

Provider Day!

A professional development day for CAPP, PREP, and STYA, sponsored by the ACT for Youth Center of Excellence • September 23, 2013 • Albany, NY

Provider Day Basics

Who?

This professional development day is designed for CAPP, PREP, and STYA project staff at the frontline, supervisory, and administrative levels. Each agency may send up to three participants. The COE will maintain a waiting list for agencies wanting to send more than three, in case more space becomes available. Here's who will be attending Provider Day with you:

Comprehensive Adolescent Pregnancy Prevention (CAPP) is an initiative funded by the New York State Department of Health (NYSDOH) to support community-based efforts to reduce the risk of pregnancies, STDs, and HIV among adolescents up to age 21. Fifty CAPP projects were launched in early 2011. Nine additional projects were funded through the CAPP initiative with federal **Personal Responsibility Education Program (PREP)** funding. CAPP and PREP providers offer evidence-based sexual health education, ensure access to family planning services, expand opportunities to build life skills, and advance a local community effort to improve the living environment for adolescents.

Successfully Transitioning Youth to Adolescence (STYA) is a newly launched initiative of NYSDOH. With funding through the federal Abstinence Education Grant Program, the 17 STYA projects will work to decrease early initiation of, and provide alternatives to, sexual activity among New York State youth ages 9-12. STYA projects build developmental assets through mentoring and counseling, adult-supervised activities that introduce new opportunities and build skills, promotion of positive long-term relationships between adults and youth, and parent/caregiver education.

How?

Registration: Each agency may register up to three participants by emailing each participant's name, email address, position, and top two workshop choices for both the morning and afternoon sessions to Amy Breese (ass38@cornell.edu). There is no charge for registration. If you will not be using all three slots, please let us know so that we can make those spaces available to others. If you would like to send more than three participants, let us know and we will add them to the waiting list. The registration deadline is Monday, September 9, but early registration is appreciated!

Hotel: In case you need to come in the day before, we have reserved a block of rooms at the nearby Hilton Albany (formerly Albany Hotel/Omni) for September 22. The toll free number to book the rooms is 1.866.691.1183. **The group code is 3CUNV.** Rate: \$104.00. When reserving your room, please refer to the group code and the date attending in order to get this special rate.

Lunch is on your own: There are a number of restaurants (Au Bon Pain, McDonald's) and cafeterias within walking distance on the Empire State Plaza Concourse.

Questions? Contact Jutta Dotterweich: jd81@cornell.edu

What?

Provider Day features two keynotes by prominent specialists in adolescent health and well-being, and two sessions of workshops on relevant topics led by expert presenters (see Keynotes and Workshops on following pages). The day also includes time for networking and brainstorming around shared interest areas.

When?

September 23, 2013. Registration opens at 8:00; opening remarks at 9:00. We will end at 4:00.

Where?

Albany, NY - Empire State Plaza Meeting Rooms 1-7 (near the Egg, concourse level)

Directions: <http://ogs.ny.gov/ESP/Directions.asp>

Parking: <http://ogs.ny.gov/BU/BA/Parking/Visitor/>

Shuttle/Taxi: If arriving Sunday by train, call the hotel for a free shuttle from the station to the hotel. Taxis are also available at the station.

Keynotes

How We Talk about What We Do Matters

Doing great work with – and on behalf of – young people is an amazing contribution to the community and our future. Your work changes the world!

But ...

- When no one knows about it or sees young people in action,
- When the community doesn't understand why we do what we do,
- When adults' negative perceptions of young people remain unchallenged,

...we miss a critical opportunity and limit our chances for sustainable success.

In this address, Ms. Shea challenges the youth-serving community to speak up, understand their audience, and build public support for our work.

