



# Healthy Families:

Resources for Building a Collaborative Family Support Plan

**HANDBOOK**

*December 2021*



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The purpose of this handbook is to assist all community partners with understanding implementation of the Comprehensive Addiction and Recovery Act (CARA) specifically plans of safe care (POSC). It was created to assist those professionals responsible for developing plans of safe care, Public Children Services Agencies (PCSA) and community partners.

Dear Ohio Provider,

In 2020, a total of 1,652 suspected cases of neonatal abstinence syndrome (NAS) were reported to the Ohio Department of Health. That's 1,652 babies who were born with drugs — most often opioids — in their system causing them to go through withdrawal in their first days of life. An unborn baby's exposure to drugs may lead to long-term health and development problems, including hearing and vision problems, as well as difficulties with learning and behavior.

This is just wrong. Our children are the future of our state, and we have an obligation to do everything we can to give them the best possible start in life.

That is why immediately after I was sworn into office, I signed an executive order creating the Cabinet-level position of Director of Children's Initiative, so that someone in the Governor's office would have the singular focus on protecting our children every day. This has included improving communication and coordination across state agencies that provide services to Ohio's children.

My administration, through its actions and budget investments, has put great emphasis on improving maternal health and reducing infant mortality. This work focuses on providing the best care for children who are suffering the consequences of exposure to toxic substances prior to birth, working to save lives from unintentional overdoses and encouraging recovery, improving mental health treatment, and expanding drug prevention education.

My wife, Fran, and I have met expectant moms in the Moms2B program, who are determined to make good choices to improve their health and the health of their babies, and the caring staff who are committed to providing the support these moms and families need. Programs, such as Moms2Be, are critical to parents' and babies' wellbeing and success.

Combatting the opioid crisis requires professionals on the frontline to learn new skills and build on existing ones. *Ohio's Healthy Families Handbook* is an important resource for professional development. It provides information about national and cross-system trainings available to support local teams to help with developing key skills and increasing knowledge to better serve Ohio families.

By helping communities better understand the complex issues surrounding families struggling with substance use disorder, we can help them begin to recover from this terrible disease and prevent future cases of NAS. Your work builds a stronger future for Ohio's vulnerable families and children, and Fran and I sincerely thank you for your commitment to this effort and all the work that is to come.

Very respectfully yours,

Mike DeWine  
Governor

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## WELCOME

I am pleased to present Ohio's *Healthy Families Handbook* that showcases a diverse array of trainings concerning families impacted by substance use disorder. Professionals across the healthcare spectrum can take advantage of these trainings, offered freely through federal, state, and local entities. From trainings about the Comprehensive Addiction and Recovery Act (CARA) to trainings about trauma informed care, this handbook presents a comprehensive list of timely topics that professionals can use to stay up to date on the important developments in the field. At the end of this handbook, you will find links to multiple resources that you can access by clicking on the link. Everyone who is supporting families and communities experiencing substance use disorder should use this handbook as a guide to trainings available to support your professional development.

<b>Comprehensive Addiction and Recovery Act (CARA)</b>	<b>Plans of Safe Care (POSC)</b>	<b>Understanding Substance Abuse Disorder (SUD) and Its Impact on the Individual, Family and Community</b>	<b>Roles of the Local Plan of Safe Care Team</b>	<b>Best Practices and Helpful Approaches</b>
Mandated Reporting	What is the purpose of the POSC (Support families)?	Neonatal Abstinence Syndrome (NAS)	Community partners	Family-centered practices
Developing POSC	Monitoring	Fetal Alcohol Spectrum Disorders (FASD)	Public children services agency (PCSA)	Trauma-informed care
Understanding CARA	Monitoring			Equity
				Cultural competence

This handbook is the result of the hard work and dedication of the Practice and Policy Academy team, which came together because of a technical assistance grant from the Center for Children and Family Futures. Our partners include members from five state departments, the Supreme Court of Ohio, medical hospitals, the Ohio Perinatal Quality Collaborative, the Ohio Hospital Association, and many other organizations. The team's primary goal is to focus on implementing the changes related to CARA and Plans of Safe Care (PoSC) within Ohio's communities. Over the past year, our focus has been to plan statewide efforts that help:

- Align interpretations of CARA/POSC across state and local entities
- Create cross-system training opportunities
- Develop a common language when discussing CARA/POSC
- Better partner with the medical/health care community

We encourage sharing the list of potential trainings with your community partners. Think about strengths and weaknesses within your organization and each of your partner organizations. Then challenge yourselves to become fluent in the training material, so that you can enhance your community's knowledge and expertise about the unique needs of families impacted by substance use disorder. Of course, issues concerning family welfare may stretch across the traditional county boundaries. Consider partnering with neighboring communities to form regional learning collaboratives, so that families can receive similar care and opportunities no matter where they live.

We hope that you find this handbook helpful as your communities engage in planning efforts related to CARA and PoSC. Our team will work on keeping the manual updated over time, but please let us know of any opportunities that you find as well. Best of luck as you move forward with your community partners to continue building upon your great work!

Thanks,

Rick Massatti  
Chief, Bureau of SUD Treatment  
Office of Community Treatment Services  
Ohio Dept. of Mental Health & Addiction Services

## HOW THE HANDBOOK IS DESIGNED

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This handbook contains information for trainings to support local family plans of safe care. Those categories are as follows:

**CARA ACT** – (What is the CARA ACT, Understanding CARA ACT, Mandated Reporting)

**Developing Plans of Safe Care** – (Monitoring, Supporting Families)

**Roles of Local Plans of Safe Care Team** – (Community Partners, Plans of Safe Care)

**Approaches** – (Cultural Competence, Equity, Family-Centered Practices, Trauma-Informed Care)

**Developing Local POSC Support Teams** - Tools to developing local POSC Support Teams

Understanding Substance Use Disorders and its Impact on the Individual, Family and Community – FASD, Neonatal Abstinence Syndrome (NAS), substance use disorder).

Under each category, the title of the trainings is capitalized and underlined. A brief description of the training is provided along with the link to access and/or register for the course.

These trainings are made possible through cross-agency and other partnerships. We have provided information on how to access trainings in OCCRRA, OhioTrain, and DODD MyLearning (Attachments A and B). These trainings are offered at little to no cost.

