

# Empowering Youth Success

# Rochester Regional Training Institute

November 10, 2018

## Registration

8:00 – 8:50 AM

## Session 1

8:50 – 10:30 AM

## Session 2

10:45 – 12:15 PM

## Lunch

12:15 – 1:15 PM

## Lunch & Learns

12:30 – 1:00 PM

## Session 3

1:15 – 2:45 PM

## Session 4

3:00 – 4:30 PM



NEW YORK STATE  
**NETWORK FOR  
YOUTH SUCCESS**

## The Care and Feeding of the Helping Professional

**Location:** Salon B

**Presenter:** Sally Crosiar, Consultant, Healthy People

**Topic:** Self Care

**Age / Staff:** E, M, H / FL, S, D

**OCFS Area:** 2, 3

You are your most valuable asset! Refresh your thinking about what it takes to have a healthy mind, body, and spirit - because you deserve to be healthy and because when you're healthy you will be a more effective and positive role model! Take stock of your social, physical, mental/intellectual, emotional, career, and spiritual health practices. Discover simple and do-able ways you can boost your own health and happiness while you simultaneously 'up your influence' on the children and families that matter most to you - and 'train' them to support your ongoing efforts to reach your optimal health!

## STEAM: Engaging Schools and Communities

**Location:** Salon C

**Presenter:** Dr. Ray Ann Havasy, Executive Director, Center for Science

*Teaching and Learning*

**Topic:** STEM / STEAM

**Age / Staff:** E, M, H / FL

**OCFS Area:** 3

This fun, hands-on, workshop will address how to bring STEAM into programs. We will discuss program development and management as well as activities and actions that make STEAM exciting. As developers of the program, Parents as Learning Partners, we will take participants through a journey of STEAM discovery and its connection to the development of young people.

## Building Pathways towards Resiliency

**Location:** Salon D

**Presenters:** Nicolalita Rodriguez and Laura Dowling, Social Emotional Coordinators, BestSelf Behavioral Health

**Topics:** Social & Emotional Learning, Guiding Behaviors

**Age/Staff:** M, H / FL, S

**OCFS Areas:** 1, 3

Throughout the state, there are a number of models and initiatives being created and implemented to improve school climate and culture. Much of the research has shown us that healthy kids make better learners, yet health equity proves to be a challenge within urban school communities. This interactive workshop is designed to build a deeper understanding of how inspiring transformational leadership in students through urban community building is a trauma-informed approach to building healthier and ultimately more resilient students and communities.

## Who's Who In Afterschool Quality Leadership!

**Location:** Salon A

**Presenter:** Candace B. Edwards, Executive Director, BASCOL, Before and After School Child Care On Location, Inc.

**Topics:** Sustainability, Leadership Development, Family Engagement

**Age/Staff:** E, M / S

**OCFS Areas:** 3, 5

Competent program leaders must be collaborative partners that support school learning goals. Working in isolation without school and community connections will result in high levels of frustration. This session focuses on a variety of skills, knowledge, discipline, qualities, and traits that afterschool professionals must possess to be effective leaders. Hear from BASCOL's Executive Director Candace Edwards on leadership lessons from her 40+ years of experience.

## Adopting a Responsive Supervision Model

**Location:** Salon B

**Presenter:** Deborah Fitzgerald, Professional Development Specialist ECE & SACC/ Executive Director ECE & SACC program, Independent PD Specialist/Cub Care Children's Center

**Topics:** Guiding Children's Behaviors, Program Quality Improvement

**Age / Staff:** E / S, D

**OCFS Areas:** 1, 7

Effective supervision of children is a critical element in every environment. Using a responsive supervision model improves our interactions with children and reduces challenging behaviors. If we believe children have the right to secure, trusting relationships with adults and to safe, nurturing environments then what needs to be in place to support every child? Come and find out!

## Green Compass: Helping Students Develop by Discovering the Natural World

**Location:** Salon C

**Presenters:** Ashley Steinkamp, EarthWorks Program Manager and Alex Suzba, Experiential Learning Guides and Wilderness Skills Instructor, Center for Youth

**Topics:** Social & Emotional Learning, STEAM, Guiding Behaviors

**Age / Staff:** E, M, H / FL, S, D

**OCFS Area:** 1

Extensive research has shown that the lifelong impacts of toxic stress are damaging to learning, behavior, and health. During this workshop, we will demonstrate how the EarthWorks program provides an innovative resource for school-based and community organizations to combat these negative effects, support academic success in STEAM, and encourage positive social-emotional development during the most critical years of childhood development. Experience a mini-program as you take a break from modern technology and connect with your primal needs and the human legacy of survival.

