

## Support Group Training Suggestions

Accessing trainings locally can be a great way to provide families with area-specific information as well as contact with local leaders who may be able to provide additional supports.

### Consider using the following local resources:

- ISU Extension Office
- Local AEA
- Area mental health therapists/substance abuse therapists
- Medical Personnel (Doctors, Pharmacists, Nurses, Nurse Practitioners)
- Lawyers/Judges/CASA/Guardian Ad Litem
- Certified car set technician (look to Blank Children's Hospital for easy to use contact info)
- Local DHS and IKN Staff (Social Worker III, DHS Supervisors, IKN Service Area Leader, Post Adoption Support Staff, Transition Specialist, etc.)
- Teachers or Special Education Specialists
- Occupational, Physical or Speech therapists
- NAMI (National Alliance for the Mentally Ill)
- Moms off Meth
- Police officers/Fire Department/EMT's
- Legislators
- AMP/Elevate
- WIC representative
- Vocational Rehabilitation
- Workforce Development
- Domestic Violence Shelter representative

### To cover the following topics:

- IFAPA's FAIR program
- Communication skills
- Cultural awareness
- School success/working with educators
- Drug awareness
- CASA
- Home safety/emergency plans
- Trauma
- Meet the worker
- CPR/First Aid
- Medication
- Record keeping/organization tips
- Childhood development
- Out of school/after school activities
- Specific behavior issues
- Post adoption concerns
- Mandatory reporter
- Talking with children about world events
- FSRP/BHIS
- Dealing with burnout/self-care
- Caring for children with HIV
- Sibling groups
- Mental illness in the birth parent
- Meal planning
- Teaching teens life skills
- Teen dating issues
- Technology/Internet Safety
- Advocacy
- AMP/Elevate
- Understanding the roles of DHS/IKN

(Turn Over for More Suggestions)

- Identifying parenting strengths and weaknesses
- Birth parents
- Understanding the court system
- Domestic violence
- Questions you should ask a therapist/doctor
- Peer liaisons
- Lifebooks
- Family diversity
- Nutrition
- DHS/IKN updates
- Helping families identify support systems
- Learning disabilities
- Bullying
- Understanding Medicaid
- Parenting styles
- Car seat safety
- Caring for medically fragile children
- Grief and loss
- Talking with adopted children about their “life story”
- Caring for drug affected children
- Family Team Meetings
- Vocational Rehabilitation
- Aftercare and PAL programs
- Moms off Meth Panel
- WIC Program
- Disabilities Navigators Program
- Preparing a child for adoption