

Training Title: Embrace Trauma Informed Care with Children and Youth

Trainer: Colleen Kamps, MA, CYC

Duration: 6 hours

This training is available on the [SOR-RL training platform](#) as an option for the mandatory foster parent training under Policy Directive: [Residential Licensing 001-23: Training on the Provision of Foster Care](#) that comes into effect July 1, 2023.

This training meets many of the goals of [Ontario's Quality Standard Framework](#) along with the specific criteria for Policy Directive: Residential Licensing 001-23: Training on the Provision of Foster Care (read below for the direct connections)

- Training on providing trauma-informed care to children and youth in care (out-of-home care or foster care)
- Interactive live training
- 6 hours in length
- trauma theory covered
- understanding impacts of trauma
- recognizing signs and symptoms of trauma in children and youth
- resisting re-traumatization
- promoting child's well-being
- certificates of attendance are provided upon completion
- SafeGuards Training is an organization funded by MCCSS specifically to provide training in the area of children's mental health (read below for more info)
- The trainer is an experienced clinician, educator, and trainer in the area of mental health for children and young people and has worked with child welfare in many instances (read below for more info)

SafeGuards is a non-profit organization that is a partnership of 5 provincial associations (ANCFSAO, CMHO, OARTY, OAYPA, CLO). It provides training to the member agencies of these associations which serve and support vulnerable children, youth, and adults. The organization delivers around 80 trainings a year to over 4000 participants with a focus on trauma-informed practice.

The trainer, Colleen Kamps, is a licensed psychotherapist with over 40 years of clinical experience in mental health, crisis intervention, residential services, specialised trauma programs. She is a full-time professor at Centennial College in the CYC program and teaches part time at Toronto Metropolitan University and Simon Fraser University. She also provides clinical consultation, training and supervision to professionals and agencies in the helping field.

Other SafeGuards Trainings that meet the goals of Ontario's Quality Standard Framework.

1. [Addressing Self-Injurious Behaviour](#)
2. [Addressing Trauma and Its Impact on Black Youth](#)
3. [Assessing and Treating Adolescents with High-Risk Behaviours](#)
4. [Domestic Sex Trafficking of Youth](#)
5. [Fetal Alcohol Spectrum Disorder \(FASD\): A Four-Part Learning Series](#)
6. [In Between the Missing and Murdered: The Need for Indigenous Led Responses to Human Trafficking](#)
7. [Indigenous Perspective on the Mental Health of Children and Youth](#)
8. [Spaces that Affirm Identity: Service Provision for Children and Youth with Diverse Genders and/or Sexualities](#)
9. [Trauma Informed Practice: A Three-Part Series](#)
10. [Trauma Informed Practice with Indigenous Children and Youth](#)
11. [Trauma Informed Supervision](#)
12. [Using Trauma Informed Care Principles in Supporting Intergenerational Trauma in First Nation Communities](#)

SafeGuards is a ministry-approved provider for [training on the use of physical restraint](#).