



NCTSN

The National Child
Traumatic Stress Network



RESOURCE PARENT CURRICULUM OVERVIEW

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RPC History



- **Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents**
 - Developed by Grillo and Lott with the NCTSN Foster Care Subcommittee of the Child Welfare Committee
 - Released February 2010
 - Took approximately three years to develop and pilot
 - Initially released as a product for professionals to download and utilize with resource parents
 - Facilitator's guide provides a step-by-step guide

Citation: *Grillo, C. A., Lott, D.A., Foster Care Subcommittee of the Child Welfare Committee, National Child Traumatic Stress Network. (2010). Caring for children who have experienced trauma: A workshop for resource parents—Facilitator's guide. Los Angeles, CA & Durham, NC: National Center for Child Traumatic Stress*

MA and RPC



Year	Type	Participants Trained
2010	RPC Modules 1-3 Trauma 101 to Community Groups (Schools, Parents, Child Welfare, Colleges, Mental Health Providers)	500 Community Members
2011-2012	RPC Full Series repeated 5 times in Central Massachusetts	50 Resource Parents
2014-2015	LUK IFC Implementation: Full Series repeated 4 times 4 Facilitators trained	45 Resource Parents
2013-2016	MCTP Implementation: Full Series repeated 12 times Departmental Foster Care and 9 times in IFC 62 Facilitators trained	400 Resource Parents

Approximately 500 Resource Parents Trained

Initial Lessons Learned in MA



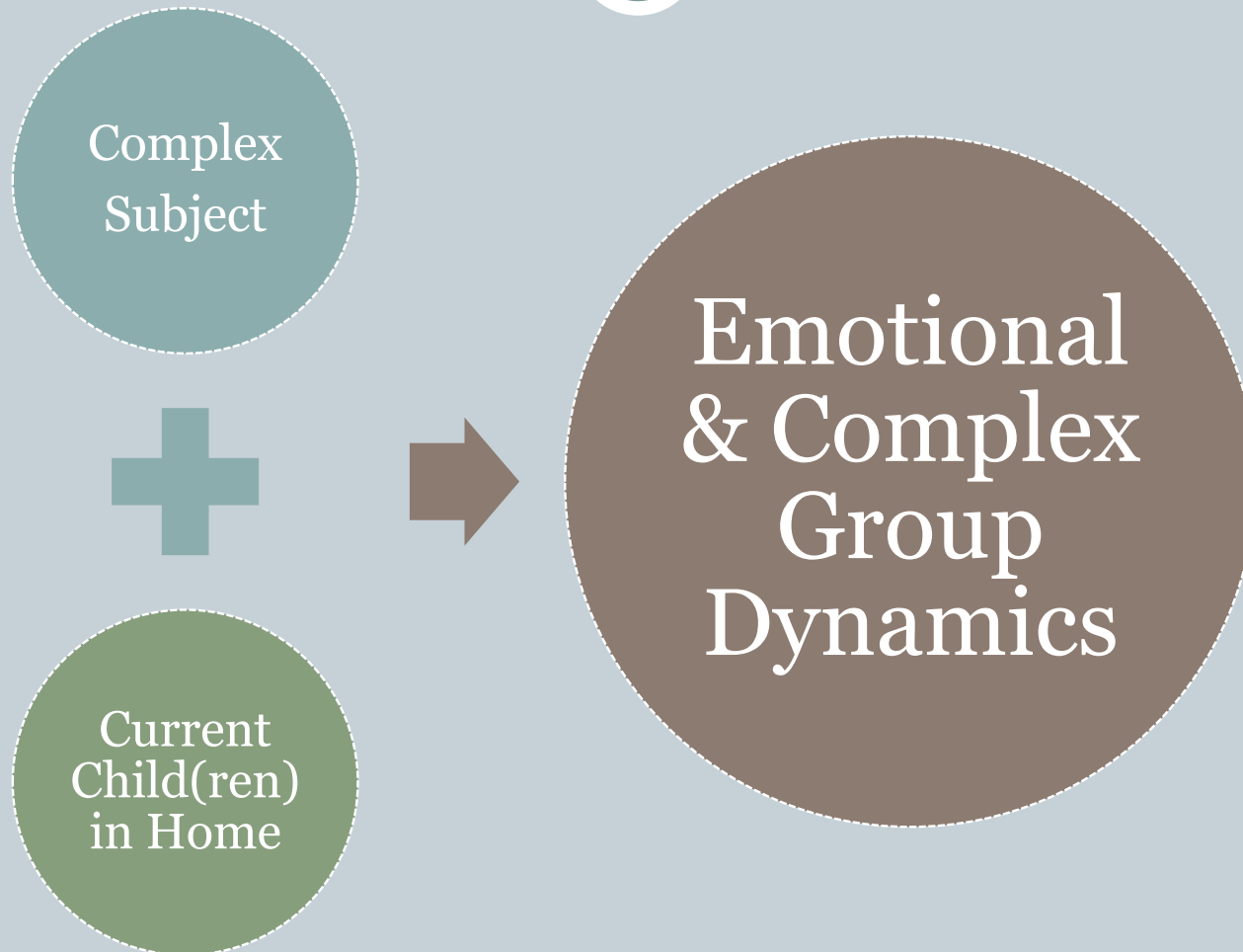
- RPC is a powerful tool to educate resource parents about childhood trauma in order to increase their confidence and tolerance in parenting
- Once resource parents attend trainings they report improved knowledge on how to work with children in their home.
- An RPC group is not:
 - Just a workshop
 - Just a training

