

Training Outline: TAY Culture Training

May 31st, 2018

Trainer: Joel Mendoza

8:30 AM – 9:00 AM: Introductions, Icebreaker, and Outline Overview

9:00 AM – 9:45 AM: Understanding TAY

- Learning objective: Identify the challenges that modern-day TAY encounter and be able to better understand them
- Topics include: trainers' personal experiences in mental health, diversity within the TAY population, and challenges with independent living skills
- Activity: Reframing Exercise

9:45 AM – 10:30 AM: Fostering Strong Participant-Provider Relationships

- Learning objective: describe how to connect with TAY
- Topics include: relationship building activities, effective communication, and empowerment
- Activity: Relationships Discussion (Small Groups)

10:30 AM – 10:45 AM: Break

10:45 AM – 11:30 AM: Providing TAY-Focused Services

- Learning objective: Assess TAY and provide services that are TAY-focused
- Topics include: making referrals, fostering self-discovery, and helping TAY find purpose
- Activity: Self-Care Project

11:30 AM – 12:15 PM: Building Our Community: A Collaborative Effort

- Learning objective: identify tools to collaborate with other service providers
- Topics include: effective provider collaboration, peer support, and building our network
- Activity: Provider Jeopardy

12:15 PM – 12:30 PM: Summary and Q&A