



#### WORKSHOP SUMMARIES

*Anyone working with children or adolescents is invited to take advantage of this special weeklong no cost training opportunity...*

**Social Work and Counselor CEUs available for select workshops. Select workshops Step Up to Quality approved.**

**21<sup>st</sup> Century & TANF Monthly Invoicing, Budget Tracking, and Basic Excel Training**, Paris Hodgson and Jessica Christin, YMCA of Greater Cincinnati

Offered Monday, August 4<sup>th</sup>, 9:30 - 10:30 am

**Open to CincyAfterSchool staff only.**

Information provided on how to properly prepare monthly invoices for 21<sup>st</sup> Century & TANF grants. This will also include: how to prepare and track grant budgets & expenses. Training on how to use basic excel functions to assist you in tracking expenses.

**Action for Healthy Kids Resources for Afterschool Programs**, Shelly Roth, Action for Healthy Kids

Offered Monday, August 4<sup>th</sup>, 1:10 - 2:10 pm

Learn about the link between healthy nutrition, physical activity and academic success! Information will be shared about nutrition and physical activity resources and how to get involved in a regional collaborative working to support healthy afterschool programs.

**Afterschool Advocacy**, Carrie Baker, Voices for Ohio's Children/Ohio Afterschool Network/Baker Non-Profit Management LLC

Offered Friday, August 8<sup>th</sup>, 9:30 - 10:30 am and at 10:40-11:40 am

How to engage your state officials and better-advocate for afterschool and extended learning opportunities Also, budget outlook for 2009 and Ohio Afterschool Network advocacy update and agenda information

**Arts that Build Assets**, Kerry Ginn, YMCA ArtWheels

Offered Monday, August 4<sup>th</sup>, 9:30 - 10:30 am

Wednesday, August 6<sup>th</sup>, 9:30 - 10:30 am

Thursday, August 7<sup>th</sup>, 1:10 - 2:10 pm

Friday, August 8<sup>th</sup>, 1:10 - 2:10 pm

Participants will discuss how to develop creative experiences that build assets in students based on the Search Institute's 40 Developmental Assets- common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible adults. Learn how to give students the opportunity to explore, to brainstorm, to make creative choices, and to solve artistic problems. Come get inspired! Adding simple arts activities to your program will help your students find and trust their own voices.

**Bag of Bones: Using Math Skills to Understand Bone Density Here on Earth and Up in Space (Grades 4-6)**, Linda Neenan, iSPACE

Offered Wednesday, August, 6<sup>th</sup>, 1:10-2:10 pm

Using common materials, participants will be introduced to and engage in hands-on, minds-on activities that can be used to teach what

osteoporosis is, which minerals help to create strong bones and how we can create and maintain healthy bones. In addition, this activity will be used to teach the following mathematics concepts to students in grades 4-6.

- Number Sense and Operations (addition and subtracting with regrouping)
- Percentages
- Graphing

This is a good introduction other lessons on healthy diets.

**Best Practices for Teen Health Education**, Christopher Kraus, Cincinnati Children's Hospital Medical Center

Offered Wednesday, August 6th, 2:20 - 3:20 pm

A sampling of evidence-based guidelines and activities for teen sexual decision-making, healthy eating and physical activity that increase the probability of preventing pregnancy, sexually transmitted diseases and obesity.

**Building Relationships in Community Learning Centers**, Annie

Bogenschutz, Dara Jenkins, Eileen Cooper Reed, Central Clinic, Boys & Girls Club of Greater Cincinnati, Cincinnati Public Schools

Offered Tuesday, August 5th, 9:30 - 10:30 am

Thursday, August 7th, 9:30 - 10:30 am

Friday, August 8th, 10:40 - 11:40 am

What is a Community Learning Center and how to build effective and sustainable relationships with everyone who is involved.

**Building Sail Cars to Teach Math & Science (Grades 1-3)**, Linda Neenan, iSPACE

Offered Monday, August 4th, 10:40 - 11:40 am

Through building sail cars using simple common materials and extended activities using Roamer Robots, participants will be introduced to and engage in hands-on, minds-on activities that can be used to teach the following concepts to students in grades 1-3.

- Number Sense and Operations (addition and subtracting with regrouping)
- Geometry and Spatial Sense
- Graphing

Participants will receive a minimum of three lesson plans to take away.

