

# 5TH ANNUAL REGIONAL CONFERENCE ON ADOLESCENT HEALTH

KC AIRPORT HILTON  
KANSAS CITY, MO

JUNE 8-10 2022



# 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

## Major Co-Sponsors of Conference

Children's Mercy Hospital - Kansas City

Iowa Department of Public Health

Missouri Department of Health and Senior Services

Nebraska Department of Health and Human Services

Health Endeavors: Consulting and Training, LLC

ArtsTech

# 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



**2022 Regional Adolescent Health Conference** will be held at the Kansas City Airport Hilton, 8801 NW 112 Street, Kansas City, MO 64153.

## Accreditation

- Two hours of graduate credits through Baker University will be available on site, June 8-10, 2022 at an additional cost.

- Application has been made for nursing CEUs through the Kansas Board of Nursing.

**Please bring your nursing license.**

A block of rooms has been reserved for conference participants: \$118 plus applicable taxes per room per night. Cutoff date for the room block is May 17, 2022. To make your reservations, go online at:

<https://group.hilton.com/v2amg7>

Group Name: REGL ADOLESCENT HEAL

Group Code:

Check-in: 07-JUN-2022

Check-out: 10-JUN-2022

Hotel Name: Hilton Kansas City Airport Hotel

If there is a problem, call the hotel at (816) 891-8900.

Each Pre-Conference Workshops : \$25

\* Limited seating in each workshop

## Registration information

In order to receive an e-mail confirmation, registrations must be received by **June 1, 2022**.

- Registrants requiring special accommodations to more fully participate in the conference may contact Dr. Darrel Lang at (785) 554-4231. 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 links for the conference.

**Registrations may be completed online :**

<https://www.artstech-kc.org/regionaladolescent-healthconference>

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

## Directions



Link to map :

<https://maps.google.com/maps?ie=UTF8&cid=3801841723611982656&q=Hilton+Kansas+City+Airport+&iwloc=A&gl=US&hl=en>

The Kansas City Airport Hilton is located approximately 5 minutes from the Kansas City International Airport. A free shuttle is available to the Hilton for those arriving by air: Call (816) 891-8900.

## Fees

Registration fees cover all materials, including continental breakfasts, and lunches.

