

| Workshop Title   | Workshop Summary  | Audience |
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| Understanding the Dangers of Sextortion!   | Investigators has seen a massive surge in the number of cases involving youth being threatened and coerced by adults into sending explicit images online or via Social Media Application. This is a crime called sextortion and is punishable by law on both the Federal and State of Florida Nexus. According to the FBI, Sextortion can begin on any computer site, social media site, app, or game where people meet and communicate. In some cases, the first contact from the criminal will be a threat.   | Adult    |
| Danger! Social Media Recruitment is on the rise since Covid  | Social media is increasingly being exploited to contact, recruit and sell children for sex. Some traffickers use online ads to target victims or they will send friend or follow requests to young people in their region and proceed to strike up a conversation and develop online friendships. These conversations may start off friendly and innocent, but then the traffickers will begin to use manipulation to charm their potential victims. The online friendship quickly evolves to a romantic relationship and this is where the sextortion techniques are used to lure their (CUT OFF)  | Adult    |
| The Art of Process: Effective Communication with Older Youth   | Life is all about the actions and steps we take to achieve a particular end. When it comes to helping youth and young adults, there are creative skills or "an Art" to communicating effectively. This session will guide you in practical tips in expressing yourself to youth in a way where they not only understand but connect to what is being said to them. We will also look at techniques for helping youth to process how they see and hear what is said to them in a real way.   | Adult    |
| What Got You Here, Won't Get You There.  | Why do your foster and adoptive parents struggle when they hit the teens years? While there are many reasons, one of the biggest ones is that the skills they acquired, the very skills that created structure and routine for their kids, create power struggles and challenges when our kids hit the teen years. In this session, Erin Bouchard will equip you with the tools to help your foster parents learn to adapt their parenting yet again, while still focusing on felt-safety and connection in the teen years.   | Adult    |
| Reinventing Education with Unforgettable Experiences   | There was a time when the goal of education was to impart information. That time has passed. Information is now freely available, but information doesn't change people. Curriculum? Subjects? Classrooms? All are necessary but not sufficient. School itself must be reinvented. Students need relevant skills and guidance. Teachers must become coaches and curators. Thankfully, these complex transformations can be guided by a simple focus: Experiences.   | Adult    |
| Time Management/Personal Care for YOU!!!   | This workshop will teach each parent how to assess their lives and create a new life track so that they can be more on target with their parenting, their work track, home track and "still have time to personal enrichment and all the little things that makes us happy". Parents will learn how to recognize happiness and capture more of it in their daily living as well as to accomplish their daily goals. This workshop will include stress management, time management, tai chi and laughter!  | Adult    |
| Is IL Really Working? I sure am!   | Are you an agency executive or program director? This popular open-forum, roundtable discussion will be a chance for those in the field to share thoughts and ideas on the challenges and successes of their independent living programs. Join in to learn about other approaches as well as to share your own.   | Adult    |
| It Takes a System; Getting the Entire Community Involved and in Developing Self-sufficiency Skills in Older Youth and Young Adults | The challenges of becoming self-sufficient have never been more difficult for all American youth and young adults. We cannot wait until youth in our programs are ready to leave care to start teaching important life skills. This workshop will discuss practical ways of getting everyone involved in this process; foster parents, social workers, case-managers, CASAs, juvenile court staff, volunteers, group homes and others.  | Adult    |
| Developing a Comprehensive Transition System of Care for Older Youth   | Spend a day with one of the highly respected veterans in the field of independent living. Learn how to develop a continuum of successful independent living services from pre-independent living preparation for foster youth to a variety of living arrangement options for teens going out on their own. Mark Kroner has been passionately involved in the Independent and Transitional Living fields for over 30 years as a 21 year program director, life skills trainer, national advocate, researcher and consultant. He has trained thousands of professionals nationwide and will share his ideas on training, housing, funding, permanency outcomes and getting the whole system involved. If you are starting an independent living program or are looking for ways to enhance your existing program, then this institute is for you. | Adult    |

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| Housing Options for Independent/Transitional Living Programs         | This IL veteran will share his experiences and research on housing for youth aging out of foster care. Learn about various housing options, funding sources, common problems, supervision risk-management, dealing with landlords, measuring outcomes and more. Come with any and all questions about how to develop housing for older youth in your community.   | Adult    |
