

Catholic Charities Hawai'i has a collection of recorded trainings available to watch online for Resource Families to view. You can receive training hours by completing the quiz in the Vimeo description box, or filling out a training verification form.

## ADVOCACY

- **The Pono Process**  
EPIC Foundation (1 hour), 2021  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## BEHAVIORS

- **ADHD: What is it & What Can I Do About it?**  
Dr. Roger Hamada (1.75 hours), 2012  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Standing up to Bullying for Youth in Care** Heather Pierucki (1 hour), 2021  
1. [Click here to watch video](#)  
2. [Click here to take quiz for verification hours](#)
- **Ho'olohe Pono: Youth Suicide and Bullying Prevention**  
Antonia Alvarez (1.75 hours), 2013  
1. [Click here to watch video](#)  
2. [Click here to take quiz for verification hours](#)
- **Dealing with Power Struggles**  
Keith Kuboyama (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **A Closer Look at Building Emotional Regulation Skills**  
Tia Roberts (1.5 hours), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for verification hours](#)
- **Helping Children in Care Manage ADHD**  
Dr. Dennis Itoga, Psy. D (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## COURT

- **Caregivers and the Court**  
Judith Wilhoite & Judge Paul Murakami (1.75 hours), 2012  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Understanding Court Hearings for Resource Caregivers**  
Amphay Champatong MSW, J.D. (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## CULTURE

- **Knowing Who You Are: Helping Youth in Care Develop Cultural Identities**  
Chet Okayama, Jennifer Carter, & Janelle Ann Taua-Freitas (2.25 hours), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Importance of 'Ohana & Kuleana**  
Dr. Tammy Martin, Venus Kau'iokaweki  
Rosete-Medeiros, Noelani Realin, & Ekela Kaniaupio-Crozier (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Importance of Pilina & Pu'uhonua**  
Dr. Tammy Martin, Venus Kau'iokaweki  
Rosete-Medeiros, Noelani Realin, & Ekela Kaniaupio-Crozier (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## EDUCATION

- **Navigating Special Services In Schools: Understanding the Individualized Education Program (IEP)**  
Beverly Reidy (1 hour), 2019  
1. [Click here to watch video](#)  
2. [Click here to take quiz for verification hours](#)
- **Supporting Successful Transitions into Higher Education**  
Jennifer O'Donnell (1 hour), 2019  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **How to Support the Children in Your Home With School**  
Frank J. Capatch (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for verification hours](#)

## GRIEF

- **Grief in Foster Children**  
Cynthia White, MAE (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Skills for Assisting Grieving Children in Care**  
Cynthia White, MAE (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Assisting Resource Caregivers with Grief in Fostering**  
David Ogata, MC, LMFT (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## HEALTHY 'OHANA

- **Medical Needs for Youth in Care**  
Rodney Aquino, RN, MPH (1.25 hours), 2021  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **A Closer Look at Self-Care in Caregivers and Keiki** Tia Roberts (1.5 hours), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Pilina: Supporting Sibling Connections in Foster Care** EPIC 'Ohana & High Hopes (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **The Importance of Family Connection for Children in Foster Care**  
Sue Badeau (2.5 hours), 2020  
1. [Click here to watch video \(Part 1\)](#)  
2. [Click here to watch video \(Part 2\)](#)  
3. [Click here to take quiz for re-certification hours](#)

If you have questions about accessing these trainings,  
please contact the Warm Line at:

808-545-1130 (Oahu) or toll free at 1-866-545-0882 (Neighbor Islands)

Monday—Sunday 8:30am-10:00pm

or email the Warm Line at

[WarmLine@CatholicCharitiesHawaii.org](mailto:WarmLine@CatholicCharitiesHawaii.org)



## MENTAL HEALTH & WELLNESS

- **Youth Mental Health in Hawaii**  
Mestisa C. Gass, PsD &  
Amanda Martinez, MPH (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Helping Youth Cope with Covid-19**  
Tia Roberts Hartstock (1.25 hours), 2021  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Mental Wellness: Tips and Strategies for Surviving & Thriving**  
Mestisa C. Gass, PsD &  
Amanda Martinez, MPH (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## 'OHANA TIME

