

# REGISTRATION FORM

Name:

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Agency:

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Agency Address:

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Daytime Telephone #:

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E-mail Address:

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Payment Method:

- Check Enclosed  
 Purchase Order # \_\_\_\_\_

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**REGISTRATION  
DEADLINE:  
SEPTEMBER 9, 2011**

**CLASS LOCATION**  
OCO Main Office—Board Room

## **2011-2012 CLASS SCHEDULE**

**9:00 AM—4:00 PM**

on the following dates:

9/22/2011

10/6, 10/20

11/3, 11/17

12/1, 12/15

1/5/2012, 1/19

2/2, 2/16

3/1, 3/15

**Exam Date\***

4/12/2012

**Graduation Ceremony\***

4/26/2012

\* Exam & Graduation dates subject to change

For more information, or to find out how  
to register, please call:

**CHRISTINE PREVOST  
TRAINING COORDINATOR  
598-4705, Ext. 1023**

**Oswego County  
Opportunities, Inc.**



239 Oneida Street  
Fulton, NY 13069  
(315)-598-4705

Visit us on the web!  
[www.oco.org](http://www.oco.org)

**Oswego County  
Opportunities, Inc.**

# Empowerment Skills for Family Workers



*A 90-hour series for human  
service workers based on the  
principles of Cornell Family  
Development Training and  
Credentialing (FDC)  
Program.*

## What is the FDC?

The Family Development Credential started in 1994 as a major interagency initiative to provide front-line workers with the professional skills and competencies needed to help families and individuals become more self-reliant with their communities.

To earn the New York State FDC credential, family workers take 90 hours of Empowerment Skills for Workers interagency training, prepare a skills practice portfolio, and pass a credentialing exam. Cornell University issues the FDC credential. FDC-credentialed workers may be eligible for seven to twelve undergraduate college credits through Empire State College and 22 community colleges across the state.

Currently, there are more than 5,000 FDC credentialed workers in New York State with 26 states establishing FDC systems nationwide.

## What are the benefits and outcomes of FDC training?

Cornell research documents the following:

- **Workers** develop effective skills in helping families set and achieve goals of healthy self-reliance.
- **Family members** who worked with FDC credentialed workers are better able to recognize their strengths, set goals and develop plans.
- **Organizations** increase their capacities to collaborate and staff feel motivated and validated.

## 7 STEPS OF FAMILY DEVELOPMENT



1. The family develops a partnership with a family development worker
2. A family development worker helps the family assess its needs and strengths; this is an ongoing process
3. The family sets its own major goals and steps for reaching them
4. The family development worker helps the family make a written plan that identifies steps the family will take and steps the worker will take
5. The family learns and practices skills needed to become self-reliant
6. The family uses services as stepping stones to reach their goals
7. The family's sense of self respect is restored and the family is able to better handle future challenges.

These steps do not occur in any particular order, and in some cases, the family may go back to a step more than once, during the process.



## TUITION & REGISTRATION

### Tuition

OCO Employees	\$300.00
All others	\$800.00

*Tuition includes cost of credential (\$250) and all training materials, including textbook.*

### OCO EMPLOYEES

Discuss your interest in the FDC with your supervisor. Complete a Request to Attend an Internal Training form and send it to Training & Performance, Attn: Christine Prevost

### ALL OTHERS

Complete the attached registration form and mail it with your payment to:

Oswego County Opportunities, Inc.  
Attn: Training & Performance—Christine Prevost  
239 Oneida Street  
Fulton, NY 13069

*“I have truly enjoyed this learning experience. It was a nice mix of students from very different backgrounds. I’m using the new skills at work and in my personal life, with great success. The family development approach really works!”*

*~ FDC graduate*