



Continuing Education Program Requirements

Through this innovative virtual learning experience, Youth Action Team (YAT) Adult Advisors and leaders have the opportunity to learn, grow, network and collaborate as they prepare to empower youth to serve as catalysts for change in their communities.

The GTI University Continuing Education Program is only open to Adult Advisors and leaders whose YAT participated in the GTI University 2020 Graduate Degree Program. The 2021 program will build upon skills and knowledge learned previously and prepare YATs for a successful school year.

****Please Note:** GTI University Continuing Education is a program name, not an official university of any sort. The program offered is not an official degree, rather it documents completion of the hours indicated in the descriptions below.**

Continuing Education Program

Participating in the Continuing Education Program gives Adult Advisors and leaders the core knowledge they need to work with their YAT, opportunities for topical courses to hone new and necessary skills and a Practicum Experience that ties together all of the learning in a final project: the YAT Action Plan.

Participants in this program engage in the following:

- Program Orientation (1 hour, required)
- Core Courses (8 hours, required)
- Elective Courses (6 hours, required)
- Practicum Experience (final project, required)
- Extracurriculars (none required, participation encouraged)
- Office Hours (none required, participation encouraged)
- Graduation (1 hour, required)

Registration for the Continuing Education Program is for two YAT leaders per team and includes a mailed Welcome Kit; access to all GTI University live and on-demand courses through September 30, 2021; limited edition GTI University swag; a printed GTI University Degree; *the YAT monthly* and *Inspired to Make Healthy Choices* e-newsletters; and technical assistance and project support from GTI during the 2020-21 school year.

Program Orientation

Orientation will be held on **Thursday, January 28 from 11 am – 12 pm** and is a requirement of the Continuing Education Program. If you are unable to attend, the orientation recording will be sent to you to view.



Office Hours

Office hours are not a requirement; however, we encourage you to use this time to join GUIDE staff should you have questions about the program, courses, working with your YAT, etc. Office hours will be held on the following dates and times:

- Tuesday, February 16, 12 – 1 pm
- Thursday, March 18, 9 – 10 am
- Friday, April 30, 3 – 4 pm
- Tuesday, May 25, 12 – 1 pm
- Thursday, June 25, 9 – 10 am
- Friday, July 23, 3 – 4 pm
- Tuesday, August 24, 12 – 1 pm
- Thursday, September 16, 9 – 10 am

Extracurriculars

During the months of January – September 2021, you will receive information about other opportunities to engage and learn virtually. You will receive this information via *the YAT monthly* e-newsletter. Please note that while these opportunities are not required, they are encouraged.

Practicum Experience

The Practicum Experience is required. This experience is simply working with your YAT to create an action plan for the 2020-21 school year. You will receive the following information via email. The below will help you meet this deliverable:

- **GTI Team Meetings Facilitator's Guide:** If you want step-by-step directions on how to complete the GTI Team Action Plan, this document is for you!
- **YAT Funding Spreadsheet:** Don't know what kind of funding you have? Underage drinking? Opioid? Both? Check out this document for answers.
- **Georgia Student Health Survey & Kid's Count Data by County**
- **GTI Team Action Plan:** This is the form you need to complete with your YAT and submit no later than **August 15, 2021**.
- If you want extra help on how to use this information while crafting your Team Action Plan, check out this [webinar](#) from 2020 GTI University programming.

Graduation

Graduation will be held on **Friday, September 17, 2021 from 11 am – 12 pm**. Graduation is required.

The registration deadline is 5 pm on January 27, 2021.



Course Catalog

Why & How to Incorporate Reflection in Every Session

Jessica Andrews-Wilson, GUIDE

February 11, 3 – 5 pm

In youth development programs...and programs of all sorts, reflection can maximize learning and help concepts to stick. In this highly interactive webinar, participants will take a close look at the value of reflection, how and why to use it well and how to take reflective practices from basic to transformative for the young people you serve.

