

2015-2016
*Professional Development
Catalog*

Expert Content, Experiential Delivery

LOCAL AND
NATIONAL
EVENTS

COACHING &
CONSULTATION

ON-SITE TRAINING

FREE ONLINE
LEARNING

WEBINARS

DEEP-DIVE
SESSIONS

FIRST
FRIDAYS



A MESSAGE FROM OUR DIRECTOR OF PROFESSIONAL DEVELOPMENT

We would like to introduce you to the Connecticut After School Network 2015-16 Professional Development Catalog.

Research has shown the impact professional development can have on program quality. Professional development helps directors, supervisors and frontline staff better understand their roles, contribute to a positive workplace, keep your program current with trends and ideas in the field, and build a sense of community with other professionals experiencing the same challenges in their own programs.

Inside this catalog, you will find a variety of offerings that will help meet your goals and fulfill your needs as an after school professional. Several new options are available this year including Deep Dive Sessions, First Fridays, Coaching and Learning for After School Professionals, and free online learning modules. Whether you are a seasoned director or site supervisor, or a newly hired front line staff, there is something for everyone.

Additionally, if there is something here you need but do not see, let us know so we can bring it to you. We hope this one stop resource for after school professional development will help you better plan your training calendar for the coming year.

Ken Anthony, Ed.D.

Director of Professional Development and Research
Connecticut After School Network

kanthony@ctafterschoolnetwork.org/860-730-2942

CONNECT WITH US

Keep up on issues which impact Connecticut's children and youth by joining the Network's email list.



CONTACT US

CONNECTICUT AFTER SCHOOL NETWORK

Home Office:

12 Melrose Avenue
Branford, CT 06405
(203) 483-1846

Satellite Office:

75 Charter Oak Avenue
Suite 2150
Hartford, CT 06016
(860) 730-2942

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Directions to [Hartford Office](#)
(CLASP Cohort 1 Location)
Directions to [Arte Gallery](#)
(CLASP Cohort 2 Location)

DEEP DIVE SESSIONS

Description: *These intensive sessions blend fun, engaging content with a richer, more in-depth exploration of the most challenging issues facing after school program staff. Join us as we go deep, building reflective practice and making best practices and inspiring ideas into realistic, feasible changes to your programs. Build expertise and skill that will translate into improved outcomes for your children, your families, and your program!*

Location: Hartford Office **Time:** 9:00 AM - 12:00 PM **Fee:** \$50 Members/\$60 Non-Members

Title: *De-Escalation: How to Respond to Defiant Children and Overwhelming Situations*

Date: **October 17, 2015**

Positive behavior management strategies are intended to help children make good choices. But what about children who continuously struggle? How do you handle situations where a child is fighting, running, screaming, destroying things, or otherwise endangering him/herself or others? Serious behavioral issues are a missed opportunity. Instead of trying to contain or manage the problem, we could and should be equipping children for happiness and success in after school and in life. In this intensive Deep Dive session, we'll take a close look at why children escalate and how to deescalate them, including hands-on, powerful tools and approaches that turn the most challenging behaviors into meaningful opportunities for lasting growth and social-emotional learning while keeping children and staff safe.

Title: *The Well-Managed Schools®: A Practical, Strength-Based Approach to Classroom Management*

Date: **December 18, 2015**

In this session, after school staff will receive an overview of strategies on how to set students up for success, catch them being good, and correct their inappropriate behavior. Participants will be introduced to a social skills curriculum that serves as a guideline for setting expectations and teaching appropriate social replacement behaviors. In addition, staff will hone their skills in order to foster communication with the home thereby assisting students with generalization of the skills learned in the classroom.

Title: *ADHD: Going Deeper*

Date: **February 11, 2016**

ADHD is one of the most frequent diagnoses in young people, and can be befuddling and overwhelming to adults. Understand the diagnosis better, separate myth from fact, and explore concrete strategies for helping children learn self-regulation and focus while building self-esteem. In this Deep Dive, we'll take a closer look at tools and strategies to support children with ADHD and their families, ways to build empathy and structure your program to support the success of all children, and ways to make sure you're not just getting through the day, but helping each child move forward and develop into a happy, successful person!

