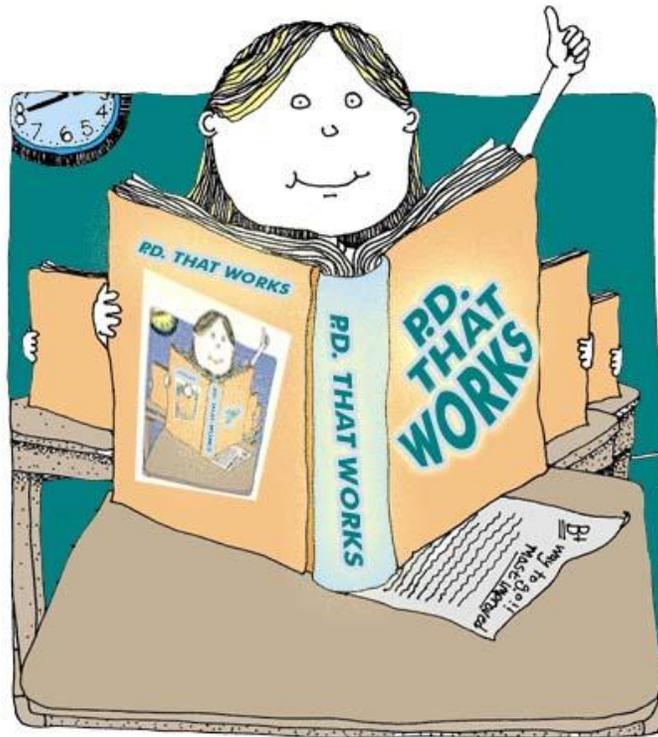


# Breakthrough Strategies to Teach & Counsel Troubled Students

## Workshop



# PROPOSAL

For a K-6 Inner City Elementary School

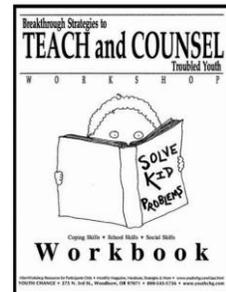
## Youth Change Workshops

800.545.5736 | [www.youthchg.com](http://www.youthchg.com) | 275 N. 3rd St, Woodburn OR 97071

May 9, 2014

# INTRODUCTION

For 20 years, Youth Change Workshops has been the nation's leader providing professional development training that emphasizes the need for all teachers to become proficient in managing students' social, emotional and school behavior problems. Typically, 80% of teacher college training focuses on content, and a mere 20% addresses the social and emotional problems that dominate many classrooms



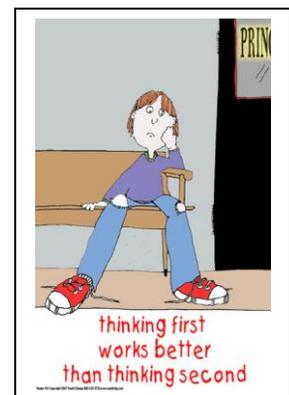
Youth Change's **Breakthrough Strategies to Teach and Counsel Troubled Students** offers teachers the newest, most effective interventions to work with Grades Pre K-6 students who are struggling or facing challenges.

Your on-site workshop will be precisely customized to meet the needs of Pre K through Grade 6 teachers. At the start of the inservice, your staff will name their students' most pressing



behavioral, social and mental health concerns, and this course will deliver 200 updated, use-now strategies that are more effective than convention interventions.

The **Breakthrough Strategies Workshop** has a more than 20 year history throughout North America. Hundreds of schools, child treatment programs, school districts, conferences, and agencies have sponsored our workshops. Among these sponsors are the Indiana Youth Institute (IYI), El Paso TX Headstart, Oregon Council for Hispanic Achievement, Michigan Foster Parent Association, Washington State Primary Intervention Conference, and the Jefferson County KY School



Counselors' Association. This course has also been presented at hundreds of elementary schools.

