



Monthly Newsletter

January 2026

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Contact Information

Kim Grose

Youth Engagement Specialist

NYS OCFS Buffalo Regional Office

295 Main Street

Ellicott Square Building-Suite 545

Buffalo, NY 14203

716-847-3147

kimberly.grose@ocfs.ny.gov



Webex Trainings

Adolescent Sexuality: Promoting Sexual Health & Responsibility

Thursday, Jan. 8

1:00 p.m. – 4:00 p.m.

Wednesday, Jan. 28

9:30 a.m. – 12:30 p.m.

Adult Connections & Family First Prevention Services Act (FFPSA)

Tuesday, Jan. 13

1:00 p.m. – 2:00 p.m.

An Introduction to Regulating Emotions

Thursday, Jan. 15

2:00 p.m. – 3:00 p.m.

Monday, Jan. 26

10:00 a.m. – 11:00 a.m.

An Introduction to Trauma Informed Healing Centered Engagement

Thursday, Jan. 8

9:00 a.m. – 10:00 a.m.

Thursday, Jan. 15

5:00 p.m. – 6:00 p.m.

Friday, Jan. 23

9:00 a.m. – 10:00 a.m.

Boundaries: Setting Limits & Sharing Safely

Tuesday, Jan. 6

9:00 a.m. – 11:30 a.m.

Thursday, Jan. 22

12:30 p.m. – 3:00 p.m.

Bullying: Spot It, Stop It

Monday, Jan. 5

1:00 p.m. – 4:00 p.m.

Thursday, Jan. 29

12:30 p.m. – 3:30 p.m.

Essential Communication Skills for Working with Youth

Monday, Jan. 12

9:00 a.m. – 11:30 a.m.

Thursday, Jan. 29

10:00 a.m. – 12:30 p.m.

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

Wednesday, Jan. 7

1:00 p.m. – 3:30 p.m.

Tuesday, Jan. 20

10:00 a.m. – 12:30 p.m.

Motivating & Engaging Youth

Tuesday, Jan. 13

9:00 a.m. – 12:30 p.m.

Tuesday, Jan. 27

1:00 p.m. – 4:30 p.m.

Networking & Mapping Resources

Monday, Jan. 5

10:00 a.m. – 11:00 a.m.

Friday, Jan. 30

9:00 a.m. – 10:00 a.m.

Permanency Options for Youth

Wednesday, Jan. 7

9:30 a.m. – 12:00 p.m.

Tuesday, Jan. 20

12:30 p.m. – 3:00 p.m.

Preparing Youth for Employment

Monday, Jan. 26

1:00 p.m. – 3:30 p.m.

Preparing Youth for the College Experience

Tuesday, Jan. 27

10:00 a.m. – 1:00 p.m.

Promoting Resilience: Fostering Youth Empowerment

Friday, Jan. 16

10:00 a.m. – 1:30 p.m.

Relational Strategies to Build Trust & Connection

Friday, Jan. 9

9:00 a.m. – 10:00 a.m.

Wednesday, Jan. 14

1:30 p.m. – 2:30 p.m.

Wednesday, Jan. 21

2:00 p.m. – 3:00 p.m.

Street Smarts: Safety Skills for Youth

Wednesday, Jan. 14

10:00 a.m. – 12:30 p.m.

Wednesday, Jan. 21

10:00 a.m. – 12:30 p.m.

Transition Plan: Helping Youth Plan for Their Future

Tuesday, Jan. 6

1:00 p.m. – 4:30 p.m.

Thursday, Jan. 22

9:30 a.m. – 1:00 p.m.

Wednesday, Jan. 28

1:30 p.m. – 5:00 p.m.

To register: Visit **Human Services Learning Center**

<https://www.hslcnys.org>, or email **Nicholas Largo** nlargo@albany.edu

For training descriptions, visit: <https://youthinprogress.org/events-trainings/>

Classroom Trainings

Region 1

Boundaries: Setting Limits & Sharing Safely

Wednesday, January 7

10:00 a.m. – 1:30 p.m.