Glynis Shea is Communications Director for the Konopka Institute for Best Practices in Adolescent Health and the Healthy Youth Development • Prevention Research Center at the University of Minnesota. As a former Vice President at Saatchi & Saatchi Advertising San Francisco, Ms. Shea crafted communication plans and advertising strategies, fielded national market research efforts, and managed the production of TV, print, and radio advertising. At the University of Minnesota, her expertise is used to translate scholarly literature, develop communications strategies, and create publications, reports, web sites, newsletters, and fact sheets. Ms. Shea is a nationally recognized speaker and passionate trainer. Her workshops focus on effectively communicating about young people and the resources required to support their well-being and health.

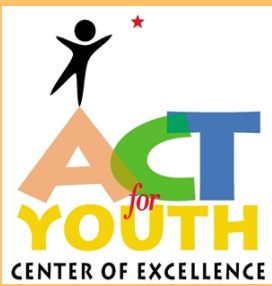


Health in the Balance: How to Listen so Youth will Talk and Talk so Youth will Listen

With obesity now the major public health problem and eating disorders increasing among youth, health and wellness efforts in the pre-teen and adolescent age group need to focus on prevention more than treatment of these conditions. Both obesity and eating disorders result from an imbalance of energy intake in food and beverages compared to energy output in physical activity and exercise. Practical, evidence-based communication with young people related to both sides of the “energy equation” will be discussed to help youth achieve and maintain their own wellness.

Richard E. Kreipe, MD, is a board-certified pediatrician and adolescent medicine specialist. The Elizabeth R. McAnarney Professor of Pediatrics at the University of Rochester, Dr. Kreipe is the founding Director of the Child and Adolescent Eating Disorder Program and a past President of the Society for Adolescent Health and Medicine. Dr. Kreipe is the Evaluation Director for the City of Rochester THRIVE Project, a longitudinal, federally funded teen pregnancy prevention research study being conducted in recreation centers in Rochester, New York. As a core partner of the ACT for Youth Center of Excellence since its inception in 2000, Dr. Kreipe has led the University of Rochester efforts to promote a youth development approach in addressing the health and well-being of adolescents at the community level.





Workshops

Provider Day 2013: Adolescent Health and Well-Being

Workshop Choices: Session 1 • 10:30 - 11:45

Build College & Career Readiness with the Updated CareerZone System

Need a tool to help teens learn about the world of work? Check out CareerZone, the premier career exploration system developed by the New York State Department of Labor. Get an interactive tour of the system and learn about new system tools and career portfolio updates. Learn how to integrate career exploration into your program with this one-of-a-kind resource designed especially for NYS teens.

CAPP, PREP

***Kristina Krise** is a Youth Support Specialist in the Career Development and Youth Initiatives Office at the NYS Department of Labor. Kristina works with local youth agencies to provide customized technical assistance across the State. She holds a Bachelor's Degree in Political Science and Policy Studies from Syracuse University and a Master's of Public Administration from Binghamton University.*

Discussing Safer Sex

"Discussing Safer Sex" is a workshop that the AIDS Center of Queens County (ACQC) provides to parent and adult populations. Our workshops engage the adult community by equipping participants with facts about sex and reproductive health. The lesson is implemented with the use of Power Point, activities, and hypothetical questions. We use open discussion and role-plays in order for parents to showcase what they have learned. When offered to parents and caregivers, the main goals of this workshop are to introduce factual information and increase adult comfort level in discussing sensitive topics with teens. Come to this workshop to see an example of a way to engage parents and family in discussing safer sex.

CAPP, PREP

***Trevor Gyles** holds a B.S. in Human Development and Family Studies from Pennsylvania State University, University Park, PA. Since starting with ACQC over 13 years ago, Mr. Gyles has served in a variety of capacities. He is currently the Comprehensive Adolescent Pregnancy Prevention program coordinator, providing educational opportunities to assist and inform adolescents of Queens on contraceptives, pregnancy prevention, HIV/AIDS, and STI awareness and prevention.*

Motivational Interviewing

Motivational interviewing (MI) is a way of interacting with a person that increases the likelihood that he or she will consider, initiate, and maintain specific behavior changes. MI is based on person-centered therapy, stages of change, and motivational psychology. In this workshop, participants will learn the key elements of MI and have an opportunity to engage in practical applications.

