BREAKOUT SESSION DESCRIPTIONS

1. **NEW INSTRUCTOR BREAKOUT**
   - **SESSION DESCRIPTION:** A new instructor breakout is required for all new instructors! Offered during Breakout Session One ONLY (10:20 a.m. – 11:20 a.m.)
   - **OBJECTIVES:** Participants will understand After School Matters program quality and compliance standards. Participants will use the One Great Day planning tool to prepare for their spring program.
   - **YOUTH PROGRAM QUALITY ASSESSMENT ALIGNMENT:** Participants will learn the expectations and framework for Youth Program Quality. Discuss After School Matters processes, and use a program planning tool to understand the components of a quality After School Matters program. Participants will also have an opportunity to connect with other new instructors from across the city and ask questions.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **NEW**

2. **Conflict Transformation**
   - **SESSION DESCRIPTION:** Participants will explore strategies and practices to reframe conflict. Participants will understand conflict as a learning opportunity.
   - **YOUTH PROGRAM QUALITY ASSESSMENT ALIGNMENT:** Applies existing/newly acquired knowledge, skills, and/or strategies that one determines to be useful for achieving goals.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **SU 215**
   - **NEW!**

3. **Connect and Collaborate!**
   - **SESSION DESCRIPTION:** This session is designed to help instructors connect with each other and with support services and resources. It also provides an opportunity for instructors and students to reflect on their experiences and share insights.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **SU 214**
   - **NEW!**

4. **Culturally Responsive Practices**
   - **SESSION DESCRIPTION:** Participants will explore culturally responsive practices in their work with youth. This session will cover topics such as cultural awareness, understanding cultural competence, and creating inclusive learning environments.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **NEW**

5. **Mental Health Awareness**
   - **SESSION DESCRIPTION:** This session will focus on mental health awareness and the importance of recognizing and addressing mental health issues in youth. Participants will learn strategies for supporting youth and creating a supportive environment.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **NEW**

6. **Mentoring Male Youth**
   - **SESSION DESCRIPTION:** This session is designed to help mentors understand the unique challenges and opportunities of working with male youth. Participants will learn strategies for building relationships and creating meaningful connections.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **NEW**

7. **Money Myths: Demystifying Financial Aid**
   - **SESSION DESCRIPTION:** This session aims to help participants understand and navigate the financial aid process. Participants will learn about different types of financial aid, how to apply for it, and the steps to successfully navigate the process.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **LWH 3010**
   - **NEW**

8. **8. It’s More than a Score: Decoding Your Program Quality Assessment**
   - **SESSION DESCRIPTION:** Participants will learn the expectations and framework for Youth Program Quality. Discuss After School Matters processes, and use a program planning tool to understand the components of a quality After School Matters program. Participants will also have an opportunity to connect with other new instructors from across the city and ask questions.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **NEW**

9. **Relationship Realities**
   - **SESSION DESCRIPTION:** Participants will explore strategies and practices to reframe conflict.
   - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
   - **SU 003**
   - **NEW!**

10. **The Long Haul: Retention Strategies that Work**
    - **SESSION DESCRIPTION:** Participants will explore strategies and practices to support youth retention. This session will cover topics such as building strong relationships, creating a supportive environment, and understanding the challenges youth face.
    - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
    - **NEW**

11. **Tough Stuff: Walking with Youth through Trauma**
    - **SESSION DESCRIPTION:** Participants will explore strategies and practices to support youth through trauma.
    - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
    - **NEW**

12. **Using Skills to Power Praise: The Skills Recognition Revolution**
    - **SESSION DESCRIPTION:** Participants will explore strategies and practices to support youth through trauma.
    - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
    - **NEW**

13. **Youth Speak: Respecting Values Across Generations**
    - **SESSION DESCRIPTION:** Participants will explore strategies and practices to support youth through trauma.
    - **PRESENTATION:** Kasumi Kato and Leah Holmes, After School Matters Program Specialists
    - **NEW**

Use the white boxes to rank your first and second choices for breakout sessions!

*The color of your track DOES NOT INDICATE what color breakout session you are required to attend.

**RECOMMENDATIONS:**
- Add the tracking number (LWH) to your breakout selection.
- Use the white boxes to rank your first and second choices for breakout sessions!

**NEW!** Required for new instructors!
- New session this year!
- New presenter this year!
- Recommended for veteran instructors!
- Hands-on!
- Youth-Led!
OBJECTIVES:
Participants will create connections with instructors participates to grow their learning community. Participants will develop best practices for connecting with parents and other community stakeholders.

