

Hall-Dawson CASA Program, Inc.

Alternative Continuing Education Opportunities April, 2020

Each CASA Volunteer is required to complete 12 hours of continuing education each calendar year. While our program offers monthly In-Service Sessions, you may also choose to complete some continuing education (CE) at your convenience. These alternative opportunities include reading books, watching movies, docuseries, or TV, podcasts, and other webinars. All alternative CE must be approved by CASA Staff. Please contact your Advocate Supervisor or other CASA Staff with any questions.

How to document continuing education credit hours:

Once you have finished any CE, please record in Optima. Under the “Volunteers Dashboard”, you will be able to add your own hours. Select “Training Logs” from the tab options, click “add” and fill in the boxes. Either click “Other” or “Independent study” as the training format. Add the title in the notes section and provide a brief summary of your experience, learning, and how it relates to your role as a CASA.

Sections

Audio

Webinars – Upcoming and Available Anytime

Audio

Aged Out: Stories that Built Us

SMU School of Law conducts interviews with Texas youth who have aged out of foster care as they share insights into their experiences.

Time: 10 episodes, each podcast is 20-30 minutes

Where it can be found: [Spotify](#)

Child In Mind- Why Do Some People Self-harm?

Self-harming behavior is becoming more common according to recent statistics and particularly among young people between 16 and 25 years. But what is self-harming behavior, why do people do it and what help is available for those affected?

Time: 25 minutes

Where can it be found: [Soundcloud](#)

Child Welfare Information Gateway Podcast Series

The following episodes are recommended for CASA volunteers:

Episode 4: Secondary Traumatic Stress

Episode 6: Engaging Fathers Part 1

Episode 7: Engaging Fathers Part 2

Episode 9: Protective Factors Part 1

Episode 10: Protective Factors Part 2

Episode 11: Supporting Kinship Caregivers Part 1

Episode 12: Supporting Kinship Caregivers Part 2

Episode 16: Family Group Decision-Making: Implementing Family Group Conferences

Episode 18: Child Welfare Then and Now

Episode 22: Prevention – Connection Matters

Episode 41: Birth-Foster Parent Mentoring Teams

Episode 48: Changing the Face of Foster Care

List of topics: [Podcast series](#)

Where it can be found: Apple Podcasts, GooglePlay, Spotify, Stitcher, and SoundCloud

Meth Addiction in Hawai'i

A podcast series about meth addiction in Hawai'i that really puts a human face on the problem.

The episodes range from 15-20 minutes each. Listen to all four episodes and read the accompanying written material for a 2 hour continuing education credit. Individual segments can be listened to for a smaller CE credit.

Time: Various time lengths

Where it can be found: [Hawaii Public Radio](#)

Engaging Youth in Foster Care

As youth in care begin to develop their own sense of self and independence, you may experience difficulty engaging them to participate in their case plans or helping them realize the impacts their decisions may have on their long-term future.

Time: 30 minutes

Where it can be found: [Listen here](#)

Foster Care, Adoption, Runaway: The Story of One Child's Reality

Emma Williams, a woman who was in and out of several foster homes, shelters, and adoptive family situations in her life, will give you amazing insight into the sometimes hard realities facing children in foster care.

Time: 30 minutes

Where it can be found: [Listen here](#)

Foster Care and One Caring Adult

A podcast featuring an interview with Josh Shipp, an author, global youth empowerment expert and acclaimed speaker. Josh is a former at-risk foster kid who “mastered the art of getting kicked out” of foster homes, he is renowned for his documentary TV series on A&E that followed his ground-breaking work with teens. His new book, *The Grown Up's Guide to Teenage Humans*, explores strategies for parents, educators and others working with teens.

Time: 30 minutes

Where it can be found: [Listen here](#)

KERA Think

KERA's Think radio show features topics relevant to the work of CASA volunteer advocates from time to time. Recent show topics include:

[Finding Purpose in Prison](#)

[How Society Fails Trans Kids](#)

[Redefining Autism and Who's Left Out](#)

Time: 1 hour

Where it can be found: KERA Think

Kinder-Gardening

The Carpenter Vs. The Gardener, podcast exploring two models of modern parenting. Many parents think they can shape their child into a particular kind of adult. Psychologist Alison Gopnik says the science suggests otherwise. A conversation with Gopnik, who thinks we'd all be better off if we had a different understanding of the relationship between parents and kids.

