

SUMMER/FALL 2016

COURSE CATALOGUE

CENTER *for* EXCELLENCE *in*
YOUTH DEVELOPMENT WORKSHOPS

DC youth serving organizations serve young people who need high quality, developmental programs and experiences. Research studies of the youth serving workforce consistently report that competent, caring, and committed staff are one of the most critical components necessary for providing youth with high programs and developmental experiences.

Youth serving staff need capacity building opportunities that increase staff ability to implement youth development practices, program planning, and evaluation. Youth Serving Organizations are challenged to find the resources to develop and implement capacity building programs. Through the Center for Excellence in Youth Development the Trust offer low cost trainings to DC Youth Serving Organizations. Please take a moment to look through our Summer/Fall 2016 Catalogue for our face-to-face and online trainings.

Online Trainings

CEYD, in partnership with Cypherworx and the Out-of-School-Time Online Professional Development Center of the National Afterschool Association, offers online trainings to the youth development community.

**LEARN MORE
ABOUT ONLINE
COURSES ON
PAGE 18**

CEYD Attendance and Lateness Policies

- Participants must be no more than 30-minutes late to receive a certificate for any training session.
- Must cancel within 24 hours in advance of a training session

THE TWELVE YOUTH DEVELOPMENT OUTCOMES*

CEYD was developed based on the core competencies youth development workers must possess to provide the opportunities and supports youth need to achieve positive developmental outcomes. Each course is linked to one of the twelve youth development outcomes.

1. SAFETY AND STRUCTURE

A perception that one is safe in the world and that daily events are somewhat predictable.

2. SELF-WORTH

A perception that one is a “good person” who contributes to self and others.

3. MASTERY AND FUTURE

A perception that one is “making it” and will succeed in the future.

4. BELONGING AND MEMBERSHIP

A perception that one values, and is valued by, others in the family and in the community.

5. RESPONSIBILITY AND AUTONOMY

A perception that one has some control over daily events and is accountable for one’s own actions and for the consequences on others.

6. SELF-AWARENESS AND SPIRITUALITY

A perception that one is unique and is intimately attached to extended families, cultural groups, communities, higher deities, and/or principle.

7. PHYSICAL HEALTH

The ability and motivation to act in ways that best ensure current and future physical health for self and for others.

8. MENTAL HEALTH

The ability and motivation to respond affirmatively to and cope with positive and adverse situations, to reflect on one’s emotions and surroundings, and to engage in leisure and fun.

9. INTELLECTUAL ABILITY

The ability and motivation to learn in school and in other settings, to gain the basic knowledge needed to graduate from high school, to use critical thinking, to be creative, to use problem-solving and expressive skills, and to conduct independent study.

10. EMPLOYABILITY

The ability and motivation to gain the functional and organizational skills necessary for employment, including an understanding of careers and options, and the steps necessary to reach goals.

11. CIVIC AND SOCIAL ABILITY

The ability and motivation to work collaboratively with others for the larger good and to sustain caring friendships and relationships with others.

12. CULTURAL ABILITY

The ability and motivation to respect and affirmatively respond to differences among groups and individuals with diverse background, interests, and traditions.

* THE TWELVE YOUTH DEVELOPMENT OUTCOMES ARE FOUND IN THE ADVANCING YOUTH DEVELOPMENT TRAINING MANUAL DEVELOPED BY THE NATIONAL TRAINING INSTITUTE FOR COMMUNITY YOUTH WORK

Introduction to Program Evaluation

DATES

Online: open for registration July 1 – August 1, 2016

FACILITATOR

DR. NISHA SACHDEV
George Washington University

COURSE DESCRIPTION

The understanding and relevance of an evaluation greatly determines its impact. Join Dr. Nisha Sachdev as she introduces assessing youth development outcomes of current programming as well as intentional data collection, analysis and utilization for evaluating the services your provide.

COURSE GOALS

- Participants will gain knowledge of evaluation basics and how to leverage community connection and a variety of data-gathering techniques to ensure that programming and services are relevant to participants and community.
- Participants will be able to measure programmatic impact more effectively and specifically

CONTACT

Email ceyd@dctrust.org with any questions

REGISTER NOW

Participants that register for this course will receive an email with detailed instructions for this training

Creating Fiscal Policies and Procedures

DATES

Tuesday, July 12, 2016

TIME

9:30 am – 12:30 pm

This workshop will include on-line pre-and-post participant questionnaires.

