



# *Self-Study Course*

## *Catalog 2011*

*For Caregivers of Foster and Adoptive Children*

*View this catalog online:*

[www.acrf.org](http://www.acrf.org)

**OR CALL**

*Fairbanks – (907) 479-7307*

*Anchorage – (907) 279-1799*

*Other areas – 1-800-478-7307*

A Division of



*Enhancing the health and safety of children, families, and communities*

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# *Introduction to the Alaska Center for Resource Families Self-Study Course Catalog*

This self-study course catalog has been specifically designed to help Alaska's foster, adoptive, guardian and relative caretakers understand the child protective system and the special needs of the children in their care. You can order materials and study on your own! Then return the questionnaires for training credit.

The Alaska Center for Resource Families (ACRF) is a private non-profit grant funded program that works with the Office of Children's Services to help you meet your training requirements and provide you support. All services are free of charge. ACRF offers a variety of training opportunities including on-site training, web-based training and self-study materials.

## *Training Requirements for Licensed Foster Parents*

In Alaska, foster parents are required to have training during each licensing year, which helps the family to meet the special needs of children in their care. Foster homes with two parents need to have fifteen (15) hours of training per year, with one parent having at least five. Single parent foster homes need (10) hours of training per licensing year.

Both parents in a two-parent family may complete the same self-study course (including books, DVD's and videos) each parent must submit a separate questionnaire for credit. However, once you have completed a course, you **may not** complete the same course again, unless the materials have been substantially revised.

**You can submit training received from other places for foster parent training credit!** Complete a Training Information Sheet and attach documentation.

**Other independent study material** such as watching a movie or reading a book not in our library may also count for foster parent credit. Complete a selected reading or video questionnaire and tell us what you learned,

**You may download these forms at [www.acrf.org/education/trainingforms/php](http://www.acrf.org/education/trainingforms/php) or phone us for a copy.**

## **TO ORDER MATERIALS:**

- Visit our offices (Located on the back cover)
- Go to our website [www.acrf.org](http://www.acrf.org) and look at the on-line catalog or complete on-line courses.
- Phone our Fairbanks office 479-7307
- Phone our Anchorage office 279-1799
- Other areas phone toll-free 1-800-478-7307

## *Start Your Training Here...*

The journey through foster care and adoption is highly complex. In order to navigate the system, all foster and adoptive families should first complete **Core Training for Resource Families** (*also available in Spanish and Yup'ik*). Adoptive or guardian families should also complete the **Adoption and Guardianship Preparation Training Self-Study Workbook**. You may keep the workbooks for your own reference and return the questionnaires for credit.

**Core Training for Resource Families** *Revised 6/09* **(16.0 Hours)**

- Unit 1: Understanding Child Protective Service
- Unit 2: Who is on the Child Protective Services Team?
- Unit 3: Permanency for Children
- Unit 4: The Impact of Abuse and Neglect on Children
- Unit 5: Separation and Loss in the Foster Child
- Unit 6: Birth Parents and Visitation
- Unit 7: Cultural Considerations
- Unit 8: Positive Parenting
- Unit 9: Transitions and Reunification
- Unit 10: Working with OCS
- Unit 11: Considering Adoption and Legal Guardianship

**Adoption and Guardianship Preparation Training for Alaska's Resource Families** **(6.0 Hours)**

- Unit 1: The State of Alaska Child Protection System and Permanency Through Adoption and Guardianship
- Unit 2: The Home Study Process
- Unit 3: Special Needs Children and Legal Risk Placement: Open or Closed Adoptions
- Unit 4: Core Issues in Adoption
- Unit 5: Maintaining Connections to Culture and Family
- Unit 6: State of Alaska Adoption or Guardianship Subsidy Programs

### *Also recommended...*

- Off to a Good Start Series** **(9.0 Hours)**
- Understanding the Regulations** **(10.0 Hours)**

# Cluster Packets

Cluster Packets are composed of articles and courses that pertain to a specific subject. You can keep the materials and return the questionnaires for credit hours.

## **ADD/ADHD**.....8.0 Hours

Course: Focusing on ADHD: A Guide for Foster Parents, *Aileen McInnis, ACRF, 2001*

Information Packet: ADD/ADHD, *Alaska IN Project, 2000*

Information Packet: ADHD and Teens, *Revised 2005*

Information Packet: Attention Deficit Disorder, *1990*

Information Packet: What is Attention-Deficit Disorder? *2003*

## **Adoption** ..... 11.0 Hours

Information Packet: Adopting the Traumatized Child, *1999*

Information Packet: Adoption in the Schools, *2003*

Information Packet: Adoption: Child Readiness in the School, *2006*

Information Packet: Adoption: Core Issues and Positive Adoption Language, *2001*

Information Packet: Adoption: Foster Parent Adoption, *1999*

Information Packet: Adoption: Grief and Loss: Stories from Families Adopting in Response Newsletter (FAIR), *2005*

Information Packet: Adoption: Special Needs Adoption, *1999*

Information Packet: Transracial or Transcultural Adoption, *2003*

Information Packet: Guardianships, *1998*

Information Packet: Understanding the Home Study Process, *(Spanish version available) 2004*

Information Packet: What is Foster Parenting and Adoption, *(Spanish version available) 2002*

## **Adoption and Guardianship Preparation Training**.....6.0 Hours

Section One: The State of Alaska Child Protection System and Permanency through Adoption and Guardianship

Section Two: The Home Study Process

Section Three: Special Needs Children and Legal Risk Placement: Open or Closed Adoptions

Section Four: Core Issues in Adoption

Section Five: Maintaining Connections to Culture and Family

Section Six: State of Alaska Adoption and Guardianship Subsidy Program

## **Aggression In Children** ..... 7.0 Hours

Course: Caring for the Aggressive Child in Foster Care, *Aileen McInnis, ACRF 1998*

Course: Understanding and Dealing with Temper Tantrums, *Aileen McInnis, ACRF, Revised 2006*

Information Packet: Dealing with Anger and Aggression, *Revised 2006*

## **Attachment and Separation** ..... 13.0 Hours

Course: Attachment, Oregon Post Adoption Resource Center, *2004*

Course: Grief and Loss in Children, Birth Parents and Foster Families, *Aileen McInnis, ACRF, 1999*

Course: Hard to Hold: Attachment Difficulties in Children, *Aileen McInnis, ACRF, 1997*

Information Packet: Attachment Disorders in Foster Children, *Revised 2002*

Information Packet: Reactive Attachment Disorder, *1999*

Information Packet: Separation, Loss and Adjustment in Foster Care, *Revised 2002*

**☐ Autism and Sensory Integration Issues..... 6.0 Hours**

Course: Autism Spectrum Disorder: An Overview, *written by Deborah A. Hayes, ACRF 2008*

Course: Sensory Integration/Sensory Processing Disorder, *Based on ACRF Rural Support Groups hosted by Janna Smith, written by Aileen McInnis, 2005*

Information Packet: Autism, *Alaska IN Project, 2000*

Information Packet: Autism Spectrum Disorder, *2005*

**☐ Behavior Management..... 9.0 Hours**

Course: Discipline in Foster Care: Techniques for Parents, *Based on the works of Carol Brice written by Aileen McInnis, ACRF, Revised 2003*

Course: Positive Parenting for Foster Parents, *Aileen McInnis, ACRF, 2002*

Information Packet: Behavior Modification Techniques, *2002*

Information Packet: Discipline and Behavior Management in Foster Care, *1998*

Information Packet: Using Time-Outs, *1999*

**☐ Child Development: Birth Through Twelve..... 11.0 Hours**

Course: Infancy: A Survey of Development, *Aileen McInnis, ACRF, Revised 2006*

Course: The Young Child in Foster Care: Developmental Issues, *Aileen McInnis, ACRF, 1998*

Information Packet: Child Development, Milestones, Assessment, Identification and Referral, *Alaska IN Project, 2000*

Information Packet: Speech/Language Impairments, *Alaska IN Project, 2000*

**☐ Child Welfare System Issues ..... 11.5 Hours**

Course: Reporting Child Abuse and Neglect, *Aileen McInnis, ACRF, Revised 2006*

Course: The Role of the Guardian Ad Litem and CASA, *Aileen McInnis, ACRF, Revised 2006*

Course: Understanding Foster Care: The Child, the Family, the System, *Aileen McInnis, ACRF, Revised 2006*

Course: Understanding the Case Review System, *Deborah Hayes, ACRF, 2002*

Information Packet: Recognizing Signs and Symptoms of Child Abuse and Neglect, *2003*

Information Packet: The Indian Child Welfare Act, *Revised 2002*

**☐ Core Training for Resource Families ..... 16.0 Hours**

Course: Core Training for Resource Families Workbook (includes 11 units), *Aileen McInnis, ACRF, Revised 2005, Yup'ik language version available, translation by Joseph "Trim" Nick (2005)*

\*This workbook may fulfill your initial training requirement for foster care. In Anchorage, Fairbanks or Juneau attending the on-site session of Core is required. If you live outside of these areas or if you cannot attend on-site training, call ACRF and we will let you know if you are eligible to take this self-study.

**☐ Cross Cultural Issues ..... 3.0 Hours**

Course: Cross Cultural Child Care: A Guide for Foster Parents, *Michele M. Conte, University of Oregon, 1996*

Information Packet: Hawaiian, Filipino and Samoan Cultures, *2002*

Information Packet: Making Cultural Connections: Hair, Skin and Diet for Children of Color, *2005*

**☐ Difficult Behaviors ..... 8.0 Hours**

Course: Animal Cruelty and Children, *Aileen McInnis, ACRF, 2000*

Course: Dealing with Lying and Stealing: Looking at Dishonest Behavior, *Aileen McInnis, ACRF, 1999*

Information Packet: Children without Friends, *1993*

Information Packet: Fears in Children, *1993*

- ❑ Fetal Alcohol Spectrum Disorder ..... 14.0 Hours**  
 Course: Adolescents with Fetal Alcohol Spectrum Disorder, *Aileen McInnis, ACRF, Revised 2006*  
 Course: FAS/FAE: A Practical Guide for Parents, *Jim Slinn, 1994*  
 Course: Fetal Alcohol Spectrum Disorder: An Introduction for Foster Parents, *Aileen McInnis, ACRF, Revised 2006*  
 Course: Fetal Alcohol Spectrum Disorder: Caring for Foster Children with FASD, *Aileen McInnis, ACRF, Revised 2006*
- ❑ Fetal Alcohol Spectrum Disorder: Educational Issues..... 5.0 Hours**  
 Course: Fetal Alcohol Spectrum Disorder: Preschool and Elementary Educational Issues, *Aileen McInnis, ACRF, Rev. 2006*  
 Information Packet: Fetal Alcohol Syndrome and Effects: Educational Issues, *2002*
- ❑ Fire Safety and Firesetting..... 6.0 Hours**  
 Course: Fostering a Fire Safe Home, *Aileen McInnis, ACRF, 2000*  
 Information Packet: Fire Safety in the Home, *1998*  
 Information Packet: Fire-Setting, *2002*
- ❑ Foster Parenting Native Children ..... 8.0 Hours**  
 Course: How Foster and Adoptive Parents Can Work with Tribes, *Deb Hayes, ACRF, Revised 2006*  
 Course: The Importance of Culture and Maintaining Connections for Alaskan Native Children, *Deb Hayes, ACRF, Rev. 7/04*  
 Course: Understanding the Effects of Childhood Trauma on Brain Development in Native Children, *E. Wasserman, PhD, 2005*  
 Information Packet: Alaska Native Values, *2000*  
 Information Packet: Keeping Native Children Connected to their Culture, *2000*
- ❑ From Home to Home..... 11.5 Hours**  
 Course: Helping Children Move On: Reunification and Transition, *Aileen McInnis, ACRF, Revised 2006*  
 Course: Helping Children Stay Connected to Their Families, *Aileen McInnis, ACRF, Revised 2006*  
 Course: Lifestory Books, *Oregon Post Adoption Resource Center, 2003*  
 Course: Making Visits Go More Smoothly, *Aileen McInnis, ACRF, Revised 2006*  
 Course: Understanding the Birth Parent, *Aileen McInnis, ACRF, 1998*  
 Information Packet: Lifebooks, *1997*
- ❑ Increasing Professional Skills for Foster Parents ..... 8.0 Hours**  
 Course: Communicating Clearly: Skills for Foster Parents, *Aileen McInnis, ACRF, 1996*  
 Course: Speaking and Testifying on Behalf of Foster Children, *Aileen McInnis, ACRF, Revised 2006*  
 Course: The Foster Parent's Role in the Court Process, *Sonia Ward, ACRF, 2004*  
 Information Packet: Being an Advocate and a Professional, *Revised 2002*  
 Information Packet: Incarcerated Parents and Their Children: Information for Resource Families, *1998*  
 Information Packet: Working with Your Social Worker, *Revised 2002*  
 Handout: Complaints Regarding Foster Homes, *Revised 2006*
- ❑ Independent Living Skills..... 20.0 Hours**  
 Course: On My Own Workbook: Skills to Live Independently, *Aileen McInnis, ACRF, Revised 2007*  
 Course: Preparing Youth for Independent Living, *Aileen McInnis, ACRF, 1995*
- ❑ Kinship/Relative Care ..... 4.0 Hours**  
 Course: Kinship Care, *Raquel Martinez, ACRF, Revised 2006*  
 Course: When You are a Foster Parent for a Relative (Off to a Good Start Series #7), *Aileen McInnis, ACRF, 1996*  
 Information Packet: Relative Foster Care: Grandparents Raising Grandchildren, *1995*

**☐ Mental Health Disorders..... 7.5 Hours**

Course: When Your Foster Child Needs Counseling, *Aileen McInnis, ACRF, Revised 1999*

Information Packet: Bipolar Disorders in Children and Teens, 2007

Information Packet: Conduct Disorder and Oppositional Defiant Disorder, 2003

Information Packet: Mental Health: What is a Dual Diagnosis, *Jennifer Wissink, ACRF, Revised 2007*

Information Packet: Obsessive Compulsive Disorder in Children, 2007

Information Packet: Oppositional Defiant Disorder in Children and Adolescents, 2007

**☐ Mental Health Issues: Depression and Self-Destructive Behavior ..... 10.5 Hours**

Course: Self-Destructive Behaviors, *Aileen McInnis, ACRF, 1998*

Course: Understanding Depression and Suicide in Children and Teens, *Jennifer Wissink, ACRF, Revised 2007*

Course: Youth Depression and Suicide Depression, *Oregon Post Adoption Resource Center, 2004*

Information Packet: Depression in Children and Teens, *Revised 2003*

Information Packet: Mental Health Series: Depression and Depressive Illness, *Revised 2006*

Information Packet: Suicide, Stress and Adolescents, 2004

**☐ Mental Health Issues: General Information ..... 9.0 Hours**

Course: Fostering Children and Teens with Mental Health Problems, *Aileen McInnis, ACRF, Revised 2006*

Course: Mental Health Disorders in Children and Adolescents: An Overview, *Jennifer Wissink, ACRF, Revised 2007*

Information Packet: Mental Health Services for Children in Foster Care, 2004

**☐ Off To A Good Start Series ..... 9.0 Hours**

Course: The Sexually Abused Child in Foster Care, *Aileen McInnis, ACRF, 1996*

Course: The Physically Abused Child in Foster Care, *Aileen McInnis, ACRF, 1996*

Course: The Neglected Child in Foster Care, *Aileen McInnis, ACRF, 1996*

Course: The Child from a Home with Domestic Violence, *Aileen McInnis, ACRF, 1996*

Course: The Alcohol-Affected Child in Foster Care, *Aileen McInnis, ACRF, 1996*

Course: The Child from an Alcoholic Home, *Aileen McInnis, ACRF, 1996*

Course: When you are a Foster Parent for a Relative, *Aileen McInnis, ACRF, 1996*

Course: Separation and Loss in the Foster Child, *Aileen McInnis, ACRF, 1997*

Course: Caring for the Drug Exposed Infant, *Aileen McInnis, ACRF, 2008*

**☐ Parenting Foster and Adopted Teens ..... 12.0 Hours**

Course: Communicating with Your Teen, *Based on ACRF Rural Support Groups hosted by Janna Smith, written by Aileen McInnis, 2006*

Course: Fostering the Teenager, *Based on the work of Carol Brice, written by Aileen McInnis, ACRF, 1998*