Title: *Autism: Going Deeper*

Date: **March 12, 2016**

Diagnosis of Autism Spectrum Disorders is on the rise, and the diagnosis itself has just changed dramatically. Learn what Autism is and explore the vast array of different elements of this complex diagnosis. Explore research based strategies to support success. In this Deep Dive, we'll take a closer look at tools and strategies to support children with Autism Spectrum Disorders and their families, ideas for welcoming students on the spectrum and helping them engage peers, discuss methods to advance children along their developmental trajectories in lasting, meaningful ways.

Title: *Having Tough Conversations with Parents*

Date: **April 7, 2016**

Strong, collaborative relationships with parents are essential to happy, successful children. But unfortunately, sometimes we have to talk with parents about things we know they don't want to hear. Sometimes, a parent isn't on board with setting boundaries or supporting educators when they try to make a difference. Sometimes, we have to talk about serious issues in the program or classroom that a parent seems to be in denial about. In this Deep Dive, we take a look at what lies behind this resistance, disinterest, and denial, and how to move through it with parents, building bridges to help children succeed in after school and in life. Want even more? Join us for our April First Friday (see page 4) on teaming up with parents by including them in your program!

DEEP DIVE SESSIONS (continue)

Description: *These intensive sessions blend fun, engaging content with a richer, more in-depth exploration of the most challenging issues facing after school program staff. Join us as we go deep, building reflective practice and making best practices and inspiring ideas into realistic, feasible changes to your programs. Build expertise and skill that will translate into improved outcomes for your children, your families, and your program!*

Location: Hartford Office **Time:** 9:00 AM - 12:00 PM **Fee:** \$50 Members/\$60 Non-Members

Title: *The Tough Emotions: Understanding and Managing Anger & Fear*

Date: **May 21, 2016**

Children who have survived trauma often have strong feelings of anger and fear. These feelings can be mixed, and are often turned against a third party or turned inward, on the self. What's more, we often fail to teach children appropriate ways to deal with tough feelings like anger and fear, making it challenging not just for children who've survived trauma, but for a majority of our children, to move through these difficult and unpleasant emotions. In this Deep Dive, learn to help children become more aware of their own emotional processes, and to develop healthy, constructive ways of processing and managing their strong feelings. Help children learn healthy pathways to self-regulation and self-actualization, and equip them for a healthier, happier life.

FIRST FRIDAYS

Description: *On the first Friday of each month, after school educators come together with content experts in a friendly and engaging conversation about one key area of after school program quality. Explore tools and strategies, try new activities and games, share ideas, and network with colleagues. Join us for First Fridays, and leave inspired and equipped to make your program shine!*

Location: Hartford Office **Time:** 10:00 AM - 12:00 PM **Fee:** \$25 Members/\$35 Non-Members

Title: *Making Homework Time Work*

Date: **October 2, 2015**

Homework time can be rife with chaos. From noise, distraction, and behavioral issues to confusion over content and what to do with children who don't have homework, explore strategies for bringing sanity to homework time by building engagement and self-regulation while supporting success. Try out fun ideas, check out useful resources, and hear from your peers in this fun, lighthearted First Friday that will make your homework time work for you and your children!

Title: **The Potential and Pitfalls of Partnerships*

Date: **November 6, 2015**

Effective partnerships can enhance your program, enable you to offer new content, and extend the reach of your program into the school and community. Poorly thought out partnerships can also bring the most seasoned director to tears and decide that going it alone is a much simpler route. In this session we will have a lively discussion and share resources that will help you find the partners that will enhance your programming and move your program to the next level. ***(Location: New Britain YWCA 19 Franklin Square)**

Title: *Fitting in Learning*

Date: **December 4, 2015**

After a long day of school, and snack and homework time, it can be a real struggle to fit enriching content into your program schedule. What's more, many educators to feel bored at the very idea of curriculum, and worry that what kids need after school is FUN! In this lighthearted First Friday, explore how to accomplish the best of both worlds, making your curriculum fun and relaxing for kids while also building academic and social-emotional skills. Try fun activities, share ideas, and bring learning in your program to the next level!

FIRST FRIDAYS (continued)

Description: *On the first Friday of each month, after school educators come together with content experts in a friendly and engaging conversation about one key area of after school program quality. Explore tools and strategies, try new activities and games, share ideas, and network with colleagues. Join us for First Fridays, and leave inspired and equipped to make your program shine!*

Location: Hartford Office **Time:** 10:00 AM – 12:00 PM **Fee:** \$25 Members/\$35 Non-Members

Title: *Getting Through Winter*

Date: **January 8, 2016**

Winter can be a real challenge, especially when cold and inclement weather limit your outdoor play time. By the end of the winter, children and educators alike often find themselves sapped and irritable. In this First Friday, we'll take a look at ways to reenergize yourselves and the students and fight the winter blues. From creative ways to let off steam to fun activities that give you a taste of what you're missing, this is one First Friday you won't want to miss!

