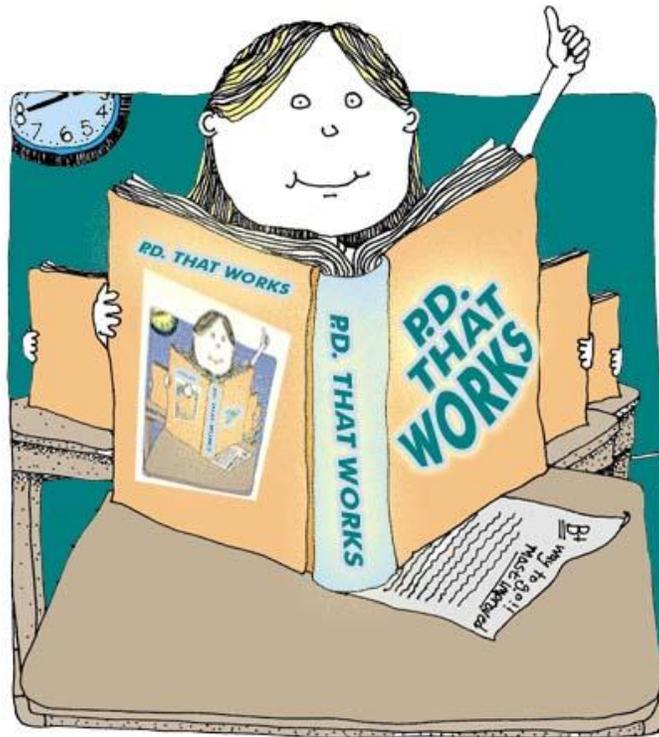


**Breakthrough Strategies to  
Teach Troubled &  
Problem Students**  
**Workshop for Novice Teachers**



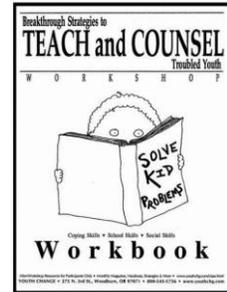
**PROPOSAL**

**Youth Change Workshops**

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

# 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 and emotional concerns. Typically, 80% of teacher college training focuses on content, and a mere 20% addresses the social and emotional problems that dominate many classrooms.



Many teachers waste a whopping 22 minutes of instruction time each hour to address classroom management problems. All that college training on content is wasted when classroom management takes center stage, and academic instruction takes a back seat.

Even newly minted teachers often feel that their training prepared them to work with Beaver Cleaver in the 1950s, yet they humorously report seeing Beavis and Butthead showing up in their classroom every day.

Novice teachers often quickly leave teaching because they feel utterly unprepared. Novice teachers are especially like to report feeling they lack practical, immediately usable methods to prevent and manage classroom management concerns. Typically new teachers feel they have received little formal preparation that give them the practical, "nuts and bolts" of classroom management. They also feel like they have equally scant training to address their students' ever-worsening social and emotional concerns-- but every day students' social and emotional problems arrive at school with them. Although these social and emotional problems have continued to become more and more serious than ever before, teachers' university training has stayed largely the same. A widening gap has developed: new teachers may be experts in their content area, but they may feel increasingly unable to effectively manage students' increasingly bad behavior, family problems, bad attitudes, negativity, crises, work refusal, tardiness, substance abuse, bullying, gangs, violence, disrespect, non-compliance, apathy, and defiance

that they face every day in the classroom.

Youth Change's **Breakthrough Strategies to Teach Troubled and Problem Students** offers novice teachers the practical, real-world classroom management training they didn't receive in college. For two decades this course has shown teachers how to prevent or stop the classroom management problems, plus thousands of teachers have learned how to better identify and manage students' social and emotional problems that impede learning. Your on-site workshop will be customized to meet the needs of Pre K through Grade 12 novice teachers, however this workshop will also be beneficial for veteran teachers, special educators, alternative educators, teaching assistants, school counselors, administrators, support staff, and anyone who struggles to manage and work with difficult and troubled children and youth.

The **Breakthrough Strategies Workshop** has a 20 year history throughout North America.

Many Education Service Districts, school districts, conferences, and agencies have

sponsored our workshops. Among the sponsors are the Washington State Primary Intervention Conference, Douglas County Oregon ESD, Washington State Americorps, Orange County Florida Schools, WAVE Conference, Louisiana Families in Need of Services Conference, California Court School Teacher Conference, and Texas Principals' Institute. For two decades, this course has offered college graduate credit clock hours.

