

Medically Fragile Annual Training
September 28 - 29, 2012



**Medically Fragile
Training Program**

Thank You...

Thank you just isn't enough to express how grateful the UK College of Social Work's Training Resource Center is for each of the presenters included in this booklet. They graciously agreed to donate both their time and talent this weekend to assist the Medically Fragile Training Program in its mission to provide quality training and relevant information to Kentucky's medically fragile foster parents caring for children with complex medical needs.



Developmental Trauma Disorder

Shonda Lucas

Shonda Lucas is the Program Coordinator for Adoption Support for Kentucky (ASK). In that role she develops and maintains resource parent trainings, which are presented by the program's Adoptive Parent Liaisons providing training and support to foster and adoptive families throughout Kentucky. After adopting her son Adam from foster care, she became an advocate for special needs awareness, especially in the areas of neurological and behavioral disorders.

Ms. Lucas' presentation, *Developmental Trauma Disorder*, will explore this diagnoses and how stress and chronic perceived trauma effect brain development in young children. The following are learning objectives for this presentation:

- Understanding what is Developmental Trauma Disorder (DTD)
- Understanding how DTD is diagnosed
- Understanding what parents can do to help children with DTD
- Understanding how DTD differs from PTSD

Disaster Preparedness

Pat Seybold

Patricia 'Pat' Seybold is currently the Executive Director of the Commonwealth Council on Developmental Disabilities. Her career has been in the field of supporting individuals with disabilities and their families. She has presented nationwide on Emergency Response and is involved in emergency response through Kentucky Crisis Response, National Animal Assisted Crisis Response and the Public Health Functional Needs Collaborative.

Ms. Seybold's presentation, *Disaster Preparedness*, will help you answer the questions, Are you ready? The focus is on planning for emergencies – Before, during and after. Emergencies happen! It can be a tornado, house fire, flood or terrorist attack. No one wants to think about accidents or disasters. Being prepared can help protect you and your family. Understanding the role of first responders, deciding whether to move to a shelter or stay home and what to expect in a shelter setting are all things you need to think about. After a disaster there are many things to do – how do you organize, handle emotions of you and those you love and begin to your life back together. The following are learning objectives for this presentation:

- Ability to know define items needed to prepare for a disaster, identify resources available in the event of a disaster.
- Ability to respond to a disaster by evaluating what is needed to shelter-in-place or move to a shelter or other secure environment.
- Understanding the basics of self-care following a disaster and how to utilize the resources available to being the recovery process.

Discipline and the Traumatized Child

George Humlong

George Humlong is the Director of the Resource Parent Training Program at the University of Kentucky Training Resource Center. Among other responsibilities, George coordinates statewide training conferences and edits the FAST Track magazine, which is a publication for foster and adoptive families. George and his wife Janyl have cared for many children in foster care ranging from birth to 16 years of age. They have three adopted children, Ryan age 16, Samuel age 10 and Sarah age 8.

Mr. Humlong's presentation, *Discipline and the Traumatized Child*, will discuss effective tools and techniques for children who have experienced trauma. Methods and strategies that are effective with birth children in a typical home often fall short with children in care due to the effects of trauma on a child's body and mind. To better understand discipline and the traumatized child, resource parents will learn/review the five mistakes that lead to ineffective discipline. Then, the participants will learn the five things to do to bring peace to their home. The following are learning objectives for this presentation:

- How to Identify the correct "Discipline Age"
- Why and how to avoid strong negative emotions when disciplining
- How to develop a "Discipline Plan" that is reasonable, effective and can be followed

Hospitalization and Discharge

Lucena Davis

Lucena Davis, RN, BSN, is currently a Nurse Consultant for the DCBS Two Rivers Service Region. Prior to transferring to the Foster Care Branch of the Commission for Children with Special Health Care Needs (CCSHCN), she was a Nurse Administrator for the CCSHCN Bowling Green Regional Office. Ms. Davis worked 14 years as Clinical Manager for specialty clinics, including Cleft Lip and Palate, Otolaryngology, Eye, Heart and Scoliosis. She also assisted in other clinics in the Bowling Green office, such as Orthopedic and Neurology.

Ms. Davis' presentation, *Hospitalization and Discharge*, will address what to expect when a foster child is hospitalized and understand what should occur during the discharge process. The following are learning objectives for this presentation:

- What to expect when your child is hospitalized
- Who are the people providing care for your child
- The purpose of the tubes and machines your child has
- What to do when your child is discharged home

Organ Transplants **Lisa Belle and Marykay Duncan**

Lisa Belle, MSW, LSW, worked 17 years in the Child Welfare System in Hamilton County. While there she served in various roles which included Children's Services Ongoing Case Worker, Children's Services Intake Investigator of abuse and neglect allegations, Sex abuse investigator, and Children's Services Ongoing Supervisor. For the past two years she has been the liver/small bowel transplant social worker at Cincinnati Children's Hospital Medical Center (CCHMC).

Ms. Belle will present, *Organ Transplants*, along with her colleague, Marykay Duncan. Their discussion will focus on caring for children throughout the transplant process.

