

PROGRAM SESSIONS

(*Youth Track Sessions have been planned by the conference Youth Advisory Committee under the coordination of Health Initiatives for Youth (HIFY) but youth may attend any session they wish.)

Thursday May 18

9:00 am – 10:00 am Plenary Session

The Power of Your Voice

Mary Hayashi, President and Founder of the Iris Alliance Fund

Vicki Abadesco, educator, Soul Shoppe

Communication, commitment and collaboration are the keys. This interactive session will focus on the power of your voice to be heard and to make a difference.

10:15 am – 11:45 am Workshop Session 1

Engaging Young Adolescents in Community Social Action through Photovoice

Stefan Dasho, Research Scientist

Nance Wilson, Project Director

Youth Empowerment Strategies (YES!), Public Health Institute

What happens when youth generate projects *from their own perspectives* to make their school a healthier community rather than sign on to a program designed by adults? The YES! Project shares its experience of engaging with 5th to 7th graders who worked in groups to design and implement social action projects for their school communities. We will discuss adapting empowerment education for work with early adolescents, sharing the triumphs and setbacks the groups faced as they became social activists, and the challenges faced by the facilitators in helping the groups achieve some level of success.

Legal Issues for Adolescent Health Providers

Rebecca Gudeman, J.D., M.P.A

Staff Attorney, National Center for Youth Law

Using case studies and other interactive activities, this session will present information on various legal issues that affect agencies and individuals that serve adolescents. Topics will include client confidentiality, including HIPAA obligations all providers must meet; reporting sexual abuse and assault; consent issues; and related legal issues.

Helping Teens and Adults Understand Adolescent Psychosocial and Sexual Development

Pam Kitagawa, LCCE, Program Manager

Melanie Ridley, BA, Program Coordinator

California Family Health Council

Understanding the psychosocial and sexual development of adolescence is a key component of successfully working with youth. Join us for an interactive session designed to help you conduct an activity to help adults and teens understand the relationships between their lives and their development.

Improving access to family planning through teen-friendly services

Heike Thiel de Bocanegra, MA, MPH

Director, Family PACT, UCSF

Valerie Brown

Center Manager, New Generation Health Center (NGHC), San Francisco

Martha Torres-Montoya

Chief of the Teen Pregnancy Prevention Section, Office of Family Planning, California Department of Health Services

John Truitt

Executive Director, Family Planning Inc. of Shasta County

Explore the role of teen-friendly clinical services and age-appropriate outreach in providing adolescents with access to health care and enable them to make informed decisions about their reproductive health.

School Health Centers: Where Are We and Where Are We Headed?

Serena Clayton, PhD Executive Director

Kristin Curran, MPP, Policy analyst

Rachel Poulain, MPH, Communications Associate

California School Health Centers Association

Ahna Suleiman, TeenAge Program Manager, Contra Costa Health Services

Yvette Leung, Program Administrator, Alameda County Health Care Services Agency

This session will provide an interactive discussion of the status and policy challenges affecting the school health center. It will include steps to stronger media advocacy, policy advocacy, funding advocacy and public advocacy that are transferable to the positioning success of any program.

Youth Making Community Change Around ATOD Issues

Mona Shah, Senior Director of Prevention

Judy Cervantes-Connell, Tobacco Policy Coordinator

Youth Leadership Institute

Kitzia

John O'Connell High School

This interactive workshop will introduce youth and adults to the concept of using Environmental Prevention strategies to make change in their communities around alcohol, tobacco, drugs and other related issues. We will also highlight examples of community change projects led by youth in partnership with adults in the San Francisco Bay area.

***Youth Track Sessions**

***It's Your World, So Change It!**

Carrie Ellett, Director of Program and Recruitment

Patricia Torres, Program Assistant

Girls For A Change

If you've ever been mad about things that are happening in your school or city or neighborhood, join us to find out how you can make change! This workshop will teach you how to make things different in your community and how to become a community leader NOW. Learn to look at the cause of things and think of ways for creating change using your leadership skills.