Self-Care 2.0: New Year, New Me

Mary Kate Chapman, GUIDE

January 26, 11 am – 12 pm

We've all said it, right? Thank goodness 2020 is over, and we can start anew! But the chaos didn't just stop because we entered a new year. In order for us to thrive and live our best lives, we MUST take care of ourselves... each and every single day. Join us for this interactive webinar to explore even more ways to fully take care of ourselves – mentally, physically and emotionally. You don't want to miss this!

Understanding Trauma Through ACEs Science

Anna Blount & Amy Hunnewell, Team Up Mentoring

February 18, 1 – 3 pm

Utilizing the landmark CDC/Kaiser Permanente study from the 1990s as well as the recent work of trailblazers like Nadine Burke-Harris, this course will take an in-depth look at the science of Adverse Childhood Experiences (ACEs). To better understand the stigma and misconceptions surrounding trauma, this workshop will take a look at the long history of trauma and trauma treatment. Participants will then explore how the physiological and psychological effects of ACEs on the body, brain and biology affect the long-term health outcomes of people exposed to childhood trauma. Finally, participants will learn the common signs of trauma in children and adults and have a chance to examine their own personal assumptions about trauma and trauma survivors.



Fundamentals of Prevention, a PCCG Core Course

Mary Kate Chapman, GUIDE

March 1 & March 4, 10 am – 3 pm

This course, approved by the Prevention Credentialing Consortium of Georgia as a Core Course, will provide a basic foundation of prevention knowledge that can be further expanded through ongoing prevention training and development. By the end of this workshop, participants will:

- Identify protective factors currently being used or those that will be implemented;
- Identify one prevention process/program that represents each prevention strategy;
- Identify risk factors;
- Determine what works in prevention;
- Define prevention strategies; and
- Outline historical timeline of prevention.

Community Level Change Strategies*

Mary Kate Chapman, GUIDE

March 9, 10 am – 12 pm

Community Level Change Strategies (CLCS) can be used by any individual, group or organization to create change in their community. Participants are introduced to each of the seven strategies and provided examples of community level implementation. Participants will have the opportunity to experience a project simulation during the webinar to increase knowledge and understanding.

Communication Skills for the Prevention Professional, a PCCG Core Course

Jessica Andrews-Wilson, GUIDE

March 16, 10 am – 4 pm

This course, approved by the Prevention Credentialing Consortium of Georgia as a Core Course, is a response to the prevention domain changes made by IC&RC. In order for prevention professionals to be prepared to interview or test for their prevention credentials, they will need this core course that will focus on interpersonal communication, facilitation, public speaking and good listening skills as well as public awareness campaigns and marketing basics.



Being a Resilient Leader

Linnea Miller, Long Table, LLC.

March 23, 1 – 3 pm

Resilient teams unite toward a common goal, and work together to maximize the contributions of each member. They solve problems effectively and they innovate. Resilient teams are invincible. They can respond to change and disruption, without devolving into chaos or conflict. Discover 3 steps and 3 tools to build strong and resilient teams.

Exploring Ethics in the Prevention Field, a PCCG Core Course

Mary Kate Chapman, GUIDE

March 30, 10 am – 4 pm

This course, approved by the Prevention Credentialing Consortium of Georgia as a Core Course, is designed to provide a basic introduction to the Principles of the Code of Ethical Conduct for Prevention, Early Intervention and Health Promotion Professionals and Volunteers. It will also provide an overview of the ethical dilemmas that Prevention Professionals encounter in their work. Using the Code of Ethics from the Prevention Think Tank as a framework, participants will explore ethical principles using interactive methods and role-plays that encourage and support adult learning.

Goal Setting: Who, What, When, How & Why

Abby Keenan, Intrepid Performance Consulting, LLC.