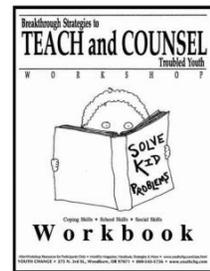
The 10 hour version of this seminar delivers at least 200 strategies for the specific social, emotional, and school problems your staff identify. That makes the **Breakthrough Strategies Workshop** quite unique because your course participants will actually be able to set the agenda upon arrival. Once they name the problem areas that they face in their classrooms, this workshop will deliver innovative, attention-grabbing, more effective methods to prevent or manage those exact concerns. In addition, this workshop will put your participants "inside" their students' "skin." Your staff members will gain a deeper understanding of what makes troubled and problem students "tick." then they will learn targeted methods to precisely address those concerns. This reduces the use of "one-size-fits-all" interventions that fit no one. This course delivers methods designed and tested specifically for use with K-6 elementary school students who face challenges and struggle.

Youth Change warranties your participants, meaning that we maintain a toll-free help line, huge resource website with a special area for workshop past participants. Plus we man a Live Expert Help web page designed to be ready to provide online live help with any new classroom management concerns that develop once your course concludes. This is a never-ending warranty. We stand behind our workshop, and we stand behind your staff. After our workshop, your staff won't be alone in their classrooms anymore. Youth Change Workshops will be right there with them.

# BREAKTHROUGH STRATEGIES to TEACH & COUNSEL TROUBLED STUDENTS WORKSHOP

## Course Overview

Your teachers will bring their most serious student problems with them to the **Breakthrough Strategies to Teach and Counsel Troubled Students Workshop**, and they will receive hundreds of practical, problem-stopping, ready-to-use interventions on the spot.



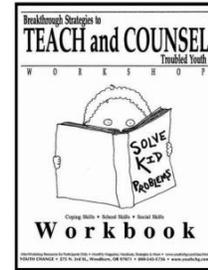
Our approaches cover all manner of children's problems from misconduct to absenteeism, from gangs to poor motivation, from hitting to refusing to work in school, from family issues to peer problems. These strategies have been designed to turnaround defiant, unmotivated, traumatized, ELL, out-of-control, special needs, difficult, truant, violent, conduct disordered, oppositional, emotionally disturbed, depressed, non-compliant, learning disabled, and withdrawn children in grades Pre K-6.

The Breakthrough Strategies course is available in many configurations. Shown below is our full 10 hour version spread over 1.5 days. College credit can be made available for \$45 per participant who chooses this option. Clock hours can be arranged at no charge.



## Course Outline

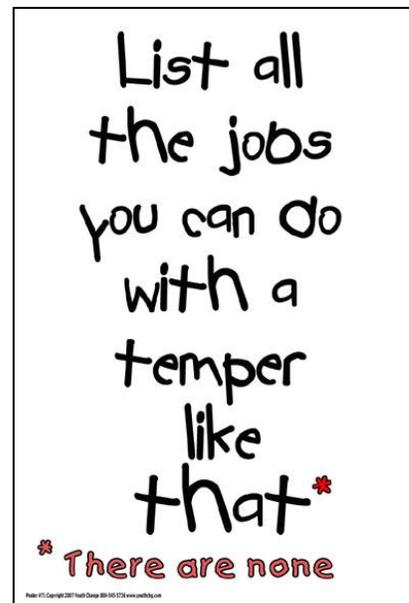
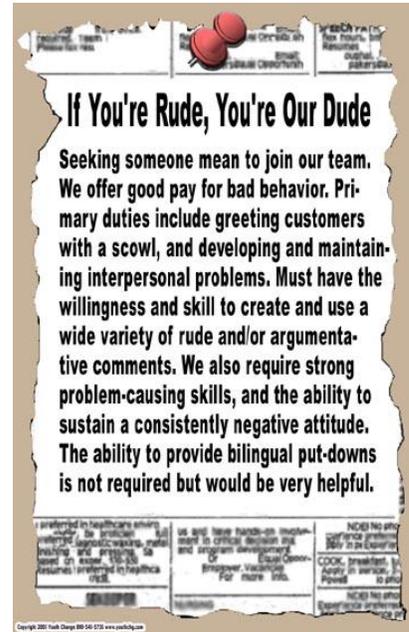
10 hours, 2 sessions over 1.5 days, approximately 200 Coping, School, and Social Skills interventions. Participants will document the results achieved by participating in this course by taking a workshop pre- and post-test.