Time: 30 minutes

Where it can be found: [Listen here](#)

Launching Your Daughter

Launching Your Daughter podcast was created to support parents and caregivers in empowering their tween and teen girls as they prepare for young adulthood. Guests will be interviewed to discuss topics such as anxiety, perfectionism, depression, trauma, relationship

struggles, budgeting time and money, nutrition and self-care. Conversations about mindfulness, self-compassion, mind, body and spirit connections, holistic and alternative approaches used in psychotherapy and counseling will also be explored.

Time: 30 minutes

Where it can be found: [Listen here](#)

The Perpetual Trauma of Child Sexual Abuse (Isn't What You Think)

This week's guest addresses some misconceptions of child sexual abuse, speaks on the survivors of incest, and the fact that much of the continual trauma suffered by these victims is due to keeping silent about the event. She also discusses the Four Rules of Sexual Consent and addresses the question of whether it is possible to have one's abuser in one's life and still be healthy.

Time: 25 minutes

Where it can be found: [Listen here](#)

Targeted: True Crime Domestic Violence

Targeted Podcast True Crime Domestic Violence investigates cases of family violence each season, using academic research to help interpret the events so we can become better advocates.

Time: 30 minutes

Where it can be found: [Listen here](#)

Teaching and Mental Health with Jessica Minahan

Although much has been written about the impact of such psychiatric difficulties on learning, teachers often have little guidance on effective strategies to support students with mood, anxiety and other mental health concerns. So what can be done to help these students?

Time: 55 minutes

Where it can be found: [Listen here](#)

What is Complex Trauma or PTSD? How Does it Affect Your Child?

A podcast featuring Selma Bacevac, a parent-child relationship therapist. Ms. Bacevac talks about complex trauma/complex PTSD, what it is, what children experience it as and what type of behaviors we see in children who are experiencing complex trauma. I will also talk about what the best and appropriate ways are to get help and treatment for children who are experiencing complex trauma.

When: Available anytime

Cost: No cost

Registration: [Listen here](#)

Webinars – Upcoming and Available Anytime

Upcoming Live Webinars

Supply and Demand: The Roles of Traffickers, Buyers, and Gangs In CSEC

When: Thursday, May 14, 2020 at 1:00pm EDT

Presented by Children’s Healthcare of Atlanta. The purpose of this module is to recognize and understand the roles that traffickers and gangs play as they provide the supply of children in sex trafficking. Additionally, the module will focus on how buyers contribute to the demand for child sex trafficking and how each group continues the cycle of victimization. Societal factors around the acceptance of violence and how that contributes to supply and demand will also be addressed. Finally, the module will briefly discuss demand reduction strategies.

- Registration: [Click here](#)

Resilience – The Biology of Stress & the Science of Hope

When: Monday, April 20, 2020 at 1pm EST

This virtual event includes a screening of *Resilience* documentary and a panel discussion afterwards. The documentary *Resilience* reveals how toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. *Resilience*, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose.

- Registration: [Click here](#)

Staying Strong and Positive for Ourselves and Our Children During COVID-19

Be Strong Families offers a daily webinar on rotating topics for children and families during COVID-19.

When: Daily at 1:00 p.m. EST

- Registration: [Watch here](#)

C.A.S.E. Webinar Series

The Center for Adoption Support and Education (C.A.S.E.) is a national leader in mental health services. For the months of March and April, they are offering all 13 of their webinars at no cost, with the promo code HOME.

When: Thursday, March 19 to Thursday, April 30

Cost: No cost with promo code HOME

- Registration: [Watch here](#)

Behavior Basics: Laying the Groundwork for Positive Change

Offered by the Military Families Learning Network. Please RSVP for program, you will be sent an email for instructions and link to webinar.

When: Tuesday, March 24, 10:00 – 11:30 a.m.

