Self-Study Course Catalog 2016
For Caregivers of Foster and Adoptive Children

View this catalog online: www.acrf.org

OR CALL
Fairbanks – (907) 479-7307
Anchorage – (907) 279-1799
Other areas – 1-800-478-7307
# Table of Contents

INTRODUCTION TO THE ALASKA CENTER FOR RESOURCE FAMILIES SELF-STUDY COURSE CATALOG ................................................................. 3
START YOUR TRAINING HERE... ................................................................................................................................. 4
CLUSTER PACKETS ........................................................................................................................................ 5
ABUSE & ABUSE PREVENTION ......................................................... 10
DOMESTIC VIOLENCE ........................................................................... 10
EMOTIONAL/NEGLECT/PHYSICAL ABUSE .................................. 10
SEXUAL ABUSE ............................................................................... 11
ADOLESCENCE ............................................................................... 12
ADOPTION ...................................................................................... 13
ALCOHOL: FASD TOPICS ............................................................... 16
ATTENTION DEFICIT HYPERACTIVITY DISORDER ...................... 17
COMMUNICATION .......................................................................... 18
CULTURE & HERITAGE .................................................................. 18
TLINGIT & HAIDA VIDEO SERIES ................................................ 19
DEVELOPMENT ............................................................................... 20
DIFFICULT BEHAVIORS ................................................................ 21
DISCIPLINE/PARENTING ................................................................. 23
DRUG EFFECTED CHILDREN .......................................................... 25
EATING DISORDERS ....................................................................... 25
EDUCATION .................................................................................... 26
FOSTER CARE .............................................................................. 27
HEALTH & SAFETY ......................................................................... 29
INDEPENDENT LIVING .................................................................. 30
KINSHIP CARE ............................................................................... 30
LGBT ............................................................................................ 31
MENTAL HEALTH & ILLNESS ....................................................... 31
SELF-ESTEEM ............................................................................... 33
SEPARATION, LOSS & ATTACHMENT ........................................... 34
SPECIAL NEEDS ........................................................................... 35
STRESS & ANGER .......................................................................... 37
SUBSTANCE ABUSE ....................................................................... 38
SPANISH MATERIALS .................................................................... 39
Y'UPIK MATERIALS ......................................................................... 40
SELF-STUDY LENDING LIBRARY POLICIES & PROCEDURES .......... 41
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 or phone us for a copy.

TO ORDER MATERIALS:

- Visit our offices (Located on the back cover)
- Go to our website 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.

## Abused and Neglected Children
- **14.0 Hours**
  - Course: Child Abuse and Neglect in the Young Child, *Aileen McInnis, ACRF, Revised 2002*
  - Course: Domestic Violence and Its Impact on Children, *Aileen McInnis, ACRF, Revised 2004*
  - Course: The Physically Abused or Neglected Child in Foster Care, *Aileen McInnis, ACRF, Revised 1998*
  - Information Packet: Child Maltreatment, *(Spanish version available) 2004*
  - Information Packet: Long-Term Consequences of Abuse and Neglect, *Revised 2014*

## ADD/ADHD
- **6.0 Hours**
  - 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 (Revised 2011)
- **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
- **12.0 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: Separation, Loss and Adjustment in Foster Care, *Revised 2002*
## TABLE OF CONTENTS

### Autism and Sensory Integration Issues
- **Sensory Integration/Sensory Processing Disorder**, Based on ACRF Rural Support Groups hosted by Janna Smith, written by Aileen McInnis, 2005
- **Social Stories**, written by Christie Reinhardt, 2011
- Information Packet: Autism Spectrum Disorder, 2005

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

### Care for Pregnant and Parenting Adolescents
- **Fostering Pregnant and Parenting Teens**, Tamara Keech, ACRF, 2011
- **Understanding the Regulations: Development of the Young Child in the Foster Home**, ACRF, 1999
- **Understanding Depression and Suicide in Children and Teens**, Jennifer Wissink, ACRF, Revised 2007

### Child Development: Birth Through Twelve
- **The Young Child in Foster Care: Developmental Issues**, Aileen McInnis, ACRF, 1998
- Information Packet: Child Development, Milestones, Assessment, Identification and Referral, AK IN Project, Rev. 2007

### Child Welfare System Issues
- **Reporting Child Abuse and Neglect**, Aileen McInnis, ACRF, Revised 2006
- **The Role of the Guardian Ad Litem and CASA**, Aileen McInnis, ACRF, Revised 2006
- **Understanding Foster Care: The Child, the Family, the System**, Aileen McInnis, ACRF, Revised 2006
- **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
- 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
- **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
- **Animal Cruelty and Children**, Aileen McInnis, ACRF, 2000
- **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

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### TABLE OF CONTENTS

- **Fetal Alcohol Spectrum Disorder** ........................................................... 14.0 Hours
  - Course: Adolescents with Fetal Alcohol Spectrum Disorder, *Aileen McInnis, ACRF, Revised 2006*
  - 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*

- **Fire Safety and Firesetting** ................................................................. 6.0 Hours
  - Course: Fostering a Fire Safe Home, *Aileen McInnis, ACRF, 2000*

- **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*

- **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*

- **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*

- **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 2008*
  - Course: When You are a Foster Parent for a Relative (Off to a Good Start Series #7), *Aileen McInnis, ACRF, 1996*