Course: Parenting the Adopted Adolescent, *Tamara Keech, ACRF, 2006*

Course: Runaways, *Aileen McInnis, ACRF, 1999*

Information Packet: Normal Adolescent Development, 1998

**☐ Sexual Abuse ..... 13.0 Hours**

Course: Dealing with Sexually Acting-Out Behaviors in Foster Care, *Aileen McInnis, ACRF, Revised 2008*

Course: The Adolescent Sexual Offender, *Aileen McInnis, ACRF, Revised 2006*

Course: The Sexually Abused Child in Foster Care, *Aileen McInnis, ACRF, Revised 1998*

Information Packet: Parenting the Sexually Abused Child, *Revised 2002*

<b>☐ Stress and Anger .....</b>	<b>9.0 Hours</b>
Course: Anger in Foster Children, <i>Jennifer Wissink, ACRF, Revised 2007</i>	
Course: Fostering Skills: Boundaries in Foster Care, <i>Aileen McInnis, ACRF, 2001</i>	
Course: Handling Stress and Anger in Foster Parenting, <i>Aileen McInnis, ACRF, 1998</i>	
Information Packet: Caring for the Angry Child, <i>Anthony, P. Jurich, The Villages Inc., 1996</i>	
<b>☐ Substance Abuse Issues.....</b>	<b>13.0 Hours</b>
Course: Alcoholism and Addiction: Effects on the Family, <i>Aileen McInnis, ACRF, 1997</i>	
Course: Inhalant Abuse, <i>Jennifer Kipp-Wissink, ACRF, 2003</i>	
Course: Substance Abuse, <i>Aileen McInnis, ACRF, 1999</i>	
Information Packet: Inhalant Abuse Information, <i>Revised 2002</i>	
<b>☐ The Abused and Neglected Child .....</b>	<b>14.0 Hours</b>
Course: Child Abuse and Neglect in the Young Child, <i>Aileen McInnis, ACRF, Revised 2002</i>	
Course: Domestic Violence and Its Impact on Children, <i>Aileen McInnis, ACRF, Revised 2004</i>	
Course: The Physically Abused or Neglected Child in Foster Care, <i>Aileen McInnis, ACRF, Revised 1998</i>	
Information Packet: Child Maltreatment, <i>2004</i>	
Information Packet: Long-Term Consequences of Abuse and Neglect, <i>2005</i>	
<b>☐ Tribal Topics: Child Protection.....</b>	<b>6.5 Hours</b>
Unit 1: Child Abuse and Neglect	
Unit 2: Federal and State Child Abuse and Neglect Laws	
Unit 3: The Indian Child Welfare Act	
Unit 4: The Alaskan Response to Child Abuse and Neglect	
Unit 5: Diversity in Alaskan Child Abuse and Neglect Issues	
<b>☐ Tribal Topics: Health and Mental Health.....</b>	<b>9.5 Hours</b>
Unit 1: Maintaining Physical Health	
Unit 2: Physical Disorders: Obesity, Anorexia and STDs	
Unit 3: Stress and Stress Management	
Unit 4: Safety Issues: Fire, Water and Home	
Unit 5: Understanding Mental Disorders	
Unit 6: Suicide	
<b>☐ Tribal Topics: Human Development.....</b>	<b>5.5 Hours</b>
Unit 1: Phases and Stages: Considering Human Development	
Unit 2: Phases and Stages: Family Development	
Unit 3: Signs of Abnormal Development in Children	
Unit 4: Disabilities	
Unit 5: Teen Pregnancy	
<b>☐ Tribal Topics: Substance Abuse .....</b>	<b>9.0 Hours</b>
Unit 1: Children and Substance Abuse	
Unit 2: Dynamics and Patterns of Abuse	
Unit 3: Specific Substances and Their Effects	
Unit 4: The Substance Abuse Cycle's Effect on Families and Individuals	
Unit 5: A Historical Look at Substance Abuse in Alaska and in the Native Population	

**☐ Understanding the Regulations..... 10.0 Hours**

Course: Positive Parenting and Managing Behavior, 1999

Course: Development of the Young Child in the Foster Home, 1999

Course: Child Health and Medications, 1996

Course: Nutrition and Eating in the Foster Home, 1996

Course: Safety in the Foster Home, Revised 2006

Course: Foster Parent Training, 2001

Course: Recordkeeping, Revised 2009

Course: Foster Homes with Specializations and Foster Group Homes, 1996

Course: Confidentiality, 2002

Course: Fire Safety, First Aid and Emergency Preparedness in the Foster Home, 2006

# Abuse & Abuse Prevention

Due to the subject matter, some of these materials may contain strong language and/or graphic details.

## Domestic Violence

### BOOKS:

#### **Children in the Crossfire: Violence in the Home - How Does it Affect Our Children (1.5 Hours)**

*Roy, Maria. Health Communications, Inc. 1988. Selected Reading Questionnaire.*

#### **Everything You Need to Know About Family Violence (1.5 Hours)**

*Stark, Evan. Kidsrights, 2000. Selected Reading Questionnaire.*

### COURSE:

#### **Domestic Violence and Its Impact on Children (4.0 Hours)**

*McInnis, Aileen. ACRF, 2000. Questionnaire: 16 True/False, multiple choice and completion questions.*

### VIDEOS:

#### **Domestic Violence and Childhood Trauma (1.0 Hour)**

*Magna Systems, Inc. Revised 7/04. Questionnaire: 16 True/False, multiple choice and completion questions.*

#### **Family Violence in America Series (1.0 Hour Each)**

*Full Circle Teleproductions, 1995.*

Child Abuse - Questionnaire: 10 multiple choice, completion and true/false questions.

Conflict Resolution - Questionnaire: 8 multiple choice, completion and true/false questions.

The Fear of Anger - Questionnaire: 8 multiple choice, completion and true/false questions.

The Horror and the Healing - Questionnaire: 7 completion, multiple choice, true/false and essay questions.

#### **The Witness: The Impact of Domestic Violence on Children (1.0 Hour)**

*Kodiak Native Association, 2001. Questionnaire: 12 True/False, multiple choice and essay questions.*

## Emotional/Neglect/Physical Abuse

### BOOKS:

#### **Caring for the At-Risk Infant and Toddler in a Foster Care Home (2.0 Hours)**

*Heidemann, Sandra. Early Childhood Studies, 1991. Questionnaire: 10 multiple choice and completion questions.*

#### **Somebody's Someone: A Memoir (1.5 Hours)**

*Louise, Regina. Warner Books, 2003. Selected Reading Questionnaire.*

#### **The Bully, the Bullied, and the Bystander (1.5 Hours)**

*Coloroso, Barbara. HarperResource, 2003. Selected Reading Questionnaire.*

#### **When the Bough Breaks: The Cost of Neglecting Our Children (1.5 Hours)**

*Hewlett, Sylvia Ann. HarperPerennial, 1991. Selected Reading Questionnaire.*

#### **Working with the Abused and Neglected Adolescent in a Foster Care Home (4.0 Hours)**

*Jones, Deb. Early Childhood Studies Univ. of MN, 1991. Questionnaire: 11 multiple choice and completion questions.*

### COMPUTER DISK CD-ROM:

#### **Reporting Child Abuse in Alaska (1.0 Hour)**

*State of Alaska, Children's Justice Act Task Force, 2006. Questionnaire: 12 completion, multiple choice and true/false questions.*

#### **Shaken Baby Syndrome 101 (SBS 101) (2.0 Hours)**

*National Center on Shaken Baby Syndrome, 2002. Questionnaire: 8 true/false, multiple choice and short answer questions.*

### COURSES:

#### **Child Abuse and Neglect in the Young Child (5.0 Hours)**

*McInnis, Aileen. ACRF, Revised 7/02. Questionnaire: 15 True/False, multiple choice and completion questions.*

#### **Reporting Child Abuse and Neglect (2.0 Hours)**

*McInnis, Aileen. ACRF, Revised 8/06. Questionnaire: 10 True/False, multiple choice and completion questions.*

#### **The Physically Abused or Neglected Child in Foster Care (3.0 Hours)**

*McInnis, Aileen. ACRF, Revised 1/98. Questionnaire: 11 True/False, multiple choice and completion questions.*

### **Understanding the Effects of Maltreatment on Early Brain Development (1.5 Hours)**

*McInnis, Aileen. ACRF, 8/08. Questionnaire: 14 True/False, multiple choice, completion and short answer questions.*

### **DVD:**

#### **Effects of Neglect in Early Childhood (1.0 Hour)**

*McInnis, Aileen. ACRF Rural Teleconference Series, 2010. Questionnaire: 10 True/False, multiple choice and short answer questions.*

### **INFORMATION PACKETS:**

Bullying and Children 2008 (1.0 Hour)

Child Maltreatment, (Spanish Version Available) 2004 (1.0 Hour)

Cyberbullying 2008 (1.0 Hour)

Helping the Traumatized Child at Home and School, 2009 (1.0 Hour)

Long-Term Consequences of Abuse and Neglect, (Spanish Version Available) 2005 (1.0 Hour)

Recognizing Signs and Symptoms of Child Abuse and Neglect, (Spanish Version Available) 2003 (1.0 Hour)

### **VIDEOS:**

#### **Annie, One of the Lucky Ones (2.0 Hours)**

*CWLA, 1990. Questionnaire: 12 multiple choice questions.*

#### **Elijah's Story: A True Story of Shaken Baby Syndrome (Spanish subtitles. VHS or DVD) (1.0 Hour)**

*National Center on Shaken Baby Syndrome, 2002. Selected Video Questionnaire*

#### **How to Tell if a Child is Being Abused (1.0 Hour)**

*Syndistar, Inc., 1988. Questionnaire: 12 true/false multiple choice and completion questions.*

## *Sexual Abuse*

### **BOOKS:**

#### **Helping the Sexually Abused Child: A Guide for Foster Parents (3.0 Hours)**

*Cunningham, Marilyn. Marin County DHHS, 1982. Questionnaire: 12 multiple choice questions.*

#### **Sexualized Children: Assessment and Treatment of Sexualized Children and Children Who Molest (2.5 Hours)**

*Gil, E. and T. Cavanagh-Johnson. Launch Press, 1993. Questionnaire: 7 true/false, and essay questions. ADVANCED*

#### **Sibling Abuse: Hidden Physical, Emotional, and Sexual Trauma (1.5 Hours)**

*Wiehe, Vernon R. Lexington Books, 1990. Selected Reading Questionnaire.*

#### **The Sexualized Child in Foster Care: A Guide for Foster Parents and Other Professionals (1.5 Hours)**

*Hoyle, Sally G. CWLA Press, 2000. Selected Reading Questionnaire.*

### **COURSES:**

#### **Dealing with Sexually Acting-Out Behaviors (4.0 Hours)**

*McInnis, Aileen. ACRF, Revised 9/2008. Questionnaire: 15 True/False, multiple choice and completion questions.*

#### **The Adolescent Sexual Offender (4.0 Hours)**

*McInnis, Aileen. ACRF, Revised 7/06. Questionnaire: 11 True/False, multiple choice and completion questions.*

#### **The Sexually Abused Child in Foster Care (4.0 Hours)**

*McInnis, Aileen. ACRF, Revised 3/98. Questionnaire: 14 True/False, multiple choice and completion questions.*

### **DVDs:**

#### **Fostering the Sexually Abused Child Part One (1.0 Hour)**

*McInnis, Aileen. ACRF Rural Teleconference Series, 2010. Questionnaire: 12 True/False, multiple choice and short answer questions.*

#### **Fostering the Sexually Abused Child Part Two (1.0 Hour)**

*McInnis, Aileen. ACRF Rural Teleconference Series, 2010. Questionnaire: 11 True/False, multiple choice and short answer questions.*

#### **Sexualized Behavior (2.0 Hours)**

*Foster Parent College, Northwest Media, Inc. 2003. Questionnaire: 10 Fill-in, true/false, multiple choice and completion questions.*

## INFORMATION PACKET:

Parenting the Sexually Abused Child, 2000 (1.0 Hour)

Promoting Healthy Sexuality After Sexual Abuse, 2009 (1.0 Hour)

## VIDEOS:

### **A Safe Environment for Foster Children Series (2.0 Hours Each)**

*Northwest Media, Inc. 1990.*

Part 1: Managing Sexual Acting-Out Behaviors - Questionnaire: 16 multiple choice and completion questions.

Part 2: Understanding and Managing Anger - Questionnaire: 10 multiple choice and completion questions.

Part 3: A Time and Place for Healing - Questionnaire: 15 multiple choice, true/false, essay and completion questions.

### **Scared Silent: Exposing and Ending Child Abuse (1.0 Hour)**

*Hosted by Oprah Winfrey, Arnold Shapiro Productions, 1992. Selected Video Questionnaire.*

# Adolescence

## BOOKS:

### **Get Out of My Life but First Could You Drive Me and Cheryl to the Mall? A Parent's Guide to the New Teenager (1.5 Hours)**

*Wolf, Anthony E. Farrar Straus Giroux, 1991. Selected Reading Questionnaire.*

### **Teaching Social Skills to Youth (1.5 Hours)**

*Dowd, Tom and Jeff Tierney. Boys Town Press, 1992. Selected Reading Questionnaire.*

### **Your Adolescent: Emotional, Behavioral and Cognitive Development from Early Adolescence through the Teen Years (1.5 Hours)**

*Pruitt, David, B., HarperCollins Publishers, 1999. Selected Reading Questionnaire.*

### **Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship (4.0 Hours)**

*Barkley, Russell A. PhD and Arthur L. Robin, PhD., The Guilford Press, 2008. Questionnaire: 18 true/false, multiple choice, short answer and fill in the blank questions.*

## COMPUTER DISK (CD-ROM):

### **Parenting Difficult Tweens and Teens (2 CD Set) (2.0 Hours)**

*Post, Bryan and Helene Timpone, CSW. Post Publications, 2010. Questionnaire: Selected Video Questionnaire.*

## COURSES:

### **Fostering the Teenager (4.0 Hours)**

*McInnis, Aileen, Based on work of Carol Brice. ACRF, 1998. Questionnaire: 15 multiple choice, completion, and true/false questions.*

### **Runaways (3.0 Hours)**

*McInnis, Aileen. ACRF, 1999. Questionnaire: 14 multiple choice, completion, and true/false questions.*

## DVDs:

### **Running Away (2.0 Hours)**

*Delaney, Richard. Northwest Media, Inc., 2005. Questionnaire: 14 multiple choice, completion, and true/false questions.*

### **Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds (1.0 Hour)**

*Phelan, Richard. ParentMagic, Inc., 2004. Questionnaire: Selected Video Questionnaire.*

## VIDEOS:

### **In Control (2.0 Hours)**

*Comprehensive Health Education Foundation, 1988. Questionnaire: 10 essay questions.*

### **Mario's Gang; A Parent's Guide to Separating Teens from Gangs (1.0 Hour)**

*The Bureau for At-Risk Youth, 1995. Questionnaire: 12 true/false, multiple choice, and completion questions.*

### **Teens in Foster Care (2.0 Hours)**

*Child Welfare League of America, 1990. Questionnaire: 12 multiple choice and completion questions.*

### **The Power of Choice Series (1.0 Hour Each)**

*Pritchard, Michael. Live Wire Video Publishers, 1987. Selected Video Questionnaire.*

[The Power of Choice](#)

[Acting on Your Values](#)

[Coping with Pressures](#)

[Drugs and Alcohol Part 1](#)

[Drugs and Alcohol Part 2](#)

[Drinking and Driving](#)

[Sex](#)

[Friendship and Dating](#)

[Depression and Suicide](#)

[Communicating with Parents](#)

[Raising Your Parents](#)

### **Working with the Hostile Teen (2.0 Hours)**

*Attainment Company, Inc., 1993. Questionnaire: 15 multiple choice and true/false questions.*

### **Working with the Resistant Teen (2.0 Hours)**

*Attainment Company, Inc., 1993. Questionnaire: 12 multiple choice and true/false questions.*

## *Adoption*

### **BOOKS:**

#### **Adopting and Advocating for the Special Needs Child (1.5 Hours)**

*Babb, L. Ann and Rita Laws. Bergin & Garvey, 1997. Selected Reading Questionnaire.*

#### **Adopting the Hurt Child: Hope for Families with Special Needs Kids (1.5 Hours)**

*Keck, Gregory C. and Regina M. Kupecky. Pinon Press, 1995. Selected Reading Questionnaire.*

#### **Adopting the Older Child (1.5 Hours)**

*Jewett, Claudia L. Harvard Common Press, 1978. Selected Reading Questionnaire.*

#### **Adoption and the Sexually Abused Child (1.5 Hours)**

*McNamara, Bernard H. and Joan. Human Services Development Institute, 1990. Selected Reading Questionnaire.*

