



# Monthly Newsletter

## March 2025

PDP

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# Webex Trainings

PDP

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

Wednesday, March 12

1:00 p.m. – 4:00 p.m.

Tuesday, March 25

9:00 a.m. – 12:00 p.m.

## **An Introduction to Regulating Emotions**

Tuesday, March 4

2:00 p.m. – 3:00 p.m.

Monday, March 17

10:00 a.m. – 11:00 a.m.

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

Monday, March 10

10:00 a.m. – 11:00 a.m.

Thursday, March 20

9:00 a.m. – 10:00 a.m.

Monday, March 31

9:00 a.m. – 10:00 a.m.

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

Friday, March 7

9:00 a.m. – 11:30 a.m.

Wednesday, March 19

1:30 p.m. – 4:00 p.m.

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

Tuesday, March 11

9:30 a.m. – 12:30 p.m.

Wednesday, March 26

1:30 p.m. – 4:30 p.m.

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

Monday, March 17

1:00 p.m. – 3:30 p.m.

Friday, March 28

9:00 a.m. – 11:30 a.m.

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

Tuesday, March 4

10:00 a.m. – 12:30 p.m.

Thursday, March 20

1:00 p.m. – 3:30 p.m.

## **Motivating & Engaging Youth**

Wednesday, March 5

1:00 p.m. – 4:30 p.m.

Friday, March 14

10:00 a.m. – 1:30 p.m.

Monday, March 31

1:00 p.m. – 4:30 p.m.

## **Networking and Mapping Resources**

Thursday, March 13

2:00 p.m. – 3:00 p.m.

Monday, March 24

10:00 a.m. – 11:00 a.m.

## **Permanency Options for Youth**

Monday, March 3

1:30 p.m. – 4:00 p.m.

Wednesday, March 19

10:00 a.m. – 12:30 p.m.

## **Preparing Youth for Employment**

Monday, March 3

9:00 a.m. – 11:30 a.m.

Tuesday, March 18

1:00 p.m. – 3:30 p.m.

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

Wednesday, March 12

9:30 a.m. – 12:00 p.m.

Monday, March 24

1:00 p.m. – 3:30 p.m.

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

Thursday, March 13

10:00 a.m. – 1:30 p.m.

Tuesday, March 25

1:00 p.m. – 4:30 p.m.

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

Thursday, March 6

1:30 p.m. – 2:30 p.m.

Tuesday, March 18

10:30 a.m. – 11:30 a.m.

Wednesday, March 26

6:00 p.m. – 7:00 p.m.

Thursday, March 27

9:30 a.m. – 10:30 a.m.

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

Wednesday, March 5

10:00 a.m. – 12:30 p.m.

Thursday, March 27

1:00 p.m. – 3:30 a.m.

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

Thursday, March 6

9:30 a.m. – 1:00 p.m.

Tuesday, March 11

1:00 p.m. – 4:30 p.m.

Wednesday, March 26

10:00 a.m. – 1:30 p.m.

To register:

Visit **Human Services Learning Center**

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

**Lilibeth Donahue** [donahue@albany.edu](mailto:donahue@albany.edu)

For training descriptions, visit:

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



# Classroom Trainings

PDP

## Region 1

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

Monday, March 10

9:30 a.m. – 1:00 p.m.

Amherst, NY

## Region 2

### Cultural Connections: An Introduction for Foster Parents

Thursday, March 27

5:00 p.m. – 7:30 p.m.

Rochester, NY

## Region 4

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

Monday, March 21

1:00 p.m. – 4:30 p.m.

Albany, NY

To register, email:

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

**Region 4**—Chelsea Perkins  
[chelsea.perkins@ocfs.ny.gov](mailto:chelsea.perkins@ocfs.ny.gov)

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



# YIP Meetings

PDP

## Employment

Adolescent work experience is crucial for future success. This meeting will explore strategies and pathways for financial independence.

- Understanding the Job Market
- Resume and Interview Preparation
- Networking
- Workplace Rights and Conduct
- Income/Money Management

To register, email:

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

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

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

**Region 5** (Long Island)—Angela Cardarelli  
[angela.cardarelli2@ocfs.ny.gov](mailto:angela.cardarelli2@ocfs.ny.gov)

**Statewide**—Chelsea Perkins  
[chelsea.perkins@ocfs.ny.gov](mailto:chelsea.perkins@ocfs.ny.gov)

## Statewide

Thursday, March 13

3:30 p.m. – 5:00 p.m. (Webex)

## Region 1 (Buffalo)

Thursday, March 27

4:30 p.m. – 6:00 p.m.  
Cheektowaga, NY

## Region 2 (Rochester)

Monday, March 24

4:00 p.m. – 5:30 p.m.  
Penfield, NY

## Region 3 (Syracuse)

Monday, March 24

4:00 p.m. – 5:30 p.m.  
Syracuse, NY

## Region 5 (Long Island)

Wednesday, March 12

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!

## **Understanding Paychecks and Bank Accounts**

Check out these tips on understanding your paycheck and bank account.

<https://youthinprogress.org/resources/topics/understanding-paychecks-and-bank-accounts/>

## **John H. Chafee Foster Care Program for Successful Transition to Adulthood**

Chafee funds are used to assist youth/young adults in a wide variety of areas designed to support a successful transition to adulthood. Activities and programs include, but are not limited to, help with education, employment, financial management, housing, emotional support and assured connections to caring adults.

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

## **CareerZone**

Check out CareerZone on the New York State Department of Labor website where you can learn about yourself and career interests, build a resume, and explore careers in many fields.

<https://careerzone.labor.ny.gov/jz/views/careerzone/index.jsf>

## **Job Interview Tips for Young Adults**

Preparing for a job interview can help increase your confidence and lessen your nerves on the day of the interview. Here are several tips that can help you prepare for your next interview.

<https://youthinprogress.org/resources/topics/interview-tips-for-young-adults/>