

Provider Day! September 15, 2014

Getting Better All the Time: Reflecting and Moving Forward

Provider Day Basics

Who?

This professional development day is designed for CAPP, PREP, and STYA project staff. Project coordinators are expected to attend, and are encouraged to send up to two CAPP educators, PREP educators, and STYA program staff. The COE will maintain a waiting list for agencies wanting to send more than three, in case more space becomes available.

How?

Registration: Each agency should register up to three participants by emailing to Amy Breese (ass38@cornell.edu) by August 29:

- Each participant's name
- Each participant's email address,
- The top workshop choice for each session for each participant
- The top "Tips for Facilitators" session for each participant

There is no charge for registration (however, see below for lunch orders). 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.

Hotel: In case you need to arrive the day before, we have reserved a block of rooms at the Hilton Albany for September 14. The toll free number to book the rooms is 1.866.691.1183. The group code is 3CORNU. Rate: \$111.00. When reserving your room, please refer to the group code in order to get this special rate. **This rate expires August 14.**

Lunch: Boxed lunches can be pre-ordered with registration (see order form). We highly recommend that you take advantage of this option: our schedule is packed, and we ask that you pick up your lunch and take it right to the next event. Note that **lunches MUST be pre-ordered**—they will be provided only to those who purchase them in advance. **If you are not ordering a boxed lunch, please bring your own. This will be a working lunch** and there will not be time for dining in the restaurant or leaving the hotel.

Questions? Contact Jutta Dotterweich: jd81@cornell.edu

What?

Provider Day 2014 features:

- A keynote by Dr. Ralph DiClemente, a prominent specialist in adolescent health
- A range of workshops, including sessions that were chosen based on a provider survey.
- Time for networking with colleagues
- Group meetings with DOH contract managers.
- For educators, we have new "Tips for Facilitators" sessions.

Provider Day is sponsored by the ACT for Youth Center of Excellence.

When?

September 15, 2014. (Early birds may register at the hotel on Sunday, Sept 14, 7:30pm - 8:30pm.) Monday registration opens at 8:00; opening remarks at 9:00. Provider Day will close by 4:00.

Where?

Hilton Albany (new!)
40 Lodge Street, Albany, NY

Visit the hotel website for directions and parking info: <http://www.hiltonalbany.com/>

Shuttle/Taxi: If arriving by train, call the hotel for a free shuttle from the station: (518) 462-6611

Keynote & Features

Bytes, Bits, and Memory Sticks: The Technological Revolution in HIV and Teen Pregnancy Prevention

This presentation describes the ongoing technological revolution in HIV and teen pregnancy prevention research and practice. Dr. DiClemente will discuss advances in using social media, multi-media-based interventions, internet, SMS, and mobile health strategies to reduce risk behaviors and promote healthy choices. The advantages and disadvantages of technology-based interventions are also described.

Dr. DiClemente is Charles Howard Candler Professor of Public Health at the Rollins School of Public Health, Emory University. He also serves as Associate Director, Emory/Atlanta Center for AIDS Research. Trained as a health psychologist at the University of California San Francisco where he received his PhD, he earlier completed an MSPH in Behavioral Sciences at the Harvard School of Public Health. He is the recipient of a number of awards and has published extensively. Dr. DiClemente is also a co-developer of successful interventions to help young people reduce their risk of STDs and HIV, including SiHLE.



Networking Sessions

When you see Networking Sessions on the schedule, here's what we mean! These sessions are...

- **Facilitated discussion: a chance to talk with your colleagues about your successes and challenges, compare notes, get and give ideas.**
- Scheduled for each provider group.
- Themed or open: Topics were chosen based on a survey conducted this past spring. Some providers requested open sessions: In these, the topics will be determined by participants.
- **NOT presentations. Come prepared to talk!**

Tips for Facilitators

Following the afternoon workshop session we offer Tips for Facilitators: two sessions to energize you and introduce activities you can use, and one opportunity to ask any sexual health question you can think of!