**Bullying (Peer Abuse)**, Eve S. Pearl, Council on Child Abuse

Offered Tuesday, August 5th, 10:40 - 11:40 am

Wednesday, August 6th, 10:40 - 11:40 am

An overview of identification, prevention and intervention strategies about peer abuse/bullying will be provided. Related Internet safety issues will be included in the presentation.

**Child Abuse and Neglect**, Matt McGuire, St. Aloysius

Offered Monday, August 4th, 2:20 - 3:20 pm

According to the Child Welfare League of America, 17.7 children per 1,000 were abused or neglected in Ohio in 2004. This workshop will look at the Mandated Reporter requirements in Ohio and give participants some physical and behavioral indicators that could point toward child maltreatment.

**Children's Hunger Alliance and USDA Child Nutrition Resources for Your Afterschool Program**, Peggy Foland and Heather Combs, Children's Hunger Alliance

Offered Wednesday, August 6th, 9:30 a.m. and again at 10:40 a.m.

This session will cover USDA Child Nutrition Programs that may be able to help you receive reimbursement for nutritious snacks and suppers to children in your programs! Also, Children's Hunger Alliance will highlight a new social marketing campaign, "Eat Better, Do Better" and a few free/low-cost nutrition education curricula.

**CincyAfterSchool 101**, Rebecca Kelley & Rochelle Morton, Community Services YMCA

Offered Monday, August 4<sup>th</sup>, 9:30 - 10:30 am  
Tuesday, August 5<sup>th</sup>, 2:20 - 3:20 pm  
Thursday, August 7<sup>th</sup>, 10:40 - 11:40 am  
Friday, August 8<sup>th</sup>, 2:20 - 3:20 pm

Learn the methodology and best practices to running 21<sup>st</sup> Century Community Learning Centers. Workshop will include resource information on program development, program implementation and evaluation.

**Crisis Intervention**, Matt McGuire, St. Aloysius

Offered Tuesday August 5<sup>th</sup>, 1:10 - 2:10 pm  
Friday August 8<sup>th</sup>, 2:20-3:20 pm

It's a familiar pattern. A student gets frustrated, starts escalating and then a crisis erupts. This workshop will examine some reasons why this cycle occurs and will give participants some tools to prevent this from happening.

**Eating Disorders and Eating Issues**, Mary Pat Turon-Findley, Cincinnati Children's Hospital Medical Center

Offered Wednesday, August 6<sup>th</sup>, 1:10 - 2:10 pm

A review of information that is used in assessments, physical parameters, suggested re-feeding guidelines and information on various eating issues. Will review influence of media and show examples

**Explore & Experiment**<sup>®</sup>, Amy Weiskittel, LyondellBasell Industries, Cincinnati Technology Center

Offered Wednesday, August 6<sup>th</sup>, 9:30 - 10:30am

LyondellBasell's *Explore & Experiment*<sup>®</sup> program demonstrates the science in our everyday lives. This educational CD workbook for K-12 students is designed to spark an interest and help understand science and chemistry concepts. Why do diapers absorb so much liquid? Do all plastics repel water? The properties of plastics and their many uses will be explored in this hands-on introduction to *Explore & Experiment*<sup>®</sup>. Take-home resources will be provided courtesy of LyondellBasell Industries.

**Expressing Emotions through Art**, Sylvia Dick, 4C

Offered Tuesday, August 5<sup>th</sup>, 1:10 - 3:20 pm

**Space limited to 30 participants.**

**You must attend 2 hour session offered.**

Help your students discover safe ways to express their emotions through art in this hands-on workshop. Learn new strategies and activities that encourage creative expression, and ways to establish a positive climate of acceptance. A variety of materials will be used to connect tactile feelings with emotional feelings.

**Family/School Involvement**, Brian Neal, United Way

Offered Tuesday, August 5<sup>th</sup>, 10:40 - 11:40 am

Wednesday, August 6<sup>th</sup>, 10:40 - 11:40 am

Learn how to involve parents, guardians, and families in the programs in which their children participate.

**General Nutrition for Children**, Mary Pat Turon-Findley, Cincinnati Children's Hospital Medical Center  
Offered Wednesday, August 6<sup>th</sup>, 9:30 - 10:30 am  
This is a general overview of common nutrition needs and issues of Childhood/Teen ages. Suggestions for servings and healthy lifestyle

**Getting More Intentional about the Mentoring Relationship**, Mary Francis, ASAP Center  
Offered Tuesday, August 5<sup>th</sup>, 9:30 - 10:30 am  
Thursday, August 7<sup>th</sup>, 9:30 - 10:30 am  
This workshop provides an overview of the 40 developmental assets framework and activities to promote categories you choose to focus on to encourage our young people in both formal and informal settings.

