



Help Keep Home in the Family
4344 W Cheyenne Avenue
N Las Vegas, NV 89032
FosterKinship.org
702-546-9988

Re-Licensing Study Guide Packet

Every year licensed foster parents are required to take 12 hours of online training in order to qualify for re-licensing. The following are three trainings that are required for re-licensing and the rest are some that we recommend.

You are not required to do the recommended ones, you can choose any QPI that is eligible for re-licensing. If your licensing worker recommends any in addition to the required training, please complete those.

Required Trainings in the Packet:

- Trauma and the Impact of Trauma on Children in FC - 2.0 hours
<http://centervideo.forest.usf.edu/qpi/nevada/traumaimpchild/part1.html?fref=gc>
- The Developmental Web - 1.0 hour
<http://centervideo.forest.usf.edu/qpi/developmentalweb/start.html>
- Effective Discipline Study Guide - 1.0 hour
<http://centervideo.forest.usf.edu/qpi/nevada/effectivediscipline/start.html>

Recommended Trainings in the Packet:

- Self-Care for Foster Parents Study Guide - 0.5 hour
<http://centervideo.forest.usf.edu/video/qpi/selfcare/start.html>
- Child Development and Risk for Abused and Neglected Children - 1.0 hour
<http://centervideo.forest.usf.edu/video/center/2017abuseneglectconf/chlddvlp/start.html>
- Ages of Grief - 1.0 hour
<http://centervideo.forest.usf.edu/video/qpi/florida/ageofgrief/start.html>
- Addiction: What Happens to Adult Functioning and Protective Capacity when Drugs Hijack the Brain - 1.0 hour
<http://centervideo.forest.usf.edu/video/summit17/addiction/start.html>
- Attachment & Implications for Foster Care in Early Childhood - 1.0 hour of training
<http://centervideo.forest.usf.edu/video/qpi/florida/attachmentimplication/start.html>
- Understanding Shame: The Secret Disruptor of Family Harmony - 1.5 hours of training
<http://centervideo.forest.usf.edu/video/qpi/california/healngshme/undrstndgshme/start.html>
- How to Develop Emotional Resilience - 1.0 hour of training
<http://centervideo.forest.usf.edu/familiesfirst2017conf/devresilience/start.html>
- Trust Based Relational Intervention - 1.0 hour of training
<http://centervideo.forest.usf.edu/qpi/2017FSFAPACConf/trustbased/start.html>



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Trauma and the Impact of Trauma on Children in FC - 2.0 hours of training
<http://centervideo.forest.usf.edu/qpl/nevada/traumaimpchild/part1.html?fref=gc>
Required for Relicensing

Children between the ages of 0-5 need to be developing an attachment to at least _____
(number) caregiver.

Resiliency is built by _____.

Children's responds to trauma are survival skills. At some point in the child's life it was necessary to respond in a _____, flight, or freeze way.

TRUE OR FALSE - Children's response to trauma are survival skills. At some point in the child's life it was necessary to respond in a fight, flight, or freeze way.

TRUE OR FALSE - Teenagers should be able to imagine the future and the consequences of their actions on their future.

What stress hormones does trauma cause the body to produce _____.

_____ is a single traumatic event, limited in time.

TRUE OR FALSE - Neglect is significantly impactful to all children but particularly to very young children.

What is Trauma?

TRUE OR FALSE - Children respond to trauma by demonstrating hyperarousal or hypervigilance

School age children should focus on _____.



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The Developmental Web Study Guide - 1.0 hour of training
<http://centervideo.forest.usf.edu/qpi/developmentalweb/start.html>

Required for Relicensing

What senses are used in elementary school learning?

Children who have a conduct disorder have a(n) _____ pattern of behavior.

- a. Psychosomatic
- b. Internalizing
- c. Atypical
- d. Externalizing

TRUE or FALSE, it is important to focus on the child's diagnosis/label instead of focusing on managing the behaviors.

TRUE or FALSE, it is important to focus on the child's diagnosis/label instead focusing on managing the behaviors.

