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.
She is known as a "stigma-crusher" and "voice of hope" for diverse audiences, including school districts, universities, military and health advocacy organizations. Year-to-date, she has trained over 55,000 students, educators, and leaders in her signature programs and support curriculum.

Spiess is the author of the "Stigma-Free Blueprint" and a co-author of "Children and Stress, A Handbook for Parents, Teachers, and Therapists."

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.

Dr. Richard Wender, MD, is the Chief Cancer Control Officer of the American Cancer Society. In this role, he is charged with providing oversight and guidance to the organization’s domestic and global cancer control programs, with a focus on access, navigation and health equity in an effort to ensure everyone has an equal opportunity to live a healthy life and receive high quality treatment and support. Prior to joining the Society, Dr. Wender worked for 34 years as a family physician in the department of family and community medicine at Thomas Jefferson University in Philadelphia, most recently as alumni professor and chair.

Dr. Wender has led numerous initiatives designed to improve preventive care and chronic disease management, with a focus on cancer prevention and control.

He is a pioneer of the Patient-Centered Medical Home, and currently serves as chair of the National Colorectal Cancer Roundtable.

Mette Spiess, CWP, is an international keynote speaker and the founder of A World Without Suicide. In 2016, Spiess received the Education Advancement Award from the National Alliance on Mental Illness for her work to break the silence and end stigma associated with mental illness by providing education, raising awareness and promoting recovery.

Keynote Speakers

For full keynote speaker bios, visit uwosh.edu/go/ahs

Dr. Richard Wender, MD

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Conference Agenda

THURSDAY, FEBRUARY 14, 2019

8:15–9:15 a.m. Registration and Refreshments, Second Floor Foyer

9:15–10:30 a.m. Welcome and Keynote Presentation

Capitol Ballroom B Focusing Upstream: Making Prevention and Health Promotion a Priority Throughout Our Lives—Dr. Richard Wender, Chief Cancer Control Officer, American Cancer Society

Although adolescent health as interfaced with healthcare is often discussed as a set of risks, challenges, developmental milestones, and interventions occurring during, or delivered from ages 12 to 19, this approach poses the risk of diminishing the critical nature of interventions occurring before adolescence and the lifelong consequences of events and decisions occurring during adolescence. In fact, life experiences and behaviors occurring within the adolescent period often have sustained impact, largely determining future risk for disease and life expectancy. The traditional health care system is not well organized to intervene with appropriate urgency, with evidence-based interventions to help increase the chances that every adolescent has their best chance of entering adulthood with as low risk of premature disease and death as possible. This presentation will address the critical role of community, social support, and early childhood trauma in shaping the adolescent experience. In addition, factors that increase the likelihood that a young person will adopt a set of healthy behaviors, including exercise, healthy eating, and avoidance of tobacco products, will be explored. The emerging epidemic of electronic nicotine delivery devices will also be discussed. Finally, a framework to engage all societal sectors to promote the importance and value of helping adolescents thrive will be proposed.
10:30–10:45 a.m.  Break and Visit Exhibitors
10:45–11:45 a.m.  Presentation and Interaction Sessions
   Assembly Room  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

   University Room AB  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, Capitol Ballroom B
12:15–1:15 p.m.  Keynote Presentation
   Capitol Ballroom B  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
Assembly Room 4. 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

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.

- 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

Senate Room AB 5. Preventing Suicide Contagion In Your School: Effective Postvention for Prevention Track 2—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

University Room AB 6. Building Bridges and Breaking Down Silos Using Whole School, Whole Community, Whole Child (WSCC) Track 3—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

Senate Room AB 7. Social and Popular Media in the Therapeutic Setting Track 1—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
### Assembly Room
#### 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.

### University Room AB
#### 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.

### Senate Room AB
#### 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.

### Assembly Room
#### 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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### University Room AB
#### 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
**FRIDAY, FEBRUARY 15, 2019**

7:15–8:15 a.m.  Breakfast Buffet, Capitol Ballroom B
8:15–9:30 a.m.  Keynote Presentation

**Capitol Ballroom B**  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

9:30–9:45 a.m.  Break and Visit Exhibitors
9:45–10:45 a.m.  Presentation and Interaction Sessions

**University Room AB**  13. Addressing Adolescent Gambling and Problem/Addictive Gambling Track 1—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.
- Define health care transition and explain why it matters
- Explore the “8 Tools for Transition” and how they can be used in real life
- Describe one way health care transition can be integrated into your current work

**Senate Room AB**  14. Bridging the Gap: Strategies for Successful Health Care Transitions Track 2—Tim Markle, Director, Southern Regional Center for Children and Youth with Special Health Care Needs, UW Madison Waisman Center
We will discuss health care transition, explore evidence-based practices and newly designed health transition workbooks to empower teachers and health care professionals to support transition, including how to integrate health transition into a Transition IEP and conversations to encourage early discussions about health. You will leave being more prepared to encourage independence based on what is developmentally appropriate for each student.
- Define health care transition and explain why it matters
- Explore the “8 Tools for Transition” and how they can be used in real life
- Describe one way health care transition can be integrated into your current work
### Capitol Ballroom B

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

**University Room AB**

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

**Assembly Room**

17. A Dialog about Sensory Processing and Emotional Regulation **Track 2**—Cheryl Hunt, MS, OTR/L, Kids Connection Therapy Services

Using sensory strategies to help kids pay attention and learn is much more than providing a few fidgets and taking occasional brief movement breaks in class. This presentation looks at interconnections between sensory processing and emotional regulation. Hunt will provide a brief overview of sensory systems across the lifespan. Discussion will include evaluating one's own sensory preferences for regulation; exploring sensory processing changes in the adolescent brain; and giving practical suggestions as to how to utilize sensory strategies to support emotional regulation, minimize stress, and stay connected to learn and navigate daily tasks.

**Senate Room AB**

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.