



Monthly Newsletter

July 2025

PDP

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Webex Trainings

PDP

Adolescent Sexuality: Promoting Sexual Health & Responsibility

Friday, July 18

10:00 a.m. – 1:00 p.m.

Adult Connections and Family First Prevention Services Act (FFPSA)

Tuesday, July 22

2:00 p.m. – 3:00 p.m.

Wednesday, July 30

10:00 a.m. – 11:00 a.m.

An Introduction to Regulating Emotions

Wednesday, July 2

2:00 p.m. – 3:00 p.m.

Wednesday, July 16

10:30 a.m. – 11:30 a.m.

An Introduction to Trauma Informed Healing Centered Engagement

Monday, July 7

1:00 p.m. – 2:00 p.m.

Thursday, July 24

2:00 p.m. – 3:00 p.m.

Boundaries: Setting Limits & Sharing Safely

Monday, July 7

9:00 a.m. – 11:30 a.m.

Bullying: Spot It, Stop It

Tuesday, July 15

1:00 p.m. – 4:00 p.m.

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

Thursday, July 24

10:00 a.m. – 12:30 p.m.

Motivating & Engaging Youth

Tuesday, July 8

9:30 a.m. – 1:00 p.m.

Tuesday, July 29

12:30 p.m. – 4:00 p.m.

Networking & Mapping Resources

Wednesday, July 9

9:00 a.m. – 10:00 a.m.

Monday, July 28

1:30 p.m. – 2:30 p.m.

Permanency Options for Youth

Thursday, July 17

1:00 p.m. – 3:30 p.m.

Monday, July 28

9:00 a.m. – 11:30 a.m.

Preparing Youth for Employment

Friday, July 25

9:30 a.m. – 12:00 p.m.

Preparing Youth for the College Experience

Tuesday, July 8

1:00 p.m. – 4:30 p.m.

Tuesday, July 29

9:30 a.m. – 1:00 p.m.

Promoting Resilience: Fostering Youth Empowerment

Wednesday, July 23

9:00 a.m. – 12:30 p.m.

Relational Strategies to Build Trust & Connection

Thursday, July 17

9:00 a.m. – 10:00 a.m.

Street Smarts: Safety Skills for Youth

Wednesday, July 16

12:30 p.m. – 3:00 p.m.

Transition Plan: Helping Youth Plan for Their Future

Wednesday, July 23

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

For training descriptions, visit:

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

Classroom Trainings

PDP

Region 1

Essential Communication Skills for Working with Youth in Care

Thursday, July 10
10:00 a.m. – 1:00 p.m.
Amherst, NY

Promoting Resilience: Fostering Youth Empowerment

Wednesday, July 16
1:00 p.m. – 4:30 p.m.
Amherst, NY

Preparing Youth for the College Experience

Thursday, July 24
10:00 a.m. – 1:30 p.m.
Amherst, NY

Region 2

Preparing Youth for the College Experience

Monday, July 7
10:00 a.m. – 1:30 p.m.
Rochester, NY

Preparing Youth for Employment

Tuesday, July 22
1:00 p.m. – 4:00 p.m.
Rochester, NY

Bullying: Spot It; Stop It

Monday, July 21
10:00 a.m. – 2:00 p.m.
Rochester, NY

Region 3

Transition Plan: Helping Youth Plan for Their Future

Tuesday, July 8
9:30 a.m. – 1:00 p.m.
Binghamton, NY

Motivating and Engaging Youth

Thursday, July 24
9:30 a.m. – 2:30 p.m.
Syracuse, NY

Region 4

Transition Plan: Helping Youth Plan for Their Future

Tuesday, July 21
1:00 p.m. – 4:30 p.m.
Albany, NY

Region 5

Preparing Youth for the College Experience

Thursday, July 31
10:00 a.m. – 1:30 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

Theme: Your Transition Plan

This meeting focuses on what youth need to know about their Transition Plan and transitioning out of care.

- Section Overview
- Trial Discharge
- Re-Entry

Statewide

Wednesday, July 30

4:00 p.m. – 5:30 p.m.

Virtual (Webex)

Region 1 (Buffalo)

Thursday, July 31

4:00 p.m. – 5:30 p.m.

Amherst, NY

Region 2 (Rochester)

Wednesday, July 9

12:30 p.m. – 2:00 p.m.

Penfield, NY

Region 5 (Westchester)

Thursday, July 31

4:00 p.m. – 5:30 p.m.

Virtual (Webex)

To register, email:

Region 1—Kim Grose

kimberly.grose@ocfs.ny.gov

Region 2—Kendra Drake

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Statewide/Region 5—Thomas Califra

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Youth Events

PDP

Building Your Foundation . . .

Together We Rise

The New York State Office of Children and Family Services and the Professional Development Program are pleased to announce the 2025 Annual Youth Event.

Youth are invited to advocate for a better future and explore their paths to adulthood in a safe and engaging environment with the experience of former foster youth and support of adult partners.

To register, email:

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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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Region 5—Angela Cardarelli
angela.cardarelli2@ocfs.ny.gov

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

Region 1 (Buffalo)

Thursday, August 7
Daemen University
Amherst, NY

Region 2 (Rochester)

Thursday, July 31
SUNY Brockport
Brockport, NY

Region 3 (Syracuse)

Monday, July 14
Mohawk Valley Community College
Utica, NY

Region 4 (Albany)

Thursday, July 10
Hudson Valley Community College
Troy, NY

Region 5 (Long Island/Westchester)

Tuesday, July 1
Stony Brook University
Stony Brook, NY

Region 6 (NYC)

Monday, July 21
NYU
New York, NY



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: Transition to Self-Sufficiency

A Transition Plan is a youth-driven document. It's a place where you and your caseworker can work together to document important milestones and decisions regarding your future.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-transition-to-self-sufficiency/>

Transitions in Foster Care

A personal story of transitioning out of foster care, with advice for others.

<https://youthinprogress.org/resources/topics/transitions-in-foster-care/>

FosterClub Transition Toolkit

FosterClub's Transition Toolkit was designed just for this transitioning journey. It is a youth-involved, comprehensive way to develop a transition plan for foster youth aging out of care. FosterClub's Transition Toolkit includes planning worksheets, record keeping, detailed maps, and resources.

<https://store.fosterclub.com/transition-toolkit-free-download/>

Chafee Foster Care Program for Successful Transition to Adulthood

The purpose of the Chafee Foster Care Program (CFCP) is to assist current and former youth in foster care achieve self-sufficiency.

<https://ocfs.ny.gov/programs/youth/chafee.php>