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<table>
<thead>
<tr>
<th>Mental Health Disorders</th>
<th>7.5 Hours</th>
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<tbody>
<tr>
<td>Course: When Your Foster Child Needs Counseling, <em>Aileen McInnis, ACRF, Revised 1999</em></td>
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<tr>
<td>Information Packet: Bipolar Disorders in Children and Teens, 2007</td>
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<tr>
<td>Information Packet: Conduct Disorder and Oppositional Defiant Disorder, 2003</td>
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<tr>
<td>Information Packet: Mental Health: What is a Dual Diagnosis, <em>Jennifer Wissink, ACRF, Revised 2007</em></td>
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<tr>
<td>Information Packet: Obsessive Compulsive Disorder in Children, 2007</td>
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<td>Information Packet: Oppositional Defiant Disorder in Children and Adolescents, 2007</td>
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<tr>
<th>Mental Health Issues: Depression and Self-Destructive Behavior</th>
<th>11.5 Hours</th>
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<tbody>
<tr>
<td>Course: Self-Destructive Behaviors, <em>Aileen McInnis, ACRF, Revised 2010</em></td>
<td></td>
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<tr>
<td>Course: Understanding Depression and Suicide in Children and Teens, <em>Jennifer Wissink, ACRF, Revised 2007</em></td>
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<tr>
<td>Course: Youth Depression and Suicide Depression, <em>Oregon Post Adoption Resource Center, 2004</em></td>
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<tr>
<td>Information Packet: Cutting and Self-Injury in Youth, 2010</td>
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<tr>
<td>Information Packet: Depression in Children and Teens, <em>Revised 2006</em></td>
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<tr>
<td>Information Packet: Mental Health Series: Depression and Depressive Illness, <em>Revised 2006</em></td>
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<td>Information Packet: Suicide, Stress and Adolescents, 2004</td>
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<thead>
<tr>
<th>Mental Health Issues: General Information</th>
<th>9.0 Hours</th>
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<tbody>
<tr>
<td>Course: Fostering Children and Teens with Mental Health Problems, <em>Aileen McInnis, ACRF, Revised 2006</em></td>
<td></td>
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<tr>
<td>Course: Mental Health Disorders in Children and Adolescents: An Overview, <em>Jennifer Wissink, ACRF, Revised 2007</em></td>
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<td>Information Packet: Mental Health Services for Children in Foster Care, 2004</td>
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<thead>
<tr>
<th>Off To A Good Start Series</th>
<th>9.0 Hours</th>
</tr>
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<tbody>
<tr>
<td>Course: The Sexually Abused Child in Foster Care, <em>Aileen McInnis, ACRF, 1996</em></td>
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<tr>
<td>Course: The Physically Abused Child in Foster Care, <em>Aileen McInnis, ACRF, 1996</em></td>
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<td>Course: The Neglected Child in Foster Care, <em>Aileen McInnis, ACRF, 1996</em></td>
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<td>Course: The Child from a Home with Domestic Violence, <em>Aileen McInnis, ACRF, 1996</em></td>
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<td>Course: The Alcohol-Affected Child in Foster Care, <em>Aileen McInnis, ACRF, 1996</em></td>
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<td>Course: The Child from an Alcoholic Home, <em>Aileen McInnis, ACRF, 1996</em></td>
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<td>Course: When you are a Foster Parent for a Relative, <em>Aileen McInnis, ACRF, 1996</em></td>
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<td>Course: Separation and Loss in the Foster Child, <em>Aileen McInnis, ACRF, 1997</em></td>
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<td>Course: Caring for the Drug Exposed Infant, <em>Aileen McInnis, ACRF, 2008</em></td>
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<tr>
<th>Parenting Foster and Adopted Teens</th>
<th>12.0 Hours</th>
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<tbody>
<tr>
<td>Course: Communicating with Your Teen, <em>Based on ACRF Rural Support Groups hosted by Janna Smith, written by Aileen McInnis, 2006</em></td>
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<tr>
<td>Course: Fostering the Teenager, <em>Based on the work of Carol Brice, written by Aileen McInnis, ACRF, 1998</em></td>
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<tr>
<td>Course: Parenting the Adopted Adolescent, <em>Tamara Keech, ACRF, 2006</em></td>
<td></td>
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<tr>
<td>Course: Runaways, <em>Aileen McInnis, ACRF, 1999</em></td>
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<tr>
<td>Information Packet: Normal Adolescent Development, 1998</td>
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<tr>
<th>Sexual Abuse</th>
<th>13.0 Hours</th>
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<tr>
<td>Course: Dealing with Sexually Acting-Out Behaviors in Foster Care, <em>Aileen McInnis, ACRF, Revised 2008</em></td>
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<tr>
<td>Course: The Adolescent Sexual Offender, <em>Aileen McInnis, ACRF, Revised 2006</em></td>
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<tr>
<td>Course: The Sexually Abused Child in Foster Care, <em>Aileen McInnis, ACRF, Revised 1998</em></td>
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<tr>
<td>Information Packet: Parenting the Sexually Abused Child, <em>Revised 2002</em></td>
<td></td>
</tr>
</tbody>
</table>
TABLE OF CONTENTS

- **Sexual Abuse, Part 2** ................................................................. 5.0 Hours
  Information Packet: Promoting Healthy Sexuality After Sexual Abuse, 2009

- **Stress and Anger** ........................................................................ 8.0 Hours
  Course: Anger in Foster Children, Jennifer Wissink, ACRF, Revised 2007
  Course: Fostering Skills: Boundaries in Foster Care, Aileen McInnis, ACRF, 2001
  Course: Handling Stress and Anger in Foster Parenting, Aileen McInnis, ACRF, 1998

- **Substance Abuse Issues** ............................................................. 13.0 Hours
  Course: Inhalant Abuse, Jennifer Kipp-Wissink, ACRF, 2003
  Course: Substance Abuse, Aileen McInnis, ACRF, 1999
  Information Packet: Inhalant Abuse Information, Revised 2002

- **Tribal Topics: Health and Mental Health** .................................... 8.5 Hours
  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

- **Tribal Topics: Human Development** .......................................... 5.5 Hours
  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

- **Tribal Topics: Substance Abuse** .................................................. 9.0 Hours
  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)
Everything You Need to Know About Family Violence (1.5 Hours)

COURSE:
Domestic Violence and Its Impact on Children (4.0 Hours)
Healing the Invisible Wounds: Children's Exposure to Violence: A Guide for Families (2.0 Hours)
Safe Start Center, 2013. Questionnaire: 10 True/False and short answer questions.

DVD:
Hidden Victims: Children of Domestic Violence (2.0 Hours)
Discovery Education, AIMS Multimedia. Questionnaire: 14 True/False and short answer questions.