Everything You Need to Know before Implementing the RPC



- Developed two years after the release of the curriculum
- Created by Child and Family Health: Durham, NC
- Adapted from the Facilitator Guidelines
 - In response to what facilitators at additional NCTSN Sites were finding as they implemented the curriculum
 - To provide some guidance to new sites or non-NCTSN sites re: best case scenario for implementation
 - To reemphasize the need for RPC to be co-facilitated and how to start identifying co-facilitators

What makes RPC so Different?



Terminology Defined

Staff Facilitator

Agency staff
member

Primary
responsibility of
coordinating all
aspects of
workshop

Co- Facilitator

Foster, adoptive, or
kinship caregiver
or adult with
childhood
experiences in CW.

Conducts the
workshop with the
Staff Facilitator

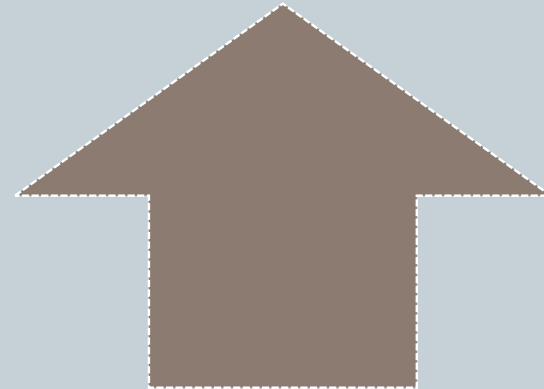
Important Facilitator Experience



Staff Facilitator; brings professional training and experience in the room. Makes sure participants feel supported and are able to share difficult emotions.



Co-Facilitator; brings his or her lived experience into the room. Shares concrete examples to the application of a trauma lens in the home.



