

RAPT APPROVED ALTERNATIVE

IN-SERVICE TRAINING LIST (2025 Approvals)

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Alternative Training Update

We are revising the approval process for alternative training. A workgroup has been formed to review monthly requests and will focus on college courses, curriculum, live/virtual trainings, seminars, and conferences. Once upper management approves the workgroup's recommendations then an email will be sent quarterly from

DCSRAPTRegistrations@dcs.in.gov with the list of 2025 approved alternative trainings.

Alternative Training Request Form

Click the link below to request alternative trainings to be approved.

<https://forms.office.com/g/3SMaVXr3WA>

Alternative Training Requirements

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

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

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

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

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

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

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

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

Books

Alternative Training Title	Type of Alternative Training	Training Hours
ADHD is Awesome: A Guide to (Mostly) Thriving with ADHD	Book	320 pages-5.5 hours
Eyes are Never Quiet: Listening Beneath the Behaviors of Our Most Troubled Students	Book	308 pages – 5 hours
Feeding the Mouth that Bites You	Book	368 pages – 6 hours
Foster the Family	Book	240 pages – 4 hours
I Can Fix This: And Other Lies I told myself while Parenting My Struggling Child	Book	240 pages – 4 hours
Mending the Soul: Understanding and Healing Abuse	Book	336 pages – 5.5 hours
Ward of the State	Book	148 pages – 2.75 hours
Willow's Story: Thrown Away Children Series	Book	

TV Series & Movies

Alternative Training Title	Type of Alternative Training	Training Hours
Addict's Wake	Movie	1 hour
Love on the Spectrum Season 3 Episodes 1-3	Series	1 hour each
The Windermere Children	Movie	1.5 hours

College, Self-Paced, On-Demand Courses & Curriculum

Alternative Training Title	Type of Alternative Training	Training Hours
7 core Issues in Adoption and Permanency: A Guide to Promoting Understanding and Healing	Self-Paced	5.25 hours
Anxiety and Stress in the Digital Era: Understanding Mental Health Screen-time	Curriculum	1.5 hours
Bullying Recognition and Response	On-Demand Course	25 minutes - .5 hour
Car Seat Safety	Curriculum	1.5 hours
Child Abuse Mandatory Reporting	On-Demand Course	31 minutes = .5 hour
Clinical Social Work Theory and Practice	College Course	6 hours
Developmental Milestones: Look at me Now	College Course	5 hours
Early Adolescent Psychology	College Course	
Early Childhood Assessment and Intervention	College Course	3 credit hours = 6 hours
Eyes are Never Quite: Listening Beneath the Behaviors of Our Most Troubled Students		
Foster Foundation Part 1-3	Self-Paced	2 hours each
Foster Further	Self-Paced	2 hours
Fostering NC	On-Demand Course	
Gang Awareness	On-Demand Course	25 minutes - .5 hour
Governor's Emergency Relief-Professional Development "Support Strategies for Caregivers	Self-Paced	8 hours
Health Anxiety: Strategies for Handling the Fears and the Realities	Curriculum	1.5 hours
Health Emergencies: Seizures	On-Demand Course	39 minutes - .5 hour
Homemaker/Parent Aide	Curriculum	11.25 hours
Human Trafficking: Awareness	On-Demand Course	1 hour
Interventions for Co-Occurring Disorders: Advanced Practice for Clinicians	Self-Paced	1.25 hours
Introduction to Co-Occurring Disorders	Self-Paced	1.25 hours
Language: The Foundation for Reading	College Course	3 credit hours = 6 hours
Lying, Fighting, and Behaviors that are Difficult to manage	Curriculum	2 hours
Mental Health and Addictions Practice: Individuals and Families	College Course	6 hours
Parent Cohort on Managing Emotional Mayhem	Curriculum	6 sessions - 1 hour each
Poverty Simulation	Curriculum	3 hours
Recovery Connections Program	Curriculum	10 session – 1 hour each
RW-OBHP Module 12: Behavior Management	Self-Paced	25 minutes - .5 hour
RW-OBHP Module 15: Addictions	Self-Paced	1 hour
RW-OBHP Module 6: Understanding Mental Illness and Addictions	Self-Paced	1 hour 13 minutes = 1.5 hour
Social Policy and Services	College Course	6 hours
SPARK-Supporting and Planning for Children with IFSP's and IEP	Curriculum	1 hour
Strategies for Supporting Literacy Development for Dual Language Learners	Curriculum	1 hour
Strength In Stillness	Self-Paced	1 hour