VIDEOS:
Domestic Violence and Childhood Trauma (1.0 Hour)
The Witness: The Impact of Domestic Violence on Children (1.0 Hour)

Emotional/Neglect/Physical Abuse

BOOKS:
Alternatives to Violence: Empowering Youth to Develop Healthy Relationships (1.5 Hours)
But I Love Him: Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships (1.5 Hours)
Caring for the At-Risk Infant and Toddler in a Foster Care Home (2.0 Hours)
Creative Interventions with Traumatized Children (1.5 Hours)
Parent's Guide to Preventing and Responding to Bullying (1.5 Hours)
Thomas, Jason. School Bullying Council, 2011. Selected Reading Questionnaire.
TABLE OF CONTENTS

Saving Beauty from the Beast: How to Protect Your Daughter from an Unhealthy Relationship (1.5 Hours)

Somebody's Someone: A Memoir (1.5 Hours)

The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook (1.5 Hours)

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

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

COMPUTER DISK CD-ROM:

Reporting Child Abuse in Alaska (1.0 Hour)

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)

INFORMATION PACKETS:

Abusive Head Trauma (Shaken Baby Syndrome), 2013 (1.0 Hour)

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) Revised 2014 (1.0 Hour)

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

VIDEOS:

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)

BOOKS:

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

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

Sibling Abuse: Hidden Physical, Emotional, and Sexual Trauma (1.5 Hours)
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)
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)
Fostering the Sexually Abused Child Part Two (1.0 Hour)
Sexualized Behavior (2.0 Hours)

INFORMATION PACKET:
Caring for Kids: What Parents Need to Know About Sexual Abuse Part 1: The Facts about Child Sexual Abuse, 2012 (1.0 Hour)
Caring for Kids: What Parents Need to Know About Sexual Abuse Part 2: Child Sexual Development and Sexual Behavior Problems in Children, 2012 (1.0 Hour)
Caring for Kids: What Parents Need to Know About Sexual Abuse Part 3: Coping with Emotional Stress of the Legal System, 2012 (1.0 Hour)
Caring for Kids: What Parents Need to Know About Sexual Abuse Part 4: Understanding and Dealing with Acquaintance Rape, 2012 (1.0 Hour)
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 2: Understanding and Managing Anger - Questionnaire: 10 multiple choice and completion questions.
Scared Silent: Exposing and Ending Child Abuse (1.0 Hour)

Adolescence

BOOKS:
Teaching Social Skills to Youth (1.5 Hours)
Teenage Runaways: Broken Hearts and “Bad Attitudes” (1.5 Hours)
Ten Talks Parents Must Have with their Children About Sex and Character (1.5 Hours)
The Hurried Child: Growing Up Too Fast Too Soon (1.5 Hours)

To order from this Self-Study Catalog e-mail acrf@nwresource.org or call your local ACRF office or call toll-free 1-800-478-7307. You can view this catalog online: www.acrf.org.
Who’s in the Mirror? Finding the Real Me: Problem-Solving Help for Teens Striving for Independence or Struggling with Responsibility (1.5 Hours)

Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen (1.5 Hours)

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

COMPUTER DISK (CD-ROM):
Parenting Difficult Tweens and Teens (2 CD Set) (2.0 Hours)

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.

Fostering Pregnant and Parenting Teens (3.0 Hours)

Runaways (3.0 Hours)

DVDs:
A Crucial Connection: Working Together to Address Teen Pregnancy Among Youth in Foster Care (1.0 Hour)

Adolescence and Other Temporary Mental Disorders (1.0 Hour)

Running Away (2.0 Hours)

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

INFORMATION PACKET:
Help Me to Succeed: A Guide for Supporting Youth in Foster Care to Prevent Teen Pregnancy, 2013 (1.0 Hour)

VIDEOS:
In Control (2.0 Hours)

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)

Working with the Hostile Teen (2.0 Hours)

Working with the Resistant Teen (2.0 Hours)

Adoption

AUDIO:
Regina’s Bag of Tricks: Hand-on techniques to help children understand the changes in their lives (2.0 Hours)
Regina Kupecky, adoptioncds.com, von Ende Communications. Questionnaire 11 multiple choice and true/false questions.

BOOKS:
Adopting and Advocating for the Special Needs Child (1.5 Hours)

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

Adopting the Older Child (1.5 Hours)
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)

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.

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

Attaching in Adoption: Practical Tools for Today’s Parents (5.0 Hours)

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

Forever Parents: Adopting Older Children (1.5 Hours)

How It Feels to be Adopted (1.5 Hours)

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)

Making Sense of Adoption: A Parent’s Guide (1.5 Hours)

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

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

Parenting the Hurt Child: Helping Adoptive Families Heal and Grow (Revised and Updated) (1.5 Hours)
Keck, Gregory C. and Regina M. Kupecky, NavPress, 2011. Selected Reading Questionnaire.

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

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

Parenting Your Internationally Adopted Child (1.5 Hours)

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

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

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

Secret Thoughts of an Adoptive Mother (1.5 Hours)

Talking with Young Children About Adoption (1.5 Hours)

Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past (4.0 Hours)

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)

The Family of Adoption (1.5 Hours)

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

Toddler Adoption (1.5 Hours)

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew (1.5 Hours)
TABLE OF CONTENTS

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

Welcoming a New Brother or Sister Through Adoption (1.5 Hours)

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

COMPUTER DISK (CD-ROM):

Adopting Through the Office of Children’s Services (2.0 Hours)
McInnis, Aileen. ACRF, 2013. Questionnaire: 10 multiple choice, true/false and fill in the blank questions.

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)

Parenting the Adopted Adolescent (2.0 Hours)

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: 5 short answer/essay type questions.

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

Talking to your Child About Adoption (1.0 Hour)

Understanding Adoption Subsidies Through the State of Alaska (1.5 Hours)
The DVD comes in a packet with two Information Packets: *Understanding Adoption Subsidies through the State of Alaska (1.0 Hour) and Adoption: The Value of Adoption Subsidies: Helping Children Find Permanent Families (1.0 Hour)
Stadig, Gail, ACRF, 2012. DVD Questionnaire: 12 multiple choice, true/false, and short answer questions.

