

Workshop Title	Workshop Summary	Audience
Proven model for mentoring former foster youth - Promises2Kids	Promises2Kids, a leader in San Diego County for nearly 40 years, creates a brighter future for foster children. Our programs include the Polinsky Children's Center, Camp Connect, Guardian Scholars, and Foster Funds. We will discuss our best practices, tools used, and wraparound services within Guardian Scholars to successfully and positively impact a foster youth's future through mentoring. Areas of focus will include: interviewing and matching mentors, training and supporting mentors, and mentoring young adults from the foster care system while addressing their unique needs and preparing them for independence.	Adult
Resilience Can Be Taught: 10 Strategies Proven to Motivate	This session will demonstrate 10 strategies proven to strengthen relationships, grab attention, inspire, and build resilience in all ages and learning types. Participants will receive insights into teaching social and emotional life skills in ways all can understand, relate to, and remember. These strategies have helped over 2 million youth in 20,000 K-12 schools, mental health, and correctional organizations in the areas of academic success, dropout prevention, class management, and bullying prevention.	Adult
How to be #1 at being #2	This workshop will use interactive and engaging teaching methods to discuss the various support roles and how to apply them to adolescent IL youth. The workshop will cover the practicality of empowering youth from a supportive standpoint as well as leaving the participants with actual tools they can activate in their respective states	Adult
ABC, Easy as 123: Parenting Tips and Techniques	Bam! Kick it up a Notch – A Recipe for Culture, Creativity, and Celebrations in the home. When children act up, are you searching for the perfect blend of actions and reactions to create a 'Five-Star' atmosphere in your home? Learn how to quickly and effectively analyze a situation, intervene or refocus a child's actions, and allow the child to be integrated back into your community so development can continue. All of this and you maintain your dignity, no messy spills of temper and no burned egos. You WILL have time to foster positive relationships. You will create the perfect recipe for success!	Adult
Removing Barriers for LGBTQ Youth in Care & Improving Outcomes	LGBTQ youth are over-represented in foster care and far too many of them enter systems that are failing to meet their needs. In this two-part session, participants will learn recommended practices and policies to achieve safety, permanency and well-being for LGBTQ youth in care. Part 1 will provide learners with best practice terminology and an overview of the experiences of LGBTQ youth in care. Part 2 will provide practice recommendations, interventions, and organizational changes that can improve outcomes for LGBTQ youth in care.	Adult
Outside-the-Box Permanency Planning for Youth Aging Out of Care	Participants will learn about the need for early permanency planning for youth who expect to age out of care. The workshop will address strategies for helping youth develop long-term support systems to guide them through their transition to independent living.	Adult
Examining the Relationship Between Trauma and Symptoms of ADHD	Symptoms of ADHD and symptoms of being exposed to significant trauma are often very similar. Insight into these symptoms is processed with relation to how toxic stress alters brain structure, how repetitive trauma is often seen as impulsivity and/or hyperactivity in children (and easily can be misdiagnosed), and how frequent placement disruptions in foster care can exacerbate these symptoms. Open discussion of various modalities of treatment and caregiving modalities are discussed from a therapeutic and parenting standpoint to assist professionals and caregivers in understanding ways to help these children cope with and process underlying trauma. This is done in hopes of minimizing placement disruptions, and potentially decreasing additional trauma symptoms.	Adult
Reaching Gang-Involved Youth from a Trauma-Informed Perspective	This workshop examines the role of Adverse Childhood Experiences in creating children/youth at-risk for gang involvement. Participants will learn how gangs become stand-in providers for meeting basic needs of traumatized youth and how caring adults can intervene by building strong relationships. Tools will be shared to teach caring adults how to help gang-involved youth use their own strengths to set and reach their goals.	Both Adult & Youth
College Resources for Foster Care Alumni	This workshop will help attendees understand the unique challenges that face youth who age out of foster care as they traverse through the post-secondary education process. The presentation will underscore the importance of aftercare service providers and post-secondary institutions creating partnerships to assist youth aging out of foster care realize their educational goals. In addition, the presentation will highlight the resources available to current and former foster youth as they pursue post-secondary education. Participants will have an opportunity to discuss the potential barriers and solutions.	Both Adult & Youth
No More Post Traumatic Stress Disorder	Posttraumatic stress disorder (PTSD) is a common and debilitating psychiatric illness with serious mental and physical health consequences. Yet it is often misunderstood and over diagnosed. In this presentation Dr. Riley will discuss PTSD in depth. This talk will cover the epidemiology and symptoms. Attendees will understand the latest research findings in the treatments of the PTSD, as well as diagnostic and treatment challenges for this illness.	Both Adult & Youth
"More than a Roof": Supporting Youth through Poverty & Homelessness	No one gets a handbook upon turning 18, complete with all the rules they'll need to memorize and the competencies they'll need to acquire, especially when facing the prospect of homelessness. This workshop is designed as an interactive experience to raise awareness of the realities of poverty that a number of youth in care may experience. This workshop will also breakdown stereotypes and misconceptions of poverty and homelessness, cultivate community connection to systemic problems using the ALICE report as well as introduce nine strategies designed to improve outcomes for youth.	Both Adult & Youth

