

CORE: Teen

CRITICAL ON-GOING RESOURCE FAMILY EDUCATION

www.spaulding.org

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Themes	Competencies
Continued connection	Understands the reasons that teens need to know their history including the difficult aspects.
	Understands why the continuation of sibling relationships are essential to the well-being of youth in care.
	Understands why it is important to manage and maintain birth family connections for youth in care.
Transitions	Realizes that the youth may experience emotional conflict during the placement process related to divided loyalty, perceived abandonment or rejection, and reactivation of feelings from prior separation or significant events.
Parental Adaption	Understands the impact of sexual abuse on youth including sexual development and sexually reactive behavior.
	Able to identify supportive ways to intervene when the teen displays sexualized behaviors inappropriate for their age.
	Able to understand that parenting techniques must be adjusted based on teen's emotional development, needs and reactions.
	Knows the early signs that a relationship is breaking down and the actions needed to save the placement.
	Able to identify ways to intervene when the teen displays behaviors inappropriate for their age.
	Demonstrates awareness of and capacity to appropriately adjust routines, expectations, and interpretations related to the unique impacts of trauma (e.g., dissociation, avoidance, triggers) on the youth.

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	Understands how multiple placements can impact a youth's emotional, cognitive, social development and behavior.
Parental resilience	Able to identify and apply the steps of conflict management.
Relationship Development	Understands the benefits of empathizing and validating the teen's emotions.
	Understands the reasons that the youth may use maladaptive behaviors (e.g. cutting, defiance) to feel a sense of control in their life.
	Understands that each interaction presents an opportunity to build skills and to nurture the relationship.
Grief and Loss	Understands the impact of disruptions, loss, and separations on the youth.
	Understands how ambiguous loss and disenfranchised grief impacts the youth and their perception of permanency and adoption.
Trauma-informed Resource Parenting	Understands the impact of adverse childhood experiences on the well-being of adolescents and how impaired functioning may inhibit youth from being successful now and in the future.
	Understands how different trauma-informed parenting techniques can promote the well-being of youth.
	Understands the impact of trauma on the brain, social and emotional development, health, academic performance.
	Knows that posttraumatic reactions may include emotional numbing, avoidance, nightmares and flashbacks.
	Demonstrates understanding of how unaddressed trauma issues of resource parents can impact their ability to help their children.

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	<p>Understands that youth with early experiences of distress, danger, and uncertainty may distance themselves from emotionally intimate relationships to reduce the risk of getting hurt again.</p> <p>Understands how trauma can affect a teen's sense of self-esteem. Understand bonding and attachment in maltreated children.</p> <p>Describes strategies to teach the teen how to stay safe, how to assess sources of danger, predict the extent of the injury/consequences that might occur, and make decisions that promote safety.</p>
Self & Prescribed Treatments	<p>Understands the benefits, limitations, and side effects of psychotropic medications.</p>
Attachment	<p>Understands that consistency, routines and rituals help facilitate trust and attachment.</p> <p>Able to identify parental behaviors that will enhance and strengthen attachment with the teen.</p> <p>Understands the relationship between attachment and attunement (capacity of caregivers and youth to accurately read each other's cues and respond appropriately).</p> <p>Describes the essential parental behaviors that will foster the youth's sense of connectedness and belonging.</p>
Structure and Environment	<p>Able to develop and maintain daily routines to provide a sense of security for the youth.</p> <p>Able to describe how to build a sense of physical safety and emotional security at home.</p>

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	<p>Understands how maintaining a safe, caring, supportive family environment can promote the emotional well-being of resource parents and children.</p> <p>Able to explain how to balance setting consistent and predictable limits with the unique needs of the youth and the situation (i.e., flexibility).</p>
Self-care	<p>Understands how to recognize and manage their own emotional reaction to caregiving.</p> <p>Able to identify and develop plans for sustaining self-care.</p> <p>Knows how to develop, manage and maintain supportive relationships with immediate and extended family, community, and the child welfare team.</p> <p>Able to identify ways to cope with and handle emotional reactions that maybe triggered by caring for a youth who has experienced trauma.</p>
Behavior Management	<p>Understands how to address crisis/severe behavior problems in the home including how to de-escalate dangerous situations to keep everyone in the home safe.</p> <p>Understands why assessing the underlying causes of behavior is more helpful than being reactive to the behavior.</p> <p>Recognizes that relationship building is essential to behavior management.</p> <p>Realizes that behavior management is about teaching, not punishing or controlling.</p>

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	<p>Able to explain how to adjust their behavior management methods to be encouraging and supportive and based on the youth's experience of physical and emotional trauma.</p> <p>Able to identify ways to intervene and redirect behaviors without increasing teen's sense of shame.</p> <p>Knows that rejection and testing behaviors are common and why they occur (e.g., to get their needs met, assess trustworthiness), and effective strategies to address those behaviors.</p>
Regulation	<p>Able to explain why it is essential to not take youth's behaviors personally and understand the root cause of behaviors.</p> <p>Understands the reasons that resource parents need to manage their own anger, be less reactive and increase their empathy.</p> <p>Able to identify methods to remain attuned to their own feelings, keep themselves regulated and express feelings safely.</p> <p>Understands the factors that influence or trigger the teen's behavior including developmental challenges, behavioral-emotional challenges, and past abuse, neglect, separation, and placement.</p> <p>Understands their role in shaping and teaching emotional and social skills to youth.</p> <p>Demonstrates methods and techniques for regulation including interaction that are respectful, reassuring, rewarding, relational, repetitive, rhythmic, and relevant.</p>
Culture	<p>Identifies ways to incorporate the youth's race, culture and ethnicity into family life.</p>
Sexual Orientation & Gender Identity	<p>Understands the struggles of youth who are questioning their sexual identity or identify as LGBTQ.</p>

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Understands how to demonstrate acceptance and support of LGBTQ youth.

Knows how to meet the needs of youth who identify as LGBTQ.

Able to describe ways to advocate for LGBTQ youth with their school and other community settings (e.g., protect them from bullying, enable them to wear clothes that reflect their identity).

Social connections/
Relationships / Creating
a Support system

Understands the need to support youth's educational development including school performance and special education and accommodation.

Views using supports as a strength and is not afraid to ask for help.

Understands how to access supportive services before challenges become a crisis or unbearable.

Understands the importance of being actively involved in youth's mental health treatment

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