While Youth Change's **Breakthrough Strategies Workshop** is theoretically sound, this course does not offer more theory as many new teachers have strong theoretical backgrounds. Instead, this seminar is primarily practical and results-oriented. The methods (an example is shown at right) offered in this course were developed "in the trenches" with students like yours, and the results of these efforts were researched and documented in a variety of ways, including publication in the journal of the Center



for Social Policy, and in other professional and national venues.

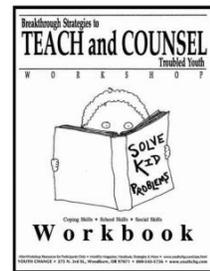
A 20 hour version of this seminar would provide approximately 300-400 strategies for whatever specific social, emotional, and school problems your staff identify. That makes the **Breakthrough Strategies Workshop** quite unique because your course participants will actually be able to set the agenda 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. This workshop will precisely target your novice teachers' most important concerns then deliver ready-to-use, real-world solutions they can use the very next day. In addition, this workshop will put that novice teacher "inside" their students' "skin." Teachers 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.

Youth Change can provide full and part day workshops in any configuration, including a 20 hour option over multiple sessions. Youth Change warrants 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 toll-free Live Expert Help line and a Live Expert Help web page, all designed to be ready to 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 novice teachers won't be alone in that classroom anymore. Youth Change Workshops will be right there with them.

# BREAKTHROUGH STRATEGIES to TEACH TROUBLED & PROBLEM STUDENTS WORKSHOP

## Course Overview

Your new teachers will bring their most serious student problems with them to the **Breakthrough Strategies to Teach Troubled and Problem Youth Workshop**, and they will receive hundreds of practical, problem-stopping, ready-to-use interventions on the spot. This professional development inservice delivers the best answers for your worst student problems, and shows your staff exactly how to create a positive, safe, productive learning environment-- even for classrooms that have had significant or chronic classroom management problems.



**The Breakthrough Strategies to Teach Troubled and Problem Students Workshop** delivers 200 ready-to-use, more effective strategies for any type of student and any type of problem. Your participants will name the problems at the start of the course, then systematically learn solutions. Your teachers will learn the newest, most effective methods that exist. An example strategy is shown at right. These strategies have been designed to turnaround defiant, unmotivated, traumatized, out-of-control, special needs, difficult, truant, violent, conduct disordered, oppositional, emotionally disturbed, depressed, non-compliant, learning disabled, and withdrawn youth and children ages 5 through 18. This workshop



offers updated, innovative solutions that are more effective than conventional approaches. Participants learn how to identify different types of student social, emotional, and school problems, and to match the intervention to the specific problem, allowing the teacher to more precisely and quickly target and solve the concerns they encounter. This increased precision and speed will give many teachers back many hours of instruction time that otherwise would have been lost. Your staff will become expert managing all the varied social and emotional problems that today's students present on a regular basis.

This course is available over 20 hours, with a 6 hour initial, one day session, and follow-ups in 2-3 hour blocks. This course will cover Grades Pre-K through 12. A suggested schedule is below but can easily be modified to meet your needs.

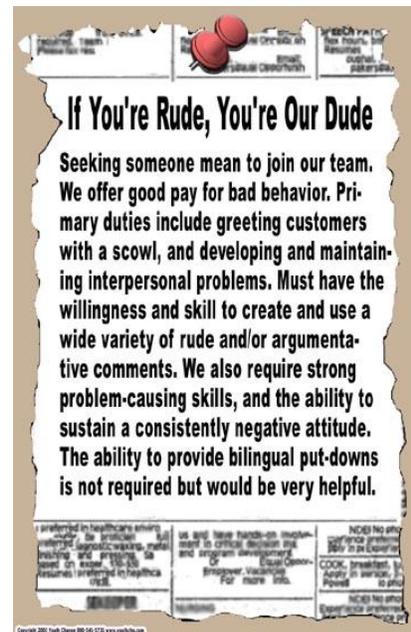
## Course Outline

20 hours, 6 sessions, approximately 300-400 Coping, School, and Social Skills interventions. Participants will produce a customized curriculum geared for their classroom. They will document quantifiable classroom improvements using measures like minutes tardy or number of interruptions. They will further document their results by taking a course pre- and post-test.