Title: *Essentials of Grant Writing*

Date: **February 5, 2016**

Looking for funding to support your after school or summer program? How do you identify potential funders and develop your idea into a proposal and budget? We will discuss ways to make your case more compelling with no special training required. Anyone can do this!

Title: *Transition Tips and Tricks*

Date: **March 4, 2016**

Do you find yourself dreading the chaos of transitions? Is it a challenge for you to have reflection conversations with the kids in your group? Do you sometimes wish the kids all had mute buttons? We can help! Come to this First Friday and explore strategies to engage the kids in end-of-activity reflections that help them move from one activity to the next, as well as concrete, useful ideas for how to get everyone organized, lined up, and moving in the same direction!

Title: *Teaming Up with Parents*

Date: **April 1, 2016**

Engaging families in your program starts with finding lots of ways to include parents so that they feel like part of what's happening. The trouble is, some parents are too busy, while others may be a bit difficult to work with. In this First Friday, we explore ways to include parents in your program on different levels, and to make them feel like a part of your program's family. Build stronger bridges with parents and see what a difference it makes! If you want to learn more, join us for our April Deep Dive, which looks at having tough conversations with parents.

Title: *Choosing the Right People*

Date: **May 6, 2016**

Hiring competent staff for your after school and summer program doesn't have to be drudgery. Knowing what you want your program to look like and where you want to take it is the first step. In this First Friday, we will discuss how staff passions, intentional programming, and partners can help make your program a success right from the start.

Title: *Planning for Summer*

Date: **June 3, 2016**

It's here! Summer is a fun, exciting time that goes by in a huge, chaotic rush of laughter and noise, and is gone before we know it! In this First Friday, we'll take a look at how you can put plans in place to make summer enriching, halt summer learning loss, and bring some organization and structure to your summer program without losing the fun. Learn strategies, trade ideas with peers, and leave ready for the best summer yet!

SUMMER STAFF KICK-OFF

Description: *The Summer Staff Kick-Off is designed to provide program staff with tools that will help make their jobs easier and equip them with techniques to engage children. This year, the Summer Staff Kick-Off will be offered at three locations and contain two - 1 1/2 hour sessions. Staff will leave feeling ready to take on the challenges and opportunities of summer programming.*

| Locations: | Date: | Time: |
|---|--------------|--------------------|
| West Haven Community House 227 Elm St. West Haven | June 1, 2016 | 9:30 AM - 12:30 PM |
| West Woods Upper Elementary School 50 Judson Lane, Farmington | June 4, 2016 | 9:30 AM - 12:30 PM |
| Connecticut After School Network Hartford Office 75 Charter Oak Avenue, Hartford | June 9, 2016 | 6:00 - 9:00 PM |

Fee: \$25 Members/\$35 Non-Members

Behavior Management for Summer Programs

Summer days are long, fun, and full of chaos! Programs where all teachers use the same easy, fun, positive strategies to manage behavior have better outcomes for children and adults alike. In this workshop, explore tools, games, and strategies to actively partner with children and create a culture of positive behavior!

Capturing Learning Opportunities in Summer Programs

Summer provides ample space to help develop children's academic knowledge without it looking or feeling like learning. In this workshop, participants will learn to capture learning opportunities by expanding on activities that are part of the everyday routine of your summer program. Lesson plans and thoughtful ways to integrate learning will be discussed in depth.

