Welcome to the 2019 Adolescent Health Symposium!

This annual gathering of educators, youth workers and health and human service professionals brings forward key topics in the areas of health education and adolescent wellness. We are honored to have three renowned keynote presenters, as well as a diverse assortment of breakout sessions focused on our three symposium tracks:

**Track 1** Risk Factors  
**Track 2** Health Promotion and Protective Factors  
**Track 3** Emerging Issues

Please select the breakout sessions that best meet your personal and professional needs and interests. Again, we welcome you to Madison. Enjoy the networking opportunities, engage in active learning and prepare to return to your organization with new and exciting strategies for working with youth.

The Symposium is presented in cooperation with the UW-La Crosse Department of Health Education and Health Promotion and Community Health, UW-La Crosse Continuing Education and Extension and the UW Oshkosh Division of Online and Continuing Education. Acknowledgment: Support for this Symposium was provided by the American Cancer Society, the Samaritan Family Wellness Foundation and the Wisconsin Department of Public Instruction.
Mettie Spiess, CWP, is an award-winning mental health advocate, professional speaker and the founder of Hope Heroes Unite. She is known as a champion of change and a voice of hope for diverse audiences including school districts, universities, corporations and health advocacy organizations. She has trained more than 10,000 students, educators and corporate leaders in her signature “Empowered Voices Save Lives!” program and support curriculum. As a result of her work, more than 90 percent of attendees report being more comfortable reaching out for help and more confident intervening when a peer is in crisis.

In 2016, Spiess received the Education Advancement Award from the National Alliance of Mental Illness Wisconsin for her work to break the silence and end stigma associated with mental illness by providing education, raising awareness and promoting recovery.

There are school assembly speakers who have great things to say but aren’t engaging enough to hold the attention of a skeptical student audience. Then there are those who can captivate a crowd but leave students longing to hear something of substance.

Bob Lenz is the speaker who can do both! His humorous, down-to-earth style and genuine concern captures young people’s attention. His stories and principles awaken their understanding and inspire them to embrace their worth and impact their world with purpose and resolve.

He is the author of the anti-bullying book, Dignity Revolution, and initiator of a national pledge to stand up for the worth, value and dignity of every person. In addition to the book, Lenz uses school assembly programs and classroom campaigns to encourage students to take ownership of the lessons shared and equip them with life skills to face and overcome challenges.
10:30–10:45 a.m. Break and Visit Exhibitors

10:45–11:45 a.m. Presentation and Interaction Sessions

1. JUUL In The Crown? Emerging Nicotine Delivery Devices Track 1—Dr. Douglas Jorenby, Professor of Medicine, University of Wisconsin-Madison School of Medicine and Public Health; Director of Clinical Services, UW SMPH Center for Tobacco Research and Intervention

The use of new nicotine delivery systems, and in particular e-cigarettes (also known as ENDS: Electronic Nicotine Delivery Systems), has increased exponentially within the past decade. Originally used almost exclusively by adult smokers, they are now used at higher rates by adolescents and in some cases by persons who had not previously used traditional tobacco products. Dual use of traditional cigarettes and ENDS is an emerging public health concern. Along with evolving technology for delivery of nicotine, uncertainty exists regarding the degree of harm reduction provided by ENDS, the role of flavoring in the marketing of products, and the potential for increasing rates of nicotine dependence.

- Understand multiple generations of ENDS technology and the implications for use
- Be able to critically evaluate harm reduction/dual use claims regarding ENDS
- Learn how product flavorings and developmental factors place adolescents at increased risk

2. Cultivating Resilience in Traumatized Youth Track 2—Paulette Wijas, LCSW

Webster defines resilience as, “the ability to successfully cope and recover from crisis or change.” One antidote to trauma is resilience. Wijas will explore how to translate the concept of resiliency into strength-building strategies for traumatized youth. We will review trauma impacts on the brain and several current interventions designed to build resilience in all students and already-traumatized youth.

- Understand trauma impacts on the developing brain
- Review several current strategies to build resilience in already-traumatized youth


Weber will cover some of the emerging drug trends that are impacting our communities throughout Wisconsin. He will also focus on some innovative ideas that other communities are using to raise awareness and combat this epidemic.

