:</b> Deanna Rounds	802-295-8840	<a href="mailto:deanna.rounds@vermont.gov">deanna.rounds@vermont.gov</a>
<b>Middlebury:</b> Laurie Mumley	802-388-4660	<a href="mailto:laurie.mumley@vermont.gov">laurie.mumley@vermont.gov</a>
<b>Morrisville:</b> Joan Rock	802-888-4576	<a href="mailto:joan.rock@vermont.gov">joan.rock@vermont.gov</a>
<b>Newport:</b> Tammy Lalime	802-334-6723	<a href="mailto:tammy.lalime@vermont.gov">tammy.lalime@vermont.gov</a>
<b>Rutland:</b> Rebecca Fitzsimmons	802-786-581	<a href="mailto:rebecca.fitzsimmons@vermont.gov">rebecca.fitzsimmons@vermont.gov</a>
<b>St. Albans:</b> Margi Cameron	802-524-4737	<a href="mailto:margi.cameron@vermont.gov">margi.cameron@vermont.gov</a>
<b>St. Johnsbury:</b> Monica Newell	802-748-6677	<a href="mailto:monica.newell@vermont.gov">monica.newell@vermont.gov</a>
<b>Springfield:</b> Robbie Wierzbicki	802-885-8902	<a href="mailto:roberta.wierzbicki@vermont.gov">roberta.wierzbicki@vermont.gov</a>

### Team Lead

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802-257-7967, Ext. 14

**For a full listing of current classes go to Voices at the Table Blog**  
<http://voicesatthetable.wordpress.com/>

# Statewide Training Resources

## Prevent Child Abuse Vermont

**Prevent Child Abuse Vermont (PCAV)** promotes and supports healthy relationships within families, schools and communities to eliminate child abuse. The organization is based in Montpelier, but offers comprehensive information and training throughout the state. A variety of educational trainings and workshops are offered free of charge. PCAV also provides or partners with other organizations to offer curriculum-based parent education classes as well as support groups.

Particular focus areas for trainings include but are not limited to:

### **Child and Youth Sexual Abuse Prevention Programs**

Care for Kids: Early Healthy Sexuality and Abuse Prevention (focus: children 3-8)

We Care Elementary (focus: students in grades 3-6)

Sexual Abuse Free Environment for Teens (SAFE-T) (focus: students in grades 7-8)

Nurturing Healthy Sexual Development

Understanding and Responding to the Sexual Behaviors of Children

Plugged-In: Technology, the Internet, and Child Safety (focus: young children)

TECHNICOOOL: Technology Safety for Children (focus: grades 4-12)

Overcoming Barriers to Protecting Children from Sexual Abuse

Act 1/Commit to Kids

The Strengthening Families Approach in Action: An Overview

### **Family Support Programs:**

Nurturing Parenting Programs (a variety of curriculum-based parenting classes)

Circle of Parents Support Groups (ongoing support groups)

Shaken Baby Syndrome/Abusive Head Trauma Prevention Safe Sleep Project

Parents' Help Line

Vermont Parents' Home Companion and Resource Directory

**To learn more about current offerings in your area or to request a specific training please call PCAV at 1-800-Children (1-800-244-5373) or 1-802-229-5724.**

**In addition, you can check out the website which has a wealth of information: [www.pcavt.org](http://www.pcavt.org)**

# Statewide Training Resources

## Vermont Family Network

Vermont Family Network's mission is to empower and support all Vermont families of children with special needs. We provide a range of programs and services for families and professionals across the state. Our staff is primarily parents of children with special needs who understand the challenges and gifts our children offer. Call us or visit our website for more information about: Advocacy and Leadership; Disabilities or Special Health Needs; Early Childhood Development; Family Engagement; General and Special Education; Health Care Access; Mental Health, and Transition to Adulthood. We are here to listen and help with any needs or concerns you may have related to you or your child's health, education, or well-being. Call us at 1-800-800-4005 or (802) 876-5315, visit our website [www.VermontFamilyNetwork.org](http://www.VermontFamilyNetwork.org), check out our YouTube Channel, or find a support group. <http://www.vermontfamilynetwork.org/services/family-support/support-groups/>

# Statewide Training Resources

## VACCRRRA

### VT Association of Child Care Resource and Referral Agencies

There are twelve child care resource and referral (R&R) agencies located throughout Vermont's fourteen counties. Each of these agencies is a member of VACCRRRA, Vermont's child care resource and referral network.