### Session 1

6 hours

- Course Introduction and Pre-Test (.5 hour)
- Course Overview, Participants Identify Key Student Problem Areas, Receive Initial Information on Those Problems (1 hour)



- Intervention Strategies Overview and Sampling of Interventions (1.5)
  
- Coping Skills Strategies (3 hours)
  - How to Manage Unmanageable Students, How to Teach Self-Control
  - Overcoming Personal Barriers to Succeeding with Diverse, Special, 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 130 specific intervention strategies for emotional and family problems. They will develop a deep understanding of basic mental health concerns for children and adolescents, and learn exactly how to effectively manage and address those concerns using research-based approaches. Participants will become more confident about managing students-- even those who they have not felt successful with in the past. Participants will overcome any barriers they face that prevent successful classroom and student management.



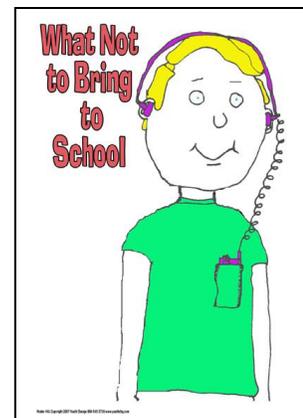
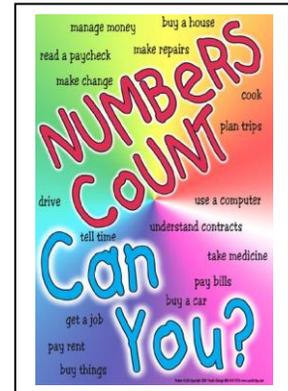
## **Session 2**

3 hours

- Continuation of Coping Skills Section from Session 1, as needed

- 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 or Become Rap Stars
- 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 Children and Teens 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 Inspire Potential Dropouts to Stay in School and Work Harder
- Teaching Distracted Students, Plus Those in Crisis, and Those That Have Competing Responsibilities
- Methods to Teach Students What to Wear and Bring to School
- Managing Public Displays of Affection and Social Interaction Concerns in the Classroom



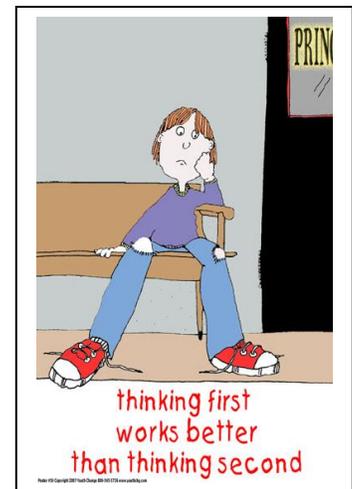
- **RESULTS:** Participants will learn approximately 140 specific intervention strategies for every type of school problem named by course attendees. Participants will develop a deep understanding of work refusers, unmotivated youngsters, class clowns, disruptive

youngsters, children with challenges, 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 children and teens 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 children and teens how to have School Skills (be prepared, motivated students, with a positive attitude.)

### **Session 3**

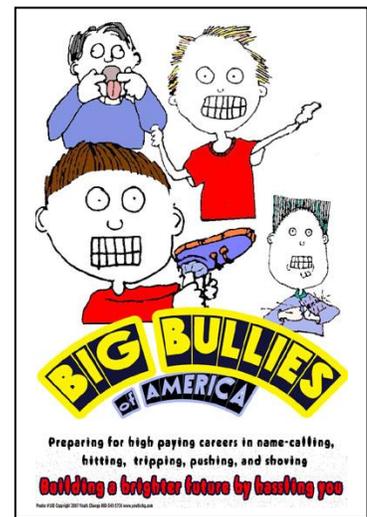
3 hours

- Continuation of School Skills from Session 2, as needed
- Social Skills Strategies (3 hours)
  - Peer Interaction Skills Methods
  - Social Behavior Skills Methods for the School Setting; Includes Teaching These Skills to Challenged, Traumatized, Out-of-Control, 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
  - 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
- Gender-Specific Interventions for Girls and Young Women; Includes Helping Female Students Understand They Can Learn Math and Science
- Methods to Address and Prevent Substance Abuse, Tobacco Use
- Methods to Teach Appropriate Interactions with Authority Figures

- **RESULTS:** Participants will learn approximately 130 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. Your staff will learn more effective methods for all types of social skill problems that are evidenced in school.