Students experiencing homelessness: awareness and understanding	On-Demand Course	27 minutes - .5 hour
Taming your Amygdala: Brain-based Strategies to Quiet the Anxious Mind	Curriculum	1.5 hours
Theories of Behavior Modification	College Course	3 hours
Trauma and PTSD in Anxiety: Neuroscience-Informed Treatment Methods	Curriculum	1.5 hours
Trauma Informed Practices	College Course	3 hours
Treating Emerging Anxieties in the Post COVID World	Curriculum	1.5 hours
Triple P Positive Parenting Workshops	Curriculum/Workshop	
Trust Based Relational Intervention - Caregiver Training	Curriculum	12 hours
Understanding Trauma Informed Care	Self-Paced	1.25 hours
Unwinding Anxiety: Can Insights from the Science of Habit Change Help How We View and Treat Anxiety?	Curriculum	1.5 hours
Working with Children with Both Behavioral Health and Speech/Language Challenges	Self-Paced	1.5 hours
Youth Suicide: Awareness, Prevention, and Postvention	On-Demand Course	37 minutes = .5 hour

Conference, Retreat, Summit, & Workshops

Alternative Training Title	Type of Alternative Training	Training Hours
2024 IN Child Passenger Safety Conference	Conference	2 days = 12 hours
2024 Indiana Association for Play Therapy	Conference	12 hours
2025 Appreciation Banquet Region 5	Banquet	1 hour
2025 Christian Alliance for Orphans (CAFO)	Conference	6 hours
2025 Filled: A Weekend for Foster and Adoptive Moms	Conference	4 hours
2025 Foster Family Retreat	Retreat	5 hours
2025 Institute for Strengthening Families	Conference	1.5 hours per session
2025 National Summit on Youth Well-Being	Conference	
Adoptee Perspectives (Transracial Adoption)		
All Behavior Is Communication -	Workshop	1.5 hours
Annual Adoption Conference	Conference	2 days = 12 hours
Another Mallory's Mission Adoptee Perspectives Workshop -	Workshop	1 hour
Behavior Summit (Penn-Paris Madison School	Summit	6 hours
Bring The Joy Back to Teaching	Workshop	30 minutes = .5 hours
Caps Pinwheel Breakfast	Workshop	1 hour
Classroom Group Share	Workshop	30 minutes = .5 hours
Community Health Clinic's Occupational Therapy, Sensory vs. Behavioral Issues	Workshop	1.5 hours
Conscious Discipline Training	Workshop	30 minutes = .5 hours
Domestic Violence "Everyone Knows Someone"	Conference	9.5 hours
Empowering Opportunity Youth: Reshaping Futures Together	Workshop	1.5 hours
Facilitating Self Care in Children	Workshop	2 hours
Filled Retreat (https://www.filledretreat.com/) Main Speaker Sessions	Conference	4 hours
Filled Retreat Breakout Sessions Practical Ways to Hold Space For Your Chil's Experience	Conference	2 hours
Filled Retreat Breakout Sessions The Relentless Pursuit of Cultivating Healthy Rhythms	Conference	2 hours
Filled: A Retreat for Foster and Adoptive Moms	Conference	
Find Out What Your Kids Already Know: Raising Kids in A Substance Glamorizing World	Workshop	1 hour
Getting Real: Honest Conversations about Youth Mental Health and Suicide Prevention	Conference	3 hours
Go For the Goal	Workshop	1.5 hours
Hope for the Journey 2025	Conference	6 hours
Howard County Prevent Child Abuse Conference	Conference	3 hours
I Love You Ritual Practice (Little Miss Muffet)	Workshop	30 minutes = .5 hours
Impact Of Trauma	Workshop	2 hours

