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2009 Summer Institute in Adolescent Health
Social and Emotional Health for all Young People:
Expanding Approaches

July 27–July 29
July 30 (graduate students only)
St. Paul, Minnesota

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 Center for Adolescent Nursing
 School of Nursing, University of Minnesota

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 Healthy Youth Development –
 Prevention Research Center
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 Initiative of the Konopka Institute
 Division of Adolescent Health and Medicine,
 Department of Pediatrics, Medical School,
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**Minnesota Organization on Adolescent
 Pregnancy, Prevention and Parenting**



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Social and emotional health for *all* young people. Connections to supportive environments – in families, in schools, and in communities – promote the building of healthy pathways into adulthood. We are beginning to understand more about other vital requirements for mental well-being – safety, sleep, sunlight, and sustenance, intertwined with exercise and ample opportunities for self-expression.

Unfortunately, we have neglected to assure these fundamentals for all young people. Many youth have been invisible, overlooked, and left on their own to wade through tough times – when stresses overwhelm, change comes at inopportune moments, and supportive environments are stretched thin. At these times, reclaiming health requires approaches extending beyond conventional services– services that we know are not fully meeting young people’s needs.

At the 2009 Summer Institute in Adolescent Health, learn strategies for enhancing supportive environments and fostering skills for social and emotional health. Gather ideas for adding to what’s already working, whether in a community clinic or youth program, at school or after-school, within a residential center or a juvenile justice setting. Practice skills for selecting optimal approaches for reaching young people, all of whom we hope are on healthy social and emotional pathways to adulthood.

Who Should Attend?

All who work with young people – teachers, coaches, and administrators; nurses, physicians, nutritionists, psychologists, social workers, counselors, and youth workers; religious leaders and policy makers.

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Institute Schedule & Highlights

The institute schedule runs from 8:30-4:30 each day.

Day 1: Promoting Healthy Pathways: Laying the Foundation

- Consider a new paradigm for preventing mental health problems, promoting and reclaiming adolescents' mental health
- Examine the evidence on vital requirements for social and emotional health—safety, sleep, sunlight, regular physical activity, good nutrition, and self-expression
- Affirm and re-affirm the power of environmental supports in promoting social and emotional health during adolescence

Day 2: When Triggers Happen: Preventing Mental Health Problems

- Learn best practices for helping young people establish skills for self-awareness, self-management, social awareness, and healthy interpersonal relationships

- Acquire skills for helping young people maximize their potential to integrate thinking, feeling, and behavior
- Gain new perspectives on strengthening supportive environments and healthy relationships among diverse groups of young people
- Explore a fascinating strategy for using gaming to expand adolescents' skills to cope with life issues

Day 3: Reclaiming Mental Health

- Learn effective ways to enhance adolescent mental health services in non-mental health settings including primary care, juvenile justice, and child welfare settings
- Identify evidence-based screening tools for early identification of young people with emotional and behavioral problems
- Discover best practices and innovative approaches for helping teens who have been through tough times reclaim and sustain their mental health

Core Faculty

Linda H. Bearinger, PhD, RN, FAAN, Professor and Director, Center for Adolescent Nursing, School of Nursing, University of Minnesota

Kathy Brothen, MA, Coordinator, Coordinated School Health, Minnesota Departments of Education and Health

Claudia Fox, MD, Adolescent Health Protection Research Training Fellow, Schools of Nursing and Medicine, University of Minnesota

Sue Fust, PhD, MPH, Program Manager, Minnesota Organization on Adolescent Pregnancy, Prevention, and Parenting

Pamela Moore, MA, Coordinator, Konopka Institute for Best Practices in Adolescent Health, Division of Adolescent Health and Medicine, University of Minnesota

Jenny Oliphant, MPH, EdD(c), Community Outreach Coordinator, Healthy Youth Development – Prevention Research Center, Division of Adolescent Health and Medicine, University of Minnesota

Michael Resnick, PhD, Professor and Gisela and E. Paul Konopka Chair in Adolescent Health and Development; Director, Healthy Youth Development-Prevention Research Center, Division of Adolescent Health and Medicine, University of Minnesota

Renee Sieving, PhD, RN, Associate Professor, Center for Adolescent Nursing, School of Nursing; Deputy Director, Healthy Youth Development – Prevention Research Center, University of Minnesota

Location

The Institute will be held at the Minnesota Department of Health, Snelling Office Park, 1645 Energy Park Drive, St. Paul, Minnesota 55108. A map and driving directions will be provided with your registration confirmation. Or, visit the Minnesota Department of Health website at: <http://www.health.state.mn.us/about/so p.html>

Parking

Free public parking is available in lots adjacent to the building.