- Registration: [Watch here](#)

Understanding the Impact of Trauma on Behavior

Trauma in young children is much more pervasive—and much more destructive—than we ever thought. The research on trauma has made it clear that children’s challenging behavior is not intentional, but is instead driven by fear and a protective strategy for coping with their experience. By Early Childhood Webinars.

When: Wednesday, March 25, 1:00 – 2:30 p.m.

Cost: \$15

- Registration: [Watch here](#)

Guiding Youth Toward Healthy Relationships

Caregivers, case workers and therapists learn how to help children and teens prevent bullying and cultivate safe and healthy relationships. The workshop examines the development of appropriate social skills and the setting of proper boundaries. By Texas Network of Youth Services.

When: Thursday, April 2 at 11:30am

- Registration: [Register here](#)

Beyond the Wheel: Domestic Violence in LGBTQ Communities

This webinar will center on the importance of building awareness of the context of LGBTQ people’s lives as a key component in supporting creative, effective advocacy with LGBTQ survivors.

When: Tuesday, April 7, 2:00 – 3:30pm

- Registration: [Register here](#)

Opioid Overdose, Suicide, and the Overlap Between Them

In this webinar the Center for Practice Transformation explores the causes and solutions related to both opioid overdose deaths and suicides.

When: Friday, April 10, 12:00 – 1:00pm

- Registration: [Register here](#)

Mindset Coaching for the CASA Advocate

CASA Volunteers find themselves enmeshed in the child welfare system by choice. These brave and caring individuals are determined to ensure the children they are privileged to stand up for have their voice heard and best interests represented. But what happens when the case takes longer than necessary? Or when it seems like caseworkers, the judge and everyone else doesn’t have the same sense of urgency as you? What happens when a case closes and the outcome is not what you hoped? Learning how to self-coach is the fastest way to go from frustrated and sad to accepting your next case.

When: Wednesday, April 15, 12:00 – 1:00pm

- Registration: [Register here](#)

Domestic Violence and Youth in Care

Presented by Aiden Ethington, M.A., ICDVP, in conjunction with Illinois CASA. Mr. Ethington is a Clinical Domestic Violence Specialist serving the Central Region of Illinois for the Illinois Department of Child and Family Services. He is an Illinois Certified Domestic Violence Professional with experience in various positions within the domestic violence field, including community education, legal advocacy, and emergency shelter.

When: Tuesday, April 15, 11:00 a.m. – 12:00 p.m.

- Registration: [Register here](#)

Webinars Available Anytime

Georgia DFCS Mandated Reporters Training

This course is designed to help Georgia mandated reporters recognize the signs of child abuse and neglect, their legal obligations related to reporting suspected abuse and neglect, and how to make a report. Completion of this online training allows participants to make online DFCS Referrals instead of being required to call the Child Abuse Hotline.

- Registration: [Click here](#)

Institute on Healthcare and Human Trafficking

The mission of this institute, offered by CHOA and other partners, is to improve the lives of children and families affected by human trafficking by increasing and enhancing behavioral health and medical care through research, training and education. There is a long list of On-Demand Trainings and Resources (listing of training by topics) available at any time.

- Training listing: [Click here](#)

Path to Permanency: Practical Considerations for CASA.

Recorded webinar presented by Georgia CASA. Slideshow available for download.

- Watch video: [Click here](#)

Adverse Childhood Experience Implications for Policymakers and Practitioners

David Murphey, research fellow and DataBank director at Child Trends, will review the science of childhood trauma, and the prevalence of childhood experiences that can create it. Trauma, or toxic stress, can have lasting harmful effects on multiple body-systems, affecting lifetime health and well-being. Drawing on recently released data collected nationwide, the presentation will highlight implications for those who work with children and families, or on their behalf.

- Watch video: [Click here](#)

Youth Depression Overview

Presented by Children's Healthcare of Atlanta. An 11-minute video and resources about youth depression and suicide.

