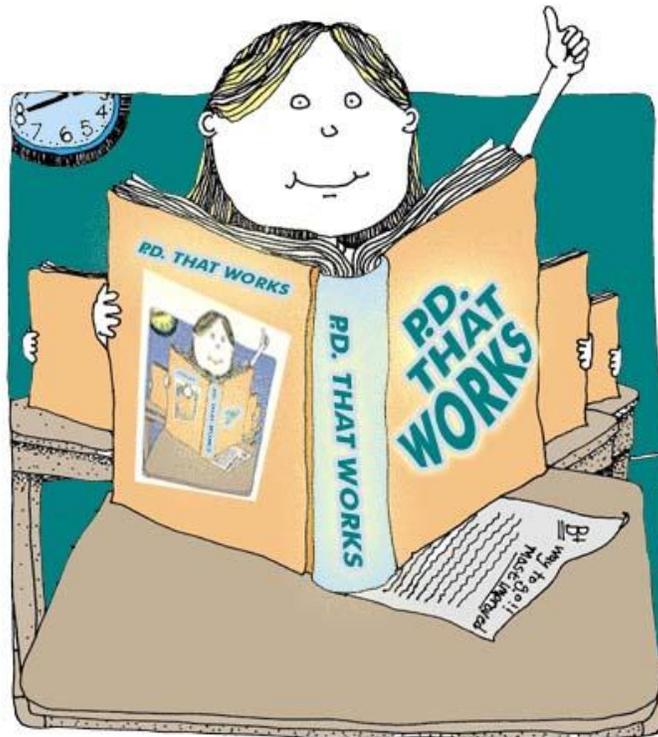


# Breakthrough Strategies to Teach & Counsel Troubled Students

## Workshop



## PROPOSAL

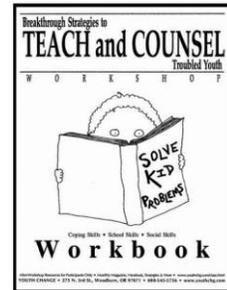
Teachers of Middle and High School Alternative Education Program

## 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 to alternative education middle and high schools. Youth Change's professional development workshop helps alternative education teachers to become more proficient in managing students' behavioral, social and mental health concerns. Typically, 80% of teacher college training focuses on content, and a mere 20% addresses the behavioral, social and emotional problems that dominate many alternative education classrooms.



Many teachers lose 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.

Youth Change's **Breakthrough Strategies to Teach and Counsel Troubled Students Workshop** offers middle and high school alternative education teachers the practical, real-world classroom management training they didn't receive in college. In addition, this course can provide inspiration and renewed enthusiasm to alt ed teachers who may be struggling with burnout, negativity, waning motivation or discouragement.

Your on-site workshop will be customized to meet the exact needs of alternative education teachers, however this workshop will also be beneficial for juvenile justice staff, juvenile court staff, special educators, teaching assistants, school counselors, administrators, support staff, and anyone who struggles to manage and work with very difficult and troubled students.

## Breakthrough Strategies Workshop

sessions have been held throughout North America. We also have provided training to hundreds of alternative education schools and conferences including Lincoln Hall (New York) Juvenile Corrections education staff, the Oregon Alternative Education Conference, and the Kentucky Behavior Disorders Conference. Other past alternative ed sponsors of our on-site workshops include: the Berkshire Union (NY) Alternative School, The Children's Center (CT), Riverhead (NY) School, Roosevelt Children's Academy (NY), and The New School (CT).



While Youth Change's **Breakthrough Strategies Workshop** is theoretically sound, this course is intended to be immediately useful and practical. Most alternative education teachers already have strong theoretical backgrounds. Research-based methods are used, and sources and studies cited as needed. The methods (an example is shown at right) offered in this course were developed "in the trenches" with alt ed 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, the Christian Science Monitor and in other professional and national media and venues.

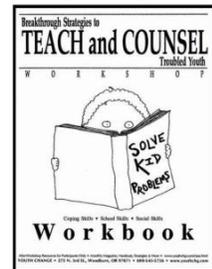


The 10 hour, 1.5 day version of this seminar provides approximately 200 strategies for whatever specific social, emotional, and school behavior problems your staff identify. (Other course lengths are available.)

