First session (10:15-11:15)

1. Rainbow Child Development Center’s Expressive Therapies – Music/Arts Therapy and Social-Emotional Learning. In the aftermath of the COVID-19 Pandemic arose a greater need for clinically impactful and trauma-informed mental health interventions for underserved children. There was a significant rise in children presenting complex post-traumatic stress and various mental health concerns that highlighted the essential need for wrap-around programs. Clinical music therapy and art therapy sessions during afterschool programming offered research-based and creative interventions that centered the children’s voices as most valuable in their process of recovery. Music and Art therapists provided weekly series of live, engaging music and interactive art-making facilitated and guided children through process-oriented healing methods. The positive outcomes of “hands-on” music and art therapy included addressing and validating children’s emotions, managing their stress, that resulted in promoting wellness and decreasing some of their social/educational challenges.

2. Health Resources in Action - Working With Youth Across Difference. Training Description: This training will equip youth workers with the tools to support youth across difference (age, race, ability, class, education, etc.). Participants will explore aspects of their own identities, how they relate to power and privilege, and how to apply these insights to their youth work. Participants will be able to recognize how their own social identity impacts their work with young people with different identities. Participants will learn strategies to mitigate those differences to foster belonging and reach program goals.

3. Apprentice Learning – Career Exploration with Middle School Students. Apprentice Learning will present on our City Summer Internship program for rising 9th graders who identify as girls. CSI is a paid summer internship program which operates on a learn to earn/earn to learn model. Our program provides both structured job coaching and career broadening explorations which amplify sectors in which women have been historically underrepresented and/or unrecognized—particularly the STEAM careers that fuel Boston’s economy. Apprentice Learning staff will discuss recruitment; student retention and engagement; and best practices around career exploration for middle grade students.

4. Building Audacity – Trauma-Informed Care in After School Settings. Building Audacity will provide insight on how to fine tune your racial equity lens to provide a trauma informed youth centered learning space. Participants will leave the workshop with a self journey workbook, a reading list, and two strategies to implement youth centered programming.

5. MetroWest YMCA - Inclusion Matters. Childhood is not easy. Some kids experience significant challenges and struggle to interact positively with others. Staff have mixed levels of experience and skills to provide the leadership and engaging experience that children need to be their best selves. Often, program leadership staff lack the expertise or capacity to coach the staff or deliver the services themselves. The MetroWest YMCA will share their “Inclusion Specialist” model to hire social workers and behavioral health team members to support youth, their families, and staff while collaborating with others so that participation in Y programs is positive and engaging for all. The presentation will share tools and resources that have led to both successes and
challenges. The workshop will include an opportunity for workshop participants to start to explore how a similar concept can be integrated into other youth serving organizations.

6. **Project Adventure - Play-Based Approaches to SEL.** This workshop is designed to support folks who work directly with kids in grades K-6 in an after-school or out of school time setting. Play can be a powerful tool to explore and practice vital social and emotional skills with youth, and we build stronger connections with others through the joy and laughter prompted by play. During the hour, participants will participate in playing 2-3 activities that they can implement at their own organizations to promote connection and problem-solving within their youth populations. Participants will be introduced to strategies that support students as they explore how to play with others.

**Second session (11:30-12:30)**

1. **NIOST - Family Engagement.** In this session, we'll think beyond the typical family back-to-school night and monthly newsletter and explore how to more meaningfully engage families through a variety of activity types. We'll also identify ways you can help both families and your staff develop capacities to engage with each other, a critical strategy that is often missing from our family engagement work.

2. **YMCA Cape Cod – Incorporating Social Emotional Learning Supports into OST.** Cape Cod YMCA hired an adjustment counselor that works with both youth and staff in coaching capacities at all 6 afterschool sites and their summer camp. They also partnered with Project Adventure to incorporate more education and SEL into their OST programs with this funding.

3. **Wareham Public Schools – Action steps for integrating diversity, equity and inclusion and social-emotional learning.** In this interactive, hands-on presentation, Wareham Public Schools will share information on how they used the Rebound Funds to incorporate DEI and SEL into their afterschool programs. They will provide information and actionable steps on how to integrate these into your own program.

4. **Springfield Empowerment Zone – Building Strong Partnerships and Peer Relationships.** The Springfield Empowerment Zone Partnership, a group of middle and high schools within the Springfield Public School District, will be presenting alongside Strong Young Minds, a Springfield-based CBO that teaches students about modeling to improve self-acceptance and confidence, about what it was like to create a partnership and deliver programming across a number of schools. We'll discuss how the partnership began, the successes and challenges, and the details we needed to figure out to get the program successfully running.

5. **Fresh Films – Career Path Curriculum and SEL Skill Building.** Fresh Films operates 4 film training locations in Massachusetts and is planning to launch a 5th location this Fall. They'll talk about Media Arts Education and its connection to rapidly growing jobs in the Massachusetts creative economy. They'll overview their scaffolded career path curriculum and how it connects to not only workforce readiness for these jobs but also SEL skill building for diverse audiences.
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**Third session (1:30-2:30)**

1. Berkshire Pulse – Community-Building Through Performing Arts. In their presentation, Berkshire Pulse staff will share about their belief that hope is a practice, and how this practice shapes their mission to build and strengthen community life through diverse and accessible programming in performing, movement, and creative arts. Their presentation will share successes and challenges from their programming, best practices, and informal demonstrations of their movement and dance practices.

2. Catholic Charities, Peabody – Staff Recruitment and Retention Strategies. Catholic Charities will share on how the Rebound Grants have supported increased wages, recruiting and retaining qualified staff, and training days to improve program quality.

3. Young Women in Science/Flying Cloud Institute – High School Youth Mentorship: Setting up a Win-Win-Win for Everyone! For over 35 years Flying Cloud Institute has offered free public-school programs that inspire the next generation of scientists, engineers, and artists. Our Young Women in Science programs bring after school Girls Science Clubs and summer STEM intensives to elementary-aged students. Youth mentors from local high schools are the heart of these programs and we are excited to share strategies for recruiting high school students, training them to work as mentors, and fostering their leadership skills as part of a regional mentor cohort. YWIS Director Angel Heffernan and Ex. Dir. Maria Rundle will share the successes and growing edges of this multi-generational approach to mentorship: a constellation of relationships that enrich us all!

4. Westfield Child Center – Building Healthy Peer Relationships. The Westfield Child Center will be talking about peer relationships, and how they have been deeply impacted by the pandemic. They will explain how they have been using Rebound Grants to rebuild connections among peers.

5. Latino Education Institute – Conversation Circles in OST. The Latino Education Institute ENLACE program will present an overview of the program logistics and content, introduce the effectiveness of Conversation Circles which is a method used to create safe spaces, build trust and encourage positive communication. A tool that we have found to be very useful post COVID in dealing with the emotional wellbeing of our program participants.

6. NIOST- Read Up, Write Up, Talk Up: Building Literacy Rich Environments in OST Programs. Children who read or are read to 20 minutes a day will hear close to 2 million words per year! We will talk about light touch strategies for creating a literacy-rich environment in OST programs by tweaking the things you are already doing. We'll blend research findings and discussion with peers to learn about effective practices. OST programs can support literacy skill-building in a multitude of ways. Come join the conversation!