



Youth at the
center of
everything
we do...

THIS REGION'S LEADING RESOURCE ON THE YOUTH DEVELOPMENT APPROACH

HISTORY

The Youth Development Network (YDN) collaborates with individuals, organizations, families and communities throughout the Sacramento region committed to promoting positive development of children and youth. YDN began in 2000 as a result of two studies conducted by Sierra Health Foundation and the Sacramento County Integrated Services Team. These studies identified a need to support youth providers with training and networking activities focused on promoting youth development research and practices.

WHAT WE DO

TRAINING—INSPIRING LEADERS & CULTIVATING LEARNING. YDN believes that in order to develop healthy young people, the people who work with youth must be equipped with effective tools and best practices. YDN provides community-wide and customized training and technical assistance to agencies and schools to help them align their practices with a youth development approach. Training programs include the Youth Development Institute, Youth Engagement Institute and Youth Leadership training. For a summary of YDN trainings, please visit the YDN website at www.ydnetwork.org.

NETWORKING—PROMOTING BEST PRACTICES AND CONNECTING RESOURCES. YDN is committed to the people and organizations they train, believing that sustainable change happens through continued education and networking opportunities. These opportunities include: continuing education of alumni, our trainers network, professional convenings, and ongoing resource and activity updates via the YDN website and e-blasts.

YOUTH ADVOCACY—BEING A VOICE FOR YOUTH. YDN works to promote success for all young people through its policy work. YDN participates on various advisory boards and facilitates discussions with policy leaders, the professional youth provider community, and youth leaders. YDN is actively engaged in the e:merge Coalition, Partnership for College Access & Success (PCAS), and Quality Counts.

Creating life changing experiences for youth to thrive and succeed.

Why Youth Development?

- In Sacramento County, one out of four students will not graduate from high school.
- 3,451 area youth are currently in foster care. 318 of them will age out of foster care with no place to live.
- Only 32% of Sacramento County 11th graders (who took the California Healthy Kids Survey) report caring relationships in school settings.
- Only 15% of 11th graders report meaningful opportunities to participate.

Research shows that youth who experience caring relationships, safe places, opportunities to participate and give back to community, and engaging skill-building opportunities are more likely to thrive. Not all young people have equal access to these supports for healthy development.



Youth Development Overview

This workshop will give a high-level overview of the Youth Development approach. In our time together, we will briefly explore the concept of Youth Culture, the research behind youth development, and the Youth Development Framework.

Participants will walk away with a better understanding of today's youth and be introduced to a research-based approach for helping them thrive and succeed.

This workshop is ideal for youth and adults who are either new to youth development or are stakeholders in their community's youth development growth.

4-Hour presentation / 50 participants max

Youth Development 101 Workshop

This is an introductory course on best practices for working with youth. This popular course is praised by youth providers, teachers, after-school practitioners, tutors and young people around the region as being one of the best hands-on trainings in the field. By means of this dynamic and experiential training, you'll receive insight on:

- Safety
- Relationship Building
- Youth Participation
- Community Involvement
- Skill Building

This training provides many opportunities for discussion and youth input. It is highly recommended for both adults and the young people in your programs!



2-day workshop - 35 participants max

Youth Development Institute (YDI)

The Youth Development Institute (YDI) was created to help schools and youth-serving organizations improve their classrooms and programs by incorporating evidence-based youth development practices. YDI provides participants with a powerful and interactive learning and training experience as a way to launch organizational change with the goal of aligning practices with youth development principles, building staff and agency capacity, and professionalizing the youth development field.

Through the YDI, participants will:

- Develop new professional skills and abilities using research-based practices.
- Receive resource materials and assessment information to develop a plan for classrooms and programs that better align with youth development practices.

4-day training session - 35 participants max

Optional Recommended YDI Follow-up Coaching: Each site/program receives up to 10 hours of on-site coaching assistance to build staff and classroom capacity to apply concepts and lessons learned through YDI and assist with implementation of action plans created in the YDI.

Managers YDI Training is also available -- 4-day session that covers: establishing core values, creating the ideal culture, and coaching versus supervision.



Creative Strategies to Engage Youth in the Community – Service Learning 101

This learning community is designed for K-12 educators, afterschool program staff, community-based organizations, and others who are working with youth on service learning projects. Service learning is a powerful teaching and learning strategy that engages students in youth-led community service projects integrated with academic learning.

In this interactive workshop, participants will learn:

- Elements of successful service learning projects
- How to identify, coordinate, and assess service learning projects, including how to develop successful community partnerships
- Techniques to engage youth and develop youth voice and leadership

1-day training for 35 participants
Includes a copy of “The Complete Guide to Service Learning” by Cathy Berger Kaye.



Taking the Next Steps with Service Learning – Service Learning 202

This learning community is designed for K-12 educators, afterschool program staff, community-based organizations, and others who are working with youth on service learning projects.