# THE CARA ACT

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## THE IMPACT OF COMPREHENSIVE ADDICTION & RECOVERY ACT 2016 ON CHILD WELFARE

This online module will review the Comprehensive Addiction & Recovery Act 2016 (CARA). It will explain the Impact of CARA on child welfare, as well as educate MOMS Maternal Care Homes (MOMS MCHs) about the legal requirements and opportunities for supporting child welfare mandates.

*Ohio Department of Mental Health and Addiction Services*

<http://momsohio.org/moms-moms-to-be>

## OOO: MAT AND PREGNANCY

This training is designed to educate a variety of disciplines about drug addiction and its impact. The MAT in Pregnancy course focuses on how the opioid epidemic impacts pregnant women and reviews applicable legislation. A case study is examined to help clinicians understand best practices for treating pregnant women with an OUD. The significance of ongoing engagement and a coordinated, multi-systematic approach is explained.

*eBasedAcademy*

<http://www.ebasedacademy.org/learn/course/external/view/elearning/87/OOC:%20MAT%20and%20Pregnancy>

## IOC – MAT IN CHILD WELFARE

Ohio's ECMH Training Institute is designed to share best practices with the field and provide professional development for early childhood mental health (ECMH) professionals seeking the Ohio ECMH Credential. The purpose and goal of the training institute is to prepare ECMH professionals to deliver quality service to early learning centers and families; and to ensure providers have competency in the six domains of ECMH: Social and Emotional Growth and Development, Family and Community Relations, Assessment, Interventions, Professional Development, and Cultural and Linguistic Competency.

*eBasedAcademy*

<http://www.ebasedacademy.org/learn/course/external/view/elearning/96/OOC:%20MAT%20in%20Child%20Welfare>

## OOO MAT IN OBSTETRIC SETTINGS

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) serves as the sponsoring body for the Infant Early Childhood Mental Health (IECMH) Credentials. OhioMHAS is a partner agency in Governor DeWine's Children's Initiative. The Ohio Child Care Resource and Referral Association (OCCRRA) manages the IECMH provider's profile, processes applications for all Ohio's early childhood credentials through the Ohio Professional Registry, and hosts Ohio Approved (OA) Training data.

*eBasedAcademy*

<http://www.ebasedacademy.org/learn/course/90/ooc-mat-in-obstetric-settings>

## **JFS MANDATED REPORTING**

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### **MANDATED REPORTING of SUSPECTED CHILD ABUSE AND NEGLECT**

This training reviews the reporting requirements for mandated reporting in Ohio Revised Code 2151.421, Reporting Child Abuse or Neglect.

*MyLearning DODD*

<https://mylearning.dodd.ohio.gov/course/view.php?id=67>

## **DEVELOPING PLANS OF SAFE CARE**

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### **PLANS OF SAFE CARE LEARNING MODULES OVERVIEW**

Prepared by the National Center on Substance Abuse and Child Welfare (NCSACW), these five modules focus on Plans of Safe Care for infants affected by substance abuse or withdrawal symptoms resulting from prenatal drug exposure, or a fetal alcohol spectrum disorder (FASD), and their affected family or caregiver. The series is intended to guide state, tribal, and local collaborative partners who aim to improve systems and services for infants affected by prenatal substance exposure and their families. These technical assistance modules were developed by the NCSACW. The policy and practice strategies included in these modules are derived from NCSACW's years of practice-based experience providing technical assistance to states, tribes, and communities. Points of view or opinions expressed in this tool are those of the authors and do not necessarily represent the official position or policies of the Substance Abuse and Mental Health Services Administration or the Administration on Children, Youth, and Families.

### **MODULE 1: PREPARING FOR PLAN OF SAFE CARE IMPLEMENTATION**

Module 1 explores the steps states can take to understand existing statutes and structures as they strategize how to effectively address the needs of infants affected by prenatal substance exposure and their families and implement Plans of Safe Care.

<https://ncsacw.samhsa.gov/files/posc-module-1.pdf>

### **MODULE 2: COLLABORATIVE PARTNERSHIPS FOR PLANS OF SAFE CARE**

Module 2 explores the steps states can take to build, grow, and sustain collaborative teams critical to a comprehensive approach to address the health and treatment needs of infants and their affected family or caregiver, and implement Plans of Safe Care.

<https://ncsacw.samhsa.gov/files/posc-module-2.pdf>

### **MODULE 3: DETERMINING WHO NEEDS A PLAN OF SAFE CARE**

Module 3 explores the steps states can take to explain the phrase "affected by substance abuse or withdrawal symptoms resulting from prenatal drug exposure or FASD" as they roll out a statewide Plan of Safe Care.

<https://ncsacw.samhsa.gov/files/posc-module-3.pdf>

## **MODULE 4: IMPLEMENTING AND MONITORING PLANS OF SAFE CARE**

Module 4 explores state decision points when implementing Plans of Safe Care, and how collaborative teams can translate policy decisions into practice through implementation and case monitoring.

<https://ncsacw.samhsa.gov/files/posc-module-4.pdf>

## **MODULE 5: OVERSEEING STATE PLANS OF SAFE CARE SYSTEMS AND REPORTING DATA**

Module 5 explores how to develop and monitor policies and procedures related to Plans of Safe Care and strategies to enhance the ability of states to report data to the National Child Abuse and Neglect Data System.

<https://ncsacw.samhsa.gov/files/posc-module-5.pdf>

# **UNDERSTANDING SUBSTANCE USE DISORDER AND ITS IMPACT ON THE INDIVIDUAL, FAMILY AND COMMUNITY**

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## **NAS SERIES**

Expert Dr. Kathy Wedig and colleagues from the Cincinnati Children's Hospital discuss Neonatal Abstinence Syndrome and its impact on the growing brain. This is a five-part series.