CAPP, PREP, STYA

***Richard E. Kreipe, MD**, is a board-certified pediatrician and adolescent medicine specialist. The Elizabeth R. McAnarney Professor of Pediatrics at the University of Rochester, Dr. Kreipe is the founding Director of the Child and Adolescent Eating Disorder Program, a past President of the Society for Adolescent Health and Medicine, and a core partner of the ACT for Youth Center of Excellence.*

More than Just Sex: Creating Media by Youth for Youth

"MORE THAN JUST SEX" is a series of video public service announcements (PSAs) created entirely by youth for youth. The series is designed to make peer-to-peer, comprehensive sexuality education widely accessible by new media outlets. This presentation will describe this innovative project in detail, including youth training, script development, casting, pre-production, filming, post-production and use of new media to impact change. Facilitators will demonstrate the project's success by engaging participants in interactive activities and by showing media clips. Participants in this workshop will learn the process for developing and distributing a culturally sensitive and age-appropriate social marketing tool as well as the benefits of a youth development approach to both youth participants and a wider audience.

CAPP, PREP

Michele Perlman, Fabian Ferguson, and Natasha Harvell have collectively been working with youth in Community Healthcare Network's Teens P.A.C.T. (Positive Actions and Choices for Teens) program for more than 20 years. They provide exemplary leadership in applying a youth development approach to adolescent pregnancy prevention. In addition to providing evidence-based programming to over 1,000 NYC youth per year, Teens P.A.C.T.'s peer leadership program develops videos made entirely by youth for youth. Entitled "More Than Just Sex," the series is a model for youth programs to create social change through media.

Providing Feedback to Educators

Please join us for this hands-on technical assistance workshop. Participants will understand the purpose for the feedback cycle, review the CAPP protocol for giving feedback, learn to observe and give constructive feedback, and work together to make use of the On-site Feedback form.

CAPP, PREP

Judith Ross-Bernstein is an independent professional development consultant. She has been an educator her entire career, working in public schools, nonprofits, and higher education. Currently she works between NYC with the Education Development Center as a mentor, and Ithaca, where she writes and consults on a variety of education projects.

Trauma, Trauma-Informed Care, and Adolescents

This training is designed to instruct individuals on the critical issue of trauma, trauma-informed care, and the implications for our work with adolescents. Researchers have found that trauma impacts individuals throughout their development across multiple domains (i.e. attachment, biology, etc.). This has implications not only for the individuals themselves but for the organizations and systems that interact with them. Understanding how trauma affects all of us affords us the opportunity to create more realistic outcomes in our work. This training will be co-facilitated with young adults.

CAPP, PREP, STYA

Susan A. Green, LCSW is a Clinical Associate Professor at the University at Buffalo. Susan combines full-time teaching with clinical practice. She is the co-director of The Institute on Trauma and Trauma-Informed Care within the Buffalo Center for Social Research. **Kevin Louis Sepulveda Bustamante** attends D'Youville College in Buffalo. He plans to graduate with a degree in Sociology. Kevin serves as President of Leaving our Legacy (LOL), an Erie 1 BOCES program. **Yessica Miguelina Amezcuita** attends Erie Community College. She is currently a coordinator at LOL and loves the opportunity to help teens grow and learn about themselves. **Demetrius Sanders** is a senior at Middle Early College. His goal for the program is to change the perspective of youth to be more positive and also let it be known that youth can make a change. **Sherman Webb** is a psychology and American history student at D'Youville College. He has been participating in civic engagement and youth advocacy for over seven years, and is trained in youth development, adolescent sexual health, and Trauma-Informed Care.