YOUTH PROGRAM QUALITY ASSESSMENT ALIGNMENT:
Supportive Environment – Reframing Conflict

MHA SKILL ALIGNMENT: SOCIAL AWARENESS
Recognizes the consequences of one's actions.

PRESENTED BY: Karina Esparza, After School Matters Program Specialist and Maranielly Vazquez, After School Matters North Program Manager

SESSION DESCRIPTION: Be empowered through your connections and collaborations to dream up partnerships, joint projects, and field trips with your incredible After School Matters colleagues. In this breakout session bring your innovative ideas and best practices as we develop our community of practice to discuss possible ways to expand your reach and programming. There are over 400 After School Matters instructors across the city of Chicago engaging with the same passion you have for young people! Instructors coming together for this breakout will have an opportunity to connect and collaborate beyond the program space and think innovatively about how to connect with families, parents, and communities. Connecting with other instructors gives you thought partners to discuss ideas, colleagues to seek out when you have questions, and a resource for content material, field trips, connections, and potential projects.

PRESENTER BIO
MARANIELLY VAZQUEZ is a Program Specialist in the South/Southwest Branch of After School Matters. Karina collaborates and supports youth programming with instructors, liaisons, and teens in the communities of Gage Park, West Elsdon, West Lawn, Brighton Park, Archer Heights. Prior to working at After School Matters, Karina provided mental health services at Metropolitan Family Services and worked on the social emotional team at Hernandez Middle School. Karina hopes to provide teens opportunities to showcase and strengthen their talents within their program, school, and community.

MARANIELLY VAZQUEZ is a nonprofit professional, youth development advocate, and champion for young people. Maranielly joined the After School Matters team in 2015 as a Program Specialist for the Little Village and North Lawndale community areas. She then transitioned to North/ Northwest Program Manager in November 2017, and now serves as the Senior Program Manager for the Michael & Karin Lutz Center for After School Matters in the Belmont Cragin community. In addition to her role as After School Matters, Maranielly served as the Youth Council Facilitator for Peace Hub Chicago, and as a youth development specialist for various organizations, including Central States SER, The Harbour, The Miracle Center and ASSIST HER Inc. Maranielly holds a BA in Psychology from DePaul University, and an MEd in Youth Development from University of Illinois at Chicago.

Karina Esparza

PRESENTER BIO
KARINA ESPARZA is a Program Specialist in the South/Southwest Branch of After School Matters. Karina collaborates and supports youth programming with instructors, liaisons, and teens in the communities of Gage Park, West Elsdon, West Lawn, Brighton Park, Archer Heights. Prior to working at After School Matters, Karina provided mental health services at Metropolitan Family Services and worked on the social emotional team at Hernandez Middle School. Karina hopes to provide teens opportunities to showcase and strengthen their talents within their program, school, and community.

SESSION DESCRIPTION:
Youth Program Quality Assessment Alignment:

Safe Environment - Lack of Bias

OBJECTIVES:
Participants will understand how identity can impact practice and the way youth engage in a space.

YOUTH PROGRAM QUALITY ASSESSMENT ALIGNMENT:
Safe Environment - Lack of Bias

MHA SKILL ALIGNMENT: SOCIAL AWARENESS
Develops and implements strategies for navigating in different contexts.

PRESENTED BY: Ceiy Moore

SESSION DESCRIPTION: How can we speak to the range of cultural and personal backgrounds of our teens in a way that is inclusive? One of the best ways to improve your work professionally is to do your work personally. This workshop will define and explore examples of culturally responsive practices. In addition, this workshop will provide you with the space and opportunity to get to know your colleagues a little better and engage in dialogue about yourself, your identity, biases, and stereotypes. We will explore ways that intentionally think about these aspects of yourself and will help improve your practice and provide a more responsive, sustainable environment for your teens personally and culturally.

PRESENTER BIO
CEILY MOORE is a dedicated and experienced educator determined to improve in and out of school experiences for youth of color. She worked for several years as an elementary teacher, and now works in administration and evaluation for educational programming. Her contract work in program and project planning and curriculum development has been collaborative in nature, often focusing on youth development and culturally responsive practices. Ceily earned her B.S. in Health Sciences from Howard University in Washington D.C. and completed her Master of Education in Youth Development from the University of Illinois at Chicago. Ceily is currently pursuing a PhD in Educational Psychology, focusing on culturally responsive practices in schools and the development of identity among youth of color. Ceily is currently working at Planning Implementation Evaluation (PIE) Org as an Evaluation Coach where she supports community and school-based programs design and implement evaluation plans.