#### **Adoption Factbook III (1.5 Hours)**

*Marshner, Connaught and William L. Pierce. National Council for Adoption, 1999. Selected Reading Questionnaire.*

#### **Adoption Parenting: Creating a Toolbox, Building Connections (Birth Through Pre-Adolescence) (1.5 Hours)**

*Edited by: MacLeod, Jean and Macrae, Sheena. EMK Press, 2006. Selected Reading Questionnaire.*

#### **Adoptions Without Agencies: A Study of Independent Adoptions (1.5 Hours)**

*Meezan, William, Sanford Katz, and Eva Manoff Russo. CWLA, 1978. Selected Reading Questionnaire.*

#### **Are Those Kids Yours? Children Adopted from Other Countries (1.5 Hours)**

*Register, Cheri. Free Press, 1991. Selected Reading Questionnaire.*

#### **Attaching in Adoption: Practical Tools for Today's Parents (1.5 Hours)**

*Gray, Deborah D. Perspectives Press, Inc., 2002. Selected Reading Questionnaire.*

#### **Can This Child Be Saved? Solutions for Adoptive and Foster Families (1.5 Hours)**

*Cline, Foster W. and Cathy Holding. World Enterprises, 1999. Selected Reading Questionnaire.*

#### **Children Can't Wait: Reducing Delays in Out-of-Home Care (1.5 Hours)**

*Cahn, Katharine and Paul Johnson. CWLA, 1993. Selected Reading Questionnaire.*

#### **Different and Wonderful: Raising Black Children in a Race Conscious Society (1.5 Hours)**

*Powell-Hopson, Dr. Darlene and Dr. Derek S. Hopson. Prentice Hall Press, 1990. Selected Reading Questionnaire.*

#### **Forever Parents: Adopting Older Children (1.5 Hours)**

*Kloppel, James and Darlene. Adele Enterprises, 1995. Selected Reading Questionnaire.*

#### **How It Feels to be Adopted (1.5 Hours)**

*Karementz, Jill. Alfred A. Knopf, 1982. Selected Reading Questionnaire.*

#### **Inside Transracial Adoption (1.5 Hours)**

*Steinberg, Gail and Beth Hall. Perspectives Press, 2000. Selected Reading Questionnaire.*

#### **Intercountry Adoption from China: Cultural Heritage and Other Post-Adoption Issues (1.5 Hours)**

*Rojewski, Jay W. and Jacy L. Bergin & Garvey, 2001. Selected Reading Questionnaire.*

#### **Making Sense of Adoption: A Parent's Guide (1.5 Hours)**

*Ruskai-Melina, Lois. Harper & Row, 1989. Selected Reading Questionnaire.*

**Nurturing Adoptions: Creating Resilience after Neglect and Trauma (5.0 Hours)**

Gray, Deborah D. *Perspectives Press, Inc., 2007. Questionnaire: 15 multiple choice, true/false, short answer and fill in the blank questions.*

**Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys (1.5 Hours)**

Keck, Gregory C., *NavPress, 2009. Selected Reading Questionnaire.*

**Parenting the Hurt Child: Helping Adoptive Families Heal and Grow (1.5 Hours)**

Keck, Gregory C. and Regina M. Kupecky, *NavPress, 2009. Selected Reading Questionnaire.*

**Parenting Your Adopted Child: A Complete and Loving Guide (1.5 Hours)**

Siegel, Stephanie E. *Prentice Hall Press, 1989. Selected Reading Questionnaire.*

**Parenting Your Adopted Older Child: How to Overcome the Unique Challenges and Raise a Happy Healthy Child (1.5 Hours)**

McCreight, Brenda. *New Harbinger Publications, Inc., 2002. Selected Reading Questionnaire.*

**Questions Adoptees are Asking...About Beginnings...About Birth Family...About Searching...About Finding Peace (1.5 Hours)**

Eldridge, Sherrie, *NavPress, 2009. Selected Reading Questionnaire.*

**Raising Adopted Children: Practical Reassuring Advice for Every Adoptive Parent (1.5 Hours)**

Ruskai-Melina, Lois. *HarperCollins Publishers, Inc. 1998. Selected Reading Questionnaire.*

**Raising Our Children's Children (1.5 Hours)**

Doucette-Dudman, Deborah. *Fairview Press, 1996. Selected Reading Questionnaire.*

**Real Parents, Real Children: Parenting the Adopted Child (1.5 Hours)**

Van Gulden, Holly and Lisa Bartels-Rabb. *The Crossroads Publishing Company, 1993. Selected Reading Questionnaire.*

**Secret Thoughts of an Adoptive Mother (1.5 Hours)**

Wolff, Jana. *Vista Communications, 1997. Selected Reading Questionnaire.*

**Talking with Young Children About Adoption (1.5 Hours)**

Watkins, Mary. *Yale University Press, 2000. Selected Reading Questionnaire.*

**Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past (1.5 Hours)**

Keefer, Betsy and Jayne E. Schooler. *Bergin & Garvey, 2000. Selected Reading Questionnaire.*

**The Connected Child: Bring Hope and Healing to Your Adoptive Family (for parents who have welcomed children from other countries and cultures, from troubled backgrounds and with special behavioral or emotional needs) (1.5 Hours)**

Purvis, Karyn B., David R. Cross and Wendy Lyons Sunshine. *McGraw Hill, 2007. Selected Reading Questionnaire.*

**The Family of Adoption (1.5 Hours)**

Maguire-Pavao, Joyce. *Beacon Press Books, 1998. Selected Reading Questionnaire.*

**The Post-Adoption Blues Overcoming the Unforeseen Challenges of Adoption (1.5 Hours)**

Foli, Karen J. and John R. Thompson. *Rodale, 2004. Selected Reading Questionnaire.*

**Thicker Than Blood: Bonds of Fantasy and Reality in Adoption (1.5 Hours)**

Akhtar, Salman and Selma Kramer. *Jason Aronson, Inc., 2000. Selected Reading Questionnaire.*

**Toddler Adoption (1.5 Hours)**

Hopkins-Best, Mary. *Perspectives Press, 1997. Selected Reading Questionnaire.*

**Twenty Things Adopted Kids Wish Their Adoptive Parents Knew (1.5 Hours)**

Eldridge, Sherrie. *Dell Publishing, 1999. Selected Reading Questionnaire.*

**Wasn't Love Supposed to Be Enough? Biographies of a Long-Term Adoptive Parent Support Group and Services for Adoptive Families (1.5 Hours)**

VanSlyck, B., E. Wristen, A. Dere-Clark, R. Mague, and R. Haggerty. *Privately published, 1998. Selected Reading Questionnaire.*

**With Eyes Wide Open: A Workbook for Parents Adopting International Children (1.5 Hours)**

Miller, Margi and Nancy Ward. *Children's Home Society and Family Services, 2004. Selected Reading Questionnaire.*

**COURSES:**

**Adoption and Guardianship Preparation Training for Alaska's Resource Families (6.0 Hours)**

Hayes, Deborah. *ACRF, 2005. There are six units to this course and six different questionnaires which include true/false, multiple choice, fill-in and essay questions.*

**Changing Families: Understanding and Helping Children Manage Transitions (3.0 Hours)**

Ursel, Brenda. *ACRF, 2009. Questionnaire: 15 multiple choice, true/false and fill in the blank questions.*

**Parenting the Adopted Adolescent (2.0 Hours)**

Keech, Tamara. *ACRF, 2006. Questionnaire: 15 multiple choice, true/false and fill in the blank questions.*

**DVD:**

**First Steps for Strengthening Adoptive Families: Tools and Techniques for Meeting the Needs of Your Adopted Child (8.0 Hours)**

*Family Attachment Counseling Center. 2006. Questionnaire: 4 short answer questions.*

**Talking to your Child About Adoption (1.0 Hour)**

*Ursel, Brenda and Tammy Keech, ACRF, 2010. Questionnaire: 13 multiple choice, true/false, and short answer questions.*

**I Wonder: Teenagers Talk About Being Adopted (1.5 Hours)**

*Fahlberg, Vera. FAIR (Families Adopting in Response). 1995. Questionnaire: 5 essay questions.*

**INFORMATION PACKETS:**

Adopting the Traumatized Child, 2002 (1.0 Hour)

Adoption in the Schools, 2003 (1.0 Hour)

Adoption: Child Readiness in the School, 2006 (1.0 Hour)

Adoption: Core Issues and Positive Adoption Language, 2007 (1.0 Hour)

Adoption: Foster Parent Adoption, 1999 (1.0 Hour)

Adoption: Grief and Loss: Stories from Families Adopting in Response Newsletter, 2005 (1.0 Hour)

Adoption: Ready or Not, 2009 (1.0 Hour)

Adoption: Searching for Birth Relatives, 2007 (1.0 Hour)

Adoption: Special Needs Adoption, 1999 (1.0 Hour)

Adoption: The Value of Subsidies: Helping Children Find Permanent Families, 2008 (1.0 Hour)

Adoption: Transracial or Transcultural Adoption, 2003 (1.0 Hour)

Surviving Adoption Challenges, 2009 (1.0 Hour)

Talking to Children about Adoption, 2010 (1.0 Hour)

Tax Credits and Adoption, 2007 (1.0 Hour)

Understanding the Home Study Process, (*Spanish Version Available*) 2004 (1.0 Hour)

What is Foster Parenting and Adoption, (*Spanish Version Available*) 2002 (1.0 Hour)

**VIDEOS:**

**A Family Album: Stories of Adoption (1.0 Hour)**

*Fern Tiger Associates and Ideas in Motion, 1992. Selected Video Questionnaire.*

**A Gift of Love: Adopting the Older Child (1.0 Hour)**

*Edmund S. Muskie Institute of Public Affairs. Selected Video Questionnaire.*

**Assessing a Family's Ability to Adopt Transracially (1.0 Hour)**

*Crumbley, Dr. Joseph. 1997. Selected Video Questionnaire.*

**Made in China: The Story of Adopted Children from China (1.0 Hour)**

*Holiday Picture Ltd, 2000. Selected Video Questionnaire.*

**Parenting Tasks in Transracial Adoptions (1.0 Hour)**

*Crumbley, Dr. Joseph. 1997. Questionnaire: 7 true/false questions.*

**Perspectives on Adoption: International Adoptees Tell Their Stories (available in DVD) (1.0 Hour)**

*Blum, Alisa. 2002. Selected Video Questionnaire.*

**The Impact of Transracial Adoptions on the Adopted Child and the Adoptive Family (1.0 Hour)**

*Crumbley, Dr. Joseph. 1997. Selected Video Questionnaire.*

**The Special Needs of Minority Children Adopted Transracially (1.0 Hour)**

*Crumbley, Dr. Joseph. 1997. Questionnaire: 7 multiple choice and true/false questions.*

## *Alcohol: FASD Topics*

**BOOKS:**

**A Layman's Guide to Fetal Alcohol Syndrome and Possible Fetal Alcohol Effects (1.5 Hours)**

*The FAS/E Support Network of B.C., 1995. Selected Reading Questionnaire.*

**Fantastic Antone Succeeds: Experiences in Educating Children with FAS (6.0 Hours)**

*Kleinfeld, Judith and Siobhan Wescott. University of Alaska Press, 1993. Questionnaire: 12 multiple choice, completion, true/false and essay questions.*

**Fantastic Antone Grows Up: Adolescents and Adults with Fetal Alcohol Syndrome (4.0 Hours)**

*Kleinfeld, Judith, Barbara Morse, and Siobhan Wescott. University of Alaska Press, 2000. Questionnaire: 4 short answer and essay questions.*

### **Journey through the Healing Circle Series (1.0 Hour Each)**

*LaDue, Robin and Carolyn Hartness. Washington State Department of Social & Health Services, 2000. Four separate questionnaires: each has 10 true/false, multiple choice and completion questions.*

The Little Fox: Birth to 5 Years Old

The Little Mask: 6 to 11 Years Old

Sees No Danger/Wanders Afar: 12 to 17 Years Old

Travels in Circles: 18 to 22 Years Old

### **Parenting Children Affected by Fetal Alcohol Syndrome: A Guide for Daily Living (3.0 Hours)**

*Graefe, Sara. Society of Special Needs Adoptive Parents, 1998. Questionnaire: 8 true/false, multiple choice and short answers questions.*

### **The Long Way to Simple: Fetal Alcohol Spectrum Disorder (1.5 Hours)**

*Neafcy, Stephen J. Better Endings New Beginnings, 2008. Questionnaire: Selected Reading Questionnaire.*

### **Trying Differently: A Guide for Daily Living and Working with FASDs and Other Brain Differences (1.5 Hours)**

*Edited by Debbie Trudeau, Fetal Alcohol Syndrome Society Yukon, 2005. Questionnaire: Selected Reading Questionnaire.*

## **COURSES:**

### **Adolescents with Fetal Alcohol Spectrum Disorder (4.0 Hours)**

*McInnis, Aileen. ACRF, Revised 6/06. Questionnaire: 12 true/false, multiple choice, completion, definitions, and essay questions.*

### **FAS/FAE: A Practical Guide for Parents (2.0 Hours)**

*Slinn, Jim, 1994. Questionnaire: 12 true/false, multiple choice and completion questions.*

### **FASD Tips for Parents and Caregivers (2.0 Hours)**

*FASD Support Network of Saskatchewan, 2009. Questionnaire: 4 short answer questions.*

### **Fetal Alcohol Spectrum Disorder: Preschool and Elementary Educational Issues (4.0 Hours)**

*McInnis, Aileen. ACRF, Revised 7/06. Questionnaire: 18 true/false, multiple choice and short answer questions.*

### **Fetal Alcohol Spectrum Disorder: An Introduction for Foster Parents (3.0 Hours)**

*McInnis, Aileen. ACRF, Revised 6/06. Questionnaire: 15 true/false, multiple choice, and short answer questions.*

### **Fetal Alcohol Spectrum Disorder: Caring for Children with FASD (5.0 Hours)**

*McInnis, Aileen. ACRF, Revised 6/06. Questionnaire: 15 true/false, multiple choice and short answer questions.*

## **INFORMATION PACKETS:**

FAS/FAE Alaska IN Project, 2000 (2.0 Hours)

Fetal Alcohol Syndrome and Effects: Educational Issues, 2002 (1.0 Hour)

Helping Siblings Understand Fetal Alcohol Spectrum Disorders, 2010 (1.0 Hour)

## **VIDEOS:**

### **David with Fetal Alcohol Syndrome (1.5 Hours)**

*Films for the Humanities & Sciences, 1996. Questionnaire: 15 true/false, multiple choice and completion questions.*

### **FAS Series: Adolescence and the Future (1.5 Hours)**

*Lena Publications, 1991. Questionnaire: 14 true/false, multiple choice and completion questions.*

### **FAS Training Tape: Independence, Ages 12 to Adult (2.0 Hours)**

*Visions Video, 1992. Questionnaire: 20 true/false, multiple choice and completion questions.*

### **FAS Training Tape: The Early Years (2.0 Hours)**

*Visions Video, 1992. Questionnaire: 20 true/false, multiple choice and completion questions.*

### **Fetal Alcohol Syndrome and Effects: Stories of Help and Hope (2.0 Hours)**

*Hazelden Video, 1994. Questionnaire: 14 true/false, multiple choice and completion questions.*

### **Journey through the Healing Circle (1.0 Hour Each)**

*LaDue, Robin and Carolyn Hartness. Washington State DSHS, 2000. (Also available in DVD). Questionnaires: 10 true/false, multiple choice and completion questions.*

The Little Fox: Birth-5 years/The Little Mask: 6-11 years

Sees No Danger/Wanders Afar: 12-17 years/Travels in Circles: 18-22 years

### **Students Like Me: Teaching Children with Fetal Alcohol Syndrome (1.0 Hour)**

*Vida Health Communications, 2000. Selected Video Questionnaire.*

### **The Final Score: Winning Against FAS (1.0 Hour)**

*Rural Cap, 2002. Questionnaire: 11 true/false, multiple choice and fill in the blank questions.*

**Worth the Trip: Raising and Teaching Children with Fetal Alcohol Syndrome (2.0 Hours)**

*Vida Health Communications, 1996. Questionnaire: 11 true/false, multiple choice and completion questions.*

## ***Attention Deficit Hyperactivity Disorder***

### **AUDIO:**

**Children with Attention Deficit-Hyperactivity Disorder at Home and at School (2.5 Hours)**

*Ross, Brenda. ACRF, 1999. Questionnaire: 15 essay, multiple choice, definitions, and true/false questions.*

