



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: Preparing Youth for the College Experience

Date/Time: March 3 from 10:00 a.m. - 2:00 p.m.

Location: Westchester Regional Office – 117 E Stevens Ave Suite 300 (Room 107), Valhalla, NY 10595

This training will acquaint adult caregivers with a basic understanding of what they can do to help youth in care prepare for the college experience. Many youth in care face educational obstacles due to multiple placements, attending multiple schools, and inconsistent messages from adult caregivers. As a result, these youth may be ill prepared for making a successful transition from high school to college. This training will provide adult caregivers with information about the vocabulary and processes necessary to assist youth in preparing for and successfully getting started in their college career.

Title: Boundaries: Setting Limits & Sharing Safely

Date/Time: March 9 from 10:00 a.m. - 2:00 p.m.

Location: Astor Home for Children – 205 South Avenue Suite 100 – Poughkeepsie, NY 12601

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: Transition Plan: Helping Youth Plan for Their Future

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

Location: Westchester Regional Office – 117 E Stevens Ave Suite 300 (Room 107), Valhalla, NY 10595

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.

Please contact Melissa Rivera, Youth Engagement Specialist, at 914-801-3264 or by e-mail: Melissa.Rivera@ocfs.ny.gov to schedule fall 2019 training.



Regional Training

PDP

Title: Creating Life Paks with Youth in Care

Date/Time: March 16 from 10:00 p.m. - 2:00 p.m.

Location: Astor Home for Children – 205 South Avenue Suite 100 – Poughkeepsie, NY 12601

Youth who have experienced placement or adoption may feel disconnected from their past. Some connections that existed prior to placement have been severed. This can impact identity formation. Research has shown that failure to preserve a youth's connection to their history has a long-term effect on self-esteem, self-concept, and ability to form lasting attachments and relationships throughout their lifetime. This training will help adult caregivers use the process of developing a LifePak with youth; producing a tangible product while helping youth explore life goals.

Title: Permanency Options for Youth in Care

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

Location: Westchester Regional Office – 117 E Stevens Ave Suite 300 (Room 107), Valhalla, NY 10595

Permanency for children and youth is critical to a child's sense of well-being, safety, and long-term success in life especially for youth in care. When young people age out of the foster care system they need responsible adults who are willing to provide various supports that will help the youth transition to adulthood. This training will focus on defining permanency and identifying the permanency options for children and youth to be explored if reunification with birth families is not possible. Those options include adoption, guardianship (including KinGAP), and Another Planned Permanent Living Arrangement (APPLA).

Title: Essential Communication Skills for Working with Youth

Date/Time: March 26 from 10:00 a.m. - 2:00 p.m.

Location: Westchester Regional Office – 117 E Stevens Ave Suite 300 (Room 107), Valhalla, NY 10595

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.

Please contact Melissa Rivera, Youth Engagement Specialist, at 914-801-3264 or by e-mail: Melissa.Rivera@ocfs.ny.gov to schedule fall 2019 training.



Regional Training

PDP

Title: Preparing Youth for the College Experience

Date/Time: April 20 from 10:00 a.m. - 2:00 p.m.

Location: Astor Home for Children – 205 South Avenue Suite 100 – Poughkeepsie, NY 12601

This training will acquaint adult caregivers with a basic understanding of what they can do to help youth in care prepare for the college experience. Many youth in care face educational obstacles due to multiple placements, attending multiple schools, and inconsistent messages from adult caregivers. As a result, these youth may be ill prepared for making a successful transition from high school to college. This training will provide adult caregivers with information about the vocabulary and processes necessary to assist youth in preparing for and successfully getting started in their college career.

Title: Transition Plan: Helping Youth Plan for Their Future

Date/Time: April 21 from 10:00 a.m. - 2:00 p.m.

Location: Westchester Regional Office – 117 E Stevens Ave Suite 300 (Room 107), Valhalla, NY 10595

To assist those working with the adolescent (14-21) population understand all of the policies, directives, and supports in place to help youth in best practice and in obtaining successful outcomes. The training will highlight Chafee, Transition Plans (and all of its elements), Adolescent Service Regulations (latest version available), Trial discharge, Medicaid to 21/26, ETVs, and Permanency Legislation (relative to life skill instruction and linking to assessments).

Title: Essential Communication Skills for Working with Youth

Date/Time: April 27 from 10:00 a.m. - 2:00 p.m.

Location: Astor Home for Children – 205 South Avenue Suite 100 – Poughkeepsie, NY 12601

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.

Please contact Melissa Rivera, Youth Engagement Specialist, at 914-801-3264 or by e-mail: Melissa.Rivera@ocfs.ny.gov to schedule fall 2019 training.



Regional Training

PDP

Title: Boundaries: Setting Limits & Sharing Safely

Date/Time: April 30 from 1:00 p.m. - 5:00 p.m.

Location: Westchester Regional Office – 117 E Stevens Ave Suite 300 (Room 107), Valhalla, NY 10595

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.

The Following Target Populations Working with Youth, can Access YST Supportive Resources:

- Foster/adoptive parents
- Foster care agency staff, caseworkers, supervisors and child care workers
- Local District Social Services (LDSS) staff
- OCFS Licensed Runaway and Homeless Youth Shelter staff
- OCFS Child Welfare and Community Services (CWCS), Youth Development and Partnerships for Success (YDAPS), and the Division of Juvenile Justice and Opportunities for Youth (DJJOY) staff
- Youth Bureau staff

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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



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/>