Working with Immigrant Parents

In this interactive workshop, participants will consider the immigrant parent populations they are working with. Who are they, and what is our perception of them? What is different/similar between immigrant and non-immigrant parents? Participants will share experiences of what has worked and what obstacles we have encountered in getting parents involved. What are the parents' primary concerns, and how do they compare to providers' perspectives? With this greater clarity, we will brainstorm strategies for more effective parent engagement.

CAPP, PREP, STYA

***Luis Almeyda** is the coordinator of the Parents Education Project of the Cornell University Cooperative Extension, New York City. For the past 22 years, he has worked with parents in the New York City to develop their ability to help kids learn the skills they need to make healthy choices. His work with parents focuses especially on healthy relationships, HIV/AIDS prevention, drug use, and other aspects of puberty and adolescence.*

Workshop Choices: Session 2 • 1:40-2:55

Creating Inclusive Environments for LGBT Youth

LGBT youth live in every community that we serve. Often self-aware from a very young age, LGBT teens and preteens may feel uncomfortable in program settings because program environments and educators may not affirm who they are and may even view them in a negative light. This interactive workshop assists educators and providers in becoming aware of the needs of LGBT individuals and how to provide culturally competent services. Issues facing LGBT individuals, risk factors, supportive factors, and best practices will be discussed so that providers are able to be more effective in creating environments that help all youth build developmental assets and reduce risky behaviors.

CAPP, PREP, STYA

***Matt Cotty** is the Director of Health Promotion and Education at Long Island Gay and Lesbian Youth (LIGALY) serving as the CAPP program director and serving as co-facilitator for both the Nassau and Suffolk County Community Advisory Councils. Matt has 2 years' professional experience serving LGBT youth, additional experience working with youth around sexual health, and is completing his Master's degree in Student Personnel Services.*

The Developmental Timeline

Effectively supporting young people – their health, education, future prospects – means working from a real understanding and appreciation of who young people are and what's going on in their lives as they grow and develop through their preteen and adolescent years. Understanding adolescent development is a necessary first step in creating and implementing health programs in ways that effectively engage youth. In this session, participants will learn a simple developmental timeline activity that can be used to help staff and community members better understand and apply adolescent development to their work. The timeline activity provides a fun and informative process to build a common understanding among a wide array of staff, volunteers, and community members.

CAPP, PREP, STYA

***Glynis Shea** is Communications Director for the Konopka Institute for Best Practices in Adolescent Health and the Healthy Youth Development • Prevention Research Center at the University of Minnesota. A nationally recognized speaker and passionate trainer, Ms. Shea collaborates with a host of youth-serving professionals and students. Her workshops focus on effectively communicating about young people and the resources required to support their well-being and health.*

Engaging Males: A Creative Process for Activity Design

In this workshop, participants will learn a creative process for developing activities that will attract young males as the primary participants. This process encourages activity designers to think both inside and outside of the box while considering and managing the power of ideas of masculinity, both positive and negative. Participants in this workshop learn by doing and will leave with several great activity starters to bring home with them.

CAPP, PREP, STYA

Christopher Spicer is the author of the male focused sex-education curriculum, Responsible Males. Used in over 40 cities across the United States, Canada, and overseas, Responsible Males is a ground-breaking program designed specifically to engage males in learning and discussion about sex, relationships, and life.

Insights from Facebook Insights: Optimizing and Evaluating Your Facebook Page

Join Scenarios USA for a hands-on look at what we can learn from Facebook's Insights tools and how we can use that information to create data-driven strategies with measurable outcomes. There will be a short introduction of the Insights Dashboard to familiarize participants with what can be measured and tracked. The majority of the session will focus on practical advice for optimizing a Facebook page by using social functionality, engaging your constituents (especially your staff and board), and creating consistent compelling content for organizations of all capacity levels. Participants will leave the workshop with a set of best practice tools and resources.

CAPP, PREP, STYA

David Beasley is the Communications Manager at Scenarios USA: www.scenariosusa.org. He leads communications strategies with a digital heart to establish Scenarios USA as an education leader that listens to young people from marginalized communities. David also collaborates directly with young people to use social media as a platform to become leaders in conversations about sexuality and sexual health.