- Increase your knowledge of some of the major threats to our adolescents
- Review some ideas that other communities and school districts are implementing

11:45 a.m.–12:15 p.m. Lunch Buffet

12:15–1:15 p.m. Keynote Presentation

Empowered Voices Save Lives—Mettie Spiess, Suicide Prevention Educator

In this empowering keynote, educators empower their voice to support students who struggle with mental health issues and are at risk for suicide. Spiess leads every attendee on a journey of personal reflection resulting in contagious courage and resilience.

- Gain insight into the three most common mindsets of students who struggle with suicidal thoughts and actions
- Increase awareness of the two keys to igniting a mental health support movement in schools
- Understand strategies to engage and support students who struggle with mental health issues in the classroom

1:15–1:30 p.m. Break and Visit Exhibitors

1:30–2:30 p.m. Presentation and Interaction Sessions
4. JUUL In The Crown? Emerging Nicotine Delivery Devices—Dr. Douglas Jorenby, Professor of Medicine, University of Wisconsin-Madison School of Medicine and Public Health; Director of Clinical Services, UW SMPH Center for Tobacco Research and Intervention

Note: This is a repeat of session 1.

The use of new nicotine delivery systems, and in particular e-cigarettes (also known as ENDS: Electronic Nicotine Delivery Systems), has increased exponentially within the past decade. Originally used almost exclusively by adult smokers, they are now used at higher rates by adolescents and in some cases by persons who had not previously used traditional tobacco products. Dual use of traditional cigarettes and ENDS is an emerging public health concern. Along with evolving technology for delivery of nicotine, uncertainty exists regarding the degree of harm reduction provided by ENDS, the role of flavoring in the marketing of products, and the potential for increasing rates of nicotine dependence.

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5. Preventing Suicide Contagion In Your School: Effective Postvention for Prevention—Mettie Spiess, Suicide Prevention Educator

Losing a student to suicide has a devastating impact on students, staff, and communities as a whole. Without strong “postvention” strategies, suicide prevention approaches are missing the third component of the “life-saving trifecta.” Learn best practices and key considerations for supporting students after a suicide loss and preventing suicide contagion (additional suicides, outbreaks, pacts).

- Develop support and response strategies for student reactions following a suicide
- Discover ways to align with community stakeholders to support students, staff, and parents
- Learn communication strategies to change blame to unity
- Gain techniques to identify and support students at highest risk for suicide contagion

6. Building Bridges and Breaking Down Silos Using Whole School, Whole Community, Whole Child (WSCC)—Sally Jones, Ph.D., Health, Physical Education and Coordinated School Health Consultant, Wisconsin Department of Public Instruction

Educators are faced with a variety of demands and challenges to fully prepare students for college, career, and beyond. Likewise, many students experience various barriers to learning. So, without “adding one more thing” to an already full plate, how can schools and communities use Whole School, Whole Community, Whole Child (WSCC) approach to strengthen efforts for a comprehensive and sustainable plan to provide students with the opportunity for long-term success? This session will provide participants with an introduction on WSCC and assist schools in examining how to enhance the work they are currently doing, as well as set the stage for future work, through a WSCC lens.

2:30–2:45 p.m.   Break and Visit Exhibitors
2:45–3:45 p.m.   Presentation and Interaction Sessions

7. Social and Popular Media in the Therapeutic Setting—Lucas Moore, Psychotherapist/Addictions Specialist, Therapy Center of Madison; Lecturer, University of Wisconsin-Madison

When promoting health and bolstering protective factors, practitioners are at their most effective when they can meet clients where they are at by being culturally humble and responsive. Typically, this means a presentation about valuable topics such as race/ethnicity, gender and sexuality, or socioeconomic status. Many – especially adolescents – value their culture of social and popular media, and we as practitioners need to keep up with these cultures accordingly. This presentation and open discussion will focus on how to use social and popular media within the therapeutic setting. This is not a session on how to use these individual services yourself (i.e., participants will not be taught how to create a Facebook profile). Should individuals want basic skills on how to navigate these different sites, Moore is happy to provide resources.

