

Families Rising

# Training & Partnership Services

2026 Training Catalog

*Updated April 2026*



# Welcome!

Families Rising's mission is to amplify those with lived experience, assist adoptive, foster, and kinship parents, educate child welfare professionals, and champion the well-being of children and families.

- One of our pillars is **Education**: Educating adoptive, foster, and kinship caregivers AND the child welfare professionals who serve them.
- Our customized model allows us to tailor sessions to your agency and families' unique needs.
- Through intentional training, we can improve outcomes and build strong support systems for children who need families and lifelong connections.

# Client Testimonials

“Families Rising trainings, both for professionals and families, have proven to be practical, engaging, and filled with strategies that work! The fun and hope-filled trainings encourage attendees to think in new ways about the challenges they face when supporting the kids who need us most.”

—*State Director of Adoption*

“The trainings that Families Rising provided were an instant hit with our families. The combination of REAL life situations and practical solutions gave our resource parents a breath of fresh air and hope. The realization that they are not alone and that together we strive for a better future for our children was empowering.”

—*Founding member, Maryland Resource Parent Association*

# Course Catalog

## Adoption & Foster Care Best Practices

### Trauma-Responsive Care in Action

**Duration: 90 minutes**

Children and families involved in foster care, adoption, and kinship care often experience complex trauma that shapes behavior, relationships, and long-term well-being. Traditional approaches to behavior management frequently fail to address the underlying causes of these challenges, leading to frustration, placement instability, and missed opportunities for healing.

This training provides participants with a deeper understanding of how trauma impacts brain development, emotional regulation, and relational patterns. Participants will explore how trauma presents in everyday behaviors and learn how to shift from reactive responses to intentional, trauma-responsive approaches.

Through practical examples and application, participants will build the skills to create environments that promote safety and connection, respond to challenging behaviors with empathy and clarity, and support healing while maintaining structure and consistency. By the end of this session, participants will be better prepared to strengthen relationships, reduce disruption, and support long-term stability for children and families.

Participants will leave with tools to interpret behavior through a trauma-informed lens, respond with empathy and clarity, and strengthen relationships that support long-term healing, stability, and resilience.

**This training is critical when trauma is misunderstood—behaviors escalate, relationships fracture, and placements are put at risk—while the right approach turns those same moments into opportunities for connection, stability, and healing.**

## Fetal Alcohol Spectrum Disorders (FASD): Practical Strategies for Support

**Duration: 90 minutes**

FASD is among the most common yet misunderstood developmental conditions impacting children and families involved in child welfare. Many individuals with FASD are undiagnosed or misdiagnosed, leading to ineffective interventions and increased frustration for caregivers and professionals.

This training provides a foundational understanding of FASD and its impact on behavior, learning, and daily functioning. Participants will explore how brain-based differences influence regulation, memory, and adaptive functioning, and why traditional strategies often fall short.

Participants will learn how to adjust expectations, reframe behavior, and implement strengths-based strategies that support success across home, school, and community environments.

**This training is essential; without an understanding of FASD, even the most committed caregivers and professionals may rely on strategies that increase frustration rather than support success.**

# Fetal Alcohol Spectrum Disorders (FASD): The Time is Now

**Duration: 90 minutes or 2-day training experience**

Increasing numbers of individuals are impacted by prenatal exposure to alcohol, substances, and significant in-utero stress, all of which can profoundly affect brain development. Despite its prevalence, FASD is frequently undiagnosed or misunderstood, resulting in gaps in care and support across systems.

This training provides participants with a deeper understanding of the neurological impact of FASD and the connection between brain impairment and behavior. Participants will learn to interpret behaviors through a neurobehavioral lens and develop strategies that are more responsive to the needs of individuals with FASD.

Participants will identify risk factors, recognize indicators that may warrant screening, and explore the range of diagnoses within the FASD umbrella. The session also focuses on applying effective strategies across multiple settings, including home, school, and therapeutic environments, and developing plans to integrate FASD-informed practices into systems of care.

Extended formats include a second day focused on applied learning, where participants collaborate to develop actionable strategies and strengthen interdisciplinary approaches to support individuals impacted by FASD.

**This training is urgent; FASD often goes unrecognized, leaving individuals misunderstood and unsupported across systems not designed to meet their needs.**

## Building Strong Attachment and Lasting Bonds

**Duration: 90 minutes**

Healthy attachment is the foundation of a child's emotional well-being, yet many children in foster, adoptive, and kinship care have experienced disruptions that make connection challenging. Without intentional support, these disruptions can impact trust, regulation, and long-term relationships.

This training explores the science of attachment and its role in development, behavior, and relational health. Participants will examine how attachment disruptions manifest in everyday interactions and learn strategies to strengthen connection and repair relational ruptures.

