



Resource and Adoptive Parent Training (RAPT) Course Catalog

The class schedule is online at www.in.gov/dcs/calendar.

Note: All families adopting must complete RAPT I–IV.

RAPT I: Introduction to DCS

Introduction to the mission, vision and values of the Indiana Department of Child Services (DCS) and the basic structure of the agency. Explanation of the licensing process to become a resource and adoptive parent. Exploration of the role of resource parents as members of the service team. Review of potential impact of fostering and adoption on children.

Length of class: 3 hours

RAPT II: Child Abuse and Neglect

A course designed to teach the basics of Child Abuse and Neglect to current and future Resource and Adoptive Parents. Participants will learn the definition of child maltreatment and the signs of abuse while developing empathy for children in care and their parents..

Length of class: 3 hours

Required materials: Computer (This online course counts toward face-to-face training hours.)

Prerequisites: RAPT I

RAPT III: Attachment, Discipline and Effects of Caregiving on the Family

A course that serves as an overview on the topics of Attachment, Discipline, and The Effects of Caregiving on the Family. This is the second face-to-face training needed to become a licensed resource parent..

Length of class: 4 hours

RAPT IV: Adoption

A course designed to introduce the concepts of adoption to current and future Resource and Adoptive Parents. Participants will learn some of the considerations to make during the pre-adoption process. Participants will also learn how to acknowledge and respond to some of the challenges that might be faced by the adopted child and the adopted family.

Length of class: 6 hours

Cultural Awareness I: The Intersection of Culture, Poverty, and Relationships

This course is part of the Cultural Awareness series (formally known as the Cultural Competency Series) and will help participants discover how culture, poverty, and relationships impact children's lives before and during care. Participants will take active steps towards self-awareness, recognition of other cultures, and finding ways to intentionally support children and families.

Length of class: 4 hours

Cultural Awareness II: Breaking the Cycle of Oppression

This course is part of the Cultural Awareness series (formally known as the Cultural Competency Series) and will help participants reflect on their culture and privilege while examining systems of institutional oppression. Participants will discover their role in breaking the cycle of oppression and ways to balance power dynamics with families.

Length of class: 3 hours

Cultural Awareness III: Substance Use Disorders

A detailed look at substance use disorders, the effect of substance use on the individual and the family, Indiana-specific drug information, and what Resource Parents can do to effectively assist children and families through the recovery process.

Length of class: 4 hours

Cultural Awareness IV: Supporting LGBTQIA+ Youth

This course is part of the Cultural Awareness series (formally known as the Cultural Competency Series) and will provide a foundation to familiarize participants with common terms and the use of personal pronouns. It further provides a framework for examining personal views and having an appropriate response that supports and advocates for the needs of LGBTQIA+ Youth in care within the home, school, and community.

Length of class: 4 hours

Kinship Relative Training

A training where participants learn to manage changing roles, relationships and needs as they assume kinship/relative caregiver duties. They will learn policy and permanency options to ensure child and family well-being. Participants will focus on their emotional well-being.

Length of class: 3 hours

Note: This training is an alternative for RAPT I pre-service training, offered to kinship families wanting to become licensed foster parents.

Building Resilience for Lifelong Success

This course explores opportunities to build resilience within children in care regardless of their permanency plan. Understanding the effects of Adverse Childhood Experiences and the ability to build resilience are the focus of this training. Recognizing supports, engagement opportunities, and prioritizing self-care are also discussed.

Length of class: 6 hours

Preparing for Family Change

Overview of the changes family members could experience throughout their journey as resource care-providers (e.g., grief and loss, change in family structure, development of long-term relationships with children in care and their biological families). Guide to coping skills for parents and family members as they experience change.

Length of class: 4 hours

Fostering Older Youth

Guide to the specific needs of older youth (13+). Overview of adolescent brain development and how the brain is affected by trauma. Guide to recognizing and addressing challenges experienced by older youth. Overview of DCS policies and programs as well as federal and state legislation aimed at improving outcomes for older youth.

