

# SUMMER 2022 WORKSHOPS:

## TRANSFORMATIONAL PRACTICES IN YOUTH PROGRAMS

### What am I required to attend?

Each instructor must attend 6 total hours of PD as part of their work with ASM:

4  
HOURS

Pick two workshops from the  
PD Menu to attend (required)

2  
HOURS

Attend your two communities  
of practice (required)

### Additional Requirements for Specialized programming:

- All new instructors must also attend **New Instructor Institute**, **New Instructor Tech Talk**, or your choice of one additional workshop or office hours (6 total additional hours, required). Go to **Page 9** to check out New Instructor trainings!
- **SYEP and Chicagobility instructors** will have two additional hours of training for a workshop on understanding the programming model and requirements for these programs this summer (required).
- **In Person Instructors:** If you did not attend the 2021-2022 In Person Safety orientation, you must attend the live session. If you have already attended, you may view this recorded training and complete an exit slip.

## SPECIALIZED SESSIONS



### SAFETY ORIENTATION FOR IN PERSON INSTRUCTORS

Monday, June 13, 10:30 – 11:30 a.m.

---

As we adapt to the shifting landscape of COVID19, Teen and Instructor safety is our number one priority. This session is mandatory if you are teaching an in-person program and did not attend this session previously to learn about procedures and protocols to keep yourself and your teens safe. **Required for all instructors teaching in person who have not previously attended this session.**

Click [here](#) to join.

## WORKSHOP SERIES:

(All instructors are required to attend two sessions from the below list)

### WORKSHOP THEMES:



Healing and Trauma-  
Informed Practice



Anti-Oppression and  
Restorative Practice



Connection and  
Collaboration



### PLANNING AND PREPARING

Tuesday, June 14, 10:00 a.m. – 12:00 p.m.



A great program starts with a great plan. This session will first ask the question: what makes a great program? We will hear directly from young people what they look for in a summer experience, explore tools and strategies for components of a great program day, and dive into some planning tools and resources available for instructors. Time is precious, so instructors will also receive in-session curriculum and planning work time in which they can collaborate with peer instructors. Finally, instructors will share resources with one another for recruiting and enrolling successfully for a full program.

**Presenter Bio:** This session will be presented by **Emily Nott** of the ASM Professional Development team in partnership with Instructor Mentors from throughout the organization. Emily Nott has been in out of school time education for over a decade as a teaching artist, teacher educator, curriculum developer, and administrator. She has an M.Ed in Instructional Leadership from UIC and is the Director of Learning Communities at After School Matters. Session will feature breakouts with **Dawn Marie Galtieri** of **Voice of the City**, youth development leader **Maranielly Vazquez**, and other exemplar After School Matters instructors!

Click [here](#) to join and [here](#) to add to your Google calendar.

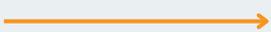


### INTRO TO RACE AND RACIAL EQUITY

Wednesday, June 15, 4:00 p.m.– 6:00 p.m.



**Recommended for New Instructors!** This workshop will focus on examining the social construct of race, discovering its origins and architects, and exploring ways that this social construct has impacted our present societal conditions. The session will be heavily informational, steeped in both social and historical context, and highly interactive. In this session, attendees will develop a deeper sense of awareness of race, learning to embrace the multiple facets of this social construct, and will be equipped with a common language and perspective concerning how this construct impacts our environments and organizations.

Continued 

## INTRO TO RACE AND RACIAL EQUITY (CONTINUED)

**Presenter Bios:** **Steven Rosado** (The Praxis Institute) works with individuals, teams, communities, and organizations to apply research and practice informed strategies to meet their goals. Terrence Pruitt (Project Restore Initiative) engages in healing justice and radical healing by using healing-centered engagement to support organizations and practitioners in their efforts to examine and address the dehumanizing impact of the disparities and inequities that so often create obstacles to overall well-being for students and communities.

Click [here](#) to join and [here](#) to add your Google calendar.



## CULTIVATING JOY

Thursday, June 16, 10:00 a.m. – 12:00 p.m.



