

CURRENT APPROVED ALTERNATIVE IN-SERVICE TRAINING LIST

For Foster, Relative, and Adoptive Parents

January 2022

The Indiana Department of Child Services (DCS) requires *each person who is issued a license to operate a resource family home* to successfully complete 15 hours of in-service training annually following completion of their initial licensure. Eight hours of credit is the most that can be earned through alternative in-service training when 15 hours are required.

DCS requires each *licensee who has a therapeutic certificate* to successfully complete 20 hours of in-service training annually, which includes 10 hours of training as required in order to be licensed as a resource parent and 10 of additional therapeutic training to meet the child's specific needs. Eight hours of credit is the most that can be earned through alternative in-service training when 20 hours are required.

The following steps are to be taken when fulfilling the alternative training hour requirement:

1. Verify that the alternative training activities are on the Current Approved Alternative In-Service Training list;
2. Contact their licensing worker to request approval of any non-approved training activities; and
3. Complete and submit an Alternative Training Verification (SF52643/CW2110) form to be approved by the licensing worker after reading a book or viewing a tape/video. <http://www.in.gov/dcs/3332.htm>
4. The licensing worker will maintain documentation for alternative in-service training requirement exceptions in an individual file at the DCS local office or LCPA office.

In-service training is available to prospective resource parents, licensed resource parents, prospective adoptive parents, DCS merit staff, and respite care providers. *All alternative in-service training must be related to the roles of the resource parent(s) in working with families and children* and be approved by the RAPT and Provider Assistant Deputy Director. Training hours will not be given nor will they be accepted for Quality Assurance purposes if they are not on the Approved Alternative In-Service Training list.

Please note that state and local, laws, policies, and procedures take precedence over any information found within these materials or at the approved web sites listed.

For those who are already licensed foster parents; *new training hour requirement will be explained at the time of annual review and effective for the coming year*

1. Total hours = 15
 - a. At least 7 hours in person (face to face)
 - b. Up to 8 hours may be alternative (online trainings, books, videos)

Forge <https://forge-forward.org/trainings-events/recorded-webinars/>
IPATH <https://indianacesa.org/icesa-programs-training/archived-webinars/>

DEVELOPMENTAL DISABILITIES

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u># OF PAGES/LENGTH/MINUTES</u>	<u>CREDIT HOURS</u>
Dads of Disability: Stories for, by, and about fathers of children who experience disability (and the women who love them!) (2014)	Gary M. Dietz & Beth Gallob	Book	248	4.25
Monday Coffee and Other Stories of Mothering Children with Special Needs (2013)	Darolyn Lyn Jones & Liz Whieacre	Book	274	4.5
Out Of My Mind (2012)	Sharon M. Draper	Book	320	5.5
Signing with a heavy hand and heart, Love Mommy: A journey through fetal alcohol syndrome (2013)	Sondra A. Torres & Miss Chanel E. Torres	Book	286	5
Spastic Diplegia--Bilateral Cerebral Palsy: Understanding the Motor Problems, Their Impact on Walking, and Management Throughout Life: a Practical Guide for Families (2020)	Lily Collison, MA, MSc	Book	368	6.25
Ten Things – Every Child with Autism Wishes You Knew: (2012)	Ellen Notbohm	Book	111	1.75
The Complete IEP Guide: How to Advocate for Your Special Ed Child (2020)	Lawrence M. Siegel	Book	384	6.5
The Everything Parents' Guide to Sensory Integration Disorder (2018)	Terri Mauro	Book	298	5
The Hidden Child: Youth With Autism (Youth With Special Needs)-(2014)	Sherry Bonice	Book	128	2
The Kid **VERY GRAPHIC** (2011)	Sapphire	Book	374	6
The Misunderstood Child: Understanding and Coping with Your Child's Learning Disabilities(1998)	Larry B. Silver M.D.	Book	432	7
Uniquely Human-A Different Way of Seeing Autism (2016)	Dr. Barry M. Prizant	Book	272	4.5

