



Monthly Newsletter

December 2024

PDP

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Contact Information

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Webex Trainings

PDP

Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility

Wednesday, Dec. 4
9:00 a.m. – 12:00 p.m.

Tuesday, Dec. 10
1:00 p.m. – 4:00 p.m.

Wednesday, Dec. 18
9:30 a.m. – 12:30 p.m.

An Introduction to Regulating Emotions

Monday, Dec. 2
6:00 p.m. – 7:00 p.m.

Friday, Dec. 6
10:00 a.m. – 11:00 a.m.

Friday, Dec. 20
1:00 p.m. – 2:00 p.m.

An Introduction to Trauma Informed Healing Centered Engagement

Wednesday, Dec. 4
1:00 p.m. – 2:00 p.m.

Monday, Dec. 16
10:00 a.m. – 11:00 a.m.

Boundaries: Setting Limits and Sharing Safely

Tuesday, Dec. 17
10:00 a.m. – 12:30 p.m.

Bullying: Spot It, Stop It

Tuesday, Dec. 10
9:30 a.m. – 12:30 p.m.

Monday, Dec. 16
1:00 p.m. – 4:00 p.m.

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

Tuesday, Dec. 3
9:00 a.m. – 11:30 a.m.

Monday, Dec. 9
12:30 p.m. – 3:00 p.m.

Wednesday, Dec. 18
1:00 p.m. – 3:30 p.m.

Networking and Mapping Resources

Monday, Dec. 9
9:00 a.m. – 10:00 a.m.

Friday, Dec. 13
12:30 p.m. – 1:30 a.m.

Tuesday, Dec. 17
2:00 p.m. – 3:00 p.m.

Permanency Options for Youth

Thursday, Dec. 5
1:00 p.m. – 3:30 p.m.

Friday, Dec. 13
9:00 a.m. – 11:30 a.m.

Thursday, Dec. 19
9:00 a.m. – 11:30 a.m.

Preparing Youth for Employment

Wednesday, Dec. 11
1:30 p.m. – 4:00 p.m.

Thursday, Dec. 19
1:00 p.m. – 3:30 p.m.

Preparing Youth for the College Experience

Thursday, Dec. 12
1:00 p.m. – 3:30 p.m.

Monday, Dec. 23
10:00 a.m. – 12:30 p.m.

Promoting Resilience: Fostering Youth Empowerment

Wednesday, Dec. 11
9:00 a.m. – 12:30 p.m.

Relational Strategies to Build Trust & Connection

Tuesday, Dec. 3
2:00 p.m. – 3:00 p.m.

Street Smarts: Safety Skills for Youth

Thursday, Dec. 12
10:00 a.m. – 12:30 p.m.

Transition Plan: Helping Youth Plan for Their Future

Thursday, Dec. 5
10:00 a.m. – 1:30 p.m.

Friday, Dec. 13
11:00 a.m. – 2:30 p.m.

Friday, Dec. 20
9:00 a.m. – 12:30 p.m.

To register:

Visit **Human Services Learning Center**

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

Lilibeth Donahue ldonahue@albany.edu

For training descriptions, visit:

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



Classroom Trainings

PDP

Region 1

Preparing Youth for Employment

Tuesday, Dec. 3

10:30 a.m. – 1:30 p.m.

West Seneca, NY

Region 2

Preparing Youth for Employment

Thursday, Dec. 19

1:00 p.m. – 4:00 p.m.

Canadaigua, NY

Region 3

Promoting Resilience: Fostering Youth Empowerment

Thursday, Dec. 12

1:00 p.m. – 4:30 p.m.

Syracuse, NY

Region 4

Boundaries: Setting Limits and Sharing Safely

Monday, Dec. 16

1:00 p.m. – 4:00 p.m.

Albany, NY

Region 5

Bullying: Spot It; Stop It

Tuesday, Dec. 17

10:00 a.m. – 2:30 p.m.

Valhalla, NY

To register, email:

Region 1 - Kim Grose
kimberly.grose@ocfs.ny.gov

Region 2 - Kendra Drake
kendra.drake@ocfs.ny.gov

Region 3 - Katie Rushlo-Mercado
katie.rushlo@ocfs.ny.gov

Region 4—Chelsea Perkins
chelsea.perkins@ocfs.ny.gov

Region 5 (Westchester)—Thomas Califra
thomas.califra@ocfs.ny.gov



YIP Meetings

PDP

From Surviving to Thriving

- Resource Mapping
- Physical & Emotional Well-Being
- Surviving vs. Thriving
- Overcoming Setbacks & Resilience
- Resolutions & Goals

To register, email:

Region 1—Kim Grose
kimberly.grose@ocfs.ny.gov

Region 2—Kendra Drake
kendra.drake@ocfs.ny.gov

Region 4—Chelsea Perkins
chelsea.perkins@ocfs.ny.gov

Region 5 (Long Island)—Angela Cardarelli
angela.cardarelli2@ocfs.ny.gov

Region 5 (Westchester)—Thomas Califra
thomas.califra@ocfs.ny.gov

Statewide—Chelsea Perkins
chelsea.perkins@ocfs.ny.gov

Statewide

Wednesday, Dec. 11

3:30 p.m. – 5:00 p.m. (Webex)

Region 1 (Buffalo)

Thursday, Dec. 19

4:30 p.m. – 6:00 p.m.

Amherst, NY

Region 2 (Rochester)

Tuesday, Dec. 10

5:30 p.m. – 7:00 p.m.

Bath, NY

Region 4 (Albany)

Tuesday, Dec. 17

4:00 p.m. – 5:30 p.m.

Albany, NY

Region 5 (Long Island)

Wednesday, Dec. 4

5:00 p.m. – 6:30 p.m.

Bohemia, NY



Resources

PDP

Youth in Progress

Youth in Progress gives youth in foster care the opportunity to be heard to make changes to the foster care system. YouthinProgress.org has resources, events, and involvement opportunities. Check it out today!

Need to Know Series: Check It: Emotional Well-Being

Your well-being is influenced by many factors. Although emotional wellness is something that isn't always on your mind, it can often impact your overall well-being. 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/>

Top 10 Positive Affirmations to Start the Day

Sometimes it can be tough to have a positive mindset about a good day and about yourself. Try to be kinder to yourself, and positive affirmations can help you learn to do that.

<https://youthinprogress.org/resources/topics/top-10-positive-affirmations-to-start-the-day/>

12 Ideas to Support Youth Through the Holidays

12 Ideas for supportive adults to help a young person in foster care through the Holidays.

<https://www.fosterclub.com/12ideas>

Alternative Ways to Celebrate the Holidays

Celebrate the holiday season in ways that aren't stressful and overwhelming.

<https://youthinprogress.org/resources/topics/alternative-ways-to-celebrate/>

How to Get Engaged with Your Community

Engaging with your community can help you develop a sense of belonging, connect with local resources, and so much more.

<https://youthinprogress.org/resources/topics/how-to-get-engaged-with-your-community/>