



PROFESSIONAL DEVELOPMENT PROGRAM

ROCKEFELLER COLLEGE UNIVERSITY AT ALBANY State University of New York

# Monthly Newsletter

AUGUST 2020

PDP

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## Contact Information

### Paul Tucker

Sr. Education Specialist/  
Youth Engagement Specialist  
Rochester Regional Office Region 2  
259 Monroe Ave., RM 307

Rochester, NY 14607

**Phone:** 585.238.8292

**E-mail:** paul.tucker@ocfs.ny.gov



# Webex Training

PDP

## August 3

10:00 a.m. – 1:00 p.m. **Permanency Options for Youth**  
1:00 p.m. – 4:00 p.m. **Essential Communication Skills for Working with Youth**

## August 4

10:00 a.m. – 1:00 p.m. **Transition Plan: Helping Youth in Care Plan for their Future**  
1:00 p.m. – 4:00 p.m. **Permanency Options for Youth**

## August 5

10:00 a.m. – 1:00 p.m. **Preparing Youth for the College Experience**  
12:00 a.m. – 3:00 p.m. **Boundaries: Setting Limits and Sharing Safely**

## August 7

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

## August 10

9:00 a.m. – 12:00 p.m. **Preparing Youth for Employment**

## August 11

9:30 a.m. – 12:00 p.m. **Transition Plan: Helping Youth in Care Plan for their Future**  
1:00 p.m. – 4:00 p.m. **Boundaries: Setting Limits and Sharing Safely**

## August 12

9:00 a.m. – 12:00 p.m. **Preparing Youth for Employment**  
12:30 p.m. – 3:30 p.m. **Milestones and Meaning: A Brief Introduction for Emerging LGBTQ+ Allies**

## August 13

10:00 a.m. – 1:00 p.m. **Permanency Options for Youth**  
1:00 p.m. – 4:00 p.m. **Essential Communication Skills for Working with Youth**

Webex offerings are updated daily. To register, visit the Human Services Learning Center at <https://www.hslcnys.org/> or contact Meaghan Hurley, [mhurley@albany.edu](mailto: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

## August 14

9:00 a.m. – 12:00 p.m. **Boundaries: Setting Limits and Sharing Safely**

## August 17

1:00 p.m. – 4:00 p.m. **Motivating and Engaging Youth (pilot)**

## August 18

10:00 a.m. – 1:00 p.m. **Preparing Youth for Employment**

1:00 p.m. – 4:00 p.m. **Boundaries: Setting Limits and Sharing Safely**

## August 19

9:30 a.m. – 12:30 p.m. **Permanency Options for Youth**

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

## August 20

9:00 a.m. – 12:30 p.m. **Preparing Youth for the College Experience**

1:00 p.m. – 4:00 p.m. **Transition Plan: Helping Youth Plan for their Future**

## August 21

9:00 a.m. – 12:00 p.m. **Boundaries: Setting Limits and Sharing Safely**

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

## August 24

10:00 a.m. – 1:00 p.m. **Permanency Options for Youth**

## August 25

9:00 a.m. – 12:00 p.m. **Essential Communication Skills for Working with Youth**

1:00 p.m. – 4:00 p.m. **Boundaries: Setting Limits and Sharing Safely**

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# Webex Training

PDP

## August 26

10:00 a.m. – 1:00 p.m.    **Transition Plan: Helping Youth Plan for their Future**

## August 27

9:30 a.m. – 12:30 p.m.    **Milestones and Meaning: A Brief Introduction for Emerging LGBTQ+ Allies**  
1:00 p.m. – 4:00 p.m.    **Preparing Youth for the College Experience**

## August 28

9:00 a.m. – 12:00 p.m.    **Motivating and Engaging Youth**  
1:00 p.m. – 4:00 p.m.    **Essential Communication Skills for Working with Youth**

## August 31

10:00 a.m. – 1:00 p.m.    **Boundaries: Setting Limits and Sharing Safely**

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# Resources

PDP

## Youth in Progress

View resources for youth in New York State.

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

## Back to School

This frightening and unprecedented time adds an additional level of stress to providing reassurance and a sense of normalcy to foster and adopted youth returning to school. View an article on this topic on the Chronicle of Social Change website.

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

## Free Foster Parent Training

The National Foster Parent Association (NFPA) is now providing online training to caregivers nationwide via the NFPA Training Institute.

<https://www.nfpai.org/collections?page=1>

## 20-21 School Year

NYC Department of Education Information Sessions.

<https://www.schools.nyc.gov/school-year-20-21/return-to-school-2020>

## Race Talk

A Series of Short Films about Identity in America” The New York Times is featuring personal stories that reflect the breadth of experiences related to race in the United States.

<https://www.nytimes.com/interactive/projects/your-stories/conversations-on-race>

Emmanuel Acho sits down to have an “uncomfortable conversation” with white America, in order to educate and inform on racism, system racism, social injustice, rioting & the hurt African Americans are feeling today.

<https://www.youtube.com/watch?v=h8jUA7JBkF4>

## Stay Healthy

YMCA 360 offers workout videos online.

[https://www.youtube.com/channel/UCOGt\\_IpceP\\_xQhhCMCrut\\_A](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A)

## Transgender Resources

The Trans Youth Handbook provides steps to change identity, healthcare rights, and more.

<https://transyouthhandbook.org/>

## Grief

The Dougy Center provides resources, support groups and more to help those teens grieving.

<https://www.dougy.org/grief-resources/help-for-teens/>



# SOCIAL CONNECTION

*August 2020 Social Media Updates*

## Student and Family Information Sessions

August 12 & 27



## ONLINE LEARNING

The NYC Department of Education has put together family and student information sessions to better understand plans for the upcoming school year. Register here:

<https://on.nyc.gov/2E43FdL>

## CONVERSATIONS ON RACE

Watch this video to hear from different individuals about their experiences with race inequality:

<https://nyti.ms/3fQrAM1>



## TRANS YOUTH HANDBOOK

Do you identify as transgender? Learn about changing your identity, about your healthcare and work rights and more in this handbook:

<https://transyouthhandbook.org/>



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Post until 8/31





# SOCIAL CONNECTION

*August 2020 Social Media Updates*



## HOME SAFARI

How does a trip to the zoo sound? Join the Cincinnati Zoo for a home safari and take the quiz for a chance to win tickets!

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

## DEALING WITH GRIEF

"I'm the only one." Have you felt this way while grieving a loss? You are not alone. The Dougy Center has put together resources, support groups and more to help those grieving:

<https://bit.ly/2Br4Wec>



## YMCA 360

Work out with the YMCA on YouTube! Start your workout here:

<https://bit.ly/32QpnMC>



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