



FOSTER CARE TRAINING RECORD

Name(s): _____ Training Record for Year: _____

Each foster parent and any adult in the home in a parenting role is required to participate in a minimum of 12 hours of training per year to develop and enhance their skills in providing foster care services. Orientation and training hours can and should take place in a variety of settings and through a variety of methods. Except for licensing specific trainings (mandated reporting, C.A.R.S., etc.), license holders may not count the hours for the exact same training more than once in their tenure as a foster parent. Examples of training sources: attendance at workshops, participation in a Parent Support Group, podcasts, webinars, and/or consultation with the child's therapist, teacher, medical professional, etc. Up to 6 hours of annual training can come from audio books or books that you have read (100 pages = 1 training hour, max 3 hours per book).

Total Training Hours Completed	
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CHILDREN'S MENTAL HEALTH TRAINING

*A minimum of **one hour** of training per year must be in the area of Children's Mental Health. The training should include any of the following keywords: Attachment, Trauma, Depression, Resiliency, Medication (psychotropic), Autism/Pervasive Developmental Disorder, Anxiety, Bipolar, Behavior Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Development, Eating Disorders.*

Title	Method of Delivery (in-person, book, webinar)	Presenter	Brief Description of Topics & Learning Objectives	Date Completed	Number of Hours

MANDATED REPORTER

*Mandated Reporter training linked below must be completed by each applicant **annually**.*

Title	Method of Delivery/Type	Presenter	Date Completed	Number of Hours
Mandated Reporter training	Mandated Reporter Training (umn.edu)	MN Child Welfare Training Academy		45 Minutes



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FETAL ALCOHOL SPECTRUM DISORDERS TRAINING

*A minimum of **one hour** of training per year must be in the area of Fetal Alcohol Spectrum Disorders. The training should include any of the following keywords: Fetal Alcohol Spectrum Disorders, Alcohol Related Birth Defects, Alcohol Related Neurodevelopmental Disorder, Partial Fetal Alcohol Syndrome, Prenatal Exposure to Alcohol. Must include parenting strategies and skills, not just a general overview of the topic.*

Title	Method of Delivery (in-person, book, webinar)	Presenter	Brief Description of Topics & Learning Objectives	Date Completed	Number of Hours

ALL OTHER TRAININGS

CH/LSS recommends that you participate in 2-3 different methods of training activity to diversify your learning.

Title	Method of Delivery (in-person, book, webinar)	Presenter/ Author	Brief Description of Topics & Learning Objectives	Date Completed	Number of Hours



**Children's
Home Society**
of Minnesota



**Lutheran
Social Service**
of Minnesota

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Recommended annually per [Minnesota Rules, part 2960.3070](#):

- 2 hours social equity, racial/cultural identity development;
- 2 hours SOGIE, human sexual development, sexualized behavior;
- 2 hours de-escalation, crisis intervention and parental self-regulation skills;
- 2 hours specifically related to the unique needs or strengths of a child in their care or expected to be placed in their care; may include sessions with a child's therapist, educational specialists or medical providers to learn more about meeting an individual child's needs;
- 2 hours secondary trauma, self-care, addressing own trauma or mental health; foster parent's own therapy or attendance at self-care retreat counts.
- Suggested within the first two years of licensure
 - First AID and CPR – available at sites listed below: i. <https://www.firstaidweb.com/>

- [First Aid Classes & Training in Minnesota | Red Cross](#)
- [Class Connector Search Home- American Heart Association](#)
- [Supporting sex trafficked, exploited and at-risk youth in specialized residential settings](#), modules 1-5 (about 3.5 hours total). May take one or more modules at a time. Strongly recommended for foster, kinship, and pre-adoptive parents especially those serving children aged 10 and older.

Training Quick Links:

- [On-Demand Webinars - CHLSS](#)
- [Foster Adopt Minnesota Education \(fosteradoptmn.org\)](#)
- [Supporting foster, adoptive, and kinship families through training and support. \(creatingfamily.org\)](#) – use code chlss17 to access trainings free of charge