### **BOOKS:**

**A Parent's Guide to Attention Deficit Disorders (1.5 Hours)**

*Bain, Lisa J. Dell Publishing, 1991. Selected Reading Questionnaire.*

**ADHD in the Young Child: Driven to Redirection (1.5 Hours)**

*Reimers, Cathy and Bruce Brunger. Specialty Press, Inc., 1999. Selected Reading Questionnaire.*

**All About Attention Deficit Disorder (3.0 Hours)**

*Phelan, Thomas W. Child Management, 1989. Questionnaire: 15 true/false, multiple choice, and essay questions.*

**Keys to Parenting a Child with Attention Deficit Disorder (1.5 Hours)**

*McNamara, Barry and Francine. Barron's Educational Series, Inc., 1993. Selected Reading Questionnaire.*

**Pushing a String: ADHD: Strategies for Foster Families Level 1 (2.0 Hours)**

*Bogue, S. Kim. American Foster Care Res., Inc. 1995. Questionnaire: 6 true/false and completion exercises.*

**Pushing a String: ADHD: Strategies for Foster Families Level 2 (2.0 Hours)**

*Bogue, S. Kim. American Foster Care Res., Inc. 1995. Questionnaire: 6 true/false and completion exercises.*

**Survival Strategies for Parenting Your ADD Child (1.5 Hours)**

*Lynn, George T. Underwood Books, 1996. Selected Reading Questionnaire.*

**Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (1.5 Hours)**

*Barkley, Russell A. The Guilford Press, 1995. Selected Reading Questionnaire.*

**Teenagers with ADD and ADHD: A Guide for Parents and Professionals (1.5 Hours)**

*Zeigler-Dendy, Chris A. M.S. Woodbine House, 2006. Selected Reading Questionnaire.*

**Understanding Girls with AD/HD (1.5 Hours)**

*Nadeau, Kathleen G., Ellen B. Littman, and Patricia O Quinn. Advantage Books, 1999. Selected Reading Questionnaire.*

### **COURSE:**

**Focusing on ADHD: A Guide for Foster Parents (3.0 Hours)**

*McInnis, Aileen. ACRF, 2001. Questionnaire: 13 completion, multiple choice and true/false questions.*

### **DVD:**

**ADHD, ADD and ODD (2.0 Hours)**

*Foster Parent College, Northwest Media, Inc. 2006. Questionnaire: 10 short essay and completion questions.*

### **INFORMATION PACKETS:**

ADD/ADHD - Alaska IN Project, 2000 (2.0 Hours)

ADHD and Teens, 1999 (1.0 Hour)

Attention-Deficit Disorder, 1990 (1.0 Hour)

Teaching a Student with Attention Deficit Disorder, (*Spanish Version Available*) 1997 (1.0 Hour)

What is Attention Deficit Disorder? (*Spanish Version Available*) 2003 (1.0 Hour)

### **VIDEOS:**

**ADHD: What Can We Do? (1.0 Hour)**

*Barkley, Russell A. Guilford Press, 1992. Selected Video Questionnaire.*

**Hyperactive Children (1.0 Hour)**

*Professional Research, Inc. Questionnaire: 12 true/false, completion and multiple choice questions.*

**Trouble In Mind: Attention Deficit Disorder (1.0 Hour)**

*Jackson, Kate. Unapix Home Entertainment, 1999. Questionnaire: 10 true/false, multiple choice and completion questions.*

**Why Won't My Child Pay Attention? (2.5 Hours)**

*Goldstein, Dr. Sam. Neurology Center, 1989. Questionnaire: 14 multiple choice, true/false, and completion questions.*

**Your Child and ADD/ADHD: A Parent's Guide (1.0 Hours)**

*Institute of Human Development, 1998. Selected Reading Questionnaire.*

# Communication

## BOOKS:

### **How to Talk So Kids Will Listen and Listen So Kids Will Talk (1.5 Hours)**

*Faber, Adele and Elaine Mazlish. Avon Books, 1980. Selected Reading Questionnaire.*

### **How to Talk to Children About Really Important Things (1.5 Hours)**

*Schaefer, Charles E. Harper and Rowe Publishers, 1984. Selected Reading Questionnaire.*

### **Talking with Your Teenager (1.5 Hours)**

*Bell, Ruth and Lennie Zeiger-Wildflower. Random House, 1983. Selected Reading Questionnaire.*

## COURSES:

### **Communicating Clearly: Skills for Foster Parents (2.0 Hours)**

*McInnis, Aileen. ACRF, 1996. Questionnaire: 12 multiple choice, completion, and true/false and essay questions.*

### **Communicating With Your Teen (2.0 Hours)**

*McInnis, Aileen, Based on the Telephonic Rural Support Groups hosted by Janna Smith. ACRF, 2006. Questionnaire: 10 completion, true/false and essay questions.*

## DVD:

### **Successful Parenting: Communication is Crucial (1.0 Hour)**

*Featuring Barbara-Lynn Taylor, M.Ed., Active Parenting Publishers, 1999. Selected Video Questionnaire.*

## INFORMATION PACKET:

Building Communication and Social Interactions in Children - Alaska IN Project, 2000 (2.0 Hours)

## VIDEO:

### **The Art of Communication (2.0 Hours)**

*Van Patten, Dick. United Learning, 1996. Questionnaire: 10 true/false, multiple choice, essay and completion questions.*

# Culture & Heritage

## BOOKS:

### **A Common Sense Guide to Culture and Foster Care: A Handbook for Foster Families (1.5 Hours)**

*Crow, Gary and Letha. American Foster Care Resources, Inc. 1994. Selected Reading Questionnaire.*

### **Growing Up Native in Alaska (3.0 Hours)**

*McClanahan, Alexandra J. The CIRI Foundation, 2000. Questionnaire: 7 short answer and multiple choice questions.*

### **Raising Black Children (1.5 Hours)**

*Comer, James P. and Alvin F. Poussaint. Penguin Group, 1992. Selected Reading Questionnaire.*

### **Making Cultural Connections: Hair and Skin Care for Children of African Descent (1.5 Hours)**

*Costa, Jeanne M. CWLA Press, 2003. Selected Reading Questionnaire.*

## COURSES:

### **Cross Cultural Child Care: A Guide for Foster Parents (1.0 Hour)**

*Conte, Michele M. University of Oregon, 1996. Questionnaire: 12 multiple choice questions.*

### **How Foster and Adoptive Parents Can Work with Tribes (2.0 Hours)**

*Hayes, Deborah. ACRF, Revised 7/06. Questionnaire: 6 short answer and fill-in the blank questions.*

### **The Importance of Culture and Maintaining Connections for Alaskan Native Children (2.0 Hours)**

*Hayes, Deborah. ACRF, Revised 7/04. Questionnaire: 7 short answer, true/false, and multiple choice questions.*

### **Understanding the Effects of Childhood Trauma on Brain Development in Native Children (2.0 Hours)**

*Wasserman, Eidell. Victims of Crime, 2005. Questionnaire: 12 true/false, multiple choice and completion questions.*

## DVDs:

### **African-American and Biracial Hair Care (1.0 Hour)**

*Adoption Accents, 2004. Selected Video Questionnaire.*

### **All My Relations: Impact of ICWA on Foster Parenting (1.0 Hour)**

*Washington Department of Health and Social Services, Children's Administration, 2009. Questionnaire: 10 true/false, completion, multiple choice and short answer questions.*

**Keeping It Real/Hair Care for Girls and Boys (Up to 2.0 Hours)**

*Washington Department of Health and Social Services, Children's Administration, 2009. Questionnaire: Part 1: 4 short essay questions/Part 2: 2 short essay questions.*

**Knowing Who You Are: Helping Youth in Care Develop Their Racial and Ethnic Identity (1.0 Hour)**

*Casey Family Programs, 2005. Selected Video Questionnaire.*

**INFORMATION PACKETS:**

Alaska Native Values, *Revised 2002* (1.0 Hour)

Hawaiian, Filipino and Samoan Cultures, *2001* (1.0 Hour)

Keeping Native Children Connected to Their Culture, *Revised 2002* (1.0 Hour)

Making Cultural Connections: Hair, Skin and Diet for Children of Color, *1997* (1.0 Hour)

The Indian Child Welfare Act, *2002* (1.0 Hour)

**VIDEO:**

**Understanding the Indian Child Welfare Act (1.0 Hour)**

*Cook Inlet Tribal Council. Questionnaire: 12 true/false, multiple choice and completion questions.*

## *Tlingit & Haida Video Series:*

**Family Feathers Video Series: A Video Primer from Parents, Professionals and Elders to Support You in Better Understanding and Guiding Your Preschool Child  (1.0 Hour Each)**

*Produced by Central Council Tlingit & Haida Indian Tribes of Alaska, 1998-2000. Selected Video Questionnaire.*

Creative Development

Multigenerational Grief

Culture and Heritage

Nutrition

Family

Physical and Dental Health

Fostering Leadership

Preschool and Early Childhood Education

Guidance and Discipline

Social Development

Home and Community Safety

Special Needs

Juggling It All

Stressful Times

Literacy

The Natural Classroom

Math, Science and Language Development

Using Well What is at Hand: Subsistence Living

**Parent's Journal Video Series: A Video Primer from Parents, Professionals and Elders to Support You in Better Understanding and Guiding Your Preschool Child  (1.0 Hour Each)**

*Produced by Central Council Tlingit & Haida Indian Tribes of Alaska, 1997-2000. Selected Video Questionnaire.*

A Friendship with Head Start

Language, Literacy and Culture

Baby's First year: Growth and Development

Pregnancy and Childbirth

Breastfeeding is the Best

Preventing and Prevailing: The Challenge of FAS

Childbirth and Newborn Care

Seeds of Respect: Guidance and Discipline

Childcare for Babies and Toddlers

Teenage Parenting

Creativity: Every Child's Gift

Toddler Care

Every Child is Special

Toddler Development

It All Begins with the Brain

It Takes Two – The Importance of Father

Involvement

# Development

## BOOKS:

### **The First Twelve Months of Life (1.5 Hours)**

*Caplan, Frank. Perigee Books, 1971. Selected Reading Questionnaire.*

### **The Second Twelve Months of Life (1.5 Hours)**

*Caplan, Frank and Theresa. Perigee Books, 1977. Selected Reading Questionnaire.*

### **Understanding Your Child from Birth-3: Your Child's Psychological Development (1.5 Hours)**

*Church, Joseph. Pocket Books, New York, 1973. Selected Reading Questionnaire.*

### **What Every Baby Knows (1.5 Hours)**

*Brazelton, T. Berry. Addison-Wesley Publishing Company, 1987. Selected Reading Questionnaire.*

## COURSES:

### **Infancy: A Survey of Development (3.0 Hours)**

*McInnis, Aileen. ACRF, Revised 7/03. Questionnaire: 20 multiple choice questions.*

### **The Young Child in Foster Care: Developmental Issues (4.0 Hours)**

*McInnis, Aileen. ACRF, 1998. Questionnaire: 22 true/false, multiple choice, and completion questions.*

### **Understanding Children's Sexual Behaviors (2.0 Hours)**

*Cavanagh-Johnson, Toni. The Family Violence and Sexual Assault Institute, 2004. Questionnaire: 12 true/false, multiple choice, and completion questions.*

## INFORMATION PACKETS:

Bright Futures Developmental Series 1: Social and Emotional Development in Infancy - Birth to 12 months, (*Spanish Version Available*) 2006 (1.0 Hour)

Bright Futures Developmental Series 2: Social and Emotional Development in Early Childhood - Ages 1 to 4, (*Spanish Version Available*) 2006 (1.0 Hour)

Bright Futures Developmental Series 3: Social and Emotional Development in Middle Childhood - Ages 5 to 10, (*Spanish Version Available*) 2006 (1.0 Hour)

Bright Futures Developmental Series 4: Social and Emotional Development in Adolescence - Ages 11 to 21, (*Spanish Version Available*) 2006 (1.0 Hour)

Child Development, Milestones, Assessment, Identification and Referral - Alaska IN Project, *Revised 4/07* (2.0 Hours)

Normal Adolescent Development, (*Spanish Version Available*) 1998 (1.0 Hour)

## VIDEOS:

### **Smarter Than You Think (1.0 Hour)**

*Altschul Group Corporation. Questionnaire: 14 true/false, multiple choice, essay, matching and completion questions.*

### **The Secret Life of the Brain Series (2.0 Hours Each)**

*A PBS Home Video, Thirteen/WNET New York, 2001.*

The Baby's Brain: Wider Than the Sky - Questionnaire: 11 multiple choice, true/false and fill-in questions

The Child's Brain: Syllable From Sound - Questionnaire: 13 multiple choice, true/false and fill-in questions

The Teenage Brain: A World of Their Own - Questionnaire: 13 multiple choice, true/false and fill-in questions

The Adult Brain: To Think by Feeling - Questionnaire: 13 multiple choice, true/false and fill-in questions

The Aging Brain: Through Many Lives - Questionnaire: 13 multiple choice, true/false and fill-in questions

# Difficult Behaviors

## BOOKS:

### **Achieving Success with Impossible Children (1.5 Hours)**

*Ziegler, Ph.D. Dave. Acacia Publishing, Inc. 2005. Selected Reading Questionnaire.*

### **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (1.5 Hours)**

*Forbes, Heather T. and B. Bryan Post. Beyond Consequences Institute. 2006. Selected Reading Questionnaire.*

**Challenging Behaviors in Young Children (6.0 Hours)**

Kaiser, Barbara and Judy Sklar Raminsky. Pearson Education, Inc, 2007. Questionnaire: 22 short answer, true/false, multiple choice and fill-in the blank questions.

**How to Handle a Hard-to-Handle Kid: Understanding and Changing Problem Behaviors (1.5 Hours)**

Edwards, C. Drew. Free Spirit Press, 1999. Selected Reading Questionnaire.

**If My Kid's So Nice Why's He Driving Me Crazy? The Oppositional & Defiant Child (1.5 Hours)**

Sutton, Dr James D. Friendly Oaks Publications, 1997. Selected Reading Questionnaire.

**Is It Just a Phase? How to Tell Common Childhood Phases From More Serious Problems (1.5 Hours)**

Anderson-Swedo, Dr. Susan and Dr. Henrietta L. Leonard. Broadway Books, 1998. Selected Reading Questionnaire.

**No More Bedwetting: How to Help Your Child Stay Dry (1.5 Hours)**

Arnold, Samuel J. John Wiley & Sons, Inc. 1997. Selected Reading Questionnaire.

**Raising Children who Refuse to Be Raised: Parenting Skills and Therapy Interventions for the Most Difficult Children (1.5 Hours)**

Ziegler, Ph.D. Dave. Acacia Publishing, Inc. 2000. Selected Reading Questionnaire.

**The Challenging Child: The 5 Difficult Types of Children (1.5 Hours)**

Greenspan, Stanley. Perseus Books, 1995. Selected Reading Questionnaire.

**What Do You Do with a Child Like This? Inside the Lives of Troubled Children (1.5 Hours)**

Tobin, L. Whole Person Associates, 1998. Selected Reading Questionnaire.

**Working with Aggressive Youth (3 Hours)**

Father Flanagan's Boys' Home, Boys Town Press. 1989. Questionnaire: 15 true/false, multiple choice and completion questions.

**Working with OVERactive Children (2.0 Hours)**

Sweeney, Rob. American Foster Care Resources, Inc., 1980. Questionnaire: 14 multiple choice and completion questions.

**Your Defiant Child: 8 Steps to Better Behavior (1.5 Hours)**

Barkley, Russell and Christine Benton. The Guilford Press, 1988. Selected Reading Questionnaire.

**COURSES:****Animal Cruelty and Children (3.0 Hours)**

McInnis, Aileen. ACRF, 2000. Questionnaire: 15 multiple choice, true/false and completion questions.

**Caring for the Aggressive Child in Foster Care (4.0 Hours)**

McInnis, Aileen. ACRF, 1998. Questionnaire: 12 true/false, multiple choice, and completion questions.

**Dealing with Lying and Stealing: Looking at Dishonest Behavior (3.0 Hours)**

McInnis, Aileen. ACRF, 1999. Questionnaire: 13 multiple choice, true/false and completion questions.

**Understanding and Dealing with Temper Tantrums (2.0 Hours)**

McInnis, Aileen. ACRF, Revised 9/06. Questionnaire: 12 true/false, multiple choice, essay and completion questions.

