



# Statewide Youth Services Training

COURSE  
CATALOG  
2026

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# Foreword

The Statewide Youth Services Training Project (YST) provides a comprehensive range of learning opportunities designed to strengthen staff skills, enhance service delivery, and support effective program development. Through targeted training and technical assistance, YST equips those working with youth with the tools and knowledge needed to help youth prepare for successful, self-sufficient futures.

## Target Populations

The following target populations working with youth, can access YST supportive resources:

- Local District Social Services (LDSS) staff
- Voluntary authorized agency (VA) child welfare staff
- Caseworkers, supervisors and child care workers and OCFS or LDSS child welfare contracted services provider staff excluding administrative support or clerical staff
- Foster parents
- Youth Bureau staff
- OCFS Child Welfare and Community Services (CWCS), Division of Youth Development and Partnerships for Success (YDAPS), and the Division of Juvenile Justice and Opportunities for Youth (DJJOY) staff
- OCFS Licensed Runaway and Homeless Youth Shelter staff

## Training Methods



### Classroom Training

Classroom training is delivered at training sites throughout New York State. Training can be hosted by agencies or at regional locations.



### Webex Courses

Webex courses are attended by the class via the Internet using a personal computer. Contact your LAN administrator or technology support staff for assistance.

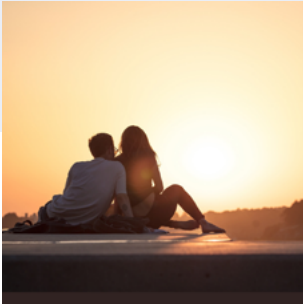
# Course List

	Classroom	Webex	Page
Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility	✓	✓	5
Adult Connections and Family First Prevention Services Act (FFPSA)		✓	5
An Introduction to Regulating Emotions		✓	6
An Introduction to Trauma-Informed Healing Centered Engagement		✓	6
Boundaries: Setting Limits and Sharing Safely	✓	✓	6
Building and Supporting Personal Safety Skills with Youth	✓		7
Bullying: Spot It, Stop It!	✓	✓	7
Creating LifePaks with Youth	✓		7
Creating Youth Leaders	✓		8
Cultural Connections: An Introduction for Foster Parents	✓		8
Essential Communication Skills for Working with Youth	✓	✓	8
Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) and Youth Trafficking - Part 1	✓	✓	9
Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) and Youth Trafficking - Part 2	✓	✓	9
LGBTQ+ Youth: Building Responsive and Respectful Care	✓		10
Milestones & Meaning: A Brief Introduction for Emerging LGBTQ+ Allies		✓	10
Motivating and Engaging Youth	✓	✓	11
Networking and Mapping Resources		✓	11
Permanency Options for Youth	✓	✓	11
Preparing Youth for Employment	✓	✓	12
Preparing Youth for the College Experience	✓	✓	12
Promoting Positive Youth Development and Well Being	✓		13
Promoting Resilience: Fostering Youth Empowerment	✓	✓	13
Relational Strategies to Build Trust & Connection		✓	14
Street Smarts: Safety Skills for Youth		✓	14
Supporting Youth in Effective Money Management	✓		14
Talking Culture: An Introduction for Foster Parents	✓		15
Transition Plan: Helping Youth Plan for Their Future	✓	✓	15

# Course Descriptions



To learn more about the monthly Webex schedule, visit our website:  
<https://youthinprogress.org/events-trainings/>



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

Adolescents can experience challenges adjusting to the emotional issues associated with sexual development. It is essential that the adults in each youth's life are prepared to guide that youth through that process in a healthy and appropriate manner. This training is intended to help these adults to become knowledgeable about the stressors facing adolescents and to assist these adults in developing the necessary skills to provide education and support.

Classroom: 3.25 hours  
Webex: 3 hours

## **Adult Connections and Family First Prevention Services Act (FFPSA)**

Adult connections are integral to a youth's development. In addition, the Family First Prevention Services Act is essential to prioritizing family based foster care over residential care. This training will provide participants with information about the Family First Prevention Services Act and how to identify supportive adult connections in the lives of youth.