Allocated Hours for RPC



- Total of 14-16 Hours
- Completed over 4-8 sessions
- Weekly



Preparing & Implementing the Workshop



Facilitator's Guide

Slide Deck Images

Learning Objectives

Materials Checklist

Tips for Facilitating

Key Teaching Points

Participant Handbook

Slide Deck

Learning Objectives

Supplemental Handouts

My Child Worksheets

Case Studies

NCTSN Learning Site

Podcasts

Implementation National Consultation

Ask the Master Trainer

BLOGS

RPC Training Modules

Download Curriculum for FREE:

<http://learn.nctsn.org/>

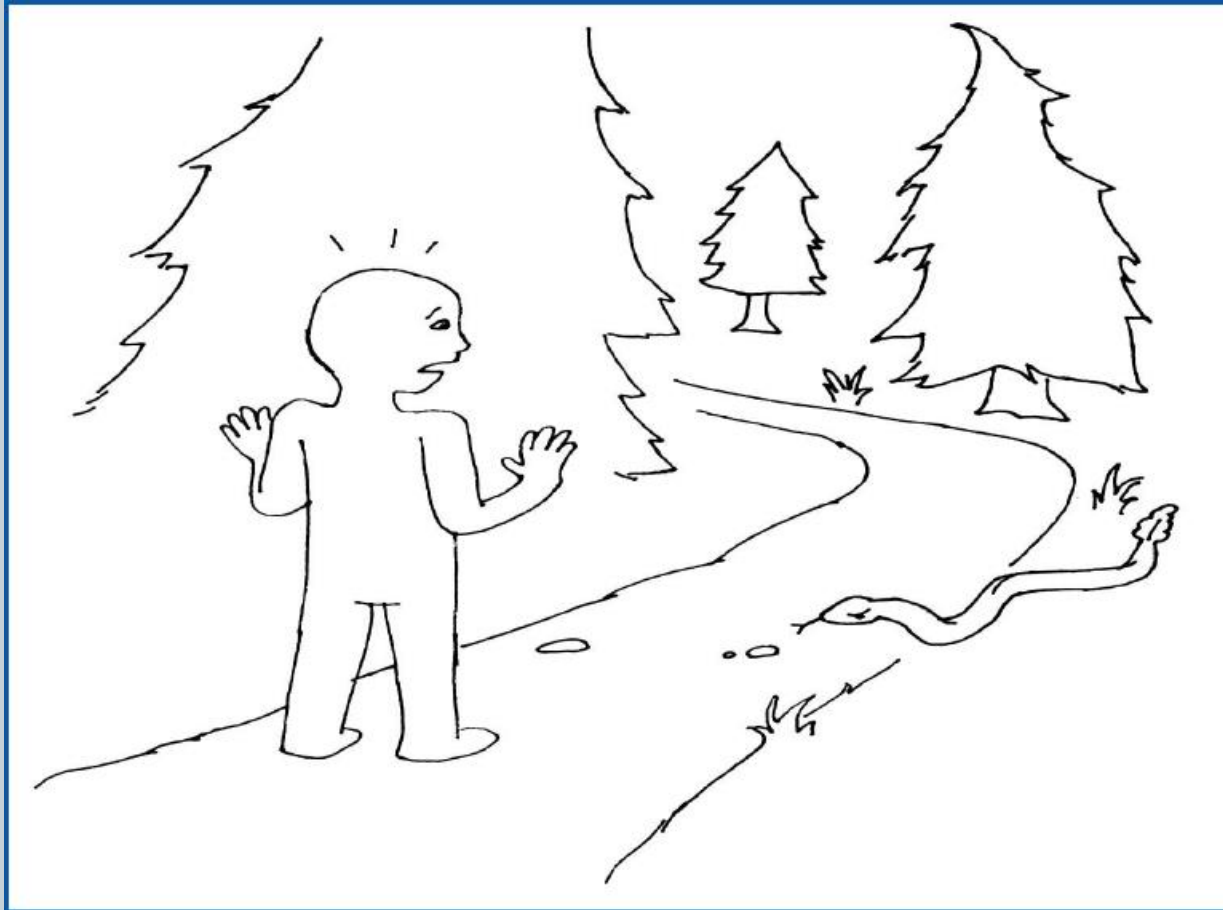
CLICK: Service Systems, RPC On-Line, Create Login

