Healthy Youth Nebraska:

Addressing Risks, Resiliency & Barriers to Success

Tuesday, September 19, 2017
Holiday Inn, 110 S 2nd Ave, Kearney, NE 68847
Breakfast and Lunch Provided - CEUs Available - $40.00 Registration Fee
7:30am– 4:30pm

Dr. Karen Rayne Presents:

Let’s Erase Bullying

This keynote integrates sexual health and bullying, two key conference topics, and provides concrete, engaging activities for attendees to use in their communities. Bullying takes a toll on sexual health in a variety of ways. For example, when young people who are LGBTQ+ or perceived as LGBTQ+, they may be called names, made fun of, or even physically hurt. This kind of engagement decreases their mental health and increases the likelihood that they will “play straight,” a primary reason behind LGBTQ+ teen pregnancy. Another example of the intersections between bullying and sexual health is the ways that digital media is used to make fun of and torment people’s bodies, which can lead to decreased self esteem, increased eating disorders, and risky sexual choices. By offering theoretical and practical approaches to addressing these and other issues, this keynote is accessible and useful to everyone.

Dr. Rayne is the Sexuality Education and Training Specialist at The Center for Sex Education, the Founder of Unhushed, and the Associate Editor of the American Journal for Sexuality Education. She writes sexuality education curricula and trains sex educators worldwide.

Sponsored by:
NE Department of Health and Human Services, Divisions of Public Health and Behavioral Health, NE Department of Education

This activity has been submitted to the Washington State Nurses Association Approver of Continuing Nursing Education (A-CNE) for approval to award contact hours. The Washington State Nurses Association Approver of Continuing Nursing Education (A-CNE) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
Flippin’ the Script: Working with Domestic Minor Sex Trafficking - Erin Aliano and Anne Boatright - Stateroom A
Domestic minor sex trafficking is currently a public health crisis. Many adverse childhood experiences can predispose minors to increased vulnerabilities. These vulnerabilities are often preyed upon by exploiters. In this session attendees will be able to recognize the vulnerabilities that increase the risk of victimization, recognize the symptoms of domestic minor sex trafficking and exploitation, and gain the knowledge and skills to guide an appropriate trauma informed response.

Sex Ed in the Digital Age - Bill Taverner - Stateroom B
Many sexuality educators are looking for ways to incorporate technology into their work, but may not know how to do so. This session provides participants the opportunity to examine the many ways in which sexuality and technology intersect and provides ideas for how to include technology in sexuality education. Participants will leave the session with lesson plans that can be used in a variety of settings.

How Can We Use Social Determinants to Produce Positive Youth Outcomes? - Kathy Karsting - Stateroom C
This session will engage participants in the Culture of Health model from the Robert Wood Johnson Foundation, which proposes a framework for positively influencing social determinants to improve population health. Applied to youth outcomes, participants will use a Positive Youth Development lens to consider four action areas, drivers, and measures related to social change and creating population health, wellbeing, and equity.

Human Performance Project in Nebraska - Jerry Mack - Stateroom F
Human Performance Project (HPP) in Nebraska is a project geared to lead to changes in school climate and behaviors among the student body. HPP is designed to support student behavior changes with focus on proper nutrition, adequate sleep and abstinence from alcohol and other substances. It is a best-practice education tool for junior high, high school and college students.

11:15 - 12:15 LUNCH SERVED - Ballroom 1

11:30 - 12:15 - BETWEEN THE LINES: USING THEATRE TO STAGE CONVERSATIONS ABOUT BULLYING - RESPECT - Ballroom 1

12:15 - 1:30 BREAKOUT SESSIONS

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Keeping Current: Supporting the Behavioral and Mental Health of our Youth through Awareness - Abbe Edgecombe, Michaela Emmons, and Chris Ivory - Stateroom F
School Community Intervention and Prevention (SCIP) is a student assistance program designed to bring families, schools and the community together to support student behavioral and emotional health. The recent trends in SCIP referrals, which includes the impact of bullying, internalizing behaviors, suicidal ideation, and substance abuse will be discussed. This workshop will provide an overview of the SCIP process and how it can be utilized in schools throughout the State of Nebraska. Statistics and warning signs of each trend will be presented. This session will help participants understand the importance of awareness in prevention and how increasing protective factors aids prevention.
CONTINUED

1:30 - 1:45 BREAK

1:45 - 3:00 BREAKOUT SESSIONS

- **Self-care is Not Selfish: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma** - Kay Glidden and Beth Reynolds Lewis - Stateroom C
  
  You pay an emotional price for doing the work that you do. Some of us hear difficult stories daily and are frequently exposed to traumatic details from the youth, families and co-workers we are working with. The demands of the job often outweigh what we can offer. Compassion Fatigue has been called “a disorder that affects those who do their work well” (Figley, 1995). Attendees will improve their understanding of: compassion fatigue, vicarious trauma and burnout effects, symptom recognition, a low impact debriefing tool to use with peers, hands on tools and strategies for self-care and resiliency resources.