FACILITATOR

STEWART HARRINGTON

Finance and Operations Consultant

COURSE DESCRIPTION

In today's regulatory environment, your culture of accountability speaks as much about your organization as your programs. Maintaining meaningful and well-considered policies and procedures is a critical component of a strong financial and program management system. An organization's financial documents and internal control policies provide funders with clear indicators of that organization's management style and decision-making. Documenting the organization's fiscal policies also serves as an important tool for clarifying roles and responsibilities and ultimately for ensuring that the organization's financial data is an accurate and reliable basis for decision making. What is the presentation of your financial data and policies saying about your organization?

COURSE GOALS

As the result of this course, participants will:

- Learn how to determine an organization's potential areas of risk and system needs
- Learn how to create policies and procedures to address those risks and needs
- Learn how to document those decisions and revisit them regularly
- Learn the key ratios and indicators that banks and funders use to evaluate the strength of your organization.

LOCATION

Crawford Hall

The View at Crawford Hall (9th Floor)

635 Edgewood Street, NE Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line

Parking is free

CONTACT

Email ceyd@dctrust.org with any questions.

REGISTER NOW

Course limited to 30 participants. Enrollment is restricted to two participants from the same organization or agency.

Advancing Youth Development (AYD) One Day Overview

DATE

Monday, July 18, 2016

TIME

9:00 am – 4:00 pm

FACILITATORS

THANDOR MILLER, Youth Development Training and Implementation Consultant

SYREETA EVANS, Principal Intended Impact Consulting, LLC

AUDIENCE

- Program Directors/Managers
- Executive Directors

COURSE DESCRIPTION

This course is a day-long snapshot of the 30-hour course, designed to give those who have indirect contact with young people—custodians, front office workers, executive directors—a helpful peek into the world of youth development, so that all members of an organization or agency speak the same language and demonstrate consistency with youth. The one-day training is very beneficial to executive directors, agency staff and policy makers who have limited time available to devote to training.

LOCATION

The Greater Washington Urban League
2901 14th St NW, Washington, DC 20009

Metro Accessible: Columbia Heights Metro/Green & Yellow Line

Limited Restricted Street Parking Available

CONTACT

Email aydtraining@dctrust.org with any questions.

[REGISTER NOW](#)

Introduction to Advocacy, Community Organizing & Power Building

DATES

Tuesday, July 19, 2016

TIME

9:30 am – 12:30 pm

This workshop will include on-line pre-and-post participant questionnaires.

FACILITATOR

AJA TAYLOR AND NICOLE NEWMAN

Power and People

COURSE DESCRIPTION

This training will be an introduction to Advocacy, Community Organizing and Power Building. Our approach to developing effective leaders is to provide context for the work, introduce new concepts, work on the development of new skills and help participants develop a fundamental understanding of community organizing and community development.

COURSE GOALS

Participants will:

- Have shared working definitions of advocacy, community organizing and social justice
- Know and understand how to enter communities respectfully and begin to understand the relationship between

leadership, community development and community change

- Begin to understand race as a context for organizing and building power
- Have a clear definition of power, an understanding of why building power is necessary for community change, and understand how to use that analysis for work in their respective communities
- Make direct correlations between their personal experiences with power, and those of the broader community that they work in

LOCATION

Crawford Hall

The View at Crawford Hall (9th Floor)

635 Edgewood Street, NE Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line

Parking is free

CONTACT

Email ceyd@dctrust.org with any questions.

REGISTER NOW

Course limited to 30 participants. Enrollment is restricted to two participants from the same organization or agency.

Be Stress Free–Mindfulness Training

DATES

Monday, July 26, 2016

TIME

9:30 am – 12:30 pm

This workshop will include on-line pre-and-post participant questionnaires.

FACILITATOR

ZACCAI FREE, Principal, Resonant Impact Productions

COURSE DESCRIPTION

Be Stress Free provides tools and techniques proven to assist in managing stress and anxiety. These tools also assist with reducing the effects of trauma, increase attentiveness and enthusiasm. The course is based in yogic breathing and conscious play in a culturally appropriate context accessible to diverse audiences.

Participants will be exposed to several stress reduction techniques and master at least one.

COURSE GOALS

Participants will:

- Increase knowledge of stress reduction techniques
- Classroom and group management modeling
- Explore use of mindfulness and meditation for self-management
- Explore use of mindfulness and meditation for youth empowerment

LOCATION

Crawford Hall
The View at Crawford Hall (9th Floor)
635 Edgewood Street, NE Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line
Parking is free

CONTACT

Email ceyd@dctrust.org with any questions

REGISTER NOW

Course limited to 30 participants. Enrollment is restricted to two participants from the same organization or agency.

