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Professional Development & Training
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Don't Miss This
 Special 1-Day Conference
ADOLESCENT ISSUES
Research, Issues, Strategies
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For Teachers, School Administrators,
 Guidance Counselors, Mental Health Professionals
 and Related Professionals


One-day Conference
**ADOLESCENT
 ISSUES**

Research, Issues, Strategies
 plus a *special* Youth Panel



December 2, 2005

Keynote Address
 "The Strategic Plan for Adolescent Health"

 **UNIVERSITY of NEW HAMPSHIRE**
Professional Development & Training
and the
UNH Center for Adolescence
www.learn.unh.edu/adolescent

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Special One-Day Conference

ADOLESCENT ISSUES

Research, Issues, Strategies

Friday, December 2, 2005

9 a.m. - 3:30 p.m., Manchester, NH

.55 CEUs • CRN 15498 • \$175 (includes lunch)

*Approved by NASW, NH Chapter, for
 5.5 Category I Continuing Educ. Credits, #2194*

8:15-9:00 A.M. REGISTRATION
 9:00-10:00 A.M. WELCOME &
 KEYNOTE

The Strategic Plan for Adolescent Health

In May 2005, the results of a 5-year, statewide initiative to develop an Adolescent Health Strategic Plan for New Hampshire were released. The plan looks at several key aspects of adolescent health, including suicide and unintentional injury, substance and tobacco use, and reproductive health. Its purpose is to investigate morbidities and mortalities, examine existing systems, and develop recommendations to improve adolescent health, and it is significant because it provides a framework to move forward on important adolescent health issues. In this keynote address, you will have a chance to learn about the plan, its process and guiding principles, and, especially, its results, recommendations, and objectives for future action. You will gain an overarching understanding of adolescent health issues from the statewide perspective.

Presenters: Lisa Bujno and Kristine Baber

Lisa L. Bujno, MSN, ARNP, is Administrator of the NH Dept. of Health and Human Services, Division of Public Health Services, Maternal and Child Health Section. In this capacity, she manages all aspects of NH's maternal and child health (Title V) program, promoting access to statewide health care services for women, children and families. She serves as project director of several federal grants focusing on such issues as adolescent health, health and safety in childcare, early childhood, and data linkages. She is a member of several advisory com-

mittees, including Boston University's School of Public Health Maternal and Child Health Department Advisory Committee. She was the recipient of the NH March of Dimes' Health Leadership Award in Public Health in 2000. She graduated from the University of Pennsylvania with a Master of Science in Nursing in 1987. Prior to her entry into state service, she practiced as a family nurse practitioner in private and public settings.

Kristine M. Baber holds a Ph. D. in Family Studies from the University of Connecticut. She is the Director of the UNH Center on Adolescence, a faculty member in the UNH Dept. of Family Studies, and a core faculty member in Women Studies at UNH. She teaches courses in adolescence, ethics and professional practice, and human sexuality. Her current research focuses on girls' health and adolescent identity development.

10:00-10:15 A.M. BREAK

10:15 A.M.-NOON CONCURRENT
 SESSIONS

Sessions are repeated in the afternoon. Choose one session in the morning and one in the afternoon to attend.

**Adolescence and Getting Wasted:
 The Perfect Storm**

This session will define adolescent substance abuse and addiction as distinct from adult and explore the reasons and rewards for teen drug/alcohol use in terms of developmental needs. You will discuss behavioral, biological and psychological factors of adolescent drug/alcohol abuse and the best strategies for prevention and intervention.

Presenter: Mike Hague, M.A. in counseling psychology, LADC, has over 20 years of experience as a crisis/drug and alcohol counselor for middle and high school students in Bedford. He is the co-founder/past president of the Association of Student Assistance Professionals of NH and a former drug/alcohol prevention trainer for the State Dept. of Education.

Adolescent Nutrition

The adolescent years are a time of potential growth and development that requires attention to appropriate nutrient and caloric intake. Because of eating

trends and cultural expectations (and a mindset of being invincible), this population is at risk for poor eating habits, eating disorders, and medical conditions previously thought of as adult issues. This session will cover adolescent nutrient needs, responding to weight issues, medical concerns, vegetarian eating, sports nutrition, bone health issues and body image/eating disorders. You'll also share some ideas about what works and what doesn't when working with teens.

Presenter: Pamela Stuppy, M.S., R.D., L.D., is a registered/licensed dietitian. She is the dietitian for Phillips Exeter Academy and has nutrition counseling offices in York, ME, and Newington, NH, and is a columnist for several newspapers. In addition to her general practice, she specializes in women's issues, eating disorders, vegetarian eating, sports nutrition, and bone density issues.