STATEWIDE AFTERSCHOOL NETWORK WEBINARS

Description: *These free monthly webinars are produced in collaboration with the National Network of Statewide Afterschool Networks through generous support of the Charles Stewart Mott Foundation and the Collaborative Communications Group. As part of 48 other Statewide Afterschool Networks, We strive to bring relevant content that will help your programs through sharing ideas nationally. **See the Connecticut After School Network website for information on registration and past webinars.***

| Location: | Time: | Fee: |
|---|----------------|-------------------------|
| Online | 1:00 - 2:00 PM | FREE |
| Title: <i>21st Century Skill Building & Global Learning</i> | | Date: October 8th, 2015 |
| Title: <i>Creating an Advocacy Agenda for After School & Summer</i> | | Date: November 12, 2015 |
| Title: <i>Environmental Literacy in Afterschool</i> | | Date: December 18, 2015 |
| Title: <i>Using Restorative Justice in Youth Programming</i> | | Date: January 14, 2016 |
| Title: <i>Game Design in Afterschool Settings</i> | | Date: February 11, 2016 |
| Title: <i>Managing Professional Interactions in the Workplace</i> | | Date: March 18, 2016 |
| Title: <i>Promoting Positive Youth Development</i> | | Date: April 14, 2016 |
| Title: <i>Making the Case for Summer Learning & Global Learning</i> | | Date: May 12, 2016 |
| Title: <i>Topic to be determined</i> | | Date: June 9, 2016 |

COACHING & LEARNING FOR AFTER SCHOOL PROFESSIONALS (CLASP)

Description: *The Connecticut After School Network is launching two year-long intensive learning cohorts focused on increasing student engagement through intentional programming that helps support student success. We will be offering 12 slots in two locations (6 in each) for 2015-16 sessions designed for those overseeing sites or programs. Content will be focused on program design elements that meet program goals and embed academic content into afterschool pedagogy.*

Each cohort will meet four times (full day sessions) throughout the course of the year (November, January, March, and May). Dates for the 2015-16 academic year are listed below. Participants will also receive additional materials and resources throughout the year. The emphasis of the CLASP program is to provide resources and support through coaching and learning that help to change practice.

**In order to get the most out of the learning experience, it is strongly recommended that participants commit to attending all sessions.*

| Locations: | Date: | Time: |
|---|-------------------|-------------------|
| Hartford Office 75 Charter Oak Avenue, Hartford, CT | November 19, 2015 | 9:00 AM - 3:00 PM |
| | January 13, 2016 | |
| | March 9, 2016 | |
| | May 11, 2016 | |
| ARTE Inc. 19 Grand Avenue New Haven, CT | November 12, 2015 | 9:00 AM - 3:00 PM |
| | January 14, 2016 | |
| | March 10, 2016 | |
| | May 12, 2016 | |

Fee: \$475 Members/\$500 Non-Members

Facilitators:

Dr. Ken Anthony, Director of Professional Development and Research, Connecticut After School Network
Elise Scott, Assistant Director of Professional Development, Connecticut After School Network

Title: *Increasing Student Engagement: Youth Interest and Voice to Develop Intentional Programming*

Increasingly the evidence is becoming clear, after school programs contribute to student achievement (Bennett, 2013; Vandell, 2013). The research identifies programs and practices in which youth voice and student interest correlate to social, emotional, and academic gains. The CLASP Sessions will aim to relate this to the program experience of participants. Expert facilitators will help create a dialogue that is meaningful and effective to the cohort through coaching and learning. The sessions will also help participants examine, share, and learn about each other's practices in the field, and how to refine their own programs.

COACHING & CONSULTATION SERVICE

Choose your level of support: Each coaching relationship starts with an initial one-hour confidential phone conversation, which is free of charge. We explore your current situation and identify goals with you and learn about what you hope to accomplish. Then, we develop a plan together, customized to meet your needs, which may include:

- Site visit(s)
- Weekly, biweekly, or monthly phone consultation (evening and weekend hours available)
- Relevant tools, skills, and strategies
- Program, staff, or curriculum assessment and evaluation with recommendations
- Customized training for staff
- Support in developing
- Other levels of support as needed

Quality Improvement Consultation: The quality of an after school program is directly related to the skills of the people who staff and administer it. The Connecticut After School Network provides consultation on all areas related to before/after school and summer programs. We have a proven track record of sustaining lasting improvement to Community Based Organizations and School Districts statewide. Common areas for systems-building and quality improvement consultation include:

- Partnerships, Communications, and Community Relations
- Observation and Assessment of Best Practices
- School District Supports Related to After School Programming
- Program and Team Turnaround
- School-After School Alignment
- Building Internal Staff Mentorship and Coaching
- Systems-Building and Quality-Building
- And much more

Premier Coaching for Program Directors: Connecticut After School Network's Director Coaching is designed to support program leadership through challenges as well as bringing your leadership to the next level. Whether you're having a problem you want to resolve, or whether you want to grow your leadership or your program from good to outstanding, the Coaching team at the Connecticut After School Network is here to help!