Throughout Vermont's fourteen counties there are twelve agencies that house supports for area families including information on Child Care Resource and Referrals. The 12 "Centers" may go by a different names but each is a member of VACCRRRA, Vermont's Child Care Resource and Referral network. VACCRRRA member agencies provide continuous training for new and seasoned child care providers. Resource Development Specialists within each agency maintain an amazing number of trainings for Child Care Providers. We have recently learned that although VACCRAA trainings must accommodate Child Care providers first, **our Foster, Kin and Adoptive parents are always welcome to attend these trainings.**

Below you will find a list of each of the "Centers" and a link to their websites. Where ever possible we have provided links to newsletters that list the specific trainings available in conjunction with that Center. We have also listed the Resource Development Specialist who organizes the trainings for VACCRRRA in that area. We encourage you to explore the training opportunities, as well as the other supports available through these agencies. It does take a Community to Raise a Child and these agencies are a wonderful part of Vermont's communities.

#### **Addison Region**

Mary Johnson Child Care Center  
81 Water Street Middlebury, VT 05753-0591  
(802) 388-2853

Early Connections newsletter/professional development calendar can be found @ [www.mjccvt.org](http://www.mjccvt.org)

#### **Resource Development**

Amethyst Peaslee  
Phone: (802) 388-4304

#### **Bennington Region**

Bennington County Child Care Association of Sunrise Family Resource Center  
226 Union Street  
Mail to: P.O. Box 829 Bennington, VT 05201  
(802) 447-3778 (BCCCA) (802) 442-6934 (Sunrise) [www.bccca.net](http://www.bccca.net)

#### **Resource Development**

Lori Pinsonneault  
Phone: (802) 447-6963

#### **Caledonia / Essex South Regions**

Kingdom Child Care Connection at Umbrella  
1222 Main Street, Suite 301 St. Johnsbury, VT 05819  
(802) 748-1992 [www.umbrellanek.org](http://www.umbrellanek.org)

#### **Resource Development**

Kim Buxton  
Phone: (802) 748-1992

#### **Chittenden County Region**

Child Care Resource  
181 Commerce Street Williston, VT 05495  
(802) 863-3367 [www.childcareresource.org](http://www.childcareresource.org)

#### **Resource Development**

Meghan Flanders  
Phone: (802) 863-3367  
(ext. 140)

# Statewide Training Resources

## **Franklin/Grand Isle Regions**

The Family Center of Northwestern Vermont  
130 Fisher Pond Road St. Albans, VT 05478  
(802) 524-6554 [www.ncssinc.org](http://www.ncssinc.org)

## **Resource Development**

Michelle Trayah  
Phone: (802) 393-6599

Trainings are listed in NCSS newsletter which can be found on the Family Center website  
<http://www.ncssinc.org/assets/files/Nifty%20News%20Spring%202016.pdf>

## **Lamoille Region**

Lamoille Family Center  
480 Cadys Falls Road Morrisville, Vermont 05661  
(802) 888-5229 [www.lamoillefamilycenter.org](http://www.lamoillefamilycenter.org)

## **Resource Development**

Daniela Caserta  
Phone: (802) 888-5229  
(ext. 145)

## **Parent Educator**

Jackie Stanton  
Phone: (802) 888-5229  
(ext). 149

## **Orange/Windsor (North) Regions**

Child Care Project  
17-1/2 Lebanon Street, Suite 2 Hanover, NH 03755  
[www.dartmouth.edu/~ccp/](http://www.dartmouth.edu/~ccp/)