Participants will gain practical tools to build trust, create consistency, and foster nurturing relationships that support stability and long-term healing.

**This training matters; when attachment is disrupted, behavior and relationships are impacted, while strong connection becomes the foundation for lasting stability and healing.**

## Holding the Hard: Supporting Children and Families Through Grief and Loss

**Duration: 90 minutes**

Grief and loss are central experiences for many children and families involved in foster care, adoption, and kinship care. These experiences often go unrecognized or are expressed through behavior rather than words, making them difficult to address without the right framework.

This training helps participants understand the many forms of grief, including ambiguous and disenfranchised grief, and how they show up in behavior and relationships. Participants will learn how to respond with empathy, support emotional expression, and create space for healing while maintaining stability.

Participants will leave with practical strategies to navigate grief in ways that honor each child's experience and strengthen connection over time.

**This training is important; grief that goes unrecognized does not disappear—it shows up in behavior, relationships, and emotional well-being in ways that are often misunderstood.**

## Shared Parenting in Action: Partnering With Birth Families for Better Outcomes

**Duration: 90 minutes**

Children experience better outcomes when the adults in their lives work together. However, shared parenting between caregivers and birth families can feel complex and emotionally charged without the right support and structure.

This training explores shared parenting as a practice that strengthens relationships, supports permanency, and promotes stability for children. Participants will examine common barriers to collaboration and learn strategies to build respectful, trust-based relationships across roles.

Participants will gain tools to improve communication, reduce conflict, and create consistency across caregiving environments while centering the child's identity and sense of belonging.

**This training is powerful; when adults work in isolation, children carry the burden, while collaboration creates consistency, connection, and stronger long-term outcomes.**

## Openness in Adoption: Strengthening Birth Family Connections

**Duration: 90 minutes**

Maintaining connections with birth families is a critical component of a child's identity, well-being, and long-term outcomes. These relationships can be complex, requiring thoughtful and intentional support.

This training explores the importance of preserving and strengthening birth family connections and provides strategies to navigate these relationships with empathy and respect. Participants will learn how to reduce conflict, support communication, and center the child's sense of belonging.

Participants will leave with approaches that support meaningful, safe, and developmentally appropriate connections between children and their families.

**This training is essential; a child's connection to their family is deeply tied to identity, and when those connections are supported, children experience belonging and greater stability.**

# Raising Adults: Preparing Youth for Independence and Life Beyond Care

**Duration: 90 minutes**

Youth transitioning out of care face complex challenges that require more than basic life skills. Without intentional preparation, many young people struggle with housing, employment, education, and relationships.

This training equips participants with the tools to support youth in developing the skills and confidence needed for independence. Participants will explore how trauma and system involvement impact readiness for adulthood and learn strategies to build resilience, decision-making skills, and self-advocacy.

Participants will gain practical approaches to supporting youth as they navigate adulthood and build stable, independent lives.

**This training matters; independence is not something young people in care simply age into—it must be intentionally taught, practiced, and supported.**

# Building Connection Through Support Groups: Facilitating Spaces That Heal

**Duration: 90 minutes**

Support groups can be powerful spaces for connection, validation, and growth when facilitated effectively. Without intentional structure, however, they can struggle to maintain engagement or create meaningful impact.

This training provides participants with the tools to design and facilitate effective support groups for caregivers, youth, and families. Participants will learn how to create psychologically safe environments, manage group dynamics, and foster authentic peer connection.

Participants will leave with strategies to sustain meaningful, engaging groups that center shared experience and promote healing.

**This training is important; support groups can become routine spaces people attend—or transformative spaces that foster connection, healing, and growth.**

## Advocacy That Works: Navigating Schools and Securing Support For Every Child

**Duration: 90 minutes**

Children involved in foster care, adoption, and kinship care often face barriers within educational systems that impact their ability to succeed. Without effective advocacy, these challenges can go unaddressed.

This training equips participants with the knowledge and tools to advocate effectively within school systems. Participants will learn how to navigate special education processes, collaborate with school staff, and ensure children receive the services and supports they need.

Participants will leave with strategies to confidently advocate for educational success while centering each child's strengths and needs.

**This training is critical; without informed advocacy, children in care remain at risk of being overlooked in complex educational systems.**

## Recruitment & Permanency Strategies

### Developing Strengths-Based Narratives for Children and Youth

**Duration: 90 minutes**

The way children and youth are presented in recruitment efforts directly impacts their opportunities for connection and permanency. Deficit-based narratives can unintentionally limit interest and reinforce stigma, while strengths-based approaches can expand possibilities and honor each child's identity.