Webex: 1 hour



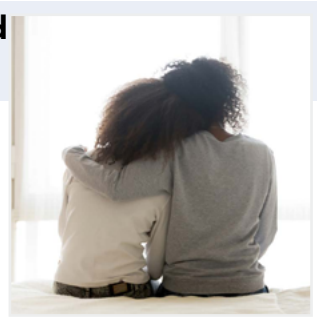
## **An Introduction to Regulating Emotions**

This training is designed to provide opportunities for participants to increase their knowledge and practice skills that will assist them to recognize emotional dysregulation, address those responses, and help youth navigate through challenging emotions in order to self-regulate.

Webex: 1 hour

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

This training aims to promote a holistic approach to healing from trauma. Healing Centered Engagement (HCE) is a strengths-based approach that includes building empathy and encouraging youth to be future-oriented. This approach emphasizes helping youth thrive beyond the impact of their past trauma.



Webex: 1 hour



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

This training introduces the concepts of boundaries and self-disclosure and how they are associated with the role of adult caregivers working with youth in out-of-home settings. Through activities and discussion participants will begin to explore what is appropriate and

inappropriate when interacting with young people, including over-familiarity, over-identification, over-involvement and self-disclosure. Participants will practice strategies to use with youth in

all types of out-of-home settings.

Classroom: 3.5 hours

Webex: 2.5 hours

## **Building and Supporting Personal Safety Skills with Youth**

This training assists individuals working with youth to successfully support them in understanding the tasks needed to build personal safety skills in their community and in their relationships to meet the goals of mitigating potential risks and promoting well-being.



Classroom: 6 hours



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

This training provides participants with information about the types of bullying, the impact of bullying and tools to create a physical/social setting in which bullying is reduced.

Classroom: 4.5 hours

Webex: 3 hours

## **Creating LifePaks with Youth**

Research has shown that failure to preserve a youth's connection to their history has a long-term effect on self-esteem, self-concept and ability to form lasting attachments and relationships throughout the lifetime. This training will help adult caregivers use the process of developing a LifePak with youth, producing a tangible product, while helping youth explore life goals.

*\*Youth in care may attend this training*

Classroom: 2 hours





## Creating Youth Leaders

Youth development, youth engagement, youth voice, youth involvement/participation, youth empowerment, and youth leadership are all concepts and catch words that have been used for years. These concepts will be defined and further explored during this training. Service

providers in New York State will be provided with an opportunity to put them into actual practice as they consider developing the youth they serve into leaders for the present and the future.

Classroom: 6 hours

## Cultural Connections: An Introduction for Foster Parents

This training provides foster parents an opportunity to increase awareness of the importance of culture in the lives of youth. Goals of this training include increasing foster parent awareness about the role culture plays in an individual's life, increase foster parents ability to create a culturally sensitive environment, and to help foster parents identify culturally supportive strategies that contribute to positive youth outcomes.



Classroom: 2 hours



## Essential Communication Skills for Working with Youth

This training will assist adult caregivers with developing the essential skills needed to provide safe supervision of and effective communication with vulnerable youth. It will examine the concept of self-awareness and look at how adult responses and physical

posturing give nonverbal messages to youth with whom they

interact. It will also explore the significance of developing skills of positioning, observation and decision making and introduce the concepts of therapeutic intervention and positive role modeling.

Classroom: 3 hours  
Webex: 2.5 hours



### **Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) and Youth Trafficking - Part 1: Awareness & Knowledge**

This training will assist those working with youth to learn how to best engage and provide services to trafficked and at-risk youth. It raises awareness of the commercial sexual exploitation of children (CSEC) and provides foundational knowledge on working with survivors of CSEC and youth trafficking. This training will enable youth serving professionals to recognize and treat youth in CSEC and trafficking situations as victims of crime and survivors of abuse; to protect and prevent at-risk youth and youth from becoming victims of sex trafficking; and to improve safety, permanency and well-being outcomes of youth involved in the child-serving systems.

*\*This course qualifies for CPS In-Service Credit.*

Classroom: 7 hours  
Webex: 7 hours

### **Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) and Youth Trafficking - Part 2: Knowledge & Skills**

This training will assist those working with youth to learn how to best engage and provide services to trafficked and at-risk youth. This training builds on the foundational knowledge



gained in Part One and reinforces practical skills for working with survivors of commercial sexual exploitation of children (CSEC) and youth trafficking.

