

Training Requirements for Traditionally Licensed Homes

❖ Training required as part of the licensing process:

- **National Training & Development Curriculum (NTDC) for Foster & Adoptive Parents:**
30 hours in total. 3-hour class sessions over the course of 10 weeks. This course takes place virtually via Zoom. This is the initial class required to be completed before licensing can begin. NTDC is a comprehensive preparation program for foster and adoptive parents that discusses an introduction into the foster care system and CEDARS, how to determine which youth would be a good placement for your home, the importance of partnership with biological families and case professionals, working with youth in care, building attachments, trauma-informed parenting strategies, and understanding the effects of separation and loss. The additional required pre-service training courses are infused in the NTDC training.
- **Reasonable & Prudent Parenting Standard (RPPS):**
1 hour. Completed during NTDC. This training discusses how foster parents can use their best judgment in making day-to-day decisions regarding what age and developmentally appropriate extracurricular, enrichment, cultural, and social activities youth in their care may participate.
- **Talking with Children About Safety from Sexual Abuse & Healthy Touch for Children & Youth:**
1 hour. Completed during NTDC. This training discusses how to talk with and listen to children about sexual abuse and personal safety as well as healthy touch and safe ways to interact with children.
- **Safe Kids Nebraska Child Passenger Safety Training:**
30 minutes. Completed during NTDC. This training discusses car seat regulations for the state of Nebraska. All homes are required to take this training even if there are no children in the home requiring a car seat.
- **Nebraska Foster Parents Human Trafficking Training:**
1 hour. Completed during NTDC. This training will provide information about sex trafficking and labor trafficking, what the risk factors are, how to help prevent human trafficking and what resources are available to help.
- **The Jason Foundation - Preventing Suicide Among Foster Youth:**
1.75 hours. Completed during NTDC. This training discusses suicide risk factors, warning signs, and ways to prevent suicide. This training will include stories of former foster youth and their experiences related to self-harm and suicidal ideations.

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❖ Training required within the first year of being licensed:

- **Adult & Pediatric CPR, AED, & First Aid:**
6 credit hours. Completed through blended learning (online course with an in-person skills test) or through a fully in-person course. Use the Foster Parent training calendar to register for a training option: www.cedarskids.org/fosterparents. If you already have a CPR certification, please email FCTraining@cedarskids.org to see if your certification meets our requirements.
- **Risking Connection:**
12 credit hours. This training is completed virtually via Zoom in either two 7-hour sessions or four 3.5-hour sessions. Use the foster parent training calendar to register for a training option: www.cedarskids.org/fosterparents. This training teaches a relational framework and skills for working with survivors of traumatic experiences. Risking Connection focuses on relationships as a healing tool, as well as the importance of self-care for foster parents.
- **Medication Administration for Foster Parents & Foster Care Staff:**
1.75 hours. This is a virtual training detailing the rules and rights of medication administration for foster care. This training will be completed on Digital Chalk, CEDARS' online learning system.

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❖ Ongoing Training Requirements:

Foster parents are required to complete **12 hours of ongoing training annually**. The due date for annual training hours is based off the license date of your home, not the calendar year.

➤ **Training required to be completed ANNUALLY:**

○ **Medication Administration for Foster Parents & Foster Care Staff:**

1.75 hours. Complete on [Digital Chalk](#)

➤ **Training required to be completed EVERY 2 YEARS:**

○ **Adult & Pediatric CPR, AED, & First Aid:**

6 credit hours. Options to complete:

- Full In-Person Course: This option is entirely in-person at CEDARS Pioneers.
- Blended Learning Course: This option includes an online course through American Red Cross and can take up to 4 hours to complete. You will then complete an in-person skills test with a certified trainer.

* Register for your preferred option through the [foster parent training calendar](#).

○ **Nebraska Foster Parents Human Trafficking Training:**

1 hour. Complete on [Digital Chalk](#)

○ **Reasonable and Prudent Parenting Standard:**

1 hour. Complete on [Digital Chalk](#)

○ **Safe Kids Nebraska Child Passenger Safety Training:**

45 minutes. Complete on [Digital Chalk](#)

○ **Suicide Prevention:**

Options to complete:

- **1.75 hours.** The Jason Foundation – Preventing Suicide Among Foster Youth: To complete this training, register for an account at [The Jason Foundation](#).
- **2 hours.** CALM - Counseling on Access to Lethal Means: This training has been adapted from the Zero Suicide CALM training and includes specific CEDARS scenarios. Complete on [Digital Chalk](#)
- **1.25 hours.** Suicide Prevention-Updated 2022: This training discusses how we can prevent suicide and self-harm, how to identify suicide risk factors and warning signs, and information on CEDARS policies and procedures for intervention. Complete on [Digital Chalk](#)
- **1.5 hours.** QPR Gatekeeper Training: QPR will train people to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Check [Region 5 Systems](#) for training opportunities.

○ **Sexual Abuse Prevention:**

Options to complete:

- **2.5 hours.** Darkness to Light: Stewards of Children: This nationally recognized program uses videos, workbook activities, and discussion to engage and educate about child sexual abuse and how to keep children safe. Check the [training calendar](#) for options.
- **1.5 hours.** NTDC Sexual Trauma: Provides an overview of some of the emotional needs of children who have been sexually abused. Complete through the [NTDC website](#).

❖ CEDARS Training Websites & How to Utilize Them

➤ CEDARS Foster Parent Website

- www.cedarskids.org/fosterparents

CEDARS foster parent portal that houses the following:

- Training calendar that is updated regularly
- Training requirements + External Training Document
- Foster parent binder forms
- Additional training options and resources
- Information on adoption
- CEDARS Foster Care Program Manual
- CEDARS Foster Care Staff Directory

➤ Digital Chalk

- www.cedars.digitalchalk.com

Digital Chalk has catalog with a wide variety of trainings that are offered to foster parents. This is where you can find required trainings such as medication administration, Reasonable & Prudent Parenting Standard, Safe Kids Nebraska Child Passenger Safety Training, and Nebraska Foster Parents Human Trafficking Training.

Whenever a training from a non-CEDARS organization is completed, an External Training Document that includes the DHHS logo must be completed and submitted with any certificates earned to FCTraining@cedarskids.org and Raegan Brown at rbrown@cedarskids.org. This document can be found on the foster parent website under *Training Requirements*. If you have a training that you would like to attend but unsure if it will count towards your annual training hours, please feel free to contact FCTraining@cedarskids.org for clarification.

****Special considerations for foster parents who are parenting youth at the Intensive Plus (tier 4) and Specialized (tier 5) rates****

Foster parents that have a youth placed in their home that has been assessed at a higher level of care are required to complete 10 additional training hours annually, for a total of 22 annual training hours. These additional training hours for the licensed foster home must be in areas appropriate to the individualized needs of the youth for whom the foster parent provides care for. When a youth is assessed at a higher level or upon placement, CEDARS will create a training plan for the home to be completed within 60 days.