- **Icebreakers & Energizers**
- *Beth Mastro*
- **Teambuilding & Group Activities**
- *Michele Luc & Heather Wynkoop Beach*
- **Ask Dr. Starr**
- *Dr. Taylor Starr, University of Rochester Medical Center*

Meetings with Contract Managers

You asked...can we have face-to-face meetings with our Department of Health contract managers? Yes! In last year's Provider Day evaluation many of you requested a chance to get together with your contract manager, so this year we have scheduled group meetings with contract managers for the coordinators of each provider group.

Schedules

If you pre-ordered a boxed lunch, your lunch ticket will be in your name tag.

STYA

| | | | |
|-------|-----------------------------------------------------------------------------------------------------|------|------------------------------------------------------------------------------------------------------------------------------|
| 8:00 | Registration opens | 3:05 | STYA COORDINATORS: Meeting with Department of Health (DOH) contract manager |
| 9:00 | Welcome and Keynote | | |
| 10:40 | Morning workshop session | | STYA STAFF: If not attending DOH meeting, choice of two <i>Tips for Facilitators</i> sessions: |
| 12:00 | Pick up boxed lunch (if you pre-ordered), take to next meeting room (<i>working lunch</i>) | | <ul style="list-style-type: none">• Icebreakers & Energizers• Teambuilding & Group Activities |
| 12:35 | STYA Networking Session | | |
| 1:40 | Afternoon workshop session | | |

Provider Day will end by 4:00.

CAPP

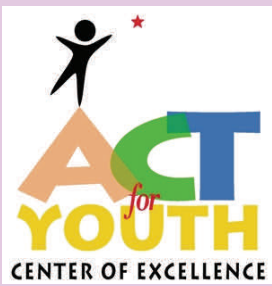
| | |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00 | Registration opens |
| 9:00 | Welcome and Keynote |
| 10:40 | Morning workshop session |
| 12:00 | Pick up boxed lunch (if you pre-ordered), take to next meeting room (<i>working lunch</i>) |
| 12:35 | CAPP COORDINATORS: meeting with DOH contract managers |
| | CAPP EDUCATORS: choice of CAPP/PREP Networking Sessions |
| | <ul style="list-style-type: none">• MPC/BPBR• Core 3: Success, strategies, resources• Succeeding in schools (bring ideas)• Open networking (facilitated; theme TBD) |
| 1:40 | Afternoon workshop session |
| 3:05 | CAPP EDUCATORS: choose between these <i>Tips for Facilitators</i> sessions |
| | <ul style="list-style-type: none">• Icebreakers & Energizers• Teambuilding & Group Activities• Ask Dr. Starr |
| | CAPP COORDINATORS: choose between |
| | <ul style="list-style-type: none">• Coordinators' Networking Session• <i>Tips for Facilitators</i> session (see above) |

Provider Day will end by 4:00.

PREP

| | |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00 | Registration opens |
| 9:00 | Welcome and Keynote |
| 10:40 | Morning workshop session |
| 12:00 | Pick up boxed lunch (if you pre-ordered), take to next meeting room (<i>working lunch</i>) |
| 12:35 | CAPP/PREP Networking Sessions: choose between these topics |
| | <ul style="list-style-type: none">• MPC/BPBR• Core 3: Success, strategies, resources• Succeeding in schools (bring ideas)• Open networking (facilitated; theme TBD) |
| 1:40 | Afternoon workshop session |
| 3:05 | PREP COORDINATORS: meeting with DOH contract manager |
| | PREP EDUCATORS: choose between these <i>Tips for Facilitators</i> sessions |
| | <ul style="list-style-type: none">• Icebreakers & Energizers• Teambuilding & Group Activities• Ask Dr. Starr |

Provider Day will end by 4:00.