Length of class: 4 hours

Cultural Humility

During this training, participants will explore and review the concepts of cultural humility, cultural competence, and bias with children in their care and their families. Participants will engage in reflection activities, discussion, and will begin to develop strategies to enhance cultural humility and inclusion.

Length of class: 3 hours

Resource Family Self-Care

Guide to recognizing, addressing resource parent compassion fatigue and secondary trauma. Discussion of self-care practices aimed at maintaining well-being. Overview of strategies to build skills for coping, resiliency and assembling supports.

Length of class: 6 hours

Teaming With Families: The CFTM

Overview of the purpose of a Child and Family Team Meeting (CFTM) as it fits into the DCS practice model and role of the resource parent as a part of the team. Observation of a CFTM through a hypothetical family's experience.

Length of class: 4 hours

My Family, Your Family

Guide to navigating the relationship between the resource family and the biological family. Explanation of the ways resource parents assist in reunification and challenges they could face when working with the parents or guardians of a child. Examination of a biological parent through a trauma-informed lens coupled by tools and strategies for successfully engaging a child's parents and guardians.

Length of class: 4 hours

Educational Advocacy

Guide to identifying and assisting children with a disability that adversely affects learning. Overview of federal laws and state statutes that apply to student care.

Length of class: 2 hours

Nuts and Bolts

Introductory course to resource parenting with a focus on practical issues. Topics to be covered: life books; medical passports; smoking policies; child seat safety; the Child and Adolescent Strength and Needs (CANS) assessment; the complaint resolution process.

Length of class: 3 hours

Power of Peers

Focus on psychological development and the effects of peer pressure on a child's decision-making and self-esteem. Overview of the stages of healthy psychosocial development of children from birth through adolescence as well as how neglect and abuse affect healthy psychosocial development. Guide to understanding the positive and negative influences of peers and how to build resilience. Guide to recognizing and responding to social challenges children face.

Length of class: 6 hours

Sexual Abuse 101

A workshop where participants will discuss societal conceptions of child sexual abuse, typical sexual development in children, and define their role in disclosure situations. Participants will also create a safety plan, help children who have experienced sexual abuse find the appropriate treatment, and create a supportive healing environment.

Length of class: 1.5 hours

Sexual Abuse 201

A training where participants will build on their knowledge of child sexual abuse by demonstrating their role in the victim's recovery process. They will describe treatment options and emotional expectations as victims heal. Participants will also build dynamic safety plans to meet the changing needs of known victims and those with problematic sexual behavior.

Length of class: 1.5 hours

Sexually Harmful Behaviors

This course will help participants understand and contribute to the healing process of adolescents (ages 12-18) with sexually harmful behaviors. Participants will discuss sexual development, the impact of trauma, and the importance of building relationships with youth. Additionally, they will create an initial safety plan and make updates as needed and agreed upon by the entire family.

Length of class: 3 hours

The Impact of Human Trafficking on Indiana's Foster Youth

This course will help participants recognize the signs, scope, and impact of human trafficking on Indiana's foster youth. Participants will be introduced to the grooming process and how they can keep children and youth safe. Participants will also develop and demonstrate trust, build safe spaces, and partner with community and service providers to help the child heal and grow.

Length of class: 4 hours

Understanding and Managing Challenging Behaviors

Overview of factors that affect child behavior, including how trauma impacts development. Tips for setting up structure in a home, addressing behaviors, de-escalating situations and teaching children to identify emotions as ways to manage behaviors. Guide to positive discipline techniques and DCS policy regarding discipline in resource homes.

Length of class: 3 hours

ACEs: Removing, Reducing, Mitigating, Lifelong Success

This course is designed to help Resource Parents understand ACEs and their effects on children and families. Participants will be provided an opportunity to increase their knowledge of ACEs and learn prevention and mitigation strategies for long term success of youth in care.

Length of class: 3 hours

Adoption Assistance Overview

A course where participants learn DCS policies and processes as they consider the commitment to adopt a foster or relative child. The training examines state and federal adoption assistance programs as well as post-adoption support services.

Length of class: 2 hours

Required materials: Computer (online)

Note: This class does not fulfill the requirement of completing RAPT IV.