RPC Structure

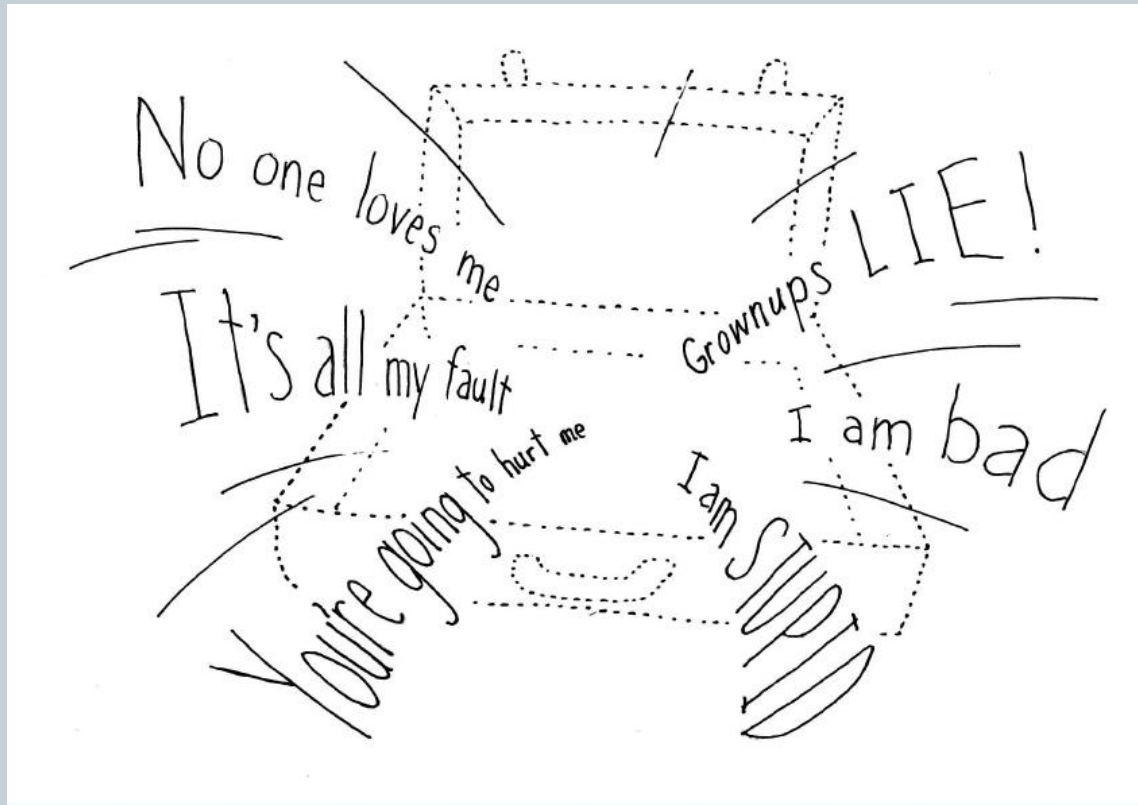


- 8 Modules Focused on the Essential Elements of Trauma Informed Parenting:
 1. Recognize the impact trauma has had on your child
 2. Help your child feel safe
 3. Help your child understand and manage overwhelming emotions
 4. Help your child understand and modify problem behaviors
 5. Respect and support positive, stable and enduring relationships in the life of your child.
 6. Help your child to develop a strength-based understanding of his or her story
 7. Be an advocate for your child
 8. Promote and support trauma-focused assessment and treatment for your child
 9. Take care of yourself.

