



# Monthly Newsletter

## May 2025

PDP

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# Webex Trainings

PDP

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

Thursday, May 8  
10:00 a.m. – 1:00 p.m.

## **An Introduction to Regulating Emotions**

Wednesday, May 7  
9:00 a.m. – 10:00 a.m.

Monday, May 19  
9:00 a.m. – 10:00 a.m.

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

Monday, May 5  
1:00 p.m. – 2:00 p.m.

Tuesday, May 13  
6:00 p.m. – 7:00 p.m.

Wednesday, May 21  
1:00 p.m. – 2:00 p.m.

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

Thursday, May 1  
1:30 p.m. – 4:00 p.m.

Monday, May 12  
9:00 a.m. – 11:30 a.m.

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

Wednesday, May 14  
12:30 p.m. – 3:30 p.m.

Thursday, May 29  
9:30 a.m. – 12:30 p.m.

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

Tuesday, May 6  
10:00 a.m. – 12:30 p.m.

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

Monday, May 5  
9:00 a.m. – 11:30 a.m.

## **Motivating & Engaging Youth**

Wednesday, May 7  
1:00 p.m. – 4:30 p.m.

Wednesday, May 14  
9:00 a.m. – 12:30 p.m.

Tuesday, May 27  
10:00 a.m. – 1:30 p.m.

## **Networking & Mapping Resources**

Friday, May 2  
10:30 a.m. – 11:30 a.m.

Tuesday, May 13  
1:00 p.m. – 2:00 p.m.

Wednesday, May 28  
1:00 p.m. – 2:00 p.m.

## **Permanency Options for Youth**

Thursday, May 1  
10:30 a.m. – 1:00 p.m.

## **Preparing Youth for Employment**

Wednesday, May 28  
10:30 a.m. – 1:00 p.m.

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

Tuesday, May 27  
1:00 p.m. – 3:30 p.m.

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

Thursday, May 15  
1:00 p.m. – 4:30 p.m.

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

Thursday, May 15  
10:00 a.m. – 11:00 a.m.

Thursday, May 29  
1:00 p.m. – 2:00 p.m.

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

Thursday, May 9  
9:30 p.m. – 12:00 p.m.

Tuesday, May 20  
1:00 p.m. – 3:30 p.m.

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

Thursday, May 8  
1:00 p.m. – 4:30 p.m.

Tuesday, May 20  
9:00 a.m. – 12:30 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

### Building and Supporting Personal Safety Skills with Youth

Monday, May 19

9:00 a.m. – 2:00 p.m.

Amherst, NY

### LGBTQ+ Youth: Building Responsive & Respectful Care

Thursday, May 29

9:00 a.m. – 12:30 p.m.

Amherst, NY

## Region 2

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

Thursday, May 29

1:00 p.m. – 3:30 p.m.

Canadaigua, NY

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)



# YIP Meetings

PDP

## Media Literacy: Understanding the Power of Media

Helping youth critically engage with media portrayals of foster care

- Recognizing Media Bias
- Analyzing Foster Care Portrayal in the Media
- Spotting Misinformation

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

**Statewide**—Thomas Califra  
[thomas.califra@ocfs.ny.gov](mailto:thomas.califra@ocfs.ny.gov)

## Statewide

Thursday, May 22

3:30 p.m. – 5:00 p.m. (Webex)

## Region 1 (Buffalo)

Wednesday, May 21

4:00 p.m. – 5:30 p.m.  
Amherst, NY

## Region 2 (Rochester)

Thursday, May 7

3:30 p.m. – 5:00 p.m.  
Rochester, NY

## Region 5 (Long Island)

Wednesday, May 14

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!

## **How To Detect Bias In News Media**

CUNY Lehman College's resource about how to detect bias in media starts with documenting the bias. Here are some questions to ask yourself about a news story.

<https://libguides.lehman.edu/c.php?g=733610&p=5241445>

## **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/>

## **May is National Foster Care Awareness Month**

Each May, we take time to raise awareness of issues related to foster care and acknowledge the parents, family members, foster parents, child welfare and related professionals, mentors, policymakers, and other members of the community who help children and youth in foster care find permanent homes and connections.

<https://www.childwelfare.gov/fostercaremonth/>

## **Spring Into a New Frame of Mind as a Youth in Care**

Reframing experiences puts you in control of your own story.

<https://youthinprogress.org/resources/topics/spring-into-a-new-frame-of-mind-as-a-youth-in-care/>