Indiana Child Passenger Safety	Conference	1 day = 6 hours
Intro PD To Discipline	Workshop	30 minutes = .5 hours
<u>Labor of Love Summit</u>	Summit	2 days 12 hours
Love Language for Kids	Workshop	1.5 hours
Maternal Child Health Summit	Summit	6 hours
<u>Protecting Youth: Grooming, Solicitation and Sextortion</u>	Conference	2 hours
<u>Raising with Love Parent Retreat</u>	Retreat	3 hours
Recognizing & Responding to Eating Disorder	Workshop	1.5 hours
Recovery Support Fundamentals: A Foundational Skills Based Approach	Conference	35 hours
Rediscovering Resilience	Conference	
Safekeeper Language	Workshop	30 minutes = .5 hours
Skills for Parenting in the Early Years	Workshop	2 days 12 hours
Social Work Conference	Conference	6 hours
Strong Parents, Respectful Children, Godly Families	Conference	
The Impact of Morning Meeting And 'Wish You Well'	Workshop	30 minutes = .5 hours
The Joys of The Child and Teen Brain - Pulaski County	Workshop	2 hours
Trust-Based Relational Intervention Summit	Conference	1 day = 6.5 hours
What Are We Using Currently and What Impact Is It Having	Workshop	30 minutes = .5 hours
When Two Worlds Collide	Workshop	1 hour
Youth Work in The Digital Age: Impact of Screen Time	Workshop	2 hours

Instructor Led Virtual Trainings, Resource Fair, Support Group, SuccessFactors, & Webinars

Alternative Training Title	Type of Alternative Training	Training Hours
8/25/2025 Trust Based Parent Intervention	Webinar	2 hours
8-Week Series On Parenting Neurodivergence Week 1: Introduction To Neurodivergence	Training	1.5 hours
8-Week Series On Parenting Neurodivergence Week 2: Different Brains	Training	1.5 hours
8-Week Series On Parenting Neurodivergence Week 3: Sensory Differences	Training	1.5 hours
8-Week Series On Parenting Neurodivergence Week 4: Communication Differences	Training	1.5 hours
8-Week Series On Parenting Neurodivergence Week 5: Learning & Play Differences	Training	1.5 hours
8-Week Series On Parenting Neurodivergence Week 6: Mental Health	Training	1.5 hours
8-Week Series On Parenting Neurodivergence Week 7: Education & Advocacy	Training	1.5 hours
8-Week Series On Parenting Neurodivergence Week 8: Adulthood	Training	1.5 hours
Addressing Bullying	Training	1 hour
All in the Family: Family Systems	Webinar	1 hour
Anxiety, Sleep, And The Brain	Training	7.5 hours
Art Therapy	Webinar	1 hour
Assessment And Integration Of Primitive Reflexes For Improved Independence In Daily Activities	Training	6 hours
Attachment Based Parenting	Webinar	2 hours
Autism Training	Training	6 hours
Back to School (Transitions and Behaviors)	webinar	1 hour
Because They Waited	Training	2.5 hours per module
Becoming a Calm, Consistent, Connected Curious Foster Parent	Webinar	2 hours
Being Your Own Spielberg: Using Storytelling Techniques To Create Highly Engaging And Impactful Presentations	Webinar	2 hours
Breastfeeding & Infant Feeding: Foods Provided	Training	.5 hours
Bullying: Recognition And Response	Training	0.5 hour
California Community Colleges Foster And Kinship Care Edu	Training	8 hours
Cans Assessment	Support Group	2 hours
Child Abuse And Neglect Detection And Prevention Online	Training	1 hour
Child Nutrition: Menu's & Variety	Training	.5 hours
Commercial Sexual Exploitation of Male Youth	Webinar	1.5 hours
Conscious Discipline Presenter Jenny Spencer	Training	6 hours
Converstation with Peter Mutabazi	YouTube Webinar	1 hour
Co-Occurring Disorders	Training	1.5 hours