***Flippin' Da Script: Homophobia in our Community**

Anthony, 16, Leadership High, Richmond

Brenisha, 18, San Leandro

Tolokula, 17, East Bay Conservation Corps, Oakland

Winnie, 16, Met West, Oakland

Health Initiatives For Youth Peer Educators

In the era of Queer Eye, GSA's and same-sex marriage, you would think we are moving towards a more accepting world. Yet, every day queer and transgendered youth are harassed at school and home. As peer educators, it's our job to put an end to homophobia, through education and real information. Hang with us, play games, win prizes, talk real, and leave inspired to be a better ally.

***Not Another Funeral: Dealing with Depression and Suicide Among Youth**

Balboa High School Peer Resources

Explore the real deal on depression through an interactive, multimedia session.

1:15 pm – 2:45 pm

Workshop Session 2

Teen Pregnancy in the Hmong Community: Developing Research-based, Culturally Competent Prevention Efforts

Laurie L. Meschke, Ph.D.

Assistant Professor, Child and Adolescent Development Program, San Francisco State University

Many times the issues we are most passionate about have very little related data. Hear how a collaborative partnership addressed the lack of research on teen pregnancy in the Hmong community. Learn how these data

resulted in the first culturally competent pregnancy prevention curriculum for Hmong teens. Discover strategies to apply these lessons to your efforts to enhance the health of youth.

Empowering Bystanders: Challenging Young People to Stand Up to Bullying and Violence

Rick Phillips, M.S. Ed

Executive Director, Community Matters

Young people see, hear, and know things adults don't and can intervene in ways adults can't. As adults we must empower and equip them with the skills, support, and opportunities to prevent peer on peer violence.

UNIQUE – Understanding Issues in the Queer Experience

Shannon Turk, Program Director

Eileen Ross, Assistant Director

Outlet Program, a project of the Community Health Awareness Council (CHAC)

As one of the highest risk and most invisible youth populations in regards to suicide, depression, dropout rate, homelessness, lack of adequate health care, isolation, drug abuse and self-injury, LGBTQ youth are in great need of quality services. This session will help you as a provider become part of the solution. Learn details about queer youth, how they tick, what their specific needs are and why it is vital to every community to support ALL youth.

Making a Male Friendly Environment Work for Everyone: Strategies for Programs and Clinics to Better Serve Guys

Marlena Kuruvilla, Senior Research Associate

Hector Sanchez-Flores, Senior Research Associate

Leah Maddock, Research Associate

Bixby Center for Reproductive Health Research and Policy at the University of California, San Francisco.

Promoting the sexual and reproductive health of young men is essential to enhancing their overall health and can lead to new inroads in supporting healthier lifestyles and reducing unplanned pregnancies, births and STIs. Moreover, males have a great deal of decision-making power regarding a couple's reproductive health. All highlights the need to improve outreach and clinical linkage/referral practices for males.

Empowered Youth, Positive Health!

Marlene Dominguez, Outreach Coordinator

Tina Sang, Project Coordinator

Natalie Combs, Administrative Coordinator

Michael Smith, Policy Coordinator.

Adolescent Health Working Group

This session will focus on how the Adolescent Health Working Group has effectively used youth development and youth empowerment strategies in a 3 tiered, community-based approach to improve adolescent health in San Francisco and statewide. The three tiers are: Policy and legislative advocacy; education and outreach to adolescent health providers; and health education, outreach and advocacy to youth. The session material will discuss why empowering and developing youth is so important in creating a high-quality, affordable and youth-friendly adolescent healthcare system.

High School Nutrition

Lisa Craypo, MPH, RD, Senior Associate

Samuels & Associates

This session will describe the California High School Food and Beverage Marketing Survey, including methods, findings, and recommendations arising from the survey results. A brief description of California Project LEAN's toolkit to address school food and beverage marketing will be provided for attendees interested in taking action on this issue in their school.