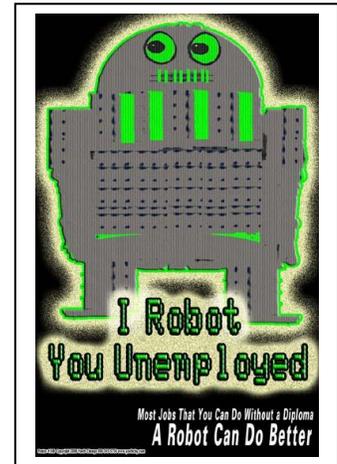


Interventions will be drawn from approaches shown to be effective with children and adolescents, and these methods will include basic mental health techniques long documented as the preferred methodology. Participants will become more confident about managing any students that they have struggled to 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.

## Session 4

3 hours

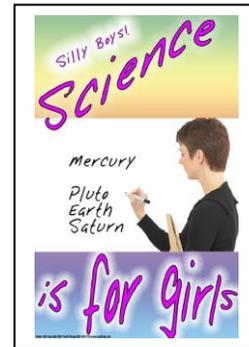
- Continuation of Social Skills Strategies from Section 3, as needed (2 hours)
- Applying Coping, School, and Social Skills in Your Classroom, Part 1 (1 hour)
  - Solutions for General Problems Using the Methods Offered in Previous Sessions
  - Participants Discuss and Resolve Difficulties They've Experienced Applying New Methods with Specific Students
- Developing a Curriculum for Teaching Coping, School, and Social Skills in Your Classroom (2 hours)
  - Participants begin the process of creating a print or online lesson plan manual that will be a curriculum to guide them to teach their students Coping, School and Social Skills.
    - **RESULTS:** Participants receive help with specific difficulties they have experienced applying their new training in their classroom and school. Participants will create a print or online manual with interventions learned in class or developed by the class members. The participants will be provided with technical assistance including lesson plan ideas, graphics, and other help as needed. Participants will have a lasting document customized to their specific students, classroom, problems, and goals.



## Session 5

3 hours

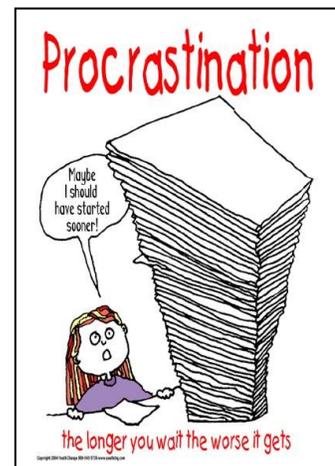
- Applying Coping, School, and Social Skills in Your Classroom, Part 2 (1 hour)
  - Solutions for General Problems Using the Methods Offered in Previous Sessions
  - Participants Discuss and Resolve Difficulties They've Experienced Applying New Methods with Specific Students
- Developing a Curriculum for Teaching Coping, School, and Social Skills in Your Classroom (2 hours)
  - Participants begin to finish the process of creating a print or online lesson plan manual that will be a curriculum to guide them to teach their students Coping, School and Social Skills.
    - **RESULTS:** Participants receive help with specific difficulties they have experienced applying their new training in their classroom and school. Participants will create a print or online manual with interventions learned in class or developed by the class members. The participants will be provided with technical assistance including lesson plan ideas, graphics, and other help as needed. Participants will have a lasting document customized to their specific students, classroom, problems, and goals.



