



Health Advocates, LLC
Professional Training for Professionals

The 13th Annual International Conference on the Health Risks of Youth

(edited 11/22/23)



January 3-6, 2024

Pueblo Bonito Ocean Front Resort and Spa, Cabo San Lucas, MX

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ICHRY 2024 CONFERENCE OVERVIEW

Wednesday, January 3, 2024

6:30 – 7:30 pm **Welcome Dinner & Opening Remarks** (Land's End Terrace)

7:45 – 8:15 pm **Round Table Sessions – Group A** (Miramar)

8:15 – 8:30 pm **Change Break**

8:30 – 9:00 pm **Round Table Sessions – Group B** (Miramar)

Thursday, January 4, 2024

7:30 – 8:30 am **Breakfast** (On Your Own: Resort Restaurant)

8:30 – 8:45 am **Introduction & Announcements** (Miramar)

8:45 – 9:45 am **Opening Keynote** (Miramar)
Addressing Health Concerns and Promoting Healthy Behaviors Using Pop Culture and Social Media

9:45 – 10:00 am **Change Break**

10:00– 11:00 am **Breakout Session 1**
A) *Lessons Learned from a Small Drug Prevention Coalition Acquiring a Drug-Free Communities Grant* (Miramar)
B) *Do School Wellness Policies Improve Child Health Outcomes?* (FELLINIS)

11:00 - 11:15am **Change Break**

11:15 – 12:15pm **Breakout Session 2**
A) *Using Recovery-Friendly Language to Combat Stigma: Why Words Matter* (Miramar)
B) *Training Adolescent Girls in Understanding Internal/External Triggers and Pro-Social Coping Responses* (Fellinis)

12:15 pm **Adjourn for the Day**

Saturday, January 6, 2023

7:30-8:30 am **Breakfast** (On Your Own: Resort Restaurant)

8:30 – 8:45 am **Announcements** (Miramar)

8:45 – 9:45 am **Closing Keynote** (Miramar)
Health Educators' Response to Restrictive State-Level Sexuality Education Policies (Panel Discussion)

9:45 – 10:00 am **Change Break**

10:00– 11:00 am **Breakout Session 3**
A) *Adolescent-friendly Sexual and Reproductive Health Conversations: Micro-visit Scripts for Multi-Disciplinary Healthcare Providers* (Miramar)
B) *Factors that Motivate Young Adults to Learn Health Information* (Fellinis)

11:00 – 11:15am **Change Break**

11:15 – 12:15pm **Breakout Session 4**
A) *Revolutionizing Health Education: The Impact of AI* (Miramar)
B) *Multidisciplinary Collaborations to Advance Mental Health Awareness on a College Campus* (Fellinis)

12:15pm **Conference Adjournment**

ICHRV 2024 DETAILED CONFERENCE AGENDA

Wednesday, January 3, 2024

6:30 – 7:30pm **Welcome Dinner & Opening Remarks**
(Land's End Terrace)

7:30 – 8:00pm **Round Table Sessions – Group A**
(Miramar)

1) Does Diet Affect Epigenetic Aging in Adolescents and Young Adults

Sylvie Mrug (University of Alabama at Birmingham)

This study examines how diet impacts epigenetic aging in late adolescents and young adults. Early-life nutrition plays a vital role in lifelong health, with accelerated biological aging possibly mediating these effects. Findings show that more frequent consumption of fast food and sweets predicts accelerated aging. Improving diet may mitigate later health risks.

2) College Student Views on Disparities in Health Care: A Qualitative Study

Rhonda Rahn and Kevin Recarte (Texas A&M University)

The qualitative study investigated the health disparities among minority groups in the current United States health care system and highlight key factors to aide these populations in improving their active self-efficacy and trust towards the system. Identified themes include better communication, more diversity in health care professionals, and more resources available in different languages.

3) Post-Concussion Return to Play/Classroom Protocol for Adolescents

Karl Larson (Gustavus Adolphus College)

Millions of adolescents nationwide participate in school-based sport and activity each year. Increased awareness over the past 10-15 years of the physical outcomes of contact-based head injury (concussion) has brought conversations of safety and reentry to the forefront. Adults working with adolescents where concussion is possible need to be able to recognize the signs and symptoms of the injury and have a thorough understanding of the processes used to determine appropriate reentry into sport, activity, and classroom. This presentation will provide participants with information regarding nationally accepted best-practices in the area of concussion diagnosis, recovery, and reentry.

4) Human Sexuality Education in K-5: A Partnership Between a University & School District *Sunnin Keosybounheuang & Joan Brewer (Emporia State University)*

The purpose of this session is to explain the beginnings of our research project and what we propose to discover over the next 5-6 years during and after implementation of a Human Sexuality unit within a school district in Kansas. We are 18 months into the planning and will have implemented the first semester of a 12-semester study (at the time of the conference). At the session, we will discuss our research purpose, methods and questions.