Workshops

*Getting Better All the Time:
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Workshop Choices

Provider Day 2014

Digital Tools to Engage Youth

Discover dozens of tools to communicate and collaborate with today's youth and find ways to use tools collectively to make your digital efforts efficient and effective. Explore the value of connecting digitally and leave with a digital portfolio complete with tutorials, samples, and more as well as materials to reference and turnkey.

Alicia Mackall is the digital literacy and learning specialist for Millville Public Schools (Millville, NJ). She is a technology and learning consultant and graduate student studying Education Leadership, Management, and Policy at Seton Hall University.

Twitter: [@AliciaMackall](#)

Blog: www.mackovation.blogspot.com

CAPP, PREP, STYA

Sessions 1 & 2

Engaging Families: It's a Tough Job but You CAN Do It!

Family engagement can be daunting! This presentation goes beyond the compliance-driven culture of parental involvement regulations to a new understanding of ways to engage families as an effective strategy to increase youth achievement, mobilization, and empowerment. Learn how to build a Parent Engagement Program that is youth-centered and family-strengthening to engage, guide, and motivate young people to reach their fullest potential.

Felicia Watson is a nationally recognized education advocate with over 16 years' experience driving the improvement of federal and state education programs through professional development trainings and technical assistance. Dr. Watson is currently employed at the New York State Center for School Safety. She has presented at education summits at the White House and on national television networks.

CAPP, PREP, STYA

Sessions 1 & 2

LGBTQ Inclusion, with a special focus on Transgender Youth

What can you do to support lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) youth in your program? How can you best support trans youth? What plan/resources do you have to support youth that come out as LGBTQ? And what about youth with LGBTQ parents? This session centers on LGBTQ inclusion, and includes a special focus on the needs and issues of transgender youth. At the conclusion of the session, participants will be able to identify at least three concrete tools/techniques to create welcoming and affirming environments for LGBTQ youth, and will have a better understanding of the needs of trans youth and ways to address these.

Luca Maurer is program director of The Center for Lesbian, Gay, Bisexual and Transgender (LGBT) Education, Outreach and Services at Ithaca College. Maurer has been designated a Certified Family Life Educator by the National Council on Family Relations and a Certified Sexuality Educator and Counselor by the American Association of Sex Educators, Counselors & Therapists.

CAPP, PREP, STYA

Sessions 1 & 2

Life Purpose and Teens: Helping teens set the stage for a well-lived life

The teen years are widely recognized as the period that sets the stage for adult life and relationships. The teen years are also a time in which many people begin to explore the idea of life purpose and meaning; a time in which a child's musing about "where did we come from?" gives way to the possibility for deeper and more personal exploration of meaning, purpose, and value systems.

Participants in this session will:

- ◆ Identify key adolescent development tasks
- ◆ Understand the particular way that teens think about purpose
- ◆ Discuss strategies for creating structured opportunities for reflection on life purpose and meaning making
- ◆ Identify useful life purpose and meaning-making resources (articles, books, websites)

CAPP, PREP, STYA

Session 2 only

Janis Whitlock is a research scientist in the Bronfenbrenner Center for Translational Research at Cornell University. Janis received her doctorate from the Department of Human Development at Cornell University, and a Master's in Public Health from UNC Chapel Hill. She spent over a decade working in development and administration of front line services for adolescents and women related to sexuality, HIV/AIDS, and social and emotional development.

Self-Care and Youth Work

Do the lines between your work life and home life sometimes feel blurred? When people ask "how are you?" is your reply more often than not, "tired"? It can be very easy to spend so much time focused on the health and well-being of the young people we work with, that we forget to take care of ourselves. This workshop will give participants an opportunity to identify challenges associated with youth work and learn techniques and resources for improving self-care.

CAPP, PREP, STYA

Sessions 1 & 2

Heather Wynkoop Beach has been with the ACT for Youth COE as a trainer and youth engagement coordinator since 2008. Prior to joining the COE, Heather directed a case management program committed to helping pregnant and parenting teens and young families. Heather received her Master's in Education from Elmira College in 2012.