| Parenting in the Traumasphere  | In a time where life is uncertain, let us help you bring back calm and peace into the home. Our children need to feel secure and it is our job to help them learn to regulate those big feelings. In this course we will discuss trauma and resilience, how it applies in our lives today, and strategies to build forward. Furthermore, we will discuss the importance of self care, and the need for taking time for mental health. Finally, we will connect the power of physical and mental health.   | Adult    |
| Take The Fear Out Of Team Building / Mission Transition              | A "mashup" of our presentation, TAKE THE FEAR OUT OF TEAM BUILDING . . . learn how team building is more than zip lining, trust falls, and slide show presentations. . . . combined with a hands-on experience, FOSTER FAMILY: MISSION TRANSITION experience . . . participants are tasked with a variety of mental and physical challenges, fit for children, in order to earn duffel bags, fleece, and toiletry supplies, which they then lovingly fashion into a "kit" which will be given to a new foster child.  | Adult    |
| Practical Strategies for Supporting Youth Mental Health & Resilience | How do you help students bounce back from what they have been through? From trauma, isolation, and poverty, to mental health challenges, our students have faced many obstacles over the last two years. Come see a formula to help you guide students through the challenges that destroy motivation and make it difficult to find success.  | Adult    |
| Rethinking Challenging Kids: Collaborative Problem Solving           | Over 50 years of research into our neurobiology confirms that youth do well if they can, not because they want to. So why do so many of our approaches to challenging behavior depend on motivating young people to want to be more successful? In this session, we will examine the root causes of challenging behavior and will explore Collaborative Problem Solving, a response to challenging behavior that is grounded in evidence, relationship and helps young people build the skills to navigate our complex world. Over 50 years of research into our neurobiology confirms that youth do well if they can, not because they want to. So why do so many of our approaches to challenging behavior depend on motivating young people to want to be more successful? | Adult    |
| Supporting Children With Oppositional Behaviors                      | Are you a parent or professional who helps children who have oppositional behaviors? Is mainstream behavior management not working well? Trauma, anxiety, and chemical imbalances can all factor into this complex issue. Mainstream behavior management strategies may not be effective for those with oppositional behavior patterns. During this presentation, you will learn strategies to assist with preventing meltdowns and aid in de-escalation of big emotions. You will also learn ways to prevent miscommunications, how to foster a diverse and inclusive environment, and how to encourage participation in self-advocacy and problem-solving.  | Adult    |
| Housing Former Foster Youth & Child Welfare Involved Families        | Housing options are limited for former foster youth and families in the process of adoption, reunification, and or prevention where housing is a barrier. The presentation will showcase how the collaboration with traditional System of Care partners, as well as the housing Continuum of Care, and others has reduced instances of homelessness. It will demonstrate how agencies can access resources to develop housing and related supportive services and prevent reentry into "the system".  | Adult    |
| Impactful Mentoring  | Who inspires you? A teacher, parent, coach, someone famous? We all have someone that we look to for advice when we are faced with challenges, struggles, difficult decisions, or to share good news with, too! The person who helped lay the foundation of who you are. In this session you will learn the power of mentoring, explore your own character traits and how to help others find theirs, and learn valuable mentoring tools to be an impactful mentor for the youth and young adults you work with.   | Adult    |
| Can Online Life Skills Work? Kentucky's 21-Month Results             | Implementing an effective life skills program is harder than it sounds. See the 21-month impact on Knowledge, Application, Confidence to Live Independently and Self-efficacy of the Commonwealth of Kentucky's implementation of Life Skills Reimagined and how it was leveraged to overcome common challenges in foster youth programming.  | Adult    |

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| Reactive Attachment Disorder How Trauma Rewires The Brain            | Attachment should be an inevitable part of life. However, for many individuals, this is not the case. Those individuals who suffer from Reactive Attachment live a confused, superficial life at best. Teenagers who experience attachment issues are often diagnosed (or misdiagnosed) with conduct disorders, Bipolar disorders, and even burgeoning personality disorders. It's not so much that they do not fit the symptomatic presentation of these disorders; it's that the lack of a RAD diagnosis prevents the adults working with them from fully understanding the depth of the problem or the ??? CUT OFF | Adult              |