- Watch video: [Click here](#)

Advocacy for Deaf or Hard-of-Hearing Children

This hour-long Texas CASA webinar was recorded in May of 2019 and features speakers Dr. Jon and Shelly Bergeron. Jon Bergeron is a clinical psychologist who specializes in working with foster and adoptive families struggling with attachment and trauma-related difficulties. Shelly Bergeron is the Statewide Family Services Coordinator in the Educational Resource Center on Deafness at the Texas School for the Deaf.

- Watch video: [Click here](#)

Anxiety Disorders in Children

Dr. Charles Hallmark, Grace Psychological Services, discusses anxiety disorders in children, including the different types and identifiers that parents can look for, along with a focus on anxiety in children with dyslexia and other specific learning disabilities.

- Watch video: [Click here](#)

The Beginning of Life

Using breakthroughs in technology and neuroscience, this series available on Netflix, examines how environment affects infants – and how infants affect our future. Each of the six episodes is 45 minutes long.

- Watch video: [Click here](#)

Building Trauma-Informed Services for Children, Youth, and Parents Impacted by Domestic Violence

This is a 10-part recorded webinar series that can be accessed at any time. Topics include: Children and Domestic Violence, Caring for Others While Caring for Ourselves, Children Grow in the Context of Their Relationships, Understanding Children's Responses to DV and Other Trauma, Responding to the Needs of Children and Families Impacted by DV, Engaging and Supporting Parents

- Watch video: [Click here](#)

Calming Children in Crisis

A major challenge in working with children who have experienced trauma is helping them manage the strong emotions often experienced as a result. Feelings of emotional pain resulting from maltreatment and loss often present as anger. Children may feel overwhelmed by their feelings and express anger in a way that places themselves and others at risk. This course provides skills for helpers to assist children in identifying and managing their feelings in a healthy manner. Specific skills taught include helping children identify and label their feelings, cope with feelings of anger, develop a "Safety Plan," and learn how and when to use the plan. The skills taught in this course are helpful for persons working with children in a wide variety of settings including family foster care, and residential and educational facilities.

- Watch video: [Click here](#)

Child Sexual Abuse: What Investigators Need to Know

WI CAN Educational Series presents a one-hour video with Dr. Rita Ventura from Children's Hospital of Wisconsin about what investigators on child sexual abuse cases need to know.

- Watch video: [Click here](#)

Connecting the Dots to Prevent the Sexual Abuse of Children Through Collaboration

This webinar explored how the collaboration of child welfare organizations can strengthen and fortify efforts to prevent child sexual abuse. Representatives from two such organizations discussed their methods and successes in research, promoting community awareness and involvement, training and education, juvenile justice, funding strategies, and more.

- Watch video: [Click here](#)

The Effects of Prenatal Methamphetamine Exposure

In 2017, it was estimated that there were over 5,000 drug-exposed infants born in California. In this webinar, Harbor-UCLA Medical Center's Dr. Lynne Smith discusses the effects of prenatal methamphetamine exposure including: effects on somatic growth and neurodevelopment and prenatal and postnatal environmental factors that influence the effects of prenatal methamphetamine exposure.

- Watch video: [Click here](#)

"Faces of Human Trafficking" Video Series

The series is intended to be used for outreach and education efforts of service providers, law enforcement, prosecutors, and others in the community. The series includes information about sex and labor trafficking, multidisciplinary approaches to serving victims of human trafficking, effective victim services, victims' legal needs, and voices of survivors.

- Watch video: [Click here](#)

Infants with Parental Substance Exposure

This webinar provides an overview the Yale New Haven Children's Hospital initiative to improve the quality of care of infants with Neonatal Abstinence Syndrome. Dr. Matthew Grossman highlights research findings, including the methods and results of the hospital study published in Pediatrics. The interventions include non-pharmacologic therapies and a simplified approach to assessment for infants exposed to methadone in utero.

