



# Monthly Newsletter

## August 2025

PDP

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# Webex Trainings

PDP

## **Adolescent Sexuality: Promoting Sexual Health & Responsibility**

Tuesday, August 19

12:30 p.m. – 3:30 p.m.

## **Adult Connections and Family First Prevention Services Act (FFPSA)**

Friday, August 15

9:00 a.m. – 10:00 a.m.

Wednesday, August 27

2:00 p.m. – 3:00 p.m.

## **An Introduction to Regulating Emotions**

Wednesday, August 6

9:30 a.m. – 10:30 a.m.

Friday, August 29

10:30 a.m. – 11:30 a.m.

## **An Introduction to Trauma Informed Healing Centered Engagement**

Monday, August 11

1:00 p.m. – 2:00 p.m.

Tuesday, August 19

10:30 a.m. – 11:30 a.m.

## **Boundaries: Setting Limits & Sharing Safely**

Tuesday, August 5

1:00 p.m. – 3:30 p.m.

Wednesday, August 20

10:00 a.m. – 12:30 p.m.

## **Bullying: Spot It, Stop It**

Monday, August 18

1:00 p.m. – 4:00 p.m.

## **Essential Communication Skills for Working with Youth**

Thursday, August 28

9:00 a.m. – 11:30 a.m.

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

Tuesday, August 12

1:00 p.m. – 3:30 p.m.

## **Motivating & Engaging Youth**

Wednesday, August 13

9:00 a.m. – 12:30 p.m.

Thursday, August 28

1:00 p.m. – 4:30 p.m.

## **Networking & Mapping Resources**

Thursday, August 14

11:00 a.m. – 12:00 p.m.

Tuesday, August 26

1:00 p.m. – 2:00 p.m.

## **Permanency Options for Youth**

Thursday, August 14

1:00 p.m. – 3:30 p.m.

Wednesday, August 27

10:00 a.m. – 12:30 p.m.

## **Preparing Youth for Employment**

Monday, August 25

1:30 p.m. – 4:00 p.m.

## **Preparing Youth for the College Experience**

Tuesday, August 12

10:00 a.m. – 1:30 p.m.

Thursday, August 21

10:30 a.m. – 2:00 p.m.

## **Promoting Resilience: Fostering Youth Empowerment**

Wednesday, August 13

1:30 p.m. – 5:00 p.m.

Tuesday, August 26

9:30 a.m. – 1:00 p.m.

## **Relational Strategies to Build Trust & Connection**

Monday, August 4

9:00 a.m. – 10:00 a.m.

Thursday, August 21

1:00 p.m. – 2:00 p.m.

## **Street Smarts: Safety Skills for Youth**

Monday, August 11

9:00 a.m. – 11:30 a.m.

## **Transition Plan: Helping Youth Plan for Their Future**

Tuesday, August 5

9:00 a.m. – 12:30 p.m.

Wednesday, August 20

1:00 p.m. – 4:30 p.m.

To register:

Visit **Human Services Learning Center**

<https://www.hslcnys.org>, or email

**Lilibeth Donahue** [ldonahue@albany.edu](mailto:ldonahue@albany.edu)

For training descriptions, visit:

<https://youthinprogress.org/events-trainings/>

# Classroom Trainings

PDP

## Region 1

### Motivating and Engaging Youth

Friday, August 22

9:30 a.m. – 2:30 p.m.  
Amherst, NY

### Building and Supporting Personal Safety Skills with Youth

Friday, August 29

9:30 a.m. – 3:30 p.m.  
Amherst, NY

## Region 2

### Permanency Options for Youth

Monday, August 11

9:00 a.m. – 2:00 p.m.  
Canadaigua, NY

### Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) Part 1

Thursday, August 28

9:00 p.m. – 4:00 p.m.  
Canadaigua, NY

## Region 3

### Permanency Options for Youth

Tuesday, August 12

9:30 a.m. – 2:30 p.m.  
Syracuse, NY

### Building and Supporting Personal Safety Skills with Youth

Thursday, August 14

9:30 a.m. – 3:30 p.m.  
Syracuse, NY

## Region 4

### Motivating and Engaging Youth

Wednesday, August 27

9:00 a.m. – 2:00 p.m.  
Albany, NY

### Bullying: Spot It; Stop It

Thursday, August 28

9:00 a.m. – 1:30 p.m.  
Albany, NY

To register, email:

**Region 1**—Kim Grose

[kimberly.grose@ocfs.ny.gov](mailto:kimberly.grose@ocfs.ny.gov)

**Region 2** - Kendra Drake

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**Region 3**—Katie Rushlo-Mercado

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**Region 4**—Chelsea Perkins

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# YIP Meetings

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## Health & Wellness

This month's YIP meeting focuses on understanding health care and mental health resources available to foster youth.

- Understanding Health Care Access for Foster Youth
- Navigating Mental Health Services
  - Insurance Differences by Region
  - Free Online Help
- Finding Local Health and Wellness Programs
- Sexual and Reproductive Health

## Region 1 (Buffalo)

Wednesday, August 27

4:00 p.m. – 5:30 p.m.

Amherst, NY

## Region 2 (Rochester)

Wednesday, August 13

12:00 p.m. – 1:30 p.m.

Rochester, NY

## Region 5 (Westchester)

Saturday, August 2

10:00 a.m. – 11:30 a.m.

Valhalla, NY

## Region 5 (Long Island)

Wednesday, August 13

5:00 p.m. – 6:30 p.m.

Bohemia, NY

To register, email:

**Region 1**—Kim Grose

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**Region 2**—Kendra Drake

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**Region 5 (Westchester)**—Thomas Califra

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**Region 5 (Long Island)**—Angela Cardarelli

[angela.cardarelli2@ocfs.ny.gov](mailto:angela.cardarelli2@ocfs.ny.gov)





# Resources

PDP

## **Youth in Progress**

Youth in Progress gives youth in foster care the opportunity to be heard and to help make changes to the foster care system. [YouthinProgress.org](https://youthinprogress.org) has resources, events, and involvement opportunities. Check it out today!

## **Need to Know Series: Check It: Physical Health**

Caring for your physical health looks different for everyone. Here are some ways to start thinking about what could work for you.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-check-it-physical-health/>

## **Need to Know Series: Check It: Emotional Health**

There are many ways to improve and maintain your emotional wellness and overall enjoyment of life.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-check-it-emotional-well-being/>

## **Unlocking the Potential of Neurodiversity**

Being neurodiverse can have challenges, but so much strength and power comes from embracing your neurodiversity.

<https://youthinprogress.org/resources/topics/unlocking-the-potential-of-neurodiversity/>

## **Former Foster Care Youth Health Services**

Information about the federal health insurance program, New York State Office of Children and Family Services (OCFS) Former Foster Care Youth and the Affordable Care Act and SUPPORT Act.

<https://ocfs.ny.gov/main/sppd/health-services/affordable-care-act.php>