Teens and youth workers alike face a paradigm-shifting question: what does it look like to come back? To come back in person, to come back together, to come back to community—for all of these, we need to cultivate and nurture joy and play. All work and no play leaves teens with a dull day! What type of energy do we want teens to feel when they enter and leave our programs? Let's re-connect to our inner child, let's pull out our favorite check-in questions, community builders, energizers, and reflection activities. Let's play! Together, participants will re-connect to fun in-person activities that cultivate joy and laughter, work with mentor instructors in a range of best practices for community builders, and activities.

**Presenter Bio:** This session will be presented by **David Gauna** of the ASM Professional Development team in partnership with Instructor Mentors from throughout the organization. David is an artist, youth educator, and community activist in Chicago and is the Professional Development Specialist at After School Matters.

Click [here](#) to join and [here](#) to add to your Google calendar.



## MENTAL HEALTH AWARENESS AND INTERVENTION

Wednesday, June 22, 3:00 – 5:00 p.m.



This session will provide instructors with tools to recognize mental health symptoms, respond compassionately and empathetically, and feel empowered to refer teens who may be struggling with mental health challenges to appropriate and available resources. In this session, instructors will explore real situations and scenarios that can arise in programming, talk about their role as a mental health 'first responder,' and learn about resources for referrals including free individual mental health services available to all ASM youth through a partnership with Adler.

Continued 

## MENTAL HEALTH AWARENESS AND INTERVENTION (CONTINUED)

**Presenter Bio:** Adler Community Health Services (ACHS) provides clinical and community mental health services informed by the core values of Adlerian theory and the mission of Adler University.

Click [here](#) to join and [here](#) to add to your Google calendar.



## DISABILITY JUSTICE IN YOUTH PROGRAMMING

Thursday, June 23, 10:00 a.m. – 12:00 p.m.



**Recommended for Veteran Instructors!** Rooted in an understanding of the Disability Justice movement and led by Disability Justice advocate Lucy Treishmann, this session will provide a space for instructors to understand disability terminology, understand disability justice, and gain tools to provide a respectful and inclusive classroom environment for students with disabilities. Participants will grow in their understanding of disability as a culture and disabled people as a marginalized group, learn about common accommodations and how to discuss them tactfully with students and parents, learn the concept of universal access and how to apply it in their program spaces, and have opportunities to engage in activities to test their understanding.

**Presenter Bio: Lucy Treishmann** is a Disabled disability justice activist, writer, speaker, and law student. She is dedicated to intersectional, community-led change and works at the intersection of disability justice and abolition. She is a Root-Tilden-Kern scholar at the New York University School of Law and serves on the founding board of the National Disabled Law Students Association. She guest lectures nationally and internationally, leads organization-wide trainings, and speaks on numerous panels.

Click [here](#) to join and [here](#) to add to your Google calendar.



## BECOMING ALLIES TO TRANS YOUTH

Tuesday, June 28, 4:00 – 6:00 p.m.



What does allyship to trans youth look like during these difficult times where anti-trans bills are being passed in legislation across the country? How can we show up for our nonbinary, gender nonconforming, and trans youth within our programs in ways that affirm their identity? Why is it important to recognize the systems of power that contribute to Trans violence? Participants in this session will explore examples of different gender, sex, and sexual identities and will have a greater understanding of the social constructions that impact the creation of these various identities. Together, we'll discuss mindsets and practices to foster a safe, inclusive space for Trans youth!

Continued 

## BECOMING ALLIES TO TRANS YOUTH (CONTINUED)

**Presenter Bio:** Benji Hart is a Chicago-based author, educator, and artist whose work centers Black radicalism, queer liberation, and prison abolition.

Click [here](#) to join and [here](#) to add to your Google calendar.



## RESTORATIVE PRACTICE IN ACTION

Wednesday, June 29, 10:00 a.m. – 12:00 p.m.