In this interactive workshop, participants will:

- Reflect on your service learning practice and identify new resources to enhance your projects
- Learn new ways to improve your service learning practice in the areas of collaboration, youth voice, reflection and evaluation.
- Network with other service learning practitioners and share successes and challenges

1-day of training for 35 participants

It's Not Just a Vote – Youth on Advisory Councils and Boards

This learning community is designed to help participants evaluate their program and classroom's ability to meet the needs of the youth it serves and learn the importance of having youth voice woven into the fabric of the organization's leadership and decision-making bodies.

During this workshop, participants will:

- Understand different models of engaging youth voice as part of your organizational culture
- Explore best practices of engaging youth in an organization's decision-making process.
- Assess your organization's readiness for youth in positions of power, and Explore how to support youth (and adults) through this challenging process.

2 days of training for 35 participants



Youth Engagement

Youth engagement is perhaps the most critical, and most challenging, aspect of our work with youth. What opportunities do all youth need in order to prepare them to be active leaders of their own lives?

This learning community is designed to provide opportunities for youth and adults to explore best practices, and to develop skills and strategies that support stronger youth participation, input, leadership and impact in their school, program and community.

Participants will:

- Learn how to structure and provide activities that encourage youth to take a more active role in decision-making and helping to shape their program or school
- Explore what youth/adult partnerships look like as well as the skills and strategies that make these partnerships work

2 days of training for 35 participants

Group Facilitation Skills

Do you work with youth in a group setting? · Do you experience group conflicts? · Do you have high turnover in group membership? · Do you have low group cohesion? · Is your group unproductive? · Is working with groups of youth just plain stressing you out?

Effective group facilitation can make or break a youth's experience in a program. To help you with making the most out of groups, we are bringing back two popular trainings—Group Facilitation Skills for Youth Workers 101 and 202—and offering them together as a two-day training.

This interactive workshop will help you move from group “director” to group “facilitator,” and provide you with the tools for:

- creating a strong, cohesive group, group management, incorporating various facilitation methods that appeal to the individual learning styles in a group
- reflective debriefing skills that will deepen the purpose of any group activity that you do.
- moving groups towards consensus,
- establishing team goals and work plans,
- creating goals for your group that are Specific, Measurable, Attainable, and Realistic.

2 days of training for 35 participants





Vantage Points - Diversity and Awareness from a New Perspective

This learning community is designed to allow participants to ponder the question: "How do our cultural beliefs affect our work with young people?"

We all work with youth and coworkers from backgrounds different from our own and we know that creating a culturally responsive environment impacts the success of our programs and schools. The Vantage Points workshop creates a safe place for participants to dive into these topics. The goal is to bring greater cultural awareness to our interactions with youth, their families, and each other.

Participants will:

- Use music, discussion, multi-media, laughter, and curiosity to explore how personal histories and beliefs impact our work.
- Uncover why what we learn through this exploration is essential to creating positive youth development supports & opportunities.
- Gain tools to create cultural safety, a foundation of positive youth development, in their program.

2 days of training for 35 participants

1-day and half-day versions of this workshop are also available

High School Orientation /Camp

The high school orientation was created to help high school students and teachers build strong relationships as the school year begins.

Through the 4-day camp session participants will:

- Build strong relationships that contribute to a safer program
- Develop a sense of connection and comfort with their new school campus
- Connect with school staff in an informal environment that fosters positive relationships
- Explore the values and key ideas that are central to your school

The orientation/camp consists of 4-days of teambuilding, interactive workshops, training and collaboration for up to 75 youth participants, customized to meet needs of the school or organization. Includes meals and materials for each day.

Includes follow-up coaching -- site receives up to 10 hours of on-site coaching assistance to support and apply concepts and lessons learned through camp.

4-day orientation for up to 75 participants



Additional Topics

The YDN staff is well versed in the following topic areas and would be happy to discuss how a customized training could be developed to bring to groups, schools, and organizations within your community

- Business Employers Youth Employment Program
- Peer Programs General Intro
- Setting Up Peer Mentoring Programs
- Peer Education Programs
- Peer Educators (youth audience)
- Peer Mediators (youth audience)
- Outcomes and Indicators / Evaluation Methods
- Conflict Mediation
- Organizational Assessments
- Youth Culture / Adolescent Development
- High Powered Learning /Study Skills (youth audience)
- Change Agents (youth audience)
- Basic Tools for Youth Advisory Board Members (youth audience)

Mission and Vision

YDN's mission is to create life-changing experiences for youth to thrive and succeed. YDN believes that training and professional development for people who work with youth is a critical component of achieving our vision. YDN's training programs, networking, resources, and public policy efforts all work together to improve the quality of youth services and promote youth development principles across a broad range of communities, youth serving organizations, education, faith groups, juvenile justice agencies, and businesses.

Our Organization's Values:

Relationships – Positive relationships are the key to our human existence; the need to treat and care about all people with genuine interest and mutual respect is essential.

Social Responsibility – Is a shared, collective action, based on justice, equity and access; that promotes respect for diversity, inclusion and collaboration in support of all young people.

Change – To foster change is to be curious, rather than certain; to regularly reflect and put our learning and insights into action; to be in a mode of continuous improvement.

Fun - Is a key in building partnerships and transforms what we must do into what we want to do.

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