Writing Effective Proposals

DATES

Thursday, July 28, 2016

TIME

1:00 pm – 4:00 pm

This workshop will include on-line pre-and-post participant questionnaires.

FACILITATOR

LYNN ENGLISH
Development Consultant
Lynn English Consulting

COURSE DESCRIPTION

This workshop will provide participants with an in-depth overview of effective strategies to use when responding to some of the most common Requests For Proposals (RFPs). In addition to reviewing and discussing each required component of typical RFPs, participants are encouraged to bring past applications that have been submitted, for critique. The workshop will include large group discussion and work in small groups.

COURSE GOALS

As a result of this course, participants will:

- Learn effective strategies for responding to RFPs
- Explore the various requirements of RFPs and what funders are really looking for
- Bring real life examples of work for critique

LOCATION

Crawford Hall
The View at Crawford Hall (9th Floor)
635 Edgewood Street, NE Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line
Parking is free

CONTACT

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REGISTER NOW

Advancing Youth Development

DATES

Tuesday, August 2, 2016
Wednesday, August 3, 2016
Thursday, August 4, 2016
Friday, August 5, 2016

TIME

9:00 am – 4:00 pm
This course last for four full days. Participants must attend all sessions.

FACILITATORS

THANDOR MILLER, Youth Development Training and Implementation Consultant

SYREETA EVANS, Principal Intended Impact Consulting, LLC

COURSE DESCRIPTION

The Advancing Youth Development (AYD) Frontline Youth Worker 30-hour training program is an interactive course that introduces frontline youth workers to the principles and best practices of youth development. It is recommended for youth workers with at least two years of paid experience in working with youth 10–18 years old.

LOCATION

Crawford Hall (9th Floor)
635 Edgewood St. NE, Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line
Parking is free

CONTACT

Email aydtraining@dctrust.org with any questions.

REGISTER NOW

Engaging Families to Increase Our Impact

DATES

Tuesday, August 9, 2016

TIME

1:00 pm – 4:00 pm

This workshop will include on-line pre-and-post participant questionnaires.

FACILITATOR

IRIS JACOB

Professional Development Coordinator

Teach for Change

COURSE DESCRIPTION

Their involvement and support can make all the difference. Yet, parent and family buy-in is the missing ingredient in so many youth programs. What does it take to turn overextended, stressed out, struggling care-givers into passionate partners in your program's efforts? How can you encourage accountability and cultivate investment in a way that doesn't drain your time and staff? Join Iris through an exploration of trade-secrets in engagement and ways to meet that challenges that often go along with it. There will be Q & A with the audience.

COURSE GOALS

As a result of this course, participants will:

- Learn proven, local best-practices in how effectively to communicate, coordinate, and collaborate with families.
- Explore common engagement challenges and their solutions.

LOCATION

Crawford Hall

The View at Crawford Hall (9th Floor)

635 Edgewood Street, NE Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line

Parking is free

CONTACT

Email ceyd@dctrust.org with any questions

REGISTER NOW

Course limited to 30 participants. Enrollment is restricted to two participants from the same organization or agency.

Best-Practices in Participant Retention

DATES

Wednesday, August 10, 2016

TIME

9:00 am – 4:00 pm

This workshop will include on-line pre-and-post participant questionnaires.

FACILITATOR

ELAINE JOHNSON

Founder, Elaine Johnson and Associates LLC

Youth Development Consultant

COURSE DESCRIPTION

This workshop will introduce participants to research from the field on effective strategies/practices for increased retention. Participants will assess current program retention strategies/practices using retention best practices from the field and findings from assessment of current program practices. Participants will develop a draft retention plan to increase the retention of program youth.

LOCATION

Crawford Hall

The View at Crawford Hall (9th Floor)

635 Edgewood Street, NE Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line

Parking is free

CONTACT

Email ceyd@dctrust.org with any questions.

REGISTER NOW

Course limited to 30 participants. Enrollment is restricted to two participants from the same organization or agency.

AYD Supervisor's Training

DATES

Monday August 15, 2016
Wednesday, August 17, 2016

TIME

9:00 am – 4:00 pm

FACILITATOR

THANDOR MILLER, Youth Development Training and Implementation Consultant

SYREETA EVANS, Principal Intended Impact Consulting, LLC

COURSE DESCRIPTION

Supervising Youth Development, also known as AYD for Supervisors is a 15-hour course that introduces supervisors of frontline youth workers to youth development from a managerial perspective. It is designed to help an organization infuse the youth development approach into program design and organizational culture.

LOCATION

Crawford Hall
The View at Crawford Hall (9th Floor)
635 Edgewood Street, NE Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line
Parking is free

CONTACT

Email ceyd@dctrust.org with any questions.