DIAGNOSIS

<u>TITLE</u>	<u>RODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u>PAGES/LENGTH/</u>	<u>HOURS</u>
ADHD Raising an Explosive Child: The 7 Skills Of Positive Parenting To Empower Kids With ADHD. Learn Here The Emotional Control Strategies To Help Your Children Self Regulate and Thrive (2020)	Joanna Brain	Book	180	3
Complex PTSD: From Surviving to Thriving (2013)	Pete Walker	Book	307	5
Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder (2011)	Dr. Hallowell & Dr. Ratey	Book	285	4.75
I Hate You-Don't Leave Me: Understanding the Borderline Personality(2014)	Jerold J. Kreisman, MD & Hal Straus	Book	288	4.75
If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents (2005)	Dwight L. Evans and Linda Wasmer	Book	208	3.5
Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar and More!: The One Stop Guide (2007)	Martin L. Kutscher, Robert R. Wolff, and	Book	224	4
Raising A Moody Child: How to Cope with Depression and Bipolar Disorder (2003)	Mary A Fristad	Book	260	4.25
Taking Charge of ADHD: The Complete Authoritative Guide for Parents (2020)	Russell A. Barkley Ph.D.	Book	363	6
The Everything Parents' Guide to ADHD in Children (2020)	Carole Jacobs & Isadore Wendel	Book	304	5
The Oasis Guide to Asperger Syndrome Advice, Support, Insight, & Inspiration - (2016)	Patricia Romanowski	Book	486	8
The Out of Sync Child (1998)	Carol Stock Kranowitz, M.A.	Book	386	6.5
Thriving with ADHD (2018)	Kelli Miller	Book	130	2.25
When Love is Not Enough: A Guide to Parenting Children with RAD-Reactive Attachment Disorder (2005)	Nancy Thomas	Book	141	2.25
When Love is Not Enough: Mastering Steps to Reach Children (2005)	Nancy Thomas	DVD	424	7

LGBTQ-TRANSGENDER YOUTH

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u># OF PAGES/LENGTH/MINUTES</u>	<u>CREDIT HOURS</u>
Disclosure (Netflix) - (2020)		Movie	100	1.75
Gen Silent (Amazon Prime) (2011)	Stu Maddux	Movie	62	1
The Perks of Being a Wallflower (2012)	Logan Lerman, Emma Watson, Ezra Miller	Movie	102	1.75
The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens - (2016)	Stephanie Brill and Lisa Kenney	Book	356	6
Transformer-Netflix Documentary (2017)	Michael Del Monte	Movie	78	1.25
Transgender Communities, Violence and Culture Change	https://indianacesa.org/icesa-programs-training/archived-webinars/	Webinar	78	1.25

LIFELONG SUCCESS

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/P ODUCER/ACTOR</u>	<u>BOOK/MOVIE/ DOCUMENTARY</u>	<u># OF PAGES/LENGTH/ MINUTES</u>	<u>CREDIT HOURS</u>
A Chance in the World: An Orphan Boy, a Mysterious Past, and How He Found a Place Called Home (2012)	Steve Pemberton	Book	272	4.5
A Chance in the World (2017)	Mark Vadik	Movie	75	1.25
All Rise: For the Good of the Children – (2005) https://allriseforchildren.com/watch-the-film/	Olive Talley	Documentary	75	1.25
From The Foster House To The White House (2020)	Terrence Williams	Book	208	3.5
I Beat The Odds: From Homelessness, to the Blindside and Beyond) (2012)	Michael Oher	Book	278	4.75
Courage To Soar: A Body in Motion, A Life in Balance 2016)	Simone Biles	Book	256	4.25
Redefining Normal: How Two Foster Kids Beat The Odds and Discovered Healing, Happiness and Love (2020)	Justin & Alex Black	Book	312	5.25
The Blindside (2009)	John Lee Hancock (Director)	Movie	129	2.25

PARENTING/MANAGING BEHAVIORS

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE/DOCUMENTARY/DVD</u>	<u># OF PAGES/LENGTH/ MINUTES</u>	<u>CREDIT HOURS</u>
10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behaviors (2006)	Jeffrey Bernstein PhD.	Book	304	5
1-2-3 Magic in the Classroom: Effective Discipline for Pre-K through Grade 8 (2nd edition) (2010)	Thomas W. Phelan & Sarah Jane Schonour	Book	288	4.75
1-2-3 Magic: Effective Discipline for Children 2-12 (2016)	Thomas Phelan	Book	224	3.75
1-2-3 Magic: Managing Difficult Behavior in Children 2- 12 - (2012)	Thomas Phelan; Child Management (Firm); ParentMagic (Firm)	DVD	120	2
15-minute Counseling Techniques that Work by Allison Edwards (2020)	Allison Edwards	Book	73	1.25
A Guide to Gender: The Social Justice Advocate's Handbook (2nd edition) (2013)	Sam Killermann	Book	313	5.25
A New Kid by Friday: How to Change Your Child's Attitude, Behavior & Character in 5 Days (2012)	Dr. Kevin Leman	Book	289	5
Angry Kids; Understanding and Managing the Emotions that Control Them (2001)	Dr Richard L Berry	Book	241	4
Attachment-Focused Parenting: Effective Strategies to Care for Children (2009)	Daniel Hughes PhD	Book	196	3.5
Behavioral Challenges in Foster Care- Washington DSHS	Gary Benton https://www.youtube.com/watch?v=EG14nLqW1kA	Video	58	1
Better Than Good Hair: The Curly Girl Guide to Healthy, Gorgeous Natural Hair! (2013)	Nikki Walton & Ernessa T. Carter	Book	224	1.75
Beyond Consequences, Logic, and Control: A Loved Based Approach to Helping Children With Severe Behaviors (2009)	Heather Forbes, LCSW, B. Bryan Post	Book	152	2.5
Boys Will Be Boys: Breaking the Link Between Masculinity & Violence (2019)		Book	353	6