Recommended for Veteran Instructors! Building on the Restorative Justice work we have been doing in professional development over the last 2 years, this session will examine how Restorative practice looks in program spaces. How can we return to these practices, even in the challenging moments? How do we continually encourage healing, forgiveness, and reconciliation in our work with young people? How can we promote these practices amongst youth in the heart of our communities dealing with so much conflict? In this workshop participants will learn to incorporate methods to encourage community and reconciliation.

**Presenter Bio: Henry Cervantes** is an artist, activist and educator who has trained activists from Asia, Africa, the Middle East, Central and South America. Cervantes is manager for **The Peace Exchange**, a 2021-2022 Illinois Road Scholar and one of 40 Human Rights Defenders featured in the Take a Stand Center at the Illinois Holocaust Museum and Education Center.

Click [here](#) to join and [here](#) to add to your Google calendar.



## COMMUNITY CARE HOUR

Thursday, June 30, 4:00 – 6:00 p.m.



Summer programming can be a dense time for the youth development community. How are we taking care of ourselves to ensure we are not pouring from an empty cup? Before we start programs in July, let's come together to re-focus on self and community care with a series of activities designed to support your self-care throughout the summer. Self-care is an everyday journey and learning experience, so let's convene to share and learn from one another about our self care journeys and to participate in various activities led by mentor instructors in self-love practices that not only professional adults can use, but that we can use with our teens too. Past activities have included movement, meditation, arts therapy, hip hop, and home plant care. This session will be collaboratively designed and presented by ASM instructors, for ASM instructors.

Click [here](#) to join and [here](#) to add to your Google calendar.

## NEW! Transformative Topics Weekly!

### SETTING BOUNDARIES (WITH SISTA AFYA)

Friday, July 8, 10:00 a.m. – 12:00 p.m.



Transformative Topics Weekly is a new summer series on Fridays during summer programs that allows us to build on our pre-summer work with space to talk about what is working, navigate what's difficult, and return to transformative and healing-centered practices in our work throughout the summer. As care workers, it can be particularly difficult for us to set boundaries and keep our work life harmonies sustainable. Join us for a workshop focused on setting healthy boundaries. Setting healthy boundaries can lead to reduced stress and improved relationships. You will walk away from this workshop understanding various types of boundaries, participate in realistic scenarios, and develop skills to practice assertiveness.

**Presenter Bio: Camesha L. Jones, LCSW** is a Radical Social Worker and Community Mental Wellness Advocate who serves at the intersection of culture, community, and social justice. She is the Executive Director **Sista Afya Mental Wellness**, a social enterprise that provides low-cost mental wellness services that center the experiences of Black women in Chicago. [Click here to join](#) and [here to add to your Google calendar](#).

Click [here](#) to join and [here](#) to add to your Google calendar.

### "NOW WHAT?" TRANSFORMATIVE SUPPORTS FOR TEACHING CHALLENGES (with Praxis and Project Restore)

Friday, July 15, 10:00 a.m. – 12:00 p.m.



When one of our young people is struggling or disengaged, when conflicts arise in your space, or when challenges present – how can we return to the restorative and transformative methods we worked on at the start of summer? Bring your “puzzles” – your challenges within programming – to this space for an open, facilitated dialogue about tools for addressing these puzzles in an anti-oppressive and transformative way.

**Presenter Bio: Steven Rosado** (The Praxis Institute) works with individuals, teams, communities, and organizations to apply research and practice informed strategies to meet their goals.

**Terrence Pruitt (Project Restore Initiative)** engages in healing justice and radical healing by using healing-centered engagement to support organizations and practitioners in their efforts to examine and address the dehumanizing impact of the disparities and inequities that so often create obstacles to overall well-being for students and communities.

Click [here](#) to join and [here](#) to add to your Google calendar.



**NAVIGATING AND TRANSFORMING COMMUNITY VIOLENCE**  
(with FLY Radical Therapy)  
Friday, July 22, 10:00 a.m. – 12:00 p.m.

Where does violence come from and how does violence impact young people and our communities on a day-to-day basis? This session will identify best practices within our programs to support teens who are experiencing the impact of community violence as well as explore some of the roots of community violence. Let's work together to heal and transform our communities by navigating how to unlearn and unpack unhealthy generational patterns.

