

# RECONNECTING YOUTH FACILITATOR TRAINING SERIES



RY Inc. has been providing trainings internationally for over 25 years and our prevention programs have been recognized by numerous [evidence-based program listings](#), including the U.S. Department of Education, Centers for Disease Control and prevention, Public Safety Canada, Suicide Prevention Resource Center, Indian Health Services and Substance Abuse and Mental Health Services Administration (SAMHSA).

## PROGRAM DESCRIPTION

**Reconnecting Youth (RY)** was designed for **middle and high school-aged students** and uses a positive peer support model as a foundation for life skills training. RY is unique in that it targets your Tier II (selective) and Tier III (indicated) youth in these secondary grades. The RY Program is closely aligned with the five SEL Core Competencies (per CASEL, 2021); here is an overview of [Reconnecting Youth and SEL aligned](#).

Importantly, RY works best with an **invitation model** (rather than mandated participation) and with a **diverse group** of students combined. It is a semester-long, credit-bearing class for up to 12 students, offered in the daily school schedule. RY Students learn, practice, and apply skills related to **self-esteem enhancement, healthy decision making, personal control, and interpersonal communication**, while supporting one another towards the three program goals.

- **Increased school achievement**
- **Decreased drug involvement (or staying drug-free)**
- **Increasing mood management**

## PAY-OFFS

- Significant, sustained reductions in **suicide-risk behavior, depression, and hopelessness**
- Decreased **anxiety and anger control problems**
- Declines in **drug-use control problems, adverse drug-use consequences, and hard drug use**
- Enhanced and sustained higher levels of **problem-solving coping and personal control**
- Increases in **GPA and in credits earned per semester**
- Decreases in **dropout rates**
- Increases in **positive connections with teachers, friends and family**

## TRAINING DESCRIPTION

The **Reconnecting Youth (RY) Facilitator Training Series** is in-depth and interactive. This training prepares your staff to deliver the evidence-based Reconnecting Youth Program with fidelity and achieve the best outcomes for their learners.

Facilitator Training covers program theory, the prevention model, the structure of class sessions and an overview of the entire curriculum. In our live group trainings, we make time for discussion and practice of important group management issues, difficult conversations, confidentiality, self-disclosure, and understanding and supporting policies and procedures. Each training participant prepares and teaches a portion of a lesson and receives immediate and personalized supervision and feedback. This practice-teaching empowers each participant to leave the training with confidence as well as competence in implementation readiness.



## TRAINING DESIGN

Our robust training framework is based on the latest adult learning science, for all members of your multidisciplinary team. This state-of-the-art training is delivered online, using both synchronous and asynchronous learning activities and includes a year of access to our Learning Platform, packed with digital and print materials and resources. This blended-learning format allows for more flexibility in scheduling, and has been proven to increase effectiveness, personalization, extended reach and, perhaps most importantly, learner engagement.

Our trainings also use a flipped-classroom design, to allow our learners to study at their own pace, and revisit and review materials, as needed. Here is a visual overview of this modern training design.

MODULE 1		MODULE 2		MODULE 3	
Program overview and prevention model		Lesson content and classroom management		Implementation essentials and challenges; practice showcase	
Independent, Self-Paced Learning*	Live Zoom Training #1	Independent, Self-Paced Learning*	Live Zoom Training #2	Independent, Self-Paced Learning*	Live Zoom Training #3

\*Completion required prior to each Live Zoom Training.

## LEARNING OBJECTIVES

By the end of this training experience, given training resources and access to the Learning Platform, each learner should be able to:

- Define fidelity to evidence-based prevention programming.
- Identify the five prevention mechanisms used in RY.
- Explain the importance of skills training and peer and adult support to student goal achievement.
- Categorize examples of facilitator words and actions into group building or skills training behaviors.
- Create a lesson outline using the prescribed structure (*aka anatomy*) for any RY lesson.
- Deliver most of the content in all RY lessons.
- Demonstrate a core component of each RY lesson – the Big Ideas (motivate, rationalize, explain how they'll teach the skills in each lesson).
- Prepare for discussions with important stakeholders (e.g., school administrators, faculty, youth-serving community agencies) about upholding the policies and procedures that support the RY model.
- Recognize the appropriate level of disciplinary response to example student misbehavior.
- Facilitate honest conversations with youth about their drug and alcohol use or non-use decisions.
- Construct their own protocol for inviting students into the RY program.