- **Virtual 'Ohana Time**  
Dr. Rachel Barr, PhD (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## PARENTING

- **2016 Annual Conference Learning by Doing: Encouraging Emotional and Developmental Growth Through Life Experiences**  
Dr. Kimo Alameda & Laurie Jicha (3.25 hours), 2016  
1. [Click here to watch video \(Part 1\)](#)  
2. [Click here to watch video \(Part 2\)](#)  
3. [Click here to take quiz for re-certification hours](#)
- **Strengthening Relationships Between Children and Caregivers: Why Attachment Matters in Early Childhood**  
Bridget Carranza, Michelle Choe, Alyssa Foster; PACT (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for verification hours](#)
- **Strengthening Relationships Between Children and Caregivers: Giving Your Child the Best Start**  
Bridget Carranza, Michelle Choe, Alyssa Foster; PACT (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for verification hours](#)

## PERMANENCY

- **2014 Hawaii Adoption and Permanency Alliance Conference: Strategies for Success in Adoptive Families**  
Paulette Bethel, Chiyomi Chow & Crystal Brown (2 hours), 2014  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## SEXUAL HEALTH & SAFETY

- **How to Talk to Youth in Care About Sex**  
Planned Parenthood, (1 hour) 2021  
1. [Click here to watch the video](#)  
2. [Click here to take quiz for certification hours](#)
- **Helping High-Risk Youth & Youth Who Have Been Sexually Exploited**  
Ret. Chief Nicholas Sensley, Jessica Munoz, Shantae Williams, & Clarence Vierra (2 hours), 2014  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Creating Sexual Safety in Foster Care**  
Wayne Duenh, Ph.D (3 hours), 2017  
1. [Click here to watch video \(Part 1\)](#)  
2. [Click here to watch video \(Part 2\)](#)  
3. [Click here to take quiz for re-certification hours](#)

## SUBSTANCE ABUSE

- **Teens & Substance Abuse**  
Erika Warner, LCSW, CSAC (1.5 hours), 2021  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Substance Abuse & Recovery**  
Erika Warner, LCSW, CSAC (1.5 hours), 2021  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Supporting Prenatal Substance Exposed Youth in Care**  
The Salvation Army Family Treatment Services (1.25 hours), 2021  
1. [Click here to watch video](#)  
2. [Click here to complete DHS form for re-certification hours](#)

## SUPPORTING LGBTQ+ YOUTH

- **Providing Safety and Support for LGBTQ+ Youth**  
Causha Spellman (2.25 hours), 2019  
1. [Click here to watch video \(Part 1\)](#)  
2. [Click here to watch video \(Part 2\)](#)  
3. [Click here to complete DHS Verification Form for re-certification hours](#)

## TEEN/TRANSITIONING OUT OF CARE

- **Transitions: Supporting Young People Entering Adulthood from Foster Care**  
EPIC 'Ohana (1.5 hours), 2019  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## TRAUMA

- **Emotional Change and Healing in Your Home**  
Keith Kuboyama, LCSW, Family Programs Hawaii (1 hour), 2021  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **A Closer Look at Building Resiliency and Healing Trauma**  
Tia Roberts (1.25 hours), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Understanding How Trauma Affects Learning**  
Frank J. Capatch (1 hour), 2020  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)
- **Trauma and Anger Management for the Family**  
Dr. George Rhoades (2 hours), 2011  
1. [Click here to watch video](#)  
2. [Click here to take quiz for re-certification hours](#)

## TOPICS IN GREEN ARE THE MOST RECENT TRAININGS FROM 2020 & 2021

Check out the new Hawaii Foster Care Connections mobile application available on the Apple Store and Google Play.

Hawaii Foster Care Connections is a place for Resource Families to connect with helpful support services, community resources, and most importantly, each other.