Peer Power: Lowering the Risk for Teen Pregnancy, HIV/AIDS, and STDs in African-, Caribbean-, and Latino-American Teens through Evidence-Based Learning

The Adolescent Education Program of the State University of New York Downstate Medical Center has developed a comprehensive peer leadership program to train adolescents of various ethnic backgrounds to become HIV and pregnancy prevention peer leaders. The goal of the program is to lower the HIV infection and pregnancy rates among adolescents in at-risk populations in Brooklyn. Peer Leaders participate in a rigorous summer training program consisting of a 76-hour curriculum that includes information on pregnancy prevention, HIV/AIDS, sexual health, and evidence-based learning techniques. Peer Leaders teach other at-risk youth through the utilization of real life stories and the curriculums SiHLE and BART. Come to this workshop to learn about this comprehensive peer leadership program.

CAPP, PREP

Christine Rucker is the Director of Adolescent Education at SUNY Downstate Medical Center. She received her undergraduate degree from Howard University in Washington, D.C. and her Master's degree in Community Health from Brooklyn College. In her work she primarily focuses on HIV, reproductive health, and healthy decision-making strategies for young adults and their families.

Marian Searchwell is the CAPP Coordinator for the SUNY Downstate Medical Center. She received her Bachelor's degree from Hunter College and primarily specializes in adolescent health care and program development. **Anthony Thompson** is the Sexual Health Coordinator for the Adolescent Education Program at SUNY Downstate Medical Center, specializing in adolescent clinical and preventative health care. He started his health career at Albany Medical Center Acute Psychiatric Unit as a Psychiatric Associate. Mr. Thompson received his Bachelor's Degree from the City University of New York at Brooklyn College.

Strengthen Your Structure: Building Effective Professional Sexual Health Communication Skills

Every conversation is a negotiation. The way in which we communicate with potential collaborators determines our success as Sexual Health Educators. The key to getting someone to understand what we do is hidden in the language we choose to use. Through an interactive presentation, participants will examine and develop communication skills that are vital to establishing and maintaining relationships among professionals whose permission is needed for programming to occur. These professionals act as “Building Blocks”: the structure needs to be built from the ground up for trust to be granted; if one block breaks, the entire relationship could collapse. The content of EBPs is sometimes intimidating to potential sites, site coordinators, and educators; therefore, how a new group is approached is critical when establishing these new relationships.

CAPP, PREP

Marlaina Allen, MST, is the Youth Educator Specialist for Mothers and Babies Perinatal Network in Binghamton, NY. With more than four years' experience as a Sexual Health Educator, and five years of work in the public school system, Marlaina has provided programming to a variety of participants ranging from pre-school through professionals. She has extensive experience facilitating within diverse environments, from classrooms to prison systems.

Substance Use and Sexual Risk Taking

This workshop will explore the relationship between substance use and sexual risk taking. Basic substance use information will be discussed, with a focus on its connections to adolescent development. The most current research about connections between substance use and sexual risk taking among adolescents will be reviewed. Participants will explore how to promote healthier environments for adolescents at risk for or actively using substances and how to address the links between these two behaviors. Learning objectives for this workshop include:

- Understand the classifications of drugs and the risks/benefits of each class.
- Get the latest statistics about teen substance use and its connection to risky sexual behavior.
- Explore the bio-psychosocial issues related to adolescent substance use and risk taking.
- Discuss and review models to address substance use and sexual risk taking.

CAPP, PREP

Carol Lemus joined Planned Parenthood Hudson Peconic as the Director of Education and Training in 2011, having worked in the fields of sexual health and substance use for 30 years. Carol has remained focused on working with marginalized and underserved populations. She has also worked in Central America extensively, overseeing community health programs throughout the region. Carol holds an MPH in International Community Health Education from NYU.