*\*This course qualifies for CPS In-Service Credit.*

Classroom: 4.5 hours

Webex: 4.75 hours

## **LGBTQ+ Youth: Building Responsive and Respectful Care**

This training is designed to introduce information associated with successfully providing support and respectful care to all youth and particularly youth who identify as Lesbian, Gay, Bi-Sexual, Transgender, and Questioning (LGBTQ+).

This training will provide information, resources, and strategies designed to assist participants in building informed and respectful care environments and relationships with youth.



Classroom: 3.5 hours



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

This training provides a brief introduction to the history of the LGBTQ+ movement, an overview of the laws and policies which define the rights of LGBTQ+ youth and the expectations for those working with them, and some of the current vocabulary and resources to support emerging allies.

Webex: 2.5 hours

## Motivating and Engaging Youth

This training will discuss concepts of motivation, examine youth needs and how they may be met, consider where youth may be in the Stages of Change and identify and utilize tools for assessing youth motivation. Practice using a model for engaging youth and increasing their motivation will enable caregivers to assist youth with their successful transition to self-sufficiency via life skills development and future planning.



Classroom: 5 hours

Webex: 3.5 hours

## Networking and Mapping Resources



This training is designed to increase participant's skills utilizing multiple tools such as the Three Houses tool, Connectedness Map, and Permanency Pact. As a result, this will allow those working with youth to assist in the

process of establishing a network of support, staying connected, and developing permanent resources. Additionally, participants will gain an understanding of why networking and mapping resources is essential to youth transitioning successfully out of care.

Webex: 1 hour

## Permanency Options for Youth

This training will focus on defining permanency and identifying the permanency options for children and youth to be explored if reunification with birth families is not possible. Those options include adoption, guardianship (including KinGAP), and Another Planned



Permanent Living Arrangement (APPLA).

Classroom: 5 hours

Webex: 2.5 hours



## Preparing Youth for Employment

This training equips participants with strategies to support youth in building career goals, workplace readiness, communication, critical thinking, and overall well-being. Through the framework of working, learning, thriving, connecting, and leading, participants will explore how to help

youth develop the skills needed to obtain, retain, and advance in employment.

Classroom: 3.25 hours

Webex: 2.5 hours

## Preparing Youth for the College Experience

This training will acquaint adult caregivers with a basic understanding of what they can do to help youth in care prepare for the college experience. Many youth in care face educational obstacles due to multiple placements, attending multiple schools and inconsistent messages from adult caregivers. As a result, these youth may be ill prepared for making a successful transition from high school to college. This training will provide adult caregivers with information about the vocabulary and processes necessary to assist youth in preparing for and successfully getting started in their college career.



Classroom: 3.5 hours

Webex: 3 hours



## Promoting Positive Youth Development and Well Being

This training will assist those working with youth to promote positive youth development and well-being using Positive Youth Development (PYD) strategies. PYD strategies encourage service providers to look at youth from a holistic perspective, view youth as partners in their own development, provide youth with the skills and opportunities to foster better decision-making and prepare youth to take the lead in achieving their goals. Understanding adolescent development and how the trauma many youth we serve have experienced affects their development is necessary for individuals who work with adolescents. Being able to communicate with youth and use PYD strategies will assist in partnering with youth, better assessing their needs and creating realistic youth-led plans. This will help youth with transitions and also prepare them for life-long success.

*\*Prior to attending the classroom training, participants must have completed the four CBT modules in HSLC.*

(CBT prerequisite 3.5 hours)

Classroom: 14 hours

## Promoting Resilience: Fostering Youth Empowerment

This training will provide participants with concrete strategies that can be used with youth to build resilience. In addition, participants will learn about the connection between a youth's resilience and the ability to lead their own life; and how their role as a meaningful caregiver can have a powerful impact on developing resilience in youth.



Classroom: 3.5 hours

Webex: 3.5 hours

## Relational Strategies to Build Trust & Connection

This training will provide participants with strategies to guide youth towards positive behavioral responses, increase the participants' ability to display empathy and promote social competence, and increase the participants' ability to address the maladaptive behaviors of youth to reduce the need for corrective actions.