## Teaching Young People Responsible Decision Making

**Location:** Salon D

**Presenter:** Caitlin Orbanek, Project Coordinator, Children's Institute

**Topic:** Program Quality Improvement

**Age / Staff:** E, M, H / FL, S

**OCFS Areas:** 1, 3

How can we teach young people to make better decisions? At any age, responsible decision making is a skill that can be taught. With considerations to the ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms, this session will walk through the decision making process and how we can build this skill in young people. Following an overview of the 5 SEL competencies, we will explore the realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

## Leadership Development for Professionals

**Location:** Salon A

**Presenter:** Marcel Braithwaite, Director of Community Engagement, The Police Athletic League

**Topic:** Leadership Development

**Age / Staff:** S, D

**OCFS Areas:** 3, 4, 5

Successful organizations are managed effectively by effective leaders. This workshop will allow managers to clarify the leadership qualities they are seeking to develop and to design professional development plans to strengthen those qualities within their organization. The trainer will facilitate a process that will highlight attributes of a professional, encourage a prioritization of the leadership skills and traits critical to success, and allow the participants to develop a leadership development plan for key levels of management within their organization.

## Network for Youth Success Quality Initiatives

Learn about our great quality initiatives, such as Accreditation and SAC Credentialing. Overviews of the School-Age Care Credentialing Preparatory Program and Program Accreditation process will be explained, information will be provided on how to become a host agency, and sign ups for opportunities to become paid advisors, coaches, and endorsers will be available.

**OCFS Areas:** 3,5

**Presenter:** Erin Broderick, Capacity Building Director, Network for Youth Success

## Strengthening Family Engagement Using a Community School Lens

**Location:** Salon B

**Presenters:** Elizabeth Anderson, Associate Professor, Binghamton University and Luann Kida, Community Schools Director and Youjung Lee, Associate Professor, Department of Social Work

**Topics:** Program Quality Improvement, Family Engagement

**Age / Staff:** E, M, H / FL, S, D

**OCFS Areas:** 1, 3, 4

A community school is both a place and a set of partnerships. As a strategy, not a program, it integrates academics, services, supports and opportunities for improved student learning, stronger families, and healthier communities. This presentation provides a brief overview of the five core pillars of a community school model. With a focus on family engagement, we will explore how to build stronger family-school connections, create more opportunities for families to be empowered partners, and better support leadership opportunities for families in and out of school.

## Dolly Doctors and Pillow Fort Engineers: Playing at STEM/STEAM

**Location:** Salon C

**Presenter:** Carla Stough Huffman, Coordinator of Professional Development, GRASA

**Topic:** STEM / STEAM

**Age / Staff:** E, M / FL

**OCFS Areas:** 1,3

From your three-year old master inquisitor (Why is the sky blue?) to your six-year old master builder (cushion forts and cardboard castles), kids are naturally wired to experiment and learn from their environment. Growing evidence shows young children are quite capable of tackling STEM subject matter, and that those who don't get engaged in STEM before middle school are unlikely to major in a STEM subject or gravitate toward a STEM career. Reawaken your own curious mind, learn how to intentionally engage participants in STEM play!

## Building Resilient Communities

**Location:** Salon D

**Presenters:** Tim Hathaway, Executive Director, and Jenn O'Connor, Director of Policy and Advocacy, Prevent Child Abuse New York

**Topic:** Trauma

**Age / Staff:** FL, S, D

**OCFS Area:** 1, 3

As the new documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. *Resilience*, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in related fields are using cutting-edge science and therapies to protect children from the insidious effects of toxic stress. PCANY staff will screen the film and facilitate a discussion on lessons learned and how to turn that new knowledge into practice.

## Play to Move: Promoting Physical Activity

**Location:** Salon A

**Presenter:** Timothy Fowler, Professional Development Director, Network for Youth Success

**Topic:** Environment and Curriculum

**Age / Staff:** A / FL, S

**OCFS Area:** 3

What moves you? Experience first-hand how movement, physical fitness, and fun can be integrated into afterschool, summer, and expanded learning programs. This session will feature a variety of methods, including sports, dance, fitness, exercise, and group games, to show how easy it is to get bodies moving and growing. A handout will be provided at the end with resources and descriptions of all the activities modeled.

## I Didn't See It Like That

**Location:** Salon B

**Presenters:** JoAnna Rozier-Johnson, Founder, JoRo Organizing, Joelle Rozier, Education/Curriculum Specialist, JoRo Organizing

**Topics:** Family Engagement, Diversity/Inclusion

**Age / Staff:** E, M, H / FL, S

**OCFS Areas:** 1, 3

Relationships and how people relate to each other are the keys to removing barriers between students, clients, coworkers and family members. This workshop leads participants through several interactive challenges and discussions, while practicing ways to learn more about how to read the cues a child or peer are displaying which you may not understand because of your differing background. Have fun while seeing the blinders you may have about others; leave with skills to connect with people quicker and to be more inclusive in your interactions and lessons with children and team members.

## Open-ended Art: Advanced Techniques for School-agers

**Location:** Salon C

**Presenter:** Tracy Galuski, Associate Professor, Empire State College

**Topic:** Program Quality Improvement

**Age / Staff:** E / FL

**OCFS Area:** 3

Children of all ages can explore art techniques and develop art skills. This interactive presentation will discuss ways to integrate art into a variety of programs and offer some advanced art techniques that providers can explore with school-age children, including strategies for art appreciation.