Sexual and Gender Minority Youth

Gay, lesbian, bisexual, transgender, and questioning youth navigate the developmental milestones of adolescence while confronting societal homophobia and heterosexism. While many GLBTQ youth are resilient, these external stressors complicate their development and put them at higher risk of substance abuse and suicide. This workshop will review the developmental needs of GLBTQ youth and how educational/mental health professionals can serve as allies and resources.

Presenter: Paul Cody, Ph.D., is a licensed psychologist who works at the University of New Hampshire Counseling Center. He is also an adjunct faculty member in the UNH Social Work Department, teaching "Practice with Gay, Lesbian, and Bisexual Clients."

Updating the Scripts for Adolescent Sexuality

Understanding the who, what, when, where, and why of adolescent sexual experience requires openness and honesty. This session will explore how youth script their sexual expressions in diverse ways as they cope with developmental pressures, manage risks, and counter adult hostility to their sexuality. The session will include an interactive exercise and discussion of current research.

Presenter: Chuck Rhoades is an adjunct faculty member in UNH's Dept. of Family Studies. He

teaches courses in human sexuality. He has worked in the field of sexuality education for over 25 years, training teachers, counselors, and youth workers and learning from several thousand teenagers, including his own. His publications include works on puberty, HIV prevention, family communication about sexuality, family planning counseling, and men's health. He is currently working on a doctorate in psychology, concentrating on sexology studies.

Positive Youth Development: Putting Theory into Practice

Positive Youth Development is nationally recognized as an effective approach to working with adolescents and structuring services, systems, and programs serving youth. PYD builds on strengths, rather than focusing on problems; stresses the importance of helping youth develop decision-making and critical thinking skills; and promotes the strengthening of youths' connections with families, peers, schools, and communities. This session will provide an introduction to Positive Youth Development and focus on how this information can be used by educators, clinicians, policy makers, and other youth-serving professionals to enhance their work with adolescents. Interactive opportunities will assist participants in tailoring this approach to their professional areas of interest.

Presenter: Kristine Baber (see bio on the reverse side under the Keynote Address)

NOON-12:40 PM. LUNCH

12:40-2:25 P.M. CONCURRENT SESSIONS

Morning sessions are repeated. Choose a second session to attend this afternoon.

2:30-3:30 P.M. YOUTH PANEL

Listening to Youth

A panel of adolescents will provide their perspectives on critical issues for youth today, the types of support and assistance they need from professionals and other caring adults, and how adolescents could work as partners with adults to encourage the positive development of all youth.

4 Ways to Register

On the Web: Go to www.learn.unh.edu/adolescent

By Phone: Call (603) 862-2015 or 1-(800) 313-5327 with credit card information.

By Mail: Mail form below with payment.

By Fax: Fax form with credit card information to (603) 862-0655.

Cost and Refund Policy

Conference cost is \$175 and includes lunch, materials, and parking.

Refunds, less a \$25 processing fee, will be given if written cancellation is received five business days prior to the conference.

Location

The conference will be held in the auditorium and classrooms at UNH Manchester, 400 Commercial St. Validated parking has been arranged at the Hampshire Plaza Parking Garage located on the corner of Spring and Canal Streets. For info about the location call (603) 641-4350.

For More Information

About the Conference: Call Kay MacMillan at (603) 862-1739

About Registration: Call (603) 862-2015 or (800) 313-5327 (NH, except seacoast)

About Other UNH Professional Development & Training Seminars and Programs: Call (603) 862-4234 or visit www.learn.unh.edu

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CONFERENCE ON ADOLESCENT ISSUES REGISTRATION FORM

Mail to: UNH Registration, Stoke Hall, 11 Garrison Ave., Durham, NH 03824; or call (800) 313-5327; or register on the web at: www.learn.unh.edu/adolescent

December 2, 2005 • 9 a.m.-3:30 p.m. • \$175 • CRN 15498

Social Security No. _____ Date of Birth _____

SS# is used for ID purposes only and may be required for education tax credits and CEUs tracking.

Name (Please Print)

Last _____ First _____ M.I. _____

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City _____ State _____ Zip _____

Work Address _____

City _____ State _____ Zip _____

Phone: (Day) _____ (Eve) _____

Email Address _____ Would you like to receive information via e-mail? Yes No

Employer _____ Title _____

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