5) Empower Control: Manage Anxiety *Kim Johnson (Kim Johnson Therapy/Lawrence, KS)*

The purpose of this session is to provide educators with a practical approach to recognition, assessment, and education to self and students the importance of managing anxiety. Anxiety disorders are common in adolescents and teachers alike. Vaping and substance abuse and avoiding school, school activities and assignments are outcomes of anxiety. Anxiety can be identified through social behaviors, panic attacks, social anxiety and various changes in behavior. Many treatment and education options are available to assist with management of anxiety. Ongoing research reviews the impact of anxiety and measures effective approaches that can be delivered in the classroom to benefit students and teachers. The goal of this presentation is to enhance awareness and empower those who spend the most time with adolescents the benefits of behavioral awareness.

8:00 – 8:15pm **Change Break**

8:15 – 8:45pm **Round Table Sessions – Group B**
(Miramar)

1) Engaging Youth in Program Development *Christi Esquivel, Kelly Wilson, & Whitney Garney (Texas A&M University)*

From 2020 - 2023 the Office of Population Affairs funded 13 organizations to develop innovative teen pregnancy prevention programs and encouraged them to partner with youth in their process. All organizations were surveyed to compare and contrast youth engagement efforts across the organizations. This session will discuss findings related to youth engagement; key themes included compensation, activities for engagement, facilitation, diversity and inclusion, and meeting logistics.

2) Supporting Holistic Student Success: Emerging Contexts and Formative Practices *Courtney Brecheen & Hillary Campbell (The University of Texas at Dallas)*

Student access, learning, mental and physical health, and the ability to persist have been significantly impacted by the COVID-19 pandemic and effects of economic inflation, job market shifts, housing scarcity, and other externalities. Presenters will share information about data collection, student basic needs support systems, student engagement programs, and insights about strategic capacity-building and influencing organizational culture and decision-making.

3) Beyond Hunger: Barriers to Wellness in Individuals Living in Food Insecurity

Catheryn Orihuela, Retta Evans, & Sylvie Mrug (University of Alabama at Birmingham)

This presentation will provide an overview of food insecurity in Alabama while discussing negative outcomes related to physical and emotional health. A novel study of food insecurity will be introduced, and potential results and implications will be discussed.

4) Impacts of University Housing on College Student Academic Success and Wellbeing

Tammy Wyatt & Steve Wilkerson (University of Texas at San Antonio)

As the work/life demands of today's undergraduate college student evolves, it is increasingly imperative that colleges and universities effectively address the holistic needs of students to include academic, engagement/belonging, and wellbeing supports. This session will discuss the positive impacts and critical elements of on campus University Housing & Residence Life programs on the academic success and wellbeing of college students.

5) National School Health Standards (3rd edition); Professional Development Tools for Educators

Beth McNeill (Texas A&M University), Marlene Tappe (Minnesota State University in Mankato), & Kelly Wilson (Texas A&M University)

Professional development (PD) materials have been designed that follow a step-by-step approach for creating lessons that teach the requisite knowledge and skills of the new National Health Education standards (3rd edition). Session presenters will demonstrate the use of a PD sample for designing instruction and assessments. Participants will practice designing a mini lesson to experience the effectiveness of the PD tools.

Adjourn for the Evening

Thursday, January 4, 2024

7:30 – 8:30am **Breakfast (On Your Own: Resort Restaurant)**

8:30 – 8:45am **Introduction / Announcements**
(Miramar)

8:45 – 9:45am **Opening Keynote**
(Miramar)

Addressing Health Concerns and Promoting Healthy Behaviors Using Pop Culture and Social Media

Larrell Wilkinson

University of Alabama at Birmingham

Social media is widely used for health purposes by various users. Thusly, it is important to consider the use of social media as a tool to improve the health and well-being of the U.S. population. The purpose of this presentation is to discuss lessons learned in the practice of addressing health concerns through online platforms and social media.

9:45 – 10:00am **Change Break**

10:00 – 11:00am **Breakout Session 1**

1A) Lessons Learned from a Small Drug Prevention Coalition Acquiring a Drug-Free Communities Grant (Miramar)

Amy LaRue (University of Wisconsin-Superior)

Youth substance use presents as a significant issue in communities across the United States. In an effort to combat the harmful consequences associated, the Drug-Free Communities Support Program is the nation's leading effort to mobilize communities to prevent youth substance use. The Douglas County Drug Prevention Coalition worked to acquire a DFC grant and encountered several wins and challenges throughout the process.