INFORMATION PACKETS:

Adopting as a Single Parent, 2015 (1.0 Hour)
Adopting the Traumatized Child, 2002 (1.0 Hour)
Adoption in the Schools, 2003 (1.0 Hour)
Adoption Services for Military Families, 2014 (1.0 Hour)
Adoption: Child Readiness in the School, 2006 (1.0 Hour)
Adoption: Core Issues and Positive Adoption Language, 2001 (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)
Court Hearing for the Permanent Placement of Children, 2015 (1.0 Hour)
Finding and Using Post-Adoption Services, 2015 (1.0 Hour)
Foster Parent Adoption, 2015 (1.0 Hour)
Impact of Adoption on Adopted Persons, 2013 (1.0 Hour)
Military Families and Adoption, 2014 (1.0 Hour)
Obtaining Background Information on Your Prospective Adopted Child, 2015 (1.0 Hour)
Openness in Adoption: Building Relationships Between Adoptive and Birth Families, 2015
Renegotiating Subsidies: Quick Answers to Common Questions, 2009 (1.0 Hour)
Surviving Adoption Challenges, 2009 (1.0 Hour)
Talking to Children about Adoption, 2010 (1.0 Hour)
Tax Credits and Adoption, Revised 2015 (1.0 Hour)
Understanding Adoption Subsidies through the State of Alaska, 2012 (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)
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)
Parenting Tasks in Transracial Adoptions (1.0 Hour)
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)

Alcohol: FASD Topics

BOOKS:

A Layman’s Guide to Fetal Alcohol Syndrome and Possible Fetal Alcohol Effects (1.5 Hours)
Fantastic Antone Succeeds: Experiences in Educating Children with FAS (6.0 Hours)
Fantastic Antone Grows Up: Adolescents and Adults with Fetal Alcohol Syndrome (4.0 Hours)
Journey through the Healing Circle Series (1.0 Hour Each) also available in CD-Rom format
LaDue, Robin and Carolyn Hartness. Washington State Department of Social & Health Services, 2000. Four separate questionnaires: each includes 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)
Speaking and Learning the FASD Way (1.5 Hours)
McAndrew, Carol. Red Lead Press, 2006. Selected Reading Questionnaire.
The Long Way to Simple: Fetal Alcohol Spectrum Disorder (1.5 Hours)
TIP 58: Addressing Fetal Alcohol Spectrum Disorders: A Treatment Improvement Protocol (1.5 Hours)
Substance Abuse and Mental Health Services Administration (SAMHSA), 2013. 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. 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)**

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

**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.

**DVD:**

**Journey Through the Healing Circle: Fetal Alcohol Syndrome Birth-22 years old (4.0 Hours)**
- LaDue, Robin and Carolyn Hartness. Washington State Department of Social & Health Services, 2000. Questionnaire includes 39 true/false, multiple choice and completion questions.

### INFORMATION PACKETS:

**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)**

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

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

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

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

### BOOKS:

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

**How to Reach and Teach Children with ADD/ADHD: Practical Techniques, Strategies and Interventions, Second Edition (1.5 Hours)**

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

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

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

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

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

### COURSE:

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

DVD:
ADHD, ADD and ODD (2.0 Hours)

INFORMATION PACKETS:
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)
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)

BOOKS:
How to Talk so Teens will Listen and Listen so Teens will Talk (1.5 Hours)
Talking with Your Teenager (1.5 Hours)

COURSES:
Communicating Clearly: Skills for Foster Parents (2.0 Hours)
Communicating With Your Teen (2.0 Hours)

DVD:
Successful Parenting: Communication is Crucial (1.0 Hour)

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

VIDEO:
The Art of Communication (2.0 Hours)

Communication

BOOKS:
A Common Sense Guide to Culture and Foster Care: A Handbook for Foster Families (1.5 Hours)
Alaska Geographic: Native Cultures in Alaska Looking Forward, Looking Back (1.5 Hours)
Alaska Native Cultures and Issues: Responses to Frequently Asked Questions (1.5 Hours)
Growing Up Native in Alaska (3.0 Hours)

Culture & Heritage
Raising Black Children (1.5 Hours)  

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

**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)**  

**DVDs:**

**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.

**Culturally Competent Parenting (1.0 Hour)**  

**For the Rights of All: Ending Jim Crow in Alaska (2.0 Hours)**  

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

**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)**  

- Creative Development
- Culture and Heritage
- Family
- Fostering Leadership
- Guidance and Discipline
- Home and Community Safety
- Juggling It All
- Literacy
- Math, Science and Language Development
- Multigenerational Grief
- Nutrition
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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)

A Friendship with Head Start
Breastfeeding is the Best
Childcare for Babies and Toddlers
Creativity: Every Child’s Gift
Every Child is Special
It All Begins with the Brain
It Takes Two – The Importance of Father Involvement

TABLE OF CONTENTS

BOOKS:

Born For Love: Why Empathy is Essential and Endangered (1.5 Hours)

Pink Brain Blue Brain: How Small Differences Grow into Troublesome Gaps and What Can We Do About It (1.5 Hours)

The First Twelve Months of Life (1.5 Hours)

The Magic Years (1.5 Hours)

The Second Twelve Months of Life (1.5 Hours)

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind (1.5 Hours)

What Every Baby Knows (1.5 Hours)

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)

Understanding Children’s Sexual Behaviors (2.0 Hours)

DVD:

Healthy Touch (1.0 Hour)

Playful Interaction: Unlocking the Mysteries of Nurturing Human Relationships (1.0 Hour)

The New Science of Learning Brain Fitness for Kids: Uncovering the Brain’s Potential for Learning (1.0 Hour)
Hosted by Peter Coyote. PBS, 2009. Selected Video Questionnaire.

INFORMATION PACKETS:

Best Beginnings: Early Learning Activities for Infants and Toddlers Ages Birth-36 Months, (Spanish & Yupik Version Available) 2009 (2.0 Hours)

Best Beginnings: Early Learning Activities for Preschoolers Ages 36-60 Months, (Spanish & Yupik Version Available) 2009 (2.0 Hours)
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)

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

AUDIO:

Surviving Adolescence: A Workshop for Parents Raising Challenging Teens (1.0 Hour)

BOOKS:

Achieving Success with Impossible Children: How to Win the Battle of Wills (1.5 Hours)

Before It's Too Late: Why Some Kids Get Into Trouble and What Parents Can Do About It (1.5 Hours)

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

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

Challenging Behaviors in Young Children: Understanding, Preventing and Responding Effectively (6.0 Hours)

Dare to Love: The Art of Merging Science and Love Into Parenting Children with Difficult Behavior (1.5 Hours)
Forbes, Heather T., Beyond Consequences Institute, 2009. Selected Reading Questionnaire.