This training focuses on how to create compelling, strengths-based narratives that elevate the dignity, voice, and individuality of children and youth in care. Participants will explore how to shift from deficit-based language to storytelling that highlights strengths, interests, and potential while maintaining safety and confidentiality.

Participants will learn how to apply a continuum of disclosure, differentiate between public and private information, and engage youth in the development of their own narratives. By the end of the session, participants will be better equipped to create narratives that build connection, increase engagement, and support permanency outcomes.

**This training matters; love alone is not enough—families must be equipped to support a child's identity in a world where race shapes lived experience.**

## Diligent Recruitment: Building a Strong and Diverse Pool of Families

**Duration: 90 minutes**

Effective recruitment in child welfare requires more than outreach—it requires a comprehensive, system-wide approach that builds, engages, and sustains a pool of families who can meet the diverse needs of children in care.

This training introduces participants to the principles and practices of diligent recruitment, emphasizing the importance of data-informed decision-making, community engagement, and cross-system collaboration. Participants will explore how recruitment connects to placement stability, permanency, and overall system performance.

Participants will gain strategies to assess current recruitment efforts, identify gaps, and implement targeted approaches that expand and strengthen the pool of foster, adoptive, and kinship families.

**This training matters; when youth are not meaningfully included, critical insights and opportunities are missed.**

## Pursuing Permanency Through Diligent Recruitment and Youth Engagement

**Duration: 90 minutes**

Youth voice is a critical yet often underutilized component of permanency efforts. When youth are meaningfully engaged, recruitment efforts become more effective, and outcomes improve.

This training explores how to integrate youth voice into recruitment and permanency strategies in ways that are authentic, empowering, and impactful. Participants will learn how to engage youth in sharing their stories, identifying their needs, and contributing to decisions about their futures.

**Participants will also explore how to align youth engagement with broader recruitment strategies, creating a more responsive and effective approach to achieving permanency.**

## Making the Most of Child-Specific Inquiries

**Duration: 90 minutes**

Child-specific inquiries represent a critical opportunity to connect prospective families with children in need of placement. However, without effective systems and responses, these opportunities can be lost.

This training focuses on strengthening response systems to ensure timely, consistent, and engaging communication with prospective families. Participants will learn how to move beyond transactional responses to relationship-building approaches that keep families engaged.

Participants will gain strategies to improve response timelines, provide clear next steps, and use inquiry data to strengthen recruitment and matching efforts. By the end of the session,

participants will be better equipped to convert interest into meaningful connections and placements.

**This training is critical; every inquiry represents a potential connection, and without strong systems, those opportunities quickly disappear.**

# Equity & Inclusion in Child Welfare

## Race, Racism, and Child Welfare Outcomes

**Duration: 90 minutes**

Racial disparities continue to shape how children and families experience the child welfare system. Addressing these disparities requires intentional action and a deeper understanding of how bias and systemic inequities impact outcomes.

This training examines the role of race and systemic racism in child welfare. Participants will explore how disparities show up in decision-making, service delivery, and family engagement.

Participants will strengthen their ability to implement culturally responsive practices and take actionable steps toward more equitable outcomes.

**This training is essential; inequities do not resolve on their own, and without intentional action, systems continue to produce unequal outcomes.**

# Racial Equity in Recruitment and Family Engagement

**Duration: 90 minutes**

Disparities in recruitment and placement outcomes highlight the need for intentional, equity-centered approaches to engaging families of color. Without these approaches, systems risk perpetuating inequities that impact children and families.

This training explores how to design and implement recruitment and engagement strategies that are culturally responsive, data-informed, and community-centered. Participants will examine how structural factors influence recruitment efforts and identify opportunities to improve equity within their systems.

Participants will leave with practical strategies to build authentic relationships with communities, strengthen trust, and create recruitment approaches that reflect the diversity of children in care.

# Recruiting Families of Color: Strategies for Impact

**Duration: 90 minutes**

Recruiting families of color requires more than targeted outreach—it requires intentional relationship-building, culturally responsive practices, and a commitment to addressing systemic barriers.

This training provides participants with actionable strategies to strengthen recruitment efforts focused on families of color. Participants will learn how to assess their current approaches, identify gaps, and design outreach efforts that are inclusive and effective.

Participants will explore how to build trust within communities, develop meaningful partnerships, and create messaging that resonates with diverse populations.

# Supporting Adoptive and Foster Families of Color

**Duration: 90 minutes**

Recruitment is only one part of the equation—retention and support are equally critical. Families of color often face unique challenges within child welfare systems that require intentional, culturally responsive support.

This training focuses on strategies to better support and retain foster and adoptive families of color. Participants will explore how lived experience, systemic barriers, and cultural strengths shape family experiences.