CBT Toolbox for Children & Adolescents (2020)	Lisa Week Phifer, DEd,NCSP Amanda K Crowder, MSW,LCSW, Tracy Elsenraat, MA,LPC,ATR-BC and Rober Hull EDS, MEd,NCSP	Book	252	4.25
Changeable: How Collaborative Problem Solving Changes Lives at Home, School & Work	J. Stuart Ablon, Ph.D.	Book	237	4
Chocolate Hair Vanilla Care: A Parent's Guide to Beginning Natural Hair Styling (2014)	Rory Mullen	Book	104	1.75
Connections Over Compliance: Rewiring Our Proceptions of Discipline(2020)	Lori L. Desautels, Ph.D.	Book (from RAPT Conference)	312	5.25
De-escalation Techniques in Foster Care- Washington DSHS	Gary Benton https://www.youtube.com/watch?v=BL9mF7oCD8c&pp;xt-cl=85114404&feature=player_detailpage&xt-ts=1422579428	Video	62	1
Discipline That Connects With Your Child's Heart: Building Faith, Wisdom, and Character in the Messes of Daily Life	Jim and Lynne Jackson	Book	320	5.25
Families First: Your Step-by-Step Plan for Creating a Phenomenal Family (2005)	Dr. Phil McGraw	Book	304	5
Far From the Tree: Parents, Children and the Search for Identity (2013) NOTE: See alternative training guidelines	Andrew Solomon	Book	976	16.5
Foster Parent College Trainings **NOTE: There is a cost associated with these trainings	https://www.fosterparentcollege.com/	website	Varies depending on training completed	Varies depending on training completed
Gus Chronicles: Reflections of an abused kid-3rd edition (2012)	Charles Appelstein, MSW	Book	145	2.5
Having A New Kid By Friday: How to Change Your Child's Attitude, Behavior, and Character in 5 Days (2012)	Dr. Kevin Leman	Book	304	5.25
Healthy Sleep Habits: Happy Child (2015)	Marc Weissblueth, M.D.	Book	175	3

Help for Billy: A beyond Consequences Approaching to Helping Challenging Children in the Classroom (2012)	Heather T. Forbes	Book	226	3.75
Help Yourself for Teens: Real-Life Advice for Real- Life Challenges (2005)	Dave Pelzer	Book	208	3.5
How to Do Homework Without Throwing Up (2017)	Trevor Romain and Elizabeth Verdick	Book	72	1.25
How To Parent Your Anxious Toddler (2015)	Natasha Daniels	Book	224	3.75
How To Talk So Kids Will Listen and Listen So Kids Will Talk (2012)	Adele Faber & Elaine Mazlish	Book	234	4
How to Talk So Little Kids will Listen-ages 2- 7 (2017)	Adele Faber and Elaine Mazlish	Book	396	6.5
How To Talk So Teens Will Listen and Listen So Teens Will Talk (2006)	Adele Faber and Elaine Mazlish	Book	196	3.25
How to Talk to Siblings without Rivalry: How to Help Children Live Together so you can Live too (2012)	Adele Faber and Elaine Mazlish	Book	244	4
Infant Massage: A Handbook for Loving Parents (2017)	Vimala Schneider	Book	223	3.75
Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma 1st Edition (2014)	by Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong	Book	160	2.75
Keys to Parenting Your Teenager-2nd edition Barron Parenting Keys (2012)	Don Fontenelle Ph.D.	Book	228	4
Like Arrows (2018)	Kevin Peoples	Movies	100	1.75
Little Girls Can Be Mean: Four Steps to Bully-proof Girls in the Early Grades (2006)	Michelle Anthony & Reyna Lindert	Book	275	4.5
Love Centered Parenting: The No-Fail Guide to Launching Your Kids (2021)	Crystal Paine	Book	219	3.75
Love me Feed me: The adoptive parents guide to ending the worry about weight, picky eating, power struggles and more (2012)	Katharine Rowell, MD	Book	354	6
Loving Our Kids on Purpose: Making a Heart to Heart Connection (2013)	Danny Silk	Book	185	3
Loving Parents: Raising Hurt Children (2014)	Richard Sudsberry	Book	150	2.5

