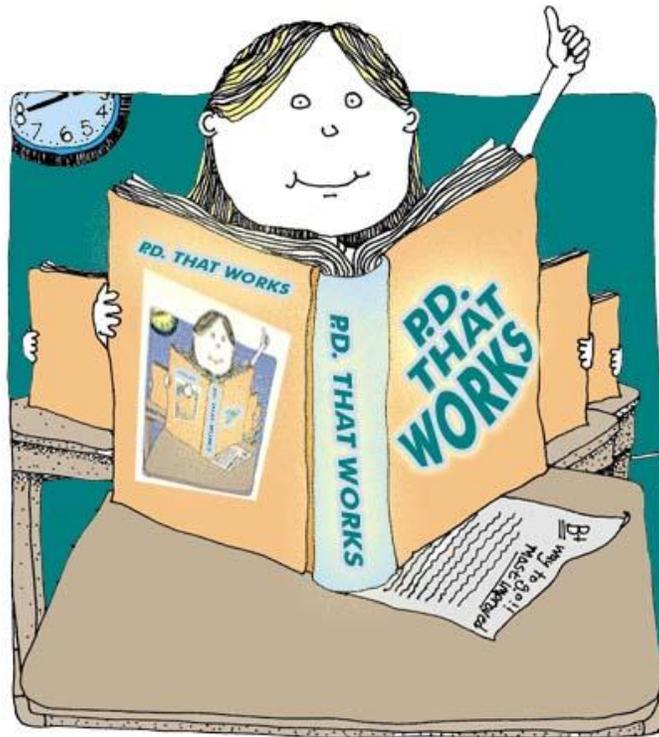


Breakthrough Strategies to Teach & Counsel Challenged Students

Workshop



Youth Change Workshops

*Techniques to Turn Around Student Behavioral Concerns
Through Improved Methods and
A Deeper Understanding of Trauma & Mental Health Challenges*

800.545.5736 | youthchg.com | 275 N. 3rd St, Woodburn OR 97071 | September 24, 2018

Proposal for a Residential Program

Breakthrough Strategies Workshop Overview

Brief Workshop Summary: This workshop offers 200 advanced, state-of-the-art techniques to turn around student behavioral concerns through the use of improved methods and a deeper understanding of the role of trauma, family issues and mental health challenges.



For over 25 years, Youth Change Workshops has been the nation's leader providing teacher, counselor, mental health staff and youth worker professional development training that addresses the entire range of social, emotional and academic concerns that youngsters present. Youth Change's workshops place a special emphasis on helping participants better understand the linkages between trauma, mental health concerns and crises, and the behavioral concerns that children, teens and young adults can present.

Youth Change's **Breakthrough Strategies to Teach and Counsel Workshop** offers teachers, counselors, youth workers, principals, social worker, psychologists, special educators and other professionals and paraprofessionals the newest, most effective intervention techniques to work with students who have school, social, emotional or behavioral challenges.

Your on-site training will be precisely customized to meet the exact needs of your participants. 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 conventional interventions.

Over the past couple decades, the **Breakthrough Strategies Workshop** has been presented to many hundreds of schools, child treatment programs, school districts, universities, colleges, conferences, and agencies. Among these thousands of sponsors are Temple University, Tongue Point Job Corps, Kansas Wesleyan University, Indiana Youth Institute, Lifesource Charter Schools (CA), Washington State University, Oregon Council for Hispanic Achievement, the University of Oregon, Lincoln Hall (NY) Correctional Facility, Sundown M Ranch (WA), Lynn University (FL), United ISD Residential Facilities (TX), and the California Alliance for Excellence Conference.

Workshop Description

The **Breakthrough Strategies to Teach & Counsel Workshop** provides hundreds of practical, ready-to-use, more effective, improved behavior and classroom management interventions. The workshop covers students from Pre-K through young adult, and strives to comprehensively address all the emotional, school and social linkages that can contribute to the development of, and maintenance of students' behavioral concerns.



The **Breakthrough Strategies Workshop** equips your participants with 200 ready-to-use, updated strategies to more effectively address the concerns presented by children, teens and young adults who face hurdles to succeeding in home, community, family, treatment, school and life.

The SpeakerWiki and SpeakerMix Top 10 educational workshop systematically targets the student concerns named by your participants. The methods are designed to be used by attendees who teach, work, counsel, mentor, foster parent, or case manage children and youth who struggle behaviorally, socially, emotionally or in school. The sessions are designed to provide improved strategies along with step-by-step, how-to application guidance.

Youth Change Workshops backs up the **Breakthrough Strategies** course with an unending warranty. If a participant ever needs additional help once the sessions have concluded, Youth Change maintains a Live Expert Help chat section of our web site to assist past participants. Plus, participants can access help by phone or email. Youth Change stands behind its workshop and it stands behind your participants with this never-ending warranty offering additional assistance should it ever be needed.

