

Adolescent Services Training

Course Catalog

Effective as of November 2016

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Foreword

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

The following target populations, working with youth in care, can access AST supportive resources:

- Local district caseworkers, case managers/planners, and clinicians
- Voluntary agency caseworkers, case managers/planners, and clinicians
- DJJOY YC1s, YC2s, and clinicians
- Child care workers, direct care staff, and YDAs
- Foster/Adoptive parents
- Youth Bureau staff



Classroom Training

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



Virtual Classroom Training

iLinc courses are “attended” by the class via the Internet using a personal computer. Prior to attending the first class, hardware and software must be set up on the computer. Contact your LAN Administrator or technology support staff for assistance.

Course Summary List

Foundation

Target Population: Local district and provider agency caseworkers, supervisors, foster parents, child care workers, Division of Juvenile Justice and Opportunities for Youth (DJJOY) staff and Youth Bureau staff

	<i>Classroom</i>	<i>CBT</i>	<i>Page</i>
Promoting Positive Youth Development and Well-Being (PPYD)	✓	✓	6

All Target Populations

	<i>Classroom</i>	<i>iLinc</i>	<i>Page</i>
Life Skills Toolbox	✓		6

Course Summary List

Topic Specific

	<i>Classroom</i>	<i>iLinc</i>	<i>Page</i>
Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility	✓	✓	7
Boundaries: Where to Draw the Line	✓	✓	7
Bullying: Spot It, Stop It	✓	✓	7
Constructive Confrontation	✓		8
Creating Youth Leaders in Your Agency	✓		8
Cultural Competence and Adolescents	✓	✓	8
Developing Life Books and LifePaks with Youth in Care	✓	✓	9
Developing Money Management Skills with Youth in Care	✓		9
Getting Down to Basics: Essential Skills for Child Care Workers*	✓		9
Motivating Kids in Care: The Challenge of Change	✓		10
Permanency for Youth: Six Steps to Engaging Families**	✓		10
Permanency Options for Youth	✓	✓	10
Preparing Foster Youth for College	✓	✓	10
Preparing Youth for Employment	✓	✓	11
Street Smarts: Safety Skills for Youth in Care	✓	✓	11
Transition Plan: Helping Youth in Care Plan for Their Future Training (Child Welfare)	✓	✓	11
Understanding Special Immigrant Juvenile Status (SIJS) and Its Implications for Local Districts and Voluntary Agencies	✓	✓	12
What's In It For Me: Engaging Youth in Life Skill Development	✓	✓	12
Working with LGBTQ Youth in Foster Care	✓	✓	13

* For Child Care Workers, Direct Care Staff, and YDAs

** For DJJOY Staff Only

Foundation Courses

Target Population: Local district and provider agency caseworkers, supervisors, foster parents, child care workers, Division of Juvenile Justice and Opportunities for Youth (DJJOY) staff and Youth Bureau staff

Promoting Positive Youth Development and Well-Being (PPYD)

Online / 2 DAYS



This is a blended training, part 1 is a computer-based training (CBT), part 2 is the classroom training. Prior to attending the classroom training, participants must have completed the CBT. This training will assist those working with youth in care 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 in care have experienced affects their development, is necessary for caseworkers who work with adolescents in care. Being able to communicate with youth and use PYD strategies will assist workers in partnering with youth, better assessing their needs, and creating realistic youth-led plans. This will, in turn, help youth successfully transition from care and sustain life-long success.

All Target Populations

Life Skills Toolbox

2 DAYS

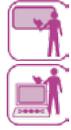


This course is designed to build on the Promoting Positive Youth Development and Well-Being (PPYD) trainings. Participants must take this course as a pre-requisite. For DJJOY staff, the Basic Academy serves as the pre-requisite. This training will assist participants to link assessment, the foundation 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.

Topic Specific

Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility

1 DAY



1/2 DAY

All adolescents 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, especially foster care youth, and to assist these adults in developing the necessary skills to provide education and support. *The classroom version is one full day, utilizing various multi-media resources, providing opportunities for large groups discussions, and will include interactive hands-on activities. The half day ilinc course has been tailored to provide content with technology based activities.*

Boundaries: Where to Draw the Line

1/2 DAY



This course explores the importance of maintaining professional boundaries. Participants learn why people cross boundaries and understand the ways in which those transgressions impact youth. Participants will also consider the effects that abuse can have on a young person's sense of personal boundaries, and discover the purpose of self-disclosure as a tool of intervention and healing.

Bullying: Spot It, Stop It

1/2 DAY



Bullying in schools, foster care facilities, and virtually all locations in which young people gather, has become a national phenomenon. The impact of bullying on perpetrators, victims, and the social environment can have devastating short-term and long-term consequences. This training has been developed to provide participants with important information about the impact of bullying, the types of bullying and, most importantly, the ways in which to create a physical and social setting in which bullying is reduced.