***Youth Track Sessions**

Roots Of Violence...We Are The Ones We've Been Waiting For

Karla Robinson, Peer Educator
Janay Washington, Peer Educator
VIP Girls of Huckleberry's Cole Street Clinic

Ever wondered what people are talking about when they use an 'ism'? Want to understand how the government really does impact our everyday lives? Want to learn about collective power and the social justice movement? This is an interactive workshop that uses anti-oppression activities and techniques to understand why there is an epidemic of violence in the urban centers of this country. Learn how the systems that govern our country have control over us without our consent and learn ways to resist injustice and inequality.

*The Elders, Hopi Nation, Oraibi, Arizona

***Guys & STIs**

New Generation Health Center

Youth will discuss how STIs effect men using graphic pictures of what can happen to those who wait too long to get tested and treated.

***Body Image & Eating Disorders**

Teen Advocacy Group of Southwest Community Health Center

Vanessa, Montgomery High, Santa Rosa

Magdalena, Santa Rosa Junior College

Ivan, Elsie Allen High, Santa Rosa

Carlos, Elsie Allen High, Santa Rosa

Explore body image, eating disorders and steroids. Learn what they are and how teens can deal with them.

3:00 pm – 4:30 pm Workshop Session 3

Promoting a Paradigm Shift in Adolescent Health and Youth Development in Los Angeles County

Laura Lathrop Warriner, LCSW, MPH

Los Angeles County Dept. of Health Services, Maternal, Child and Adolescent Health Programs

Opportunities for Positive Youth Development must be available to all youth, even those already involved in risk-reduction programs. Los Angeles County – Department of Health Services, Maternal Child and Adolescent Health Program is embarking on an effort to enhance the capacity of all community providers to promote Positive Youth Development both through resource development and through training and networking hosted by the Los Angeles – Adolescent Health Collaborative. Discuss how the planning process has begun and the strategy LA hopes to use to shift the paradigm.

MyStrength: A comprehensive sexual abuse prevention campaign for young men

David S. Lee MPH

MyStrength Manager, California Coalition Against Sexual Assault

Learn about MyStrength, a campaign to engage young men to take action to prevent sexual abuse. Throughout California, billboards, radio ads, and posters promote that “MyStrength is not for hurting.”

Youth Development Teams and Mental Health Services: Meeting Youth Where They Are

Kevin D. Williams, JD, MPH, Director of Development & Policy

Mark Gambala, MA, Director of Career Development Services

Jenne King, MFT, Intern Mental Health Case Coordinator

Rebecca Prager, MSW, Garden & Landscape Coordinator/Intervention Specialist

Berkeley Youth Alternatives

This session will enable participants to better understand so-called high-risk youth who have been neglected, incarcerated, and not provided the tools to reach their innate potential. Participants will learn how one organization has used a multi-disciplinary approach to serve "hard to reach" teens.

Alameda County CASA Group Homes Training Project

Tara Beckman, Group Homes Case Supervisor

Alameda County Court Appointed Special Advocates

This session will present an overview of the CASA Group home training program focusing on reproductive health issues and nutrition education.

Promoting Healthy Eating Habits for the “Supervise Me” Generation: Alternatives to the dollar menu for inner-city youth.

*Victor Travis, Health Worker
Racheall Pierre, MSW Intern
Balboa Teen Clinic*

Today’s school-age youth are at higher risk for childhood obesity, type II diabetes, and heart disease than in the previous decades. Furthermore, our children are dying due to poor eating habits and lack of physical activities. If you are a teacher, youth developer, health care provider, and/or youth advocate, this workshop, will help you learn ways to create programs and treatments to save our youth.

***Youth Track Sessions**

***Shout Out Loud! Uniting Our Voices as Peer Educators**

*Mayra, Watsonville High
Ana, Watsonville High
Christina, Watsonville High*

Teen Advocates of Strategic Health Communications

A chance to see how Teen Advocates leads workshops surrounding issues about teen pregnancy, safer sex practices, relationships, communication and making informed decisions. This session is all about collaboration and experiencing fun activities.

