

# CWTS Connection

Inspiring Excellence and Innovation through Learning



A monthly newsletter for Colorado's child welfare learning community

## May 2022

### IMPORTANT!

This CWTS Newsletter is getting an upgrade and moving to Constant Contact. You must subscribe in order to continue receiving this monthly newsletter. All we ask is your name and email address. It will take less than 30 seconds. Thanks!

## LEARNER COVE

### The Path to New Caseworker Certification

We've streamlined and updated the New Caseworker Checklist. [Check it out.](#)

### Looking for Hours?

Check out our on-demand [Web-based trainings list.](#)

### Join a Media Circle

Join these brave discussions with a goal to disrupt racism. Read, watch, or listen to a media resource and then join small group conversations to move us toward race equity, in child welfare and the world.



### NEW: How to Overcome Our Biases? Walk Boldly Toward Them

The subject of race can be very touchy. As finance executive Mellody Hobson says, it's a "conversational third rail." But, she says, that's exactly why we need to start talking about it. In this engaging, persuasive talk, Hobson makes the case that speaking openly about race—and particularly about diversity in hiring—makes for better businesses and a better society. Come to this media circle prepared to watch a video and engage in a courageous conversation.

6 More Weeks to Log Training Credits!

Find an Open Seat

## FOSTERING AND KINSHIP CONNECTION

**Breathe, move, rest. Caregivers, this self-care series is just for you!**

Be at your caregiving best when you rely on self-care strategies that bolster your resilience and promote your overall well-being. Join [Just Breathe: Trauma-Informed Yoga Series for Caregivers](#) to learn proven techniques for reducing stress across all areas of your life. No experience necessary!



### Quick Tips for Caregivers

When working with children and youth from hard places, caregivers can improve communication by keeping sentences short and simple and preventing long, drawn-out conversations. Try these ideas for quickly getting to the point.

**When you notice they are getting triggered:**

"I just want to check in" or "How can I support you?"

**When you notice their energy levels rising:**

"Hold up" or "What is happening?" or "I feel an energy shift"

**When they are having a relationship or internal struggle:**

"How can we work it out?" or "What is here in this/your space?"

**When you notice they are becoming red in the face or having big emotions:**

"Breathe it out" or "Take a minute"

**When they are struggling for control:**

"Let's make a deal" or "What is your recommendation? Let's negotiate"

**When you want to check in on your relationship with them:**

"We good?" or "I sense a new energy—do you notice it?"

**When they are struggling to make a decision:**

"Let's think it through" or "What are some options?" or "If you had a magic wand, what would you do?"

**When they are being unkind to themselves or others:**  
“Is that kind?” or “Are you asking or telling?”

[Find Caregiver Courses](#)

## BREATHING SPACE

### Three Reasons You Need a Self-Care Plan

A self-care plan is an intervention tool that keeps you from being completely sucked into the vortex, saving you when you find yourself standing on the precipice gazing into the dark abyss. (Is that too dark?) It’s a fail-safe, created by you, and filled with your favorite self-care activities, important reminders, and ways to activate your self-care community. [Read more.](#)



## MEANINGFUL MEDIA

A dark blue banner with a white logo on the left. The text reads: 'Continuing the CALL TO ACTION', 'The Kempe Center's 2022 Monthly Series', and 'Be the Change'. On the right side, a list of values is displayed: 'Equality', 'Power', 'Equity', 'Justice', 'Advocacy', 'Voice', 'Fairness'. The background features a pattern of small white hearts.

### **Kempe's Continuing the Call to Action Series**

#### **May Series: Child Welfare, Family Regulation, and Policing** **LISTEN**

[Listen to the 28-minute Radio Kempe podcast](#) with Joyce McMillan.

#### **WATCH**

[Watch the 2021 conference session video “How Abolishing Family Policing Can Build a Safer World”](#) that featured Dorothy Roberts, an acclaimed scholar of race, gender, and the law.

#### **REGISTER**

[Register to attend a 90-minute conversation circle on May 25](#) to discuss the myriad

ideas raised by this knowledgeable panelist and podcast guest.

For more information, visit <http://www.continuingthecalltoaction.org/>.

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## UPCOMING EVENTS/MEETINGS

### **Support Colorado's Foster Youth Alumni! Foster Alumni Mentors #FAMpoint5k Fundraiser**

The nonprofit [Foster Alumni Mentors \(FAM\)](#) builds supports for foster youth alumni by connecting them with mentors and other resources in the community. On Saturday, October 1, FAM will host its 5th annual #FAMpoint5k fundraiser, which includes a 0.5K (less than 1/3 of a mile), a 5K, and virtual race options. This event is fun for the whole family, featuring live entertainment, silent auction, prizes, and more. Registration opens June 1. Sign-up link and early bird registration details coming soon! To learn more about becoming a sponsor or volunteering for the event, e-mail [info@fosteralumnimentors.org](mailto:info@fosteralumnimentors.org).

### **Child Welfare Performance Improvement Plan Learning Symposium**

Please join us for the Child Welfare Performance Improvement Plan Learning Symposium: **Rising to the Challenge! Improving Colorado's Child Welfare Practice to Meaningfully Engage and Support Children, Youth, and Families** on Thursday, June 16, 8:30 AM–3:30 PM, at the [History Colorado Center](#). See the [agenda](#) for this free event highlighting the lessons learned from PIP counties. Eligible participants will receive Child Welfare Training System credit. Check out the county travel [guidelines](#) and [register today!](#)

**Wednesday, May 25, 9:00 AM or 4:00 PM:** Kempe's conversation circle on child welfare, family regulation, and policing

**Tuesday, June 7, 1:00–2:30 PM:** Medium-Size County Connection

**Monday, June 13, 1:30–3:00 PM:** Large-Size County Connection

**Thursday, June 30:** [Non-CWTS Training Log due](#)

**Save the Date:** Colorado Youth Awareness Week, July 24–30 (more info coming soon)

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## JOIN OUR TEAM

CWTS is hiring a Learning and Development Specialist. [Find out more information and apply.](#)



Contact Newsletter Editor