Topic Specific

Constructive Confrontation

1/2 DAY



This course explores the skills involved in a positive approach to giving directions to youth. It helps participants examine their verbal and nonverbal presentation and develop more effective communication techniques. Participants explore the reasons for youth resistance and develop more positive attitudes toward it. When facing the prospect of confronting youth about their behavior, participants learn to determine when and how it should be done. They will increase their skills and ability to determine if a confrontation was successful.

Creating Youth Leaders in Your Agency

1 DAY



This course will provide participants with an understanding of basic youth leadership principles, strategies to develop youth voice in their programs, and the principles of building youth/adult partnerships. Benefits and barriers to implementing youth leadership will be discussed, and participants will have the opportunity to learn about New York State's model program, Youth in Progress (YIP). We will discuss ways staff can motivate youth and co-workers to participate in the YIP model as a way to develop a strong, regional youth/adult partnership in their agency and to develop youth leadership skills. It will focus on identifying strengths and skills in young people that can be translated into leadership potential. Exercises and interaction will focus on tapping into and building on the skills of young people who may not appear as leaders at first glance.

Cultural Competence and Adolescents

1/2 DAY



In order to effectively work with youth of diverse backgrounds, adults must be sensitive to cultural issues. This training is designed to assist adults to provide effective services to youth from a variety of racial, ethnic, and cultural backgrounds. It will challenge commonly held beliefs about diverse groups of people, and identify how prior experiences and assumptions can lead to misunderstandings. The impact of cultural competence on good casework practice will also be examined, as well exploring the ways in which culture impacts foster care placement.

Topic Specific

Developing Life Books and LifePaks with Youth in Care

1/2 DAY



Both the LifeBook and LifePak provide youth with concrete means to help understand their past and plan for their future. This training will help create an understanding of the necessity to collect information pertinent to the success of youth as they transition out of foster care. Participants will learn practical methods for gathering and compiling information and also learn ways in which to help youth deal with emotions that can arise as a result of the LifeBook/LifePak development process. It will help those working with youth to use the process of developing a LifeBook as a way to produce a tangible product while helping the youth to explore future goals.

Developing Money Management Skills with Youth in Care

1 DAY



Money management skills develop from the ideas, attitudes, and spending habits learned at home, school, and the marketplace. Those who learn good money management skills are more likely to become adults who can make sound financial decisions, avoid excessive debt, and manage income and expenses to reach their goals. Therefore, it is important for youth in foster care to understand their ideas and attitudes about money and their spending habits in order to develop good money management skills. Creative and fun ways of teaching foster care youth about money management equip youth with the skills and tools to be an educated consumer. Activities, games, and resources about money management that can be used with youth individually or with groups will be included.

Getting Down to Basics: Essential Skills Child Care Workers*

1/2 DAY



This course examines the concept of self-awareness and looks at how workers' responses and physical posturing give off nonverbal messages to the youth they interact with during the course of their work. It also explores the significance of developing skills of posturing, observation, and decision-making, and introduces the concepts of therapeutic intervention and positive role modeling.

Topic Specific

Motivating Kids in Care: The Challenge of Change

1/2 DAY



This course focuses on the reasons why youth in care lose motivation, as well as identifying the skills staff can use to help youth make changes in their lives.

Permanency for Youth: Six Steps to Engaging Families**

1 DAY



Adolescents need safe, stable, and secure relationships, love, unconditional commitment, and lifelong support. Permanency is both a process and a result that involves the youth as a participant or leader in finding a permanent connection with at least one committed adult through reunification, a legal adoption, or guardianship. Participants will be introduced to a structured model for partnering with youth and families in identifying and engaging adults who can provide them with permanent and caring relationships. They will also have the opportunity to explore how attitudes and the culture within an agency towards youth may influence their permanency practices. Concrete strategies for developing sustainable practices that can improve youth permanency outcomes and improve the ways they engage with youth in planning for their future will be taught.

Permanency Options for Youth

1/2 DAY



This training will focus on defining permanency and identifying for case managers in local districts and voluntary agencies in New York State, 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 Living Arrangement (APLA).

Preparing Foster Youth for College

1/2 DAY



This course will help you become well-versed in educational services and financial aid opportunities available for foster care youth. Participants will learn about services and supports available to foster care youth to pursue post-secondary education. Among the supports to be discussed are grants, scholarships, and the education and training voucher (ETV).

Topic Specific

Preparing Youth for Employment

1/2 DAY



Youth in care often experience difficulty in securing and maintaining employment due in part to their lack of skills and self-confidence. This training will focus on the interpersonal, workplace, and technological skills needed in today's job market, and how participants can foster these skills in the youth with whom they work. Participants will be able to assist youth in career exploration, teach youth how to use portfolios as a career development tool, assess and strengthen youth employment readiness skills, explore methods to assist youth in developing job seeking and job keeping skills, and identify local programs and community resources to assist youth with career exploration, job skills development, and employment opportunities.