New Family Values (audio book) (2018)	Andrew Solomon	Book	375	6.25
No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior (2008)	Jed Baker	Book	150	2.5
No Such Thing as a Bad Kid (2017)	Charlie Appelstein	Book	465	7.75
No: Why Kids--of All Ages--Need to Hear It and Ways Parents Can Say It (2007)	Davide Walsh	Book	336	5.5
No-Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind (2014)	Daniel J. Siegel and Tina Payne Bryson	Book	288	4.75
Nurture Shock: New Thinking About Children (2011)	Po Bronson & Ashley Merryman	Book	352	6
On Becoming Preteen Wise: Parenting Your Child from 8-12 Years (2001)	Gary Ezzo , Robert Bucknam	Book	240	4
Parenting from the Inside Out (2013)	Daniel Siegel and Mary Hartzell	Book	272	4.5
Parenting Teens with Love & Logic (2020)	Foster Cline	Book	303	5
Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two-Six (2010)	Rex Forehand & Nicholas Long	Book	228	5
Parenting With Love And Logic (2006)	Foster W. Cline and Jim Fay	Book	271	4.5
Positive Child Guidance (2015)	Darla Ferris Miller	Book	384	6.5
Positive Discipline For Teenagers (2012)	Jane Nelsen & Lynn Lott	Book	430	7
Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation and Problem-solving Skills (2006)	Jane Nelsen, Ed. D.	Book	384	6.5
Practical Tools for Foster Parents (Common Sense Parenting) (2011)	Lana Temple-Plotz	Book	309	5
Raising A Modern-Day Knight: A Father's Role in Guiding His Son to Authentic Manhood (2007)	Robert Lewis	Book	194	3.25

Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids (2019)	Hunter Clark-Fields, MSAE	Book	184	3
Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, (2015)	Mary Sheedy Kurcinka	Book	496	8.5
Reclaiming Youth at Risk: Futures of Promises(2019)	Dr. Larry K. Brendtro	Book (from RAPT Conference)	200	3.25
Relational Crisis Intervention-Tension Phase	Mike Woods https://www.youtube.com/watch?v=cO5e2Acf8oY&feature=player_detailpage&3Bx-yt-ts=1422579428	Video	45	0.75
Safe Harbor (2009)	Jerry Jameson	Movie	89	1.5
Scattered to Focused: Smart Strategies to Improve Your Child's Executive Functioning Skills (2021)	Zac Grisham,	Book	210	3.5
Setting Limits with Your Strong-Willed Child, Revised and Expanded 2nd Edition: Eliminating Conflict by Establishing CLEAR, Firm, and Respectful Boundaries (2013)	Robert J. Mackenzie	Book	329	5.5
Siblings Without Rivalry, How to Help Your Children Live Together So You Can Live Too (2012)	Adele Faber & Elaine Mazlish	Book	219	3.75
Social Dilemma	Jeff Orlowski	Movie	94	1.5
Solve Your Child's Sleep Problems (2006)	Richard Ferber	Book	464	7.75
Speaking of Boys: Answers to the Most Asked Questions About Raising Sons (2000)	Michael Thompson, Joanne Wyckoff	Book	352	5.75
Surviving Your Adolescents: How to Manage-and Let Go of-Your 13-18 Year Olds (2012)	Thomas W. Phelan	Book	176	3
The 5 Love Languages of Children (2016)	Gary Chapman & Ross Campbell	Book	221	3.75
The A-Z of Therapeutic Parenting (2018)	Sarah Naish	Book	344	5.75

The Art of Parenting	https://www.familylife.com/parenting/	Website	Varies depending on training completed	Varies depending on training completed
The Baby Book- Everything you need to know about your baby from birth-2 (2014)	William and Martha Sears	Book	704	8
The Connected Adult	Karyn Puvis PHD	Book	192	3.25
The Connected Child (2013)	Kathryn Puvis PHD David Cross PHD,	Book	234	5
The Connected Parent: Real Life Strategies for Building Trust and Attachment (2020)	Lisa Qualls & Dr. Kathryn Purvis	Book	192	3.25
The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, (2014)	Ross W. Greene	Book	320	5.25
The Foster Parenting Toolbox	Kim Phagan-Hansel	Book	464	7.75
The Greater Behavior Breakdown (2009)	B. Bryan Post	Book	192	3.25
The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One- to Four-Year-Old (2008)	Harvey Karp	Book	336	5.5
The Hope-Filled Parent (2008)	Michael Trout	Audiobook	55	1
The Kids We Lose-Documentary (2018)	Lone Wolf Media/Lives in the Balance	Movie	90	1.5
The National Foster Parent Association Institute Training Institute	https://www.nfpati.org/	Training site	Varies depending on training completed	Varies depending on training completed
The New Strong-willed Child: Birth Through Adolescence – (2014)	Dr. James C. Dobson	Book	219	3.75
The Power of Play: Learning What Come Naturally	David Elkind, Ph.D	Book	256	4.25
The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become And How Their Brains Get Wired (2020)	Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph D.	Book	256	4.25

