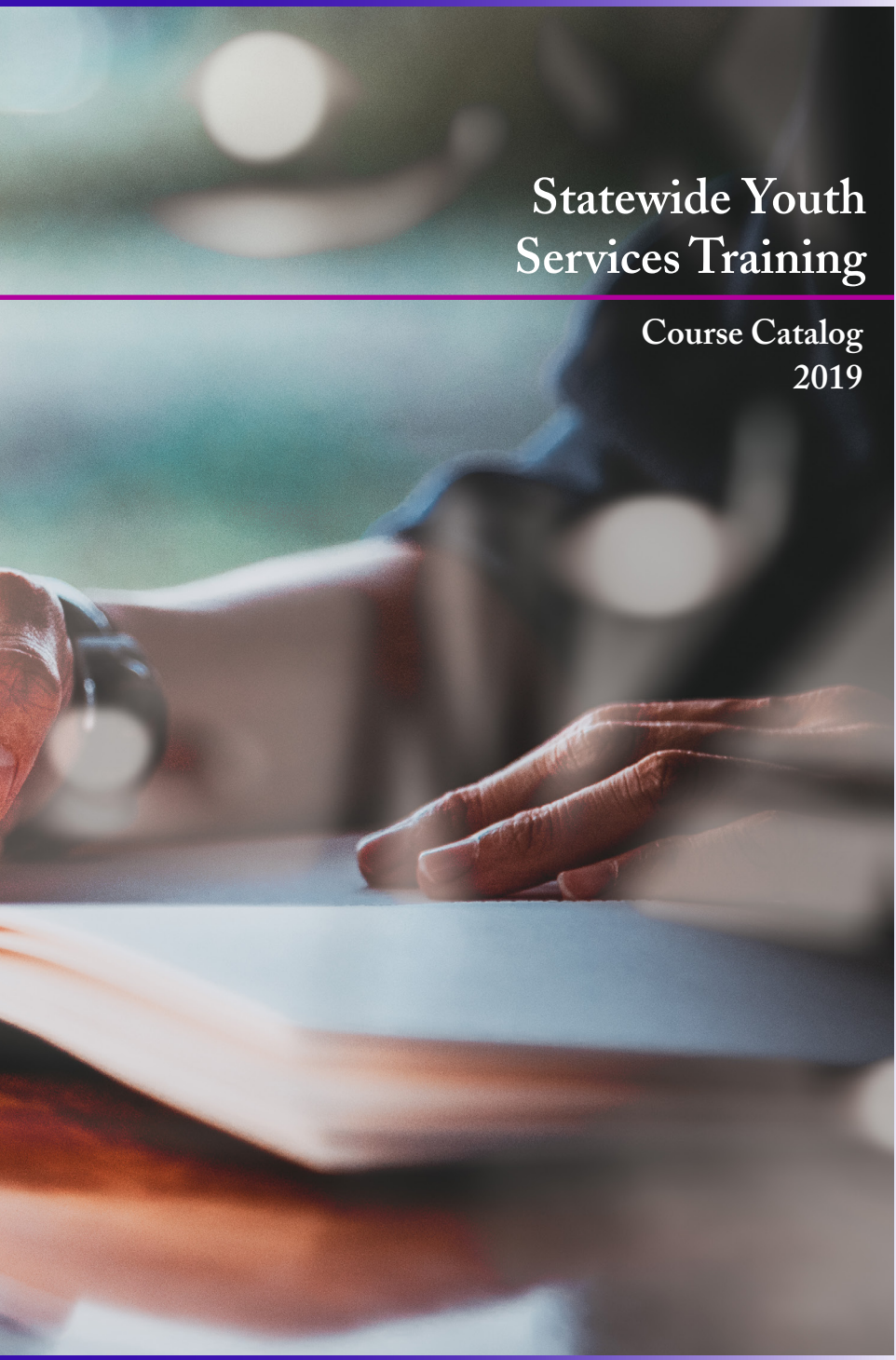

Statewide Youth Services Training

Course Catalog 2019

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Foreword

The Statewide Youth Services Training Project (YST) is staffed by professionals from several disciplines who are knowledgeable about Youth Service issues, and experienced in training and working with agencies in the areas of program design and development. YST is a multi-service program developed to support those who are working to prepare youth to live self-sufficiently.

Target Populations

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

- Foster/adoptive parents
- Foster care agency staff, caseworkers, supervisors and child care workers
- Local District Social Services (LDSS) staff
- OCFS Licensed Runaway and Homeless Youth Shelter staff
- OCFS Child Welfare and Community Services (CWCS), Youth Development and Partnerships for Success (YDAPS), and the Division of Juvenile Justice and Opportunities for Youth (DJJOY) staff
- Youth Bureau staff

Training Method

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

Foundation

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Topic Specific

	Classroom	WebEx	Page
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Foundation

Promoting Positive Youth Development and Well-Being (PPYD)

Target Populations: All

This is a blended training. Part 1 is a computer-based training (CBT) in HSLC and part 2 is held in the classroom. Prior to attending the classroom training participants must have completed the four CBT modules in HSLC. 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.

Online / 2 DAYS

Life Skills Toolbox

Target Populations: All

This training will assist participants in linking assessment, the foundation for designing a life skills plan, with the resources contained in the toolbox. The Life Skills Toolbox provides a competency-based structure for selecting specific life skills that need instruction and provides activities and resources that teach the specific life skill.

2 DAYS

Topic Specific

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 those adults to become knowledgeable about the stressors facing adolescents and to assist these adults in developing the necessary skills to provide education and support.

1 DAY

1/2 DAY

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 learn and practice strategies that they can use with youth in all types of out-of-home settings.

