



PROFESSIONAL DEVELOPMENT PROGRAM

ROCKEFELLER COLLEGE UNIVERSITY AT ALBANY State University of New York

# Monthly Newsletter

DECEMBER 2019

PDP

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# Regional Training

PDP

**Title: Essential Communication Skills for Working with Youth**

**Date/Time: December 4 from 9:30 a.m. - 2:00 p.m.**

**Location: Harlem State Office Building, 163 West 125th Street New York, NY 10027  
Executive Conference Room, 18th Floor**

**Updated Topic !!!**This training will assist adult caregivers with developing the essential skills needed to provide safe supervision of and effective communication with vulnerable youth. It will examine the concept of self-awareness and look at how adult responses and physical posturing give nonverbal messages to youth with whom they interact. It will also explore the significance of developing skills of positioning observation and decision making and introduce the concepts of therapeutic intervention and positive role modeling.

**Title: Identifying & Supporting Survivors of Commercial Exploitations of Children (CSEC) Part 1**

**Date/Time: December 17 from 10:00 a.m. - 4:00 p.m.**

**Location: Harlem State Office Building, 163 West 125th Street New York, NY 10027  
Executive Conference Room, 18th Floor**

**Hot Topic!!** To recognize and treat youth in commercial sexual exploitation of children (CSEC) and trafficking situations as victims of crime and survivors of abuse; to protect and prevent at-risk youth and youth from becoming victims of sex trafficking; and to improve safety, permanency, and well-being outcomes of youth involved in the child serving systems. To support the implementation of the federal Preventing Sex Trafficking and Strengthening Families Act and New York State's Safe Harbor for Exploited Youth Act, we are providing trainings on "Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) and Youth Trafficking" for child serving professionals. Part One (Full Day) of the training promotes awareness of CSEC and provides foundational knowledge on working with survivors of CSEC and youth trafficking.

**Register directly via your Training Coordinator/Director. You may use the Human Services Learning Center link to register: <https://www.hslcnys.org/hslc/>**

**For the Adolescent Services Training Catalog please click on the link:  
<https://www.ast.pdp.albany.edu/>**



# Regional Training

PDP

**Title: Adolescent Sexuality: Promoting Positive Health & Responsibility**

**Date/Time: December 18 from 10 a.m. - 1 p.m.**

**Location: Harlem State Office Building, 18th Floor Gallery, 163 West 125th Street New York, NY 10027 Executive Conference Room**

**Updated!!** Adolescents can experience challenges adjusting to the emotional issues associated with sexual development. It is essential that the adults in each youth's life are prepared to guide that youth through that process in a healthy and appropriate manner. This training is intended to help those adults to become knowledgeable about the stressors facing adolescents, especially youth in care, and to assist these adults in developing the necessary skills to provide education and support  
NOTE: Free parking is in the back of the building. The exit code is 3308.

**Title: Adolescent Sexuality: Promoting Positive Health & Responsibility**

**Date/Time: December 23 from 10 a.m. - 1 p.m.**

**Location: Harlem State Office Building, 18th Floor Gallery, 163 West 125th Street New York, NY 10027 Executive Conference Room**

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 placement. 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 in all types of out-of-home placement settings. This training will explore the importance of maintaining professional boundaries. Participants will learn why people cross boundaries and understand the ways in which those transgressions impact youth in out-of-home placement. Participants will also consider the effects that abuse can have on a young person's sense of personal boundaries and discover the purpose of self-disclosure as a tool of intervention and healing.

**Register directly via your Training Coordinator/Director. You may use the Human Services Learning Center link to register: <https://www.hslcnys.org/hslc/>**

**For the Adolescent Services Training Catalog please click on the link:  
<https://www.ast.pdp.albany.edu/>**



# Regional Training

PDP

**Title: Motivating and Engaging Youth**

**Date/Time: December 30 from 9:30 a.m. - 2 p.m.**

**Location: Harlem State Office Building, 18th Floor Gallery, 163 West 125th Street New York, NY 10027  
Executive Conference Room**

**Hot Topic!!!** Motivating young people can be a challenge. Engaging and sustaining the focus of youth in care for case planning and implementation can be especially challenging, given their experience both prior to and while in care. This program will discuss concepts of motivation, examine youth needs and how they may be met, consider where youth may be in the Stages of Change, and identify and utilize tools for assessing youth motivation. Practice using a model for engaging youth and increasing their motivation will enable caregivers to assist youth with their successful transition to self-sufficiency, via life skills development and future planning.

**Register directly via your Training Coordinator/Director. You may use the Human Services Learning Center link to register: <https://www.hslcnys.org/hslc/>**

**For the Adolescent Services Training Catalog please click on the link:  
<https://www.ast.pdp.albany.edu/>**

**Please contact Kim Dennis- Walker if you have any questions or concerns regarding registration.**



# WebEx Training

PDP

## **December 10**

1-3:30 p.m. Transition Plan: Helping Youth in Care Plan for Their Future

## **December 11**

10 a.m. - 12:30 p.m. Permanency Options for Youth

## **December 18**

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

1 - 3:30 p.m. Essential Communication Skills for Working With Youth

## **December 19**

9:30 a.m. to 12 p.m. Preparing Youth for the College Experience

1 - 3:30 p.m. Preparing Youth for Employment

## **December 20**

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

## **December 23**

10 a.m.- 12:30 p.m. Permanency Options for Youth

## **December 27**

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

## **December 30**

10 a.m. - 12:30 p.m. Preparing Youth for the College Experience

**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: YIP Meeting: AIDS Awareness Month**  
**Date/Time: December 18 from 6 - 8p.m.**  
**Location: 150 William Street New York City, NY 10038**

To RSVP and/or for more detail please contact Kim Dennis-Walker, Youth Engagement Specialist



# Resources

**PDP**

## Video: Toxic Stress from Childhood Adversity

<https://www.childtrends.org/videos/toxic-stress-from-early-childhood-adversity>

## Tips for Growing Up Homeless

<https://youthcomm.org/wp-content/uploads/YCteacher-Tips-for-Working-with-Homeless-Youth-FINAL.pdf>

## Growing Up Homeless Article

[https://www.ycteenmag.org/issues/NYC260/Growing\\_Up\\_Homeless.html?story\\_id=NYC-2018-01-12](https://www.ycteenmag.org/issues/NYC260/Growing_Up_Homeless.html?story_id=NYC-2018-01-12)

## Article: How I Changed How Young People Saw Community Service

<https://jjie.org/2019/11/19/how-i-changed-how-young-people-saw-community-service/>