



Monthly Newsletter

March 2026

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Webex Trainings

Adolescent Sexuality: Promoting Sexual Health & Responsibility

Thursday, March 5

1:30 p.m. – 4:30 p.m.

Friday, March 13

9:30 a.m. – 12:30 p.m.

Tuesday, March 24

12:30 p.m. – 3:30 p.m.

Adult Connections & Family First Prevention Services Act (FFPSA)

Monday, March 2

1:00 p.m. – 2:00 p.m.

Thursday, March 12

9:00 a.m. – 10:00 a.m.

An Introduction to Regulating Emotions

Thursday, March 5

9:30 a.m. – 10:30 a.m.

Tuesday, March 17

1:00 p.m. – 2:00 p.m.

An Introduction to Trauma Informed Healing Centered Engagement

Friday, March 6

10:30 a.m. – 11:30 a.m.

Monday, March 16

1:30 p.m. – 2:30 p.m.

Wednesday, March 25

5:00 p.m. – 6:00 p.m.

Monday, March 30

9:30 a.m. – 10:30 a.m.

Boundaries: Setting Limits & Sharing Safely

Monday, March 2

10:30 a.m. – 1:00 p.m.

Friday, March 27

10:00 a.m. – 12:30 p.m.

Bullying: Spot It, Stop It

Wednesday, March 11

1:00 p.m. – 4:00 p.m.

Wednesday, March 25

10:00 p.m. – 1:00 p.m.

Essential Communication Skills for Working with Youth

Tuesday, March 10

9:00 a.m. – 11:30 a.m.

Wednesday, March 25

1:00 p.m. – 3:30 p.m.

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

Wednesday, March 4

1:00 p.m. – 3:30 p.m.

Thursday, March 26

10:30 a.m. – 1:00 p.m.

Motivating & Engaging Youth

Tuesday, March 10

1:30 p.m. – 5:00 p.m.

Tuesday, March 24

10:30 a.m. – 2:00 p.m.

Networking & Mapping Resources

Monday, March 23

1:30 p.m. – 2:30 p.m.

Permanency Options for Youth

Tuesday, March 3

10:00 a.m. – 12:30 p.m.

Thursday, March 19

1:00 p.m. – 3:30 p.m.

Tuesday, March 31

10:30 a.m. – 1:00 p.m.

Preparing Youth for Employment

Wednesday, March 4

9:30 a.m. – 12:00 p.m.

Thursday, March 26

1:30 p.m. – 4:00 p.m.

Preparing Youth for the College Experience

Wednesday, March 11

10:30 a.m. – 1:30 p.m.

Promoting Resilience: Fostering Youth Empowerment

Thursday, March 12

1:00 p.m. – 4:30 p.m.

Monday, March 23

9:00 a.m. – 12:30 p.m.

Relational Strategies to Build Trust & Connection

Monday, March 9

10:30 a.m. – 11:30 a.m.

Wednesday, March 18

1:00 p.m. – 2:00 p.m.

Monday, March 30

1:00 p.m. – 2:00 p.m.

Street Smarts: Safety Skills for Youth

Tuesday, March 3

1:30 p.m. – 3:00 p.m.

Monday, March 16

10:00 a.m. – 12:30 p.m.

Transition Plan: Helping Youth Plan for Their Future

Monday, March 9

1:00 p.m. – 4:30 p.m.

Thursday, March 19

10:00 a.m. – 1:30 p.m.

Tuesday, March 31

1:00 p.m. – 4:30 p.m.

To register: Visit **Human Services Learning Center** <https://www.hslcnys.org>, or email **Michael Cozzens** mcozzens@albany.edu

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

Classroom Trainings

Region 1

Boundaries: Setting Limits & Sharing Safely

Wednesday, March 4

11:00 a.m. – 2:30 p.m.
Niagara Falls, NY

Transition Plan: Helping Youth Plan for Their Future

Wednesday, March 11

11:00 a.m. – 2:30 p.m.
Niagara Falls, NY

Preparing Youth for the College Experience

Wednesday, March 18

11:00 a.m. – 2:30 p.m.
Niagara Falls, NY

Promoting Resilience: Fostering Youth Empowerment

Wednesday, March 25

11:00 a.m. – 2:30 p.m.
Niagara Falls, NY

Region 2

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

Thursday, March 12

10:00 a.m. – 2:30 p.m.
Canadaigua, NY

LGBTQ+ Youth: Building Responsive and Respectful Care

Thursday, March 26

9:30 a.m. – 1:00 p.m.
Rochester, NY

Region 3

Transition Plan: Helping Youth Plan for Their Future

Tuesday, March 10

9:00 a.m. – 12:30 p.m.
Syracuse, NY

Motivating and Engaging Youth

Wednesday, March 25

9:00 a.m. – 2:00 p.m.
Syracuse, NY

Region 4

Promoting Resilience: Fostering Youth Empowerment

Monday, March 2

1:30 p.m. – 5:00 p.m.
Rensselaer, NY

Transition Plan: Helping Youth Plan for Their Future

Monday, March 2

9:00 a.m. – 12:30 p.m.
Rensselaer, NY

Adolescent Sexuality: Promoting Sexual Health & Sexual Responsibility

Thursday, March 12

9:00 a.m. – 12:30 p.m.
Rensselaer, NY

Region 5 (Long Island)

Motivating and Engaging Youth

Tuesday, March 10

10:00 a.m. – 3:00 p.m.
Amityville, NY

Region 5 (Westchester)

Adolescent Sexuality: Promoting Sexual Health & Sexual Responsibility

Thursday, March 19

10:00 a.m. – 1:30 p.m.
New Hampton, NY

Adolescent Sexuality: Promoting Sexual Health & Sexual Responsibility

Tuesday, March 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 (Long Island)—
Angela Cardarelli
angela.cardarelli2@ocfs.ny.gov

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



YIP Meetings

Navigating the Virtual World

- Your virtual footprint
- Internet safety & sharing safely on social media
- Catfishing
- Building connections
- AI
- Misinformation

Statewide

Thursday, March 12

4:00 p.m. – 5:30 p.m. (Webex)

Region 1 (Buffalo)

Tuesday, March 31

5:00 p.m. – 6:30 p.m.

Buffalo, NY

Region 5 (Long Island)

Wednesday, March 11

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 to explore valuable resources, upcoming events, and ways to get involved. Your voice matters!

Families Together in NYS Youth Power Advisory Council Nominations

Youth Power of FTNYS is looking for nominations of young leaders across New York State for the Youth Leadership Council.

<https://www.ftnys.org/youthpower/yp-advisorycouncil/>

Online Safety

Whether you're a parent or caregiver, a professional, or a young person yourself, there are resources available to help you learn how to safely use the Internet and social media. If things go wrong, there are resources to help navigate that, too.

<https://ocfs.ny.gov/programs/youth/online-safety/>

Cyberbullying Resources

Cyberbullying is 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.

<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/>

AI Literacy

Adolescents need to develop the know-how to question technology, spot bias, and make smart choices in a digital world.

<https://www.apa.org/topics/artificial-intelligence-machine-learning/ai-literacy-teens>