Listening does not include

- a. Understanding
- b. Volume/frequency
- c. Comprehension
- d. Attention

When assessing a child for "attention problems" the question should be if the child has the ability to pay attention

- a. ALL choices are correct
- b. As long as is necessary
- c. To the right thing
- d. At the right time

TRUE or FALSE, seeking a developmental disorder evaluation is appropriate when the child's symptoms cause an impairment.

Your _____ has an unlimited storage capacity (Long-term memory OR Short-term memory)

TRUE or FALSE, non-compliance for children with ADHD is due to defiance.

Behavior management programs focus on _____.

Fine motor control and sequence is important for _____.



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Effective Discipline - Required for Relicensing - 1 hour of training
<http://centervideo.forest.usf.edu/qpi/nevada/effectivediscipline/start.html>

Based on the video example, at what age are children learning about peer pressure and responsibilities? _____

What age are children able to accept reality and limitations?

Your child is developing trust in parents/caregivers, and trust is build by knowing that you as the caregiver/parent will be there to meet the child's needs. This relates to what developmental age?

What age does a child's independence lead to conflicts?

What are developmentally appropriate non-physical disciplinary techniques for children? (Listed in beginning of video)

TRUE or FALSE, is a child is not disciplined, he or she will still be happy and have good self-control?

At what developmental age is a home contract an effective disciple tool?

When discussing discipline with a child it is always best to _____.

Based on the video example, it is important for parents/caregivers to do what with children ages birth to 5 years old?

TRUE or FALSE, when your child is 13-18, it is important to become the child's friend.



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Self-Care for Foster Parents (NV) - 0.5 hour of training
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Symptoms of Caregiver Burnout are; Sleeping issues, _____ and Anxiety

Which is NOT included as a result of Play?

TRUE or FALSE: Compassion Fatigues and Burnout basically mean the same thing.

TRUE or FALSE: Achieving more balance in your life is benefit of practicing Self-Care.

Both play and _____ are necessary to be healthy and productive.

All of the following are example of Mindfulness practicing EXCEPT:

- Ice skating with friends,
- Unplug from technology & social media,
- Breathing exercises, OR
- Yoga.

Self-Care activities and practices _____ health & well-being.

Changing up your daily routine by taking a new route to work can increase _____.

Drops in _____ can trigger stress responses, causing you to feel "hangry".

It is okay to say no because it means _____.



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Child Development and Risk for Abused and Neglected Children - 1.0 hour of training
<http://centervideo.forest.usf.edu/video/center/2017abuseneglectconf/chlddvlp/start.html>

What are the three types of Trauma?

TRUE or FALSE: Children who are malnourished during the time between mid-gestation and two years of age do not adequately grow physically or mentally.

A newborn's _____ is not ready to perform all of the complex functions it will eventually be able to do.

The sensitive period for attachment is _____.

TRUE or FALSE: Positive early experiences are essential to early development in children.

Child functioning is shaped by:

Children in the child welfare system frequently face ongoing stress in the form of:

Approximately _____% of infants and toddlers in child welfare have serious developmental or behavioral problems.

_____ Trauma refers to the experience of multiple traumatic events.

What are the four types of attachment?



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Ages of Grief - 1.0 hour of training

<http://centervideo.forest.usf.edu/video/qpl/florida/ageofgrief/start.html>

For children, their reactions to loss is dependent on their _____.

"If I spend the rest of my life trying to be a good parent, the Department won't terminate my parental rights". This statement is an example of what stage of grief?

The final stage of grief is _____.

A key to helping children get to Understanding and Coping stage of grief is:

An older woman who was hospitalized for some tests was told of her diagnosis of both diabetes and rapidly advancing cancer. The woman was entirely focused on the diagnosis of her diabetes. All she could talk about to her physician and her family was what diabetes would mean to her love of cooking. She seemed to dismiss the issue of her cancer. This scenario is an example of what stage of grief?

The _____ study correlates trauma with health outcomes.

Children in foster care and adoptive placements experience unexpected loss because of:

Which is not a stage of grief discussed in the training?