Getting to Dry: How to Help Your Child Overcome Bedwetting (1.5 Hours)

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

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

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

No More Bedwetting: How to Help Your Child Stay Dry (1.5 Hours)
No Such Thing as a Bad Kid: Understanding and Responding to the Challenging Behavior of Troubled Children and Youth (1.5 Hours)

Parenting Your Out-of-Control Child: An Effective, Easy-to-Use Program for Teaching Self-Control (1.5 Hours)

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

The Answer is NO: Saying it and Sticking to It (1.5 Hours)

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

Why Kids Lie: How Parents Can Encourage Truthfulness (1.5 Hours)

Working with Aggressive Youth (3 Hours)

Working with OVERactive Children (2.0 Hours)

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

COURSES:

Animal Cruelty and Children (3.0 Hours)

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

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

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:

Empowering, Connecting & Correcting Principles: Healing Children Through Trust & Relationships (1.0 Hour)

Facilitating Behavioral Change (1.0 Hour)

Fire-Setting (1.0 Hour)

Lying (2.0 Hours)

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)

Sexualized Behavior (2.0 Hours)

Sleep Problems (2.0 Hours)
Foster Parent College, Northwest Media, Inc. 2006. Questionnaire: 10 true/false and completion questions.

Stealing (2.0 Hours)

Wetting and Soiling (2.0 Hours)

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)

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)

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

No I Won’t! And You Can’t Make Me! (1.0 Hour)

When They Never Ever Listen (1.0 Hours)

Discipline/Parenting

BOOKS:

1-2-3 Magic for Kids Helping Your Children Understand New Rules (1.5 Hours)

Am I in Trouble: Using Discipline to Teach Young Children Responsibility (1.5 Hours)

Discipline Without Distress: 135 Tools for Raising Caring, Responsible Children Without Time-Out, Spanking, Punishment, or Bribery (1.5 Hours)
   Amall, Judy, Professional Parenting Canada, 2010. Selected Reading Questionnaire.

Generation Text: Raising Well-Adjusted Kids in an Age of Instant Everything (1.5 Hours)
   Osis, Dr. Michael, American Management Association, 2008. Selected Reading Questionnaire.

Helping Kids Succeed – Alaskan Style (1.5 Hours)

Helping Little Kids Succeed – Alaskan Style (1.5 Hours)

How Children Succeed: Grit Curiosity and the Hidden Power of Character (1.5 Hours)

How to Hug a Porcupine: Negotiating the Prickly Points of the Tween Years (1.5 Hours)

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

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

Parenting from the Heights: Take the High Road…Get Results (1.5 Hours)

Parenting from the Inside Out (1.5 Hours)

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

Parents, Teens and Boundaries: How to Draw the Line (1.5 Hours)

Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems (1.5 Hours)

Positive Discipline for Preschoolers (1.5 Hours)

Positive Discipline for Teenagers: Empowering Your Teens and Yourself Through Kind and Firm Parenting Revised 2nd Edition (1.5 Hours)

Raising Our Children, Raising Ourselves: Transforming Parent-Child Relationships from Reaction and Struggle to Freedom, Power and Joy (1.5 Hours)
The Discipline Book: How to Have a Better-Behaved Child From Birth to Age Ten (1.5 Hours)
The Discipline Gradient: Choosing the Right Discipline for Your Child’s Age and Personality (1.5 Hours)
When Setting Limits Hasn’t Worked (1.5 Hours)

COURSES:

Creative Parenting Strategies for Traumatized Children (5.0 Hours)

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)

The Internet: What Parents Need to Know (2.5 Hours)

DVDs:

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

Active Parenting of Teens Video 1: The Active Parent (1.0 Hour)

Active Parenting of Teens Video 2: Winning Cooperation (1.0 Hour)

Active Parenting of Teens Video 3: Responsibility and Discipline (1.0 Hour)

Active Parenting of Teens Video 4: Building Courage, Redirecting Misbehavior (1.0 Hour)

Active Parenting of Teens Video Set 5/6: Drugs, Sexuality, and Violence (Parts 1 & 2) (2.0 Hours)

Just Add SPICE: Parenting for Happy, Healthy Kids (1.0 Hour)
PBS, 2010. Selected Video Questionnaire.

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

Successful Parenting: Discipline Makes the Difference (1.0 Hour)

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, Revised 2014 (1.0 Hour)

Using Time Outs, Revised 2003 (1.0 Hour)

VIDEOS:

A Change for the Better: Teaching Correct Behavior (1.0 Hour)
Ages and Stages: Knowing What to Expect and When (1.0 Hour)
Questionnaire: 10 true/false, multiple choice and short answer questions.

Discipline: What Lily Learned (Spanish Version Available) (1.0 Hour)

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

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)

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

Limit Setting with School Age Children (1.0 Hour)

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

Preschooler Discipline: Making It a Positive One (1.0 Hour)

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

Six Steps to Developing Responsibility (2.0 Hours)

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

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)

Winning at Parenting without Beating Your Kids (3.0 Hours)

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

Drug Affected Children

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

DVD:
Caring for Drug-Exposed Infants (2.0 Hours)
Pediatric Interim Care Center. 2006. Questionnaire: 10 multiple choice, fill-in and true/false questions.

Substance-Exposed Infants (2.0 Hours)
Foster Parent College. 2010. Questionnaire: 10 multiple choice, short answer 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)

Eating Disorders

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

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

What’s Eating You? A Workbook for Teens with Anorexia, Bulimia & Other Eating Disorders (1.5 Hours)

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

DVD:
Eating Disorders (2.0 Hours)

INFORMATION PACKETS:
Food Hoarding, 2012 (1.0 Hour)

VIDEOS:
Anorexia and Bulimia Video Set (2.0 Hours)
Thea’s Mirror: A Parent’s Guide to Helping Teens with Eating Disorders (1.0 Hour)

Education

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

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

The Complete IEP Guide: How to Advocate for Your Special Ed Child (1.5 Hours)

The Last Dropout: Stop the Epidemic! (1.5 Hours)

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

Wrightslaw: All About IEPs: Answers to Frequently Asked Questions About IEPs (1.5 Hours)

COURSES:

Education and Youth in Foster Care (3.0 Hours)

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)

INFORMATION PACKETS:
Helping Students Develop Their IEPs, 2010 (1.0 Hour)
Helping Your Young Child Emotionally and Socially at School, 2012 (1.0 Hour)
Quality Early Care and Education: A Guide for Alaska’s Families, 2012 (1.0 Hour)
VIDEO:

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

Foster Care

BOOKS:

A Guidebook for Raising Foster Children (1.5 Hours)

Foster Parenting Young Children: Guidelines from a Foster Parent (5.0 Hours)
Felker, Evelyn. CWLA, 1993 Questionnaire: 12 multiple choice questions.

