

Vermont Afterschool Workshops

Risk & Protective Factors

- **Redefining Resilience** - a 2-hour introduction to the impacts of trauma and adversity on us as people, and raising awareness about how resilience is the antidote to those impacts. A very user-friendly exploration of the sciences behind trauma and resiliency, and how we can come together as communities to reduce the negative effects on our children and families.
- **Resilience & Youth Wellness** - a 90-minute workshop exploring the impacts of adversity and what it means for our youth to be resilient. This workshop talks through strategies for increasing protective factors in youth, the essential building blocks of resilience, and common signs of substance misuse in youth.
- **Youth Thrive (2-day training)** - an evidence-based approach for supporting young adults to develop protective and promotive factors in their lives in order to reduce risk factors and promote healthy development and wellbeing. This training explores guiding premises for supporters of youth to consider about themselves in their approach to their work, as well as, the protective factors that support the positive development of the young people themselves. This training mirrors the framework of Strengthening Families in support of developing teenagers.
- **Youth Mental Health First Aid (1-day training)** - Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. This training includes 2-hours of required pre-work and 5 hours of instructor-led content. It also has an additional per-person cost.

Staff Training

- **Inspiring Adolescents Through Understanding the Science Behind Them** - This workshop focuses on positive youth development and a strength-based approach to working with young people. Topics include adolescent brain development, social emotional learning, the impact of trauma, resilience, and the development of protective factors for youth. Participants will be presented with a basic understanding

of the science behind why we are the way we are as adolescents and how to best support our youth as they explore and develop their identity as young adults.

- **Deescalation (Flourish Lab)** - Children, like adults, have emotional emergencies — they just look different from ours. On closer inspection, we learn that there’s a predictable pattern to escalation — an arc of sorts, that if caught in time, can re-direct outcomes from explosive to calm. Using a child-first, relationship-centered mindset, this module teaches us that strong behaviors are no mystery, and that all feelings make sense. We also discover that preventative techniques (like focusing on connection), can help facilitate a sense of calm. Discover...
 - that the best strategy for de-escalation is prevention
 - five specific strategies to help young people bring calm to strong feelings
 - five adult behaviors to avoid, in the presence of strong feelings
- **Acknowledging and Validating (Flourish Lab)** - To feel seen and acknowledged by adults, is vital to the positive development of children. When young people feel valued and respected, they are much more likely to trust, which deepens any exchange. In this workshop, we explore the empowering skills of acknowledgement and validation (along with their opposites), examining the potential impact of each. Discover...
 - what it feels like to be validated
 - why validation is essential to moving conversations forward
 - key strategies to use while acknowledging and validating
- **Bank of Trust (Flourish Lab)** - What do eco-systems have to do with trust? At any given moment, trust is either quietly built, or broken. So, when we take the time to invest in a Bank of Trust with parents, guardians, co-workers, principals and others in a child’s support system — trust grows. In fact, when we engage children’s broader communities, they tend to feel more engaged, safer and open to learning. Discover...
 - what can make or break trust
 - how trust is built in big and small everyday moments
 - what it means to be intentional with all members of a program community
- **Reaction to Response (Flourish Lab)** - We all have emotional hot buttons that cause us to show up as less than our best. Once we see and recognize these triggers, we can regain control over them. One important part of the process is to understand what sets us off. When we add clear action steps for what to do in these moments, we can quickly get back to showing up fully for our youth. Discover...
 - what part the brain plays in reactionary behavior
 - how past messages impact our current emotions
 - your personalized plan for managing hot buttons

- **Bias (Flourish Lab)** - You can't change what you don't acknowledge. And yet, it's virtually impossible to show up as ourselves without bringing our personal blind spots to the table. Once we see and name our biases, we can change them. With new awareness, equity enters the forefront, allowing us to intentionally show up as our best for all students. This introductory workshop dips a toe into a timely human topic that fundamentally changes every conversation and our part in it. Discover...
 - common biases that may show up in a youth program or school
 - the ripple effect of our unchecked biases
 - how building self-awareness can lead to positive action and impact
- **Basics of SEL** - (2-hours) This workshop is an introduction to social and emotional learning in school-aged children. We will explore the ways in which children learn social skills, the neuroscience behind challenging behavior and emotional regulation in children and adults, and the emotions coaching and problem-solving that will be most effective in increasing social and emotional learning in your program. We will review specific daily interactions with children and discuss ways to subtly change the messages behind your words and action to help kids to gain social skills such as the ability to calm down after an upset, to transition from one activity to the next, to make amends with peers, and to express feelings in healthy ways.
- **Foundations and Applications of SEL (multi-session)** - Social-Emotional Learning (SEL) has taken schools, communities, and parents/caregivers by storm over the past few years with great reason: SEL supports academic achievement, improves student well-being, builds skills that are key to future readiness, and improves school climate and safety. This is an introductory level 7-part, 18-hour professional development series for school-based afterschool professionals who are seeking a more expansive lens of the SEL core competencies and a greater understanding of how to apply these principles to your own work. Learning Objectives: Understand and effectively apply the five core competencies of social emotional learning identified by the Collaborative for Academic and Social Emotional Learning (CASEL). Practice peer facilitation and connect each of the five core competencies to key settings in your community. Develop a deeper understanding of how to apply SEL principles to your own work through a self-guided project-based learning experience.
- **Empowerment as Healing Practice** - This workshop brings participants on a journey through the basics of adolescent brain development and how experiences shape perception and world view, to resiliency building frameworks and the principles of healing centered care. Based on the idea that building resiliency is the antidote to trauma and toxic stress, this workshop shows participants where the steps and stages we use to empower our youth to take action in their lives, also build the same skills that foster their hope and strengthen their resiliency. Youth Empowerment as Healing Practice shows participants where they have the opportunity to use their relationships

with young people for both their empowerment in life and in identifying their tools for healing from adversity.

Advising & Training of Peer Leadership Groups

- **Youth Thrive for Youth** - The Youth Thrive content redesigned for youth! This curriculum is 8-hours of content broken into 90-minute to 2-hour sessions in order to meet the needs, comfort, and schedules of the youth participants.
- **Teen Mental Health First Aid** - [teen Mental Health First Aid \(tMHFA\)](#) is a training program for teens brought to the United States by the [National Council for Mental Wellbeing](#) in partnership with [Born This Way Foundation](#). It teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of a mental health or substance use challenge in their friends and peers. The training gives teens the skills to have supportive conversations with their friends and teaches them how to get help from a responsible and trusted adult.
- **Crafting Advocacy: How to Share Youth Story for Impact** - In this workshop, youth will move through a framework for how to compose their story, or talking points, to make sure they have the most meaning and impact on their audience as possible. Participants will walk away from the session with the experience of moving through the process as a group, as well as receiving a hand-out that will support them in moving through the process on their own when the need to speak up comes up in their own life. An interactive workshop that breaks down the things to consider when talking to other people about a change you want to see made, or an awareness you want to make sure they walk away from you having gained.