***Boys and Girls vs. Bois and Grrls: An exploration of gender and trans identities**

*Nikki Kowell, student Antioch College
HIFY Youth Collaborative*

In this workshop we will be focusing on gender stereotypes within the world we live. We will also talk about how they affect us, how we can challenge them, and how we can support those who are differently gendered. We will also provide general knowledge on transgender identities and issues.

4:30 pm – 5:30 pm Plenary Session

Spare Change

*Spare Change Peer Education, Six Rivers Planned Parenthood
Karrin Palmer, Coordinator*

An interactive theatrical performance raising people’s awareness relating to sexuality and teen life.

Special Events

"Lighting the Way to Healthy Futures"

California's FIRST School-based Health Center Turns 20!
The Balboa Teen Health Center, located on the campus of Balboa High School, has been making students health and well being a priority since 1986. Comprehensive services are provided by an interdisciplinary team of health care providers supported through a collaboration of the San Francisco Department of Public Health, the San Francisco Unified School District and the Bayview Hunter's Point Foundation.

Please come and celebrate this milestone event with staff and supporters at the

Balboa Teen Health Center
1000 Cayuga Avenue
San Francisco California 94112
Thursday, 18 May 2006
6:00 pm
Dinner, Entertainment and More!

Free Shuttle Service will be available to and from the conference with departure at
5:30 pm

Youth Track Party

All youth participants and their chaperones are invited to join the youth track gathering in Wendte Hall.
Dinner, networking, live music, an open mic and dancing
6:00 pm – 9:30 pm

Friday May 19

9:00 am – 10:15 am Plenary Session

Rights, Responsibilities, Reactions

Claire Brindis, Professor of Pediatrics and Health Policy, University of California, San Francisco

Margaret C. Crosby, J.D, staff attorney, ACLU northern California

Rebecca Gudeman, J.D, M.P.A, staff attorney, National Center for Youth Law

Jessica Rothhaar, Northern California Regional Organizer for Health Access California

What are the rights of teens? Whose responsibility is it to educate and advocate for those rights? How do we react to the policy issues that affect those rights? This interactive panel will present a policy overview covering a myriad of health issues followed by a town hall discussion between participants and speakers.

10:30 am – 12:00 pm Workshop Session 1.

Increasing Access to Emergency Contraception in Pharmacies for Latina and African-American Young Women

Ingrid Dries-Daffner, MPH

Pharmacy Access Partnership

Come find out how we can help California teens access essential family planning services and products in the pharmacy setting. This presentation highlights the results and lessons learned from the focus groups, community dialogues and social marketing campaign to increase Latina and African-American teens' awareness of and access to emergency contraception in pharmacies.

Breaking the Cycle of Teen IPV: Helping Teens Overcome and Prevent Intimate Partner Violence *Andria Hancock-Crear, MPH.*

Program Manager, California Family Health Council, Inc.

This interactive workshop will assist adults to better understand the scope of adolescent intimate partner violence and their role in helping to reduce teen IPV. Participants will gain practical strategies to help them communicate more effectively with teens about their relationships and to assist teens improve their ability to address problem areas within their relationships before these issues escalate into violence.

Sex, Politics and Money: Do Teenagers Have Reproductive Rights?

Margaret C. Crosby, J.D.

Staff Attorney, ACLU Northern California

A workshop examining the state of the law on minor's access to sex education, birth control, abortion and other reproductive health care.

Minor Consent and Confidentiality Rights in Adolescent Mental Health

Rebecca Gudeman, J.D., M.P.A

Staff Attorney, National Center for Youth Law

Alex Briscoe

Children's Services Coordinator, Alameda County Health Care Services Agency

Confidentiality is the cornerstone of alliance. This workshop will take attendees through a clear and concise framework for understanding and implementing legally and ethically appropriate mental health practice for youth and young adults in clinical and non-traditional settings, examining the specific services minors can consent to, the rules of confidentiality, and the exceptions to these rules

Rights of Students with Serious Health Conditions to Appropriate Educational Services

Joseph J. Feldman

Executive Director

Community Alliance for Special Education (CASE)

Do the children you serve have serious health needs that affect their ability to learn in school? If the answer is yes, come learn the student rights, legal protections, and school district procedures that will enable those students to access appropriate health services and succeed in school.