Practical Tools for Foster Parents (1.5 Hours)

Preparing Foster Parent’s Own Children for the Fostering Experience (1.5 Hours)

Rebuilding Children’s Lives: A Blueprint for Treatment Foster Parents (6.0 Hours)

Three Little Words: A Memoir (1.5 Hours)

Walk a Mile in My Shoes (5.0 Hours)

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

COMPUTER DISK (CD-ROM):

Investigation Process for Allegations Regarding Foster Homes (2.0 Hours)
Original power point presentation developed by Office of Children’s Services, Media and questionnaire developed by Aileen McInnis, ACRF. Questionnaire: 15 fill in the blank, multiple choice, true/false and short answer questions.

COURSES:

Allegations in the Foster Home (3.0 Hours)

An Introduction to Family Centered Services (2.0 Hours)

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)

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)

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.

Religious and Spiritual Issues in Foster Care (2.0 Hours)

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TABLE OF CONTENTS

28

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)

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.

Understanding Family Contact (2.0 Hours)
McInnis, Aileen. ACRF, 10/00. 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)

Understanding the Case Review System (1.5 Hours)

Understanding the Icebreakers Meeting (1.0 Hour)

DVD:

Brothers and Sisters in Foster Care: An Unbreakable Bond (2.0 Hours)

The Foster Home Investigation Process (1.0 Hour)
Foster Parent College Series, NW Media, Inc. 2012. Selected Video Questionnaire.

The Impact of Fostering on Birth Children (1.0 Hour)
Foster Parent College Series, NW Media, Inc. 2011. Selected Video Questionnaire.

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)

Religious and Spiritual Issues in Foster Care, 2014 (2.0 Hours)

Sibling Issues in Foster Care and Adoption, 2014 (1.0 Hour)

Tax Benefits and Foster Care, Revised 2015 (1.0 Hour)

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

VIDEOS:

Characteristics of Successful Resource Families (1.5 Hour)

Foster Parents Working with Birth Parents (1.5 Hour)
Fahlberg, Dr. 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)
Health & Safety

BOOKS:
Exercise Addiction: When Fitness Becomes an Obsession (1.5 Hours)
Meeting the Challenge of HIV Infection in Family Foster Care (1.5 Hours)

COMPUTER DISK (CD-ROM):
Computer Cop: Internet Safety Initiative (1.0 Hour)
   Alaska Department of Safety, 2010. Selected CD-Rom Questionnaire

COURSE:
Children’s Oral Health Information Packet (1.5 Hours)
Epilepsy and Seizure Disorders: A Resource Guide for Alaska’s Parents (2.0 Hours)
Fostering a Fire Safe Home (4.0 Hours)

DVDs:
Big Steps for Saving Small Lives (1.5 Hours)
Children’s Oral Health Care (2.0 Hour)
Child Safety & Supervision (2.0 Hours)
Food and Fittness Matter: Raising Healthy, Active Kids (1.0 Hour)
Safe Sleep for Your Baby (1.0 Hour)

INFORMATION PACKETS:
Administering Medication to Children in Care, 2008 (1.0 Hour)
Be Well. Messages from Moms on Living Healthier Lives, 2009 (1.5 Hours)
Disaster Preparedness: For families of children and youth with special needs, 2011 (1.5 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)
Helping Children Cope with Disaster and Trauma, 2008 (1.0 Hour)
Home Care Guide for Pandemic Flu, 2009 (1.0 Hour)
MRSA (Methicillin-Resistant Staphylococcus Aureus), 2008 (1.0 Hour)
Safe Sleeping Practices to Prevent SIDS (Sudden Infant Death Syndrome), 2015 (1.0 Hour)

VIDEOS:
Home Fire Drills: What Every Parent Should Know (1.0 Hour)
Kids in Cars: Not Even for a Minute! True Stories and How to Prevent Child Tragedies (1.0 Hour)
Learn Gun Safety with Eddie Eagle (1.0 Hour)
Independent Living

BOOKS:

A 5 is Against the Law! Social Boundaries: Straight Up! An Honest Guide for Teens and Young Adults (1.5 Hours)

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.

Challenges: A Young Man’s Journal for Self-Awareness and Personal Planning (1.5 Hours)

Choices: A Teen Woman’s Journal for Self-Awareness and Personal Planning (1.5 Hours)

Independence: A Life Skills Guide for Teens (1.5 Hours)
Bobyn, Anne and Julius Ceccherello, CWLA, 1990. Selected Reading Questionnaire.

Money Still Doesn’t Grow on Trees: A Parent’s Guide to Raising Financially Responsible Teenagers and Young Adults (1.5 Hours)

Preparing Adolescents for Life After Foster Care (1.5 Hours)

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)

DVD:

Teaching Moments: How Foster Parents Can Teach Independent Living Skills to Teens (1.0 Hour)

INFORMATION PACKETS:

Helping Children Transition to Adulthood: Guidance for Foster Parents, 2013 (1.0 Hour)

Kinship Care

BOOKS:

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

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)

Raising Our Children’s Children (1.5 Hours)

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)

COURSES:

Kinship Care (2.0 Hours)
Martinez, Raquel. ACRF, Revised 6/08. 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, Revised 2014 (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.

BOOKS:
Always My Child: A Parent’s Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter (1.5 Hours)
Let’s Get This Straight: The Ultimate Handbook for Youth with LGBTQ Parents (1.5 Hours)
   Fakhrid-Deen, Tina, Seal Press, 2010. Selected Reading Questionnaire.

DVDs:
Breaking the Silence: Lesbian, Gay, Bisexual, Transgender, and Queer Foster Youth Tell Their Stories (1.0 Hours)
We Are…GLBTQ: A Kid on Your Caseload (2.0 Hours)

INFORMATION PACKETS:
Fostering an LGBTQ Youth, 2013 (1.0 Hour)
If You Are Concerned about Your Child’s Gender Behaviors, 2013 (1.0 Hour)
LGBT Foster and Adoptive Parents, 2013 (1 Hour)
LGBTQ Youth in Foster Care, 2013 (1 Hour)
What Children Want LGBT Parents to Know, 2013 (1 Hour)

Mental Health & Illness

BOOKS:
Beyond the Blues: A Workbook to Help Teens Overcome Depression (1.5 Hours)
Bipolar Disorders: A Guide to Helping Children and Adolescents (1.5 Hours)
Bodily Harm: The Breakthrough Healing Program for Self-Injurers (1.5 Hours)
Children and Trauma: A Parent’s Guide to Helping Children Heal (5.0 Hours)
Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder (1.5 Hours)
Growing Up Sad: Childhood Depression and Its Treatment (1.5 Hours)
Help Me, I’m Sad: Recognizing, Treating, and Preventing Childhood and Adolescent Depression (1.5 Hours)