Marykay Duncan serves as the Liver Transplant Coordinator for Cincinnati Children's Hospital Medical Center. Ms. Duncan will present, *Organ Transplants*, along with her colleague, Lisa Belle. The main topic of their discussion will focus on caring for children through the transplant process. They will discuss Cincinnati Children's team approach to the transplant process, conditions that lead to transplant in pediatrics, and the transplant evaluation process.

The following are learning objectives for this presentation:

- Understanding certain liver diseases in pediatrics and what that means for children and families
- Understanding the liver transplant evaluation process
- Learning about the expectations of caregivers
- What post-transplant care looks like and what can families expect

Did You Know?

Medically Fragile Training

- The initial training required to be certified as a Medically Fragile home is Join Hands Together (14 hours), along with a two hour online pre-requisite, and Infant, Child and Adult CPR and First Aid
- Annual training offered twice a year in a conference style setting which provides the 16 hours of ongoing training required in the areas of:
 1. Growth and Development
 2. Nutrition
 3. Medical Disabilities
- DCBS medically fragile foster homes must complete annual training by the date they initially became a foster parent
- PCC/PCP medical fragile foster homes must be complete annual training hours by the date they became a medically fragile foster parent
- Infant, Child and Adult CPR and First Aid must be kept current according to certification date

Pediatric Abusive Head Trauma **Diane Glenn**

Diane Glenn, RN SANE administers the Medically Fragile program for Kentucky's foster care program. She is a graduate of the University of Kentucky's nursing program. She also holds a Sexual Assault Nurse Examiners Certification which allows her to work with sexually assaulted victims collecting evidence and testifying as an expert witness on cases. Her work experience includes direct patient care in the hospital setting and in school nursing. She began working with the Commission for Children with Special Health Care Needs in 2005 where she was part of the initial pilot for home visits for medically fragile children in foster care. In 2007 she began working as a Nurse Consultant Inspector working with the Department for Community Based Services assisting with abuse and neglect cases. In 2009 she began her current role as a Nurse Service Administrator for DCBS which includes oversight of the Medically Fragile Program.

Ms. Glenn's presentation, *Pediatric Abusive Head Trauma*, will inform participants of the impact of abusive head trauma. It is the most common cause of morbidity (disability) and mortality (death) in physical child abuse. Abusive head trauma usually occurs in children younger than one year of age, but older children can be victims as well. It is the most common cause of death from brain injury in children less than one year of age. The following are learning objectives for this presentation:

- Understand the range of outcomes for victims of abusive head trauma
- Discuss risk factors for abusive head trauma
- Discuss prevention of abusive head trauma

Pediatric Diabetes Management **Angela Cordingly**

Angela Cordingly MEd, RD, LD, CDE, is a registered dietician and certified diabetes educator with University of Kentucky Pediatric Endocrinology. There she provides support for all new families, as well as support to established patients.

Ms. Cordingly's presentation, *Pediatric Diabetes Management*, will look at basic strategies for the management of diabetes. The following are learning objectives for this presentation:

- Review diabetes as it occurs in children
- Discuss current treatment of diabetes in children
- Discuss factors influencing the management of diabetes, particularly as it relates to foster care

Prenatal Substance Exposure

Henrietta S. Bada

Dr. Henrietta S. Bada, MD is Professor and Vice Chair of Pediatrics, University of Kentucky College of Medicine. She has been engaged in research on the outcomes of children exposed to drugs in utero to include long-term behavioral, language, and cognitive development. She has been a principal investigator of research projects funded by NIH and the Maternal Child Health Bureau. She has authored several publications on topics of newborn brain disorders, developmental follow-up of premature and high-risk infants including those children of addicted mothers, and perinatal addiction.

Dr. Bada's presentation, *Prenatal Substance Exposure*, will summarize the newborn complications associated with maternal drug use during pregnancy in the aspect of medical, physical growth, and behavior. The following are learning objectives for this presentation:

- List the medical complications associated with exposure to drugs of abuse during fetal development
- List and recognize the signs of drug dependency or withdrawal in the newborn
- Know various strategies to promote the development of infants of drug using mothers.

Psychotropic Medications

Matthew Gauck

Matthew Gauck is a certified pharmacotherapy specialist and the pharmacy manager at the Village Pharmacy at Home of the Innocents. Mr. Gauck graduated with a Doctor of Pharmacy degree from the University of Cincinnati and completed his post-graduate pharmacy residency at the University Hospital in Cincinnati, Ohio. He now works at the Village Pharmacy, which serves the children designated as medically fragile in the Kosair Charities Pediatric Convalescent Center, the children in residential treatment at the Child Kind Center, and the outpatient children from Open Arm's Children's Health, all at Home of the Innocents.