| Supporting LGBTQ Youth: For Professionals and Parents                | LGBTQ rights and awareness are in the news, in our schools, in our courts, and discussions around the water cooler. But...do you feel ready and comfortable when a child or teen discloses their orientation? This class will offer information and tips regarding the best way to support our LGBTQ youth. Included will be an open discussion within the class.   | Adult              |
| Imported Pathology: How it affects your family                       | Imported Pathology is a term coined by Dr. Rick Delaney some 20 years ago. The meaning involves how a child's experiences, trauma, culture, and world view are inserted into the family when the child enters the family system. This presentation will explore how to manage these very important factors in your home, what to watch for, and how to successfully parent once you recognize what factors has been brought into your family system.  | Adult              |
| A Youth Perspective  | A Youth Perspective is an informative training that helps social work professionals gain insight to the framework of foster youth, specifically teens. This training is meant to challenge a worker to be more open-minded when it comes to a youth. This training focuses on ways that teens may avoid their responsibilities and how to encourage them to be more productive. It also addresses learned helplessness and how to give teens the opportunity to be more independent and challenges their way of thinking.   | Adult              |
| The Link Between Human Trafficking and Financial Exploitation        | Follow the money, find the traffickers" is a maxim in the world of human trafficking. It is vital for everyone in the community, not just financial institutions and law enforcement, to understand how human traffickers financially exploit their victims as a form of control and abuse. Traffickers launder proceeds from exploited youth and adults, force victims to open accounts, force youth with clean credit histories to apply for credit cards, entwine victims their money laundering schemes, and evade financial system safeguards.   | Both Adult & Youth |
| A Youth Perspective on Overcoming the Foster Kid Label               | Youth from the Alabama Dream Council will provide a first-hand lived experience to the labels they have overcome while in the child welfare system. This session will highlight perspectives and stories from youth showing their resilience to produce life change. Youth will address the services, programs and individuals that has helped and encouraged them while sharing habits to manage mental well-being, steps to control your own destiny and ways to build a support system.  | Both Adult & Youth |
| Unlocking Your Superpowers towards Transitional Living               | Participants will, by the conclusion of this workshop, know how to Discover, Develop, and Utilize their own inner superpowers. Those "superpowers" are the skills and attributes they possess, that will be used to transition into Independent Living, or excel them in their current Independent Living. This will be accomplished by interactive exercises with practical take-aways along with handouts to continue this new Mindset.   | Both Adult & Youth |
| Ready, Set and Invest. Goal Setting, Branding and Financial Literacy | This workshop will be 80% hands on learning and 20% lecture. We will discuss setting (SMART) short and long term goals - (implementing self achievable/motivational rewards), basic stocks investments tutorial and the importance of properly branding yourself/image.   | Both Adult & Youth |
| Normalizing Growing Pains  | Join tour guides Valencia Curry and Brittney Fortson on a journey to explore the wilds of Growing Pains associated with youth in the child welfare system! This energetic presentation will overview how Alabama advocates and supports our youth's journey to independence. This is a two-part presentation with one session geared towards youth and one session for child welfare staff and professionals. Topics include educational services, mental health, and resource navigation for life after foster care, which are essential to youths' journey to independence.   | Both Adult & Youth |
| Your Future is Bright  | This workshop will aid participants in helping young people create a narrative about their internal gifts. Thru the use of creative writing and verbal expression they will create a path to self-discovery. They will be shown the importance of facing struggles with optimism. Thru the use of the performing arts and written expression they will create avenues for a bright future . This is an excellent workshop for professionals who work with youth and the youth they represent.   | Both Adult & Youth |

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| Creating Systemic Change for Foster Youth Through a DEI Lens      | Promises2Kids has stayed on the forefront of all major issues that have plagued foster care in San Diego. Promises2Kids believes we must challenge the conscious and unconscious biases that have disproportionately impacted foster youth, further driving systemic racism across care. We are committed to creating systemic change by championing diversity, equity, and inclusion. With an intentional and strategic approach to DEI efforts including the recruitment of diverse board members and staff, educating volunteers, and promoting diverse leadership, everyone in our organization is committed to driving and sustaining change for youth. | Both Adult & Youth |