TRUE or FALSE: Grief is the process that helps people work through the pain of separation and loss.

TRUE or FALSE: Children 5 years of age and under are too young to feel grief or the loss of a caretaker.



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1.0 hour of training

<http://centervideo.forest.usf.edu/video/summit17/addiction/start.html>

TRUE or FALSE: Length of use, severity, continuation w/o intervention, pervasive and impact on the family should be determined when qualifying the danger threshold.

_____ is the stage of use that is traditionally under recognized.

When the brain is "hijacked" during active use, it effects the executive functioning of the brain, which includes _____, impulse control and problem solving.

What are examples of Role Obligation Failure:

When using drugs the brain compensates by reducing natural _____ production.

_____ occurs 1-5 days after the last use.

TRUE or FALSE: The Narcan Nasal Spray is used to reverse the effects of overdosing & can be used for alcohol intoxication as well.

All of the following were discussed as Deep End Impacts:

Panic Attacks, Memory Loss, Insomnia and _____ are all Post Acute Withdrawal Symptoms discussed by the presenter.

The most familiar type of hijacking of the brain is _____.



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Attachment & Implications for Foster Care in Early Childhood - 1.0 hour of training
<http://centervideo.forest.usf.edu/video/qpi/florida/attachmentimplication/start.html>

What age does attachment typically occur at?

_____ % of maltreated children have disorganized attachment to their mothers.

What is a level of discrimination between infants and caregivers?

In order for a young child to sustain attachment they need:

When should a child be placed with a relative?

TRUE or FALSE - Disruptive placements are harmful, in part because children have no way of understanding why changes in their placement are occurring.

TRUE or FALSE - Transitions from foster care placement should be designed to make the transition easier for the child.

The core components of the Extended Respite Foster Care Model is:

TRUE or FALSE - The effects of disrupting during a placement and/or relationships after 6-7 months is significantly greater than disruption in the first 6-7 months.

Children less than three or four years old should be accompanied to and from parental visits by _____.



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TRUE or FALSE, people who are experiencing shame might use many other words besides shame to describe that feeling.

According to the presenters, _____ is the ultimate expression of shame.

According to the presenters, _____ is a common source of shame.

What word is used by the presenters to describe the impact of shame on the nervous system?

TRUE or FALSE, if a child has one behavioral reaction to shame, it is unlikely that they will have another one.

What phrase do the presenters use to describe shame?

What is NOT a reaction to shame?

According to the presenters, what is a function of "healthy shame"?

Which of the following is an action a child might take that may indicate shame?

What phrase correctly completes the John Bowlby quote the presenters use in their introduction to shame: "We determine who we are _____"



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Adrenaline decreases your ability to feel _____.

TRUE or FALSE: The most important piece of deciding to do something is finding your support system.

What hormone is known as the "Feel Good" hormone of the "trust" hormone?

Not feeling good can be a result of:

Post Traumatic Growth (PTG) is the opposite of _____.

What is the one technique discussed to overcome sadness immediately?

Your _____ is always a tell-tale sign of your emotional health.

This hormone is known as the "happy hormone" and affects your mood, sexual desire, and social behavior:

TRUE or FALSE: Cortisol at any level is bad for your body.

What kind of fear did the presenter talk about during the presentation?



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The skill set needed to bring compassion alive is called:

TRUE or FALSE: Early medical trauma is not a risk factor because a baby can recover and will not remember trauma.

When trying to parent a child, it is important that you keep a good balance between _____

What are examples of prenatal stress and harm:

Low structure and low nurture on the parenting matrix can result in what type of parenting?

What are some discipline techniques that address negative behavior?

All of the following are impacted by trauma EXCEPT:
Memories, brain, behavior, or beliefs

TRUE or FALSE: If a sibling has observed another sibling being traumatized, the trauma is often worse for the sibling who saw it coming.

Another phrase that can describe poverty is _____

What type of abuse is particularly damaging to a child because the child is likely go along with the abuse as a protective measure and ultimately start believing that they wanted the abuse?