



PROFESSIONAL DEVELOPMENT PROGRAM

ROCKEFELLER COLLEGE UNIVERSITY AT ALBANY State University of New York

Monthly Newsletter

MARCH 2020

PDP

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Regional Training

PDP

Title: Bullying: Spot It, Stop It

Date/Time: March 4 from 10:00 a.m. - 2:00 p.m.

Location: Harlem State Office Building, 2nd Floor Gallery, 163 West 125th Street, New York, NY 10027

Executive Conference Room, 18th Floor

Bullying in schools, foster care facilities, and virtually all locations in which young people gather, has become a national phenomenon. The impact of bullying on perpetrators, victims, and the social environment can have devastating short term and long-term consequences. This training has been developed to provide participants with important information about the impact of bullying, the types of bullying and, most importantly, the ways in which to create a physical and social setting in which bullying is reduced.

Title: Creating Youth leaders in Your Agency

Date/Time: March 11 from 10:00 a.m. - 1:00 p.m.

Location: Harlem State Office Building, 2nd Floor Gallery, 163 West 125th Street, New York, NY 10027

Youth development, youth engagement, youth voice, youth involvement/ participation, youth empowerment, and youth leadership are all concepts and catch words that have been used for years. These concepts will be defined and further explored during this training. Service providers in New York State will be provided with an opportunity to put them into actual practice as they consider developing the youth they serve into leaders for the present and the future.

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: Boundaries: Setting Limits - Updated Training

Date/Time: March 12 from 10:00 a.m. - 2:00 p.m.

Location: Harlem State Office Building, 2nd Floor Gallery, 163 West 125th Street, New York, NY 10027

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.

Title: Supporting Youth in Effective Money Management - Updated Training

Date/Time: March 19 from 10:00 a.m. - 1:00 p.m.

Location: Harlem State Office Building, 2nd Floor Gallery, 163 West 125th Street, New York, NY 10027

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.

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 - Updated Training

Date/Time: March 31 from 10:00 a.m. - 1:00 p.m.

Location: Harlem State Office Building, 2nd Floor Gallery, 163 West 125th Street, New York, NY 10027

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 participants to become knowledgeable about the stressors facing adolescents and to assist participants in developing the necessary skills to provide education and support.

Please contact Kim Dennis- Walker if you have any questions or concerns regarding registration by phone: 212-383-2370 or e-mail: kim.dennis-walker@ocfs.ny.gov.



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 or 518-442-6558



Title: YIP Meeting

Date/Time: March 18

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



Resources

PDP

Youth in Progress – Resources for Youth in New York State

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/>