| Mentoring the Whole Student: A Multifaceted Approach to Mentoring | Promises2Kids has supported current and former foster youth in San Diego County for 40 years. Promises2Kids has always worked to create meaningful relationships for foster youth that will connect them to the larger community during and after their time in care. Using a multilayered approach, Promises2Kids has opened youth to community through mentorship at the peer, community, and professional levels. This strategic and simultaneous approach allows youth to engage with their community and create relationships that last far beyond the space of care.   | Both Adult & Youth |
| The Game of Life: Emancipated Youth                               | Join the Lorain County Children Services Independent Living staff along with two Emancipated Youth to discuss life after foster care. Together, they will talk about their successful program, which includes developing a transition plan, connecting youth with life long supports, life skills training, an emancipated youth contract and the utilization of the FYI voucher. This presentation will give the participants the skills to win at this game called LIFE.   | Both Adult & Youth |
| Making Meaningful MOVES   | Bravehearts MOVE New York is the first youth-led nonprofit organization in NYS that works to empower youth within the child welfare system to advocate for youth-centered policies and practices within foster care agencies, family court and departments of social services. The Making Meaningful MOVES learning exchange is about organizational reflection in order to amplify youth voice and equity from the ground up. This training will uplift courageous conversations on the importance of lived experience being viewed as an "organizational asset" and the intentional work necessary to foster authentic youth engagement.                   | Both Adult & Youth |
| The Write To Heal: A Creative Confidence Workshop                 | This session will be part performance, part self-reflection but 100 % Truth & transparency. This is a safe session where attendees learn to appreciate the healing power of creative writing and how vital it is for us to find ways to "get free" A fun, engaging, and highly supportive space for creative self expression. All Ages. Great for youth track (Personal Development) and Adult Track (Networking & Support)  | Both Adult & Youth |
| Speak-Laugh-Love: Creative Engagement                             | Speak-Laugh-Love: Creative Engagement. This Is an highly interactive & highly engaging creative confidence presentation that combines performance arts and public speaking in a way that encourages creative resiliency. This the perfect session to help participants release, engage and support each other in a safe & supportive space. This workshop illuminates the importance of self awareness in challenging times and fosters a connection to cultural & social similarities. It's a powerful 60-75 minute session. All materials provided. This is the perfect workshop to help re-energize & re-focus after a heavy session.                     | Both Adult & Youth |
| Circle of Support: A model for building lifelong connections      | There are many ILS services for foster youth with focuses on employment, education, housing and health, but there is a lack of services that prioritize the most essential resource, RELATIONSHIPS. After years of planning, C2i has developed a Circle of Support program that will transform how foster youth connect with caring adults. The mission of the Circle of Support program is to help youth build healthy relationships and natural networks of support, aka Circle of Support. Come learn how you can share this work in your community.  | Both Adult & Youth |
| Making the Most of this Time                                      | This presentation will include insights from a former foster youth's journey of abuse, neglect, and aging out of foster care to becoming a law school graduate. Advice to current and former youth on navigating life after foster care and making the most of this time in their lives will be given from available research, personal experiences, and the privilege of hindsight. Social workers and other child welfare professionals will be presented with a toolkit, beyond the usual checklist, of how to best youth as they transition to independent living.   | Both Adult & Youth |

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| Preparing Students for College Emotionally not just Academically     | Preparing for college is more than just academics and testing. Today's college students experience record high levels of stress, depression and anxiety and as more and more young people are headed to college with an already diagnosed mental health condition we must look at ways to help them be better prepared and be emotionally ready. This presentation will allow participants to learn ways to better support students, help them learn to take a more active role in managing their mental health and create the greatest opportunity for them to be successful.  | Both Adult & Youth |
| College Resources for Students Coming from Texas Foster Care         | The Texas Education and Training Voucher is a federal fund put in place to assist students coming from foster care with living expenses while attending post-secondary school. House Bill 2537 went into effect 6/9/2017 and it requires high school counselors in Texas to inform students in foster care about their post-secondary school benefits every year. This workshop will outline post-secondary benefits and help attendees understand the unique challenges that foster care alumni face when aging out of care and moving on to post-secondary education. The presentation will highlight resources available to current and former foster youth and will underscore the importance of school counselors, aftercare service providers, and foster care liaisons creating partnerships to help youth aging out of foster care realize their educational goals. | 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 |