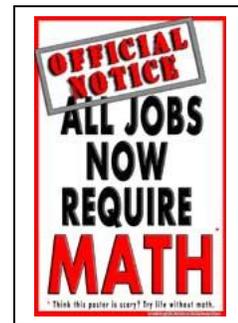
# BREAKTHROUGH STRATEGIES to TEACH TROUBLED STUDENTS WORKSHOP

## Course Overview

Your alt ed 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. This professional development inservice delivers the best answers for your worst student problems, and shows your alt ed staff exactly how to create a positive, safe, productive learning environment-- even for classrooms that have had significant or chronic classroom management problems.



Although this workshop can cover almost any problem, we specialize in providing problem-stopping strategies for acting-out, backtalk, truancy, apathy and poor motivation. We also specialize in ensuring that all staff are able to maintain or develop a positive outlook on even their most difficult students. A prime benefit of this course is that even burned-out, negative, or discouraged staff often leave the workshop greatly re-energized, more hopeful, more motivated, and with a far deeper sense of obligation to, and compassion for all their students. School must be a haven for alt ed students. This course helps you ensure that.





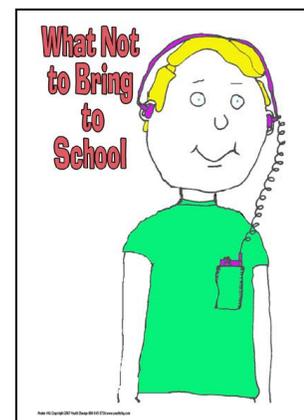
develop a deep understanding of basic mental health concerns for alternative ed students, and learn exactly how to effectively manage and address those concerns using research-based approaches. Participants will become more confident about managing alt ed students, even those who they have not worked 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 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 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 Inspire Potential Dropouts to Stay in School and Work Harder

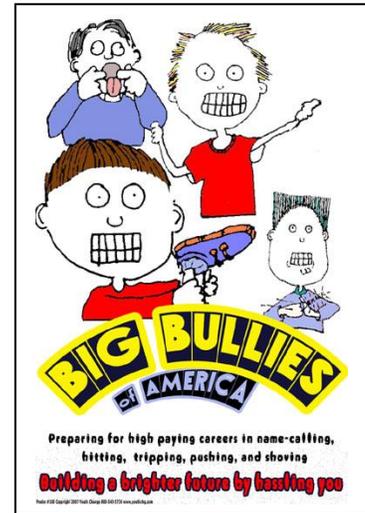


- Teaching Distracted Students, Plus Those in Crisis, and Those That Have Competing Responsibilities
- Methods to Teach Students What to Wear and Bring to School
  - **RESULTS:** Participants will learn approximately 80 specific intervention strategies for every type of school problem named by course attendees. Participants will develop a deep understanding of work refusers, unmotivated youngsters, class clowns, disruptive youngsters, 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 alt ed 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 alt ed students how to have School Skills (be prepared, motivated students, with a positive attitude.)
- Social Skills Strategies (1 hour)
  - 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, 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. 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 alt ed 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.

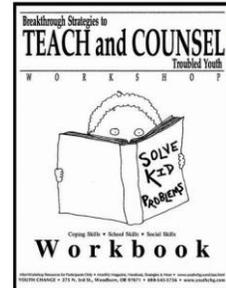


## Course Results

For over two decades, Youth Change Workshops has provided workshops for alternative education staff that offer methods to reduce defiance, improve motivation, address mental health concerns, 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 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.

"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 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.

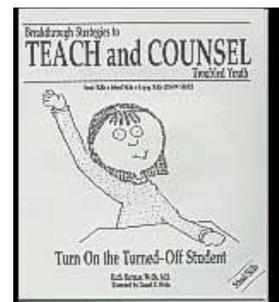
The methods Ruth features in her workshops were created in schools and treatment centers with students just like yours. The results of those efforts have been documented and published in many venues. One program that Ruth directed showed a remarkable graduation rate of 90% for dropouts, as well as a 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



**Call 1.800.545.5736 to Schedule Your Workshop Now**

# Youth Change Workshops

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