## Session 6

2 hours

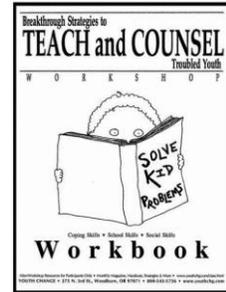
- Final Fine-Tuning Coping, School, and Social Skills in Your Classroom (1 hour)



- Solutions for General Problems Using the Methods Offered in Previous Sessions
- Participants Discuss and Resolve Difficulties They've Experienced Applying New Methods with Specific Students
  
- Presenting Your Curriculum for Teaching Coping, School, and Social Skills in Your Classroom (2 hours)
  - Participants present their curriculum manual to the group, and discuss
  
- Post-Test
  
- 
  
- Summary and Inspirational Closing Talk
  - **RESULTS:** Participants are given a final chance to receive help applying the methods offered throughout this course. Participants will be able to receive assistance with general problems, and with specific students. Participants will have a personalized lesson manual for teaching Coping, School, and Social Skills in their classroom, plus they will see and discuss the manuals created by their colleagues. Participants will have resolved any personal concerns about successfully managing problem and challenging students, and will have established a positive, productive learning environment in their classroom. Class members will be able to demonstrate improvement by successfully completing the course post-test. Participants will provide quantifiable documentation showing decreases in classroom management issues like tardiness, talk outs, interruptions, and lost instruction time. The participants will be inspired and recommitted to their jobs. Participants will have learned 300-400 improved interventions. Participants will report having better, more effective methods for their current students, along with reduced stress, and increased confidence.

## Course Results

For 20 years, Youth Change Workshops has provided workshops that offer 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:



"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

"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 everyday. 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.

"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

"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

"Most interesting, useful workshop I've ever been to."

Phyllis Eccles, Special Ed Teacher, Hillsboro Elementary School, Hillsboro, TX

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

Diana Borg, Teacher, O'Fallon, MO

## 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 educators. 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).

For two decades, our workshop participants have rated our sessions as over 9 on a scale of 1 to 10. We want your event participants to agree so we are happy to answer any questions prior to booking our workshop.

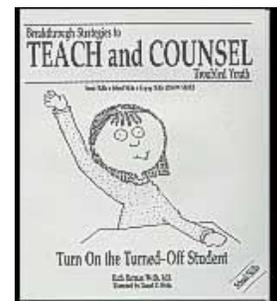
After your event, we will stand behind your participants with our never-ending warranty. We are always available to your attendees to assist them with expert help to best manage any concerns that develop with their students.

#### About the Instructor



Veteran instructor, Ruth Herman Wells, M.S. is the author of dozens of books, videos and articles on helping 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.

Ruth has managed many types of mental health settings including independent living programs and day treatment. Her mental health insight will be the perfect match for your staff's expertise on content. Ruth's lively, hard-to-resist presentation



style will encourage your staff to speak out and get involved in the presentation. Your conference participants will name the problem areas they see in their classes, then Ruth will deliver some of the most innovative, effective methods that exist. Ruth's methods were honed with children and youth in classrooms, special ed, locked justice settings, and mental health agencies. Ruth will be prepared to provide active learning interventions for any type of student and any type of problem. Ruth specializes in solutions for classroom management problems, poor motivation, negative attitudes, discouragement, procrastination, poor study skills, inadequate organizational skills, difficulty communicating, social skill concerns, anxiety, overwhelm, crisis, apathy, lateness, and absenteeism. Ruth has methods especially designed to work well with students from diverse backgrounds, students who have difficulty learning English, and students who face multiple barriers to academic success.

The methods Ruth features in her workshops were created in schools and treatment centers with students just like yours. The results of those efforts have been documented and published in many venues. One program that Ruth directed showed a remarkable graduation rate of 90% for dropouts, as well as a 10% recidivism rate for juvenile offenders. That program also documented reductions in tardiness and absenteeism. One Washington State school district using these methods noted reductions in referrals to detention and suspension, and that district won the state education association's Most Improved School District award after incorporating these approaches. Ruth's work draws heavily on well-researched mental health, education, and psychology studies including Stanton Samenow's work on conduct disorders and oppositional-defiant children. Ruth's interventions are designed to work when conventional methods fail, and were created to help you enhance your results with your students who are struggling.

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

"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

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

#### Workshop Cost

Youth Change normally charges a flat fee that includes travel, lodging and all fees, however other pricing arrangements can be made if necessary. For your workshop, we can provide 20 hours of instruction over 6 sessions, per the outline included above. Other time frames are available as well from 2 hours on up. The 20 hour course would cover students Grades Pre-K through 12. We would also provide you with the master copy of our course workbook so you can duplicate the booklet for your staff. Please call us for the fee, which will cover any number of participants. To book, 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 spring 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

New Solutions to Turnaround Struggling Students

1.800.545.5736 dwells@youthchg.com www.youthchg.com