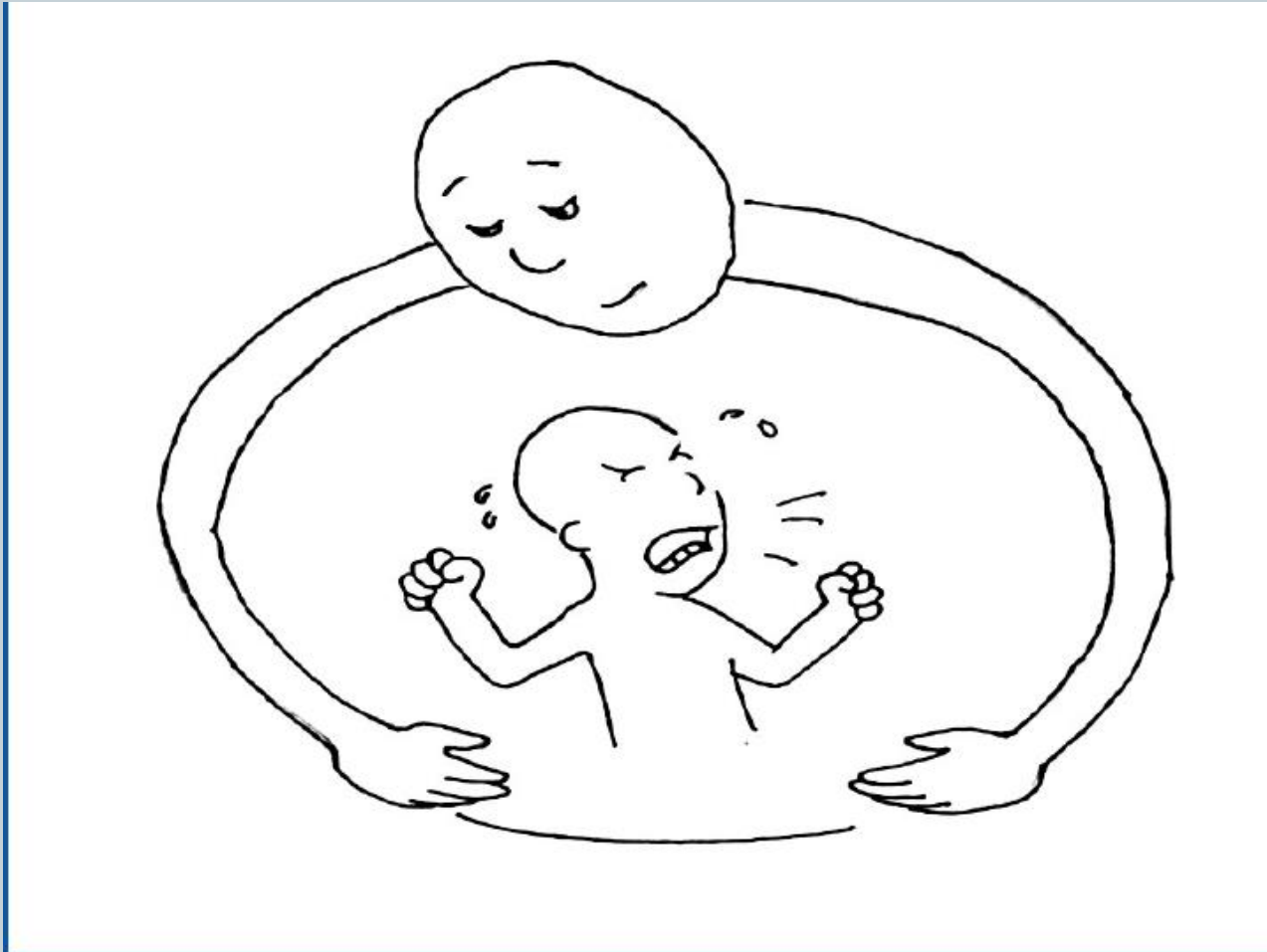
Sticks Versus Snakes: Module 3



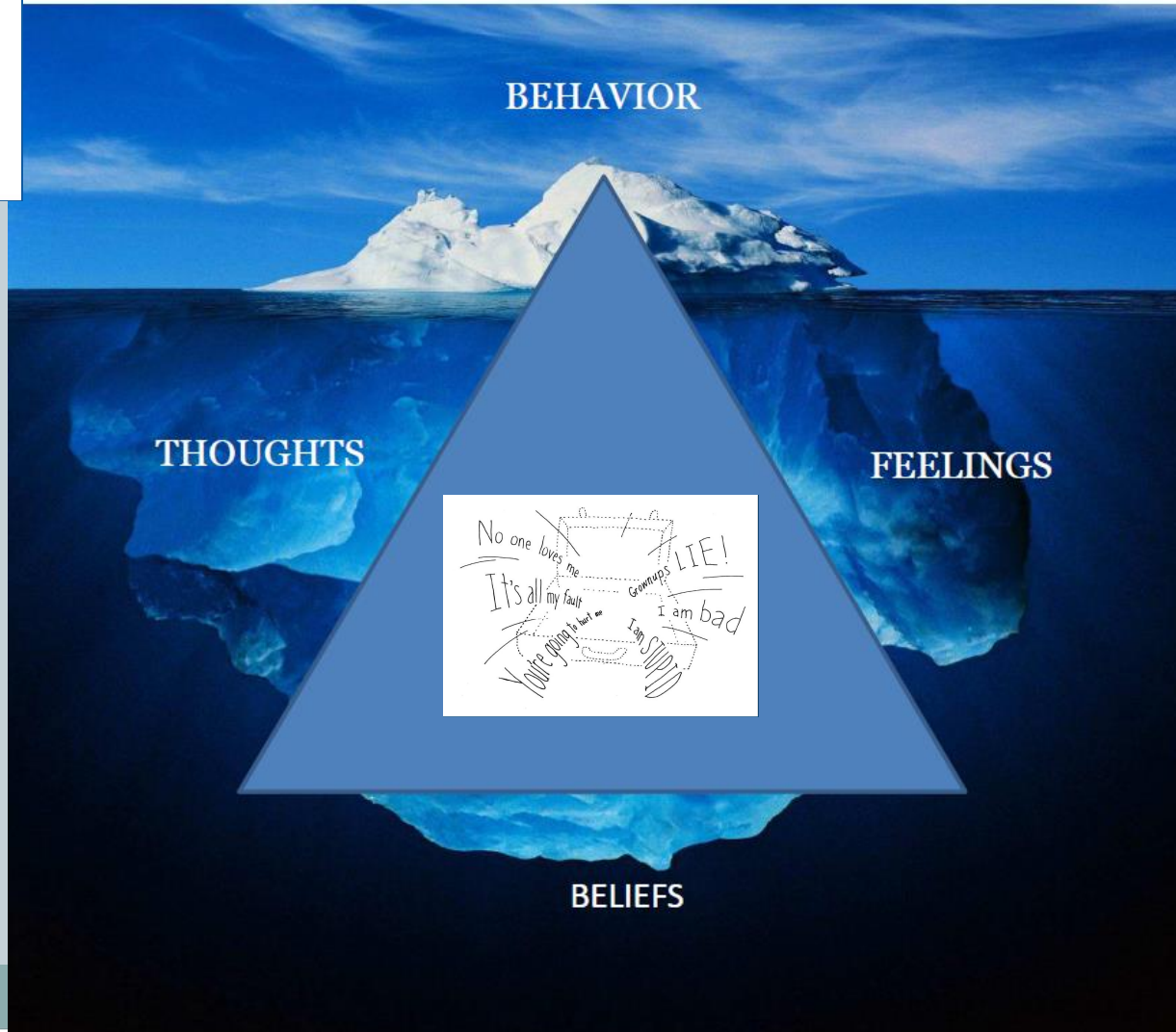
