

## **Mental Health and Fetal Alcohol Spectrum Disorders Child Foster Care Training**

The requirement for mental health and fetal alcohol spectrum disorders training for child foster care found in Minnesota Statutes, section 245A.175 reads as follows:

### **245A.175 CHILD FOSTER CARE TRAINING REQUIREMENT; MENTAL HEALTH TRAINING; FETAL ALCOHOL SPECTRUM DISORDERS TRAINING.**

Prior to a nonemergency placement of a child in a foster care home, the child foster care license holder and caregivers in foster family and treatment foster care settings, and all staff providing care in foster residence settings must complete two hours of training that addresses the causes, symptoms, and key warning signs of mental health disorders; cultural considerations; and effective approaches for dealing with a child's behaviors. At least one hour of the annual training requirement for the foster family license holder and caregivers, and foster residence staff must be on children's mental health issues and treatment. Except for providers and services under chapter 245D, the annual training must also include at least one hour of training on fetal alcohol spectrum disorders, which must be counted toward the 12 hours of required in-service training per year. Short-term substitute caregivers are exempt from these requirements. Training curriculum shall be approved by the commissioner of human services.

**The purpose of this communication is to provide information about the processes established and approved by the Minnesota Department of Human Services in order to meet the above training requirements.**

### **Children's Mental Health**

#### **Initial requirement – training must be at least 2 hours in length and must be completed prior to licensure**

County, tribal, and private agency licensors may review and approve initial training for child foster care applicants. To approve the training, licensors must ensure that the training addresses the causes, symptoms, and key warning signs of mental health disorders; cultural considerations; and effective approaches for dealing with a child's behaviors. In addition, the following key words must be used as a guide for approving mental health training:

- Attachment
- Depression
- Resiliency
- Anxiety
- Behavior disorders
- Development
- Trauma
- Medication (psychotropic)
- Autism/Pervasive Developmental Disorder
- Bipolar
- Attention-Deficit Hyperactivity Disorder
- Eating disorders

When approving training courses for the initial children's mental health training requirement, all of the following information must be documented and kept on file at the licensing agency (sample form included at the end of this document):

- What is the title?
- What are the topics (include a brief description)?
- What are the learning objectives?
- What is the method of delivery?
- Who developed the training/presentation?
- What are the qualifications of the developer/presenter?
- What is the length of the presentation?

*In addition, the following training provided through the Minnesota Child Welfare Training Academy has been approved to meet the requirements for initial children's mental health training:*

Minnesota Child Welfare Training Academy – <https://mnchildwelfaretraining.com/>

**CSP9221 Introduction to Mental Health for Resource Families (3 hours) - Online**

This training provides an introduction to a number of common mental health diagnoses that foster and adoptive children often present within the child welfare system. Each diagnosis is discussed in terms of origins, symptoms, behaviors, treatment, interventions, and cultural considerations. It also includes information and helpful tips about common co-occurring or dual diagnoses. This course meets the training requirement in 245A.

**Annual requirement – one hour (must be counted in the 12 hours of required annual training)**

County, tribal, and private agency licensors may also review and approve the annual training requirement. To approve the training, licensors must ensure that the training is on children's mental health issues and treatment. The key words listed above must be used as a guide for approving the training.

*In addition, the following training provided through the Minnesota Child Welfare Training Academy has been approved to meet the requirements for the one hour annual requirement for children's mental health training:*

**CSP9221B Children's Mental Health for Resource Families – Anxiety (1.5 Hours - Online)**

This training provides an overview of a common mental health diagnosis that foster and adoptive children often present within the child welfare system. Anxiety will be discussed in terms of main origins, symptoms, behaviors, treatment, interventions, and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

**CSP9221C Children's Mental Health for Resource Families- Attention Deficit Hyperactivity Disorder -ADHD (1.5 Hours - Online)**

This training provides an overview of a common mental health diagnosis that foster and adoptive children often present within the child welfare system. Attention Deficit Hyperactivity Disorder will be discussed in terms of origins, symptoms, behaviors, treatment, interventions, and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

### **CSP9221D Children’s Mental Health for Resource Families – Depression (1.5 Hours – Online)**

This training provides an overview of a common mental health diagnosis that foster and adoptive children often present within the child welfare system. Depression will be discussed in terms of origins, symptoms, behaviors, treatment, interventions and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

### **CSP9221E –Children’s Mental Health for Resource Families – Obsessive Compulsive Disorder – OCD (1.5 Hours – Online)**

This training provides an overview of a common mental health diagnosis that foster and adoptive children may present within the child welfare system. Obsessive Compulsive Disorder (OCD) will be discussed in terms of origins, symptoms, behaviors, treatment, interventions and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

### **CSP9221F Children’s Mental Health for Resource Families – Autism (1.5 hours – Online)**

This training provides an overview of a common mental health diagnosis that foster and adoptive children may present within the child welfare system. Autism will be discussed in term of origins, symptoms, behaviors, treatment, interventions and cultural considerations. This course meets the annual training requirement in MN Statute 245A.

## **Fetal Alcohol Spectrum Disorders (FASD)**

### **Annual requirement – one hour (must be counted in the twelve hours of required annual training)**

County, tribal, and private agency licensors may review and approve the annual training requirement. The following key words must be used as a guide for approving FASD training:

- Fetal Alcohol Spectrum Disorders
- Alcohol-Related Birth Defects
- Alcohol-Related Neurodevelopmental Disorder
- Partial Fetal Alcohol Syndrome
- Prenatal exposure to alcohol

### **Additional resources or information for children’s mental health and FASD training:**

PROOF Alliance (formerly MOFAS) “Preventing fetal alcohol spectrum disorders and supporting all impacted” – [www.proofalliance.org](http://www.proofalliance.org)

NAMI – National Alliance on Mental Illness – [www.nami.org](http://www.nami.org)

MACMH – Minnesota Association for Children’s Mental Health – [www.macmh.org](http://www.macmh.org)

MCCCA – Minnesota Council of Child Caring Agencies - [www.mccca.org](http://www.mccca.org)

MN Adopt – [www.mnadopt.org](http://www.mnadopt.org)

CEED – Center for Early Education and Development – [www.cehd.umn.edu/ceed/](http://www.cehd.umn.edu/ceed/)

PACER Center – [www.pacer.org](http://www.pacer.org)

Minnesota Mental Health – [www.mnmentalhealth.org](http://www.mnmentalhealth.org)

Foster Parent College – [www.fosterparentcollege.com](http://www.fosterparentcollege.com)

Minnesota Department of Human Services, Children’s Mental Health Division –

<https://mn.gov/dhs/partners-and-providers/training-conferences/childrens-mental-health/>

## Children's Mental Health - Initial Training Approval

- What is the title?
- What are the topics (include a brief description)?
- What are the learning objectives?
- What is the method of delivery?
- Who developed the training/presentation?
- What are the qualifications of the developer/presenter?
- What is the length of the presentation?

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Licensing Worker signature

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Date approved