## **Resource Development**

Chris Pressey-Murray  
Cindy Binzen  
Phone: (603) 646-3233  
1-800-323-5446

Training Calendar can be found at - [child.care.project@dartmouth.edu](mailto:child.care.project@dartmouth.edu) or click on the link below  
[http://www.dartmouth.edu/~ccp/providers/ccp\\_training\\_calendar15-16.pdf](http://www.dartmouth.edu/~ccp/providers/ccp_training_calendar15-16.pdf)

## **Orleans and Essex (North) Regions**

North East Kingdom Community Action Parent Child Center  
NEKCA/PCC  
32 Central Street (mailing- P.O. Box 346) Newport, VT 05855  
[www.nekcavt.org](http://www.nekcavt.org)

## **Resource Development**

Ines Abdelnour  
Phone: (802) 334-4072

## **Rutland Region**

Vermont Achievement Center  
88 Park Street, PO Box 6283 Rutland, VT 05702-6283  
802-775-2395 [www.vac-rutland.com](http://www.vac-rutland.com)

## **Resource Development**

Rosie Piontek  
Phone: (802) 747-0033  
(ext. 205)

Trainings listed in VAC newsletter  
<http://www.vacvt.org/wp-content/uploads/2014/05/Dec-2015-Feb-2016-.pdf>

# Statewide Training Resources

## **Windsor (South) Windham (North) Regions**

Springfield Area Parent Child Center  
6 Main Street North Springfield, VT 05150  
(802) 886-5242 [www.sapcc-vt.org](http://www.sapcc-vt.org)

## **Resource Development**

Kim Kiniry  
Phone: (802) 886-5242  
(ext. 248)

Direct link to Springfield Area Parent Child Center trainings  
<http://www.sapcc-vt.org/Child%20Care%20Provider%20Training>

## **Washington Region**

Family Center of Washington County  
383 Sherwood Drive Montpelier, VT 05602  
(802) 262-3292 [www.fcwcv.org](http://www.fcwcv.org)

## **Resource Development**

Claire Berry  
Phone: (802) 262-3292  
(ext.123)

Link to Family Center of Washington County trainings  
<http://www.fcwcv.org/wp/wp-content/uploads/2015/12/Spring-Summer-2016-Training-Calendar.pdf>

## **Windham region (Except for Northern-most towns)**

Windham Child Care Association  
130 Birge Street Brattleboro, VT 05301  
(802) 254-5332 [www.windhamchildcare.org](http://www.windhamchildcare.org)

## **Resource Development**

Nancy Witherill  
Phone: (802) 254-5332  
(ext. 312)  
Emily Walsh  
(ext. 321)

Trainings:

<http://www.windhamchildcare.org/images/stories/pdfs/PD%20Calendar%20FY%202016.pdf>

All trainings are posted on a searchable calendar. Follow the link <http://dcf.vermont.gov/cdd/professional-development> and then click on **Course Calendar**. You can search by topic or training title. Perhaps the easiest way to find trainings within a particular distance from you town is to **insert a "date range"** and then click on the drop down box beside **"Location."** Choose your town and then the distance in miles that you are willing to travel. A list of trainings will appear.

# Statewide Training Resources



A program of LUND

**Mission:** To improve the well-being of children impacted by parental incarceration in Vermont.

Kids-A-Part (KAP) seeks to reduce the trauma children experience as a result of their mother's incarceration. The approach provides support to maintain contact between mothers and their children, provides outreach to children and caregivers during the mother's incarceration, links children and families to appropriate services, and prepares mothers to return to the community, exploring and planning for their role as mother.