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The Power of One: The 40 Developmental Assets	This workshop will expose the audience to the Search Institutes 40 Developmental Assets. These are 40 positive experiences and qualities that everyone has the power to bring into the lives of youth. These are the things all young people need to grow up healthy and responsible. The good news is that the assets are powerful and that everyone can build them. The challenge is that most young people are not experiencing enough of them. The assets provide a framework for action that encourages all individuals to make a difference!	Both Adult & Youth
Identifying and Reporting Child Sexual Abuse and Human Trafficking Commercial	The sexual abuse of children and the commercial sexual exploitation of children are two types of abuse that impact children in the foster care system at alarming rates. This interactive training will allow attendees to build upon their knowledge while learning new information that can be readily applied. The training will cover topics including (but not limited to) defining terminology, understanding potential risk factors for victims, and identifying possible signs and indicators of both childhood sexual abuse and human trafficking CSEC and the reporting process to the Florida Abuse Hotline.	Both Adult & Youth
Helping them begin to dream: moving from trauma to success after the foster care system	Most youth feel lost in the constant trauma of the being removed from their biological home and then going through the foster care system. They are fed up with the system and don't want to stay after 18 years of age. They sign themselves out of foster care and try to reunite with their biological families only to find that they are not a good support system for them. I created the Transitional Living Program for Young Adults in order to meet a need for young adults between the ages of 18 and 25 who have spent time in foster care and are at risk for homelessness or are homeless. We work with these youth to assist them with housing as well as getting their GED and possibly going back to college.	Both Adult & Youth
Impact of Organizational Inclusion on Positive Youth Development	When speaking of positive youth outcomes, it cannot be a sole reliance on youth to perform their way to a better future. Studies have shown that youth improve in areas of self-esteem, critical thinking and communication when exposed to diversity. This workshop seeks to explore the impact on youth when an organization is inclusive and professionals are diverse. Three concepts will be discussed; (1) Intersectionality, (2) race and gender as it applies to youth interaction, and (3) enhancing youth outcomes.	Both Adult & Youth
Overcoming the Challenge of Vulnerability	Shame, Remorse, Guilt keep human beings from feeling that we deserve to be loved, respected and cared for. For those of us who have been exposed to high amounts of toxic stress and score high on the ACEs feeling that we are inferior is normal, but unhealthy. Finding a path to heal is the theme of the workshop. We do this by owning our individual stories.	Both Adult & Youth
Staying Connected: Believe to Succeed	For foster youth, staying connected means to develop a sense of belonging and identity. At times, this can be a challenge because of multiple placements, and systemic barriers foster youth experience. Tyleen is a motivational speaker who will share her foster care journey to empower other foster youth to accept their past, build resilience and reach for success. A first generational college student, Caffrey knows the struggle of limited resources, no family support and will share the challenges she faced to help others to lead the life they imagine. At (???WORDING CUT OFF)	Both Adult & Youth
Transitioning youth from surviving to thriving in adulthood	Connections to Independence (C2i) works with youth in and aging out of the foster care system ages 15-24. Come learn how C2i incorporates five basic core components to achieve amazing outcomes: 98% of youth graduate high school and or receive their GED, 60% of youth go on to post-secondary programs, 69% have maintained employment and 89% have stable housing. Staff and youth participants will share with you how the programming and services of C2i are able to achieve outcomes that are creating bright futures for this population of youth who's futures seem bleak by national statistics. There will be a youth panel in another session to learn more in depth information directly from C2i youth.	Both Adult & Youth
The Truth About Transitioning Out of Care: A Youth Voice Perspective	Come learn from a youth's perspective what it's like coming of age in the foster care system. Youth panelists will talk about their experience in care and what their journey has been like as they transition into adulthood. The facilitators will guide this conversation around the services youth received from Connections to Independence (C2i) and how these services were instrumental during this process. Youth will share the brutal truth about their experience and how they achieved their goals. This is an open dialogue for youth and adults to learn and share in a safe forum so we will all leave with a sense of hope and positive outlook for this population that outcomes sometimes seem so dismal.	Both Adult & Youth
Serving Your State as a Youth Ambassador	This session led by current and former foster youth between the ages of 16 and 25 years of age will challenge on how others can serve their State as a youth voice and advocate. Through their own personal stories they will encourage and offer insight using their experience and knowledge to give ideas about how real changes can be made in the foster care system. Attendees will also learn how Alabama has developed and recruited youth for their State board. The session will conclude with time for Q & A.	Both Adult & Youth
Using Hip Hop and Pop culture to teach life skills	This workshop is a training for trainers. Both veteran trainers and new IL facilitators will benefit from this workshop presented by our most experienced veteran facilitator at Telios. We will cover youth cultural competency principles. We will share our six universal training platforms for teaching life skills to transition aged youth. Finally, In this highly interactive and engaging workshop we will demonstrate how we use hip hop music and pop culture to communicate dynamic truth about how youth Make It after coming out of the system.	Both Adult & Youth

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I Am The One I Am Waiting For	This workshop navigates the journey of a former foster youth from being given away at birth to leaving the foster home at age 16. I will share my experience and advice and you will be empowered, enlightened, moved to action! You will learn: 1. What you should be doing NOW 2. The five types of people you need in your inner circle for your success 3. How to design a life plan	Youth
Run Me My Money	Money works for you when you know how to work it. Participants will be able to list the five basic bedrock steps to making sound financial decisions. Participants will engage in self reflection activities that will help them to better understand their current spending habits, needs, and goals. Participants will create a work plan that will list the steps to move them towards financial independence. It doesn't matter how much money you start with. The steps will work if you work them.	Youth
Invest in your future! From a Certified Professional Life Coach	This workshop will enlighten young adults to the importance of financial literacy, education, careers and vision boards. We will cover simple but effective layouts on how to set realistic goals with deadlines dates and how to identify supportive people that would hold them accountable. This workshop is interactive and encourages participation from attendees.	Youth
Escape to Independence	CAUTION "Independence is right around the corner" but the path to get there will not be easy!!! In order to breakaway and make this life changing transition you will need to follow clues, solve puzzles and crack codes that will help you escape the system and transition into adulthood successfully.	Youth