**Holding Their Feet to the Fire**, Kay Fittes, 4C  
Offered Tuesday, August 5<sup>th</sup>, 9:30 - 11:40 am  
**Space limited to 30 participants.**  
**You must attend 2 hour session offered.**  
**Open to Site Coordinators or Supervisory Staff only.**

It isn't easy to lead and hold teachers accountable when you were their peer just the day before. Do your teachers really know what is expected of them from day one? Are you willing to risk their ire with tough leadership decisions? In this workshop, we'll explore your concerns about holding them accountable and give you a 12 step solution to this recurring dilemma.

**Importance of Volunteerism**, Kathy Painter, Council of Christian Communions  
Offered Thursday, August 7<sup>th</sup>, 10:40 - 11:40 am  
Friday, August 8<sup>th</sup>, 2:20 - 3:20 pm  
Effectively serve today's youth by being open minded, adapting, and relating. The benefits of serving and pooling resources will be discussed. Rely on the wealth of experience, knowledge, and access to information that individuals have and rotating team members for success. Receive an overview of CincyAfterSchool, reasons to become involved and ways to serve.

**Infusing Empowerment and Social Competency Assets into Your Curriculum**, Talia Frye and Kristy Woods, Brighton Center, Inc  
Offered Monday, August 4<sup>th</sup>, 10:40 - 11:40 am  
Wednesday, August 6<sup>th</sup>, 2:20 - 3:20 pm  
Hands on curriculum ideas to enrich the developmental assets of your youth

**Launching Math & Science with Rockets (Grades 4-6)**, Linda Neenan, iSPACE  
Offered Monday, August 4<sup>th</sup>, 1:10 - 2:10 pm  
Through building paper rockets and extended activities using LEGOs, participants will be introduced to and engage in hands-on, minds-on activities that can be used to teach the following concepts to students in grades 4-6.

- Number Sense and Operations (addition and subtracting with regrouping)
- Geometry and Spatial Sense
- Graphing
- Averages

Participants will receive a minimum of three lesson plans to take away.

**Laugh Out Loud**, Jennifer Henderson, Community Services YMCA  
Offered Thursday, August 7<sup>th</sup>, 2:20 - 3:20 pm  
How to use intentional laughter exercises for team building and stress release.

**Making History Fun**, Matt McGuire, St. Aloysius

Offered Wednesday August 6th, 2:20-3:20 pm

Friday August 8th, 1:10-2:10 pm

Sound impossible? Come and learn some ways to make history one of their favorite subjects.

**Normal & Abnormal Adolescent Behavior**, Tony Davis, Cincinnati Children's Hospital Medical Center

Offered Friday, August 8th, 9:30 - 10:30 am

Provides a philosophical framework for understanding teens' behavior, and identifying when a teen needs a professional mental health referral

**Obesity and Diabetes in Childhood**, Mary Pat Turon-Findley, Cincinnati Children's Hospital Medical Center

Offered Wednesday, August 6th, 10:40 - 11:40 am

Guidelines on lifestyle changes, suggested healthy snacks and exercise/activities Will offer information at helpful programs and follow up.

**Positive School Culture**, Kathy Bower, Cincinnati Public Schools

Offered Friday, August 8<sup>th</sup>, 10:40 - 11:40 am

Learn how to organize your aftercare environment and activities to support positive behavior in your students.

**Responsibility/Accountability N Music**, Chaz Atkinson, New Image

Consultants/All Eyes on Me

Offered Tuesday, August 5<sup>th</sup>, 10:40 - 11:40 am

Thursday, August 7<sup>th</sup>, 10:40 - 11:40 am

This workshop discusses the role music plays in the lives of our youth today, particularly Hip Hop music. The workshop will also discuss how to study the lyrics of songs and find out what kind of message the music/song is feeding our youth.

**Simple Ways to Empower Families Using the 40 Developmental Assets Framework**, Vicki O. Culler, ASAP Center

Offered Tuesday, August 5<sup>th</sup>, 9:30 - 10:30 am

Thursday, August 7<sup>th</sup>, 9:30 - 10:30 am

Explore a variety of ways youth serving organizations can provide information to parents and families.

