

# CONFERENCE ON ADOLESCENT HEALTH



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ARTSTECH  
HEALTH ENDEAVORS: CONSULTING AND TRAINING, LLC  
DIVISION OF ADOLESCENT AND YOUNG ADULT MEDICINE  
CHILDREN'S MERCY KANSAS CITY

**JULY 28-29 2025**

**KANSAS CITY AIRPORT  
EMBASSY SUITES  
KANSAS CITY, MO**

# Conference Overview

## Target Audience

This conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, and individuals from community-based organizations, members of the faith community, social workers, parents and public health individuals.

## Lodging



**2025 Adolescent Health Conference** will be held at the Kansas City Airport Embassy, 7640 NW Tiffany Springs Pkwy, Kansas City, MO 64153

## Accreditation

- Available on site, June 28-29, 2025

## Cont'd Lodging

A block of rooms has been reserved for conference participants: \$129 plus applicable taxes per room per night. Cutoff date for the room block is July 18, 2025. To make your reservations, go online at:

<https://www.hilton.com/en/attend-my-event/conferenceonadolescenthealth/>

Group Name: REGL ADOLESCENT HEAL

Group Code:

Check-in: 27-JULY-2025

Check-out: 29-JULY-2025

Hotel Name: Kansas City Airport Embassy Suites

If there is a problem, call the hotel at (816) 891-7788.

## Conference Message

Adolescence is a critical time when youth adopt behaviors that will follow them throughout the rest of their lives. It is important that youth learn to take healthy risks and develop healthy behaviors. Adults must learn how to work with youth to ensure they are creating the proper environment and providing the best resources and opportunities to help the youth of our region as they journey through this important stage of life.

Dr. Darrel Lang

President

Health Endeavors: Consulting and Training, LLC



## Registration information

In order to receive an e-mail confirmation, registrations must be received by **July 25, 2025**.

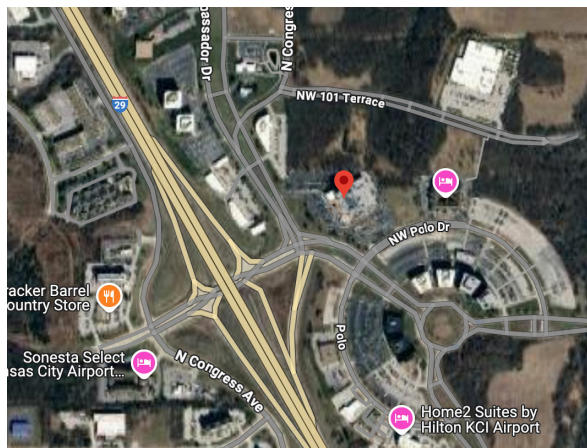
- Registrants requiring special accommodations to more fully participate in the conference may contact Dr. Darrel Lang at (785) 554-4231 or [dlkansas@gmail.com](mailto:dlkansas@gmail.com). We will do everything possible to accommodate your request.
- Casual dress is appropriate. To accommodate the temperature variations at the conference, Please dress in layers or bring a sweater or jacket.
- No refunds for cancellations.
- Below is the link for the conference.

### Registrations may be completed on :

<https://www.artstech-kc.org/regional-adolescent-health-conference>

Or an order form can be downloaded if paying by check or P.O.

## Directions



### Link to map :

<https://www.google.com/maps/place/Embassy+Suites+by+Hilton+Kansas+City+International+Airport/@39.2751634,-94.669101,17z/data=!3m2!4b1!5s0x87c05ee75cceb639:0x861e408d71af5759!4m9!3m8!1s0x87c05ee74218ee1d:0x3017c2d2c8e21b1b!5m2!4m1!1i2!8m2!3d39.2751593!4d-94.6665207!16s%2Fg%2F1v26mmnv?entry=t->

The Kansas City Airport Embassy Suites is located approximately 5 minutes from the Kansas City International Airport. A free shuttle is available to the Embassy Suites for those arriving by air: Call (816) 891-7788.

## Fees

Registration fees cover all materials, and lunches.

**By July 25, 2025: \$195**

# Monday , July 28, 2025

## Time & Location

## Title

## Presenter

7:00-8:50AM

Registration

8:50-9:10AM

Introductions/ Information about conference

**9:00 - 10:15AM**

**July 28 2025**

### **Stages of Adolescent Development**

Rachel Whitfield, APRN, FNPC(she/her)

Division of Adolescent and Young Adult Medicine

Children's Mercy on Broadway

Adolescents undergo significant brain and developmental changes that influence their interactions with the world. Amid heightened stress and pressure, they are also discovering their identity, beliefs, and individuality. Understanding these changes can enhance our interactions with them, making this crucial developmental period more impactful. We will explore how to effectively partner with adolescents to support them during this transformative time.

Early Adolescent (Ages 12-14) Teenage Development Milestones

What Development Stage is a 12-14 year-old

Physical Development Milestones in Young Adolescence

What is Social Development in Puberty Like?

Cognitive Development Milestones Development

Young Adolescents and Social Media Challenges

Behavioral Development Milestones to Watch for in Early Ages for Children Ages 12-14

Red Flag Behaviors to watch for in Early Adolescence

**10:15 - 10:30AM**

**Break**

**10:30 - 11:45AM**

**Mental/Emotional Health**

**Ms. Amy McClure, MEd**

This presentation explores the various factors that influence mental and emotional health in teenagers, with a focus on home environment, family relationships, school pressures, peer connections, and personal identity. It addresses how physical health, body image, and substance use can also impact a teenager's wellbeing. The session will highlight the importance of developing coping skills, such as meditation, to manage stress and emotional challenges. By understanding these factors, educators can better support their students in fostering resilience and emotional stability.