Our Coaches hold experience-based, real life expertise in:

- Program Quality and Design
- Licensing Standards
- Starting a New Program
- Directing After School Programs
- Nonprofit Leadership
- Executive Director Transitions
- Sustainability and Development Planning
- Morale, Positivity, and Teamwork
- Problem-Solving, Mediation, and Conflict Resolution
- Change Management
- And Much More

ON-SITE TRAININGS

**Want to train all your staff on the same topic?
Have a specific training need you want to address?
We'll bring the experts to you!**



The Network provides professional trainers who deliver a wide range workshops designed to enhance the skills of after school professionals statewide. With backgrounds covering a full spectrum of topics — health and nutrition, academia, art, music, administration and more — you're sure to find the perfect fit for your staff!

Popular training topics include (see our website for specific titles):

- Behavior Management
- Children's Issues (from ADHD to homework)
- Games
- Specific content areas (Literacy, Math, Science, Arts, Global Learning)
- Linking academic content to programming
- Project based learning
- Social Skills
- Program Management & Supervision
- Social-Emotional Well-being
- ADHD and Special Needs Inclusion
- STEM
- Literacy

Additional trainings can be developed to meet the individual needs of your program. Fees begin at \$75 per hour. Professional members of the Network receive a discount. To schedule a workshop or for additional information, please contact Monica Whalen by phone at 860-730-3371 or email at mwhalen@ctafterschoolnetwork.org.

ONLINE MODULES

Description: *The Connecticut After School Network has partnered with the California Afterschool Resource Center to provide free online learning modules. The courses listed below are a small sample of over 50 modules staff can take. Each module contains information that can help new hires and frontline staff be better equipped in their position. Participants receive a certificate of completion for each module. A link can be found at our website: <http://ctafterschoolnetwork.org/professionaldevelopmenttraining>*

Location: Online

FEE: Free

Title: *Understanding Child and Adolescent Development*

Learn to recognize what students may and may not be able to do at various stages with regard to physical abilities, communication, thinking and social skills. Based on this information, participants will obtain tips for providing appropriate activities for students of varying ages and ability levels. A special focus will be placed on providing activities that build physical and language development, as well as social skills.

Title: *Connecting with Students Through Read-Alouds*

Learn to identify the main goals, benefits, and guidelines for reading aloud with students. Participants recognize key criteria for selecting high-quality multicultural literature to engage diverse learners, and obtain fun, literature-based ideas for reinforcing comprehension and vocabulary skills.

Title: *Making Sense of Math*

Learn about key considerations in the teaching and learning of mathematics. Participants recognize the components of balanced math instruction, and examine how skills are organized in the Mathematics Framework and Common Core State Standards. Tips for using manipulatives, literature, and making math meaningful are included.

Title: *Hands-On STEM Series*

This two-part series begins with "Explore It", in which participants learn about the interdisciplinary nature and importance of Science, Technology, Engineering, and Mathematics (STEM). Participants recognize six recommended practices for supporting STEM, and get introduced to the 5 Es Inquiry Learning Model. In "Dig In", learn the purpose and key features of inquiry-based learning. Participants explore the phases of the 5 Es Inquiry Learning Model.

Title: *Career Education Nuts and Bolts*

This module grounded on the Career/Technical Education Framework provides simple tips and resources to support students in building career readiness in after school programs. Participants explore the purpose, importance, and progression of career education. Additionally, participants obtain ideas for engaging the community in helping students to build career readiness from an early age.

Title: *Career Readiness Tools*

This module explains the purpose and importance of career education, and provides simple activities to prepare students for the work world. Participants examine the connection between academic and other job-related skills, and explore the importance of high-demand skills in Science, Technology, Engineering, and Mathematics (STEM). In addition, participants consider salaries and job satisfaction as key factors in helping students choose occupations.

It's about opportunities...
Kids thriving. Families working.
Providers connecting.
Schools excelling.

We are a partnership of individuals and organizations promoting young people's safety, healthy development and learning outside the traditional classroom. We do this by providing training and technical assistance to improve program quality; influencing policy on behalf of youth and families; and expanding funding opportunities.

We believe that every family should have the opportunity to choose from a range of high-quality, age-appropriate, affordable after school and summer programs. Because high-quality programs provide positive choices for children and youth while meeting their community's needs for keeping kids safe and families productively employed.