Learn more about the importance of maintaining the bond between a child and their incarcerated mother. Kids-A-Part offers free trainings for support groups, conferences and community gatherings. Topics include:

**Kids-A-Part: A Program for Children of Mothers in Prison**

**Critical Time Support: Responding to a High Profile Arrest in your**

**Community Children of Incarcerated Parents: Understanding the**

**Impact of Parental Incarceration Children Affected by the Criminal**

**Justice System: An Invisible Population**

**Planting the Seeds: Growing Partnerships That Support Children and Families Affected by Parental Incarceration**

Please visit their website [www.lundvt.org](http://www.lundvt.org) or contact Heidi Wener, 802-861-2561 [heidw@lundvt.org](mailto:heidw@lundvt.org) for more details

# Statewide Training Resources

**Notes:**

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# Support Groups

Location	Support Group	Description	Contact for info
Addison County	K.I.N. Support Group	Meets weekly	Sandi Yandow 802-759-2263 <a href="mailto:syandow@yahoo.com">syandow@yahoo.com</a>
Barre	Foster, Adoptive and Kinship Support Group	<b>Foster, adoptive, and kinship families</b>  The Central Vermont Foster Parent Association will be meeting at the Steakhouse Restaurant on the Barre Montpelier Rd each 3 <sup>rd</sup> Monday of the month at 6 PM. We are going dutch (each pay your own) for food and we ask that everyone at least order something, no matter how small, in appreciate of the location.  Please join for friendship and conversation. Hope to see you there.	Erinn Rolland-Forky 802-793-0906 <a href="mailto:centralvtfosterparentassoc@gmail.com">centralvtfosterparentassoc@gmail.com</a>
Barre	<b>Grandparents Raising Their Children's Children</b>	Sponsored by CYFS. Meeting first and third Wednesdays of each month, 10 am—noon. First Presbyterian Church in Barre.	Evelyn Sawyer 802-476-1480 X516 <a href="mailto:evelyns@wcmhs.org">evelyns@wcmhs.org</a>
Bellows falls	A Time & Place: Family Fun and Potluck Diner	Group meets monthly. Location varies, call Deb for details.	Deb Witkus 802-463-9927 X212 <a href="mailto:deb@greaterfallsconnections.org">deb@greaterfallsconnections.org</a>
Bennington	DCF License Kin/Foster Families	4 <sup>th</sup> Tuesday of each month. 6-7:30 pm @ Second Congregational Church, Hillside Ave, Bennington. Light Dinner/optional childcare available with advanced notice.	Valerie Miner 802-442-8138 <a href="mailto:Valerie.Miner@vermont.gov">Valerie.Miner@vermont.gov</a>
Bennington	Shaftsbury support Group	Supporting <b>adoptive and pre-adoptive families</b> who have adopted or hope to adopt domestically, internationally or through foster care. Meeting the third Thursday of each month of the Shaftsbury United Methodist Church in Shaftsbury, VT	Amy Prentiss Rogers <a href="mailto:amyp@lundvt.org">amyp@lundvt.org</a>  Jill Bouton (413) 884-5589
Brattleboro	Parents of Adopted Children	For the Brattleboro parents of adopted children. They meet the second Monday of each month from 6:30-8:30 at the Brattleboro Savings and Loan Bank in Brattleboro.	Danna Bare 802-258-0308
Burlington	Foster, Kin, and Adoptive Parent Support Group	Questions about the fostering, adoptive, or kinship path you're on? Connect with people who understand how you're feeling! Pot Luck! 3 <sup>rd</sup> Wednesday of every month, 6-8 pm DCF office, 426 Industrial Ave, Suite 130, Williston	Cathy Frost 802-951-0020
Burlington	Burling K.I.N. Support Group	1st & 3 <sup>rd</sup> Wed., 9:30-noon JUMP Program at First Congregational Church, South Winooski Ave Every Wed., 7:30-9:30 am at the Bagel Shop, than Allen Shopping Ctr Every Thursday at Multigenerational Center by appointment	Linda 802-864-5114 <a href="mailto:linda@deliduka.com">linda@deliduka.com</a>