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive - (2011)	Daniel J. Siegel M.D. & Tina Payne	Book	192	3.25
The Zones of Regulation; A curriculum designed to foster self-regulation and emotional control (2011)	Leah M Kuypers, MA Ed. OTR/L	Book	178	3
Toddler Discipline for Every Age and Stage: Effective Strategies to Tame Tantrums, Overcome Challenges, and Help Your Child Grow - (2018)	Aubrey Hargis and Breana Sylvester PhD	Book	152	2.5
Transforming the Difficult Child (1999)	Howard Glasser and Jennifer Easley	Book	272	4.5
Trust (2010)	David Schwimmer	Movie	106	2
Understanding your Teen: Shaping their Character, Face their Realities - (2017)	Jim Burns	Book	225	3.75
Untangled-Guiding Teenage Girls Through the Seven Transitions into Adulthood - (2016)	Lisa Damour, Ph. D.	Book	326	5.5
What Am I Feeling? - 2014	John Gottman	Book	48	0.75
Winning the heart of your child: 9 Keys to building a positive lifelong relationship with your kids - (2019)	Mike Berry	Book	209	3.5
Working with Children Who Display Physically Aggressive Behavior- Washington DSHS	https://www.youtube.com/watch?v=bH22z3jl5Bo&t=4s	Video	70	1.25

ADOPTION

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u># OF PAGES/LENGTH/MINUTES</u>	<u>CREDIT HOURS</u>
20 Things Adoptive Parents Need to Succeed.. Discover the Unique Need of Your Adopted Child (2009)	Sherrie Eldridge	Book	320	5.25
Adopting Tiger (2017)	Natalie Chavis-Fisher	Book	170	2.75
A Mrs. Miracle Christmas (2021)	Janet D. Munro (Director)	Movie	84	1.5
Amish by Adoption (2015)	Lily A. Bear	Book	208	3.5
Are We There Yet?: Adopting and Raising 22 Kids! (2013)	Sue Badeau	Book	416	7
Before You Were Mine: Discovering Your Adopted Child's Life story (2011)	Susan TeBos & Carissa Woodwyk	Book	180	3
Born Broken(2017)	Kristen Berry	Book	160	2.75
Closure: A Trans-racial Adoptee's Quest for her Birthmother - (2013)	Bryan Tucker	Movie	77	1.25
Color of Love (2020)	Lifetime Network	Movie	87	1.5
Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption(2018)	Mike Berry	Book	215	3.5
Eye of the Storm: The Adoptive Parent's Guide to Navigating the Teen Years (2017)	Katie Naftzger	Book	160	2.75
Forever Mom: What to Expect When You're Adopting (2014)	Mary Ostyn	Book	256	4.5
Healing Trauma Through Loving Relationships: Hope for Foster and Adoptive Families (2014)	Nancy Fisher	Book	124	2
Honestly Adoption: Answers to 101 Questions about Adoption and Foster Care (2019)	Mike & Kristin Berry	Book	206	3.5
I Am Somebody's Child: The Regina Louise Story (2019)	Howard Braunstein Films(Amazon Prime)	Movie	87	1.5
Life All Around Me-Sequel to Ellen Foster (2005)	Kaye Gibbons	Book	218	3.75
NTI-National Adoption Competency Mental Health Training Initiative	www.adoptionsupport.org/nti/makes-a-difference/	Training site	Varies depending on training completed	Varies depending on training completed
Nurturing Adoptions: Creating Resilience After Neglect and Trauma (2012)	Deborah D. Gray	Book	510	8
Orphan Justice (2013)	Johnny Carr	Book	197	3.25
Orphan Train (2017)	PBS Documentary	Movie	60	1
Parenting the Hurt Child: Helping Adoptive Families Heal and Grow (2009)	Gregory Keck	Book	295	5
Positive Adoption: A Memoir (2015)	Kathleen Guire	Book	232	4
Questions Adoptees Are Asking: ...about beginnings...about birth family...about (2009)	Sherrie Eldridge	Book	288	4.5
Replanted: Faith-based Support for Adoptive and Foster Families (2019)	Jennifer Ranter Hook, Joshua Hook, Michael T. Berry	Book	280	4.75
Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past (2015)	Jayne Schooler and Betsy Keefer	Book	256	4.25

The Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole - 2016	Lori Holden	Book	228	4
The Secret Daughter: A Beautiful Novel of Adoption, Heartbreak, and a Mother's Love - (2015)	Kelly Rimmer	Book	306	5.25
Three Identical Strangers- Documentary (2018)	Tim Wardle	Movie	96	1.5
Tied with Heartstrings (2013)	Marian D. Reinford & Emily D. Martin	Book	308	5.25
To Love A Child - (2018)	Marianne Takas & Edward Warner	Book	203	3.25
Twenty Life Transforming Choices Adoptees Need to Make (2015)	Sherrie Eldridge	Book	240	4
White Parents, Black Children: Experiencing Transracial Adoption - (2011)	Darron T. Smith, Cardell K. Jacobson, Brenda G. Juarez	Book	162	2.75

