



PROFESSIONAL DEVELOPMENT PROGRAM

ROCKEFELLER COLLEGE UNIVERSITY AT ALBANY State University of New York

# Monthly Newsletter

MARCH/APRIL 2020

PDP

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# Regional Training

**PDP**

**Title: Boundaries: Setting Limits and Sharing Safely**

**Date/Time: March 4 from 9:00 a.m. - 12:30 p.m.**

**Location: Erie County DSS, Appletree Business Park, 2875 Union Rd #22, Cheektowaga, NY 14227**

This training introduces the concepts of boundaries and self-disclosure and how they are associated with the role of adult caregivers working with youth in out-of-home settings. Through activities and discussion participants will begin to explore what is appropriate and inappropriate when interacting with young people, including over-familiarity, over-identification, over-involvement and self-disclosure. Participants will learn and practice strategies that they can use with youth in all types of out-of-home settings.

**Title: Focus on Youth Coalition**

**Date/Time: March 12 at 9:00 a.m. - 11:00 a.m.**

**Location: 296 Monroe Avenue, Buffalo, NY 14212**

Focus on Youth is a monthly collaborative meeting at which, adolescent service providers get together to share opportunities, resources, information, issues and, successes at each agency/county; to promote better outcomes for youth and families in Region 1.

**Title: Transition Plan: Helping Youth in Care Plan for Their Future**

**Date/Time: March 26 from 9:00 a.m. - 12:30 p.m.**

**Location: Child and Family Services, 824 Delaware Ave, Buffalo, NY 14209**

Youth transitioning from the foster care system need to be equipped and prepared to achieve self-sufficiency. With many new advancements in legislation, policy and practice, those working in the field have tools to create a youth directed plan to prepare youth for life after foster care. Implementation of these tools is key and this training will not only educate, but provide a forum to discuss adoption of these tools into service provision.

**For Youth Coalition information, contact Jessica Milliman-Estus.**



# Regional Training

**PDP**

**Title: Working and Supporting LGBTQ+ Youth Training**

**Date/Time: April 15 from 12:00 p.m. - 6:30 p.m.**

**Location: West Side Community Center, 161 Vermont Street, Buffalo, NY**

All youth experience challenges adjusting to the emotional issues associated with sexual identity development. Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ+) youth in out-of-home settings are a particularly vulnerable population in need of information and opportunities to explore their own sexual identities. LGBTQ+ youth are at significantly elevated risks for suicide, para-suicide, substance abuse, and physical and sexual victimization. This training will provide information, resources, strategies and activities designed to prepare adults to work effectively with LGBTQ+ youth they serve.

**Title: Supporting Youth in Effective Money Management PART 1**

**Date/Time: April 16 from 10:00 a.m. - 12:00 p.m. or 6:00 p.m. - 8:00 p.m.**

**Location: Berkshire Farm Center, 975 Hertel Ave, Buffalo, NY 14216**

Budgeting and money management can be quite a challenge for adults, even more so for any adolescent, and more specifically for the youth we serve. The challenges around money management may include a lack of experience, being more prone to impulse spending and having limited income. This training will present creative and engaging ideas that participants can use to support the youth they serve in strengthening their skills and knowledge of money management. Suggested activities, games, and resources about money management that can be used with youth individually or in groups will be included.

For training descriptions visit: <https://bit.ly/320EeQO>

To register, visit the Human Services Learning Center: <https://www.hslcnys.org/hslc/> or contact Meaghan Hurley, [mhurley@albany.edu](mailto:mhurley@albany.edu) or 518-442-6558.



# WebEx Training

PDP

## **March 11**

9:30 a.m. - 12:30 p.m. Preparing Youth for Employment

1 - 4:00 p.m. Essential Communication Skills for Working with Youth

## **March 19**

9:30 a.m. - 12:30 p.m. Transition Plan: Helping Youth in Care Plan for Their Future

1 - 4 p.m. Preparing Youth in Care for the College Experience

## **March 24**

9:30 a.m. - 12:30 p.m. Boundaries: Setting Limits and Sharing Safely

For training descriptions visit: <https://bit.ly/320EeQO>

To register, visit the Human Services Learning Center: <https://www.hslcnys.org/hslc/> or contact Meaghan Hurley, [mhurley@albany.edu](mailto:mhurley@albany.edu) or 518-442-6558



**Title: March YIP Meeting**

To RSVP and/or for more detail please contact Jessica Milliman-Estus, Youth Engagement Specialist  
by e-mail: [Jessica.Milliman-Estus@ocfs.ny.gov](mailto:Jessica.Milliman-Estus@ocfs.ny.gov)





# Resources

PDP

## **Youth in Progress – Resources for Youth in New York State**

[www.youthinprogress.org](http://www.youthinprogress.org)

## **National Self Injury Awareness Day (March 1)**

Self-Injury Awareness Day is promoted by several organizations to raise awareness about self-injury and how to better provide support. The day has been observed since at least 1999.

<https://discoverymood.com/blog/self-injury-awareness-day-march-1-2018/>

## **National Speech and Debate Education Day (March 6)**

The National Speech & Debate Association (NSDA) founded National Speech and Debate Education Day to recognize and celebrate the positive impact speech and debate activities have on schools, students, organizations and their communities.

<https://www.speechanddebate.org/national-speech-debate-education-day/>

## **American Diabetes Association Alert Day (March 24)**

The American Diabetes Association created Alert Day as part of its awareness programs in 1986. It has been a part of their growing diabetes education and prevention efforts in the United States ever since.

<https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/diabetes-alert-day>

## **Epilepsy Awareness Day (March 26)**

Purple Day was started in 2008 by Cassidy Megan of Nova Scotia, Canada to encourage awareness of epilepsy and to cast away some of the myths that cloud the general public's view of the condition. While other awareness days had been observed in the past, Purple Day and its founder have begun to get a bit of a following and awareness is spreading around the globe.

<https://www.epilepsy.com/make-difference/public-awareness/national-epilepsy-awareness-month>

## **Educational Training Voucher (EVT)**

*EVT has a new website! Currently accepting applications for this semester. September 2020 application period opens July 1.*

<https://etv-nys.smapply.org/>