Cheektowaga, NY

Promoting Resilience: Fostering Youth Empowerment

Wednesday, January 14

10:00 a.m. – 1:30 p.m.

Cheektowaga, NY

Essential Communication Skills for Working with Youth

Wednesday, January 21

10:00 a.m. – 1:00 p.m.

Cheektowaga, NY

Adolescent Sexuality: Promoting Sexual Health & Responsibility

Wednesday, January 28

10:00 a.m. – 1:30 p.m.

Cheektowaga, NY

Region 2

Building & Supporting Safety Skills for Youth

Thursday, January 8

9:00 a.m. – 3:00 p.m.

Rochester, NY

Transition Plan: Helping Youth Plan for Their Future

Thursday, January 22

10:00 a.m. – 1:30 p.m.

Rochester, NY

Region 3

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

Wednesday, January 21

9:00 a.m. – 4:00 p.m.

Syracuse, NY

Identifying and Supporting Survivors of Commercial Sexual Exploitations of Children (CSEC) Part 2

Wednesday, January 28

9:00 a.m. – 1:30 p.m.

Syracuse, NY

Region 4

Bullying: Spot It; Stop It

Tuesday, January 20

9:00 a.m. – 1:30 p.m.

Rensselaer, NY

Region 5 (Long Island)

Bullying: Spot It; Stop It

Tuesday, January 13

10:00 a.m. – 2:30 p.m.

Amityville, NY

Region 5 (Westchester)

Boundaries: Setting Limits & Sharing Safely

Wednesday, January 27

10:00 a.m. – 1:30 p.m.

Valhalla, NY

Boundaries: Setting Limits & Sharing Safely

Friday, January 29

10:00 a.m. – 1:30 p.m.

New Hampton, 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 (Long Island)—

Angela Cardarelli

angela.cardarelli2@ocfs.ny.gov

Region 5 (Westchester)—

Thomas Califra

thomas.califra@ocfs.ny.gov

Region 6 - Shainek Edmundson

Shainek.Edmundson3@ocfs.ny.gov



YIP Meetings

Essential Documents & The DMV

- Your essential documents
- How do you acquire your essential documents & the DMV
- Keeping documents safe
- What to do if your documents are lost or stolen

Statewide

Thursday, January 29

4:00 p.m. – 5:30 p.m. (Webex)

Region 1 (Buffalo)

Thursday, January 29

4:30 p.m. – 6:00 p.m.

Buffalo, NY

Region 5 (Long Island)

Wednesday, January 28

5:00 p.m. – 6:30 p.m.

Bohemia, NY

To register, email:

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

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

Region 6 - Shainek Edmundson
Shainek.Edmundson3@ocfs.ny.gov



Resources

Youth in Progress

Youth in Progress is a platform where youth in foster care can speak up and help shape the future of the foster care system. Visit [YouthinProgress.org](https://youthinprogress.org) to explore valuable resources, upcoming events, and ways to get involved. Your voice matters!

Need to Know Series: Essential Documents

When leaving care, it's important to take an inventory of your essential documents. Documents such as your birth certificate, social security card, medical records, and identification card are essential to your transition to self-sufficiency. Here's a guide to help you navigate these important documents and answer any questions you may have in the process.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-keys-to-your-success-essential-documents/>

New York State Non-Driver ID Cards

A non-driver ID is a photo ID card for someone who does not drive. A person with lawful status in the US of any age can get a non-driver ID card (you can apply for a Driver License regardless of US citizenship or lawful status). You must apply at a DMV office. We will give you a temporary non-photo document at the DMV office.

<https://dmv.ny.gov/non-driver-id-card>

Keys to Success for Youth in Foster Care

New York State Department of Motor Vehicles and Office of Children and Family Services have teamed up to present a how-to guide to obtaining a driver license while in foster care in New York State.

<https://youthinprogress.org/news/keys-to-success-for-youth-in-foster-care/>