### **EI-085 NEONATAL ABSTINENCE SYNDROME MODULE 1: IN UTERO THROUGH SIX MONTHS**

*MyLearning DODD*

<https://mylearning.dodd.ohio.gov/course/view.php?id=85>

### **EI-099 NEONATAL ABSTINENCE SYNDROME MODULE 2: SIX THROUGH TWELVE MONTHS**

*MyLearning DODD*

<https://mylearning.dodd.ohio.gov/enrol/index.php?id=99>

### **EI-111 NEONATAL ABSTINENCE SYNDROME MODULE 3: TWELVE TO EIGHTEEN MONTHS**

*MyLearning DODD*

<https://mylearning.dodd.ohio.gov/enrol/index.php?id=111>

### **EI-114 NEONATAL ABSTINENCE SYNDROME MODULE 4: EIGHTEEN TO TWENTY-FOUR MONTHS**

*MyLearning DODD*

<https://mylearning.dodd.ohio.gov/enrol/index.php?id=114>

### **EI-124 NEONATAL ABSTINENCE SYNDROME MODULE 5: TWENTY-FOUR TO THIRTY-SIX MONTHS**

*MyLearning DODD*

<https://mylearning.dodd.ohio.gov/enrol/index.php?id=124>

## **NEONATAL ABSTINENCE SYNDROME**

OhioMHAS has developed a video that discusses what is NAS and its impact.

*MomsOhio.Org*

<http://momsOhio.org/moms-moms-to-be>

## **ROLES OF THE LOCAL PLAN OF SAFE CARE TEAM**

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### **PLANS OF SAFE CARE-WHAT YOUR MULTIDISCIPLINARY TEAM NEEDS TO KNOW**

This webinar provides multidisciplinary teams with a shared understanding of the challenges facing infants and families affected by substance use disorders (SUD), identifies how diverse partners can contribute to a collaboration that supports the complex needs of these families and highlights resources that teams can use to support implementation of a collaborative approach to Plans of Safe Care for pregnant and parenting women with SUD, infants with prenatal substance exposure and their families.

*SAMHSA*

<https://www.youtube.com/watch?v=11KybCSkYK4>

### **SUPPORTING YOUR COLLABORATIVE WHEN PLANNING FOR SAFE CARE FOR INFANTS WITH PRENATAL SUBSTANCE EXPOSURE - LIVE DISCUSSION WEBINAR**

This live webinar hosted by the National Center on Substance Abuse and Child Welfare (NCSACW) alongside representatives from child welfare and health care from several states discusses shared experiences and knowledge for serving pregnant and parenting women with opioid and other substance use disorders. This webinar will provide an overview of treatment needs of pregnant women with substance use disorders, and the elements of family-centered treatment, the effects of exposure to infants, and treatment needs of infants with neonatal abstinence syndrome and infants in general, the key role collaboration plays to support parent treatment and recovery and infant safety and well-being, Plans of Safe Care, and challenges experienced by partnerships in many different states.

*SAMHSA*

<https://www.youtube.com/watch?v=jXRGTOUD5RE>

## **APPROACHES**

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The following trainings are offered by OhioMHAS and conducted by ECMH Master trainers. You may contact OCCRAA for registration information found below.

### **OOC: TRAUMA-INFORMED CARE**

The trauma-informed approaches course focuses on SAMHSA's four R's concept of trauma-informed care: Realize, Recognize, Respond, and Resist. (1.25)

*eBased Academy ID: E-YVMNI1*

<http://www.ebasedacademy.org/learn/course/external/view/elearning/71/ooc-trauma-informed-approaches>

### **OOO: SECONDARY TRAUMA FOR ADMINISTRATORS/ORGANIZATION TRANSFORMATION**

The Secondary Trauma for Administrators/Organization Transformation course provides an in-depth look at secondary traumatic stress (STS) and its impact on organizations and the workforce. This course is designed to educate organizations about building resiliency, post-traumatic growth, and the benefits of becoming an STS-informed organization. A case study is examined to help learners further understand best practices to becoming STS-informed.

*eBased Academy ID: E-P0Y92V*

<http://www.ebasedacademy.org/learn/course/external/view/elearning/85/ooc-secondary-trauma-for-administratorsorganization-transformation>

### **OOO: SECONDARY TRAUMA FOR CHILD WELFARE WORKER'S**

The Secondary Trauma for Child Welfare Workers course provides an in-depth look at secondary traumatic stress (STS) and its impact on child welfare workers. This course is designed to educate child welfare workers about how the demands of their job can influence their response to trauma and how to utilize resiliency as a key to improving their response.

*eBased Academy ID: E-Q07K21*

<http://www.ebasedacademy.org/learn/course/external/view/elearning/86/ooc-secondary-trauma-for-child-welfare-workers>

### **OOO: SELF CARE FOR FOSTER PARENTS – PREVENTING SECONDARY TRAUMA**

The Self Care for Foster Parents: Preventing Secondary Trauma course reviews the complexity of the role of a foster parent and how the challenges within this role can impact their well-being. The course also teaches learners how to build resiliency and shift their thinking to address and prevent Secondary Traumatic Stress (STS).

*eBased Academy ID: E-G03M81*

<http://www.ebasedacademy.org/learn/course/external/view/elearning/93/ooc-self-care-for-foster-parents-preventing-secondary-trauma>

### **OOO: VICARIOUS TRAUMA FOR FIRST RESPONDERS**

The Vicarious Trauma for First Responders course provides an in-depth look at trauma and its impact on firefighters, emergency medical services (EMS) or paramedics, disaster response workers, and law enforcement. The course identifies how first responders can become more effective and safer by being trauma-informed and aware of the implications and prevalence of vicarious trauma.

