



CORE TEEN

The CORE Teen curriculum is an innovative and comprehensive training program designed specifically for foster, adoptive and kinship caregivers who are dedicated to improving the lives of older children with challenging behaviors within the foster care system. Recognizing the unique challenges that adolescents face during this critical developmental stage, CORE Teen emphasizes trauma-informed care, cultural competency, and youth engagement, ensuring that foster and adoptive caregivers are prepared to address the diverse needs of teens in foster care.

By fostering a deeper understanding of adolescent development and the impact of trauma, CORE Teen empowers foster, adoptive and kinship caregivers to create nurturing environments that promote resilience, growth, and positive outcomes for teenagers. Through a blend of interactive learning, case studies, and practical applications, this curriculum serves as a vital resource for those committed to enhancing the well-being of vulnerable youth.

SELF-ASSESSMENT

A survey to identify caregivers' strengths and predict challenges related to parenting older youth.

CLASSROOM-BASED TRAINING

A training addressing seven essential topics for families caring for older youth.

RIGHT-TIME TRAINING

Ongoing skill development available to families when they need it.



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CORE TEEN CURRICULUM

CORE Teen is designed to give foster, adoptive and kinship caregivers the tools and confidence they need to support teens with moderate to severe emotional and behavioral needs.

The sessions are lively and hands-on, with a mix of videos, activities, discussions, and short presentations. Caregivers have chances to share, connect, and learn from one another while building practical skills they can use right away.

CLASSROOM-BASED TRAINING

14-hour classroom curriculum addressing seven essential topics for families caring for older youth.

SESSION TOPICS:

- 1- Introduction & understanding the impact of trauma on youth in foster care
- 2- Parenting youth who have experienced trauma
- 3- Developing and sustaining a healthy and supportive relationship with youth
- 4- Nurturing Youth's Cultural Connections and Cultural Identity
- 5- Understanding and managing a youth's challenging behaviors-Part 1
- 6- Understanding and managing a youth's challenging behaviors-Part 2
- 7- A new suitcase of parenting knowledge and skills



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CORE TEEN CURRICULUM

Train the Trainer

The **CORE Teen Train the Trainer (TTT)** Program, offered by Spaulding for Children, prepares professionals to deliver evidence-informed training that helps foster, adoptive and kinship caregivers support teens with moderate to severe emotional and behavioral needs.

- ✓ FULL TRAINING MATERIALS
- ✓ TRAINING CERTIFICATE
- ✓ ONGOING SUPPORT AND RESOURCES

Who should attend?

Agency trainers, staff developers, child welfare professionals, and leaders ready to build caregiver capacity



Invest in your trainers today to make a lasting difference for teens tomorrow!

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CORE TEEN CURRICULUM

Train the Trainer

The **CORE Teen Train the Trainer (TTT) Program** is a professional development package designed to equip trainers, agencies, and systems with the tools to deliver the **CORE Teen curriculum** – a trauma informed model that strengthens foster, adoptive, and kinship caregivers to meet the unique needs of teens.

Why Choose CORE Teen?

- Strengthens caregiver skills in supporting teens with trauma and loss
- Enhances placement stability and permanency
- Aligns with national best practices in trauma-informed care

Package	Includes	Pricing
Package 1	4-day Train the Trainer Institute- Trainer Certificate- Comprehensive Facilitator Guides & Slides- Access to CORE Teen Digital Materials	\$15,000 (Suggested class size is 25 Maximum 30.)
Package 2	Everything in Package 1 plus 6 months of monthly coaching support- Implementation Planning Toolkit- Ongoing updates & two individual check-ins with Spaulding CORE Teen Trainers	\$18,000 (Suggested class size is 25 Maximum 30.)
Package 3	Agencies/organizations can register individual staff members to attend a general remote training session. The fee is per person.	\$1,000 per person



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