- **Recognizing Gender Identity: Affirming Transgender Youth** - Ryan Sallans - Stateroom F
  
  Recognizing Gender Identity: Affirming Transgender Youth is a workshop designed to help attendees develop a deeper understanding of the social, medical, and mental implications that impact the lives of transgender youth. The presenter explores the current barriers and advancements of treatment in the following areas: legal, educational, societal, medical and mental health. By pinpointing both barriers and advancements, participants and the presenter can begin to explore ways to improve care and build cultural competency to support and affirm transgender youth.

- **Pride and Empowerment: Increasing Community Involvement with At Risk Youth** - Hannah Duke - Stateroom B
  
  This session is designed for programs that wish to provide Community Service Learning opportunities for youth. Participants will learn strategies for recruiting youth to join a community service group, keeping youth engaged with their service work, and creating positive long term impacts for youth and their communities.

3:00 - 3:15 SNACK BREAK

3:15 - 4:30 BREAKOUT SESSIONS

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- **This is what's NEXT: Developing Youth Leaders to Drive Community Change** - Alex Brown - Stateroom A
  
  "Whatever you do for me but without me, you do against me." - Ghandi. Too often adults plan projects and programs for youth without including them in the process at any level. NEXT turns that on its head by empowering youth to be the agents of change that drive assessment, planning, implementation and evaluation of projects designed for youth, by youth. Learn how to engage young leaders and give them the tools to make an impact in their communities. We'll discuss and share the successes, strategies and challenges of NEXT so that you can include these lessons and techniques into your own youth based programs.

4:30 - 4:45 EVALUATIONS
CONFERENCE OVERVIEW

TARGET AUDIENCE
The Healthy Youth Nebraska: Addressing Risks, Resiliency & Barriers to Success conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, persons from community-based organizations, members of the faith community, social workers, parents and public health professionals.

LODGING
A block of rooms has been reserved for conference participants at the Holiday Inn Kearney, 110 S 2nd Ave, Kearney, NE 68847
$91.00 plus applicable taxes per room per night
To make your reservations, please call the hotel at (308) 237-5971, 1-888 HOLIDAY
Room Block Name: Nebraska Department of Health & Human Services
Cutoff date for the room block is AUGUST 22, 2017

DIRECTIONS
HOLIDAY INN KEARNEY, 110 S 2ND AVE, KEARNEY, NE 68847
Driving Directions: From the East or West follow I-80 to Exit 272. Go North on 2nd Ave South, turn left on to Talmadge St, turn left onto 3rd Ave at the Holiday Inn Kearney at 110 S 2nd Ave.

FOR MORE INFORMATION
For registration questions contact:
Mai Dang at 402-471-2907, mai.dang@nebraska.gov
For CEU questions contact:
Carol Tucker, 402-471-1373, Carol.tucker@nebraska.gov
For all other questions contact:
Michaela Jennings, 402-471-0538, Michaela.jennings@nebraska.gov
Chris Junker, 402-462-4187 x166, Chris.junker@nebraska.gov
Nikki Roseberry Keiser, 402-471-7797, Nikki.Roseberry-Keiser@nebraska.gov

REGISTRATION INFORMATION
- Use the following link to register for the conference: http://ne.gov/go/HYN2017
- All participants MUST register individually online. No faxed, emailed or mailed registrations will be accepted.
- Check or credit card accepted.
- Make checks out to DHHS Adolescent Health Program, include conference name on memo line.
- Checks may be sent to:
  ATTN: Mai Dang, 3rd Floor
  DHHS - Division of Public Health
  301 Centennial Mall South P.O. Box 95026
  Lincoln, NE 68509-5026
- NO REFUNDS FOR CANCELLATIONS
- REGISTRATION DEADLINE: SEPTEMBER 11, 2017
- To accommodate the temperature variations at the conference, please dress in layers or bring a sweater or jacket. Casual dress is appropriate.

CONTINUING EDUCATION UNITS
A total of 7.5 contact hours will be available for nurses, social workers and mental health practitioners attending the entire conference.
Sign-up to receive CEUs when registering online.
This program meets the criteria of an approved continuing education program for mental health practice.
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DEPT. OF HEALTH AND HUMAN SERVICES

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