



# Monthly Newsletter

## January 2025

PDP

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# Webex Trainings

PDP

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

Thursday, Jan. 9  
1:00 p.m. – 4:00 p.m.

Wednesday, Jan. 29  
9:30 a.m. – 12:30 p.m.

## **An Introduction to Regulating Emotions**

Thursday, Jan. 16  
2:00 p.m. – 3:00 p.m.

Monday, Jan. 27  
10:00 a.m. – 11:00 a.m.

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

Thursday, Jan. 9  
9:00 a.m. – 10:00 a.m.

Friday, Jan. 24  
9:00 a.m. – 10:00 a.m.

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

Tuesday, Jan. 7  
9:00 a.m. – 11:30 a.m.

Thursday, Jan. 23  
12:30 p.m. – 3:00 p.m.

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

Monday, Jan. 6  
1:00 p.m. – 4:00 p.m.

Thursday, Jan. 30  
12:30 p.m. – 3:30 p.m.

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

Monday, Jan. 13  
9:00 a.m. – 11:30 a.m.

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

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

Tuesday, Jan. 21  
10:00 a.m. – 12:30 p.m.

## **Networking and Mapping Resources**

Monday, Jan. 6  
10:00 a.m. – 11:00 a.m.

Friday, Jan. 31  
9:00 a.m. – 10:00 a.m.

## **Permanency Options for Youth**

Tuesday, Jan. 21  
12:30 p.m. – 3:00 p.m.

## **Preparing Youth for Employment**

Wednesday, Jan. 8  
9:30 p.m. – 12:00 p.m.

Monday, Jan. 27  
1:00 p.m. – 3:30 p.m.

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

Wednesday, Jan. 8  
1:00 p.m. – 3:30 p.m.

Tuesday, Jan. 28  
10:00 a.m. – 12:30 p.m.

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

Friday, Jan. 17  
10:00 a.m. – 1:30 p.m.

Tuesday, Jan. 28  
1:00 p.m. – 4:30 p.m.

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

Friday, Jan. 10  
9:00 a.m. – 10:00 a.m.

Wednesday, Jan. 22  
2:00 p.m. – 3:00 p.m.

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

Wednesday, Jan. 22  
10:00 a.m. – 12:30 p.m.

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

Tuesday, Jan. 7  
1:00 p.m. – 4:30 p.m.

Thursday, Jan. 23  
9:30 a.m. – 1:00 p.m.

Wednesday, Jan. 29  
1:30 p.m. – 5:00 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

### Cultural Connections: An Introduction for Foster Parents

Monday, Jan. 27

10:00 a.m. - 11:30 a.m.

Amherst, NY

## Region 6

### Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility

Thursday, Jan 9

11:00 a.m. - 3:30 p.m.

New York, NY

## Region 2

### Preparing Youth for the College Experience

Thursday, Jan. 30

10:00 a.m. - 1:00 p.m.

Canadaigua, NY

## Region 3

### Motivating and Engaging Youth

Wednesday, Jan. 22

9:30 a.m. - 2:30 p.m.

Syracuse, NY

To register, email:

**Region 1** - Kim Grose  
[kimberly.grose@ocfs.ny.gov](mailto:kimberly.grose@ocfs.ny.gov)

**Region 3** - Katie Rushlo-Mercado  
[katie.rushlo@ocfs.ny.gov](mailto:katie.rushlo@ocfs.ny.gov)

**Region 2** - Kendra Drake  
[kendra.drake@ocfs.ny.gov](mailto:kendra.drake@ocfs.ny.gov)

**Region 6** - Shainek Edmundson  
[Shainek.Edmundson3@ocfs.ny.gov](mailto:Shainek.Edmundson3@ocfs.ny.gov)



# YIP Meetings

PDP

## Navigating the Virtual World

- Virtual footprint
- Internet safety & sharing safely on social media
  - Catfishing
- Using the virtual world to our advantage
  - Career Opportunities
  - Job Searches
  - Information gathering
  - Building connections

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 5** (Long Island)—Angela Cardarelli  
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**Statewide**—Chelsea Perkins  
[chelsea.perkins@ocfs.ny.gov](mailto:chelsea.perkins@ocfs.ny.gov)

## Statewide

Tuesday, Jan. 21

3:30 p.m. – 5:00 p.m. (Webex)

## Region 1 (Buffalo)

Thursday, Jan. 30

4:30 p.m. – 6:00 p.m.

Amherst, NY

## Region 2 (Rochester)

Tuesday, Jan. 21

3:00 p.m. – 4:30 p.m.

Rochester, NY

## Region 4 (Albany)

Friday, Jan. 24

4:00 p.m. – 5:30 p.m.

Albany, NY

## Region 5 (Long Island)

Wednesday, Jan. 22

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](https://YouthinProgress.org) has resources, events, and involvement opportunities. Check it out today!

## **Teens, Social Media and Technology 2024**

Most teens use social media and have a smartphone, and nearly half say they're online almost constantly, according to a new Pew Research Center survey of U.S. teens ages 13 to 17 conducted Sept. 18 - Oct. 10, 2024.

<https://www.pewresearch.org/internet/2024/12/12/teens-social-media-and-technology-2024/>

## **Cyberbullying Resources**

Cyberbullying is the practice of electronic harassment that can occur through a computer or phone. Almost half of the schools in the State have reported at least one instance of cyberbullying, and 52 percent of kids surveyed said they did not tell a parent when they were cyberbullied.

<https://www.ny.gov/cyberbullying>

## **Unlocking Opportunities: How to Harness the Internet for Success**

The internet can be your ally in overcoming adversity and achieving your dreams.

<https://youthinprogress.org/resources/topics/unlocking-opportunities-how-to-harness-the-internet-for-success/>

## **Staying Active in Winter**

Ward off those winter blues with these tips.

<https://youthinprogress.org/resources/topics/staying-active-in-winter/>