FOSTER CARE

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u># OF PAGES/LENGTH/MINUTES</u>	<u>CREDIT HOURS</u>
A Chance in the World (2012)	Steve Pemberton	Book	272	4.5
A Forever Family: Fostering Change One Child At A Time (2018)	Rob Scheer	Book	320	5.25
Another Place at the Table (2004)	Kathy Harrison	Book	256	4.25
Attachment and Bonding in the Foster and Adopted Child (2014)	James Kenny PHD, Peter Kenney JD.	Book	211	3.5
Beyond Acceptance (2011)	Larry Bowron; Leslie Naugle (director)	Movie	125	2
Closer to Home (2015)	Joan Montreuil	Movie	108	1.75
Faith & Foster Care: How We Impact God's Kingdom (2016)	Dr. John DeGarmo	Book	176	2
Finding a Family(2011)	Mark Jean	Movie	87	1.5
First Circle (2010)	Heather Rae	Documentary	72	1.25
Foster (2018)	Deborah Oppenheimer	Documentary	153	2.5
Goodbye Sarah Jane (2017)	Sequoya Griffin	Book	414	7
Growing Up in the Care of Strangers: The Experiences, Insights, and Recommendations of Eleven Former Foster Kids (2009)	Waln. K. Brown & John R. Seita	Book	192	3.25
https://protect2.fireeye.com/v1/url?k=c700f73f-989bce08-c704be3f-86ab8bdaf1e2-a881943bfa60e60d&q=1&e=8c8c58be-fd2c-417d-acab-99453ebdfe18&u=https%3A%2F%2Fwww.fosterclub.com%2Ffoster-parent-training%2Fcourse-catalog	Foster Parenting Trainings NOTE: There is a subscription fee to access these trainings	Training site	Varies depending on training completed	Varies depending on training completed
https://www.indianafostercare.org/s/article/Licensed-Foster-Parent-Resources	Indiana Foster Care (Licensed Foster Parent Resources)	Website	Varies depending on training completed	Varies depending on training completed
Instant Family (2018)	Mark Wahlberg	Movie	118	2
In the Best Interest of the Child: A practice guide to assist the parent through the Child in Need of Services process-Version 4 (2018)	Published by IARCA http://www.iarca.org/uploads/2018_Professional_Guide_Child_Best_Interest.pdf	Book	46	0.75

In the Best Interest of the Children (1992)	Michael Ray Rhodes (Director)	Movie	96	1.5
Keep the Doors Open: Lessons Learned from a Year of Foster Parenting(2020)	Kristen Berry	Book	220	3.75
Life in the Foster Lane: Practical Insights on Fostering Teens (2018)	Lesia Knudsen	Book	138	2.25
Like Family: Growing up in Other People's Houses: A Memoir (2013)	Paula McLain	Book	288	4.5
No Ordinary Liz: An extraordinary story of life and family (2018)	Liz Sutherland	Book	126	2
Pictures of Hollis Woods (2007)	Tony Bill (Director)	Movie	97	1.75
ReMoved (2013)	Nathaniel Matanick	Movie	10	0.25
The Garbage Bag Kids (2015)	Virgina Jeffers	Book	116	2
The Kid with a Bike (2011)	Jean-Pierre Dardenne, Luc Dardenne	Movie	127	2.25
The Language of Flowers - 2011	Vanessa Diffenbaugh	Book	334	5.75
The Lost and Found Family (2019)	Lucas Till	Movie	90	1.5
The Ride (2020)	Alex Ranarivelo (Director)	Movie	98	1.75
To the End of June: The Intimate Life of American Foster Care - 2013	Cris Beam	Book	336	5.75
Until Every Child is Home: Why the Church Can and Must Care for Orphans (2019)	Russell D. Moore	Book	230	3.45
Welcome to the Rollercoaster -(2014)	D.D. Foster	Book	238	4
White Oleander (2002)	Michelle Pfeiffer	Movie	110	1.75
KINSHIP/RELATIVE CARE				
I Love Your from the Edges: Lessons from Raising Grandchildren (2014)	Karen Best Wright	Book	124	2
Raising Our Children's Children (2014)	Deborah Doucette- Dudman	Book	256	4.25
Raising Your Children's Children: Help for Grandparents Raising Grandkids (2014)	Martha Evans` Sparks	Book	160	2.75
Relatives Raising Children: An Overview of Kinship Care (1997)	Joseph Crumbley & Robert L. Little	Book	119	2
Safety (2020)	Reginald Hudlin	Movie	122	2