Michele Luc is in her third year providing training and technical assistance with the COE. Prior to working for Cornell, Michele worked in clinical settings where she provided HIV/AIDS education and case management. She has also served as director of training for a social justice organization in NYC. Michele holds a Master's in Social Work from Columbia University.

Getting Better All the Time: Reflecting and Moving Forward

Self-injury in Teens

Self-injury is intentionally hurting the body (e.g. cutting, burning etc.) but without suicidal intent. Because it often looks like a suicidal gesture it tends to evoke fear and confusion. Why would someone choose to cut up or otherwise hurt his/her body? How do we understand this, let alone effectively respond to it?

Participants in this session will:

- ◆ Identify key features of self-injury and sources of “contagion”
- ◆ Understand core principles and practices in effective self-injury detection and intervention
- ◆ Discuss implications of the above for development of protocols and intervention strategies
- ◆ Identify useful NSSI resources (articles, books, websites)

CAPP, PREP, STYA

Session 1 only

Janis Whitlock is the founder and director of the Cornell Research Program on Self-Injury and Recovery. Janis received her doctorate from the Department of Human Development at Cornell University, and a Master's in Public Health from UNC Chapel Hill. Her research focuses on adolescent and young adult social and emotional health and wellbeing.

Using Your Data to Meet Your Goals (CAPP and PREP only)

In this hands-on workshop, participants will learn how the performance management framework applies to their organization's work in the CAPP and PREP initiatives. Using their own evaluation data with a specific focus on attendance, participants will work in small groups that face common challenges to develop an outline for their organization's improvement plan. Through this workshop, participants will understand performance management as an approach to improve practice, and apply this knowledge to specific performance standards. Note: this workshop offers the opportunity to practice what you learn in the August 5 CAPP and PREP webinar.

CAPP, PREP

Sessions 1 & 2

Amanda Purington is the director of evaluation and research for the ACT for Youth Center of Excellence at Cornell University. Mandy's interests include the use of data to assess and improve prevention programs in “real world” settings.

Mary Maley is an extension associate for research synthesis and translation at the ACT for Youth Center of Excellence. Mary has previously served as both a direct service provider and a health educator. She directs Cornell University's Research Synthesis Project.

Youth with Mental Health Concerns – What do I need to know?

Have you asked yourself these questions: How do I talk to youth with mental health issues? Do I need to facilitate my program differently? Can I handle disruptive behavior as I usually do, or do I need special expertise? What happens if I trigger an emotional outburst? In this workshop participants will learn about prevalence of mental health concerns among youth, common signs, and effective strategies to engage young people and avoid or reduce stressful situations.

CAPP, PREP, STYA

Sessions 1 & 2

Jutta Dotterweich is the director of training and technical assistance at the ACT for Youth Center of Excellence, Cornell University. Her work has centered on interagency collaboration, youth development, and adolescent sexual health. Prior to her work at Cornell University, she served for many years as a mental health professional and youth services provider. She received her Master's in Psychology in Germany.

Guess Who's Coming to Provider Day?

CAPP and PREP

Comprehensive Adolescent Pregnancy Prevention (CAPP) is an initiative funded by the New York State Department of Health (DOH) 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.

Funding through the **Personal Responsibility Education Program (PREP)** from the U.S. Department of Health and Human Services supports nine projects. PREP projects provide evidence-based sexual health education, ensure access to family planning services, expand opportunities to build life skills, and advance a local community effort

STYA

Successfully Transitioning Youth to Adolescence (STYA) is also an initiative of DOH. With funding through the federal Abstinence Education Grant Program, the 17 STYA projects 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, adult-supervised activities that introduce new opportunities and build skills, promotion of positive long-term relationships between adults and youth, and parent/caregiver education.