The View From Inside: What Young People Can Teach Us About Themselves and Their Care

Patricia Johnson, Pacific News Service

Amber

Perry

Bonnie

Jessica

California Council on Youth Relations Youth Team

In this youth-driven panel, young people who have had experience with multiple systems—i.e., foster care, juvenile justice, mental health—will offer a vision of prevention that stresses connectedness (to reliable adults, to each other, and to community organizations) and lasting relationships, both within and beyond a traditional mental health framework. They will present 10 best practice recommendations generated by young people who participated in California Council on Youth Relations policy forums in 2005.

***Youth Track Sessions**

Put It On, Get It On

Amy, 16, Met West, Oakland

Cassandra, 17, Oakland High, Oakland

Jawara aka "JaJa," 16, St. Elizabeth, Oakland

Health Initiatives For Youth Peer Educators

If sex is safe, fun and consensual-then we say, it's ALL good! Instead of fear-based tactics, our safer sex message incorporates both the how and why of protection for everyone. Research has proven that abstinence-only messages are not effective, so let's get real about getting down. We guarantee you will laugh, learn skills, and leave informed. After, we will host a discussion about the disconnect between sex education and the actual behaviors of our friends! How can we get a better message across?

***Rise Organized! Managing Conflict and Learning Your Own Communication Style**

Los Angeles Free Clinic

Lisa, 16, Hollywood High

David 15, Los Angeles High

Adan 18, Belmont High

What is conflict? How do you approach it, face it or possibly resolve it? Are you a collaborator, a compromiser, a competitor? In this session, we will discuss our own communication styles when conflicts arise, and how to manage them. We will also share 3rd party "neutral" mediation skills.

***Queer African-American Youth Making A Change**

Da Rainbow Clique, ECHS

We are a positive group of queer youth that talk about real situations of queer youth. We share our poetry, our research on different ideas plus how we feel about being queer youth of color. We are entertaining, outspoken, and engaged youth that want you to understand our experience and get different views on how you look at queer youth of color. Come peep game!

1:15 pm – 2:45 pm Workshop Session 2

Breakthrough Communication with Adolescents

Kyra Bobinet, MD

Consultant, Interage Research LTD.

Founder, Vision Youthz

Stop suffering! Optimize your relationships with teens using methods that speak to and support their (and your) developmental stage

Managing the “Hot Topics”: How to Work with Diverse Groups Around Loaded Issues

Jeffrey Gould, MDiv

Heidi Winig, MEd, MPH

Coordinators, TeenAge Program (TAP), Family, Maternal and Child Health, Contra Costa Health Services

Creating safe spaces for youth to explore their own values and to gain knowledge and skills to make healthy decisions is a crucial part of our work. The young people with whom we work come from diverse communities and backgrounds, and bring a variety of experiences with them as they participate in school communities. This workshop will provide useful tools to anyone.

The SHOWED Model: Problem Posing Approach to Empowerment Education/Healthy Relationship Example

Joyce Lisbin, Ed.D, MA, BA

Chief, Health Communication Unit,

California DHS, STD Control Branch STD/HIV Prevention Training Center

Learn a participant directed method to facilitate an engaging group discussion. The SHOWED model empowers participants to problem-solve and take action.

Casual Encounters: Guidelines for Youth Focused Online HIV Prevention

Catherine R. Toyooka, Advanced C.H.O.W.