Understanding Social Media

A course to help caregivers, social workers and other professionals promote the safe use of social media within the children they care for or serve.

Length of class: 2 hours

Required materials: Computer (This online course counts toward face-to-face training hours.)

Trauma-Informed Care I

The first in a two-part series, this course will help participants discover the impact of trauma and their role in the Trauma-Informed Care (TIC) process. Resource parents and kinship caregivers will be equipped with hands-on tools to establish strong bonds and relationships while helping children build coping skills.

Length of class: 4 hours

Trauma-Informed Care II

The second in a two-part series on trauma-informed care, including overview of: how children might respond to traumatic events; how to promote resilience in children; how trauma can interfere with children's development and functioning; how trauma can affect children's view of themselves and their future. Recommendations on how resource parents can help children feel safe when talking about trauma. Exploration of trauma-informed advocacy and indicators a child might need the support of trauma-informed therapy.

Length of class: 4 hours

Residential Foster Care Transition Planning

In this course, participants will learn about residential treatment for youth and the role resource parents and kinship caregivers play in the transition to foster care. Additionally, participants will engage in discussions regarding the impact of trauma, discharge from residential treatment, and safety planning.

Length of class: 3 hours

Intro to Developmental Disabilities

This training will provide an overview of common developmental disabilities. Participants will discover resources and supports for children with developmental disabilities and their caregivers. Finally, participants will learn their role in helping children with developmental disabilities during a Child and Family Team Meeting (CFTM).

Length of class: 4 hours each

Developmental Disabilities: Autism Spectrum Disorders

During this course, you will learn about Autism Spectrum Disorder (ASD) and how it impacts children in care. You will discover your role in caring for children on the spectrum, common therapies, and interventions that can be applied at home. Additionally, you will explore educational, community, and state-level supports available to those in the ASD community.

Length of class: 2 hours

Required materials: Computer (online)

Car Seat Training for Resource Parents

This course reviews the Indiana child vehicle restraint laws and basics of car safety and child passenger safety. Participant will learn to identify and select appropriate child vehicle restraints for specific ages and sizes, practice installing and harnessing car seats, and receive resources to help safely transport children.

Length of class: 2 hours

RAPT: Caring for Drug-Exposed Infants

During this course, participants will learn about the impacts and challenges drug-exposed infants and their families face. Participants will discover their role in caring for babies exposed to drugs, common therapies, and interventions that can be applied at home. Additionally, participants will explore medicinal, community, and DCS supports available to resource parents and kinship caregivers.

*New class Length of class: 2 hours

Required materials: Computer (online)

Lunch & Learn – Medical Conditions: Asthma

A course where participants learn about asthma and how it affects children. They will also discover DCS health care policy and their obligations and limitations in providing health care to a child in out-of-home care.

Length of class: 1 hour

Required materials: Computer (This online course counts toward face-to-face training hours.)

Lunch & Learn – Medical Conditions: Diabetes

A course where participants learn about diabetes and how it affects children. They will also discover DCS health care policy and their obligations and limitations in providing health care to a child in out-of-home care.

Length of class: 1 hour

Required materials: Computer (This online course counts toward face-to-face training hours.)

Attachment

Introduction to attachment theory and how to meet the challenge of caring for a child with attachment challenges to encourage healing.

Length of class: 4 hours

Placement Disruption

Overview of placement disruption and how disruption can impact a child's safety, stability, permanency and well-being. Guide to services and resources that are available to help avoid disruptions of the child's placement.

Length of class: 6 hours

Schedule of classes

The class schedule can be found online at www.in.gov/dcs/calendar.

Register for classes

Email DCSRAPTRegistrations@dcs.in.gov or call 317-232-0212 with your name, county, phone number, email address and name of class.

Online classes

Online courses are IU Canvas training classes, accessible at <https://ssw.iu.edu/childwelfare/training/cat/rapt>.



State of Indiana
Department of Child Services
302 W. WASHINGTON STREET, Room E306
INDIANAPOLIS, INDIANA 46204
www.IN.gov/dcs

Revised 1/24