



PROFESSIONAL DEVELOPMENT PROGRAM
ROCKEFELLER COLLEGE
UNIVERSITY AT ALBANY
State University of New York

PDP has over 40 years of experience providing continuing professional education and training programs

Statewide Youth Services Training

Regionally-based Youth Engagement Specialists from several disciplines are knowledgeable about Adolescent Service issues, and experienced in training and working with agencies in the areas of program design and development to implement programs that help youth in care to develop the skills needed to make a successful transition out of care into self-sufficiency and maintain permanent relationships with adults.

Areas of Expertise

Youth Engagement Specialists design and deliver training programs on a variety of topics, including:

- **Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility**
- **Boundaries: Setting Limits and Sharing Safely**
- **Bullying: Spot It, Stop It**
- **Creating LifePaks with Youth**
- **Creating Youth Leaders in Your Agency***
- **Essential Communication Skills for Working with Youth**
- **Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) Part 1**
- **Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) Part 2**
- **Life Skills Toolbox**
- **Milestones and Meaning: A Brief Introduction for Emerging LGBTQ+ Allies**
- **Motivating and Engaging Youth**
- **Permanency Options for Youth**
- **Preparing Youth in Care for the College Experience**
- **Preparing Youth for Employment***
- **Promoting Positive Youth Development and Well-Being (PPYD)**
- **Street Smarts: Safety Skills for Youth***
- **Supporting Youth in Effective Money Management***
- **Transition Plan: Helping Youth in Care Plan for Their Future***
- **Working with LGBTQ+ Youth***

* Under review and revision

We can offer on-site, off-site and virtual trainings

The following staff working with youth in care can access trainings and supportive resources:

Local Districts
Voluntary Agencies
Foster Parents
Juvenile Justice and Opportunities for Youth (DJJOY)
Youth Bureau Staff
Runaway and Homeless Youth (RHY) Providers

For more information and to schedule a training

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Course	Description
Adolescent Sexuality: Promoting Sexual Health & Sexual Responsibility (Classroom-4.5 hours)	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.
Boundaries: Setting Limits and Sharing Safely (Classroom- 3 hours; WebEx-2.5 hours)	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.
Bullying: Spot It Stop It! (Classroom-4.5 hours)	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.
Creating LifePaks with Youth (Classroom-2 hours)	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 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.
Creating Youth Leaders (Classroom-6 hours)	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.
Essential Communication Skills for Working with Youth (Classroom-3 hours; WebEx-2.5 hours)	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.

<p>Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) Part 1 <i>(Classroom and WebEx-7 hours)</i></p>	<p>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.</p>
<p>Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) Part 2 <i>(Classroom and WebEx-4.5 hours)</i></p>	<p>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.</p>
<p>Life Skills Toolbox <i>(Classroom-14 hours)</i></p>	<p>This training will assist participants to link 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.</p>
<p>Milestones and Meaning: A Brief Introduction for Emerging LGBTQ+ Allies <i>(WebEx 2.5 hours)</i></p>	<p>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. Members of the LGBTQ+ community have historically been denied fair and equal treatment compared to their heterosexual/cisgender counterparts. The discrimination faced by the LGBTQ+ community, combined with the ever-present pressures of adolescence and maturation, contribute to LGBTQ+ youth being represented in out of home placements at a disproportionately high rate and being particularly vulnerable to risks such as suicide, substance abuse, among many others. In order to reduce these risks, youth need supportive/affirming adults to help them navigate the challenges of adolescence and society while they come to terms with their own identity.</p>
<p>Motivating and Engaging Youth <i>(Classroom-5 hours; WebEx-3 hours)</i></p>	<p>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.</p>

<p>Permanency Options for Youth (Classroom-5 hours; WebEx-2.5 hours)</p>	<p>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).</p>
<p>Preparing Youth for Employment (Classroom-3 hours; WebEx-2.5 hours)</p>	<p>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.</p>
<p>Preparing Youth in Care for the College Experience (Classroom-3 hours; WebEx-2.5 hours)</p>	<p>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.</p>
<p>Promoting Positive Youth Development and Well Being (PPYD) (CBT prerequisite and Classroom-17.5 hours)</p>	<p>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.</p>
<p>Street Smarts: Safety Skills for Youth (Classroom-3 hours; WebEx-2.5 hours)</p>	<p>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.</p>

<p>Supporting Youth in Effective Money Management <i>(Classroom-3 hours)</i></p>	<p>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.</p>
<p>Transition Plan: Helping Youth in Care Plan for Their Future <i>(Classroom-3 hours; WebEx-2.5 hours)</i></p>	<p>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.</p>
<p>Working with LGBTQ+ Youth <i>(Classroom-6 hours)</i></p>	<p>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.</p>