Webex: 1 hour



## Street Smarts: Safety Skills for Youth

It is imperative that those working with youth develop an understanding of the everyday societal dangers that youth may encounter today and in the future as they move to become independent adults. This training is intended to focus on the skill set commonly referred to as "street smarts", to heighten

awareness, and provide opportunity for those working with youth to examine how these skills can be taught and practiced.

Webex: 2.5 hours

## Supporting Youth in Effective Money Management

This training will present creative and engaging ideas that participants can use to support the youth they serve in strengthening their skills and knowledge of money management. Suggested activities, games, and resources about money management that can be used with youth individually or in groups will be included.



Classroom: 3 hours



## Talking Culture: An Introduction for Foster Parents

Foster parents have the opportunity to promote cultural connections because of their essential role in the child welfare system as a primary resource of support for youth. This training was developed to provide foster parents with skills and strategies to have open

discussions with youth in their care regarding culture, improve communication skills as applied to conversations with youth about culture, and to increase foster parents' ability to support cultural connectivity for youth.

Classroom: 1.5 hours

## Transition Plan: Helping Youth Plan for Their Future

Youth transitioning from the foster care system need to be equipped and prepared to achieve self-sufficiency. With many advancements in legislation, policy, and practice, those working in the field must strive to create a youth directed plan to prepare youth for life after foster care. Implementation of a youth directed approach into service provision and transition planning will result in positive outcomes and self-sufficiency.

Classroom: 3.5 hours

Webex: 3.5 hours



# Contact Information

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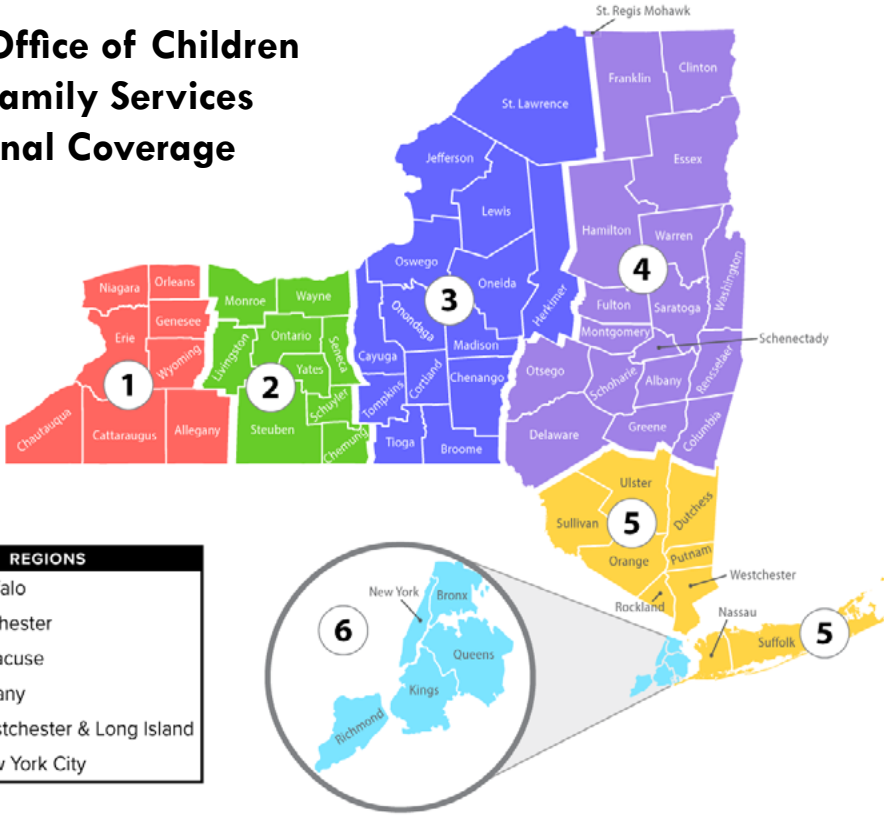
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Youth Engagement Specialist contact information can also be found at: <https://youthinprogress.org/contact/>



# Regional Map

## NYS Office of Children and Family Services Regional Coverage



This material was developed by Professional Development Program,  
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