- Discuss social/popular media as “cultural humility”
- Learn why youth/young adults are drawn to social media (biologically and socially)
- Gain insight into specific social media platforms, smartphone applications, and services that use new media in a therapeutic context
8. You Are the Key to Human Papillomavirus (HPV) Cancer Prevention **Track 2**—Dr. Paul Hunter, Associate Medical Director, City of Milwaukee Health Department; Associate Professor, University of Wisconsin School of Medicine and Public Health

Low HPV vaccination rates are leaving another generation of boys and girls vulnerable to devastating HPV cancers. Vaccination could prevent most of these cancers. The Centers for Disease Control and Prevention (CDC) is looking to you to make an effective recommendation for HPV vaccination when adolescents are 11 and 12 years old. Provided in this presentation is up-to-date information on HPV infection/disease, HPV vaccine, CDC Advisory Committee on Immunization Practices (ACIP) recommendations, and ways to successfully communicate with youth and their parents about HPV vaccination.

9. Human Trafficking of Wisconsin Youth: It Happens in Your Backyard **Track 3**—Ron Heinrich, Secretary, SlaveFree Madison

Human trafficking has been documented in all 72 Wisconsin counties. While there are few good statistics available for the state, federal data indicates that nearly 50% of all those who are sexually exploited are under the age of 18 and, with trafficking having become the second fastest growing illegal activity next to the selling of drugs, the problem is only becoming worse. Recognizing the signs that indicate a youth is at-risk of, or is being trafficked, has never been more important. After briefly considering the various forms of human trafficking, this presentation will focus on sex trafficking and the way in which traffickers target the youngest and most vulnerable members of our communities. Behaviors, sexual orientation, and personal circumstances that can put an individual at risk or may indicate that they are being trafficked will be discussed, as will the underlying causes of sex trafficking. Resources that educators and administrators can look to for support will be provided.

3:45–4 p.m. Break and Visit Exhibitors

4–5 p.m. Presentation and Interaction Sessions

10. The Intersectionality of Culture and Trauma **Track 1**—Lucas Moore, Psychotherapist/Addictions Specialist, Therapy Center of Madison; Lecturer, University of Wisconsin-Madison

Trauma and Adverse Childhood Experiences (ACEs) play an integral role in the health outcomes and general wellness of an individual not only emotionally, but also physically. This presentation will explore the intersectionality of trauma and co-occurring disorders not only for an individual, but also how this manifests inter-generationally and across demographics. To build protective factors, this session will also discuss the multi-faceted intersectionality of culture and overall health and well-being, how to promote humility, and how to be responsive to an individual’s unique needs in the context of mental health and substance use recovery.

11. You Are the Key to Human Papillomavirus (HPV) Cancer Prevention **Track 2**—Dr. Paul Hunter, Associate Medical Director, City of Milwaukee Health Department; Associate Professor, University of Wisconsin School of Medicine and Public Health

*Note: This is a repeat of session 8.*

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12. Using Motivational Interviewing to Enhance Teen Wellness **Track 3**—Holly Hughes Stoner, Co-Director, Samaritan Family Wellness

During this presentation, you will learn more about a tool being used around the world to enhance change—Motivational Interviewing (MI)—that has grown out of the addiction and health care fields. This important tool can also easily be used with teens in the classroom and in small groups to enhance their well-being. You will receive handouts about MI, and practice using this skill with a colleague.

- Better understand Motivational Interviewing
- Come away with ideas of how to use MI with teens
- Practice using MI
Bullying, Violence, and Suicide: What can we do?—Bob Lenz, School Assembly Speaker and Author

The Centers for Disease Control and Prevention Youth at Risk Behavior Survey for Wisconsin identified that approximately 18% of high school students have been electronically bullied and 24% of students were bullied on school property during the past 12 months. They also identified that suicide rates are higher for students who report bulling or violence. Knowing this, what can we do as it relates to prevention/intervention strategies that work with youth? Dignity Revolution has just released two teachers’ guides that can help equip students and youth leaders with standards-based lessons and activities as well as effective protocol for reporting a bullying event. Join us for an interactive, hands-on presentation about the Dignity Revolution Challenge that you can infuse into your school or community.