Helping Your Anxious Child: A Step-by-Step Guide for Parents (1.5 Hours)

Love is a Start: The Real Challenges of Raising Children with Emotional Disorders (1.5 Hours)

Stopping the Pain: A Workbook for Teens Who Cut & Self-Injure (1.5 Hours)

The Bipolar Teen: What You Can Do to Help Your Child and Your Family (1.5 Hours)

The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings (1.5 Hours)

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma (1.5 Hours)

The Dance of Defiance: A Mother and Son Journey with Oppositional Defiant Disorder (1.5 Hours)

The Defiant Child: A Parent’s Guide to Oppositional Defiant Disorder (1.5 Hours)

Treating Youth with DSM-IV Disorders: The Role of Social Skills Instruction (1.5 Hours)

Troubled Transplants: Unconventional Strategies for Helping Disturbed Foster/Adopted Children (1.5 Hours)

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)

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.

Psychotropic Medications and Children in Foster Care: Tips for Advocates and Judges (2.5 Hours)
Solchany JoAnne, PhD, ARNP, 2011. Questionnaire: 15 true/false, short answer, multiple choice and fill in the blank questions.

Self-Destructive Behaviors (3.0 Hours)
McInnis, Aileen. ACRF, Revised 2010. Questionnaire: 14 multiple choice, completion, and true/false questions.

Supporting Infants, Toddlers and Families Impacted by Caregiver Mental Health Problems, Substance Abuse and Trauma (3.0 Hours)

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)

Youth Depression and Suicide Prevention (2.0 Hours)

DVDs:

Can You See My Pain? (1.0 Hour)

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)

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 2006 (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:

Big Boy Blue: A Guide for Parents of Depressed Teens (1.5 Hours)
  The Bureau for At-Risk Youth, 1995. Questionnaire: 12 short answer, true/false, multiple choice and fill-in the blank questions.
Day for Night: Recognizing Teenage Depression (1.5 Hours)
Identifying and Responding to Trauma in Ages 0 to 5 (1.0 Hour)
Identifying and Responding to Trauma in Ages 6 to Adolescence (1.0 Hour)
Managing Oppositional Youth (1.5 Hours)
Managing the Defiant Child (2.0 Hours)
Significant Event Childhood Trauma (1.0 Hour)
Trauma and Healing (1.0 Hour)
Trouble In Mind: Bipolar Personality Disorder (1.0 Hour)
Trouble In Mind: Depression (1.0 Hour)
Trouble In Mind: Obsessive-Compulsive Disorder (1.0 Hour)
Trouble In Mind: Panic Disorder (1.0 Hour)
Trouble In Mind: Schizophrenia (1.0 Hour)

Self-Esteem

BOOK:

Building Self-Esteem in Children (6.0 Hours)
Self-Esteem Revolutions in Children: Understanding and Managing the Critical Transitions in Your Child’s Life (1.5 Hours)

DVD:

Successful Parenting: Self-Esteem is the Key (1.0 Hour)
### TABLE OF CONTENTS

#### VIDEOS:

- **Developing Healthy Self-Esteem (2.0 Hours)**

- **Growing Opportunities: Confidence Building with Pre-School Children (1.0 Hour)**

- **Growing Opportunities: Confidence Building with School-Age Children (1.0 Hour)**

- **It’s Great to Be Me! Increasing Your Child’s Self-Esteem (1.0 Hour)**

#### BOOKS:

- **35 Ways to Help a Grieving Child (1.5 Hours)**

- **Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder (1.5 Hours)**

- **Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children, Second Edition (4.0 Hours)**

- **Children Who Shock and Surprise: A Guide to Attachment Disorders (1.5 Hours)**

- **Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children (1.5 Hours)**

- **Fostering Changes: Treating Attachment Disordered Children (3.0 Hours)**

- **Help for the Hard Times: Getting Through Loss (1.5 Hours)**

- **Helping Children Cope with Separation and Loss (1.5 Hours)**

- **The 3-5-7 Model: A Practice Approach to Permanency (1.5 Hours)**

#### COURSES:

- **Attachment (2.0 Hours)**

- **Grief and Loss in Children, Birth Parents and Foster Families (3.0 Hours)**

- **Hard to Hold: Attachment Difficulties in Foster Children (5.0 Hours)**

- **The Grief of Letting Go: Support and Care for Foster Families Transitioning a Child (1.5 Hours)**
  Ursel, Brenda. ACRF, 2013. Questionnaire: 10 multiple choice, completion, true/false and short answer questions.

#### DVD:

- **Children from Hard Places (1.0 hour)**
  Institute of Child Development, 20014. Selected Video Questionnaire.

- **Fostering Familiarity and Cultivating Cultural Connections (1.0 hour)**

- **Grief and Loss in the Care System (2.0 hours)**

- **Reactive Attachment Disorders (R.A.D.) (4.0 hours)**

- **The Attachment Dance (1.0 hour)**

- **TBR® An Overview: Putting the Pieces Together (1.0 hour)**
INFORMATION PACKETS:
Attachment Disorders in Foster Children, Revised 2002 (1.0 Hour)
Foster Parent Grief and Loss, 2010 (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)
Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrum, Rage, & Meltdowns (1.5 Hours)
Asperger's Syndrome: A Guide for Parents and Professionals (1.5 Hours)
Children with Tourette Syndrome: A Parent's Guide (1.5 Hours)
  Haerle, Tracy. Woodbine Hous, 1992. Selected Reading Questionnaire.
Everyday Solutions: A Practical Guide for Families with Autism Spectrum Disorder (1.5 Hours)
Keys to Parenting a Child with Down Syndrome (1.5 Hours)
Making Visual Supports Work in the Home and Community: Strategies for Individuals with Autism and Asperger Syndrome (1.5 Hours)
Medically Fragile Training Manual (5.0 Hours)
Sensational Kids: Hope and Help for Children with Sensory Processing Disorder (1.5 Hours)
  Miller, Lucy Jane, Ph.D., Penguin Group, 2006. Selected Reading Questionnaire.
The Child with Special Needs: Encouraging Intellectual and Emotional Growth (1.5 Hours)
The Everything Parent’s Guide to Sensory Integration Disorder: Get the Right Diagnosis, Understand Treatments, And Advocate for Your Child (1.5 Hours)
  Mauro, Terri. F+W Publications, 2006. Selected Reading Questionnaire.
The Incredible 5-Point Scale: Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses (1.5 Hours)
The New Language of Toys: Teaching Communication Skills to Children with Special Needs (1.5 Hours)
The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Dysfunction (1.5 Hours)
The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Processing Disorder (1.5 Hours)
The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger’s Disorder and Other Social-Skill Problems (1.5 Hours)
Wrightslaw: From Emotions to Advocacy, The Special Education Survival Guide (1.5 Hours)

COURSE:
Autism Spectrum Disorder: An Overview (1.0 Hour)
  Hayes, Deborah A., M.Ed. ACRF, 2008 Questionnaire: 10 fill in the blank questions.

