

# **LoneStar Solutions 2010 Training Packet**

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## **LoneStar Solutions 2010 Training**

We are excited about the 2010 Training Calendar and we have a lot of great classes planned! We know that training is a requirement for all of our programs, but we hope that we can all make training as fun and as painless as possible. Read carefully as we will stick to the rules and will expect the same of all of you!

1. No classes will be cancelled by LoneStar unless no one has signed up or due to inclement weather! This means that it is very important that you call and sign up for every class that you plan to attend.
2. You must sign up for class as a great deal of preparation work goes into every class that is taught and as some of the classes have limited space available. You must sign up by calling the main number and speaking with Jorden or leaving her a message to ensure that you are officially signed up for class.
3. There is NO Child Care during any training offered at LoneStar. This means that no one should bring their children to class, even if they are old enough to supervise themselves. We understand that this can be an inconvenience, but we are unable to provide care at this time.
4. If you can not make it to a class, you must call the office (817.265.2344) to cancel your reservation. If you are not able to make it or you are running late on the day of the training, please call to inform the trainer of the situation at the office or the cell phone of the trainer for the class. Leave a message if the line is not answered.
5. During Rangers and Cowboys Games, our parking lot is used for game parking, but this does not affect the parking for training or your access to our building. Just tell the parking attendant that you are here for training at LoneStar Solutions and she will allow you to enter. Park near to our building to allow the remainder of the lot for game parking.

## Monthly Foster Parent Training Classes

### Tracy Howard, Facilitator

January 21  
9:30am to  
12:30pm

Teen Sexting: Promoting Healthy Behaviors with Emerging Technology, Cell phones, text messaging and MYSPACE – what does it all mean?

February 18  
6:30pm to  
9:30pm

Shaken Baby Syndrome/SIDS  
Learn the symptoms and address the needs for children.

March 11  
9:30am to  
12:30pm

Substance Abuse and Updated Drug Information  
Arlington PD and Rosylyn Hubbard, CPS, will be here to give updated information on drugs, their street names, etc.

April 15  
6:30pm to  
9:30pm

Water Safety and Cultural Diversity Training  
Summer precautions and Cultural differences for children in care.

May 20  
9:30am to  
12:30pm

Resilience in Children  
Learn why some foster kids bounce back and other do not and what can be done for these children.

June 17  
6:30pm to  
9:30pm

Suicide  
A speaker from Star Health's Integrated Behavior Health Division will be here.

**July, No Training/Happy Summer Vacation!**

August 19  
9:30am to  
12:30pm

Education Specialists  
We will bring in CPS Education Specialists to help you work with the school on ARD meetings, your rights, the child's rights and other ways to get the most out of your school district.

September 16  
6:30pm to  
9:30pm

Bullying and Understanding Childhood Trauma  
Learn how to help kids who are being bullied or are bullies themselves. You will also learn to understand what happens to a child's thought concept from serious trauma.

October 21  
9:30am to  
12:30pm

Streetwise to Sex-Wise  
Sex Education for High-Risk Youth

November 18  
6:30pm to  
9:30pm

Rational Parenting  
Learn tried and true techniques to parenting difficult children.

**December, NO TRAINING/HAPPY HOLIDAYS!**

## **LoneStar Solutions Required Training Classes (This means CPS and HCS Foster Parents)**

**Satori Alternatives to Managing Aggression (SAMA):** This class will be replacing the Safe Crisis Management (SCM) course at LoneStar Solutions. This is training in behavior management techniques, including physical restraints. This class is an annual requirement for all foster parents and part-time staff. The annual class is 8 hours. Class Size: Limited to 12. Attire: Comfortable clothing, no jewelry.

**Psychotropic Medications:** Lisa Farmer, R.N. and Linda Roark, R.N., Trainers. Mrs. Farmer and Mrs. Roark are psychiatric nurses at Cook Children's Hospital and have a great deal of knowledge about this subject. This class is an annual requirement for all Lone Star foster parents. (This requirement may be waived by Program Manager for HCS foster parents under certain circumstances and if a suitable substitution class is attended.) Class Size: No Limit.

**CPR:** LoneStar Solutions is now offering American Heart Association CPR certification which will be valid for two years. It is a requirement for all foster parents and all staff to be certified in CPR. Class Size: Limited to 10.

**First Aid:** LoneStar Solutions is now offering American Heart Association First Aid certification which will be valid for two years. It is a requirement for all foster parents and all staff to be certified in First Aid. Class Size: Limited to 10.

## **Disabilities Program Additional Required Training Classes**

**Client Rights Abuse and Neglect (CRAN):** This class must be completed as pre-service training for the Disabilities Program and must be completed annually as a reminder of the information. This class focuses on ensuring that all clients' rights are maintained and teaches the foster parents and staff members how to do so by following all laws, guidelines and LoneStar Solutions policies. Class Size: No Limit.

**Infection Control:** This class focuses on blood borne pathogens, infectious diseases, viruses vs. bacteria and the prevention of infections. This class is required as pre-service training for the Disabilities Program and is required to be completed on an annual basis. The class will be updated with new information all of the time. Class Size: No Limit.

**Medication Administration:** This course is not a requirement, but may be taken by HCS foster parents with approval as a substitute for the Psychotropic Medications training if no clients in the home are prescribed psychiatric medications. This course will focus on the correct and safe administration of medications as well as the proper manner to document all medication administrations, refusals and other issues.