April 1, 1 -3 pm

When we consider our values and ensure that they align with our goals, we are more likely to commit to a goal process, feel that our efforts are meaningful and persist through short-term sacrifices in order to gain long-term rewards. In this webinar, you'll have a chance to identify your core values, set a goal that is important to you and learn about various steps to achieve your goal now and in the future. We'll explore these concepts through interactive activities, video, discussion, collaboration and handouts. You'll leave feeling energized, empowered, ready to take action on a personal and/or professional goal process.

Cultural Competency for the Prevention Professional, a PCCG Core Course

Michael Davis, GUIDE

April 13, 10 am – 4 pm

This course, approved by the Prevention Credentialing Consortium of Georgia as a Core Course, will give Prevention Professionals a refresher in cultural awareness and



appropriateness in the prevention field. At a young age most people learn how to recognize differences more quickly than similarities and how to dislike others who are not like us. In our ever-increasing diverse communities, understanding, tolerance and appreciation for differences is necessary to running effective prevention programs. This session will include activities and discussions exploring cultural diversity and prejudices in a safe environment in order to learn how to increase cultural competence and create safe spaces in your programs and organizations. Bring an open mind, as we will discuss critical diversity issues such as racism, ageism, heterosexism and sexism.

Best Practices in Youth Development

Jessica Andrews-Wilson, GUIDE

April 20, 3 – 5 pm

Best Practices in Youth Development will bridge the most up-to-date research in youth development and afterschool programming with achievable practices that will promote positive outcomes in youth. Through interactive and hands-on learning experiences, participants will gain knowledge and skills in an array of positive youth development program practices, including best practice models for instruction and learning, key characteristics of high-yield learning experiences, effective facilitation techniques for enhancing youth engagement, positive discipline strategies and numerous other evidence-based best practices to enhance youths' motivation and engagement in learning. In addition to enhanced knowledge and skill, participants will gain resources, activities and tools that can be implemented immediately in programs to enhance youths' motivation and engagement in learning.

Youth Voice

Jessica Andrews-Wilson, GUIDE

April 22, 3 – 5 pm

One of the keys to effective and meaningful youth development programs is the inclusion of youth voice... but what does that REALLY mean? In this highly interactive online learning experience, we'll take a look at the research behind the importance and value of youth voice before we identify ways to include and enhance youth voice in programs. Participants will leave with ideas for how to engage youth in new and exciting ways to ensure their voices are heard.



Strategic Prevention Framework*

Facilitator: Mary Kate Chapman, GUIDE

April 27, 10 am – 12 pm

This webinar will take a deep dive into the Strategic Prevention Framework. Over the course of the webinar, participants will learn the history and use of the framework, specifically in the field of substance use prevention. Participants will be given a brief overview of each step of the framework. Learning is enhanced by providing community-level examples of how each step is implemented in data-driven prevention efforts.

How to Use Data to Plan Your Project*

Michael Davis, GUIDE

May 11, 1 -3 pm

Data – love it, or hate it; it is an essential part of our work. Understanding and using data to plan your prevention projects is key to making sure we meet our community's needs and show the effectiveness of our work. In this webinar, we will discuss the importance of data, data resources and how to plan and evaluate prevention projects.

Underage Drinking Prevention

Nykita Howell, GUIDE

May 18, 10 am – 12 pm

Alcohol is still the most commonly used illegal drug in the US by teenagers. In this session, we will explore trends in the underage drinking prevention field and discuss some of the best practices in our state.

QPR

Amira Abdulhafid, GUIDE

May 20, 1 – 3 pm

This session will focus on some basic knowledge about suicide and then train participants in QPR. QPR stands for Question, Persuade and Refer — the three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. Each year thousands of Americans, like you, are saying “yes” to saving the life of a friend, colleague, sibling or neighbor.



Teaching Financial Literacy to Youth

Stephanie McBride, GUIDE

May 20, 10 am – 12 pm

This workshop will provide participants with fun ways to teach youth how to manage financial resources and to make their money count! Participants will learn how to teach the following:

- What exactly financial literacy means;
- How to create and adjust a budget; and
- How to maintain a good credit score.