# Support Groups

Location	Support Group	Description	Contact for info
Lamoille	Lamoille Valley Foster/ Adoptive Family Association Meeting	The Book of the Month format provides interesting topic discussions on issues relevant to caregivers. Meets on the 3 <sup>rd</sup> Thursday of each month 5:30-7:30 Large AHS Conference Room. BYO Dinner or something to share for the potluck. Childcare is available	RSVP to Joan Rock 1 week in advance of meeting at 802-888-1375 or Joan.Rock@vermont.gov
Middlebury	Addison County Support Group for Adoptive Families	Bringing together <b>adoptive parents</b> to share the joys and challenges of being an adoptive parent. Meets once a month at the Addison County Parent Child Center in Middlebury, VT	Donna Provin 802-343-0565
Milton	Circle of <b>Parents</b> Support Group	For all <b>Families</b> , meets every Wednesday from 12:00-2:00 pm, Milton Family Community Center 23 Villemaire Drive -lunch/childcare provided	Prevent Child Abuse VT <a href="mailto:hniquette@pcavt.org">hniquette@pcavt.org</a> 802-498-0607
Milton	<b>Grandparents</b> as Parents	1 <sup>st</sup> and 3 <sup>rd</sup> Mondays, 6:30-8:00 pm at the New Life Christian Fellowship Church, 38 Centre Drive, Milton. Childcare provided.	John Smith 802-893-3838
Montpelier	<b>Grandparents</b> Raising Their Children's Children	Sponsored by CYFS. Meeting the 2 <sup>nd</sup> Thursday of each month 6-8:00pm. Resurrection Baptist Church in Montpelier	Evelyn Sawyer 802-476-1480 X516 <a href="mailto:evelyns@wcmhs.org">evelyns@wcmhs.org</a>
Morrisville	Parent Support Group	Thursday mornings: 8:15 am- 9:45 am	Call 802-888-8320 for more information
Orange County	Orange County <b>Kinship</b> Care Support Group	Meeting 2 <sup>nd</sup> Wednesday of the month at 6:00-7:30 pm. Childcare and dinner provided	Mary Ellen Otis <a href="mailto:maryellen@orangecountypcc.org">maryellen@orangecountypcc.org</a>
St. Albans	Circle of Parents Support Group	A self-help support group for adoptive, kinship and guardianship families. The group will discuss normative adoption issues as well as unique challenges families face. This group meets the 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of every month from 5:30-7:30pm.	Nina Kempf-Miller at NFI-St Albans at 802-524-1700 <a href="mailto:hniquette@pcavt.org">hniquette@pcavt.org</a> (802)498-0607.
South Burlington	Circle of Parents Parent Support Group for Adoptive and Guardian-ship Families	A support group that offers a place to meet others and learn more about the parenting challenges that <b>adoptive/guardianship</b> families may face. Childcare/light meal provided. <b>RSVP required!</b> Meets the last Tuesday of every month, 5:00-6:30 pm	Melissa Appleton Katherine Boise 802-864-7467
Springfield	<b>Adoptive &amp; Foster Parent</b> Support Group	We meet "most" months, but necessarily every month from 6:30pm-8:30pm. "Bank Block Building, 56 Main Street, Suite 205" Springfield, VT	Nancy Birge 802-291-3907
Vermont Statewide	Vermont Family Network Parent-run groups ranging from special needs to educational support	See website for complete listing: <a href="http://www.vermontfamilynetwork.org/wp-content/uploads/2014/06/Support-Groups-in-Vermont-June-2014.pdf">http://www.vermontfamilynetwork.org/wp-content/uploads/2014/06/Support-Groups-in-Vermont-June-2014.pdf</a>	Vermont Family Network 1-800-800-4005

