



Monthly Bulletin

October 2026

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Webex Trainings

Adolescent Sexuality: Promoting Sexual Health & Responsibility

Wednesday, Oct. 28

9:00 a.m. – 12:00 p.m.

Adult Connections & Family First Prevention Services Act (FFPSA)

Thursday, Oct. 8

1:00 p.m. – 2:00 p.m.

An Introduction to Regulating Emotions

Wednesday, Oct. 7

10:00 a.m. – 11:00 a.m.

Wednesday, Oct. 21

2:00 p.m. – 3:00 p.m.

An Introduction to Trauma Informed Healing Centered Engagement

Thursday, Oct. 1

1:00 p.m. – 2:00 p.m.

Friday, Oct. 23

9:00 a.m. – 10:00 a.m.

Boundaries: Setting Limits & Sharing Safely

Tuesday, Oct. 6

1:00 p.m. – 3:30 p.m.

Wednesday, Oct. 7

5:30 p.m. – 8:00 p.m.

Bullying: Spot It, Stop It

Tuesday, Oct. 13

1:00 p.m. – 4:00 p.m.

Friday, Oct. 30

9:00 a.m. – 12:00 p.m.

Essential Communication Skills for Working with Youth

Monday, Oct. 5

1:00 p.m. – 3:30 p.m.

Thursday, Oct. 22

9:00 a.m. – 11:30 a.m.

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

Part 1

Tuesday, Oct. 20

9:00 a.m. – 4:00 p.m.

Part 2

Tuesday, Oct. 27

9:00 a.m. – 1:30 p.m.

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

Wednesday, Oct. 7

1:00 p.m. – 3:30 p.m.

Thursday, Oct. 29

10:00 a.m. – 12:30 p.m.

Motivating & Engaging Youth

Thursday, Oct. 15

10:00 a.m. – 1:30 p.m.

Wednesday, Oct. 28

1:00 p.m. – 4:30 p.m.

Networking & Mapping Resources

Friday, Oct. 2

10:00 a.m. – 11:00 a.m.

Wednesday, Oct. 21

10:00 a.m. – 11:00 a.m.

Permanency Options for Youth

Tuesday, Oct. 6

9:00 a.m. – 11:30 a.m.

Thursday, Oct. 22

1:00 p.m. – 3:30 p.m.

Preparing Youth for Employment

Wednesday, Oct. 14

10:30 a.m. – 1:00 p.m.

Preparing Youth for the College Experience

Thursday, Oct. 8

9:00 a.m. – 12:00 p.m.

Monday, Oct. 26

1:00 p.m. – 4:00 p.m.

Promoting Resilience: Fostering Youth Empowerment

Tuesday, Oct. 13

10:00 a.m. – 1:30 p.m.

Relational Strategies to Build Trust & Connection

Friday, Oct. 9

10:00 a.m. – 11:00 a.m.

Thursday, Oct. 29

1:30 p.m. – 2:30 p.m.

Street Smarts: Safety Skills for Youth

Monday, Oct. 19

1:00 p.m. – 3:30 p.m.

Transition Plan: Helping Youth Plan for Their Future

Thursday, Oct. 1

9:00 a.m. – 12:30 p.m.

Wednesday, Oct. 14

1:00 p.m. – 4:30 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

Creating LifePaks with Youth in Care

Wednesday, Oct. 7

9:00 a.m. – 11:00 a.m.
Cheektowaga, NY

Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility

Wednesday, Oct. 14

10:00 a.m. – 1:30 p.m.
Niagara Falls, NY

Preparing Youth for the College Experience

Thursday, Oct. 22

10:00 a.m. – 1:30 p.m.
Lockport, NY

Region 2

Permanency Options for Youth

Monday, Oct. 19

9:00 a.m. – 2:00 p.m.
Rochester, NY

Boundaries: Setting Limits and Sharing Safely

Wednesday, Oct. 28

5:00 p.m. – 8:30 p.m.
Rochester, NY

Region 3

Bullying: Spot It; Stop It

Wednesday, Oct. 28

10:00 a.m. – 2:30 p.m.
Binghamton, NY

Region 4

Motivating and Engaging Youth

Thursday, Oct. 15

9:00 a.m. – 2:00 p.m.
Rensselaer, NY

Region 5 (Westchester)

Promoting Resilience: Fostering Youth Empowerment

Tuesday, Oct. 27

10:00 a.m. – 1:30 p.m.
Valhalla, NY

Promoting Resilience: Fostering Youth Empowerment

Thursday, Oct. 29

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

Region 5 (Long Island)

Boundaries: Setting Limits & Sharing Safely

Tuesday, Oct. 6

10:00 a.m. – 1:30 p.m.
Amityville, 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
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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



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 5 (Westchester)—Thomas Califra
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Region 6 - Shainek Edmundson
Shainek.Edmundson3@ocfs.ny.gov

Conflict Resolution

- Understanding and empathy
- Communication skills & difficult conversations
- Negotiation
- Mediation
- Post-Conflict
 - (Re-) Building Trust

Open Statewide Offering

Tuesday, Oct. 13

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](https://youthinprogress.org) to explore valuable resources, upcoming events, and ways to get involved. Your voice matters!

Conflict Resolution in Foster Care

Foster care has its ups and downs, especially in relationships. It is very important to know how to deal with these conflicts when they arise and how to move forward in a positive way.

<https://youthinprogress.org/resources/topics/conflict-resolution-in-foster-care/>

Need to Know Series: Counseling 101

Being a young person is hard work; not to mention the added stress of keeping up with friends, family, social media, school, work, dealing with difficult people, and other things that can impact your day-to-day functioning. Counseling can be helpful for coping with daily stress and is good for your mind and body. It's important to take advantage of the counseling services made available to you, both in and out of care. Here's some information to get started.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-counseling-101/>

OCFS Youth Advisory Board

The OCFS Youth Advisory Board has a new website. The OCFS YAB is made up of young leaders with lived experience in foster care, juvenile justice, homelessness, or other youth systems within New York State (NYS).

<https://www.nysyouthadvisoryboard.org/>