RACE, EQUITY, INCLUSION

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u># OF PAGES/LENGTH/ MINUTES</u>	<u>CREDIT HOURS</u>
Black Foster Youth Handbook: 50+ Lessons I learned to successfully Age-Out of Foster Care and Holistically Heal (2020)	Angela Quilda-Banks	Book	396	6.5
Black or White - (2014)	Kevin Costner, Octavia Spencer	Movie	121	2
Just Mercy	Destin Daniel Cretton (Director)	Movie	137	2.25
No One Can Pronounce My Name (2017)	Rakesh Satyal	Book	384	6.5
Poverty and Power: The problem of Structural Inequality - (2008)	Edward Royce	Book	378	6.25
Poverty & Power: The Problem of Structural Inequality (3rd Edition) (2015)	Edward Royce	Book	378	6.25
Thank God I'm Natural (2009)	Tia Donaldson debunks	Book	237	4
The Color of Compromise: The Truth about the American Churches Complicity in Racism (2020)	Jemar Tisby	Book	256	4.25
The Color of Water: A Black Man's Tribute to His White Mother (2006)	McBride James	Book	165/93	2.75/1.50
The Hate You Give (2017)	Angie Thomas	Book	464	7.5
The Hate You Give (2018)	George Tillman Jr.	Movie	132	2.25
Time: The Kalief Browder Story (2017) Season 1 (6 Episodes at 43 minutes each)	Jenner Furst	Documentary	258	4.25
Under our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us(2016)	Benjamin Watson	Book	240	4
Up Against Whiteness: Race, School, and Immigrant Youth – (2015)	Stacey J. Lee	Book	168	2.75

SEXUAL ABUSE

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u># OF PAGES/LENGTH/MINUTES</u>	<u>CREDIT HOURS</u>
Beginning to Heal: A First Book for Men and Women Who Were Sexually Abused As Children (2003)	Ellen Bass & Laura Davis	Book	125	2
Combating Trafficking Through Education I am Jane Doe Documentary	OnWatch https://www.rightnowmedia.org/Content/Series/47203	Online training	56	1
https://www.iamjanedofilm.com/	Mary Mazzio	Movie	99	1.75
Made in the U.S.A.: The Sex Trafficking of America's Children (2014)	Alisa Jordheim	Book	251	4.25
Meeting Them Where They're At: Working with Survivors of Domestic and Minor Sex Trafficking with ITVAP	https://indianacesa.org/ices-a-programs-training/archived-webinars/	Webinar	75	1.25
No Place To Hide: The Rehtaeh Parsons Story (2015)	Rama Rau	Movie	48	0.75
"Why, Gary, Why?"(2019)	Jody Plauche	Book	222	3.75

SUBSTANCE USE

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u># OF PAGES/LENGTH/ MINUTES</u>	<u>CREDIT HOURS</u>
A Beautiful Boy (2018)	Dede Gardner, Jeremy Kleiner	Movie	121	2
Ben Is Back (2018)	Julia Roberts	Movie	103	1.75
Four Good Days (2021)	Glenn Close	Movie	100	1.75
Jacinta (2020)	Jessica Earnshaw	Documentary	105	1.75

EFFECTS OF TRAUMA

<u>TITLE</u>	<u>AUTHOR/DIRECTOR/PRODUCER/ACTOR</u>	<u>BOOK/MOVIE</u>	<u># OF PAGES/LENGTH/ MINUTES</u>	<u>CREDIT HOURS</u>
13 Reasons Why (Season 1)m- 2017 first episode, 2020 episode 3 NOTE: See alternative hour guidelines	Joseph Incaprera	Movie	724 (all episodes)	12 (8 credits limit)
A Chance in the World: An Orphan Boy, A Mysterious Past, and How He Found a Place Called Home (2012)	Steve Pemberton	Book	268	4.5
A Piece of Cake (2007)	Cupcake Brown	Book	500	8
All at Once (2016)	Jon Abrahams	Movie	152	2
Another Forgotten Child (2013)	Cathy Glass	Book	304	5
Another Place at the Table (2004)	Kathy Harrison	Book	242	4
Breaking Night: A Memoir of Forgiveness, Survival, and My Journey from Homeless to Harvard (2011)	Liz Murray	Book	304	5
Broken Places - (2019)	Roger Weisberg	Movie	76	1.25
Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children (1998)	Daniel A. Hughes	Book	272	4.5
Childhood Disrupted: How Your Biography Becomes Your Biology and How You Can Heal (2016)	Donna Jackson Nakazawa	Book	304	5
Cinder Girl: My Journey Out of the Ashes to a Life of Hope (2019)	Christina Meredith	Book	207	3.5
Cracked Up - The Darrell Hammond Story - (2018)	Michelle Esrick (Director)	Movie	97	1.75
Cry Silent Tears (2013)	Joe Peters	Book	307	5
Damaged Angels: An Adoptive Mother Discovers the Tragic Toll of Alcohol in Pregnancy (2009)	Bonnie Buxton	Book	331	5.5
Etched in the Sand(2013)	Regina Calcaterra	Book	320	5.25
Finding Fish (2001)	Antwone Q. Fisher & Mim E. Rivas	Book	262	4.25
Finding the Way Home (2019)		Documentary	97	1.5
Foster Boy (2019)	Shaquille O'Neal	Movie	99	1.75
From Fear to Love: Parenting Difficult Adopted Children (2010)	B. Bryan Post	Book	116	2
From Place to Place(2011)	https://instituteforfamily.org/from-place-to-place/	Documentary	80	1.25
Garbage Suitcase (2016)	Shenandoah Chefalo	Book	198	3.25
Ghost Girl: The True Story of a Child in Desperate Peril- and a Teacher Who Saved Her (2017)	Torey Hayden	Book	416	7
Gimme Shelter (2013)	Ron Krauss	Movie	101	1.75
Girl Unbroken (2016)	Regina Calcaterra & Rosie Maloney	Book	401	6.5
Joe Bell (2020)	Reinaldo Marcus Green(Director)	Movie	93	1.5
Maid (2021)		Netflix Series	539 Episode 1 (.75) Episode 2 (1 hour) Episode 3 (.75) Episode 4 (.75) Episode 5 (1 hour) Episode 6 (1 hour) Episode 7 (1 hour) Episode 8 (1 hour) Episode 9 (1 hour) Episode 10 (1 hour)	9.25 *NOTE: Can only count up to 8 alternative training hours annually)