Accommodations

For registrants requiring hotel accommodations while attending the Institute, nearby hotels include:

- Best Western Bandana Square 651-647-1637
- Minneapolis Gateway Hotel 612-645-8681

Continuing Education

This program provides up to 21 hours of professional continuing education (2.1 CEUs). It is designed to meet the Minnesota Board of Nursing continuing education requirements.

Registration and Fees

The registration fee for the Institute is \$250 and includes all program sessions, instructional materials, readings, and continuing education record, plus continental breakfast, lunch, and refreshment breaks each day.

Payment can be made by credit card or check, payable to the University of Minnesota.

Registration refunds are made only if written cancellation is received by July 17, 2009. An administrative fee of \$50 is charged on cancellations. A full refund of fees paid is made if the program is not held. The University of Minnesota reserves the right to cancel the program if necessary.

You are encouraged to register early, enrollment is limited. The registration deadline is July 17, 2009. To register after this date, please call 612-626-0606 for space availability.

Registration Deadline

July 17th, 2009

Graduate Credit Options

The Institute may be taken for two graduate credits through the University of Minnesota or Hamline University.

Register for University of Minnesota Graduate Credit

Two semester graduate credits are available for the Institute, as course number Nurs 5604. Students admitted to a University of Minnesota degree program must follow University of Minnesota registration procedures and deadlines for Summer Session. Call 612-626-0606 for a permission number.

Students not admitted to a University of Minnesota degree program may also register for graduate credit. Contact Jenna Baumgartner at baum0272@umn.edu or call 612-626-0606 for information and assistance with the registration. Non-admitted students must make arrangements for University of Minnesota credit by July 17.

Graduate tuition for this course is \$1,741 plus an Institute fee of \$150 (materials and food service) and other University of Minnesota fees that may apply.

Register for Hamline University Graduate Credit

Two semester graduate credits are available through Hamline University. Registration for credit will be accepted on the first day of the Institute with tuition payment of \$230 due. In addition to tuition, participants are required to pay the full Institute fee of \$250.

Register online at www.nursing.umn.edu/can. Click on the continuing education link in the left column and scroll down. Or, complete the registration form in this brochure and mail or fax with the \$250 Institute fee.

Indicate on the form that you will be registering for Hamline University graduate credit.

On the first day of the Institute, register for Hamline credit and pay the tuition of \$230. Payment can be made by check or with a credit card.

Questions?

Call Jenna Baumgartner @ 612-626-0606 or e-mail at baum0272@umn.edu

Conference services by the Center for Adolescent Nursing and the School of Nursing, University of Minnesota.

The Summer Institute in Adolescent Health is supported in part by a nursing training grant to the School of Nursing from the Maternal and Child Health Bureau (MCHB), Health Resources and Service Administration, and grants from the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.

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Guest Faculty

Coming soon! To see a list of updated guest faculty, go to:

www.nursing.umn.edu/can and click on the continuing education link.

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First Name _____ MI _____ Last Name _____
Position/Title _____
Employer _____
Street Address _____
City _____ State _____ Postal Code _____
Daytime Telephone _____ Fax _____
E-mail Address _____
Disability or Dietary Accommodation _____

- I agree to be listed in the registrant list for this program for distribution to participants
- I will register for graduate credit with Hamline University on the first day of the course
- I have registered for University of Minnesota graduate credit

Registration Fees:
\$250 Institute Fee
(CE and Hamline credit registrants)
\$150 Materials and Food Service Fee
(U of M credit registrants only. See section on graduate credit option.)

Registration:

Credit Card payment:
Register and pay online at address below
<http://www.nursing.umn.edu/can>
click the continuing education link and then click on the registration link.

Check payment:
Fill out this form or register online (use link above) and mail check to the address below. **Make check payable to: The University of Minnesota**

Mail:
Jenna Baumgartner
Center for Adolescent Nursing
5-140 Weaver-Densford Hall
308 Harvard St. SE
Minneapolis, MN 55455

Questions:
Call Jenna: 612-626-0606
E-mail: baum0272@umn.edu

Registration Deadline: July 17