**DVDS:****Lying (2.0 Hours)**

Foster Parent College, Northwest Media, Inc. 2003. Questionnaire: 10 multiple choice, true/false and completion questions.

**Off Road Parenting: Solutions for Difficult Behavior (Spanish Version Available) (1.0 Hour)**

Pacifici, Caesar, Patricia Chamberlain, and Lee White. Questionnaire: 8 true/false and completion questions.

**Parenting the Explosive Child (4.0 Hours)**

Featuring Ross. W. Green and J. Stuart Ablon, Center for Collaborative Problem Solving, 2004. Questionnaire: 17 short answer, multiple choice, and true/false questions.

**Sexualized Behavior (2.0 Hours)**

Foster Parent College, Northwest Media, Inc. 2003. Questionnaire: 10 multiple choice, true/false, short essay and completion questions.

**Sleep Problems (2.0 Hours)**

Foster Parent College, Northwest Media, Inc. 2006. Questionnaire: 10 true/false and completion questions.

**Stealing (2.0 Hours)**

Foster Parent College, Northwest Media, Inc. 2003. Questionnaire: 11 multiple choice, true/false and completion questions.

**Wetting and Soiling (2.0 Hours)**

Foster Parent College, Northwest Media, Inc. 2003. Questionnaire: 11 multiple choice and true/false questions.

**INFORMATION PACKETS:**

Children without Friends, 1999 (1.0 Hour)

Fears in Children, 2002 (1.0 Hour)

Fire Setting, 2002 (1.0 Hour)

## VIDEOS:

### **A Different Journey: Parents for Behaviorally Different Children (1.0 Hour)**

*Parent's for Behaviorally Different Children, 1996. Selected Video Questionnaire.*

### **Calamity Jamie: A Parent's Guide to Coping with Defiant Teens (1.0 Hour)**

*The Bureau for At-Risk Youth, 1995. Questionnaire: 12 true/false, multiple choice and completion questions.*

### **Handling Anger, Temper Tantrums and Sibling Rivalry Effectively (1.0 Hour)**

*GOGCO, Inc, 1996. Selected Video Questionnaire.*

### **Helping Your Children to Stay Out of Trouble (Up to 2.5 Hours with Extra Credit)**

*Comprehensive Health Ed. Fdn., 1986. Questionnaire: 6 multiple choice, completion and 4 extra credit questions.*

### **No I Won't! And You Can't Make Me! (1.0 Hour)**

*Father Flanagan's Boys' Home, 1987. Questionnaire: 10 multiple choice, true/false and completion questions.*

### **When They Never Ever Listen (1.0 Hours)**

*Turecki, Stanley. Altschul Corporation, 1994. Questionnaire: 14 multiple choice, true/false and completion questions.*

## *Discipline/Parenting*

## BOOKS:

### **1-2-3 Magic: Effective Discipline for Children 2-12 (1.5 Hours)**

*Phelan, Thomas W. Ph.D., ParentMagic, Inc., 2003. Selected Reading Questionnaire.*

### **Helping Kids Succeed – Alaskan Style (1.5 Hours)**

*Written by and for Alaskans, Search Institutes Developmental Assets Framework, 1998. Selected Reading Questionnaire.*

### **Helping Little Kids Succeed – Alaskan Style (1.5 Hours)**

*Written by and for Alaskans, Alaska Initiative for Community Engagement, 2003. Selected Reading Questionnaire.*

### **I Never Get Anything! How to Keep Your Kids from Running Your Life (1.5 Hours)**

*Phelan, Thomas W. Ph.D., Child Management, Inc., 2001. Selected Reading Questionnaire.*

### **Keys to Effective Discipline Handbook: A Guide to Managing Difficult Behavior (1.5 Hours)**

*Kilpatrick, David. Casey and Kirsch Publishers, 1992. Selected Reading Questionnaire.*

### **Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood Updated and Expanded Edition (1.5 Hours)**

*Cline, M.D., Foster and Jim Fay. Pinon Press, (Updated and Expanded 2006). Selected Reading Questionnaire*

### **Positive Discipline for Preschoolers (1.5 Hours)**

*Nelson, Jane. Prima Publishing, 1995. Selected Reading Questionnaire.*

### **Positive Discipline for Teenagers (1.5 Hours)**

*Nelson, Jane. Prima Publishing, 1991. Selected Reading Questionnaire.*

## COURSES:

### **Creative Parenting Strategies for Traumatized Children (5.0 Hours)**

*Ursel, Brenda and Tamara Keech. ACRF, 2009. Questionnaire: 17 multiple choice, true/false and short answer questions.*

### **Discipline in Foster Care: Techniques for Parents (4.0 Hours)**

*McInnis, Aileen. Based on work of Carol Brice. ACRF, Revised 2003. Questionnaire: 18 true/false, multiple choice and completion questions.*

### **Positive Parenting for Foster Parents (2.0 Hours)**

*McInnis, Aileen. ACRF, 2002. Questionnaire: 10 multiple choice, true/false, short answer and completion questions.*

### **The Internet for Parents: The Good, The Bad and The Ugly (2.0 Hours)**

*Keech, Tamara. ACRF, 2006. Questionnaire: 16 multiple choice, true/false, short answer and completion questions.*

## DVDs:

### **1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (4.0 Hours)**

*Foster Parent College, Northwest Media, Inc. 2004. Also available in VCR format. Questionnaire: 13 multiple choice, true/false, short answer and matching questions.*

### **More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (4.0 Hours)**

*Phelan, Thomas W. Child Management, Inc. 2000. Also available in VCR format. Questionnaire: 16 true/false and multiple choice questions.*

### **Successful Parenting: Discipline Makes the Difference (1.0 Hour)**

*Featuring Barbara-Lynn Taylor, M.Ed., Active Parenting Publishers, 1999. Selected Video Questionnaire.*

## INFORMATION PACKETS:

- Behavior Modification Techniques, *Revised 2002* (1.0 Hour)
- Discipline and Behavior Management in Foster Care, *1998* (1.0 Hour)
- Helping Your Child through Early Adolescence, *2009* (2.0 Hours)
- Leaving Your Child Home Alone, *2009* (1.0 Hour)
- Using Time Outs, *Revised 2003* (1.0 Hour)

## VIDEOS:

### **A Change for the Better: Teaching Correct Behavior (1.0 Hour)**

*Father Flanagan's Boys' Home, 1989. Questionnaire: 10 true/false, multiple choice and completion questions.*

### **Active Parenting Video Series**

*Active Parenting, Inc. 1987. Tapes 1-6 each have a questionnaire that includes true/false, multiple choice, fill-in and essay questions.*

The Active Parent (1.0 Hour)

Instilling Courage: Encouragement (Up to 3.0 hour with extra credit activity)

The Democratic Family in Action (Up to 3.0 hour with extra credit activity)

Understanding Children (Up to 3.0 hour with extra credit activity)

Winning at Cooperation: Communication (Up to 3.0 hour with extra credit activity)

### **Discipline: What Lily Learned (1.0 Hour)**

*Altschul Group Corporation, 1993. Questionnaire: 15 true/false, multiple choice and completion questions.*

### **How to Enforce Consequences When Kids Violate Limits (1.0 Hour)**

*Parenting for Prevention, Hazelden Foundation, 1997. Questionnaire: 12 True/False, and Short Answer questions.*

### **How to Stop Enabling, Start Empowering and Set Limits for Kids Video Set (1.5 Hours)**

*Video set includes Tape 1 & 2 of the Parenting for Prevention Series, Hazelden Foundation, 1997. Questionnaire: 12 True/False, Fill in the Blank and Short Answer questions.*

### **I Can't Decide! What Should I Do? (1.0 Hour)**

*Father Flanagan's Boys' Home, 1988. Questionnaire: 10 multiple choice, true/false and completion questions.*

### **I'm Not Everybody! Helping Your Child Stand Up to Peer Pressure (1.0 Hour)**

*Father Flanagan's Boys' Home, 1988. Questionnaire: 10 true/false, multiple choice, and completion questions.*

### **Limit Setting with School Age Children (1.0 Hour)**

*Northwest Media, 1990. Questionnaire: 12 multiple choice, true/false and completion questions.*

### **Negotiating Within the Family: You and Your Child Can Both Get What You Want (1.0 Hour)**

*Father Flanagan's Boys' Home, 1990. Questionnaire: 10 multiple choice, true/false and completion questions.*

### **Problem Solving with Pre-School Children (1.0 Hour)**

*Northwest Family & School Consultants, Inc. 1990. Questionnaire: 6 multiple choice, true/false and completion questions.*

### **Setting Your Child Up for Success: Anticipating and Preventing Problems (1.0 Hour)**

*Father Flanagan's Boys' Home, 1989. Questionnaire: 10 multiple choice, true/false and completion questions.*

### **Six Steps to Developing Responsibility (2.0 Hours)**

*Glenn, H. Stephen. Sunrise Productions Questionnaire: 14 multiple choice and completion questions.*

### **Take Time to Be a Family: Holding Successful Family Meetings (1.0 Hour)**

*Father Flanagan's Boys' Home, 1989. Questionnaire: 10 multiple choice, true/false and completion questions.*

### **Teaching New Behaviors to Children (1.0 Hour)**

*Northwest Media, Inc. Questionnaire: 10 true/false, multiple choice and completion questions.*

### **Teaching Responsible Behavior (2.0 Hours)**

*Father Flanagan's Boys' Home, 1992. Questionnaire: 10 true/false, multiple choice and completion questions.*

### **Winning at Parenting without Beating Your Kids (3.0 Hours)**

*Coloroso, Barbara. Kids Are Worth It!, 1989. Questionnaire: 15 true/false, multiple choice and completion questions.*

### **You Want Me to Help with Housework? NO WAY! (1.0 Hour)**

*Father Flanagan's Boys' Home, 1988. Questionnaire: 10 multiple choice, true/false and completion questions.*

## *Drug Affected Children*

## BOOK:

### **Helping Hands: Caregivers' Guide for Drug Exposed Infants (2.0 Hours)**

*Richards, Barbara and Drennen, Barbara. Elton-Wolf Publishing, 2000. Questionnaire: 10 completion questions.*

## DVD:

### **Caring for Drug-Exposed Infants (2.0 Hours)**

*Pediatric Interim Care Center. 2006. Questionnaire: 10 multiple choice, fill-in and true/false questions.*

## INFORMATION PACKETS:

Techniques for Caring for Drug Affected Infants, *Pediatric Interim Care Nursery, 2007* (1.0 Hour)

## VIDEOS:

### **Caregiver's Guide for the Drug Exposed Infant (2.0 Hours)**

*Partners in Video, 1992. Questionnaire: 15 true/false, multiple choice and completion questions.*

### **Cocaine Babies Video Set (2.0 Hours)**

*Includes the videos: "Cocaine Babies" and "Training Tape for Caretakers of Drug Babies" Visions Video Productions, Inc., 1989. Questionnaire: 18 multiple choice and completion questions.*

### **Cocaine Kids Video Set (2.0 Hours)**

*Includes the videos: "Cocaine Kids" and "New Strategies, New Solutions" Visions Video Productions, Inc., 1990. Questionnaire: 16 multiple choice and completion questions.*

# *Eating Disorders*

## BOOKS:

### **Afraid to Eat: Children and Teens in Weight Crisis (1.5 Hours)**

*Berg, Francis M. Healthy Weight Publishing Network, 1997. Selected Reading Questionnaire.*

### **Dying to Be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia (1.5 Hours)**

*Sacker, Ira and Marc Zimmer. Warner Books, Inc., 1987. Selected Reading Questionnaire.*

### **Preventing Eating Disorders: A Handbook for Interventions and Special Challenges (1.5 Hours)**

*Piran, Niva, Michael Levine and Catherine Steiner-Adair. Taylor & Francis, 1999. Selected Reading Questionnaire.*

### **Surviving an Eating Disorder: Strategies for Family and Friends (1.5 Hours)**

*Siegel, Michele, Judith Brisman, and Margot Weinschel. HarperPerennial, 1997. Selected Reading Questionnaire.*

### **Treating and Overcoming Anorexia Nervosa: Classic Guide with a New Introduction (1.5 Hours)**

*Levenkron, Steven. Warner Books, Inc., 1982. Selected Reading Worksheet.*

### **When Your Child Has an Eating Disorder: A Step-by-Step Workbook for Caregivers (1.5 Hours)**

*Natenshon, Abigail H. Jossey-Bass Publishers, 1999. Selected Reading Questionnaire.*

## DVD:

### **Eating Disorders (2.0 Hours)**

*Foster Parent College, Northwest Media, Inc. 2003. Questionnaire: 10 true/false and completion questions.*

## VIDEOS:

### **Anorexia and Bulimia Video Set (2.0 Hours)**

*Video set includes Tape 1 & 2. Educational Video Network, 1999. Questionnaire: 14 true/false and completion questions.*

### **Dying to Be Thin (1.0 Hour)**

*Hazelden Videos, 1994. Questionnaire: 10 true/false, multiple choice and completion questions.*

### **Thea's Mirror: A Parent's Guide to Helping Teens with Eating Disorders (1.0 Hour)**

*The Bureau for At-Risk Youth, 1995. Questionnaire: 11 true/false, multiple choice and completion questions.*

# *Education*

## BOOKS:

### **Coping with Kids and Schools: A Guide for Parents (1.5 Hours)**

*Albert, Linda. E.P. Dutton, Inc., 1984. Selected Reading Questionnaire.*

### **Coping with Personal Identity: Grades, What is so important About Them, Anyway? (1.5 Hours)**

*Schwarzrock, Shirley. Selected Reading Questionnaire.*

### **School Power: Study Skill Strategies for Succeeding in School (1.5 Hours)**

*Schumm, Jeanne Shay. Free Spirit Publishing, 2001. Selected Reading Questionnaire.*

### **The Motivation Breakthrough: 6 Secrets to Turning on the Tuned-Out Child (1.5 Hours)**

*Lavoie, Richard. Simon & Schuster, 2007. Selected Reading Questionnaire.*

## COURSES:

### **Education and Youth in Foster Care (3.0 Hours)**

*Keech, Tamara. ACRF, 2009. Questionnaire: 20 multiple choice, true/false and short answer and fill in the blank questions.*

## DVDs:

### **Common Sense Parenting: Helping Kids Succeed in School (1.5 Hours)**

*Produced by the Common Sense Parenting Program at Boys Town, 2008. Questionnaire: 10 true/false and short answer questions.*

### **Working with Schools (Foster Parent College) (2.0 Hours)**

*Produced by Foster Parent College, Northwest Media, 2007. Questionnaire: 10 multiple choice, short answer and true/false questions.*

## INFORMATION PACKETS:

Helping Students Develop Their IEPs, 2010 (1.0 Hour)

## VIDEO:

### **Homework? I'll Do It Later (1.0 Hour)**

*Father Flanagan's Boys' Home, 1988. Questionnaire: 10 true/false, multiple choice and completion questions.*

# *Foster Care*

## BOOKS:

### **A Guidebook for Raising Foster Children (1.5 Hours)**

*Blatt, Susan McNair. Bergin & Garvey, 2000. Selected Reading Questionnaire.*

### **Foster Parenting Young Children: Guidelines from a Foster Parent (5.0 Hours)**

*Felker, Evelyn. CWLA, 1993 Questionnaire: 12 multiple choice questions.*

### **Preparing Foster Parent's Own Children for the Fostering Experience (1.5 Hours)**

*Joran, Barbara. American Foster Care Resources, Inc., 1997. Selected Reading Questionnaire.*

### **Rebuilding Children's Lives: A Blueprint for Treatment Foster Parents (6.0 Hours)**

*Baker, Christina B., Ray V. Burke, Ron W. Herron & Mariam A. Mott, Boys Town, 1996. Questionnaire: 11 short answer and fill in the blank questions.*

### **Three Little Words: A Memoir (1.5 Hours)**

*Rhodes-Courter, Ashley. Atheneum, 2008. Selected Reading Questionnaire.*

### **Walk a Mile in My Shoes (5.0 Hours)**

*Lee, Judith and Danielle Nisovocchia. CWLA, 1989. Questionnaire: 10 multiple choice questions.*

### **Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families (1.5 Hours)**

*Schooler, Jayne E., Betsy Keefer Smalley, LSW, and Timothy J. Callahan, PsyD. NavPress, 2009. Questionnaire: Selected Reading Questionnaire.*

## COURSES:

### **Allegations in the Foster Home (3.0 Hours)**

*Keech, Tammy. ACRF, 2010. Questionnaire: 14 multiple choice, true/false and fill-in the blank questions.*