### Session 1

Approximately 6 Hours (Full Day)  
(After deducting 2 breaks and lunch)

- Course Introduction and Pre-Test, Participants Identify Key Student Problem Areas, Receive Initial Information on Those Problems (1 hour)
- Intervention Strategies Overview and Sampling of Interventions (1 hour, approximately 30 strategies)
- Coping Skills Strategies (4 hours)
  - How to Manage Unmanageable Students, How to Teach Self-Control
  - Succeeding with Diverse, Challenging, and Troubled Students
  - How to Identify and Avoid Extreme Violence Including Research, Statistics
  - How to Manage Impulsive and ADHD Students Before Problems Happen
  - How to Teach Feeling Management Including Anger Control
  - Effectively Teaching Withdrawn, Depressed, Traumatized Students
  - Building Confidence and Assurance with



## "Impossible-to-Manage" Students and Other Challenging Youngsters

- **RESULTS:** Participants will learn approximately 80 specific intervention strategies for emotional and family problems. They will develop a deep understanding of basic mental health concerns, and will learn exactly how to effectively manage and address those concerns using research-based approaches. Participants will become more confident about managing troubled and challenging students, even those youngsters who they have not worked with successfully in the past. Participants will overcome any barriers they face that prevent successful classroom and student management.

### Session 2

Approximately 4 Hours (Half Day)

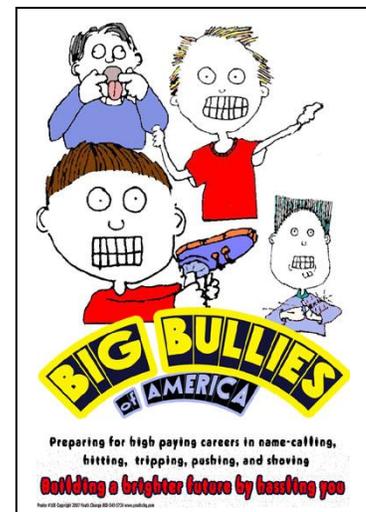
(After deducting 1 break)

- School Skills Strategies (3 hours)
  - Understanding Work Refusers, and How to Get Them to Do More Work
  - Motivational Methods for Unmotivated, Bored, Disinterested, Apathetic Students-- Even Students Who Plan Win the Lottery, Play Pro Sports, Become Rap Stars or Have the Gang Support Them
  - Motivational Methods for Students Who Appear Resolutely Unmotivated and Highly Resistant to Conventional Approaches
  - How to Create and Maintain a Positive, Productive Classroom
  - How to Avoid Classroom Disruptions Before They Start, Including Class "Clowns," ADHD Students, Talkative Students, and Dominating Students
  - Training Students to Have School Skills (Be Prepared, Motivated Students with Positive Attitudes)
  - Repairing Attendance and Punctuality Problems, With or Without Family Support



- Creating Classroom Rules Students Follow
  - Unique Techniques to Engage and Inspire ELL Students to Succeed in School
  - Teaching Distracted Students, Plus Those in Crisis, and Those That Have Competing Responsibilities
  - Methods to Teach Students What to Wear and Bring to School
- **RESULTS:** Participants will learn approximately 80 specific intervention strategies for every type of school problem named by course attendees. Participants will develop a deeper understanding of work refusers, unmotivated youngsters, class clowns, disruptive youngsters, ELL and traumatized students, and will learn exactly how to create a positive, productive classroom. Participants will learn hard-to-resist, more effective methods that actually motivate apathetic students to become more motivated, enthusiastic, productive participants in school. All interventions will be drawn from practical and research-based approaches. Participants will become more confident about managing any students that they have struggled to manage in the past. Participants will learn how to reduce the number of minutes lost to on-demand behavior management, and will increase the number of minutes devoted to academic instruction. Participants will learn how to actually teach students how to have School Skills (be prepared, motivated students, with a positive attitude.)

