Working with Transitional Age Youth (TAY) Populations

Outline

Day 1: March 6, 2018

8:30 am – 9:00 am  Training Introduction, Description of series

9:00 am – 9:30am  Experiential Engagement Activity

9:30am – 10:30am  Introduction to TAY Development
  - Overview of Developmental Theories of TAY
  - Transition Challenges
  - Psychological/Social Development
  - Identity Development
  - The TAY Brain
  - Relational Attachments

10:30 am – 10:45 am  15 minute Break

10:45 pm – 12:00 pm  Trauma, Stress, and Communication

12:00pm – 1:00 pm  - Lunch

1:00pm - 2:30 pm  - Identifying Our Role
  - Compassion Fatigue and Stress Management
  - Boundaries and Compassion

2:30 pm – 2:45 pm  15 minute break

2:45 pm – 3:15 pm  - Culture Game – Blackjack

3:15pm – 4:15 pm  - Wheels of Culture
Day 2: March 20, 2018

8:30 am – 8:45 am  Reviewing Homework and discussing last class

8:45 am – 12:00pm  Skills Practice with TAY Participants
- Compassionate Communication/Making Connections
- Self-Care
- Developing E.Q. and Grounding

10:30am - 10:45am  Break

10:45am – 12:00pm  More Skills Practice
- Experiential Learning and Teaching
- Tracking progress
- Maintaining Trauma-Informed Perspectives

12:00 pm – 1:00 pm  1 hour lunch

1:00pm-2:30 pm  TAY Participant Panel and general discussion
- Connection with TAY
- Challenges of Transition
- Qualities and Character of Anchored TAY providers

2:30pm – 2:45 pm  Break

2:45pm – 4:00 pm  Obstacles and Challenges
- Generational Issues
- Social Media
- Entitlement
- Unique Populations
- Substance Abuse
- Shame
- Housing and Productivity

4:00pm – 4:15 pm  The “Cube” Analogy

4: 15 pm – 4:30pm  Homework/closing remarks
Day 3: April 3, 2018
(Draft—activities will be updated and finalized soon)

8:30 am – 8:45 am  Reviewing Homework and discussing last class

9:00 am – 11:30 am  Navigating Transition
- Engaging TAY in driving their own lives
- Transition tools to navigate specific domains

10:00 am – 10:15 am  15 minute Break

11:30 am – 12:30 pm  Closing/Graduation