ROCKEFELLER COLLEGE
PROFESSIONAL DEVELOPMENT PROGRAM
UNIVERSITY AT ALBANY | STATE UNIVERSITY OF NEW YORK

YOUTH IN PROGRESS



Monthly Bulletin

November 2026

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Webex Trainings

Adolescent Sexuality: Promoting Sexual Health & Responsibility
Tuesday, Nov. 3
1:00 p.m. – 4:00 p.m.

Adult Connections & Family First Prevention Services Act (FFPSA)
Tuesday, Nov. 10
10:00 a.m. – 11:00 a.m.

An Introduction to Regulating Emotions
Wednesday, Nov. 4
10:00 a.m. – 11:00 a.m.
Tuesday, Nov. 17
1:00 p.m. – 2:00 p.m.

An Introduction to Trauma Informed Healing Centered Engagement
Wednesday, Nov. 4
1:00 p.m. – 2:00 p.m.
Monday, Nov. 30
2:00 p.m. – 3:00 p.m.

Boundaries: Setting Limits & Sharing Safely
Tuesday, Nov. 10
1:00 p.m. – 3:30 p.m.

Bullying: Spot It, Stop It
Wednesday, Nov. 18
1:00 p.m. – 4:00 p.m.

Essential Communication Skills for Working with Youth
Thursday, Nov. 5
1:00 p.m. – 3:30 p.m.
Tuesday, Nov. 17
9:00 a.m. – 11:30 a.m.

Identifying and Supporting Survivors of Commercial Sexual Exploitations of Children (CSEC) Part 1
Thursday, Nov. 12
9:00 a.m. – 4:00 p.m

Part 2
Thursday, Nov. 19
9:00 a.m. – 1:30 p.m.

Milestones & Meaning: A Brief Introduction for Emerging LGBTQ+ Allies
Monday, Nov. 9
1:00 p.m. – 3:30 p.m.

Motivating & Engaging Youth
Wednesday, Nov. 18
10:00 a.m. – 1:30 p.m.

Networking & Mapping Resources
Monday, Nov. 2
1:00 p.m. – 2:00 p.m.
Monday, Nov. 23
10:00 a.m. – 11:00 a.m.

Permanency Options for Youth
Tuesday, Nov. 3
10:00 a.m. – 12:30 p.m.
Monday, Nov. 30
9:00 a.m. – 11:30 a.m.

Preparing Youth for Employment
Friday, Nov. 13
10:00 a.m. – 12:30 p.m.

Preparing Youth for the College Experience
Thursday, Nov. 5
10:00 a.m. – 1:00 p.m.

Promoting Resilience: Fostering Youth Empowerment
Tuesday, Nov. 24
10:00 a.m. – 1:30 p.m.

Relational Strategies to Build Trust & Connection
Wednesday, Nov. 4
5:30 p.m. – 6:30 p.m.
Monday, Nov. 16
1:30 p.m. – 2:30 p.m.

Street Smarts: Safety Skills for Youth
Friday, Nov. 6
10:00 a.m. – 12:30 p.m.

To register: Visit **Human Services Learning Center** https://www.hslcnys.org, or email **Seana Yeates** syeates@albany.edu
For training descriptions, visit: https://youthinprogress.org/events-trainings/



Classroom Trainings

Region 1

Transition Plan: Helping Youth Plan for Their Future
Thursday, Nov. 5
10:00 a.m. – 1:30 p.m.
Lockport, NY

Promoting Resilience: Fostering Youth Empowerment
Thursday, Nov. 12
10:00 a.m. – 1:30 p.m.
Niagara Falls, NY

Transition Plan: Helping Youth Plan for Their Future
Thursday, Nov. 19
12:00 p.m. – 3:30 p.m.
Cheektowaga, NY

Region 2

Transition Plan: Helping Youth Plan for Their Future
Monday, Nov. 2
11:00 a.m. – 2:30 p.m.
Canandaigua, NY

Bullying: Spot It; Stop It
Friday, Nov. 20
10:00 a.m. – 2:30 p.m
Rochester, NY

Region 3

Transition Plan: Helping Youth Plan for Their Future
Friday, Nov. 6
10:00 a.m. – 1:30 p.m.
Binghamton, NY

Boundaries: Setting Limits and Sharing Safely
Monday, Nov. 9
9:30 a.m. – 1:00 p.m.
Endicott, NY

Transition Plan: Helping Youth Plan for Their Future
Monday, Nov. 16
9:00 a.m. – 12:30 p.m.
Syracuse, NY

Region 4

Transition Plan: Helping Youth Plan for Their Future
Thursday, Nov. 5
10:00 a.m. – 1:30 p.m.
Rensselaer, NY

Region 5 (Westchester)

Transition Plan: Helping Youth Plan for Their Future
Tuesday, Nov. 24
10:00 a.m. – 1:30 p.m.
Valhalla, NY

Transition Plan: Helping Youth Plan for Their Future
Monday, Nov. 30
10:00 a.m. – 1:30 p.m.
New Hampton, NY

Region 5 (Long Island)

Transition Plan: Helping Youth Plan for Their Future
Wednesday, Nov. 4
10:00 a.m. – 1:30 p.m.
Central Islip, NY

Region 6

Transition Plan: Helping Youth Plan for Their Future
Monday, Nov. 16
10:00 a.m. – 1:30 p.m.
New York City, 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
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Region 5 (Long Island)—
Angela Cardarelli
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Region 5 (Westchester)—
Thomas Califra
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Region 6 - Shainek Edmundson
Shainek.Edmundson3@ocfs.ny.gov



YIP Meetings

YIP meetings typically take place monthly, each focusing on a specific topic and offering youth a platform to share their experiences within the child welfare system. Being part of YIP offers the opportunity to contribute to significant improvements within the child welfare system.

For more information on Youth in Progress meetings happening in your region, please reach out to your Youth Engagement Specialist.

To register, email:

Statewide—Katie Rushlo-Mercado
katie.rushlo@ocfs.ny.gov

Region 1—Kim Grose
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Region 2—Kendra Drake
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Region 4—Chelsea Perkins
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Region 5 (Long Island)—Angela Cardarelli
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Region 5 (Westchester)—Thomas Califra
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Region 6 - Shainek Edmundson
Shainek.Edmundson3@ocfs.ny.gov

How to Stay Motivated

- Avoiding procrastination
- Dopamine fasting
- How to stay motivated and maintain motivation
- Goal setting
- Learning styles & personality types (Myers-Briggs)

Open Statewide Offering

Tuesday, Nov. 24
4:00 p.m. – 5:30 p.m. (Webex)



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!

Your Transition Plan Isn't Just Paperwork, It's Your Future

Your future is bigger than a form, but the transition plan can be one tool that helps you step into it with more confidence and less fear. https://youthinprogress.org/resources/topics/your-transition-plan-isnt-just-paperwork-its-your-future/

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/

Dopamine Detoxing

Foster While dopamine allows us to feel good, we can become overwhelmed, upset, angry, bored, or confused when we get too much of it. Taking breaks from that overstimulation can do a lot for your mental health.
https://youthinprogress.org/resources/topics/dopamine-detoxing/

Understanding Neurodiversity

Many people with learning disabilities aren't taught about the different ways we can learn. In school, we often follow the teacher's preferred style, but everyone processes information differently.
https://youthinprogress.org/resources/topics/understanding-neurodiversity/