



Monthly Newsletter

October 2025

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Webex Trainings

Adolescent Sexuality: Promoting Sexual Health & Responsibility

Tuesday, Oct. 7

10:00 a.m. – 1:00 p.m.

Monday, Oct. 20

1:00 p.m. – 4:00 p.m.

Adult Connections & Family First Prevention Services Act (FFPSA)

Tuesday, Oct. 21

10:00 a.m. – 11:00 a.m.

An Introduction to Regulating Emotions

Friday, Oct. 10

9:30 a.m. – 10:30 a.m.

Wednesday, Oct. 22

1:30 p.m. – 2:30 p.m.

An Introduction to Trauma Informed Healing Centered Engagement

Wednesday, Oct. 1

1:00 p.m. – 2:00 p.m.

Wednesday, Oct. 15

10:30 a.m. – 11:30 a.m.

Tuesday, Oct. 28

1:30 p.m. – 2:30 p.m.

Boundaries: Setting Limits & Sharing Safely

Tuesday, Oct. 7

1:30 p.m. – 4:00 p.m.

Thursday, Oct. 23

10:30 a.m. – 1:00 p.m.

Bullying: Spot It, Stop It

Thursday, Oct. 2

10:00 a.m. – 1:00 p.m.

Wednesday, Oct. 15

1:00 p.m. – 4:00 p.m.

Tuesday, Oct. 28

9:00 a.m. – 12:00 p.m.

Essential Communication Skills for Working with Youth

Wednesday, Oct. 8

1:00 p.m. – 3:30 p.m.

Wednesday, Oct. 22

10:00 a.m. – 12:30 p.m.

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

Thursday, Oct. 9

2:00 p.m. – 4:30 p.m.

Thursday, Oct. 30

10:00 a.m. – 12:30 p.m.

Motivating & Engaging Youth

Wednesday, Oct. 8

9:00 a.m. – 12:30 p.m.

Tuesday, Oct. 21

1:00 p.m. – 4:30 p.m.

Networking & Mapping Resources

Friday, Oct. 3

10:30 a.m. – 11:30 a.m.

Thursday, Oct. 16

1:30 p.m. – 2:30 p.m.

Friday, Oct. 31

9:30 a.m. – 10:30 a.m.

Permanency Options for Youth

Monday, Oct. 6

1:00 p.m. – 3:30 p.m.

Thursday, Oct. 16

10:00 a.m. – 12:30 p.m.

Thursday, Oct. 30

1:00 p.m. – 3:30 p.m.

Preparing Youth for Employment

Thursday, Oct. 2

12:30 a.m. – 3:00 p.m.

Preparing Youth for the College Experience

Thursday, Oct. 23

1:00 p.m. – 4:30 p.m.

Promoting Resilience: Fostering Youth Empowerment

Monday, Oct. 27

1:00 p.m. – 4:30 p.m.

Relational Strategies to Build Trust & Connection

Thursday, Oct. 9

10:30 a.m. – 11:30 a.m.

Friday, Oct. 24

9:00 a.m. – 10:00 a.m.

Wednesday, Oct. 29

1:00 p.m. – 2:00 p.m.

Street Smarts: Safety Skills for Youth

Tuesday, Oct. 14

10:00 a.m. – 12:30 p.m.

Transition Plan: Helping Youth Plan for Their Future

Wednesday, Oct. 1

9:00 a.m. – 12:30 p.m.

Tuesday, Oct. 14

1:30 p.m. – 5:00 p.m.

Wednesday, Oct. 29

9:00 a.m. – 12:30 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 and Sharing Safely

Wednesday, October 8

1:30 p.m. – 4:30 p.m.

Cheektowaga, NY

Transition Plan: Helping Youth Plan for Their Future

Friday, October 17

10:00 a.m. – 1:30 p.m.

Cheektowaga, NY

Permanency Options for Youth

Wednesday, October 29

9:30 a.m. – 2:30 p.m.

Cheektowaga, NY

Region 2

Permanency Options for Youth

Tuesday, October 14

10:00 a.m. – 3:00 p.m.

Rochester, NY

Building and Supporting Personal Safety Skills with Youth

Monday, October 20

9:30 a.m. – 3:30 p.m.

Rochester, NY

Region 3

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

Monday, October 6

9:00 a.m. – 1:30 p.m.

Syracuse, NY

Building and Supporting Personal Safety Skills with Youth

Friday, October 24

10:00 a.m. – 4:00 p.m.

Syracuse, NY

Region 4

CSEC Part 1

Monday, October 27

9:00 a.m. – 4:00 p.m.

Rensselaer, NY

CSEC Part 2

Tuesday, October 28

9:00 a.m. – 1:30 p.m.

Rensselaer, 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



YIP Meetings

Conflict Resolution

The complexities of the foster care system can lead to various conflicts. This meeting focuses on providing tools for harm reduction and navigating challenging situations.

- Understanding and Empathy
- Communication Skills
- Negotiation
- Mediation
- Post-Conflict
 - (Re-) Building Trust

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

Statewide—Thomas Califra
thomas.califra@ocfs.ny.gov

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

Region 1 (Buffalo)

Thursday, October 30

4:00 p.m. – 5:30 p.m.
Amherst, NY

Region 2 (Rochester)

Tuesday, October 7

3:30 p.m. – 5:00 p.m.
Penfield, NY

Region 3 (Syracuse)

Thursday, October 30

3:30 p.m. – 5:00 p.m.
Binghamton, NY

Region 5 (Long Island)

Wednesday, October 15

5:00 p.m. – 6:30 p.m.
Bohemia, NY



Resources

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!

Need to Know Series: Check It: Emotional Well-Being

Your well-being is influenced by many factors. Although emotional wellness is something that isn't always on your mind, it can often impact your overall well-being. There are many ways to improve and maintain your emotional wellness and overall enjoyment of life.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-check-it-emotional-well-being/>

Understanding Empathy

What is the best way to ease someone's pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.

<https://www.youtube.com/watch?v=1Ewgu369Jw>

Navigating the Emotions Following a Visitation Visit

These therapeutic activities can have positive effects on your well-being after a visitation:

<https://youthinprogress.org/resources/topics/navigating-the-emotions-following-a-visitation-visit/>

Moving Out On Your Own

Tips for moving out into the community for the first time:

<https://youthinprogress.org/resources/topics/moving-out-on-your-own/>