### **An Introduction to Family Centered Services (2.0 Hours)**

*McInnis, Aileen. ACRF, 1995. Questionnaire: 12 multiple choice and completion questions.*

### **Core Training for Resource Families Workbook (Also available in Yup'ik and Spanish) (16.0 Hours)**

*McInnis, Aileen. ACRF, Revised 6/09. This workbook may fulfill your initial training requirement for foster care. In Anchorage, Fairbanks or Juneau attending the on-site session of Core is required. If you live outside of these areas or if you cannot attend on-site training, call ACRF and we will let you know if you are eligible to take the self-study. There are a total of 11 questionnaires included after each unit of true/false, multiple choice and fill in the blank questions.*

### **Fostering Skills: Boundaries in Foster Care (2.5 Hours)**

*McInnis, Aileen. ACRF, 2001. Questionnaire: 14 true/false, short answer, and completion questions.*

### **Helping Children Move On: Reunification and Transition (2.0 Hours)**

*McInnis, Aileen. ACRF, Revised 7/06. Questionnaire: 10 multiple choice, true/false, essay and completion questions.*

### **Helping Children Stay Connected to Their Families (1.5 Hours)**

*McInnis, Aileen. ACRF, Revised 7/06. Questionnaire: 9 true/false, multiple choice, essay and completion questions.*

**Lifestory Books (2.0 Hours)**

*Oregon Post Adoption Resource Center, 2003. Questionnaire: 10 true/false, multiple choice and completion questions.*

**Making Visits Go More Smoothly (2.0 Hours)**

*McInnis, Aileen. ACRF, Revised 7/06. Questionnaire: 8 true/false, multiple choice, essay and completion questions.*

**Picking Up Baby: A Guide for Foster Parents Picking Up a Child from the Hospital (1.0 Hour)**

*McInnis, Aileen with the help of Karen Storey, Bonnie Lange, and Diane Holmstrom. ACRF, 2008. Questionnaire: 9 short answer, multiple choice, and true/false questions.*

**Speaking and Testifying on Behalf of Foster Children (1.5 Hours)**

*McInnis, Aileen and Jeanne Gonzales. ACRF, Revised 2/07. Questionnaire: 10 multiple choice, true/false and completion questions.*

**The Foster Parent's Role in the Court Process (1.5 Hours)**

*Ward, Sonia. ACRF, 2004. Questionnaire: 7 multiple choice, true/false, fill in the blank and short answer questions.*

**The Role of the Guardian Ad Litem and CASA (2.0 Hours)**

*McInnis, Aileen. ACRF, Revised 6/06. Questionnaire: 12 true/false, multiple choice and essay questions.*

**Treatment Issues for Juvenile Delinquents – Basic Foster Care Course (21 Hours)**

*Hansen, Jack. Self Published, 1995. 14 Questionnaires include essay and completion questions.*

**Twenty Hours: An In-Service Self-Instructional Training Program for Foster Families (20 Hours)**

*American Foster Care Resources, 1994. 20 Questionnaires include completion, multiple choice and true/false questions.*

**Understanding Family Contact (2.0 Hours)**

*McInnis, Aileen. ACRF, 10/10. Questionnaire: 12 fill in the blank and multiple choice questions.*

**Understanding Foster Care: The Child, The Family, The System (4.0 Hours)**

*McInnis, Aileen. ACRF, Revised 6/06. Questionnaire: 14 true/false, multiple choice and completion questions.*

**Understanding Team Decisionmaking (1.0 Hour)**

*McInnis, Aileen. ACRF, Revised 2/09. Questionnaire: 10 multiple choice, completions, and true/false questions.*

**Understanding the Birth Parent (3.0 Hours)**

*McInnis, Aileen. ACRF 1998. Questionnaire: 10 multiple choice, true/false and completion questions.*

**Understanding the Case Review System (1.5 Hours)**

*Hayes, Deborah. ACRF, 2002. Questionnaire: 8 multiple choice and completion questions.*

**Understanding the Icebreakers Meeting (1.0 Hour)**

*McInnis, Aileen. ACRF, 2006. Questionnaire: 10 multiple choice, completions, and true/false questions.*

**DVD:****Working with Birth Parents I: Visitation (2.0 Hours)**

*Foster Parent College Series, NW Media, Inc. 2007. Questionnaire: 10 completion, multiple choice and true/false questions.*

**INFORMATION PACKETS:**

Being an Advocate and a Professional, 2000 (1.0 Hour)

Family Contact Standards, 2010 (1.0 Hour)

Guardianships, Revised 2006 (1.0 Hour)

Incarcerated Parents and Their Children: Information for Resource Families, 1998 (1.0 Hour)

Lifebooks, 1997 (1.0 Hour)

Tax Benefits and Foster Care, 2007 (1.0 Hour)

Working with Your Social Worker, Revised 2006 (1.0 Hour)

**VIDEOS:****A Job with Heart (2.0 Hours)**

*CWLA, 1990. Questionnaire: 10 multiple choice and completion questions.*

**Beginning the Journey: An Introduction to Being a Foster Parent in Alaska (1.0 Hour)**

*Narrated by Curtis Thomas, FOX 7, Alaska, 2000. Questionnaire: 16 multiple choice, true/false and completion questions.*

**Foster Parents Working with Birth Parents (1.5 Hours)**

*Fahlberg, Vera. Northwest Media, Inc. 1996. Questionnaire: 7 true/false and completion questions.*

**Kids in Court (1.0 Hour)**

*Kidsrights, Inc. Questionnaire: 14 fill-in, multiple choice, true/false and essay questions.*

**Re-Education of Foster and Adopted Children: Prospects for a Healthy Family (2.0 Hours)**

*Fahlberg, Dr. Vera. Northwest Media, Inc., 1992. Questionnaire: 18 multiple choice, true/false and completion questions.*

**Teamwork: An Enormous Challenge (2.0 Hours)**

*CWLA, 1990. Questionnaire: 12 multiple choice questions.*

# Health & Safety

## COMPUTER DISK (CD-ROM):

### **Universal and Standard Precautions for Alaskan Resource Families (2.0 Hours)**

*Self-Study Course part written by McInnis, Aileen, ACRF, 2008. CD-ROM produced by the Illinois State Board of Education. Questionnaire: Questionnaire: 10 multiple choice, true/false, fill-in the blank and short answer questions.*

## COURSE:

### **Children's Oral Health Information Packet (1.5 Hours)**

*McInnis, Aileen. ACRF, 2010. Questionnaire: 8 true/false, multiple choice, matching and completion questions.*

### **Epilepsy and Seizure Disorders: A Resource Guide for Alaska's Parents (2.0 Hours)**

*McInnis, Aileen. ACRF, 2010. Questionnaire: 20 true/false, multiple choice and completion questions.*

### **Fostering a Fire Safe Home (4.0 Hours)**

*McInnis, Aileen. ACRF, 2000. Questionnaire: 16 true/false, multiple choice, and completion questions.*

## DVDs:

### **Big Steps for Saving Small Lives (1.5 Hours)**

*Goldenstarlite Productions, 2007. Questionnaire: 15 short answer, multiple choice and true/false questions.*

### **Children's Oral Health Care (2.0 Hour)**

*Stone Soup Group, 2009. Questionnaire: Selected Video Questionnaire.*

### **Child Safety & Supervision (2.0 Hours)**

*Foster Parent College, 2009. Questionnaire: 9 true/false and multiple choice questions.*

## INFORMATION PACKETS:

Administering Medication to Children in Care, 2008 (1.0 Hour)

Asthma - Alaska IN Project, 2000 (2.0 Hours)

Diabetes - Alaska IN Project, 2000 (2.0 Hours)

Emergency Preparedness for Resource Families, 2006 (1.0 Hour)

Fire Safety in the Home, 1998 (1.0 Hour)

Head Lice, 2008 (1.0 Hour)

Health and Safe Child Care for all Children - Alaska IN Project, 2000 (2.0 Hours)

Heart Related Impairments - Alaska IN Project, 2000 (2.0 Hours)

Helping Children Cope with Disaster and Trauma, 2008 (1.0 Hour)

Hepatitis, Blood Disorders, Liver - Alaska IN Project, 2000 (1.0 Hour)

HIV/AIDS - Alaska IN Project, 2000 (1.0 Hour)

Home Care Guide for Pandemic Flu, 2009 (1.0 Hour)

Kidney Disorders - Alaska IN Project, 2000 (2.0 Hours)

MRSA (Methicillin-Resistant Staphylococcus Aureus), 2008 (1.0 Hour)

Multiple Sclerosis - Alaska IN Project, 2000 (1.0 Hour)

Muscular Dystrophy - Alaska IN Project, 2000 (2.0 Hours)

Other Health/Chronic Illnesses - Alaska IN Project, 2000 (2.0 Hours)

Seizures/Epilepsy - Alaska IN Project, 2000 (2.0 Hours)

Spina Bifida - Alaska IN Project, 2000 (1.0 Hour)

## VIDEOS:

### **Are We There Yet? Traveling Safely with Children (1.0 Hour)**

*National SAFE KIDS Campaign, 1997. Questionnaire: 14 multiple choice and true/false questions.*

### **Aspects of HIV Video Set (3.0 Hours)**

*Includes the videos: "Medical Aspects" and "The Psychosocial Aspects" Waltner, Dr. James and Patricia Beckler. Center for Educational Development, 1989. Questionnaire: 22 multiple choice and fill-in questions.*

**Baby Alive (Up to 3.5 Hours)**

*Rashad, Phylcia. Kidsrights, 1989. Questionnaire: 16 true/false, fill-in, multiple choice and essay questions. Extra credit.*

**CHOICES: AIDS Prevention (1.0 Hour)**

*National Safety Council, 1993. Questionnaire: 10 true/false, multiple choice and essay questions.*

**CPR for Infants and Children (1.0 Hour)**

*Professional Research Inc., 1991. Questionnaire: 14 multiple choice, true/false and fill-in questions.*

**Home Fire Drills: What Every Parent Should Know (1.0 Hour)**

*National Fire Protection Association, 2002. Questionnaire: 8 true/false, multiple choice and short answer questions.*

**Kids in Cars: Not Even for a Minute! True Stories and How to Prevent Child Tragedies (1.0 Hour)**

*Kids in Cars, 2004. Questionnaire: 12 true/false, multiple choice and fill-in questions.*

**Learn Gun Safety with Eddie Eagle (1.0 Hour)**

*Hosted by Jason Priestley, National Rifle Association, 1994. Selected Reading Questionnaire.*

**Plan to Get Out Alive (5.0 Hours)**

*First Alert and McDonalds, WCBS-New York, 1988. Questionnaire: 16 multiple choice questions and evacuation plan.*

## *Independent Living*

AUDIO:

**Preparing Adolescents for Independent Living (3.0 Hours)**

*Teleconference with Janet Wallach. ACRF, 1998. Questionnaire: 10 true/false, multiple choice and completion questions.*

BOOKS:

**Caregiver's Handbook for Money Pals and Money Smarts Cash Concepts for Kids 8-15 (1.5 Hours)**

*To be used with Money Pals and Money Smarts Cash Concepts books for youth, AECF, 2000. Selected Reading Questionnaire.*

**Ready, Set, Fly! A Parent's Guide to Teaching Life Skills (1.5 Hours)**

*Casey Family Programs, 2001. Selected Reading Questionnaire.*

COURSES:

**On My Own Skills to Live Independently: A Workbook Series for Teens in Foster Care (16.0 Hours)**

*McInnis, Aileen and Tamara Keech. ACRF, Revised 5/07. (Complete Checklist for Foster Parents and Youth to receive a one-time credit for your home)*

**Preparing Youth for Independent Living (4.0 Hours)**

*McInnis, Aileen. ACRF, 1995. Questionnaire: 10 multiple choice, true/false and completion questions.*

## *Kinship Care*

BOOKS:

**Grandparents as Parents: A Survival Guide for Raising a Second Family (1.5 Hours)**

*DeToledo, Sylvie and Deborah Edler Brown. The Guilford Press, 1995. Selected Reading Questionnaire.*

**Kinship Care: A Manual for Families (1.5 Hours)**

*Confer, Charles E. American Foster Care Resources, 1996. Selected Reading Questionnaire.*

**Kinship Care: A Natural Bridge (1.5 Hours)**

*Child Welfare League of America, 1994. Selected Reading Questionnaire.*

**Relatives Raising Children: An Overview of Kinship Care (1.5 Hours)**

*Crumbley, Dr. Joseph and Robert L. Little. CWLA, 1997. Selected Reading Questionnaire.*

**Sticking Together: Kinship Care and Financial Care (1.5 Hours)**

*CWLA, National Endowment for Financial Education, 2003. Selected Reading Questionnaire.*

COURSES:

**Kinship Care (2.0 Hours)**

*Martinez, Raquel. ACRF, Revised 7/06. Questionnaire: 8 essay, true/false and multiple choice questions.*

DVDs:

**Grandparents Raising Grandchildren: You Are Not Alone (1.0 Hour)**

*Grandfamilies Network Project. Questionnaire: 3 short answer questions.*

**Kinship Care (2.0 Hours)**

*Foster Parent College, Northwest Media, Inc. 2006. Questionnaire: 10 fill-in, true/false and completion questions.*

## INFORMATION PACKETS:

Kinship Caregivers and the Child Welfare System, 2009 (1.0 Hour)

Relative Foster Care: Grandparents Raising Grandchildren, 1995 (1.0 Hour)

## VIDEOS:

**Kinship Care: Relative Caregivers Speak Out (1.0 Hour)**

*Crumbley, Dr. Joseph. 1997. Selected Video Questionnaire.*

# *Mental Health & Illness*

## BOOKS:

**Bipolar Disorders: A Guide to Helping Children and Adolescents (1.5 Hours)**

*Waltz, Mitzi. O'Reilly & Associates, 2000. Selected Reading Questionnaire.*

**Bodily Harm: The Breakthrough Healing Program for Self-Injurers (1.5 Hours)**

*Conterio, Karen and Wendy Lader, Ph.D. with Jennifer Kingson Bloom. Hyperion Books, 1998. Selected Reading Questionnaire.*

**Children and Trauma: A Parent's Guide to Helping Children Heal (5.0 Hours)**

*Monahan, Cynthia. Lexington Books, 1993. Questionnaire: 10 essay, true/false, multiple choice and completion questions.*

**The Dance of Defiance: A Mother and Son Journey with Oppositional Defiant Disorder (1.5 Hours)**

*Hagener, Nancy A.. Shamrock Books, LLC., 2005. Selected Reading Questionnaire.*

**Troubled Transplants: Unconventional Strategies for Helping Disturbed Foster/Adopted Children (1.5 Hours)**

*Delaney, Richard J. and Frank Kunstal. University of Southern Maine, 1993. Also Available in Video. Selected Reading Questionnaire.*

## COURSES:

**Fostering Children and Teens with Mental Health Problems (5.0 Hours)**

*McInnis, Aileen. ACRF, Revised 9/06. Questionnaire: 17 true/false, multiple choice and completion questions.*

**Gatekeeper Training: Understanding and Intervening in Suicidal Behavior in Adolescents (5.0 Hours)**

*McInnis, Aileen. ACRF, 2010. Questionnaire: 21 multiple choice, true/false, and fill-in the blank questions.*

**Mental Health Disorders in Children and Adolescents: An Overview (3.0 Hours)**

*Wissink, Jennifer. ACRF, Revised 8/07. Questionnaire: 15 true/false, completion and short answer questions.*

**Self-Destructive Behaviors (3.0 Hours)**

*McInnis, Aileen. ACRF, 1998. Questionnaire: 14 multiple choice, completion, and true/false questions.*

**Understanding Depression and Suicide in Children and Teens (2.5 Hours)**

*Wissink, Jennifer. ACRF, Revised 2/07. Questionnaire: 15 true/false, completion and short answer questions.*

**When Your Foster Child Needs Counseling (2.5 Hours)**

*McInnis, Aileen. ACRF, 1999. Questionnaire: 12 multiple choice, essay, true/false and completion questions.*

**Youth Depression and Suicide Prevention (2.0 Hours)**

*Oregon Post Adoption Resource Center, 2004. Questionnaire: 12 essay, true/false, multiple choice and completion questions.*

## DVDs:

**Childhood Anxiety Disorders (2.0 Hours)**

*Foster Parent College Series, NW Media, Inc. 2007. Questionnaire: 10 true/false, multiple choice and completion questions.*