*eBasedAcademy*

<http://www.ebasedacademy.org/learn/course/external/view/elearning/72/ooc-vicarious-trauma-for-first-responders>

### **DANGEROUS EMPATHY: IDENTIFYING, PREVENTING, AND HEALING EMPATHETIC INJURY IN TRAUMA PROFESSIONALS**

Empathy has long been the heart of how helping professionals define their character strength and motivation to help others. Studies suggest a compassionate empathy stance not only insulates against burnout and moral injury, but also widens our perspective and engages effective problem-solving.

eBased Academy ID: E-O6XPV

<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association

[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130167

### **CROSS-CULTURAL SCREENING AND ASSESSMENT IN TLC BEHAVIORAL HEALTH PRACTICE**

It has become increasingly practiced in behavioral health care to address trauma as a component of effective care. Developing a trauma-informed care (TIC) approach must include understanding trauma from the context of culture and with consideration of cross-cultural perspectives.

eBased Academy ID: E-GVP9Q1

<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association

[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130169

### **BIGGER THAN CARE: MOVING TOWARDS TRAUMA-INFORMED ENVIRONMENTS IN SCHOOLS AND COMMUNITIES**

This workshop posits that school can go beyond training and referrals and become trauma-informed environments, by evolving school culture and that this change is beneficial for everyone at school – students, families, and the adults who work there. Trauma-informed schools can be built by implementing and adapting the principles of trauma-informed care, thus transforming the school.

eBased Academy ID: E-E04QR1

<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association

[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130172

### **BEYOND TRAUMA-INFORMED: BUILDING TRAUMA-SKILLED COMMUNITIES**

Learn about efforts to create trauma-skilled schools and communities through embedded trauma-informed care consultants. Consultants work collaboratively to empower and equip providers, school and community leadership, and teachers to respond to trauma's impact on students by building resiliency in students and staff. The session will share simple, but successful strategies for building resiliency in providers, students, school staff, and communities.

eBased Academy ID: E-602WNV

<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association

[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130173

### **SELF-AWARE AND STRUCTURALLY SOUND: THE FOUNDATION FOR A CULTURALLY COMPETENT TRAUMA-RESPONSIVE**

Agencies need a strong, wide base of trauma-responsiveness that applies to all human beings to tailor interventions, programs, and initiatives to a particular group. We cannot create a new agency with each new

population we serve, but we can be ready to serve any population. Being a culturally competent provider requires, among other things, self-awareness, and structural change.

*eBased Academy ID: E-N05D90*

<http://www.ebasedacademy.org/learn>

*Ohio Child Care Resource and Referral Association*

[https://registry.ocrra.org/cart/training\\_list](https://registry.ocrra.org/cart/training_list) AT # 130166

### **TRAUMA-INFORMED YOGA AND MINDFULNESS TOOLS FOR YOUTH**

Join Youth Yoga Project to learn evidence-based yoga and mindfulness strategies that support youth to integrate and regulate their brain and nervous system. Participants will explore the benefits of yoga and mindfulness for youth and engage in yoga and mindfulness practices including breathing exercises, body postures, and guided relaxation techniques. This session will address specific strategies for translating research into action by giving participants ways to implement yoga and mindfulness directly into their work with youth.

*eBased Academy ID: POW630*

<http://www.ebasedacademy.org/learn>

*Ohio Child Care Resource and Referral Association*

[https://registry.ocrra.org/cart/training\\_list](https://registry.ocrra.org/cart/training_list) AT # 130147

### **BUILDING RESILIENCY DURING PREGNANCY: UNDERSTANDING THE IMPACT OF ADVERSITY ON WOMEN PRIOR TO DURING AND POST-PREGNANCY**

This workshop is designed for those professionals working with women who are pregnant and at most risk for infant mortality during pregnancy or within the first year of the baby's life. The presentation focuses on understanding social determinants and health risk factors, but most importantly there is a focus on building programs of resilience and support for those at most risk.

*eBased Academy ID: E-P0896V*

<http://www.ebasedacademy.org/learn>

*Ohio Child Care Resource and Referral Association*

[https://registry.ocrra.org/cart/training\\_list](https://registry.ocrra.org/cart/training_list) AT # 130170

### **"THIS IS THE WAY WE ...": BUILDING EVERYDAY COPING SKILLS FOR FAMILIES IMPACTED BY TRAUMA**

What we know to be true in our efforts to lessen the negative impact of traumatic stress on children is that service delivery must include interventions targeted at the contexts in which we hope healing can occur. Among the most critical of these contexts are the families in which children live. Rooted in an awareness of how trauma disconnects families from the routines, rituals, and supports that are within the family's history and tradition, agencies and staff need to work to reconnect families to these foundations.

*eBased Academy ID: E-Y1QER1*

<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association  
[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130152

### **VICARIOUS RESILIENCE: AN ANTIDOTE TO VICARIOUS TRAUMA**

An organization's capacity to provide trauma-informed care is dependent on the emotional health of their workforce. When employees are hampered by secondary or vicarious trauma and/or burnout due to organizational stress, their ability to provide trauma-sensitive care is severely limited. This training presents information about Vicarious Resilience and Vicarious Growth as one antidote to vicarious trauma. A strategy to support staff and move an agency culture toward one of Vicarious Growth will be presented. One agency's experience of using ritual and reflective story telling is presented along with anecdotal accounts of positive outcomes.

eBased Academy ID: E-Q07J4V  
<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association  
[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130149

### **TRAUMA-INFORMED CARE CAREGIVING IN CHILD WELFARE**

This joint presentation between the College of Social Work at the Ohio State University and Back2Back ministries presents initial findings on trauma exposure among Ohio START (Sobriety Treatment And Reducing Trauma) families and discuss implications for early engagement and the recovery process, service linkage and re-entry into the foster care system will be shared. The workshop will present a holistic approach to working with families affected by trauma. Back2Back Ministries is an international Christian non-profit with a Cincinnati-based office focusing on trauma competent care. This workshop will focus on (1) understanding the lifelong impact of trauma; (2) recognizing behaviors that have their roots in trauma and (3) responding to children in a trauma-informed way to promote healing. The workshop will include a discussion of the role of child welfare generally and caregivers, in not only understanding the impact trauma has on a children's behavior and development but also developing the necessary skills to respond appropriately and promote stable relationships.

eBased Academy ID: E-P0YQGV  
<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association  
[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130150

### **TRAUMA AND RESILLIENCY IN YOUNG CHILDREN**

This training will discuss the effects of trauma on young children, how to help them build resiliency, and how to care for ourselves while supporting them. This training describes how trauma can contribute to children growing up with developmental disabilities. We will discuss that trauma is not limited to any one race, culture, gender, etc. There is discussion of low socio-economic populations being more at risk for trauma.

eBased Academy ID: E-Z1G4ZV  
<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association  
[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130151