Common factors that can affect mental health and wellbeing in teenagers include:

- \*Your home environment and family relationships.
- \*School, work and other activities.
- \*Relationships with friends.
- \*Your sexuality and gender identity.
- \*Your physical health and feelings about your body.
- \*Alcohol and drug use.
- \*Coping Skills and Meditation

**11:45 - 12:30PM**

**Lunch**

**12:30 - 1:45PM**

**The Benefits of Physical Activity Behaviors and Education for Adolescents**

Presented by: Dr. Sunnin Keosybounheuang, Emporia State University and Health and Physical Education Majors at Emporia State University: Jessica Gruber, Hayden Helm, Bryson Turner and Allie Schooler

Session attendees will leave with strategies to integrate movement into the classroom as well as classroom lessons on the benefits of physical activity for a lifetime. Strategies will also explore approaches to balanced physical health. To start the session, recent data will be shared that supports the need for these types of lessons to be included in a comprehensive health curriculum. Be ready to move as the lessons will be discussed and briefly demonstrated. These strategies will become quality components of your future lesson plans.

**1:45 - 2:00PM**

**Break**

**2:00- 3:15PM**

**Substance Use/Abuse**

Dr. Mark Thompson, PhD

The more things change, the more they stay the same....well, that's not exactly true. Adolescents continue to use and abuse dangerous and illicit substances, but what and how they use has changed. This presentation will focus on current trends in adolescent substance use and how traditional approaches need to change to meet the new challenges. This interactive session will touch on the realities of the modern adolescent experience including being constantly "plugged-in", significant societal changes, and the implications of these factors on helping adolescents navigate the choppy waters of this critical time of their lives.

9:00 - 10:15AM

**Adolescent Sexuality**

*Dr. Darrel Lang, Ed. D.  
Health Endeavors, LLC*

Adolescent sexuality starts by understanding how the five levels of intimacy impact one's life. Starting with physical intimacy that leads to emotional intimacy. Social intimacy impacts how adolescents relate to their peers. It is imperative that adolescents are given the opportunity to develop intellectual intimacy. These previously mentioned levels of intimacy definitely impacts sexual intimacy. When an adolescent first develops physical intimacy, emotional intimacy, social intimacy, and intellectual intimacy all lead to different levels of sexual intimacy.

When one discusses adolescent sexuality, it is imperative to understand that "parents are the primary sexual educators of their children". Whether they do it correctly or incorrectly .....they are not alone...peers impact sexual intimacy, along with the other five aspects of intimacy.

This presentation will share how understanding sexuality through the development level, sexual behaviors and functions of adolescents, plus addressing sexuality through all aspects of their lives.

**Intimacy**

- Physical intimacy
- Emotional intimacy
- Social/emotional intimacy
- Intellectual intimacy
- Sexual Intimacy

**Parents Are Primary Sexual Educator of their Children**

- Development of sexuality in adolescents
- Understanding Sexuality Through Developmental Lens
- Sexuality Behavior and Functioning
- Sexuality and Sexuality-minority youth
- Cultural and Sexuality in adolescence
- Role of family and parents
- Role of peers and friends
- Role of educators
- Challenges faced

**10:15-10:30AM**

**Break**

**10:30-11:45AM**

**Nutrition**

Eating disorders and the Impact of undernutrition on Tweens and Teens

Dr. Margaret M. Waller, MD, FAAP

Dr. Patience Ozor, DO

Division of Adolescent and Young Adult Medicine

Children's Mercy Kansas City

4 stages of development

- Puberty in general
- Changes in the brain
- Reproductive-related changes
- Growth spurt

Factors that influence adolescent food choices

- Lifestyle
- Food preferences
- Early childhood experiences, exposure, genetics
- Taste and appearance
- Religion
- Cost
- Family

Nutritional Requirements

Food likes/dislikes

Eating disorders commonly found in adolescence

\*Bulimia

\*Anorexia nervosa

\*Obesity

**11:45-12:30PM**

**Lunch**

**12:30-1:45PM**

**Smoking/Vaping and the Adolescent**

Partnering to End the Adolescent Tobacco Use and Vaping Epidemic

Christy Inskip, MPH, CHES®

Youth Tobacco Use Prevention Specialist  
Missouri Department of Health and Senior Services

Keeping up with countering the Tobacco Industry's tactics to addict youth to nicotine can seem impossible. Traditional discipline and vape detectors are failing to reduce student tobacco use and vaping. This interactive session will cover how to effectively address student nicotine addiction through a comprehensive, collaborative approach that includes prevention, positive discipline, and cessation support. Participants will gain knowledge and tools to partner in proactively ending the adolescent tobacco use and vaping epidemic in their schools and communities.

**1:45-2:00PM**

**Break**

**2:00-3:15PM**

**Awareness and Prevention of Intentional and Unintentional Injuries for Adolescents**

Presented by: Dr. Sunnin Keosybounheuang, Emporia State University and Health and Physical Education Majors at Emporia State University: Jessica Gruber, Hayden Helm, Bryson Turner and Allie Schooler

Session attendees will leave with strategies to address the trends in adolescent injuries. Lesson ideas will cover a variety of topics including personal safety, resolving conflict, sexual violence, mental health, social media and a look at motivation. To start the session, recent data will be shared that supports the need for awareness and prevention of injury in adolescents. The strategies will include activities for direct and indirect issues related to the prevention and awareness of injury that will become part of your future lesson plans.





Thank you for joining us...  
Until Next Year!

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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