- Social Skills Strategies (1 hours)
  - Peer Interaction Skills Methods
  - Social Behavior Skills Methods for the School Setting; Includes Teaching These Skills to Challenged, Traumatized, Out-of-Control, ELL and Misbehaved Students
  - Methods to Control Uncontrollable Students-- Even When "Nothing Works"

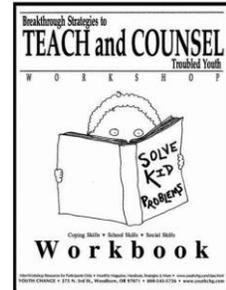


- Strategies to Manage Gang Members and Prevent Gang Affiliation
  - How to Prevent or Moderate Peer Bullying, Includes Cyber Bullying
  - Teaching Students How to Interact with Peers of the Opposite Gender
  - Teaching Students How to Interact with Diverse Peers
  - Teaching Disrespectful Students to Behave More Respectfully to Adults and Peers
  - How to Teach Students to Have Appropriate Personal Space and Distance
  - Methods to Teach Appropriate Interactions with Authority Figures
- **RESULTS:** Participants will learn approximately 70 specific intervention strategies for every type of student social problem named by course attendees. Participants will learn exactly how to manage "unmanageable" students in their classroom. Participants will overcome any barriers they feel exist that keep them from effectively working with unmanageable students who are aggressive, disrespectful, non-compliant, verbally aggressive, or hostile. Staff will learn more effective methods for all types of social skill problems that are evidenced in school. Interventions will be drawn from approaches shown to be effective with children and adolescents, and these methods will include basic mental health techniques long documented as the preferred methodology. Participants will become more confident about managing any students that they have struggled to manage in the past. Participants will learn how to feel more confident managing even extremely hard-to-control youngsters. Class participants will learn essential safety information that could help prevent a serious incident or shooting at school. Methods for gangs, bullies, violent youth, and angry students will also be offered.

## Course Results

For 20 years, Youth Change Workshops has provided workshops that offer counselors, teachers, special educators, principals, social workers, psychologists and foster parents

powerful, cutting-edge methods to reduce violence, withdrawal, family problems, depression, ADD, ADHD, school failure, work refusal and apathy. Participants crisscross the U.S., sit for hours in Los Angeles traffic, fly in from Japan and Australia, crash full sessions, and brave winter snow storms to attend this class-- and actually still say "It was worth the trip!" Don't take our word for our results. Listen to our participants. Full, signed letters are available for your review. Here are some typical reactions to Youth Change's workshops:



"Your workshop presentation played a significant role in better equipping staff for the challenges and privilege of working with these children." Jinna Risdal, Washington Primary Intervention Conference

"Four years ago I took a group of teachers to your workshop. It changed my life. I gained a new understanding of the students I work with and now share your strategies as part of my new teacher training each year. Your workshop ranks as my number one ever in all my years of education." Kristie McCuston, Vice Principal, Garland, TX

"Most interesting, useful workshop I've ever been to." Phyllis Eccles, Special Ed Teacher, Hillsboro Elementary School, Hillsboro, TX

"Incredibly useful. Inspiring." Caryn Curry, Counselor, Lincoln School, E. Chicago, IN

"Absolutely phenomenal! A Great deal of useful information." Jami Giamusso, Washington Learning Disability Association

"Just a fabulous, life changing two days."  
Bernadette Ostrozovich, Outreach Instructor, Indianapolis, IN

"So many good ideas, I couldn't write fast enough."