Murder, Motherhood, and Miraculous Grace: A True Story Hardcover (2019)	Debra Moerke	Book	352	6
Off and Running (2010)	Nicole Opper	Movie	85	1.5
On The Edge of the Unthinkable (2011)	Paula Ann Kyle	Book	189	3.25
One Child (2016)	Torey L. Hayden	Book	336	5.5
One Last Christmas (2019)	Henderson Maddox Film (Amazon Prime)	Movie	159	2.75
Orphan Train (2017)	Christina Baker Kline	Book	278	4.75
Please Stop Laughing at Us (2010)- Bullying	Jodee Blanco	Book	443	7
She is Mine	Stephanie Fast	Book	224	3.75
Short Term 12 (2013)	Destin Daniel Cretton	Movie	96	1.5
Small Wonders: Healing Childhood Trauma With EMDR (2007)	Joan Lovett, M.D.	Book	356	6
Spilled Milk: Based on a true story (2013)	K. L. Randis	Book	320	5.5
Street Child: A Memoir (2014)	Justin Reed Early	Book	236	4
Surviving Foster Care: A Journey of Self-Discovery(2021)	Janetta M. Coleman, MS, LSW, CMP	Book (from RAPT Conference)	115	2
Survivor: A Memoir (2017)	Christina Crawford	Book	268	4.5
Tell Me How It Ends: An Essay in 40 Questions (2017)	Valeria Luiselli & Jon Lee Anderson	Book	128	2.25
The Body Keeps Score: Brain, Mind and Body in the Healing of Trauma (2015)	Dr. Bessel Van Der Kolk	Book	464	7.75
The Boy in the Window (2019)	Bobby D Eaton	Book	213	3.5
The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook--What Traumatized Children Can Teach Us About Loss, Love, and Healing	Bruce D. Perry	Book	288	4.75
The Deepest Well: Healing the Long-Term Effects of Childhood Adversity (2019)	Dr. Nadine Burke Harris	Book	273	4.5
The Drop Box (2015)	Brian Ivie	Movie	79	1.25
The Glass Castle (2017)	Gil Netter, Ken Kao, Erik Feig	Movie	127	2.25
The Great Alone (2019) NOTE: See alternative hour guidelines	Kristin Hannah	Book	545	9 (8 credit limit)
The Great Gilly Hopkins (2016)	Stephen Herek	Movie	139	2.25
The Ron Clark Story (2006)	Randa Haines	Movie	90	1.5
The Simple Guide to Child Trauma (2016)	Betsy De Thierry	Book	69	1.25
The Unloved (2009)	Samantha Morton	Movie	108	1.75
Too Close to Me: The Middle-Aged Consequences of Revealing a Child Called "It" - (2014)	Dave Pelzer	Book	256	4.5
Unbelievable-8 part series (2019)	Susannah Grant	Movie	385	6.5
Walk to Beautiful: The Power of Love and a Homeless Kid Who Found the Way - (2014)	Mr. Jimmy Wayne & Ken Abraham	Book	400	6.75
What Happened to You?: Conversations on Trauma, Resilience & Healing (2021)	Oprah Winfrey & Dr. Bruce D. Perry	Book	304	5
Why Me? - (2010)	Sarah Burleton	Book	107	1.75
Wounds of the Father: A True Story of Child Abuse, Betrayal, and Redemption - (2015)	Elizabeth Garrison	Book	364	6
You Are My Home (2020)	Amanda Raymond	Movie	92	1.5