## Support Groups

Upper Valley Area	Adoption Conversation Group	A peer group conversation for those whose lives are touched by <b>adoption</b> . Participants include birthparents, adult adoptees or adoptive parents. Please call with questions and/or for more information and location. This is free and all newcomers are welcome. Monthly meetings are on 2 <sup>nd</sup> Tues., 7:00-9:00pm in Woodstock	Judith Bush 802-436-1488 jbush@together.net
TBA	Parenting the strong willed child	Is your child strong willed? This group is offered for caregivers with children ages 2-8. It is a 6 week curriculum for caregivers in need of parenting support	Call to inquire about Upcoming groups. Samantha Thomas 802-393-6584

# Online Training and Resources

## Vermont Family Network

Vermont Family Network (VFN) offers free [workshops](#) and [webinars](#) for families. Please call us if you would like to host a workshop in your area. We are here to listen and help with any needs or concerns you may have related to you or your child's health, education, or well-being.

Call us today to speak to a Family Support Consultant  
For information: Call [Janice Sabett](#) or 1-800-800-4005, x218

## Foster Parent College

For information please call your local Resource Coordinator. Their names and numbers can be found on page 12 of this Bulletin.

This organization offers courses via internet on a wide array of topics that are beneficial to foster, kin, and adoptive families. Topics addressed include behavioral issues, educational needs, and how to help children and youth move forward in their relationships and work toward new goals. Even if you don't have access to a computer at home, you may be able to view these courses at your local library or at a DCF office.

You can view a comprehensive list of the courses available at [www.fosterparentcollege.com](http://www.fosterparentcollege.com).

## Adoption Learning Partners

Online Training Resource

### **Adoption Learning Partners**

Offers meaningful, timely, web-based educational adoption resources for professionals, parents, adopted individuals, and the families that love them. You can access these classes for FREE by contacting your: local DCF Resource Coordinator, permanency planning counselors from LUND, or Brenda Hamlin at [brendah.kin@comcast.net](mailto:brendah.kin@comcast.net)

Their course listing is available online  
[www.adoptionlearningpartners.org](http://www.adoptionlearningpartners.org)

Members of the Caregiver Training Collaborative work together to ensure that Vermont kin, foster and adoptive families, and those who work with them, have access to high quality training in a variety of modalities.

**Child Welfare Training Partnership (CWTP)**

We develop dynamic trainings and educational opportunities for kinship, foster, and adoptive families. We collaborate with state, national, and international organizations, as well as individual leaders in fields related to child welfare, to ensure that families have the tools, resources, and skills they need to effectively care for children and youth.

**Vermont Adoption Consortium** [www.vtadoption.org](http://www.vtadoption.org)

We recognize that adoption is a lifelong process with rewards and challenges at different stages along the way. We are committed to partnering with individuals, families and communities to further the knowledge and understanding of adoption and to ensure that all people whose lives have been touched by adoption have access to quality services throughout Vermont.

**Vermont Foster and Adoptive Family Association (VFafa)** [www.vfafa.org](http://www.vfafa.org)

Our mission is to empower, support and unify foster and adoptive families by strengthening the systems that care for Vermont's children. We envision a world where all foster and adoptive families have the resources they need to restore faith, hope, and joy to the children they nurture.

**Vermont Kin As Parents (VKAP)** [www.vermontkinasparents.org](http://www.vermontkinasparents.org)

Vermont Kin As Parents is committed to support relatives who are raising children and to educate the public and community partners about the joys and difficulties these families experience.

**HowardCenter** [www.howardcenter.org](http://www.howardcenter.org)

Our mission is to improve the well-being of children, adults, families, and communities. Howard Center provides an extensive array of services including supports for adult mental health, children & families, substance abuse, and developmental services.

**VT Dept. of Children and Families /Family Services Division (FSD)**

[www.dcf.vermont.gov/fsd](http://www.dcf.vermont.gov/fsd) The Family Services Division is Vermont's child welfare and youth justice agency. We are responsible for making sure children and youth are safe, their basic needs are met, they abide by the law, and families are supported to achieve these goals.

This bulletin is for your convenience.  
CTC does not endorse any particular group or organization.