Diana Borg, Teacher, O'Fallon, MO

"Can't wait to share your ideas with our staff. I loved the way you tailored the interventions to the type of student. It was refreshing to finally attend a workshop where the presenter actually presented and didn't fill the workshop with 'touchy feely' activities

with little relevance." Sally McAfee, Coordinator of Alternative Education, Corvallis, OR

"I attended a workshop several years ago...5, 6 or 7 years...I don't quite remember. But I remember the impact that workshop made on me like it was yesterday. I remember you handing out little strips of paper, giving each workshop participant about 15 pieces of paper, with a wide range of problems young people face every day. Some were simply life situations, grandmother's death, argument with best friend. But some were so horrific...being molested, being hungry with no food in the future, being beaten. I realized that day that I never know what a student may be facing every day. So thank you again for that lesson that I have kept with me every day in working with my students." Cathy Harper, Mother Lode Job Training, Sonora, CA.

## Additional Details



### About Youth Change Workshops

For more than twenty years, Youth Change Workshops has been one of the nation's leading providers of professional development training for teachers, counselors, social workers, psychologists, special educators, and juvenile court workers. Learn more about us on our website, [www.youthchg.com](http://www.youthchg.com). We are located at 275 North Third Street, Woodburn, Oregon 97071. Reach us toll-free at 1.800.545.5736. Our fax is 1.503.982.7910. Email our Director, Ruth Herman Wells, M.S. at [dwells@youthchg.com](mailto:dwells@youthchg.com).

## About the Instructor

Veteran instructor, Ruth Herman Wells, M.S. is the author of dozens of books, videos and articles on helping challenged and problem students to succeed in school and life. She is the director of Youth Change Workshops, and has written four popular books for Pro Ed Publishers, one of the world's largest publishers of resources for challenged and special needs students. She writes a regular column for SEEN Magazine, and has appeared in the Child Welfare Report, The Corrections Compendium, and countless other publications. Ruth has trained staff in every imaginable setting from elementary schools to high schools, from Job Corps to mental health hospitals, from correctional programs to adult schools, from Pre-K programs to colleges. Ruth has trained staff from the Florida Keys to the Arctic Circle. People routinely travel from as far away as Australia, Japan and the United Kingdom to learn from Ruth how to better reach and teach their students. Ruth delivers concrete, practical, cutting-edge learning interventions everywhere she goes, and she can deliver immediate, measurable results for your participants too.



Read what people say about Ruth Herman Wells, M.S:

"5 hours in L.A. gridlock. Your information brought me back." Judi Hynen, School Counselor, Los Angeles, CA

"Bam! Pow! Instructor hits you right between the eyes with lots of new approaches, ideas and information." Patty Boland, McGrath School, Napa State Hospital, Napa CA

"We were desperate. Now there's hope" Sandra Carpenter, Teacher, Lancaster, OH

## Workshop Cost

Youth Change charges a flat fee that includes travel, lodging and all fees, however other pricing arrangements can be made if necessary. To ask about our fee or other questions, contact Ruth Herman Wells, Director, Youth Change Workshops, 1.800.545.5736 or email [dwells@youthchg.com](mailto:dwells@youthchg.com).

Availability of dates is limited-- especially in fall and summer. It is important to note that many dates are booked far ahead, so contact Ruth as soon as you can to place a tentative or definite hold on your choice of days while that date is still available.

**Call 1.800.545.5736 to Schedule Your Event Now**

Popular Dates are Quickly Taken

Book Now or Place a No-Obligation Hold on Your Dates

# Youth Change Workshops

Your Problem Student Problem-Solver

1.800.545.5736    [dwells@youthchg.com](mailto:dwells@youthchg.com)    [www.youthchg.com](http://www.youthchg.com)