•**Presenter Bio: Dorian Ortega**, LCPC is a licensed mental health therapist founder of FLY Radical Therapy. First Love Yourself (FLY) Radical Therapy is a therapeutic approach inspired by liberation, feminism, and multicultural psychology.

Click [here](#) to join and [here](#) to add to your Google calendar.



**MEDITATION AND MINDFULNESS (WITH ASM INSTRUCTOR LEADERS)**  
Friday, July 29, 10:00 a.m. – 12:00 p.m.

As we wind down the summer session, let's take a moment to wind down. We give and do a lot during summer programming, so this space will be about recharging, holding space, and creating intentional quiet in a hectic time. Join ASM instructors trained in facilitating mindfulness activities, meditation, restorative work, or Yoga for your choice of break-out sessions to find your peace as you finish out your summer program!

Click [here](#) to join and [here](#) to add to your Google calendar.

## NEW INSTRUCTOR TRAININGS:



### NEW INSTRUCTOR TECH AND ADMIN TRAINING

Thursday, June 9, 3:00 – 5:00 p.m.

At New Instructor Tech Training, you will receive an introduction to all the administrative and technology basics you will need as a new instructor. How can teens apply for my program? What should I know about Cityspan (our attendance and administrative platform)? How can I use Google Workspace (the approved method to communicate with teens)? Join us for answers to these key questions! **This session is required for all new instructors.**

Click [here](#) to join us on Google Meets.

Click [here](#) to add to Google Calendar



### NEW INSTRUCTOR INSTITUTE

Friday, June 10, 10:00 a.m. – 12:00 p.m.

At New Instructor Institute, Instructors will learn tools and expectations for program quality basics, program planning, and creating a safe, supportive, and interactive/engaging space for teens. New instructors will have a chance to flow through a program day, Learn the expectations and framework for Youth Program Quality. New Employee instructors should please complete your I9 in order to attend. **This session is required for all new instructors.**

Click [here](#) to join.



### NEW INSTRUCTOR SUPPORT SERIES

(Ongoing select Wednesdays, 4:00 p.m. – 4:30 p.m.)

**Join us for the New Instructor Support Series!** During this series of 30 minute sessions, we will walk through various administrative processes that are a core responsibility of being an instructor. Whether you are new to ASM this summer or a veteran who needs a quick refresher, these sessions will provide an overview of the steps to complete these tasks and space to ask questions.

- Instructor How To: Interview for Success  
Wednesday, June 1, 4:00 – 4:30 p.m.  
Click [here](#) to join.
- Instructor How To: Take Attendance and Update your Roster  
Wednesday, July 6, 4:00 – 4:30 p.m.  
Click [here](#) to join.
- Instructor How To: Enroll Teens  
Wednesday, June 8, 4:00 – 4:30 p.m.  
Click [here](#) to join.
- Instructor How To: Program Wrap Up  
Wednesday, August 3, 4:00 – 4:30 p.m.  
Click [here](#) to join.

## PROGRAMS COMMUNITIES OF PRACTICE



### PROGRAMS COMMUNITIES OF PRACTICE (2 hours, instructors must attend 2)

Let's support each other this Summer! These sessions will allow you to share ideas, collaborate, ask questions, swap resources and make connections with other instructors as we navigate the new world of remote programming. Program Specialists will facilitate 2 community of practice meetings for their portfolio of instructors throughout the session.

**Your program specialist will send you the link and time for these sessions.**



### ONGOING SUPPORT: ONE-ON-ONE COACHING (Optional, attend two of these instead of a second workshop)

During programs, ongoing support will also be available in the form of remote office hours. These will be available for:

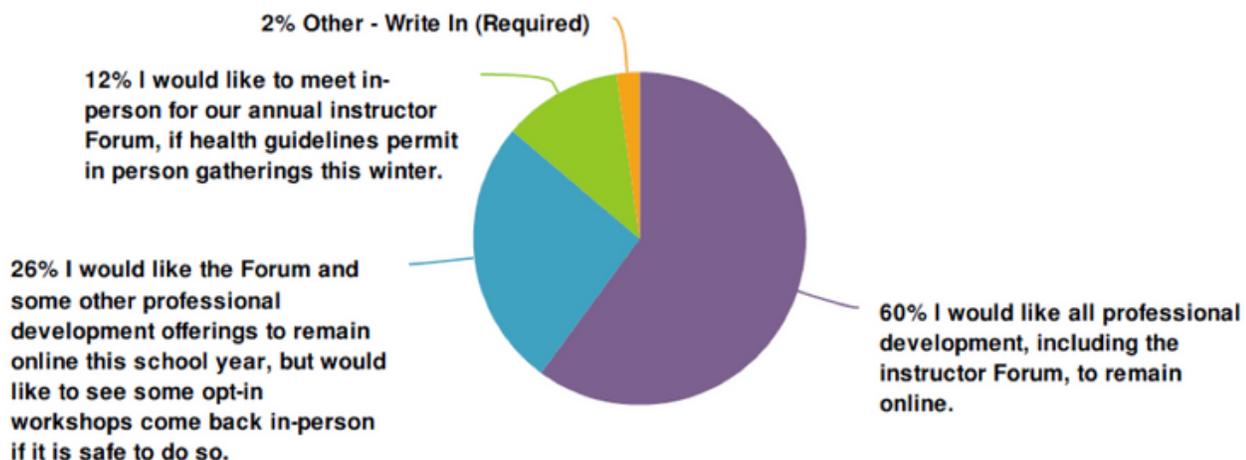
- **Google Help:** Instructors can email [professional.development@afterschoolmatters.org](mailto:professional.development@afterschoolmatters.org) with questions about Google Meets, Google Classroom, and remote learning tools and strategies.
- **Counseling Resources and SEL office hours:** Sign up for instructional advice, curriculum planning input, or situation-specific advice from our counseling partners at Adler. Email [sel@afterschoolmatters.org](mailto:sel@afterschoolmatters.org) to schedule!
- **Instructional Support office hours:** Instructors can schedule as needed for consultation on youth development and program implementation. Multiple times and dates available during programs! Email [professional.development@afterschoolmatters.org](mailto:professional.development@afterschoolmatters.org) to schedule!

## DESIGN PROCESS:

This PD Plan was designed based on instructor input, teen input, staff input, and in consultation with local OST adult education partners to incorporate themes and best practices from the field.

- In the instructor surveys, top requested areas based on Summer 2021 surveys were (in order) Mental Health, Tools for Engagement, Trauma and Healing, Building Relationships, Anti-Racism, Self and Community Care, and time to work with instructors in my content area.
- About 90% of instructors expressed they preferred for ASM PD options to remain largely online for Summer 2022.
- In exit slips, instructors asked for more time to connect with one another, more opportunities to hear directly from young people about program practices, and opportunities to explore restorative practice. Instructors also specifically asked for a session on disability justice and supporting LGBTQ+ youth in their exit slip feedback.
- In branch dialogues, staff asked for continued supports for instructor mental health and self care.

## SUMMER 2021 INSTRUCTOR SURVEY FEEDBACK ON PD MODEL:



### PD Logistics:

All Professional Development will be administered via Zoom. In order to receive credit for attending, please join us at live webinars or events listed on this menu and complete an exit slip. All Webinar links are on the PD Web page and weekly update. More information is at [bit.ly/ASMPD](https://bit.ly/ASMPD). Sessions will be recorded as a resource and available in the instructor Toolkit. If you have an extenuating circumstance and would like to access a recorded PD exit slip, please contact [professional.development@afterschoolmatters.org](mailto:professional.development@afterschoolmatters.org).

### How is PD Paid?

All sessions are Paid through PD Meeting Hours. For CBO's, organizations should pay instructors at their regular rate for up to 6 hours of PD (an additional 6 for all new instructors). Reimbursement for instructor PD hours are included in your disbursements from ASM, not issued as a separate PD check. Employee Instructors should enter PD attended as "PD Meeting Hours" in ADP.