1B) Do School Wellness Policies Improve Child Health Outcomes (Fellinis)

Retta Evans, Catheryn Orihuela, and Sylvie Mrug (University of Alabama at Birmingham)

Many efforts have been made to improve child health outcomes, including the passage of the 2010 Healthy, Hunger-Free Kids Act, and improvements in SWP development and implementation. However, evidence suggests that disparities still exist. This study examined SWP's as part of a longitudinal study on child health outcomes. This presentation will summarize these findings and provide strategies to improve school wellness reform.

11:00 – 11:15am **Change Break**

11:15 – 12:15pm

Breakout Session 2

2A) Using Recovery-Friendly Language to Combat Stigma: Why Words Matter (Miramar)

Jonah Neville (University of Florida)

Ninety percent of individuals who need treatment for a substance use disorder (SUD) do not receive treatment with stigma being a main factor. This presentation will examine the impact of stigma on individuals in recovery from substance use disorder and review recommendations around best-practices for using non-stigmatizing language.

2B) Training Adolescent Girls in Understanding Internal/External Triggers and Pro-Social Coping Responses (Fellinis)

Khalia Wilkinson (Developing Alabama Youth Foundation, Inc.)

According to the most recent data from the Centers for Disease Control and Prevention (CDC), teen girls are confronting the highest levels of sexual violence, sadness, and hopelessness ever reported. The purpose of this presentation is to develop the understanding among school professionals for social-emotional-mental (SEM) triggers among teen girls and provide training to encourage pro-social responses to experienced triggers.

12:15 pm Adjournment

Friday, January 5, 2024: Cultural Awareness Day (Sightseeing and educational opportunities on your own)

Saturday, January 6, 2024

7:30 – 8:30am **Breakfast (On Your Own: Resort Restaurant)**

8:30-8:45am **Introduction / Announcements (Miramar)**

8:45-9:45am **Closing Keynote (Miramar)**

Health Educators' Response to Restrictive State-Level Sexuality Education Policies (Panel Discussion)

Sara Cole (University of Central Oklahoma), Christi Esquivel, Whitney Garney, & Kelly Wilson (Texas A&M University)

Over the last two legislative sessions, elected officials have passed detrimental policies restricting adolescent and young adult access to sex education in schools. Participants in this presentation will review policies, engage in case study discussion and participate in a systems thinking activity to analyze the impact respective policies have on young peoples' access to sex ed.

9:45 - 10:00am **Change Break**

10:00 – 11:00am **Breakout Session 3**

3A) Adolescent-Friendly Sexual and Reproductive Health Conversations: Micro-visit Scripts for Multi-Disciplinary Health Care Providers (Miramar)

Kelly Wilson, Whitney Garney (Texas A&M University), and Rebecca Currey (Dallas College)

Participants in this session will review best practices for adolescent patients and health professional conversations, especially as they relate to sexual and reproductive health. Qualitative data extracted from interviews with health professionals will be presented to tell how SRH topics were determined to be included in the Total Teen micro-visit guidebook. Finally, participants will practice micro-visits using the Total Teen script guidebook.

3B) Factors that Motivate Young Adults to Learn Health Information (Fellinis)

Amanda Blaisdell (Longwood University)

Professionals who grasp motivational theory can create learning environments that inspire intrinsic motivation in students to learn about health information. This contributes to the development of health literacy and empowers youth to make informed decisions about their health. A study was conducted among young adults enrolled in a human diseases course to examine perceptions of learning climate, competence, and self-regulation

11:00 – 11:15am **Change Break**

11:15 – 12:15pm **Breakout Session 4**

4A) Multidisciplinary Collaborations to Advance Mental Health Awareness on a College Campus (Miramar)

Beth McNeill & Kelly Wilson (Texas A&M University)

Mental health compromise is a growing area of concern among college campus stakeholders. Knowing how to respond to and connect with individuals experiencing mental health concerns is an essential skill for young adults and emerging professionals. Mental Health First Aid (MHFA) is a first responder certification program that empowers individuals to aid and support others in challenging or crisis situations. This presentation will summarize the logistics related to providing MHFA certification. Participants will experience snap shots of the content by engaging in sample curriculum activities and will be provided with lessons learned for program implementation.

4B) Revolutionizing Health Education: The Impact of AI (Fallinis)

Joan Brewer (Emporia State University), Shawna Shane (Johnson County Community College), Terri Summey, & Sunnin Keosybounheuang (Emporia State University)

This presentation explores the influence of Artificial Intelligence (AI) on P-12 health education. As the world becomes increasingly digital, incorporating AI into the educational framework is vital to preparing for a healthier future. The presentation highlights the impact of AI through various lenses, including personalized learning, interactive health lessons, ethical considerations, professional development for teachers, and future directions.

12:15 pm Conference Adjournment

See You In 2025: Site TBD!!