### **BREATHING MEDITATION AND CAREGIVER SELF-CARE STRATEGIES**

We recognize the importance of breathing to navigating stress and trauma of caregiving. Research has documented how regulated deep breathing can reduce anxiety and depression, decrease feelings of stress, muscle relaxation, and increase energy levels. Yet, most of us spend almost all day in shallow breathing. In doing so, we are limiting our ability to cope, think, and remain centered. Our breathing is influenced by our thoughts, and our thoughts (and physiology) are influenced by our breath. At Courage to Caregivers, we know that meditation allows you to better manage day-to-day and critical stressful situations. We have found that utilizing proper breathing techniques is vital to the regulation of our stress levels.

eBased Academy ID: E-KVOJP1  
<http://www.ebasedacademy.org/learn>

Ohio Child Care Resource and Referral Association  
[https://registry.occrra.org/cart/training\\_list](https://registry.occrra.org/cart/training_list) AT # 130171

### **GROWING FAMILY RESILIENCE**

Family resilience is not just about weathering a storm. Rather, it's about turning adversity into a catalyst for the family's growth. It's about enriching relationships and making family members more skilled at coping with future stresses. Healthy parenting and family resilience has been shown to be an important factor in promoting readiness, achievement, and preventing from participating in high-risk behaviors. This series of modules provides practical tips for families to be flexible, connected, and supported.

DODD  
<https://dodd.ohio.gov/wps/portal/gov/dodd/your-family/social-connections/gfr-course>

### **TOXIC STRESS TO SAFE ZONE**

Early experiences of trauma have impact across the lifespan. Part one of this series will explore the effect on child development and navigate responding to trauma's influence on behavior. Part two of the series will focus on becoming trauma-informed early-learning professionals, diving into trauma's impact on parents and professionals and how a trauma-informed approach can create safety in the early-learning setting. Part three of this series aims to help early-learning settings become trauma-informed in their approach to care. Not only will we explore SAMHSA's 10 domains for assessing trauma-informed practice, we will develop a plan for expanding trauma-informed practice in at least one of the domains in each of our settings.

Ohio Child Care Resource and Referral Association  
[https://registry.occrra.org/cart/view\\_training/10095954](https://registry.occrra.org/cart/view_training/10095954)

### **TRAUMA INFORMED FAMILY ENGAGEMENT**

Participants will identify the six guiding principles to trauma-informed care, the importance of family engagement, as well as strategies for the implementation of trauma-informed family engagement practices. Participants will also identify the positive impact trauma-informed family engagement has on families, children, and communities.

Ohio Child Care Resource and Referral Association  
[https://registry.ocrra.org/cart/view\\_training/10095957](https://registry.ocrra.org/cart/view_training/10095957)

### **OHIO MODEL OF INFANT AND EARLY CHILDHOOD MENTAL HEALTH CONSULTATION**

This professional development opportunity will provide participants with the foundational knowledge of effective IECMH consultation, the tenets of the consultative stance, and additional information on the most essential roles of the consultant. The Ohio Model of Infant and Early Childhood Mental Health Consultation, Part 2, will provide participants with the opportunity to put the tenets of the consultative stance “into practice.” Opportunities will be provided to develop a vision and plan for professional development, discuss cultural and linguistic humility in IECMH consultation, and explore building relationships with families and other professionals. (Part 1 is required).

Ohio Child Care Resource and Referral Association  
[https://registry.ocrra.org/cart/view\\_training/10091295](https://registry.ocrra.org/cart/view_training/10091295)  
[https://registry.ocrra.org/cart/view\\_training/10091296](https://registry.ocrra.org/cart/view_training/10091296)

### **TRAUMA-INFORMED CARE IN EARLY CHILDHOOD EDUCATION**

Understanding the role of trauma-informed care in early childhood is vital to children and families. By becoming “trauma-informed,” professionals will recognize that people have often experienced many different types of traumas. Those who have been traumatized benefit from support and understanding from those around them. This professional development opportunity is focused on educating communities and professionals about the long-lasting impact of trauma.

Ohio Child Care Resource and Referral Association  
[https://registry.ocrra.org/cart/view\\_training/10095969](https://registry.ocrra.org/cart/view_training/10095969)

### **RESPONDING TO TRAUMA AND SUPPORTING RESILIENCE**

This module focuses on understanding trauma and how it impacts and influences children. Professionals will learn to recognize possible signs of trauma and identify practical strategies to build resilience, along with connecting and engaging families with resources and supports.

<https://cycsuite.org/>

### **THIS CHILD, EACH CHILD WILL GROW AND LEARN**

This module emphasizes the importance of understanding and noticing the development of each child. Professionals will learn about using developmental monitoring and screening tools to learn about each child’s strengths and areas of concern, effective ways to share information with families, and how to identify resources to support all children.

<https://cycsuite.org/>

### **WE CAN DO THIS, RIGHT WHERE WE ARE**

This module is a first step in building the confidence and competence of early care and education professionals to welcome all children into your settings. Evidence-based strategies and approaches that create success in inclusive early care and education are presented, demonstrating that practical supports can

be used with intention purpose.

<https://cycsuite.org/>

## **TRCC: TRAUMA RESPONSIVE CARE CERTIFICATION**

**MODULE 1: FACILITATING HEALING, RESILIENCY, AND HOPE PART 1** (six hours)

**MODULE 2: FACILITATING HEALING, RESILIENCY, AND HOPE PART 2** (six hours)

**MODULE 3: WHERE IT ALL BEGINS: TRAUMA-INFORMED ASSESSMENT** (three hours of training; two hours of consultation)

**MODULE 4: THE TOP FIVE RESILIENCE FACTORS AND YOU: BUILDING RESILIENCY IN THOSE WE SERVE AND OURSELVES** (three hours of training; two hours of consultation)

**MODULE 5: LOOKING FOR DOPAMINE IN ALL THE WRONG PLACES: INTERVENTIONS FOR BIOLOGICALLY BASED FEAR RESPONSES** (three hours of training; two hours of consultation)

**MODULE 6: BRINGING HOPE HOME: THE THREE R'S OF SUCCESSFUL TRAUMA RESOLUTION** (three hours of training; two hours of consultation)

**MODULE 7: TRAUMA-INFORMED SUPERVISION AND ADMINISTRATION: PROMOTING CLIENT CARE AND SELF-CARE IN A TRAUMA-INFORMED WORKPLACE** (three hours of training; two hours of consultation)

**MODULE 8: PUTTING IT ALL TOGETHER: RELATIONAL AND SENSORY BASED INTERVENTIONS FOR TRAUMA RESPONSIVE CARE** (three hours of training; two hours of consultation)

*Tristate Trauma Network*

<https://www.tristatetraumanetwork.org/certification/>

## **FAMILY-CENTERED PRACTICES**

NCSACW prepared a series of companion modules on implementing a family-centered approach. This series is designed for state-, county-, and agency-level collaborative partners. Module one is an overview of a family-centered approach and its effectiveness.