**Success in CincyAfterSchool**, Joann Avant, Community Services YMCA

Offered Monday, August 4<sup>th</sup>, 10:40 am - 12 pm

**This is a closed session roundtable discussion open to CincyAfterSchool Site Coordinators and Supervisory Staff.**

Program promotion, recruitment and retention through intentional program planning

**Steps to a Healthier School Site**, David Martorano, Clippard YMCA

Offered Monday, August 4th, 2:30 - 3:30 p.m.

Thursday, August 7th, 9:30 - 10:30 a.m.

Simple steps to improve the overall health of your school site

**Teens and the Law - Know Your Rights**, Christopher Kraus, Cincinnati Children's Hospital Medical Center

Offered Thursday, August 7th, 1:10 - 2:10 pm

A review of teens' legal rights related to their health care, learning disabilities, fair hearings in court, and privacy when law enforcement agents stop and search them.

**Teen ADHD**, Tony Davis, Cincinnati Children's Hospital Medical Center  
Offered Friday, August 8th, 1:10 - 2:10 pm

How to recognize teens with attention deficit hyperactivity disorder, and how to make an effective referral to a mental health professional

**Teen Bipolar Disorder**, Tony Davis, Cincinnati Children's Hospital Medical Center

Offered Friday, August 8th, 2:20 - 3:20 pm

How to recognize teens with a bipolar disorder, and how to make an effective referral to a mental health professional

**Teen Depression**, Tony Davis, Cincinnati Children's Hospital Medical Center

Offered Friday, August 8th, 10:40 - 11:40 am

How to recognize teens with a depression disorder, and how to make an effective referral to a mental health professional

**Trauma**, Matt McGuire, St. Aloysius

Offered Wednesday August 6th, 1:10 - 2:10 pm

Thursday August 7th, 1:10-2:10 pm

Research tells us that chronic child maltreatment, especially in the early years of life, has lasting negative impacts on learning and behavior. This workshop will examine some of the physiological factors that may lead students to be more prone to behavioral difficulties and give participants some tools to be more successful working with traumatized students.

**Tutor "U"**, Erin Hans, CincyAfterSchool Tutoring

Offered Tuesday, August 5<sup>th</sup>, 2:20 - 3:20 pm

Fun and effective tools, strategies and techniques that enhance a child's reading and math ability

**Using Your Strengths to Build on Your Students' Strengths**, Joan Colleran Hoxsey, Relationship Resources LLC

Offered Monday, August 4th, 1:10 - 3:20 pm

**You must attend the full two-hour session.**

There is an increasing understanding of what makes work meaningful with many researchers and others focusing on "identity" as an important factor. The answer to questions like "what am I doing", "where do I belong" "who am I" and "why am I here" are fundamental in answering the question "what is meaningful work". This workshop will focus on the part of our identity that we often do not consider, that is, our character strengths. Practical, down to earth strategies to build our own strengths identity will be shared, the premise being that "you cannot give what you do not have". If we want our children to build their character strengths we need to know and use our own strengths.

**It is highly recommended that participants take the VIA (Values in Action) strength assessment prior to the workshop. That survey can be reached at [viasurvey.org](http://viasurvey.org). Please bring the print out of your results with you to the workshop.**

**YouthSpirit for Wellness**, National Women of Color Cancer Foundation

Offered Tuesday, August 5<sup>th</sup>, 1:10 - 2:10 pm

Thursday, August 7<sup>th</sup>, 2:20 - 3:20 pm

Friday, August 8<sup>th</sup>, 9:30 - 10:30 am

The goal of this workshop is to educate and promote health and wellness among our youth. Anticipating this will help reduce possible depression and other forms of health issues that affect our children's mind, body and spirit. Topics include ideas to relax whenever you want

to, handle stress effectively so that you can be more productive, find new energy within yourself to get more done each day and make decisions logically so that solving problems is easier

**Youth Voice: Change Agents through Civic Engagement**, Jana Nattermann, YMCA Black Achievers & Travis Hines, Political Consultant/Community Liaison

Offered Wednesday, August 6th, 2:20 - 3:20 pm

Thursday, August 7th, 2:20 - 3:20 pm

Engaging Teens in youth led community involvement through advocacy, local politics & campaigning.