**For the Child: Information on Mental Health and Advocacy for Resource Parents (1.0 Hour)**

*Hosted by Morgan Freeman. I Am Your Child Video Series, Parents Action for Children. 2007. Selected Video Questionnaire.*

**Self-Harm (2.0 Hours)**

*Foster Parent College Series, NW Media, Inc. 2004. Questionnaire: 10 true/false, multiple choice and completion questions.*

## INFORMATION PACKETS:

Bipolar Disorder in Children and Adolescents, (*Spanish Version Available*) 2007 (1.0 Hour)

Conduct Disorder and Oppositional Defiant Disorder, *Revised 2003* (1.0 Hour)

Depression in Children and Teens, *Revised 2003* (1.0 Hour)

Mental Health: What is Dual Diagnosis? *Revised 2007* (1.0 Hour)

Mental Health Series: Depression and Depressive Illnesses, (*Spanish Version Available*) *Revised 2006* (1.0 Hour)

Mental Health Services for Children in Foster Care, 2004 (1.0 Hour)  
Obsessive Compulsive Disorder in Children, 2007 (1.0 Hour)  
Oppositional Defiant Disorder in Children and Adolescents, 2007 (1.0 Hour)  
Suicide, Stress and Adolescents, (Spanish Version Available) 2004 (1.0 Hour)

## VIDEOS:

### **Day for Night: Recognizing Teenage Depression (1.5 Hours)**

*Depression & Related Disorders Assoc., 1999. Questionnaire: 14 multiple choice, true/false, and completion questions.*

### **Double Trouble: Personality Dual Diagnosis: Substance Abuse/Mental Health Issues (2.0 Hours)**

*Gerald T. Rogers Productions, 1990. Questionnaire: 13 multiple choice, completion and true/false questions.*

### **Identifying and Responding to Trauma in Ages 0 to 5 (1.0 Hour)**

*Magna Systems, Inc., 2002. Selected Video Questionnaire.*

### **Identifying and Responding to Trauma in Ages 6 to Adolescence (1.0 Hour)**

*Magna Systems, Inc., 2002. Selected Video Questionnaire.*

### **Managing Oppositional Youth (1.5 Hours)**

*Robin, Arthur, and Sharon Weiss, Specialty Press, 1997. Questionnaire: 15 true/false, fill in and multiple choice questions.*

### **Managing the Defiant Child (2.0 Hours)**

*Barkley, Russell A. Guilford Publications, 1997. Questionnaire: 12 multiple choice, true/false and completion questions.*

### **Significant Event Childhood Trauma (1.0 Hour)**

*Magna Systems, Inc., 2002. Questionnaire: 11 true/false and multiple choice questions.*

### **The Touching Tree: Understanding Obsessive-Compulsive Disorders (2.0 Hours)**

*The Obsessive-Compulsive Foundation, 1993. Questionnaire: 12 multiple choice, true/false, and completion questions.*

### **Trauma and Healing (1.0 Hour)**

*Magna Systems, Inc. 1993. Questionnaire: 13 true/false, multiple choice and completion questions.*

### **Trouble In Mind: Bipolar Personality Disorder (1.0 Hour)**

*Unapix Home Entertainment, 1999. Questionnaire: 10 true/false, multiple choice and fill in the blank questions.*

### **Trouble In Mind: Depression (1.0 Hour)**

*Unapix Home Entertainment, 1999. Questionnaire: 10 true/false, multiple choice and fill in the blank questions.*

### **Trouble In Mind: Obsessive-Compulsive Disorder (1.0 Hour)**

*Unapix Home Entertainment, 1999. Questionnaire: 10 true/false, multiple choice and fill in the blank questions.*

### **Trouble In Mind: Panic Disorder (1.0 Hour)**

*Unapix Home Entertainment, 1999. Questionnaire: 14 true/false, multiple choice and fill in the blank questions.*

### **Trouble In Mind: Schizophrenia (1.0 Hour)**

*Unapix Home Entertainment, 1999. Questionnaire: 10 true/false, multiple choice and fill in the blank questions.*

## *Self-Esteem*

## BOOK:

### **Building Self-Esteem in Children (6.0 Hours)**

*Berne, Patricia H. and Louise M. Savary. Continuum Pub. Co., 1989. Questionnaire: 14 multiple choice and completion questions.*

### **Self-Esteem Revolutions in Children: Understanding and Managing the Critical Transitions in Your Child's Life (1.5 Hours)**

*Phelan, Thomas W. Child Management, Inc. 1996. Selected Video Questionnaire.*

## DVD:

### **Successful Parenting: Self-Esteem is the Key (1.0 Hour)**

*Featuring Barbara-Lynn Taylor, M.Ed.. Active Parenting Publishers, 1999. Selected Video Questionnaire.*

## VIDEOS:

### **Developing Healthy Self-Esteem (2.0 Hours)**

*Featuring H. Stephen Glenn. Sunrise Productions, 1989. Questionnaire: 10 multiple choice and completion questions.*

### **Growing Opportunities: Confidence Building with Pre-School Children (1.0 Hour)**

*Northwest Family & School Consultants Inc. 1990. Questionnaire: 9 multiple choice, true/false and completion questions.*

### **Growing Opportunities: Confidence Building with School-Age Children (1.0 Hour)**

Northwest Family & School Consultants, Inc. 1990. Questionnaire: 8 true/false, essay, multiple choice and completion questions.

**It's Great to Be Me! Increasing Your Child's Self-Esteem (1.0 Hour)**

Boys Town Videos for Parents, 1989. Questionnaire: 10 multiple choice, true/false and completion questions.

## *Separation, Loss & Attachment*

### BOOKS:

**35 Ways to Help a Grieving Child (1.5 Hours)**

The Dougy Center, The National Center for Grieving Children & Families, 2004. Selected Reading Questionnaire.

**Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder (1.5 Hours)**

Levy, Terry M. CWLA, 1989. Selected Reading Questionnaire.

**Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children, Second Edition (4.0 Hours)**

Hughes, Daniel A. Jason Aronson Pub., 2006. Questionnaire: 20 completion, essay and true/false questions.

**Children Who Shock and Surprise: A Guide to Attachment Disorders (1.5 Hours)**

Randolph, Elizabeth. RFR Publications, 2002. Selected Reading Questionnaire.

**Fostering Changes: Treating Attachment Disordered Children (3.0 Hours)**

Delaney, Richard. Walter J. Corbett Pub., 1991. Questionnaire: 16 true/false, completion and multiple choice questions.

**Help for the Hard Times: Getting Through Loss (1.5 Hours)**

Hipp, Earl, Hazeldon, 1995. Selected Reading Questionnaire.

### COURSES:

**Attachment (2.0 Hours)**

Oregon Post Adoption Resource Center, 2004. Questionnaire: 14 multiple choice, true/false and completion questions.

**Grief and Loss in Children, Birth Parents and Foster Families (3.0 Hours)**

McInnis, Aileen. ACRF, 1999. Questionnaire: 16 true/false, multiple choice and short answer questions.

**Hard to Hold: Attachment Difficulties in Foster Children (5.0 Hours)**

McInnis, Aileen. ACRF, 1997. Questionnaire: 14 completion, multiple choice, and true/false questions.

### DVDs:

**Building the Bonds of Attachment (4.0 hours)**

Hughes, Daniel A., Lunchroom Productions, 2006. Questionnaire: 18 true/false, multiple choice, completion and short answer questions.

**Fostering Familiarity and Cultivating Cultural Connections (1.0 hour)**

Featuring Brenda Ursel, ACRF Rural Teleconference Series, 2010. Questionnaire: 11 true/false, multiple choice and short answer questions.

**Reactive Attachment Disorders (R.A.D.) (4.0 hours)**

Foster Parent College, Northwest Media, Inc., 2006. Questionnaire: 20 true/false, completion and essay questions.

### INFORMATION PACKETS:

Attachment Disorders in Foster Children, *Revised 2002* (1.0 Hour)

Foster Parent Grief and Loss, *2010* (1.0 Hour)

Reactive Attachment Disorder, *1999* (1.0 Hour)

Separation, Loss and Adjustment in Foster Care, *2002* (1.0 Hour)

### VIDEO:

**Separation and Loss Issues for Foster and Birth Families (3.0 Hours)**

Fahlberg, Dr. Vera. Northwest Media, Inc. 1996. Questionnaire: 5 essay questions.

## *Special Needs*

### BOOKS:

**A Mind Apart: Understanding Children with Autism and Asperger Syndrome (1.5 Hours)**

Szatmari, Peter, MD. The Guilford Press, 2004. Selected Reading Questionnaire.

**Asperger's Syndrome: A Guide for Parents and Professionals (1.5 Hours)**

*Attwood, Tony. Jessica Kingsley Publishers, 1998. Selected Reading Questionnaire.*

**Autism Early Intervention: Fast Facts: A Guide that Explains the Evaluations, Diagnoses, and Treatments for Children with Autism Spectrum Disorders (1.5 Hours)**

*Melmed, Raun D.. Future Horizons, 2007. Selected Reading Questionnaire.*

**Everyday Solutions: A Practical Guide for Families with Autism Spectrum Disorder (1.5 Hours)**

*Small, Mindy and Lisa Kotente. Autism Asperger Publishing Co., 2003. Selected Reading Questionnaire.*

**Medically Fragile Training Manual (5.0 Hours)**

*Hernandez, Ger. R.N., 2008. Questionnaire: 8 short answer questions.*

**The Everything Parent's Guide to Sensory Integration Disorder (1.5 Hours)**

*Mauro, Terri. F+W Publications, 2006. Selected Reading Questionnaire.*

**The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Dysfunction (1.5 Hours)**

*Stock-Kranowitz, Carol. Pedigree Books, 1998. Selected Reading Questionnaire.*

**COURSE:**

**Autism Spectrum Disorder: An Overview (1.0 Hour)**

*Hayes, Deborah A., M.Ed. ACRF, 2008 Questionnaire: 10 fill in the blank questions.*

**Sensory Integration/Sensory Processing Disorder (2.0 Hours)**

*McInnis, Aileen. Based on the Telephonic Rural Support Groups hosted by Janna Smith. ACRF, 2005. Questionnaire: 12 Multiple Choice, True/False and Completion questions.*

**DVDs:**

**Autism: A Tale of Two Children (1.0 Hour)**

*Cowan, Charles A. Special Education Service Agency, 2009. Selected Video Questionnaire.*

**Children with Autism (2.0 Hours)**

*Discussion with Robert Nickel, MD, Foster Parent College, 2006. Questionnaire: 15 multiple choice, short answer, true/false and fill in the blank questions.*

**Family to Family: A Guide to Living Life When a Child is Diagnosed with Autism (1.0 Hour)**

*Starfish Press, 2004. Questionnaire: 16 true/false, multiple choice and completion questions.*

**It's So Much Work to Be Your Friend (1.0 Hour)**

*Featuring Richard D. Lavoie, M.A., M.Ed., PBS Video, 2005. Selected Video Questionnaire.*

**Self Advocacy for Individuals on the Autism Spectrum (1.0 Hour)**

*Shore, Stephen, 2007. Special Education Service Agency. Selected Video Questionnaire.*

**Sensory Integration and Sensory Processing Disorder (1.0 Hour)**

*Woodin, Betsy. ACRF Rural Teleconference Series, 2010 Questionnaire: 10 multiple choice, true-false, short answer and completion questions.*

**Social Skills and Autism (1.0 Hour)**

*Kruth, Betsy. Special Education Service Agency, 2008. Selected Video Questionnaire.*

**Toilet Training a Child with a Developmental Disability (1.0 Hour)**

*Hepburn, Susan, Ph.D. Special Education Service Agency, 2008. Selected Video Questionnaire.*

**Visual Strategies (1.0 Hour)**

*Kruth, Betsy. Special Education Service Agency, 2008. Selected Video Questionnaire.*

**INFORMATION PACKETS:**

Adapting Toys and Activities for a Child with a Disability - Alaska IN Project, 1998 (1.0 Hour)

Alaska Special Education Guide for Parents, (*Spanish Version Available*) 2003 (1.0 Hour)

Autism - Alaska IN Project, 2000 (1.0 Hour)

Autism Spectrum Disorder, (*Spanish Version Available*) 2005 (1.0 Hour)

Cerebral Palsy - Alaska IN Project, 2000 (2.0 Hours)

Developmental Disabilities - Alaska IN Project, 2000 (2.0 Hours)

Down Syndrome - Alaska IN Project, 2000 (2.0 Hours)

Dyslexia, 2002 (1.0 Hour)

Fragile X Syndrome - Alaska IN Project, 2000 (2.0 Hours)

Hearing Impairment - Alaska IN Project, 2000 (2.0 Hours)

Learning Disabilities - Alaska IN Project, 2000 (2.0 Hours)  
Physical Impairments - Alaska IN Project, 2000 (2.0 Hours)  
Positioning and Mobility of Children - Alaska IN Project, 2000 (2.0 Hours)  
Speech/Language Impairments - Alaska IN Project, Revised 4/07 (2.0 Hours)  
Supporting Children with Special Needs at Mealtimes - Alaska IN Project, 2000 (2.0 Hours)  
The Accessible Environment - Alaska IN Project, 2000 (2.0 Hours)  
The Individual with Disabilities Act (I.D.E.A.), 1997 (1.0 Hour)  
Traumatic Brain Injury - Alaska IN Project, 2000 (2.0 Hours)  
Visual Impairment - Alaska IN Project, 2000 (2.0 Hours)

## VIDEOS:

### **A New I.D.E.A. for Special Education: Understanding the System and the New Law (1.0 Hour)**

*Edvantage, 1998. Questionnaire: 12 multiple choice, true/false and completion questions.*

### **Embracing Play: Teaching Your Child with Autism (1.0 Hour)**

*Woodbine House, 2000. Selected Video Questionnaire.*

### **Families with Deaf Children: Discovering Your Needs and Exploring Your Choices (1.0 Hour)**

*Boys Town Press, 1999. Selected Video Questionnaire.*

### **Families with Hard of Hearing Children: What if Your Child has a Hearing Loss (1.0 Hour)**

*Boys Town Press, 1999. Selected Video Questionnaire.*

### **Say It By Signing (1.0 Hour)**

*Costello, Dr. Elaine. Gallaudet University Press, 2000. Selected Video Questionnaire.*

### **Sensory Processing for Parents: From Roots to Wings (1.0 Hour)**

*Reisman, Judith. Fourth Canyon Prod., 1997. Questionnaire: 10 multiple choice, true/false, fill-in and definition questions.*

### **Special Needs Children Video Set (2.0 Hours)**

*Includes the videos: "Coping with a Child with Special Needs" and "Every Child a Treasure", Parents in Partnership Project, 1993. Questionnaire: 10 multiple choice, true/false and completion questions.*

### **The 3 R's for Special Education: Rights, Resources, Results (1.0 Hour)**

*Edvantage Media, Inc, 1996. Questionnaire: 16 multiple choice, true/false and completion questions.*

### **Understanding Learning Disabilities: How Difficult Can this Be? (4.0 Hours)**

*Lavoie, Richard D. PBS Video, 1996. Questionnaire: 10 completion, multiple choice and true/false questions.*

### **Wings of Dreams: Documentary of a Family who Adopts a Bitter, Unhappy Deaf Child (1.0 Hour)**

*Kidsrights, 1989. Questionnaire: 10 multiple choice questions.*

## *Stress & Anger*

## AUDIO:

### **Dealing with Anger and Aggression in Teens (3.0 Hours)**

*Horodyski, Richard. ACRF Foster Net Audio Series, 1998. Questionnaire: 12 true/false and completion questions.*

## BOOKS:

### **Angry Kids, Frustrated Parents: Prevent and Reduce Aggression in Children (1.5 Hours)**

*Flyland, Terry L. and Jerry Davis. Boys Town Press, 1999. Selected Reading Questionnaire.*

### **Dangerous Kids: Approach for Helping Caregivers Treat Aggressive and Violent Youth (1.5 Hours)**

*Sterba, Michael and Jerry Davis. Boys Town Press, 1999. Selected Reading Questionnaire.*

### **Preventing Youth Violence: A Guide for Parents, Teachers and Counselors (1.5 Hours)**

*Flannery, Raymond. The Continuum Publishing Company, 1999. Selected Reading Questionnaire.*

### **The Explosive Child: Parenting Frustrated, Chronically Inflexible Children (1.5 Hours)**

*Greene, Ross W. HarperCollins Publishers, 1998. Questionnaire: Selected Reading Questionnaire.*

### **Your Angry Child: A Guide for Parents (1.5 Hours)**

*Davis, Daniel L. The Haworth Press, 2004. Questionnaire: Selected Reading Questionnaire.*