**MODULE 1: OVERVIEW OF A FAMILY-CENTERED APPROACH AND ITS EFFECTIVENESS**

[https://www.cffutures.org/ncsacw-page/fca\\_practice\\_module\\_1/](https://www.cffutures.org/ncsacw-page/fca_practice_module_1/)

## **MODULE 2: ON THE GROUND – FAMILY-CENTERED PRACTICE**

[https://www.cffutures.org/ncsacw-page/fca\\_practice\\_module\\_2/](https://www.cffutures.org/ncsacw-page/fca_practice_module_2/)

## **MODULE 3: COLLABORATION TO SUPPORT FAMILY-CENTERED PRACTICES AT THE COUNTY AND STATE LEVEL**

[https://www.cffutures.org/ncsacw-page/fca\\_practice\\_module\\_3/](https://www.cffutures.org/ncsacw-page/fca_practice_module_3/)

## **ADDRESSING INFANTS WITH PRENATAL SUBSTANCE EXPOSURE: NEW YORK'S IMPLEMENTATION STRATEGIES**

From September 2016 to March 2019, New York received in-depth technical assistance from the National Center on Substance Abuse and Child Welfare to help address the needs of pregnant women with opioid use disorder and other substance use disorders, their infants affected by prenatal substance exposure, and their families and caregivers. State leaders discuss their collaborative efforts and the strategies they are implementing to improve outcomes for this population of women and their families. Speakers: New York State Office of Alcoholism and Substance Abuse Services; New York State Department of Health; American College of Obstetricians and Gynecologists, District II.

SAMHSA

<https://www.youtube.com/watch?v=HPuRy7VYiOQ>

## **A FRAMEWORK FOR INTERVENTION FOR INFANTS WITH PRENATAL EXPOSURE AND THEIR FAMILIES**

This webinar introduces the Five Point Framework, which identifies points of intervention for comprehensive reform to prevent prenatal exposure and respond to the needs of pregnant women, mothers, their families, and infants. The five points of intervention include pre-pregnancy, prenatal, identification at birth, post-partum, and infancy and beyond.

SAMHSA

<https://www.youtube.com/watch?v=nEaTjxydGp4>

## **CHANGING HOW WE TREAT NEONATAL ABSTINENCE SYNDROME: A QUALITY IMPROVEMENT APPROACH WEBINAR**

This live webinar hosted by the National Center on Substance Abuse and Child Welfare (NCSACW) alongside Dr. Maya Balakrishnan discusses Tampa General Hospital's Neonatal Intensive Care Unit (NICU) culture and practice changes in working with infants with prenatal substance exposure, their families, and their collaborative partnership with Florida's Department of Health. This webinar provides an overview of neonatal abstinence syndrome, Florida Perinatal Quality Collaborative (FPQC), and practice changes and provider trainings in the NICU.

SAMHSA

<https://www.youtube.com/watch?v=mBJ8ZerrSlc>

## **DEALING WITH STRESS WHILE RAISING INFANTS AND TODDLERS**

This training will identify common stresses related to becoming a parent.

ODH OhioTrain

<https://www.train.org/odh/course/1028648/>

### **RESOURCES TO SUPPORT FAMILIES IN CHILD WELFARE AFFECTED BY OPIOID AND OTHER SUBSTANCE USE DISORDERS**

This pre-recorded webinar features a variety of technical assistance resources including publications, webinars, and tools that communities can use to better serve families in child welfare affected by opioid and other substance use disorders. The intended audience for the webinar includes Policymakers, Community-Service Providers, Public Health Professionals, Health care Providers, Child Welfare Professionals, and Substance Use Disorder Treatment Providers.

SAMHSA

[https://www.youtube.com/watch?v=YhBuP\\_vD78s](https://www.youtube.com/watch?v=YhBuP_vD78s)

### **SUPPORTING FAMILIES IN CHILD WELFARE AFFECTED BY OPIOID AND OTHER SUBSTANCE USE DISORDERS**

This webinar will address how the opioid epidemic is affecting families, particularly pregnant women with opioid use disorders and their infants, and strategies to support them. Many systems are involved in decisions related to the treatment, care, and supervision of pregnant women with opioid use disorders. The systems are governed by a combination of federal regulations, state legislation, ethics, and system-specific guidelines. At times, this mixture of regulations and guidelines can result in conflicting recommendations regarding medical care, substance use treatment, and child safety. Systems must establish mechanisms for working together to develop a family-centered and coordinated approach. Strategies for strengthening collaboration will be discussed in this webinar.

SAMHSA

<https://www.youtube.com/watch?v=-rD5ADGN59w>

### **INFANTS WITH PRENATAL SUBSTANCE DISORDER**

This live webinar hosted by The National Center on Substance Abuse and Child Welfare (NCSACW) alongside representatives from Connecticut's Mental Health & Addiction Services (DMHAS) and Department of Children and Families (DCF) who will discuss Connecticut's online notification process and system related to CAPTA for infants affected by prenatal substance exposure and their families. This webinar provides an overview of treatment needs of pregnant women with substance use disorders, family-centered treatment, Connecticut's approach to developing Plans of Safe Care (POSC), a review of their innovative on-line notification portal, its overall intent, and how the process differentiates from mandated reporting, and a discussion of their collaborative work and training with partner agencies involved in POSC development.