Invisible Suitcase: Module 3



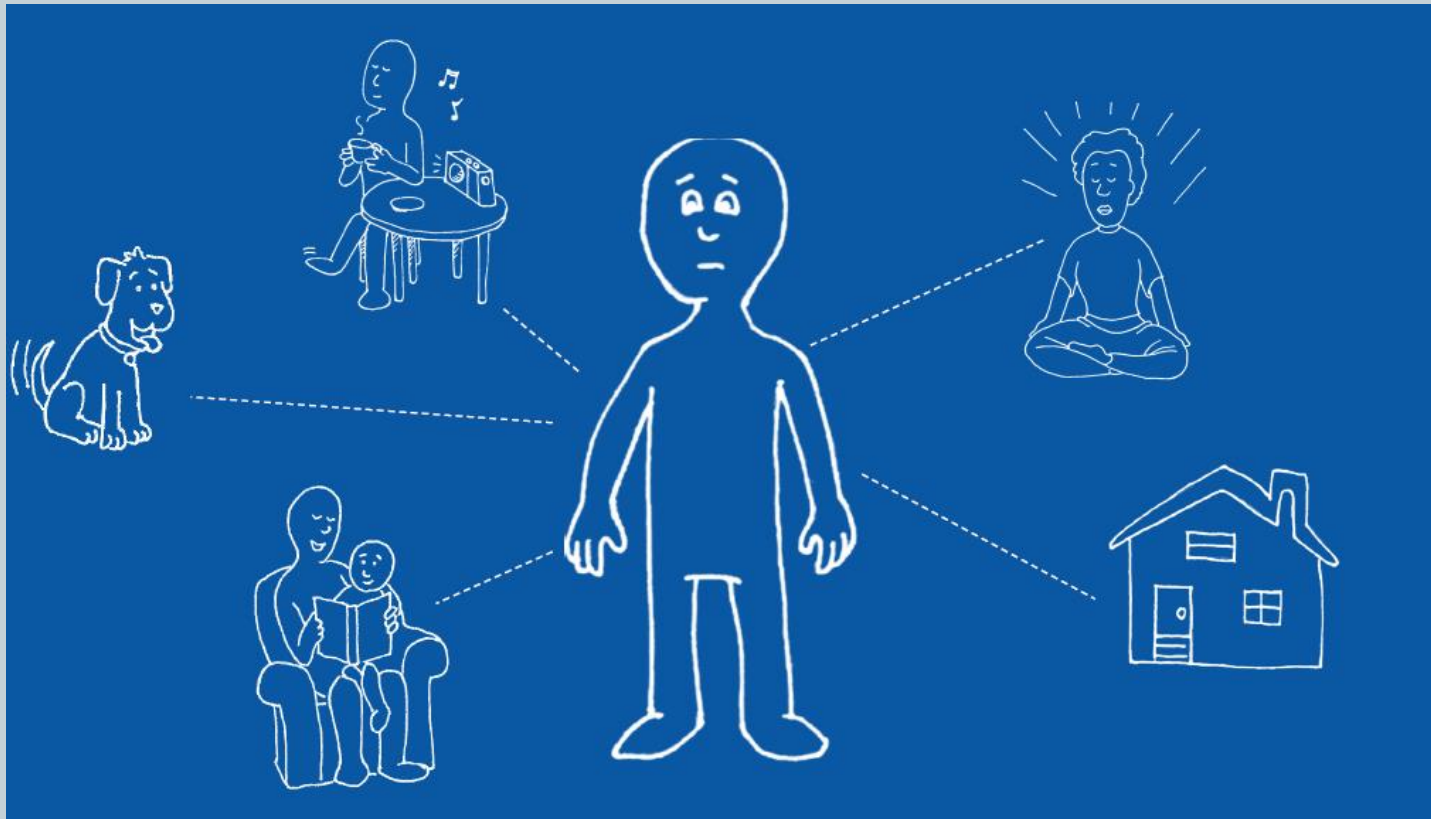
Emotional Container



Below the Surface/Cognitive Triangle



Connection Activity: Large Group



Put your Oxygen Mask on First

