

Good morning,

Please see below for information and resources related to your work with older youth.

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YAB Blast Spring Newsletter

The Spring Blast Youth Newsletter brings you the latest updates, activities, and celebrations happening this season!

As the season of renewal and growth arrives, we're excited to bring together fresh energy, new ideas, and meaningful connections. This edition celebrates the progress we've made, highlights inspiring work across our community, and offers opportunities to stay engaged and involved. Whether you're here to learn, share, or simply be inspired, we're glad you're part of this vibrant and impactful journey.

[Welcome to the YAB Spring BLAST:](#)



Resource of the Month: PHEAA Pocket Resume

https://www.pheaa.org/documents/schools-partners/k12-counselors/publications/pocket_resume.pdf.

The **Pennsylvania Higher Education Assistance Agency (PHEAA) Pocket Resume** is a structured, user-friendly tool designed to support students and young adults in developing essential career readiness skills. This resource provides a concise, guided format that assists individuals in organizing key personal and professional information needed to create an effective resume. The Pocket Resume walks users through the foundational components of a professional resume, including contact information, educational background, work and volunteer experience, and relevant skills. Its simplified format makes it especially accessible for youth who may be entering the workforce for the first time or who have limited experience with professional documentation. This resource is particularly timely

and relevant during the month of June, as many young people are navigating important transitions such as high school graduation, entry into postsecondary education, and participation in summer employment opportunities. The Pocket Resume enables users to quickly compile and articulate their experiences, preparing them to apply for jobs, internships, training programs, and volunteer roles with greater confidence and professionalism. In addition to its practical application, the Pocket Resume promotes self-reflection by encouraging youth to identify their strengths, achievements, and transferable skills. It is a valuable tool for educators, caseworkers, and workforce development professionals who are supporting youth in building independence and preparing for adulthood. Overall, the PHEAA Pocket Resume is an effective and accessible resource that aligns with workforce readiness goals and empowers young people to take meaningful steps toward their future educational and career pursuits.

Youth MOVE PA



6th Annual Wellness Days REGISTER TODAY

Events
From music and speakers to balloon art, face painting, food trucks, a bouncy house, arts & crafts, and even first responders—Wellness Days has something for everyone!

For All Ages
From kids to caregivers, Wellness Days offers fun and meaningful events for all ages and community members!

Partners & Sponsors
Wellness Days will be hosted in collaboration with Luzerne-Wyoming Counties MH-DS, Youth MOVE Revolution, AMI Inc., Carelon BH, CABHC, The Bradley Center, Nice Ink Tattoo Shop, and White Deer Run. CCBH, Lincoln Manufacturing Inc.

Sponsorship & Tabling
Interested in becoming an official event sponsor or tabling at Wellness Days this year? Please **CLICK THIS LINK** or scan the QR code below.

Strength Sparks Wellness
Every spark of strength creates a brighter journey toward wellness

Registration
This summer, Wellness Days is coming to two exciting locations! Register online by scanning the QR code or **TAPPING THIS LINK** to secure your spot.

Stone Pavillion
Washington Park, Washington, PA
July 11, 2026
11am-3pm

Kirby Park
Wilkes-Barre, PA
July 25, 2026
11am-3pm

Got questions about Wellness Days? Reach out anytime at ympa@youthmovepa.org—we're here to help!

717-221-1022
ympa@youthmovepa.org
https://linktr.ee/youth_movepa
<https://www.pmhca.org/>

Youth MOVE PA is proud to present [Wellness Days 2026](#), marking the sixth year of this powerful annual celebration designed to uplift youth voices, expand access to resources, and strengthen community partnerships across Pennsylvania.

Hosted under the theme “**Strength Sparks Wellness**,” this free summer event series brings together youth, families, and service providers in welcoming spaces focused on joy, resilience, and mental health connection.