- Engage in hands-on activities and lessons that are standards-based as they relate to bullying prevention
- Participate in an activity that will allow you to demonstrate effective intervention protocols as they relate to reporting a bullying event

Addressing Adolescent Gambling and Problem/Addictive Gambling—Rose Blozinski, Executive Director, Wisconsin Council on Problem Gambling

This presentation will offer resources to combat the problem of gambling and the addiction that surrounds it. Gambling addictions affect many people; there have been several links to gambling and mental health disorders. With an addiction to gambling comes depression and suicide. With this presentation, you will become aware of the resources available to adolescents who are suffering from this addiction.

Identifying and Reporting Child Abuse for the Mandated Reporter, Part I—Scott Neubauer, Lecturer, University of Wisconsin-Whitewater and Education Coordinator, Child Abuse Education Foundation

Note: This is a two-hour presentation. The facilitator will provide a certificate and Continuing Education credits upon completion of this two-part session.

Part I will help to educate professionals about early identification, reporting and investigation of physical and sexual abuse of children. Actual photos and case studies will be presented that are designed to help differentiate injuries caused by child abuse from those caused by accidents. Additionally, we will discuss substantiated rates of child abuse in Wisconsin and in the Midwest, and examine the role of school counselors in helping address this problem. As part of the sexual abuse portion of the training, we will discuss the red flags that indicate child sexual abuse and introduce UW-Whitewater research on identifying children through their art who have been sexually abused. We will also suggest ways to report child abuse that have the best opportunity for successful substantiation.

- Recognize the indicators of child abuse
- Differentiate between accidental and intentional child abuse injuries through the use of photos of abused children
- Recognize and respond appropriately when children are disclosing abuse and neglect
- Identify mandated reporters and the training required for mandated reporters
- Evaluate the effectiveness of reporting by mandated reporters and non-mandated reporters through the substantiation rates in Wisconsin and other Midwestern states
- Integrate the use of best practices for successfully reporting physical and sexual abuse
- Recognize the usefulness of children’s art in identifying sexual abuse among children
- Encourage a continued dialogue on solving child abuse
15. Taking it a step further: Bullying, Violence, and Suicide: What can we do? **Track 3**
**Bob Lenz**, School Assembly Speaker and Author

*Note: This is a continuation of the keynote presentation.*

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- Engage in hands-on activities and lessons that are standards-based as they relate to bullying prevention
- Participate in an activity that will allow you to demonstrate effective intervention protocols as they relate to reporting a bullying event.

10:45–11 a.m. **Break and Visit Exhibitors**
11 a.m.–Noon **Presentation and Interaction Sessions**

16. Positive Psychology Strategies **Track 1** —**Sandra Cox**, Director, University of Wisconsin Oshkosh Counseling Center

The more recent trends of implementing positive psychology strategies into various settings and populations have provided significant data about their effectiveness. The main strategies discussed in this workshop are focused on assisting individuals to feel good and function well. Strategies to be shared include implementing practices of strength based interventions, flourishing and mindfulness practices. Ideas and open discussion on how to best utilize these resources will be encouraged and shared in this workshop.

- The basic concept of positive psychology and how it could be relevant to their field of work
- Strength based intervention, flourishing and mindfulness practices
- How to implement positive psychology strategies into their field of work

17. Identifying and Reporting Child Abuse for the Mandated Reporter, Part II **Track 2** —**Scott Neubauer**, Lecturer, University of Wisconsin-Whitewater and Education Coordinator, Child Abuse Education Foundation

*Note: This is a continuation of session 14. The facilitator will provide a certificate and continuing education credits upon completion of this two-part session.*

18. HOPELINE – What it is and What it is Showing Us **Track 3** —**Barb Bigalke**, Executive Director, Center for Suicide Awareness

Join in an interactive discussion about what the HOPELINE—a text-based emotional support line—is. Learn about what the data is showing us. What are the top issues, and how we can address them in the work we do? See how you can implement the HOPELINE resource in the work you do. Come with questions and leave with materials to take back to your organization.

- Learn what the HOPELINE is
- Look at the data of what the HOPELINE has gathered
- Understand how you can use the HOPELINE in your organization
- Be provided with materials to take back to your organization
Looking for additional professional development opportunities?
Visit uwosh.edu/go/certificates for a list of UW Oshkosh online certificate programs. Earn a certificate online in as little as three months!

Visit uwlax.edu/conted/professional-development for a list of UW-La Crosse Continuing Education & Extension programs. Choose from a wide array of program topics and delivery methods.