

Join TNOYS for virtual trainings on Youth Thrive™, a research-based approach that can help adolescents develop into healthy, thriving adults.

This five-part virtual training series begins on Thursday, March 24, and continues every Thursday for five weeks through April 21. **Attendees may choose to register for individual training days or the full five-part training series.** All trainings in this series will take place from 10:00 a.m. - 1:00 p.m. CT over Zoom. Register at [tfaforms.com/4967516](https://tfaforms.com/4967516) or learn more at [tnoys.org/events](https://tnoys.org/events).

The series will help you build expertise in protective and promotive factors and go in-depth on adolescent development, social connections, cognitive and social-emotional competence, concrete supports, youth resilience, and more. This immersive series is relevant to everyone who works with young people on their journey to adulthood. The schedule for training modules is as follows:

#### Thursday, March 24 - Introduction and Adolescent Development

In this module, participants will understand the guiding premises that provide the framework for the Youth Thrive™ curriculum and discuss how these premises apply to working with youth. Participants will also learn about typical adolescent development, including brain activation and its impact on behavior and learning, and how trauma changes a young person's view and experience of the world. This module will serve as the basis for understanding how to support healthy development in youth and young adults.

#### Thursday, March 31 - Social Connections

In this module, participants will strengthen their understanding of the importance of relationships and how they support the developmental needs of young people. Participants will learn about the stages of relationships, how to use the stages to guide relationship development, and how trauma experiences can influence the relationship development process. This module will introduce participants to the Youth Connections Scale as a framework for discussion with youth.

#### Thursday, April 7 - Cognitive and Social Emotional Competence

In this module, participants will learn about the components of cognitive and social-emotional competence and their impact on youth development and wellbeing. Participants will be able to describe the characteristics of activities and experiences that promote cognitive and social-emotional competence and gain practical knowledge in increasing access to these experiences.

#### Thursday, April 14 - Concrete Supports in Times of Need

In this module, participants will understand the meaning of concrete support and explore how access to concrete supports help adolescents support development. Participants will also learn how helping systems can get in the way of young people seeking services, identify barriers young people may face in times of need, and explore practical strategies to increase willingness to seek support.

Thursday, April 21 - Youth Resilience and Course Wrap Up

In this module, participants will discuss resilience and how it supports youth development. Participants will be able to describe the characteristics of resilient youth, learn how resiliency skills help in times of stress, and reflect on how these concepts are currently used in personal and professional practice. In this concluding module, participants will review what they have learned throughout the training, discuss changes in how they view young people, and create a plan for implementing learning from the course in their regular work.