SAMHSA

[https://www.youtube.com/watch?v=Tth\\_bQK68qs](https://www.youtube.com/watch?v=Tth_bQK68qs)

### **INFANTS WITH PRENATAL SUBSTANCE EXPOSURE: YALE NEW HAVEN CHILDREN'S HOSPITAL'S APPROACH**

This webinar provides an overview of the Yale New Haven Children's Hospital initiative to improve the quality of care of infants with Neonatal Abstinence Syndrome. Dr. Matthew Grossman highlights research findings, including the methods and results of the hospital study published in Pediatrics. The interventions include non-pharmacologic therapies and a simplified approach to assessment for infants exposed to methadone in utero.

SAMHSA

<https://www.youtube.com/watch?v=Ak-kfFwlyVM>

### **PARTNERING TO SUPPORT FAMILIES AFFECTED BY OPIOID AND OTHER SUBSTANCE USE DISORDERS**

This webinar for the Regional Offices of the Substance Abuse and Mental Health Services Administration (SAMHSA); Administration on Children Youth and Families, Children’s Bureau (ACYF, CB); Health Resources and Services Administration, Maternal Child Health Bureau (HRSA, MCHB); and the Administration for Children and Families (ACF), Office of Regional Operations, includes discussion about collaborative practice to enhance states’ capacity to support families affected by opioid and other substance use disorders. It also discusses support implementation of the prenatal substance exposure sections of the Child Abuse and Prevention Treatment Act (CAPTA). The webinar explains changes to the CAPTA statutes from the Comprehensive Addiction and Recovery Act (CARA) of 2016 and highlights local initiatives that are implementing the statutes.

SAMHSA

<https://www.youtube.com/watch?v=EZIFMhFNvZU>

### **PART 1: COLLABORATIVE APPROACHES TO TREATING PREGNANT WOMEN WITH OPIOID USE DISORDERS**

The first webinar in the series presents an overview and introduction to the newly released SAMHSA publication A Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders: Practice and Policy Considerations for Child Welfare, Collaborating Medical and Service Providers. The publication supports the efforts of states, tribes, and local communities in addressing the needs of pregnant women with opioid use disorders, their infants and families.

SAMHSA

<https://www.youtube.com/watch?v=f7TpCverHOc>

### **PART 2: PARTNERING TO TREAT PREGNANT WOMEN WITH OPIOID DISORDERS: LESSONS LEARNED FROM A SIX SITE INITIATIVE**

The second webinar in the series, Partnering to Treat Pregnant Women with Opioid Use Disorders: Lessons Learned from a Six Site Initiative will provide an overview and share lessons from the SAMHSA-funded initiative, Substance Exposed Infants In-Depth Technical Assistance program. The webinar will feature key findings learned in Connecticut, Kentucky, Minnesota, New Jersey, Virginia, and West Virginia.

SAMHSA

<https://www.youtube.com/watch?v=OzNpzHQgbjM>

### **INVOLVING FATHERS, GRANPARENTS, AND OTHER SIGNIFICANT CAREGIVERS**

This training will help you understand family dynamics and the importance each role has on the family.

ODH OhioTrain

<https://www.train.org/odh/course/1028676/>

### **MOTIVATIONAL INTERVIEWING**

This training will help you understand the social brain and how to prompt families on discussing difficult

topics. Participants learn how to interview families and focus family's strengths.

ODH OhioTrain

<https://www.train.org/odh/course/1058588/>

### **WORKING WITH PARENTS: CONSIDERING CULTURAL RESPECT**

This training will help you understand working with culturally diverse families.

ODH OhioTrain

<https://www.train.org/odh/course/1059005/>

### **ADVERSE CHILDHOOD EXPERIENCES**

This training will help you learn the impact that adverse childhood experiences have on children and caregivers we work with.

ODH OhioTrain

<https://www.train.org/odh/course/1079049/>

## **TRAINING RESOURCES**

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### **MARCH OF DIMES**

[https://www.marchofdimes.org/complications/neonatal-abstinence-syndrome-\(nas\).aspx](https://www.marchofdimes.org/complications/neonatal-abstinence-syndrome-(nas).aspx)

### **NAS/NOWS**

- The American Academy of Pediatrics, *Neonatal Opioid Withdrawal Syndrome (NOWS): What Families Need to Know*
- Centers for Disease Control and Prevention, *About Opioid Use During Pregnancy*
- Cincinnati Children's Hospital Medical Center, *Neonatal Abstinence Syndrome (NAS)*
- Dayton Children's, *Neonatal Abstinence Syndrome (NAS)*

### **FETAL ALCOHOL SPECTRUM DISORDER (FASD)**

- Centers for Disease Control and Prevention, *Basics about FASDs*
- Nationwide Children's Hospital, *Fetal Alcohol Spectrum Disorder (FASD)*
- Akron Children's Hospital, *Fetal Alcohol Syndrome*

### **USE OF MARIJUANA AND NICOTINE DURING PREGNANCY**

- American Academy of Pediatrics, *Marijuana Use During Pregnancy & Breastfeeding FAQs*
- Centers for Disease Control and Prevention, *What You Need to Know about Marijuana Use and Pregnancy*
- Centers for Disease Control and Prevention, *Smoking, Pregnancy, and Babies*
- Centers for Disease Control and Prevention, *E-Cigarettes and Pregnancy*
- American Academy of Pediatrics, *E-Cigarette Use During Pregnancy & Breastfeeding FAQs*

## **COMPREHENSIVE ADDICTION AND RECOVERY ACT (CARA)**

- CARA - Power Point for Help Me Grow
- JFS Brochure for Expectant Mothers
- JFS Brochure for Providers Serving Expectant Mothers with Substance Use Disorders
- CARA Screening Scenarios
- CARA Training Presentation Spreadsheet

## **MANDATED REPORTING OF SUSPECTED CHILD ABUSE AND NEGLECT**

- Mandated Reporters and Ohio's Child Protective Services System – Power Point
- ***Ohio Administrative Code Chapter 5101:2-36 Screening and Investigation***

## **PLANS OF SAFE CARE**

- KY Plan of Safe Care Deliverables
- Louisville, Kentucky Plan of Safe Care Authorization to Release of Confidential Information
- Ohio Five Points of Family Intervention
- Plan of Safe Care Coordination – Power Point
- Plan of Safe Care Resource Guide Fairfield County
- POSC Risk Factors
- POSC Webinar for Fairfield County
- A Guide to Prenatal Family Care Planning
- Prompts for Completing a Plan of Self Care
- Addressing the Needs of Substance Affected Infants – Power Point
- Prenatal Family Care Plan
- Smith Family Prenatal Care Plan