PRESENTER BIO
JOHNNY DORSEY was born and raised in Chicago, Illinois. He graduated from Harlan High School and was awarded a college track and field scholarship. Mr. Dorsey attended Northern Illinois University where he received his Bachelors degree in Business Administration. With over 20 years of experience, Mr. Dorsey has sustained and developed his professional background in community health and prevention education. He has provided services for Chicago Public Schools (CPS), Illinois Department of Children and Family Services (IDHS), Chicago Alternative Policing Strategies (CAPS), Men of Action (MAD), and he was on the committee to elect the late Mayor Harold Washington. Mr. Dorsey is the one of the founders of Becoming A Man, and the founder of 360 Man Hood Development. His goal and ambition in life is to strengthen and better the human race by educating and instilling self-empowerment, self-knowledge, and self-respect in all individuals he encounters.

SESSION DESCRIPTION:
How can we recognize when a young person might be struggling with mental health issues? How can we respond compassionately and proactively to support young people experiencing these challenges? What resources are available for us to refer young people to if we have concerns about mental health issues? We all can support the mental health of the young people in our programs and in our lives. In this training, participants will be able to recognize common warning signs that a young person is struggling with their mental health and develop strategies for providing support.

PRESENTER BIO
NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CHICAGO is a mental health advocacy organization with the mission of improving the lives of those living with mental health conditions and their loved ones. NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation’s leading voice on mental health. Today, we are an association of more than 500 local affiliates who work in your community to raise awareness and provide support and education that was not previously available to those in need.
7. MONEY MYTHS: DEMYSTIFYING FINANCIAL AID

OBJECTIVES:
- Participants will be empowered to engage with students to be proactive about their finances as they look ahead to life after high school.
- Participants will receive a lesson plan that they can provide to their teens on post-secondary financial guidance.

PRESENTED BY: A.M. Money and The After School Matters Postsecondary Team

SESSION DESCRIPTION: The financial aid aspect of college planning is often the most important and yet the least talked about with high school youth. Talking about money carries a huge stigma in our communities, especially when we don’t have any. Even if we feel comfortable enough to ask for help or guidance, the resources are often invisible, archaic, or non-existent. This workshop will help instructors de-stigmatize conversations about money in the safe spaces they create, empower instructors to be proactive for our young people when it comes to helping them think about their finances, and provide resources and guidance that will support instructors and their college-bound students as they find themselves making the biggest financial decision of their lives so far.

PRESENTER BIO
AMANDA OSTER (A.M. MONEY) is an advocate for what she calls “financial justice,” highlighting the inequality baked into traditional financial systems and building solutions to make systems work better for everyone. Her current position is the Director of Operations at AM Money, a startup financial services company dedicated to making college more affordable and accessible to low-income students.

JOSEPH ROTH (AFTER SCHOOL MATTERS) is the After School Matters Post-Secondary Program Manager. Joe designs, implements, and supports After School Matters post-secondary programming. Joe also assists in the management of teen internship programs. Joe previously worked with Academic Approach and has served as the Coordinator for Diversity Recruitment and Retention at Indiana University in South Bend, where he worked with students as they transitioned along their post-secondary pathways and served as a mentor to students during their first year in college.

8. IT’S MORE THAN A SCORE: DECODING YOUR YOUTH PROGRAM QUALITY ASSESSMENT

OBJECTIVES:
- Participants will be able to understand their program’s YPQA Scores.
- Participants will create strategies to improve scores they would like to work on and improve.

PRESENTED BY: Lydia Prues, After School Matters Research and Evaluation Team

SESSION DESCRIPTION: What are the national and citywide trends in youth data and youth outcomes? What can we learn from data as educators, community builders, and mentors to young people? This session will explore the ways After School Matters uses and interprets data and outcomes. Participants will better understand national trends in youth data and understand how to effectively plan using their own program data. This session will explore national positive youth development trends and research as well as dive deeper into Youth Program Quality Assessment and teen survey data.

PRESENTER BIO
THE AFTER SCHOOL MATTERS RESEARCH & EVALUATION TEAM collaborates with every department at After School Matters to improve the accessibility, availability, and quality of programs in order to better serve teens. The data collected and reported fuels continuous quality improvement, enables data-driven and cost-effective decision-making, and supports advocacy for teens and youth development. The team also participate in youth development convenings across the city and country to share our knowledge and learn from others.

9. RELATIONSHIP REALITIES

OBJECTIVES:
- Participants will engage in understanding healthy relationships.
- Participants will understand the benefits of youth development programs.