Real Life in Real Time: Engaging & Building the Capacity of a New Workforce

Eric Rowles, Leading to Change

June 8, 1 – 3 pm

They have an average employment length of eight months, they text more than talk and they're the LARGEST generation to ever hit our workforce. How familiar - and savvy - are you with this next generation in 2021? In this very HANDS-ON session, you'll learn about their career outlooks, work ethic, volunteer trends and cultural influences. This presentation moves at WARP speed - full of REAL tools, REAL examples and immediately applicable strategies.

Social Justice 101: An Introduction

Michael Davis, GUIDE

June 16, 10 am – 12 pm

At a young age, most people learn how to recognize differences more quickly than similarities and how to dislike others who are not like us. In our ever-increasing diverse communities, understanding, tolerance and appreciation for differences are necessary for success. This session will explore social justice concepts and how to increase your knowledge around the issue and gain understanding. Bring an open mind, as we will discuss critical diversity issues such as racism, ageism, heterosexism and sexism.

Prescription Drug Abuse Prevention

Michael Davis, GUIDE

July 15, 1 – 3 pm

The opioid and prescription drug epidemic in the past several years has brought national attention to the dangers of the drugs. In this session, we will share trends and give updates



about opioid prevention, and you will learn ways to incorporate this work in your community.

Working with Difficult People

Mary Kate Chapman & Stephanie McBride, GUIDE

July 29, 1 – 3 pm

Are your program participants getting on your last nerve? Do you struggle to deal with your team, or dare say it... your boss? Join us for this engaging, hands-on webinar that will walk you through tips and tricks in order to bridge the relationship gap between you and everyone who you find difficult. Be ready to engage, practice and learn tools you can immediately implement after the training.

A Focus on Health & Well-Being

Children's Healthcare of Atlanta

August 17, 3 – 5 pm

Afterschool and other out-of-school time programs have an opportunity to promote health and well-being by increasing access to healthy foods and beverages, providing opportunities for physical activity and serving as healthy role models for kids. In this webinar, we will discuss the “what and why” behind healthy eating and physical activity best practices and provide simple strategies for implementing them in youth programming. Participants will leave the session with new ideas and information about free online and in-person resources that are available through Children's Healthcare of Atlanta.

Facilitation 3.0

Mary Kate Chapman, GUIDE

August 19, 10 am – 12 pm

Have you facilitated a ton of virtual and in-person experiences in the past year? Do you feel like you're a pro and NEED some new, innovative ways to keep your participants engaged in your training? Look no further than this interactive online session! This two-hour session will offer tips and tools for experienced facilitators. Participants will engage in small group work and will learn new tips and tricks for facilitating in-person and online.

Georgia ASYD Standards

September 8, 10 am – 4 pm

The Georgia Afterschool & Youth Development Standards is a collaborative project funded and endorsed by several state agencies and offered to all youth development programs



across the state as an opportunity to increase program quality. The Standards are grounded in research and best practices and include an easy-to-use self-assessment tool.

This workshop will give participants insight into the Standards and how they could be used to evaluate and increase program quality. Participants will:

- Understand the ASYD Quality Standards program improvement process;
- Learn how to use the ASYD Quality Standards Assessment Tool;
- Practice observing program practices; and
- Apply ratings to program practices.

Going Beyond Red Ribbon Week*

Nykita Howell & Stephanie McBride, GUIDE

September 9, 1 – 3 pm

Take a deep dive into why and how communities should celebrate prevention year-round, not just for one week in October. Participants will gain ideas for how to make prevention a priority and a focus in their communities throughout the year, have a chance to engage in GUIDE's 2021 Red Ribbon Campaign and will receive an electronic version of GUIDE's "Red Ribbon Week & Beyond" manual.

***Required Webinars**

One GTI University student per organization must attend the following:
Community Level Change Strategies, Strategic Prevention Framework, How to Use Data to Plan Your Project and Going Beyond Red Ribbon Week.