



# 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 of Accreditation.*

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**7:30 - 8:00 REGISTRATION/BREAKFAST - Ballroom 1**

**8:00 - 8:15 WELCOME AND INTRODUCTIONS - Ballroom 1**

**8:15 - 9:45 LET'S ERASE BULLYING - Dr. Karen Rayne - Ballroom 1**

**9:45 - 10:00 TRANSITION BREAK**

**10:00 - 11:15 BREAKOUT SESSIONS**

- **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**

- **Flippin' the Script: Working with Domestic Minor Sex Trafficking -Erin Aliano and Anne Boatright - Stateroom A**  
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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.
- **Queer Here, There and Everywhere (Juvenile Justice) -Dominique Morgan - Stateroom B**  
We will discuss sexual orientation and gender identity within the confines of institutions and agency placement. How do we provide youth with positive reinforcement of who they are and how they identify while working with them in our professional capacities. Dominique Morgan will share his story of being in group homes as an out youth, entering the Nebraska prison system at the age of 19 as an out youth and navigating a heteronormative justice system as a queer individual.
- **Choices: Using Theatre to Stage Conversations About Mental Health - RESPECT - Stateroom F**  
In this workshop, RESPECT's cast of actor-educators will present scenes about self-injurious behavior and alcohol abuse from its educational play "Choices." Following the play, RESPECT will demonstrate the use of role-play to stage conversations with students about these topics and will also take questions during a panel discussion with RESPECT's Executive Director, Dr. Patricia Newman. We will share some of the serious questions that we receive from students when we present this program throughout Nebraska and Iowa. "Choices" is a menu program developed to cater to the specific needs of an individual school or organization, and focuses on teen social issues, mental health, and negative and positive peer pressure.
- **Improving Youth Services through Engagement and Partnership - Abbey Stewart and Alyssa Watts - Stateroom A**  
Teachers, schools and youth serving organizations are often looking for new ways to engage youth. Youth are the natural experts on how to reach youth. We will explore types of youth engagement and creative approaches to partnering with young people.

### 3:00 - 3:15 SNACK BREAK

### 3:15 - 4:30 BREAKOUT SESSIONS

- **Self-care is Not Selfish: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma -Kay Glidden and Beth Reynolds Lewis - Stateroom C**  
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- **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.
- **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." - Gandhi. 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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## SPONSORED BY



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