PRESENTED BY: Coach Roger Franklin

SESSION DESCRIPTION: How can we explore positive youth development programs? How can we help teens start conversations about healthy relationships? How can we help students navigate the challenges of healthy relationships in our programs? This workshop will provide strategies for educators and program leaders to explore positive youth development programs and engage in healthy relationships with their students.

PRESENTER BIO
COACH ROGER is energetic, fun, and has more than a thirty year track record of developing competitive and recreational athletic programs and developing leadership skills in youth and adults. He has been recognized as United States Tumbling Association Coach of the Year and has coached the US Women and Men’s USA National Tumbling team. Coach Roger leads Chitown Champions, an After School Matters program, in the South/ Southwest branch focused on tumbling and leadership. His passion is rooted in helping individuals grow from where they are to where they want to be.
11. TOUGH STUFF: WALKING WITH YOUTH THROUGH TRAUMA

OBJECTIVES:
Participants will understand how stress might impact people who work with individuals who have experienced trauma. Participants will understand resources for supporting youth through trauma.

YOUTH PROGRAM QUALITY ASSESSMENT ALIGNMENT:
Safe Environment – Positive Emotional Climate

MHA SKILL ALIGNMENT: PERSONAL MINDSET
Adapts approach in response to new conditions or others’ actions.

PRESENTED BY: Brittany D. Sims
SESSION DESCRIPTION: Have you ever felt stressed out or burned out? Have you ever had a young person bring a tough situation to you and needed help responding? This may be just the session for you. Trauma is real. Stress is real. Sometimes what we hear, see, and do at work can affect us. During this session you will receive an introduction to how to recognize trauma in your students and explore techniques to de-escalate classroom situations. You will also have an opportunity to discuss how to identify your own triggers and responses to stress, work on recognizing vicarious trauma in yourself, and think about how to intentionally practice self-care. Come learn a few new ways to support your community of teens, and a few new ways to care for yourself.

PRESENTER BIO
BRITTANY D. SIMS has been working in social services for 14 years. She received a bachelor’s degree in Psychology from DePaul University and a master’s degree in clinical social-work from the University of Chicago. Her background includes working with DCFS, justice involved youth, residential, mental health, substance abuse, quality assurance, and group facilitation. She has experience with direct service and administration with young people through a trauma-informed lens, and with a focus on resilience. She is a native of Chicago and—one fun fact—she loves turtles!

12. USING SKILLS TO POWER PRAISE: THE SKILLS RECOGNITION REVOLUTION

OBJECTIVES:
Participants will identify core skill descriptors and evidence to support skill-based recognition. Participants will understand the connection between feedback, recognition, and meaning making.

YOUTH PROGRAM QUALITY ASSESSMENT ALIGNMENT:
Supportive Environment – Staff Encourages Youth to Try Skills

MHA SKILL ALIGNMENT: VERBAL COMMUNICATION
Organizes information that serves the purpose of the message, context, and audience.

PRESENTED BY: Leslie Beller, MHA Labs
SESSION DESCRIPTION: “Love Yourself” is way harder than it looks. It takes caring adults and friends to help us see our strengths and to build our confidence. Often perfectionism and low self-esteem can undermine our ability to truly love who we are and our strengths. This often makes us less likely to take chances, and less likely to stand up for ourselves. Recognition practices that isolate the success factors in any given activity and use evidence to recognize performance. Evidence and specificity is key, or recognition sounds like hollow praise. When skill recognitions add up, we begin to build a positive skills identity where we are empowered to advocate for our own strengths. Come make custom MHA skill Valentines for your teens that you can use to welcome back your returning teens in the spring and build their confidence!

PRESENTER BIO
LESLIE BELLER is a long-time advocate for youth, social justice, and collective impact serving as an entrepreneur, strategist and public sector administrator to create sustainable social change. As CEO and Founder of MHA Labs, Leslie leads a national movement and design firm focused on the development and recognition of 21st century skills. MHA Labs advocacy efforts focus on challenging racial and gender stereotype threats that limit how talent is recognized and invested in. Prior to launching MHA Labs, Leslie was the Program Director for Youth Initiatives at the Chicago Cook Workforce Partnership (formerly Chicago Workforce Investment Council) where she championed citywide youth opportunity strategies. Before coming to The Partnership, Leslie spent two years working on diversity and equity issues at the University of Virginia addressing impacts of discrimination in higher education and health care. She is co-founder and former President of i.c.stars, a technology leadership development program that empowers emerging Technologists of Color to enter the tech field and lead in their communities. Before pursuing the i.c.stars entrepreneurial approach, she served as a Director at Jobs for Youth, a large-scale youth workforce development agency targeting Opportunity Youth.