Street Smarts: Safety Skills for Youth in Care

1/2 DAY



This course explores some of the personal safety issues youth face in the community, in school, and interacting with their peers. Participants will look at some of the reasons youth in care are more vulnerable to risk in their lives, societal violence as it pertains to adolescents, how to help youth deal with difficult situations, and ways to help youth learn to keep themselves safe when they are living on their own.

Transition Plan: Helping Youth in Care Plan for Their Future Training (Child Welfare)

1/2 DAY



This course assists those working with adolescents (14-21) in the Child Welfare field to understand the policies, directives, and supports in place to help them, in best practice, to assist youth to achieve successful outcomes. It will highlight Chafee, Transition Plans (OCFS-4922 and OCFS-4923), Adolescent Service Regulations, Trial Discharge, Re-Entry, Medicaid, ETVs, and Permanency Legislation (relative to life skill instruction and linking to assessments).

Topic Specific

Understanding Special Immigrant Juvenile Status (SIJS) and Its Implications for Local Districts and Voluntary Agencies

1/2 DAY



Many families come to the United States from other countries looking for a better life for themselves and their children, as well as to escape political and economic hardships. Some families arrive without the necessary paperwork or supports to stay legally, but often disappear into the vast American landscape, and survive without documentation. If these families encounter the social services system through abuse, neglect, or medical emergencies, their children's fate and future to remain in the United States may be jeopardized. This course provides participants with a basic overview and understanding of the SIJS process in New York State and the resources available to assist agencies in helping youth acquire this special status.

What's In It For Me: Engaging Youth in Life Skill Development

1/2 DAY



Motivating young people can be a challenge. Engaging and sustaining the focus of youth for developing life skills can be equally challenging. This training will discuss concepts of motivation, examine the relationship between a youth's level of motivation and their successful transition to independence, and explore techniques that foster care professionals can use to motivate foster care youth. The use of creative strategies that are fun, interesting, and experiential can help to increase the youth's chances of learning life skills. This training will present strategies and approaches that will engage and motivate young people to learn and come back for more.

1 DAY



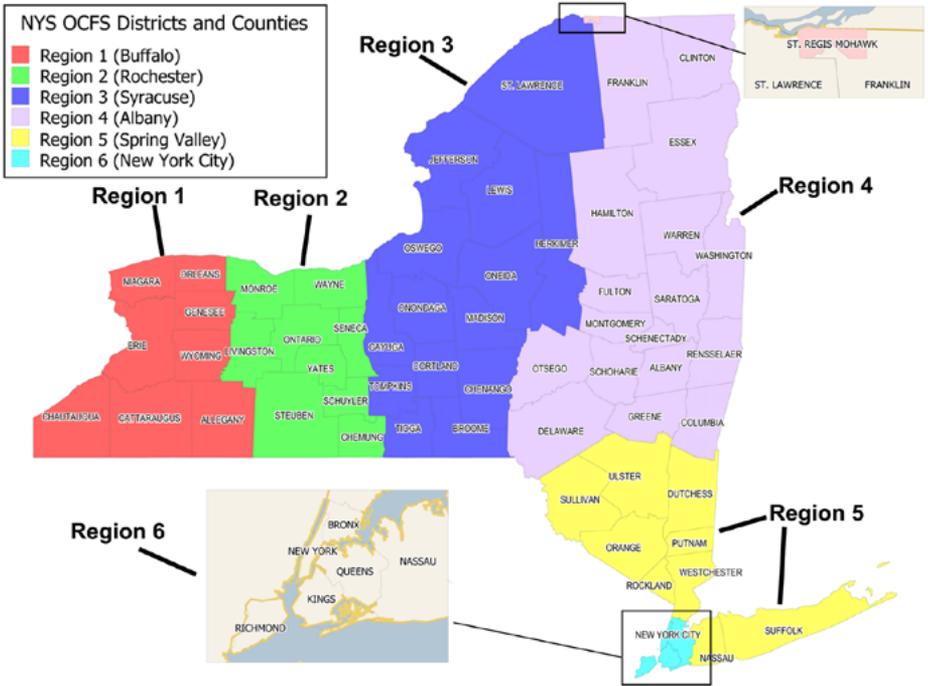
1/2 DAY



Working with LGBTQ Youth in Care

Because of the unique stressors experienced by Gay, Lesbian, Bisexual, and Transgender youth, this training will discuss the ways in which foster care settings can establish a gay-friendly atmosphere. Participants will learn how to assist this population of youth by identifying appropriate people and community resources that can provide youth and staff with information regarding gay and lesbian identity. Participants will also be able to explore and develop strategies for creating safe environments for LGBTQ youth by developing a knowledge base, skills, and comfort level needed to serve these youth effectively. Through candid and open discussion, participants will learn how to support these youth and help meet their needs. *The classroom version is one full day, utilizing various multi-media resources, providing opportunities for large groups discussions, and will include interactive hands-on activities. The half day ilinc course has been tailored to provide content with technology based activities.*

Contact Information



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