## **TRAINING ON APPROACHES**

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### **SAMSHA**

***<https://ncsacw.samhsa.gov/training/videos-and-webinars/webinars.aspx>***

### **PLANS OF SAFE CARE**

***<https://jfskb.com/sacwis/index.php/cspolicy/178-cara-community-kit/861-cara-community-kit>***

***<https://ncsacw.samhsa.gov/topics/plans-of-safe-care.aspx>***

### **PREGNANT WOMEN**

***<https://ncsacw.samhsa.gov/topics/pregnant-postpartum-women.aspx>***

OPQC that can be accessed here: ***<https://www.opqc.net/neonatal-abstinence-centers>***.

Our most requested document from hospitals and others states is the NAS Guide for Families: ***[https://static1.squarespace.com/static/5e8f4e2a4eaf8154a7c9c939/t/5f8079d2e1e4dd0d523cfb42/160225525601/opqc\\_nas\\_parent\\_guide\\_092914.pdf](https://static1.squarespace.com/static/5e8f4e2a4eaf8154a7c9c939/t/5f8079d2e1e4dd0d523cfb42/160225525601/opqc_nas_parent_guide_092914.pdf)***

## ATTACHMENT A



### **Ohio Professional Registry (OPR) Instructions**

Ohio's web-based professional registry allows professionals to document and track career growth and accomplishments as well as to search and register for training opportunities offered statewide. Use the following instructions to create your registry profile and use the system.

#### **How do I create a profile?**

1. Go to <https://www.occrra.org/>
2. Click Create Profile near the top right of the page.
3. Enter required information on the form.
4. Click the Create Profile button at the bottom of the form. You will receive a private, secure username and log-in instructions via email after submitting.
5. **NOTE:** Be sure to keep your email address current and to click on "email updates" so you will receive reminders related to credentialing.

#### **How do I sign in to my profile?**

1. Go to [www.occrra.org](http://www.occrra.org) and click "Sign In" on the top right of the page.
2. Using the fields provided, enter User Name, OPIN or Email Address.
3. Enter Password.
4. Click "Sign in" button.
5. **IMPORTANT:** Upon your first sign in, the system will require you to complete one employment record.

#### **How do I build my profile?**

1. Gather your formal education and training documents including transcripts, licenses, certifications, and in-service forms.
2. Go to <https://www.occrra.org/>
3. Log in using your new username and password.
4. Complete your profile by entering your experience, education, credential (licensure) and training(s).
  - a. Make sure to enter your Hire Date(s) on the employment history.
  - b. Type of employment: ODODD/Early Intervention

c. Copy your education and training documents.

Step 5. Upload your documents as follows:

a. Click "Edit Registry Profile."

b. Using the buttons on the right of the accordion, select "add." Enter the required fields. For education, certificates and credentials and training/conference, the system will require you to upload a file. **IMPORTANT: FILES UPLOADED TO THE OPR MUST BE IN A .pdf FORMAT.**

c. When the file is saved, you will receive a Success pop-up message.

d. Repeat for each item you are adding to your profile.

### **How do I access the application for an initial credential?**

1. Sign in to your profile.
2. Click on the Application tab on the left side of the blue band.
3. Click on Home Visiting/Service Coordination.
4. Click on New Application on the left side of the page.
5. Select the type of credential.

### **How do I renew a credential?**

**THERE IS A TWO-STEP PROCESS FOR RENEWALS.** Step One is to submit a renewal application. Step Two is to submit required training documents (instructions above).

Here are the instructions for submitting a renewal application:

1. Click on "Applications" on the left side of the page,
2. In the Action column of your currently issued credential - click on Action, then select Renew.
4. Submit the application.

### **Who do I contact for questions or help with the OPR?**

The OPR is administered by OCCRRA (the Ohio Child Care Resource & Referral Association). Contact the OPR at [credential@occrra.org](mailto:credential@occrra.org)

## ATTACHMENT B



### MyLearning Instructions Early Intervention

Anyone with an OH|ID or DODD portal account can access MyLearning. This means anyone with access to EIDS or any other DODD application has access. If you do not have an account, here are the instructions to create one:

1. Navigate to [dodd.ohio.gov](http://dodd.ohio.gov)
2. Click Login, located near the top of the page.
3. Enter your OH|ID username and password.
4. If you do not have an OH|ID, click Create New Account and follow the instructions. Note: When asked to **choose your profile, select “I want to be a DODD provider.”** **When asked to** choose your user job function, **select “Agency employee.”** This will result in your account being auto-approved.
5. Complete the email verification step to activate your account.
6. After logging in successfully, click MyLearning, located near the top of the page.
7. You can search for courses from the MyLearning Home page using either the title search or the keywords search. Or you can click the Early Intervention tile to launch the list of EI trainings.
8. Click the name of the training you want to attend.
9. Click View Course.
10. Click Enroll Me.

For help with technical issues, including help with usernames and passwords, contact the ITS Help Desk at 1-800-617-6733 or [ITSCallCenter@dodd.ohio.gov](mailto:ITSCallCenter@dodd.ohio.gov).

## Verification of Course Completion

1. As of Fall 2020, MyLearning moved from issuing certificates for each course to providing a transcript that shows all course completions. The transcript has a separate page for each course.
2. For most courses, course completions are automatically transmitted to the Ohio Professional Registry (OPR) **on OCCRRA's website**.<sup>\*</sup> For this process to work, your name and email must match exactly in the DODD and OCCRRA systems. Please review your profiles in each system to ensure the information matches.
3. To view your transcript, go to My Transcripts on your MyLearning dashboard and click View.

<sup>\*</sup>There are some exceptions. Please read course instructions carefully, as some courses are not automatically verified. In this case, you would need to upload your transcript to your OPR profile.

## Technical Requirements for MyLearning

To read the technical requirements for MyLearning, please see the [Systems Requirements](#) document on the MyLearning home page.