REGISTER NOW

Course limited to 30 participants. Enrollment is restricted to two participants from the same organization or agency.

Youth Mental Health First Aid

DATE

Wednesday, August 24, 2016

TIME

9:00 am – 4:00 pm

This workshop will include on-line pre-and-post participant questionnaires as well as a brief survey at the end of the session.

FACILITATOR

KERRIANN PEART, MPH

Project Director

Creating Community Solutions-DC

DC Trust

AUDIENCE

- Front-Line Practitioners
- Program Directors/Managers
- Executive Directors

COURSE DESCRIPTION

Youth Mental Health First Aid is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly—teaches individuals how to help a youth in

crisis or experiencing a mental health or substance use challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

COURSE GOALS

As a result of this course, participants will be able to:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

LOCATION

Crawford Hall (9th Floor)

635 Edgewood St. NE, Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line

Parking is free

CONTACT

Email ceyd@dctrust.org with any questions.

REGISTER NOW

Navigating Youth Culture and Street Code (NYC “Gang”)

DATE

Wednesday, September 7, 2016

TIME

9:00 am – 4:00 pm

Participants must complete the AYD 30 Hour Course to participate in this course.

FACILITATORS

THANDOR MILLER, Youth Development Training and Implementation Consultant

SYREETA EVANS, Principal Intended Impact Consulting, LLC

AUDIENCE

- Front-Line Practitioners
- Program Directors/Managers

COURSE DESCRIPTION

Navigating Youth Culture and Street Code (NYC) training has helped bridge an understanding about young people joining crews and gangs. Hundreds of youth workers have taken this course, which unlocks the mysteries of urban youth behavior and teaches adults to be understanding, undaunted, caring and never condescending. The philosophy behind this course is rooted in the concepts of youth development: Youth who feel respected in turn respect adults—and rules, even those in gangs. The training covers issues surrounding youth culture and gang culture particularly for at-risk youth populations. It provides insight into the differences between youth culture and gang culture and discusses coding and street socialization.

COURSE GOALS

As a result of this training, youth workers will better understand the life experiences of youth and the importance of their roles in young people’s lives.

LOCATION

Crawford Hall (9th Floor)

635 Edgewood St. NE, Washington, DC 20018

Metro Accessible: Rhode Island Avenue/Red Line

Parking is free

CONTACT

Email aydtraining@dctrust.org with any questions.

REGISTER NOW

Course limited to 30 participants. Enrollment is restricted to two participants from the same organization.

Advancing Youth Development (AYD) One Day Overview

DATE

Tuesday, September 13, 2016

TIME

9:00 am – 4:00 pm

FACILITATORS

THANDOR MILLER, Youth Development Training and Implementation Consultant

SYREETA EVANS, Principal Intended Impact Consulting, LLC

AUDIENCE

- Program Directors/Managers
- Executive Directors

COURSE DESCRIPTION

This course is a day-long snapshot of the 30-hour course, designed to give those who have indirect contact with young people—custodians, front office workers, executive directors—a helpful peek into the world of youth development, so that all members of an organization or agency speak the same language and demonstrate consistency with youth. The one-day training is very beneficial to executive directors, agency staff and policy makers who have limited time available to devote to training.

LOCATION

The Greater Washington Urban League
2901 14th St NW, Washington, DC 20009

Metro Accessible: Columbia Heights Metro/Green & Yellow Line

Limited Restricted Street Parking Available

CONTACT

Email aydtraining@dctrust.org with any questions.

[REGISTER NOW](#)

Helping the Helping Professional: Trauma & Self Care

DATES

Thursday, September 15, 2016

TIME

9:00 am – 4:00 pm

This workshop will include on-line pre-and-post participant questionnaires.

FACILITATOR

MARKISHA T. BENNETT, Psy.D., L.G.S.W.

COURSE DESCRIPTION

Youth development practitioners play a vital role in young people's recovery from traumatic experiences. In that process of connection, an important aspect of helping a young person navigate through their trauma is for the helping professionals to understand how they too experience and are impacted by that young person's trauma. The purpose of this workshop is to teach helping professionals how to understand and develop coping skills that will help both them and the young people they work with navigate through the harsh realities of being exposed to traumatic experiences.

The structure of this two-part workshop will coincide with the traditional phases of trauma treatment as defined by Judith Herman, author of the "Trauma and Recovery". The phases of trauma recovery treatment are 1) Safety & Stabilization, 2) Remembrance & Mourning, 3) Reconnection. Participants will enhance their knowledge base of the evidence based tools that are utilized at each phase of trauma recovery by engaging in interactive exercises and discussions.