1/2 DAY

Bullying: Spot It, Stop It!

Bullying in schools, out-of-home settings, and virtually all locations in which young people gather continues to be a national problem. Bullying impacts children who are bullied, children who perpetrate bullying behaviors, and the social environment. Bullying has devastating short and long-term consequences. 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.

1 DAY

1/2 DAY

Topic Specific

Career Services to Best Meet the Needs of Youth in Care Workshop

Career readiness preparation is an essential part of achieving economic self-sufficiency for youth in care. It remains a challenge to find the career readiness practices that best ensure that youth in care will be prepared for the adult world of work. Increasingly, care providers are integrating career readiness into the services they offer to youth in their care.

1/2 DAY

Creating LifePaks with Youth in Care

Youth who have experienced placement or adoption may feel disconnected from their past. Some connections that existed prior to placement have been severed. This can impact identity formation. 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 their 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.

1/2 DAY

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.

1 DAY

Topic Specific

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.

1/2 DAY

Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) Part 1

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.

1 DAY

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

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. It 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.

1 DAY

Topic Specific

Motivating and Engaging Youth

Engaging and sustaining the focus of vulnerable youth for case planning and implementation can be especially challenging given their life experience. 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.

1 DAY

Permanency Options for Youth in Care

Permanency for children and youth is critical to a child's sense of well-being, safety, and long-term success in life especially for youth in care. When young people age out of the foster care system they need responsible adults who are willing to provide various supports that will help the youth transition to adulthood. 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).

1 DAY

1/2 DAY

Preparing Youth for Employment

This training will focus on the interpersonal workplace and technological skills needed in today's job market. In addition, participants will learn ways to help strengthen and develop these skills in youth.

1/2 DAY

Topic Specific

Preparing Youth in Care 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.

1/2 DAY

Street Smarts: Safety Skills for Youth in Care

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.

As part of preparing youth to be safe active members of the community it is critical that normative experiences are provided to prepare them for potentially dangerous experiences and to help connect them to resources that may either prevent these experiences or assist youth in dealing with them after they have occurred. 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.

1/2 DAY

Supporting Youth in Effective Money Management

Budgeting and money management can be quite a challenge for adults even more so for any adolescent and more specifically for the youth we serve. The challenges around money management may include a lack of experience, being more prone to impulse spending, and having limited income. 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.

1/2 DAY

Topic Specific

Transition Plan: Helping Youth in Care Plan for Their Future

Youth transitioning from the foster care system need to be equipped and prepared to achieve self-sufficiency. With many new advancements in legislation, policy, and practice, those working in the field have tools to create a youth directed plan to prepare youth for life after foster care. Implementation of these tools is key and this training will not only educate but provide a forum to discuss adoption of these tools into service provision.

1/2 DAY

Work Readiness Training: Transferable Skills for Youth Aging Out of Foster Care

The purpose of this workshop is to provide guidance to service providers on how to help youth translate their life experiences into skills valued at the workplace and communicate those skills to employers to improve their success in securing and retaining employment.

1/2 DAY

Working with LGBTQ+ Youth

All youth experience challenges adjusting to the emotional issues associated with sexual identity development. Lesbian Gay Bisexual Transgender and Questioning (LGBTQ+) youth in out-of-home settings are a particularly vulnerable population in need of information and opportunities to explore their own sexual identities. LGBTQ+ youth are at significantly elevated risks for suicide, para-suicide, substance abuse, and physical and sexual victimization. This training will provide information, resources, strategies, and activities designed to prepare adults to work effectively with LGBTQ+ youth they serve.

1 DAY

Contact Information

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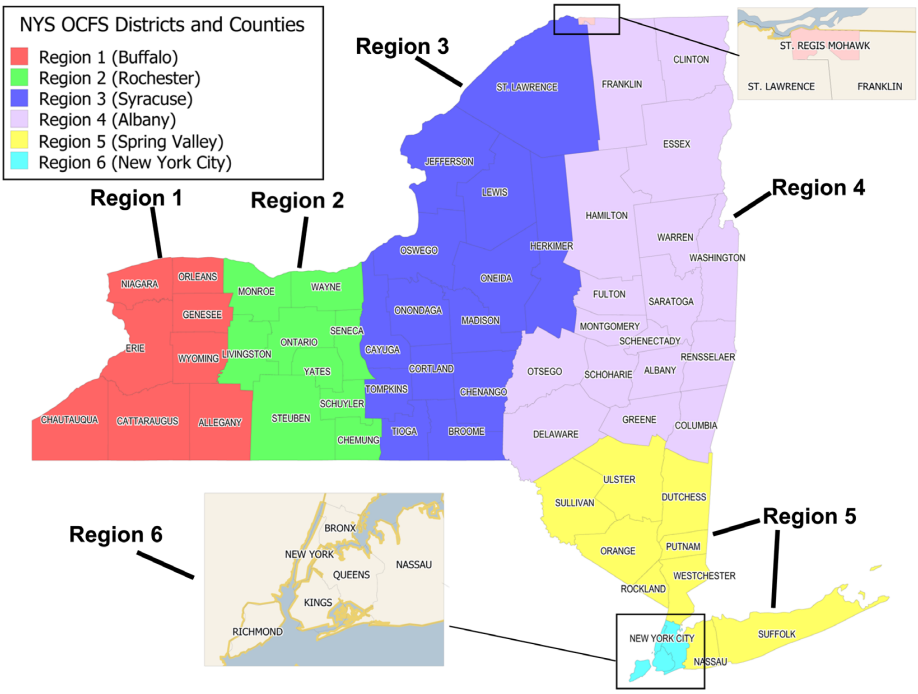
Region Map



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