Mental Health Awareness Month & New Data on LGBTQ+ Youth's Experiences

Mental health is a deeply important topic, and something that comes with unique challenges for LGBTQ+ young people. This Mental Health Awareness Month The Trevor Project wants to highlight the real, lived realities of LGBTQ+ young people, the good, the bad, and everything in between, as they release the results of their 2025 U.S. National Survey. The new survey results reveal what is really going on around the country for the LGBTQ+ young people. Across city and state lines, stories and experiences are shared and corroborated, revealing heartbreaking truths and a powerful call for resources and support, because every young person deserves the chance to live and thrive. [Learn more](#)



PA FAFSA Requirement Webpage - Now Live

The Pennsylvania Department of Education (PDE) is pleased to announce that the [PA FAFSA Requirement webpage](#) is now live and available to support schools, students, and families as they prepare for implementation of Act 47 of 2025.

The webpage includes important information regarding the FAFSA completion requirement for graduating high school seniors, resources for educators and families, frequently asked questions, and the [official student opt-out form](#).

Schools are encouraged to review the available resources and begin sharing this information with students and families as part of their college and career readiness planning efforts.

Key resources available on the website include:

- Overview of Pennsylvania's FAFSA Requirement
- Frequently Asked Questions (FAQs)
- Resources for Educators
- Family and Student Information
- Official Opt-Out Form

As a reminder, no student shall be prevented from graduating high school or otherwise penalized for not completing the FAFSA. Students may satisfy the requirement by completing the FAFSA, completing the Pennsylvania State Aid Form (if applicable), or submitting a signed opt-out form.

We encourage school leaders and counselors to familiarize themselves with the resources and incorporate them into local communication efforts.

Thank you for your continued partnership in supporting Pennsylvania students as they pursue postsecondary education and career opportunities.

Sincerely,
Amy Lena

Amy Lena | Deputy Secretary

Department of Education | Office of Elementary and Secondary Education (OESE)
607 South Drive | Harrisburg, PA 17120
Office: 717-783-4307 | Cell: 717-460-1868
www.education.pa.gov

Free Webinar: Preparing Youth for Permanency Through Meaningful Relationships

[View in browser](#)



Dave Thomas
Foundation
for Adoption®

Forever Families for Children in Foster Care

Preparing Youth for Permanency Through Meaningful Relationships

Free Live Webinar



Christian (adopted at 13), Sean (dad) and Brody (adopted at 9)

Child welfare professionals: Join us for a **FREE** webinar on **Thursday, June 25, from 1–2:30 p.m. ET** to help youth nurture meaningful relationships with adults in their life on the journey to permanency.

Too often, permanency preparation begins only after a family has been identified. That may not be sufficient to address the deep-seated trauma that can make it difficult for many youth to trust and form stable attachments.

In this webinar, we will explore the importance of engaging a network of supportive adults to help youth learn the social and emotional skills necessary for healthy relationships. By focusing on individualized, trauma-informed strategies, child welfare professionals can empower youth to build the resilience and readiness they need to truly thrive in a permanent home.

Presenters: Danielle DiMatteo and Beth Stahl, MSW, LSW, Dave Thomas Foundation for Adoption

[**REGISTER NOW**](#)

Join us for this important conversation to:

- **Understand the importance of early permanency preparation** in supporting positive, long-term outcomes for youth in foster care
- **Identify key strategies for tailoring permanency preparation** to each youth's cognitive, emotional and developmental needs
- **Apply trauma-informed practices to permanency preparation** that promote healing and stability, ensuring that youth feel safe and supported throughout the process
- **Engage supportive adults** in preparing youth for permanency and helping them build healthy, trusting relationships

[Register now](#) for helpful resources to champion permanency and make a difference in the lives of youth in foster care.

This program is Approved by the National Association of Social Workers (Approval # 886822338-9108) for 1 continuing education contact hours.

MISSION

Dramatically increase the number of adoptions of children waiting in North America's foster care systems.

REGISTER NOW



davethomasfoundation.org

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