Program Director

Bay Area Young Positives (BAY) Positives

“Sex, Generation Y, and the Internet”. It is increasingly becoming a recipe for disaster for the young gay community. Sites like craigslist, adam4adam, and men4men are a virtual smorgasbord for tech savvy youth who are looking to hook up NOW. Online hook ups, often fueled by crystal methamphetamine, are resulting in new HIV infections in our community.

Cultural Influences on Adolescent Sexuality

Amy Schalet, PhD

Bixby Center for Reproductive Health Research & Policy

University of California at San Francisco

Lisa Allen

The Media Group

Discuss the results of comparative research on the perceptions of adolescent parents and teens in the United States and the Netherlands. Participants will be encouraged to look at the role the media plays in enhancing these attitudes, the relationship of this research to American healthcare and policy, and steps to encompass this awareness into their programs.

Health Coverage for Californian Youth: Getting the Job Done

Kelly Hardy, MPP, MPH Senior Health Policy Associate

Children Now

This workshop will discuss the importance of health coverage as it impacts the overall well being of adolescents. The session will explore strategies the 100% Campaign is pursuing toward gaining access to affordable health coverage for all Californian kids ages 0-18. It will further demonstrate the importance and use of advocacy as a tool to hold policy makers accountable for action on this issue.

***Youth Track Sessions**

***I Love You, I Hate You! Dating Violence Performance and Peer**

Theatre Workshop

Teens Teaching Through Theatre of Routes For Youth, Santa Rosa

Cast/Educators:

Alli, 17, Windsor High

Mathias, 14, Airway School

Gerald, 17, Santa Rosa High

TiJael, 17, Ursuline High

Marc, 20, Santa Rosa Junior College

Max, 18, Santa Rosa Junior College

Jose, 17

Ashley Aranda, 20, assistant director

Carnelius Quinn, Director

Danielle, 18, Santa Rosa Junior College

Kristen, 18, Santa Rosa Junior College

America, 17, Windsor High

Jessica, 16, Montgomery High

Aislinn, 16, Maria Cario High

Zack, 17

Ivan, 17

This collection of emotional and hard-hitting scenes is guaranteed to make you re-consider what a relationship can be. Examine the cycle of violence, how family history contributes to dating practices, and learn the importance of healthy communication in relationships. Be witness to the power of educational theatre, and stay after the show for an interactive workshop on how to start using playback theatre to infuse your own peer-to-peer curriculum!

***Youth Preventing Violence**

Youth ALIVE

Teens on Target:

Torrance, 15, East Oakland School for the Arts,

Markeeta, 17, Leadership Preparatory High School, Oakland

Alejandra, 17, Life Academy for Health and Bioscience, Oakland

Shanita, 16, Castlemont Business, Information and Technology School, Oakland

Youth Preventing Violence is a workshop designed to educate young people about the root causes of violence in our community, so that they can become advocates for violence PREVENTION. It teaches young people that violence is not inevitable or natural, and that there are concrete steps that they can take to make their communities safer, healthier and violence-free.

***Youth**

Catalina Hayes-Bautista, YO! and Beat workshop facilitator/editor

Will Roy, Beat workshop facilitator/editor

Perry Jones, Beat workshop facilitator

Youth writers/editors from YO! Youth Outlook and The Beat Within will present a hands-on media workshop demonstrating the writing workshops conducted in juvenile halls and public schools. The group will discuss a topical issue then do writing for 20-30 minutes, followed by a chance to read the poems, flows, raps, thoughts they wrote aloud to the group.

3:00 pm – 4:30 pm

Plenary Session

The Teenage Brain: Behind the Promise and the Challenge

Curren Warf, MD, Division of Adolescent Medicine, Children's Hospital Los Angeles

The developmental pathway of adolescent emotional and cognitive development is well appreciated today by those who work with youth. Recent research demonstrates dramatically the continuing development and maturation of the human brain during adolescence that mirrors the observed development. This continuing process underlies the behaviors, thoughts and feelings of teens, and demonstrates the neurophysiological basis of resiliency and maturation. Dr. Warf will review recent research examining the neurological underpinnings of adolescent maturation.