



PROFESSIONAL DEVELOPMENT PROGRAM

ROCKEFELLER COLLEGE UNIVERSITY AT ALBANY State University of New York

# Monthly Newsletter

JANUARY 2021

PDP

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# Webex Training

PDP

## January 5

9:00 a.m. – 11:30 a.m.

**Essential Communication Skills for Working with Youth**

1:00 p.m. – 4:00 p.m.

**Motivating and Engaging Youth**

## January 6

10:00 a.m. – 12:30 p.m.

**Milestones and Meaning: A Brief Introduction for Emerging LGBTQ+ Allies**

1:00 p.m. – 3:30 p.m.

**Transition Plan: Helping Youth in Care Plan for their Future**

## January 7

10:00 a.m. – 12:30 p.m.

**Boundaries: Setting Limits and Sharing Safely**

1:00 p.m. – 3:30 p.m.

**Preparing Youth in Care for Employment**

## January 8

9:00 a.m. – 12:30 p.m.

**Preparing Youth in Care for the College Experience**

## January 11

1:00 p.m. – 3:30 p.m.

**Essential Communication Skills for Working with Youth**

1:00 p.m. – 3:30 p.m.

**Permanency Options for Youth**

## January 12

10:00 a.m. – 12:30 p.m.

**Transition Plan: Helping Youth in Care Plan for their Future**

1:00 p.m. – 3:30 p.m.

**Street Smarts: Safety Skills for Youth in Care**

## January 13

9:00 a.m. – 11:30 a.m.

**Preparing Youth in Care for Employment**

1:00 p.m. – 3:30 p.m.

**Preparing Youth in Care for the College Experience**

## January 14

1:00 p.m. – 3:30 p.m.

**Boundaries: Setting Limits and Sharing Safely**

To register, visit the Human Services Learning Center  
at <https://www.hslcnys.org/> or contact Meaghan Hurley,  
mhurley@albany.edu or 518-442-6558 for the most up to date trainings.  
For the latest training descriptions visit: <https://bit.ly/320EeQQ>



# Webex Training

PDP

## January 15

10:00 a.m. – 12:30 p.m. **Milestones and Meaning: A Brief Introduction for Emerging LGBTQ+ Allies**

## January 19

10:00 a.m. – 12:30 p.m. **Transition Plan: Helping Youth in Care Plan for their Future**  
1:00 p.m. – 4:00 p.m. **Motivating and Engaging Youth**

## January 20

10:00 a.m. – 12:30 p.m. **Essential Communication Skills for Working with Youth**  
1:00 p.m. – 3:30 p.m. **Permanency Options for Youth**

## January 21

10:00 a.m. – 12:30 p.m. **Street Smarts: Safety Skills for Youth in Care**  
1:00 p.m. – 3:30 p.m. **Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility**

## January 22

9:00 a.m. – 11:30 a.m. **Boundaries: Setting Limits and Sharing Safely**

## January 25

1:00 p.m. – 3:30 p.m. **Preparing Youth in Care for the College Experience**

## January 26

9:00 a.m. – 11:30 a.m. **Preparing Youth in Care for Employment**  
1:00 p.m. – 3:30 p.m. **Permanency Options for Youth**

## January 27

10:00 a.m. – 12:30 p.m. **Milestones and Meaning: A Brief Introduction for Emerging LGBTQ+ Allies**

To register, visit the Human Services Learning Center  
at <https://www.hslcnys.org/> or contact Meaghan Hurley,  
mhurley@albany.edu or 518-442-6558 for the most up to date trainings.  
For the latest training descriptions visit: <https://bit.ly/320EeQQ>



# Webex Training

**PDP**

**January 28**

10:00 a.m. – 1:00 p.m. **Motivating and Engaging Youth**

**January 29**

10:00 a.m. – 12:30 p.m. **Transition Plan: Helping Youth in Care Plan for their Future**

To register, visit the Human Services Learning Center  
at <https://www.hslcnys.org/> or contact Meaghan Hurley,  
mhurley@albany.edu or 518-442-6558 for the most up to date trainings.  
For the latest training descriptions visit: <https://bit.ly/320EeQQ>





# Resources

PDP

## **Youth in Progress**

View resources for youth in New York State.

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

## **National Mentoring Summit**

January is National Mentoring Month and this year's 11th annual National Mentoring Summit will focus on rising to the moment and all the ways our relationship-centered movement has evolved, adapted, and been there for young people.

<https://bit.ly/34BdEBE>

## **Youth Voice Writing Contest 2021**

The Imprint, a daily news publication dedicated to covering child welfare, juvenile justice, mental health and educational issues faced by vulnerable children and families, is hosting a writing contest. The contest is for youth 18-26 with experience in the foster care or juvenile justice systems, and enrolled in college or trade school. The winner will be published and receive a cash prize. Deadline is Jan. 31.

<https://bit.ly/3mDjhpr>

## **Race, Inclusion and Cultural Respect**

Mentors don't always feel equipped to talk to their mentees about subjects like race, inclusion and cultural respect. This resource includes youth and practitioners' insight with videos from mentor hosted events, informational guides, online modules, webinars and more.

<https://bit.ly/3mDkYTP>

## **Dr. Martin Luther King, Jr. Day of Service**

Find an opportunity near you to give back safely.

<https://bit.ly/34D1qZn>

## **Transitioning Youth Out of Foster Care**

Read the "AGED OUT: How We're Failing Youth Transitioning Out of Foster Care" report or download the presentation.

<https://bit.ly/2WA4LOh>

## **LGBTQ Resources**

The Office of Children and Family Services has information and LGBTQ resources for youth, parents (foster, adopting or biological), adult caregivers, and professionals.

<https://on.ny.gov/3aBLcnk>



# SOCIAL CONNECTION

*January 2021 Social Media Updates*



## MENTORING MONTH

January 17 is Mentoring Day. If you've ever thought about becoming a mentor in New York State, now is the time to get involved!

<https://on.ny.gov/3mO7LHz>

## WRITING CONTEST

The Imprint is hosting a writing contest. The contest is for youth 18-26 with experience in the foster care or juvenile justice systems, and enrolled in college or trade school. Deadline is Jan. 31. Get all the details here:

<https://on.nyc.gov/3qdvFPR>



## NEWS

The governor signed a law making it easier for former foster youth who have not yet turned 21 to re-enter care, which can include housing assistance and monthly stipends to cover their basic needs.

<https://bit.ly/3rr1XHB>



## New York Smooths Path for Young Adults to Re-enter Foster Care



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Post until 1/31



# SOCIAL CONNECTION

*January 2021 Social Media Updates*



## LGBTQ RESOURCES

Looking for LGBTQ Resources? The Office of Children and Family Services has information and resources for youth, parents (foster, adopting or biological), adult caregivers, and professionals.

<https://on.ny.gov/37FWq8h>

## YOUTH VOICES

At our youth events in November and December we heard from those who work with youth and the youth themselves about what their needs are and what changes need to be made. One of the topics of concern was mental health. Specifically anxiety and depression.

**"Youth need support with mental health. Anxiety and Depression is an issue."**



JANUARY 18, 2021

## MLK DAY OF SERVICE

Dr. Martin Luther King, Jr. Day of Service will look different this year, but you can still make a difference. Find an opportunity near you.

<https://bit.ly/3nKnPvf>



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