CPI (Crisis Prevention Intervention) Training	Training	3 hours
Creating A Low Stress Enviroment And Minimizing Crises	Webinar	.75 hours
Critical Partners For Permanency	Training	1 hour
Developing Capable People	webinar	4 days, 8hrs
Dramatic Play In Early Childhood	Training	1 hour
Emotional Intelligence For Personal And Professional Success	Training	2 hours
Employee Wellness In The Post-Pandemic Era	Webinar	40 min = .75 hours
Ems Pediatric Emergencies Part 1	Training	1 hour
Ems Pediatric Emergencies Part 2	Training	1 hour
Even Stevens: Tips To Creating A Balanced Life	Support Group	2 hours
Evidence Based Programs	SuccessFactors	3 hours
Facilitating Healing, Resilience And Hope Trainer Mary Vicario	Training	2-day Training = 6 hours each day
Family Childcare: Part 1 Cda Training	Training	30 clock hours 8/13-9/3
Family Childcare: Part 2 Cda Training	Training	30 clock hours 9/4 - 9/25
Family Childcare: Part 3 Cda Training	Training	30 clock hours 9/26 - 10/17
Family Childcare: Part 4 Cda Training	Training	30 clock hours 10/22 - 11/13
Foster Care Training Today	Webinar	1 hour
Foster Family Resource Fair	Resource Fair	2 hours
Fostering Biological Family Relationships	Webinar	1.5
Fostering Former Foster Youth Voices	Webinar	1.5
Fresh Air For Baby And Me	Support Group	1 hour
Gang Awareness	Training	0.5 hour
Grief	Support Group	1 hour
Habits Of The Household Series	Training	9 weeks 1 hour each session
Health Safety And Nutrition: Planning A Safe And Healthy Learning Environment	Training	1 hour
Hope and Healing from the Hidden Grievs of Foster Care	Webinar	2 hours
How To Find A Therapist	Webinar	1 hour
How To Help Students Experiencing Dating Violence	Training	2 hours
Human Trafficking 101	Webinar	2 hours
Human Trafficking 201: Refresher On Red Flags & Updates On Legislation	Training	0.5 hour
Human Trafficking Awareness	Training	1 hour
Impact Of Separation On Children And Youth	Support Group	2 hours
In Her Shoes Curriculum	Support Group	2 hours
Indiana's Introduction To Early Childhood And Out Of School Learning Profession Mod 3 Safety	Training	4 hours

Integrating Social Determinants Of Health Into Prevention Practice: Strategies For Effective Collaboration	Webinar	1.5 hours
Interventions for working with traumatized children, teens, and families in foster care and adoption	Webinar	1.5 hours
Intro into Providing Trauma Informed Care	webinar	2 hours
Isaiah 117 House Training	Webinar	8 hours
Its My Marriage (2nd Edition)	Webinar	8 hours
IYI - National Summit for Youth Wellbeing	Webinar	6 hours
IYI State Of The Child 2025	Webinar	1 hour
Licensing Requirements, Brainstorming Ways To Fill In Gaps In Foster Care Program To Improve Quality Of Care Given To Foster	Support Group	2 hours
Lighthouse Autism Center Parent Training	Training	1.25 hour each session
Logan Police Department - Human Trafficking	Webinar	2 hours
Major Depressive Disorders In Children And Adolescents	Training	.75 hours
Make The Magic Happen In A Meeting: Meeting Facilitation Skills	Webinar	3 hours
Meditation And Guided Imagery For Kids And Teenagers	Webinar	1 hour
Mental Health Needs Of Children In Foster Care	Training	3 hours
Mom And Me	Support Group	1 hour
National Child Passenger Safety Certification	Training	4 days = 36 hours
Nurtured Parenting	Webinar	10 sessions 1 hour each
Nurturing Resilience In Children: Insights From Scripture And Science	Webinar	1 hour
Open Water & Ice Safety	Support Group	1.5 hours
Parental Substance Abuse And Its Connection To Child Abuse	Webinar	1.5 hours
Parenting for Connection	Webinar	6 weeks 1.5 hours each
Parenting Today's Technology - Screen Time is Real Life	Webinar	2.5 hours
Parenting With A Purpose	Training	1 hour
Pathological/Pervasive Demand Avoidance, Autism For Rural Healthcare Providers	Training	2 hours
Positive Approaches For Individuals With Dual Diagnosis	Webinar	2 hours
Post Tramatic Stress Disorder	webinar	6 hours
Praising Children and their Behavior	Support group	2hrs
Professional Development Certificate In Trauma Informed Care	Training	6 hours
Protecting Youth: Online Grooming, Solicitation, And Sextortion	Training	2 hours
Qpr: Suicide Prevention Training	Training	2 hours
Raising Kids And Healing Wounds	Webinar	1 hour
RW-OBHP Module 15: Addictions	Training	1 hour