| Building Interdependent Families Free from Codependency              | This workshop will share the destructive pattern of codependency from limiting beliefs that are passed on from generation to generation in families. We will explore the process to break the pattern of limiting beliefs and shift from codependent to interdependent communication and behavior. Case study and personal story will be shared to see the power of limiting beliefs over our lives and how we can break the chains that lead to a thriving interdependent lifestyle.   | Both Adult & Youth |
| Accelerating Mental Toughness for Distressed Kids                    | Mental toughness is the ability to stick to something when the going gets tough. Kids from distressed environments do not normally have the foundation to build on for mental toughness that can greatly impact their self-esteem and confidence in a positive way. Adults who care for these children along with the children itself can learn how to rewire their brain to think differently and focus only on what they control in the moment while letting go of everything else. They will learn to be interdependent versus codependent.  | Both Adult & Youth |
| #WOWTalk Cafe for Youth and Emerging Adults in Care                  | #WoWTalk (Words of Wisdom) Café are designed for youth and young adults in care. Join us for an engaging interactive session generating powerful conversations that empower, inform, and energize youth about their journeys to adulthood.  | Both Adult & Youth |
| Strategies for Engaging Youth - A Panel Discussion                   | Why is engaging transition-age foster youth so difficult? In a 2021 LYFT Learning survey of professionals who work with transition-age foster youth, youth engagement was listed as the top challenge to implementing successful programs. In this session facilitated by LYFT Learning, participants will hear from IL professionals and youth with lived experience from across the country about their experiences and strategies for engaging youth, as well as have the opportunity to share their own successes.  | Both Adult & Youth |

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| Moral Injury in the helping profession                       | Moral Injury refers to a profound change in or betrayal of one's sense of right and wrong; injury to one's moral conscience resulting from an act of perceived moral transgression creating deep emotional shame. This concept is acknowledged for military personnel and active combat; this training will apply the same idea to system-involved families and service providers. We will explore how a person's race, gender, and socioeconomic status impact their experience with government interventions and service providers.                                      | Both Adult & Youth |
| Forgiveness Workshop: For foster/ adoptive youth and parents | Anyone who has been in foster care or has been a foster/ adopt parent knows there are many things that happen where forgiveness is important .You will learn how carrying anger and resentment are affecting your physical and mental health, strategies for finding peace regarding difficult situations you can't let go of, and some of the research tied to the act of forgiving. Learn to not be a prisoner to your own lack of forgiveness.  | Both Adult & Youth |
| Authentically Involving Youth Voice                          | Authentically Involving Youth Voice is a workshop that will help audience members understand the importance of authentically listening to youth voice, and how to involve it within their specific practices. It will involve personal testimonies for individuals who have been advocates and how they were able to make change for their communities by working with agencies within it. It will discuss the Engagement Ladder and how to reach the top level of youth voice and engagement. It will involve roles that youth can take and roles that agencies can take. | Both Adult & Youth |
| EAT, SLEEP, ORGANIZE, REPEAT                                 | Life can be chaotic and overwhelming so join us for this workshop and you will explore ways to organize, record, and ensure your future is a successful planned reality.<br>"For every minute spend organizing, an hour is earned"<br>- Benjamin Franklin  | Youth              |
| TIK TOK LIFE SKILLS ROCK!                                    | Join us for this workshop where you will learn and share your daily life experiences through singing, dancing, and spoken word. Be part of your own social media platform.<br>TIK TOK - The best is yet to come.   | Youth              |
| Learn 2 Live, An Independent Living Workshop for Teens       | The skills and tools provided in this workshop are geared towards the teens who are ages 14 and older, and are also in Foster Care. The virtual program teaches Independent Life Skills with an urban approach, engaging teens with high energy music, and with real life professionals teaching the life skills. From banking to getting a job and keeping it, the workshops integrates a fun and impactful session, while the teens learn IL skills that will propel them into adulthood.  | Youth              |