- Watch video: [Click here](#)

International Society for the Prevention of Child Abuse and Neglect (ISPCAN)

[Child Abuse and Children with Disabilities: Prevention & Protective Factors](#) (1 hour)

[Children's Rights and Child Protection](#) (1 hour)

[Education and Learning in the Context of Abuse, Neglect, and Related Stressors](#) (1 hour)

[Neurobiology of Stress and Trauma in Children and Adolescents](#) (1 hour)

[Parental Burnout](#) (1 hour)

National American Council on Adoptable Children (NACAC)

[Adoption Assistance and Eligibility Benefits](#) (1.25 hours)

[Improving Messages in Kinship Care, Foster Care, and Adoption](#) (1 hour)

[Parenting Tough Behaviors](#) (1.25 hours)

[Positive Identify Formation and Community Connectedness for Children and Youth in Transracial Placements](#) (1.5 hours)

National CASA/GAL Program

[Psychotropic Drugs 101](#) (2.5 hours)

[All Children All Families: Improving Practice with LGBT Youth and Families](#) (1 hour)

[Building Strong Families and Healthy Communities: The Safe Babies Project](#) (1.25 hours)

National Children's Advocacy Center Online Training

Previously recorded webinars that offer information pertaining to multiple aspects of CASA cases can be found on the National Children's Advocacy Center website and can be viewed at any time with no cost. On their website, you will be directed to create a login account to access the webinars.

- View webinars: [Click here](#)

Promoting Family Health Through the Parent-Child Feeding Relationship

Unhealthy foods are readily available, cheaper than healthy alternatives, and advertised directly to children. Parents play an instrumental role in helping children navigate this unhealthy food environment. This presentation will discuss characteristics of children and parents that put some families at risk for eating challenges and how developing a positive parent-child feeding relationship benefits both parent and child. Dr. Doris Luft de Baker's lecture is now available to view on the UT Dallas website.

Where it can be found: [UT Dallas Center for Children and Families](#)

- Watch video: [Click here](#)

Reducing the Risk of Child Sexual Abuse: A webinar with NCTSN

An hour and a half-long video on reducing the risk of child sexual abuse presented by the National Child Traumatic Stress Network.

- Watch video: [Click here](#)

Storytelling, Social Movements, and the Prevention of Child Abuse and Neglect

Topics covered are: how revised and reconsidered communications can promote the message of prevention of child abuse and neglect, why the general public has not been as engaged by previous prevention messages, and how professionals in child abuse prevention are changing the way they tell their stories to inspire and motivate the public to take action.

- Watch video: [Click here](#)

TBRI® An Overview: Putting the Pieces Together

This short video explains the principles and concepts behind Trust-Based Relational Intervention®, a proven method for enriching the lives of at-risk, vulnerable children, adolescents, and their families. Trauma can impair language, sensory processing, and coping skills, and can lead to perplexing behaviors that are often mistaken for aggression or mental illness. This video features world-renowned experts who share research that documents how

consistently positive experiences with loving caregivers can re-wire a child's brain for lasting change. Where it can be found: www.child.tcu.edu

- Watch video: [Click here](#)

TED Talk: Everything you think you know about addiction is wrong

What really causes addiction? How can we overcome it? Johann Hari has seen our current methods fail first hand and began to wonder why we treat addicts the way we do.

- Watch video: [Click here](#)

TED Talk: Why domestic violence victims don't leave

TED talk featuring Leslie Morgan Steiner telling the story of her abusive relationship, correcting misconceptions many people hold about victims of domestic violence and explaining how we can all help break the silence.

- Watch video: [Click here](#)

Training Series: Coping with the Unique Challenges of Kinship Care

More than 139,000 children in foster care are living in kinship placements with thousands more are in informal kinship care arrangements. As child welfare systems increasingly prioritize placing children with relatives, the Casey Foundation has created a video training series — Coping with the Unique Challenges of Kinship Care — as a resource for kin caregivers and the child welfare workers who supporting them.

- Watch video: [Click here](#)

Trauma- Informed Care for Families Affected by Substance Use Disorders

The New England Addiction Technology Transfer Center (New England ATTC) has partnered with the National Center on Substance Abuse and Child Welfare (NCSACW) to develop a web-based series on effective strategies, practices and policies addressing families with substance use.

- Watch video: [Click here](#)

National Center on Domestic Violence, Trauma, & Mental Health

NCDVTMH has webinar offerings listed on the website dating 2012 to current. Each year has a webinar series with several presentations, and independent topical sessions as well.

- Training listing: [Click here](#)