Working with Transitional Age Youth (TAY) Training Series

Outline

Day 1: July 31, 2018

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

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

9:30 am – 10:30 am  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

12:00 pm – 1:00 pm  1 hour Lunch

1:00 pm – 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

3:15 pm – 4:15 pm  Wheels of Culture

4:15 pm – 4:30 pm  Homework/closing remarks
Day 2: August 14, 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: August 28, 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  Wrap up, questions, next steps