



NRS Fee-Based Training Topics

Youth Running from Care

Reasons youth choose to leave foster or residential care will be explored. Comparisons will be drawn between youth leaving "intact" families and those leaving out-of-home placements. Relevant NRS research (*Why They Run*, call trend data, etc.) and NRS' evidence-based *Let's Talk: Runaway Prevention Curriculum* will guide discussion of how first-time and future runaway incidents can be prevented. Attitudes and beliefs regarding youth who run from placement will be addressed throughout the training.

Topics include:

1. Characteristics of runaways, including early "warning" signs
2. Characteristics of chronic or repeat runners
3. Discussion of youth running from intact families versus residential programs
4. Factors contributing to a youth in crisis, such as when stress and overwhelm exhaust proper support and resources
5. Techniques to de-escalate a crisis situation that could lead to a runaway incident
6. Steps a guardian or program should take to report and locate a missing youth
7. Preparations for a youth's return, including communication skills and meeting the youth's basic needs
8. Information and materials from NRS' runaway prevention curriculum as a method of discussing runaway prevention with youth at-risk and their caregivers
9. Methods for managing staff and caregiver emotions regarding youth who run from care

By the completion of this training, participants will be able to:

1. Identify potential "warning" signs of a run incident
2. Collaboratively develop a plan with their client, or child, that offers alternatives to running away
3. Facilitate the reunification process of youth returning to care from a run incident
4. Identify and discuss emotions triggered by youth who run from care
5. Utilize NRS' *Let's Talk: Runaway Prevention Curriculum* to minimize the impact of future runaway episodes



Let's Talk: Runaway Prevention Curriculum

Using a "train the facilitator" model, participants will be prepared to implement the curriculum to youth ages 11-18. Participants will receive a copy of the curriculum on CD-ROM and will work closely with staff to address questions and concerns around implementation.

Topics include:

1. The curriculum development process
2. An in-depth look at the fourteen modules of *Let's Talk: Runaway Prevention Curriculum*, including their relation to runaway prevention and youth at-risk
3. Opportunities to experience and facilitate the curriculum
4. Tips for implementation and facilitation

By the completion of this training, participants will be able to:

1. Define the curriculum development process from literature review to pilot testing
2. Identify curriculum modules and activities that will benefit their population
3. Develop an implementation plan for the *Let's Talk: Runaway Prevention Curriculum* that utilizes specific tips to maximize youth engagement

The Domestic Sex Trafficking of Runaway, Homeless and At-Risk Youth

This intensive training focuses on the commercial sexual exploitation (CSE) of runaway, homeless, out of home placed, and at-risk youth.

Through experiential activities, video, and discussion, this workshop defines the issue of CSE, including the intersection of intimate partner violence, familiar exploitation, and out of home Lesbian, Gay, Bi-Sexual, and Transgendered (LGBT) youth. Participants will consider language used in conversations about CSE and identify critical factors that make youth at risk of exploitation. Participants will consider how gender and sexual identity impact youth's involvement, as well as the reality of demand as a crucial role in the perpetuation of the sex trade. Finally, participants will learn about outreach and residential treatment resources available to the social service community.



Topics include:

1. Definition of terms needed to discuss and understand this issue
2. Review of the forms and prevalence of CSE in America
3. Address the reality of demand across a broad social spectrum
4. Pathways and precursors, including familial, and peer driven, CSE
5. Address the intersection of intimate partner violence and CSE
6. High risk populations (out of home placed youth, males, LGBTQ youth)
7. Understanding the impact of CSE
8. Victim identification and engagement with CSE victims and commercially involved youth
9. Review models of outreach and intervention
10. Review of local and national service resources for CSE victims

By the completion of this training, participants will be able to:

1. Define terms needed to discuss and understand issues of CSE
2. Understand various risk factors that make all youth vulnerable to exploitation
3. Understand the impact of trauma and exploitation on youth, as well as the challenges to exiting the situation
4. Learn potential warning signs of CSE and strategies for victim identification and outreach
5. Understand models of outreach and intervention
6. Identify programs throughout the United States that provide services to CSE victims

NRS' Trauma Sensitive Solution-Focused Crisis Intervention Model

NRS' trauma sensitive five step, solution-focused crisis intervention model that all NRS crisis line staff and volunteers learn and implement will be introduced. Special attention will be given to challenging calls, including those that require mandated reporting. Participants will practice using the model through role play activities.

Topics include:

1. NRS philosophy and values
2. NRS' five step, trauma sensitive, solution-focused crisis intervention model



3. How NRS handles challenging calls, including those regarding abuse and suicide

By the completion of this training, participants will be able to:

1. List NRS' services and philosophical tenets
2. Explain the five steps of NRS' crisis intervention model
3. Conduct a role play implementing the crisis intervention model
4. Incorporate NRS' crisis intervention model to work with specific clients and organizations

Effective Volunteer Program Development and Management

NRS currently maintains a corps of over 125 volunteers providing services in areas such as: phone and internet based crisis intervention, information and referral, conflict mediation, runaway education and prevention, outreach, fund raising, and event planning. This workshop will guide a focused discussion of NRS' success in maintaining a corps of diverse, highly-trained volunteers through the use of comprehensive recruitment, management, retention and recognition programs. Participants will take away practical tools that can be tailored to the development of a volunteer program and/or improvement of current practices in managing volunteers in their agency.

Topics include:

1. The history and structure of NRS' volunteer program
2. Identifying roles volunteers can fill within an agency
3. Recruitment and interview strategies
4. Elements that comprise strong retention and recognition elements

By the completion of this training, participants will be able to:

1. List techniques identified by the group that can help a nonprofit recruit volunteers using a variety of mediums
2. Develop an effective means to screen potential volunteers and ways to best utilize their assets
3. Identify tools that are useful in volunteer management such as retention, motivation, guidance and progress tracking

Examine how different recognition activities play a role in a sustainable and strong volunteer core