COURSE GOALS

- Participants will become aware of personal vulnerabilities and develop personal strengths based strategies that will best assist young people who have been exposed to trauma.
- Participants will learn best practice techniques to support young people in coping with posttraumatic stress and dissociative symptoms.
- Participants will learn about the impact of vicarious traumatization and develop self-support resources that assist them in managing their own as well as the young person's distress.

LOCATION

Crawford Hall
The View at Crawford Hall (9th Floor)
635 Edgewood Street, NE Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line
Parking is free

CONTACT

Email ceyd@dctrust.org with any questions

REGISTER NOW

Advancing Youth Development

DATES

Tuesday, September 20, 2016
Wednesday, September 21, 2016
Thursday, September 22, 2016
Friday, September 23, 2016

TIME

9:00 am – 4:00 pm

This course last for four full days. Participants must attend all sessions.

FACILITATORS

THANDOR MILLER, Youth Development Training and Implementation Consultant

SYREETA EVANS, Principal Intended Impact Consulting, LLC

COURSE DESCRIPTION

The Advancing Youth Development (AYD) Frontline Youth Worker 30-hour training program is an interactive course that

introduces frontline youth workers to the principles and best practices of youth development. It is recommended for youth workers with at least two years of paid experience in working with youth 10–18 years old.

LOCATION

Crawford Hall (9th Floor)
635 Edgewood St. NE, Washington, DC 20017

Metro Accessible: Rhode Island Avenue/Red Line
Parking is free

CONTACT

Email aydtraining@dctrust.org with any questions.

REGISTER

ONLINE TRAININGS

CEYD offers an online component, in partnership with Cypherworx, the Out-of-School-Time Online Professional Development Center of the National Afterschool Association. Through Cypherworx, CEYD offers online courses in OST Professional Development and in Nonprofit Professional Development. Most courses are fee-based, but many are free of charge. To access the online courses, go to www.dctrust.org and go to the training page where you will find the online training portal. This is a low-cost opportunity for youth development professionals to enhance knowledge, skills and abilities at his or her own pace.

1 DOWNLOAD FULL COURSE DESCRIPTIONS PDF

2 REGISTER FOR ONLINE COURSES THROUGH CYPHERWORX

OSTPD CERTIFICATE SERIES COURSES

1. Exploring the Continuum of Developmental Tasks of School-Age Children from 5 to 12: Implications for Programming
2. Exploring Four Areas of Development: Implications for Programming
3. Exploring Developmental Needs and Characteristics of Different Age Groups—Implications for Programming
4. Exploring Individual Differences among School-Age Children: Implications for Programming
5. Managing School-Age Children in Groups
6. Guiding the Behavior of Individual Children
7. Observation Skills: What’s Really Going on Here?
8. Human Relations Skill Development
9. School-Age Care as a Family Service: Part One (Emphasis on Relationship Building)
10. School-Age Care as a Family Service: Part Two (Emphasis on Planning Opportunities for Family Involvement)
11. Building Relationships with School Personnel
12. Growing as a Professional in School-Age Programs
13. Creating and Maintaining Safe School-Age Environments
14. Creating and Maintaining Healthy School-Age Environments
15. Designing Effective Indoor School-Age Play and Learning Environments
16. Developing and Implementing Effective Indoor Interest Areas
17. Developing and Implementing Effective School-Age Outdoor Environments and Interest Areas
18. Exploring Effective Schedules, Diverse Activity Formats, Planning Tools, and Staff Roles
19. Involving School-Age Children in Activity Planning and Implementation
20. Developing Activities That Encourage Creativity and Cognitive Development
21. Creating Successful Clubs, Special Events, and Field Trips in School-Age Programs
22. Developing Activities That Support Character Development and Promote Social Interaction
23. Providing Homework Support
24. Helping Children with ADD Succeed in School-Age Programs
25. Focus on Health and Stress Management
26. Human Relations Skill Development: Focus on Leadership Styles and Conflict Management
27. Exploring Ethics in OST: Focus on a Professional Code of Ethics
28. Commitment to Quality in School-Age Programs
29. Making Plans and Carrying Out Policy
30. Creating and Managing Budgets in School-Age Programs
31. The Six “Ps” of Marketing School-Age Programs
32. Current Trends and Issues in Out-of-School Time Programs
33. Youth Development Trends: Focus on Older Youth
34. Creating Community Collaborations
35. Observing Children in School-Age Programs
36. Sharing Information with Parents and Other Professionals