safe sleep and sweet dreams for infants	Webinar	2 hours
Safe Sleep Practices	Training	1 hour
Seizure Training For School Personnel By Epilepsy Foundation Of America	Training	1 hour
Self-Care And Wellbeing A Hands On Approach For Better Health	Webinar	1 hour
Setting Healthy Boundaries In Relationships Trainer Jaymi Dormaier, LMSW	Training	1 hour
Sexual Abuse	Training	6 hours
Sexual Abuse (Pre-Work Required)	SuccessFactors	6 hours
Sexual Abuse Awareness Training	Training	1 hour
Sexual Abuse Training	Support Group	1.5 hours
Sexual Acting Out, Development, Social Skills with BDDS Clients	Training	
Sleep Basics And Bedtime Routine 1 Hour	Training	1 hour
Small Wins Add Up, How To Build New Habits In 2025	Webinar	1 hour
Social Media and Schools	webinar	2 hours
Special Education Hacks: Makhoping Ieps Work For Students In Foster Care	Training	1 hour
Special Issues In Women's Mental Health	Webinar	1 hour
Students Experiencing Homelessness: Awareness And Understanding	Training	0.5 hour
Substance Use In Youth	Training	1 hour
Suicide Prevention	Webinar	1 hour
Suicide Prevention Guide Training (Save)	Training	1.5 hours
Supporting Emotional Regulation In Kids: Being A Calming Presence And Making Amends	Webinar	1 hour
Taking Things without Permission	Webinar	6 hours
TBRI	Support Group	3 each = 9hrs total
The Effects of Prenatal Methamphetamine Exposure	YouTube Webinar	1 hour
The Halo Project By Dr. Karyn Purvis And Dr. David Cross	Support Group	2 hours
The Impact Of Trauma On Children And Youth: A Paradigm Shift	Training	2 hours
The Invisible Suitcase: Meeting The Needs Of Traumatized Children	Training	2.5 hours
The Loneliness Epidemic	Webinar	1.5 hours
The Nurture Revolution	Webinar	1 hour
The Power Of Perspective - TBRI Training	Training	2 hours
Trauma Informed Care	Training	34 minutes = .5 hour
Trauma Sensitive Parenting	Training	1 hour
Trust Based Relational Intervention	Training	1.5 hours
Trust Based Relational Intervention Caregiver Training (Part 1)	Webinar	4 hours
Trust Based Relational Intervention Caregiver Training (Part 2)	Webinar	4 hours

Trust Based Relational Intervention Caregiver Training (Part 3)	Webinar	4 hours
Trust Based Relational Intervention Caregiver Training (Part 4)	Webinar	4 hours
Understanding Anxiety	Training	1 hour
Understanding Compassion Fatigue And Burnout	Webinar	1 hour
Understanding Grief	Webinar	1 hour
Understanding Human Trafficking: Awareness and Prevention	Webinar	2 hours
Understanding Intergenerational Trauma	Webinar	.75 hours
Understanding Loneliness And Building Your Social Network	Webinar	1 hour
Understanding Motivation And Procrastination	Webinar	1 hour
Understanding Protective Factors: The Building Blocks Of Resilience	Webinar	1 hour
Understanding Psychotropic Medicines	Training	1 hour
Understanding PTSD	Webinar	1 hour
Understanding Schizoaffective Disorder	Webinar	1 hour
Understanding Substance Abuse	Training	1 hour
Understanding Why Youth Run & How You Can Help	Training	30 minutes
Updated Approaches, Understanding and Treatment Options for ADHD	Webinar	1 hour
What Do You Bring To The Relationship? What Triggers You	Support Group	1.5 hours
What Is Emotional Intelligence	Webinar	1 hour
Wired For Survival: How Trauma Affects The Developing Brain	Support Group	1.5 hours
Youth Voice and Civic Engagement		