## Recognizing and Responding to Mental Health Issues in Afterschool Programs

**Location:** Salon D

**Presenters:** Nayla M. Khoury, MD, MPH, Child Psychiatrist and Assistant Professor, SUNY Upstate Medical University and Ryan D. Heath, Ph.D., LCSW, Assistant Professor, Syracuse University

**Topics:** Summer Camp, Social & Emotional Learning, Guiding

**Age / Staff:** E, M, H / FL

**OCFS Areas:** 1, 3

Afterschool staff are in a unique position to observe how young people behave in group settings, and how those young people respond to conflicts and challenges. Often, these experiences are especially difficult for youth with mental health challenges. Fortunately, these experiences can also be therapeutic. This workshop will provide participants with a basic review of how child and adolescent mental health issues can present in the out-of-school settings, as well as basic tips on how to respond to young people as to best foster positive development.

## Get a Move On! Using Physical Activity to Anchor Learning

**Location:** Salon A

**Presenter:** Carla Stough Huffman, Coordinator of Professional Development, GRASA

**Topic:** Environment and Curriculum

**Age / Staff:** A / FL, S

**OCFS Areas:** 1, 3

There is plenty of research, materials and curricula to support the idea that cognitive connections and academic success can be improved through movement and play activity. We also know there is little joy in standing up and stretching every ten minutes, or doing gallery walks during program. In this session, we will combine the latest research connecting movement and learning with our own creativity and knowledge, and find ways to introduce physical components into a variety of enrichment and academic activities.

## Across the Age Spans: An Intergenerational Approach to Bridge the Age Span in Youth Work

Discuss the characteristics of generations that are currently in the workforce, in relation to youth work. We will explore how the differences in values, principles, and practices between Baby Boomers, Generation Xers and Millennials effect interpersonal relationships between staff in youth service agencies. The discussion will also touch on how this effects interaction with youth. We will discuss ways in which these typically frictional generational norms can actually be advantageous.

**OCFS Areas:** 3

**Presenter:** Jonathan Coyle and Maria Watkins, Director of Community Youth Development, Nazareth College

## Working with the QSA: Tools to Help Self-Assessment Happen

This session will focus on free, downloadable tools for Self-Assessment Leaders to make using the QSA simpler and easier. Learn how to find and use spreadsheets, templates, and videos to get your staff focused on assessing and improving your program. This session is especially for leaders responsible for the overall assessment process, including grant managers and program directors.

**OCFS Areas:** 3

**Presenter:** Timothy Fowler, Professional Development Director, Network for Youth Success

The New York State Network for Youth Success works to strengthen the capacity and commitment of communities, programs, and professionals to increase access to high-quality programs and services beyond the traditional classroom.

## Who We Are

The New York State Network for Youth Success is a network of organizations throughout the state dedicated to building a youth-serving system that increases access to high-quality programs and services for all students in need of a safe place to learn beyond the traditional classroom. We offer a **professional membership** and support **thirteen regional networks** to benefit and bring together providers from across the state.

## Be a Part of Something Bigger

**Help us build a community that EMPOWERS YOUTH SUCCESS.** Your membership not only allows you to join hundreds of other professionals in the only statewide out-of-school time membership organization, but provides you with many other resources. Members receive our monthly e-news letter with information on best practice, current trends, and timely information on policy and regulations impacting out-of-school time. Information on grant funding, discounts on our annual conference, complimentary webinars and an opportunity to support your regional network are also included. Organizational memberships are now available and include free technical assistance, marketing opportunities, and discounts on accreditation. For more information or to join our community, go to: <http://networkforyouthsuccess.org/membership/>

### School-Age Care Credential

Learn how to meet children's needs, reduce challenging behaviors, network with other afterschool professionals, and gain confidence in your work! The New York State School-Age Care Credential Preparatory Program will help you do all this and help you meet the education requirements to become a SAC Supervisor in New York State. Face-to-face and distance learning options are available. Contact Erin at [Erin@networkforyouthsuccess.org](mailto:Erin@networkforyouthsuccess.org) with inquiries.

### Afterschool Program Accreditation

Program accreditation is the ultimate indication of program quality! It provides afterschool professionals with performance indicators, benchmarks of quality to guide program planning, implementation, and evaluation. The accreditation process supports a team approach to program improvement and fosters a competent, caring, and qualified staff. Contact Erin at [Erin@networkforyouthsuccess.org](mailto:Erin@networkforyouthsuccess.org) with inquiries.

### OCFS Topic Areas

- 1 Principles of childhood development
- 2 Nutrition and health needs of children
- 3 Child day care program development
- 4 Safety and security procedures
- 5 Business record maintenance and management
- 6 Child abuse and maltreatment identification and prevention
- 7 Statutes and regulations pertaining to child day care
- 8 Statutes and regulations pertaining to child abuse and maltreatment

### Age Group

- E Elementary School
- M Middle School
- H High School
- A Staff

### Staff Level

- FL Front Line
- S Supervisor
- D Director/  
Executive Director