

## REGION 1 – SELF-STUDY MATERIALS: ■



Each month we receive a new pamphlet from the Foster Care Support Network. Each pamphlet is 3 pages with 10-12 Self-Test Questions. One hour of training credit is given for each pamphlet that you complete. Examples of the Topics include, but are not limited to, the following (with a new topic each month):

- ✎ Helping Foster Youth Transition to Independent Living
- ✎ Culturally competent Foster Care; committing to Diversity & Tools to Prevent Abuse Allegations
- ✎ Teen Substance Abuse; Recognizing Newer, not Just 'Traditional' Drugs
- ✎ Recognizing and Managing Depression & Bipolar
- ✎ Preparing Foster Youth to Live on their Own
- ✎ Stopping the Pain; Better Understanding Self-Harm Behavior
- ✎ Better Navigating the Court System