Participants will learn how to provide support that is responsive, respectful, and aligned with the needs of families, ultimately improving stability and long-term outcomes for children.

## Adoption Assistance & Financial Support

### Adoption Assistance Eligibility and Benefits

**Duration: 65 minutes**

Understanding adoption assistance is essential for supporting families and ensuring children receive the resources they need. However, the process can be complex and difficult to navigate without clear guidance.

This training provides an overview of adoption assistance, including eligibility, benefits, and financial supports available to families who adopt from foster care. Participants will learn how

to navigate the system, understand available resources, and support families in accessing the benefits they are entitled to.

This session is designed for both prospective adoptive parents and families seeking adjustments based on changing needs or circumstances.

## Advocating for Adoption Assistance

**Duration: 65 minutes**

Adoption assistance programs play a critical role in supporting families, yet they are often vulnerable to policy changes and funding challenges. Effective advocacy is essential to maintaining and strengthening these supports.

This training equips participants with the knowledge and tools needed to advocate for adoption assistance programs at the local, state, or provincial level. Participants will learn how to respond to potential cuts, engage stakeholders, and communicate the importance of these programs.

Participants will leave with strategies to support both reactive and proactive advocacy efforts that protect and strengthen adoption assistance.

## Adoption Tax Credit

**Duration: 65 minutes**

The federal adoption tax credit can provide significant financial support to adoptive families, yet many families are unaware of how to access it or navigate the filing process.

This training provides a clear overview of the adoption tax credit, including eligibility, timelines, and the steps required to file. Participants will learn how to apply the credit for current and prior tax years and understand how to maximize available benefits.

This session is designed to equip families with the knowledge and confidence to take full advantage of this important financial resource.

# Workforce Development

## Relational Supervision in Child Welfare: Coaching for Connection and Accountability

**Duration: 90 minutes**

Supervision in child welfare is not only about oversight—it is about connection, reflection, and support. In high-stress environments where burnout and turnover are common, the quality of supervision directly impacts staff effectiveness and retention.

This training introduces a relational approach to supervision that builds trust, strengthens accountability, and supports staff development without relying on compliance-based practices. Participants will explore how to create environments where staff feel supported, challenged, and connected to the mission.

Participants will learn practical tools and frameworks to strengthen supervision, including approaches to reflective practice, structured check-ins, and coaching conversations. By the end of the session, supervisors will be better equipped to support their teams and foster a more stable, engaged workforce.

**This training is essential; the quality of supervision directly shapes staff retention, performance, and outcomes for children and families.**

# Signature Programs

*These programs represent Families Rising's highest-impact and highest-value offerings and should be prioritized in conversations with state and system-level partners.*

## RiseUp: Emerging Leaders Fellowship

**Format: 6–9 month cohort-based leadership program**

**Structure: Monthly sessions, peer learning, and applied leadership projects**

RiseUp is a leadership development experience designed for emerging leaders in child welfare who are ready to deepen their impact and lead change within their organizations and communities. This cohort-based fellowship blends leadership development, equity-centered practice, and real-world application to build confident, reflective, and effective leaders.

Participants engage in a structured learning journey that includes skill-building, peer learning, and applied leadership projects tied to their roles. The program emphasizes relational leadership, cultural responsiveness, and systems-level thinking.

### **Outcomes include:**

- Increased leadership confidence and clarity
- Stronger ability to lead through complexity and change
- Enhanced capacity to center equity and lived experience
- Development of internal leadership pipelines

**Recommended investment:** \$45,000 – \$85,000+

## CoachUp: Supervision & Workforce Development

**Format: 4–8 session series (expandable to longer engagements)**

CoachUp is a workforce development series designed to strengthen supervision, coaching, and leadership practices across child welfare systems. This series equips supervisors with practical tools to build trust, support staff, and improve retention in high-stress environments.

Grounded in relational supervision and real-world application, Coach Up supports leaders in moving beyond task management to intentional coaching that fosters growth, accountability, and connection.

**Outcomes include:**

- Stronger supervision and coaching practices
- Improved staff engagement and retention
- Increased confidence in managing complex team dynamics
- Development of psychologically safe team environments

**Recommended investment:** \$15,000 - \$45,000+

# Next Steps

We'd love to connect with you to discuss your agency's dynamics, strengths and pain-points, and the needs of the families you serve.

→ Reach out and set up a call! Connect with our National Training Manager:

Jamole Callahan

[jamolecallahan@wearefamiliesrising.org](mailto:jamolecallahan@wearefamiliesrising.org)

→ Learn more about our training:

[wearefamiliesrising.org/training-and-events](https://wearefamiliesrising.org/training-and-events)

Together, let's improve outcomes for children and families everywhere.