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TABLE OF CONTENTS
Sensory Integration/Sensory Processing Disorder (2.0 Hours)

Social Stories (2.0 Hours)

DVDs:
A Sensory World: Making Sense of Sensory Disorders (1.0 Hour)

Autism: A Tale of Two Children (1.0 Hour)

Children with Autism (2.0 Hours)

Family to Family: A Guide to Living Life When a Child is Diagnosed with Autism (1.0 Hour)

It's So Much Work to Be Your Friend (1.0 Hour)

Self-Advocacy for Individuals on the Autism Spectrum (1.0 Hour)

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 (2.0 Hours)

Toilet Training a Child with a Developmental Disability (2.0 Hours)

Understanding Learning Disabilities: How Difficult Can this Be? (4.0 Hours)

INFORMATION PACKETS:
Alaska Special Education Guide for Parents, (Spanish Version Available) 2003 (1.0 Hour)

Asperger Syndrome and High Functioning Autism Took Kit, 2013 (1.0 Hour)

Autism: 100 Day Kit (A tool kit to assist families in getting the critical information they need in the first 100 days after an autism diagnosis), 2013 (1.0 Hour)

Autism Spectrum Disorder, (Spanish Version Available) 2005 (1.0 Hour)

Cerebral Palsy (Stone Soup Group Information Packet), 2013 (1.0 Hour)

Deaf and Hard of Hearing (Stone Soup Group Information Packet), 2013 (1.0 Hour)

Dyslexia, 2002 (1.0 Hour)

Epilepsy: You and Your Child (Information for Parents), 2013 (1.0 Hour)

Seizures, Epilepsy and Your Child, 2013 (1.0 Hour)

The Individual with Disabilities Act (I.D.E.A.), 1997 (1.0 Hour)

VIDEOS:
A New I.D.E.A. for Special Education: Understanding the System and the New Law (1.0 Hour)

Families with Deaf Children: Discovering Your Needs and Exploring Your Choices (1.0 Hour)

Families with Hard of Hearing Children: What if Your Child has a Hearing Loss (1.0 Hour)

Say It By Signing (1.0 Hour)
Sensory Processing for Parents: From Roots to Wings (1.0 Hour)
The 3 R’s for Special Education: Rights, Resources, Results (1.0 Hour)

**Stress & Anger**

**BOOKS:**

Angry Kids, Frustrated Parents: Prevent and Reduce Aggression in Children (1.5 Hours)

Dangerous Kids: Approach for Helping Caregivers Treat Aggressive and Violent Youth (1.5 Hours)

Getting to CALM: Cool-headed strategies for Parenting Tweens & Teens (1.5 Hours)

Preventing Youth Violence: A Guide for Parents, Teachers and Counselors (1.5 Hours)

The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration (1.5 Hours)

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (1.5 Hours)

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (1.5 Hours)

The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (1.5 Hours)

Winning Cooperation from Your Child: A Comprehensive Method to Stop Defiant and Aggressive Behavior in Children (1.5 Hours)

Your Angry Child: A Guide for Parents (1.5 Hours)

**COMPUTER DISK (CD-ROM):**

Anger Outbursts (2.5 Hours)

**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)

**DVD:**

Anger Pie (2.0 Hours)

**INFORMATION PACKETS:**

Dealing with Anger and Aggression, Revised 2006 (1.0 Hour)

Managing Aggressive Behavior in Young Children: 7 Positive Strategies from Kidpower for Preventing Meltdowns, 2012 (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)

Stress and the Healthy Family (2.0 Hours)

Substance Abuse

BOOK:

Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs (1.5 Hours)

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)

COURSES:

Alcoholism and Addiction: Effects on the Family (4.0 Hours)

Inhalant Abuse (4.0 Hours)

Methamphetamine: A Training Course for Resource Families (3.0 Hours)

Substance Abuse (4.0 Hours)

DVD:

The New Face of Drugs: A Wake-Up Call for Parents and Teens (2.0 Hours)

INFORMATION PACKETS:

Bath Salts and Designer Drugs, 2012 (1.0 Hour)

Inhalant Abuse Information, 2002 (1.0 Hour)

Methamphetamine, 2005 (1.0 Hour)

VIDEOS:

Chemical Dependency Risks Throughout A Lifetime: Adolescence (1.0 Hour)

Chemical Dependency Risks Throughout a Lifetime: Physiology (1.0 Hour)

Children of Denial: Children of Alcoholics (1.0 Hour)

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.

Roles: The Script for Children of Alcoholics (2.0 Hours)
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 Nacimientoto 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

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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: Que Aprendo 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: Informacion 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

Yupik Materials

DEVELOPMENT:
Mikelnguut Ayagmek Elluarrluki Anglivkallrat: Mikelnguq-llu 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. The check-out period for due back materials is two (2) weeks. The due date can be found on the card pocket on or in each item. 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 certain material on RESERVED when they are to be used for onsite 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 materials that are in a damaged condition you must notify ACRF immediately.

6. The limit for the number of items checked out during the same time period is as follows:

**BOOKS, VIDEOS/DVDs, AUDIO TAPES AND CD-ROMs:** 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, if requested.

**COURSES, INFORMATION PACKETS AND CLUSTER PACKETS:** There is no due date - you may keep the information sent to you. Please limit your order to three (3) Courses, Information Packets or Cluster Packets per household per order. We will e-mail these materials whenever possible.

7. In the event library items have not been returned by the due date 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 location 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 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.

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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.