Workshop Learning and Behavioral Objectives

Course Objectives:

- Participants will identify the top Coping, School and Social Skills problems presented by their students and learn approximately 200 more effective interventions for those problem areas.
- Participants will learn the critical links between family abuse/trauma and student behavior, and how these experiences often contribute to the genesis and maintenance of behavioral, social, school and emotional concerns
- Participants will learn how to use specific lesson plans, intervention resources, techniques, activities and worksheets to prevent or manage their students' most serious and persistent Coping, School and Social Skills problems.
- Participants will learn how to structure their classroom, group or program setting to assist students to become more prepared, motivated successful students with improved social skills and emotional functioning.
- Participants will develop a deeper understanding of the origins of students' Coping, School and Social Skills problems, and will learn more comprehensive approaches to preventing and managing those concerns, including a focus on helping students to learn to use positive interaction skills, cope with trauma and crises, and succeed despite challenges and barriers.
- Participants will learn a broad array of new techniques to help students better manage and cope with emotional, family and mental health concerns.

- Participants will learn new techniques to help students better manage and cope with social skills challenges including bullying, hygiene, conversation skills, peer skills, personal space and distance, and response to authority.
- Participants will learn new techniques to help students succeed in school, including a focus on positive teacher interaction skills, accepting work, arriving on time, paying attention, homework skills, study skills, test taking and motivation.

Course Outline of Topics/Content for Each Session:

- **Introduction:** Participants identify their most serious and persistent student Coping, School and Social Skills concerns. Displays of resource learning materials are also examined and the course outline presented. (.75 hours)
- **Overview:** Sample intervention strategies from Coping, School and Social Skills segments are offered, and the workshop framework and context is provided. (1 hour)
- **Coping Skills:** Participants will learn approximately 65 innovative, more effective Coping Skills strategies, and review the origins of emotional concerns in juveniles. A special focus is offered on issues surrounding trauma, abuse, violence, family issues, understanding basic mental health diagnostic categories, and common child and adolescent mental health issues.(3 hours)
- **School Skills:** Participants will learn approximately 65 innovative, more effective School Skills strategies to build positive attitudes, teacher interaction skills, authority skills, and community behavior, with a special emphasis on helping students who struggle to care about school or education. The links between mental health, trauma and family issues to school performance are examined. (3.25 hours)
- **Social Skills:** Participants will learn approximately 65 innovative, more effective Social Skills strategies to build positive peer interaction skills, comply with authority, follow rules, follow laws, have community readiness, and adult interaction skills. (2 hours)

Workshop Schedule and Logistics

The two day version of the **Breakthrough Strategies Workshop** includes 10 contact hours after deducting for breaks and lunch. Your on-site training may include any number of participants. As the course sponsor, you are free to charge any tuition you wish, or to charge no tuition at all.

For two day courses offering 10 contact hours or more, Youth Change can normally arrange to offer 1 graduate credit (quarter system) from a regionally accredited university for tuition of \$55, pending re-approval by the university. The university tuition is normally paid by participants who opt for earning credit, but we can arrange to have the host cover this fee if requested. If you will want college credit for your event, you must request it at least 5-6 months ahead to allow the university time to review our course repeat request. We can also usually arrange clock hours for your event, or if you prefer, we can assist you to arrange them through the university or governing body of your choice. This course is already approved in many states to offer a wide array credit and clock hour options for many professionals including educators, special educators, social workers, counselors, family therapists, chemical dependency counselors and more.

Without any extra charge, Youth Change can provide a boilerplate flyer to publicize your event, and a mailing list of area schools. Alternatively, Youth Change will grant permission to use text and images from our website and print materials to create your own flyer.

A G E N D A

Breakthrough Strategies to Teach and Counsel Workshop

Sessions: Day 1 - 8:30 AM - 4:30 PM | Day 2 - 8:30 AM -12:15 PM

Each class is different; break and content times will vary slightly

Two 15 minute breaks on Day 1 plus 1 hour lunch; one 15 minute break on Day 2, no lunch
10 contact hours total (minus lunch and breaks)

Day 1

8:30-9:15 **Introduction, Pre-Test, and Survey Participants** for Areas to be Covered

9:15-10:15 **Overview and Sampling of Strategies**

10:15-10:30 Break

10:30-12 **Coping Skills Strategies**

12-1 Lunch

1-2:30 Coping Skills Continues

2:30-2:45 Break

2:45-4:30 **School Skills Strategies**

Day 2

8:30-10 School Skills Strategies Continues

10-10:15 Break

10:15-12:15 **Social Skills Strategies**

About the Instructor

Veteran instructor, Ruth Herman Wells, M.S. is the author of dozens of books, videos and articles on helping challenged students to succeed in school and life. She has degrees in Psychology, Counseling and Social Work, plus a Certificate in Child Treatment and Assessment. Ruth has helped create and

managed several model child treatment programs, independent living sites, juvenile justice programs and in-house schools. She has worked in mental health crisis clinics, as well as secure and community-based mental health treatment facilities, plus she has worked in special education classrooms, day treatment and mainstream schools.



Ruth is currently the Director of Youth Change Workshops, and her many publications include four books written for Pro Ed Publishers, one of the world's largest publishers of resources for challenged and special needs students. Ruth has been a featured columnist 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.

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

Call 1.800.545.5736 to Schedule Your Event Now

Popular Dates are Quickly Taken

Youth Change Workshops

1.800.545.5736 dwells@youthchg.com www.youthchg.com