## COMPUTER DISK (CD-ROM):

### **Anger Outbursts (2.5 Hours)**

*Delaney, Richard. Foster Parent College, 2002. Questionnaire: 7 true/false questions.*

## COURSES:

### **Anger in Foster Children (1.5 Hours)**

*Wissink, Jennifer. ACRF, Revised 1/07 Questionnaire: 15 true/false and completion questions.*

### **Handling Stress and Anger in Foster Parenting (4.0 Hours)**

*McInnis, Aileen. ACRF, 1998. Questionnaire: 13 multiple choice, completion, and true/false questions.*

## DVD:

### **Anger Pie (2.0 Hours)**

*Delany, Dr. Rick. Northwest Media, 2009. Questionnaire: 15 true/false, multiple choice and and completion questions.*

## INFORMATION PACKETS:

Caring for the Angry Child, 1996 (1.0 Hour)

Dealing with Anger and Aggression, Revised 2006 (1.0 Hour)

## VIDEOS:

### **Defusing Anger and Aggression: Safe Strategies for Secondary School Educators (1.0 Hour)**

*IRIS Media, 1999. Selected Reading Questionnaire.*

### **Handling Anger: You Make a Difference in Your Child's Life (1.0 Hour)**

*Hazelden Foundation, 1995. Questionnaire: 8 true/false, completion and multiple choice questions.*

### **Stress and the Healthy Family (2.0 Hours)**

*Curran, Delores. Harper and Rowe Publishers, 1988. Questionnaire: 10 multiple choice and completion questions.*

# *Substance Abuse*

## BOOK:

### **Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs (1.5 Hours)**

*Schaefer, Dick. Hazelden Foundation, 1998. Selected Reading Questionnaire.*

### **Teens Under the Influence the Truth About Kids, Alcohol, and Other Drugs: How to Recognize the Problem and What to Do About It (1.5 Hours)**

*Ketcham, Katherine and Nicholas A. Pace, M.D. Ballantine Books, 2003. Selected Reading Questionnaire.*

## COURSES:

### **Alcoholism and Addiction: Effects on the Family (4.0 Hours)**

*McInnis, Aileen. ACRF, 1997. Questionnaire: 16 multiple choice, completion and true/false questions.*

### **Inhalant Abuse (4.0 Hours)**

*Kipp-Wissink, Jennifer. ACRF, 2003. Questionnaire: 13 multiple choice, completion and true/false questions.*

### **Methamphetamine: A Training Course for Resource Families (3.0 Hours)**

*McInnis, Aileen. ACRF, 2008. Questionnaire: 15 short answer, multiple choice, true false and fill-in the blank questions.*

### **Substance Abuse (4.0 Hours)**

*McInnis, Aileen. ACRF, 1999. Questionnaire: 14 multiple choice, true/false, short essay and completion questions.*

## DVD:

### **The New Face of Drugs: A Wake-Up Call for Parents and Teens (2.0 Hours)**

*DrugTALK, 2006. Questionnaire: 12 short answer, multiple choice and true/false questions.*

## INFORMATION PACKETS:

Inhalant Abuse Information, 2002 (1.0 Hour)

Methamphetamine, 2005 (1.0 Hour)

## VIDEOS:

### **Chemical Dependency Risks Throughout A Lifetime: Adolescence (1.0 Hour)**

*Pyramid Films Corporation, 2004. Selected Video Questionnaire.*

### **Chemical Dependency Risks Throughout a Lifetime: Physiology (1.0 Hour)**

*Pyramid Films Corporation, 2004. Selected Video Questionnaire.*

**Children of Denial: Children of Alcoholics (1.0 Hour)**

*Black, Claudia. MAC Publishing, 1995. Selected Video Questionnaire.*

**Failing John: A Parent's Guide to Confronting Teen Substance Abuse (1.0 Hour)**

*The Bureau for At-Risk Youth, 1995. Questionnaire: 10 true/false, multiple choice and completion questions.*

**Family Survival Series (1.0 Hour Each)**

*Crowley, James F. Community Int., 1985. Questionnaires include multiple choice, true/false and completion questions.*

Parents of Drug-Abusing Kids Need Help Too

Positive Action Steps for Parents' Drug-Abusing Kids

Recognizing Early Signs of Adolescent Alcohol and Drug Problems

Why Our Kids Use Drugs

**How to Tell if a Kid is on Drugs and What to Do About it (1.0 Hour)**

*Syndistar, Inc. Questionnaire: 13 multiple choice, true/false and completion questions.*

**Inhalant Abuse Video Set (2.0 Hours)**

*Includes the videos: "A Wasted Breath: Kids on Inhalants", Media Projects, Inc., 1990 and "Inhalant Abuse: Kids in Danger, Adults in the Dark" Media Projects Inc., 1992. Questionnaire: 10 multiple choice, true/false and completion questions.*

**Inhalants: Sniffing Your Way to Addiction (1.0 Hour)**

*Visions Video Productions, 1991 Questionnaire: 10 multiple choice and completion questions.*

**Roles: The Script for Children of Alcoholics (2.0 Hours)**

*Black, Claudia. MAC Publishing, 1986. Questionnaire: 16 multiple choice questions.*

**The Meth Epidemic (1.0 Hour)**

*Frontline, 2006. Selected Video Questionnaire*

**The Sound of Silence (1.0 Hour)**

*Black, Dr. Claudia, MAC Publishing, 1986. Questionnaire: 10 multiple choice, true/false and completion questions.*

# Spanish Materials

## ABUSE:

El Maltrato Infantil – (Information Packet: Child Maltreatment) 1.0 Hour

Consecuencias A Largo Plazo Del Maltrato De Menores – (Information Packet: Long-Term Consequences of Abuse and Neglect) 1.0 Hour

Reconociendo el Maltrato de Menores: Los Indicios y Los Sintomas – (Information Packet: Recognizing Signs and Symptoms of Child Abuse and Neglect) 1.0 Hour

La Historia De Elijah – (Video: Elijah's Story: A True Story of Shaken Baby Syndrome) English version with Spanish subtitles. Also available in DVD. 1.0 Hour

## FOSTER CARE/ADOPTION:

Ayuda Para la Adopción Para los Niños Adoptados del Sistema de Crianza Temporal – (Information Packet: Adoption Assistance for Children Adopted from Foster Care) 1.0 Hour

Cuidadores Familiares y el Sistema de Bienestar Infantil – (Information Packet: Kinship Caregivers and the Child Welfare System) 1.0 Hour

El Proceso Del Studio De Hogar Para La Adopción – (Information Packet: Understanding the Home Study Process) 1.0 Hour

Entrenamiento Principal para Familias de Recurso Cuaderno de ejercicios de Auto Estudio – (Course: Core Training for Resource Families Workbook) 16.0 Hours

Qué Es Cuido En Hagares Temporarios De Crianza Y La Adopción? – (Information Packet: What is Foster Parenting and Adoption?) 1.0 Hour

## ATTENTION DEFICIT DISORDERS:

La enseñanza un Estudiante con el Desorden del Déficit de la Atención – (Information Packet: Teaching a Student with ADD) 1.0 Hour

Qué es el Desorden del Déficit de la Atención? – (Information Packet: What is Attention Deficit Disorder?) 1.0 Hour

## CHILD CARE:

Los Hijos Solos en Casa - (Information Packet: Leaving Your Child Home Alone) 1.0 Hour

## DEVELOPMENT:

Desarrollo Social y Emocional Durante la Infancia - El Naicimeinto hasta los 12 meses - (Information Packet: Bright Futures Developmental Series 1) 1.0 Hour

Desarrollo Social y Emocional de los Ninos Pequenos - edades de 1 - 4 anos - (Information Packet: Bright Futures Developmental Series 2) 1.0 Hour

Desarrollo Social y Emocional en la Edade Preadolescente - Edades de 5 - 10 anos - (Information Packet: Bright Futures Developmental Series 3) 1.0 Hour

Desarrollo Social y Emocional en la Adolescencia - Edades de 11 - 21 anos - (Information Packet: Bright Futures Developmental Series 4) 1.0 Hour

El Desarrollo Normal De La Adolescencia – (Information Packet: Normal Adolescent Development) 1.0 Hour

Entiendo Los Comportamiento Sexuales en la Niñez: Lo Que es Natural y Saludable – (Course: Understanding Children's Sexual Behavior: What's Natural and Healthy) 2.0 Hours

Los Mejores Comienzos para los Bebés: Libro de Actividades Infantes Nacimiento 18 Meses – (Information Packet: Best Beginnings Activity Guide for Children Birth to 18 Months) 2.0 Hours

Los Mejores Comienzos para los Bebés: Libro de Actividades Caminadores 18-36 Meses – (Information Packet: Best Beginnings Activity Guide for Children 18 Months to 3 Years Old) 2.0 Hours

Los Mejores Comienzos para los Bebés: Libro de Actividades Pre-escolares 36-60 Meses – (Information Packet: Best Beginnings Activity Guide for Children 3 to 5 Years Old) 2.0 Hours

## DIFFICULT BEHAVIOR:

La Crianza en Todo Terreno: Un Manual Para los Padres de Familia en el Arte de Navegar Durante los Tiempos Dificiles – (DVD: *Off Road Parenting: Practical Solutions for Difficult Behavior*) 1.0 Hour

## DISCIPLINE/PARENTING:

Como Ayudar a su Hijo Durante los Primeros Anos de la Adolescencia – (Information Packet: *Helping Your Child through Early Adolescence*) 2.0 Hours

La Crianza Práctica de los Hijos – (Audio: *Common Sense Parenting*) 2.0 Hours

La Disciplina: Qué Aprendió Lily – (Video: *Discipline: What Lily Learned*) 1.0 Hour

Para Padres: Aconsejar y dar Ánimos: El Trabajo Más Duro Que Usted Adora Siempre – (Information Packet: *Parenting Advice and Encouragement: The toughest Job you'll Ever Love*) 2.0 Hour

## EDUCATION:

Cómo Ayudar a su Hijo con la Tarea Escolar – (Information Packet: *Helping Your Child with Homework*) 2.0 Hours

## HEALTH & SAFETY:

MRSA (Methicillin-Resistant Staphylococcus Aureus) – (Information Packet: *MRSA*) 1.0 Hour

## MENTAL HEALTH & ILLNESS:

Buscar Ayuda Psiquiátrica Para Su Niño – (Information Packet: *Seeking Psychiatric Help for Your Child*) 1.0 Hour

Desorden Bipolar en los Niños y Adolescentes – (Information Packet: *Bipolar Disorder in Children and Adolescents*) 1.0 Hour

El Suicidio, Los Estrés, Y Los Adolescentes – (Information Packet: *Suicide, Stress and Adolescents*) 1.0 Hour

La Serie de la Salud Mental: Depresión – (Information Packet: *Mental Health Series: Depression*) 1.0 Hour

Medicamentos Sequiatricos Para Niños y Adolescentes – (Information Packet: *Psychiatric Medications for Children and Adolescents*) 1.0 Hour

Para el Niño: Información sobre Salud Mental y Abogacia para Padres de Crianza – (DVD: *For the Child: Information on Mental Health and Advocacy for Resource Parents*) 1.0 Hour

## SPECIAL NEEDS:

Dislexia – (Information Packet: *Dyslexia*) 1.0 Hour

El Autismo – (Information Packet: *Autism Spectrum Disorder*) 1.0 Hour

Guía de Alaska Para Padres Educación y el Niño Excepcional – (Information Packet: *Alaska Special Education Guide for Parents*) Available in Yup'ik. 1.0 Hour

# *Y'upik Materials*

## DEVELOPMENT:

Mikelnguut Ayagmek Elluarrluki Anglivkallrat: Piipiq-Ilu Naanguarlutek Piarkatek Anqerraallranek Ayagluku 18-aanek Iralungellra Ngelkarrluku – (Information Packet: *Best Beginnings Activity Guide for Children Birth to 36 Months*) 2.0 Hours

Mikelnguut Ayagmek Elluarrluki Anglivkallrat: Mikelnguq-Ilu Naanguarlutek Piarkatek 18-aanek Iralungellranek Ayagluku 36-aanek Iralungellrat Ngelkarrluku – (Information Packet: *Best Beginnings Activity Guide for Children 18 to 36 Months*) 2.0 Hours

Mikelnguut Ayagmek Elluarrluki Anglivkallrat: Mikelnguq-Ilu Naanguarlutek Piarkatek 18-aanek Iralungellranek Ayagluku 60-inek Iralungellrat Ngelkarrluku – (Information Packet: *Best Beginnings Activity Guide for Children 36 to 60 Months*) 2.0 Hours

# *Self-Study Lending Library Policies & Procedures*

Please read carefully this is revised information as of September 2006.

1. The Alaska Center for Resource Families (ACRF) will make every effort to forward all materials from our video and book library to the requesting party within two (2) to four (4) working days of the request. We will e-mail written materials whenever possible.
2. When we cannot e-mail written materials, ACRF will pay regular postage costs for printed materials sent to the foster parent or community professional requesting materials. The individual making the request is responsible to RETURN resource materials to ACRF at their OWN COST for regular mail delivery. In the event postage cost creates a hardship for the **foster parent**, he/she is requested to contact ACRF for alternate arrangements.
3. Materials can be checked out for two (2) weeks. Please return materials by date due, noted on the card pocket. If you need more time to review the material, please call ACRF to extend the deadline PRIOR to the due date.
4. ACRF may find it necessary to put a hold on certain materials when they are to be used for our training or curriculum development purposes.
5. Our lending library is free but you are financially responsible for any lost or damaged books, CD's, DVD's, or videos. For any materials returned to ACRF in an obviously damaged condition, the library user will be sent a bill to pay for a replacement copy. If you receive damaged material, limitations:

**BOOKS, VIDEOS AND AUDIO TAPES:** You may order two (2) items or one (1) set per household, for a two (2) week period. A longer check out is available to remote areas and return dates may be increased up to four (4) weeks.

**COURSES, INFORMATION PACKETS AND CLUSTER PACKETS:** You may keep the information sent to you. Please limit your order to three (3) Cluster Packets per household per order. We will e-mail these materials whenever possible.

7. In the event library items have not been returned within 5 working days of the date due (indicated on the card pocket), a reminder postcard will be sent allowing a 10 day extension. If materials have still not been returned a notice will be sent. This notice will include a bill for the replacement cost of the late materials. Non-response within ten (10) days from the date of the second billing will necessitate revoking of privileges to use the Self-Study Library from any ACRF office until the materials or fee is returned to us. Any financial assistance (scholarship awards, mileage, meals, lodging, etc) ACRF may provide will be denied while a foster parent is on a REVOKED status.

***If you have any questions regarding our Library Policy and Procedures, call your local ACRF office. Fairbanks/North Pole area: 479-7307; Anchorage: 279-1799; All other areas (Alaska only): 1-800-478-7307.***

# *Alaska Center for Resource Families*

## *Office Locations*

**To order materials, visit our offices, website, email or phone your local office.**

### **FAIRBANKS**

815 Second Avenue, Suite 101  
Fairbanks, AK 99701

**(907) 479-7307**

**1-800-478-7307**

FAX: (907) 479-9666

Email: [acrf@nwresource.org](mailto:acrf@nwresource.org)

### **ANCHORAGE**

840 K Street, Suite 101  
Anchorage, AK 99501

**(907) 279-1799**

**1-866-478-7307**

FAX: (907) 279-1520

Email: [acrfsc@nwresource.org](mailto:acrfsc@nwresource.org)

### **MAT-SU**

**Physical:** 5050 Dunbar Street, Suite A-2  
**Mailing:** PO Box 876844, Wasilla, AK 99687

**(907) 376-4678**

FAX: (907) 376-4638

Email: [acrfms@nwresource.org](mailto:acrfms@nwresource.org)

### **JUNEAU**

9109 Mendenhall Mall Road, Suite 6A  
Juneau, AK 99801

**(907) 790-4246**

FAX: (907) 790-4248

Email: [acrfse@nwresource.org](mailto:acrfse@nwresource.org)

**Order online: [www.acrf.org](http://www.acrf.org)**

ACRF is a Project of Northwest Resource Associates is funded by a grant from the Office of Children's Services to provide training, support, information and resources to Alaska's licensed foster parents, adoptive parents, and caretakers of children involved in the child protective system. ACRF offers a variety of educational opportunities including on-site training and distance delivery self-study. Our services are free of charge to OCS licensed foster and adoptive parents throughout the State of Alaska.