Mr. Gauck's presentation, *Psychotropic Medications*, is meant to orient participants to the different classes of psychotropic medications. The following are learning objectives for this presentation:

- Discuss the dilemma of using medications in children with psychiatric illness
- Classify psychotropic medications into pharmacologic classes
- Discover the uses, side effects, and what to expect when using psychotropic medications

Teen Pregnancy and Its Impact on Foster Children

Benita Decker

Benita Decker is the Adolescent Health Initiatives Coordinator in the Division of Women's Health at the Department for Public Health. She is a 1989 Associate Degree Nursing graduate of Northern Kentucky University. She also holds her Bachelors of Science in Psychology from Northern Kentucky University. Ms. Decker has many years of experience in hospital nursing, primarily in obstetrics. In December 2008, she began her work as the Adolescent Health Initiatives Coordinator. Through this role Ms. Decker has assessed the problem of teen pregnancy in Kentucky, facilitated collaboration with multiple partners across the Commonwealth to develop and implement a strategic plan for teen pregnancy prevention and positive youth development and continues to champion teens and communities to provide avenues for adolescents to be ready for adulthood and have optimal health and wellbeing. She administers the Teen Pregnancy Prevention Grants in Kentucky, including the Abstinence Education Grant Program and the Personal Responsibility Education Program (PREP) grant. These grants are allocated to local health departments to provide abstinence education and personal responsibility education to teens throughout the Commonwealth.

Ms. Decker's presentation, *Teen Pregnancy and Its Impact on Foster Children*, will examine the impact of teen pregnancy in Kentucky and the nation. The following are learning objectives for this presentation:

- Participants will learn about why teen pregnancy is occurring
- The results of teen pregnancy and the increased risk to foster children
- What is being done about teen pregnancy on a state level and how they can intervene in the lives of their children to prepare them for adulthood and prevent sexual risk taking

Did You Know?

Medically Fragile Criteria

- Condition which may become unstable resulting in a life threatening condition
- Chronic and progressive illness
- Severe disability that requires medical technology assistance
- Special services or ongoing medical support
- 24 hour specialized medical care

Trauma Informed Care **Giovanni Billings**

Giovanni Billings, Psy.D. earned a doctorate in clinical psychology at Wheaton College. He trained at Children's Hospital Colorado and University of Colorado, School of Medicine. He is interested in trauma services for preschoolers and their families. He is currently on staff at University of Kentucky's Center on Trauma and Children.

Dr. Billings' presentation, *Trauma Informed Care*, will address how traumatic stress can affect children across the span of their development. Those who are involved in the lives of children exposed to traumatic stressors need an understanding of the impact this has. Trauma-informed practice integrates knowledge about traumatic stress into the teaching, treating, and care of traumatized children. The following are learning objectives for this presentation:

- Define what childhood traumatic stress is
- Identify the ways traumatic stress affects children
- Recognize trauma-informed practices used with children.

Understating Pediatric Cancers **Joan Scales**

Joan Scales, MSSW, LCSW is currently the Psych-Oncology Supervisor at Markey Cancer Center at University of Kentucky. Employed by UK Healthcare for over three years she has worked within the Pediatric Hematology Oncology population and Markey Cancer Center. She has previous experience with The Leukemia & Lymphoma Society as well as Hospice of the Bluegrass. She earned her Masters of Science in Social Work from the University of Louisville Kent School of Social Work.

A child with a cancer diagnosis can be scary and overwhelming for any parent. Ms. Scales' presentation, *Understating Pediatric Cancers*, will explore the types of pediatric cancers and treatments available. The following are learning objectives for this presentation:

- The types of cancers and treatments available
- The possible side effects of treatment
- How adults can help children physically and emotionally during treatment

My Choices for the Friday Breakout Sessions

3:15 pm to 5:15 pm

7:45 pm to 9:45 pm



My Choices for the Saturday Breakout Sessions

8:30 am to 10:30 pm

10:45 am to 12:45 am

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Below is the information provided to each participant's worker when they registered them for this training.

Special Information:

Attendees with a private child care (PCC) agency will be required to pay \$23.00 for meals (dinner on Friday and lunch on Saturday) provided at the event and be responsible for their lodging expenses, which are \$118.00 per night. Training is conducted through the meals, so attendance at the meals is required to receive full training credit. PCC resource parents should request their lodging via TRIS and not make arrangements separately. This will ensure they receive the best possible lodging rate.

Both meals include water, iced tea or coffee only. Soft drinks may be purchased at hotel vending machines. Breakfast on Saturday is not provided. Please feel free to bring your own snacks and drinks to the training sessions. These items will not be provided.

If you have special dietary restrictions (vegetarian, allergies, etc) or special lodging needs please contact Jessica Fletcher at Jessica.day@uky.edu in advance of the training. We will do our best to accommodate those requests.

Attendees will not be able to check into the hotel until after 4:00 pm, though rooms are often available before that time. Check out must be completed by 11:00 am. A limited amount of luggage storage may be available in the general session room.

Please remember to either dress in layers or bring a jacket or blanket for comfort in the training rooms.

While children are welcome at the hotel, children will NOT be allowed in any of the training sessions. This includes our dinner session Friday night, and our lunch session Saturday afternoon. Please make sure your children have a care provider with them at all times, and that you have informed your worker/agency of lodging needs for children and care providers.



Foster or Adopt a Child
Kentucky Cabinet for Health and Family Services