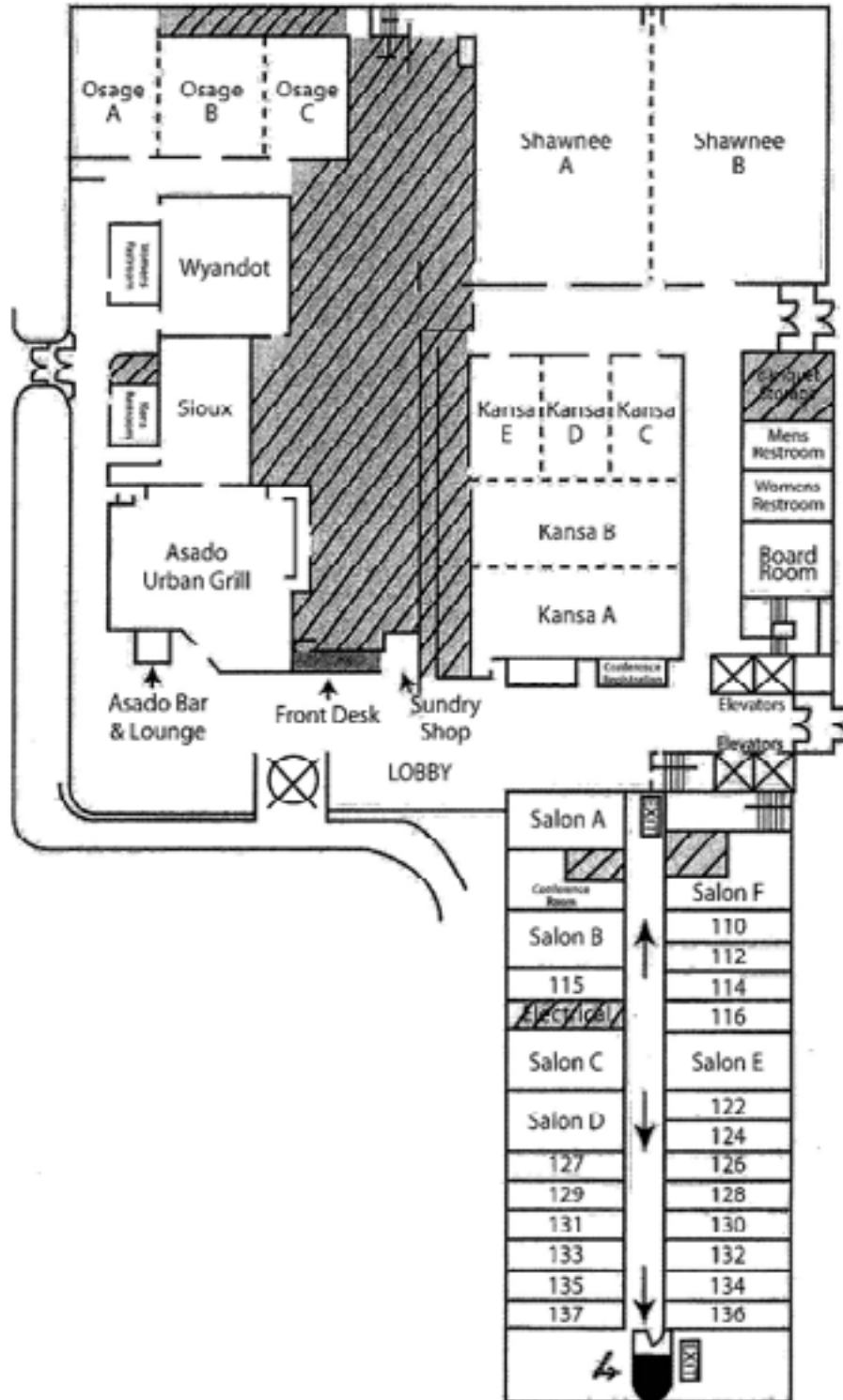
By April 15, 2022: \$300

After April 15, 2022: \$325

After May 15, 2022: \$350

Pre- Conference Workshop: \$25 each

**All Meetings will be held in  
Kansa A/B/C/D/E**



# Conference At-A-Glance

## Thursday, June 9, 2022

7:00-8:15AM	Registration <i>Foyer</i>			
8:00-8:15AM	Continental Breakfast /Introductions/Information about the conference <i>Kansa A/B/C/D/E</i>			
8:15-9:30AM <i>Kansa A/B/C/D/E</i>	<b>The Effect of COVID-19 on Adolescent and Young Adult Vulnerabilities and Health</b> Rachel Whitfield, FNP			
9:30-9:45AM	<b>Break</b>			
9:45AM-11:00AM <b>Session #1</b>	The Impacts of Social Media and Technology on the Developing Adolescent Brain <i>Kansa C</i>	Vaping, Alcohol and Marijuana: What's the Big Deal <i>Kansa D</i>	Autism in Adolescence: Review and Update <i>Kansa E</i>	Social and Emotional Learning Developing Skills for Life <i>Kansa A</i>
11:00-11:15AM	<b>Break</b>			
11:15-12:30PM <b>Session #2</b>	Helping Teens and Parents Navigate the Digital Landscape <i>Kansa C</i>	Addressing Puberty and Sex Education in Children with Intellectual and Developmental Disabilities <i>Kansa D</i>	Period Product Resources and Needs in Missouri Schools: Results from a Statewide Survey <i>Kansa E</i>	Youth Suicide Prevention Specialist <i>Kansa A</i>
12:30-1:30PM <i>Kansa A/B</i>	<b>Lunch</b>			
1:30-2:45PM <b>Session #3</b>	Managing Adolescents With Obesity In Primary Care <i>Kansa C</i>	Adolescents and Human Trafficking <i>Kansa D</i>	The STI Treatment Guidelines Have Changed <i>Kansa E</i>	
2:45-3:00PM	<b>Break</b>			
3:00-4:15PM <b>Session #4</b>	Helping Teens and Parents Navigate the Digital Landscape <i>Kansa C</i>	Addressing Puberty and Sex Education in Children with Intellectual and Developmental Disabilities <i>Kansa D</i>	Autism in Adolescent : Review and Update <i>Kansa E</i>	Youth Suicide Prevention Specialist <i>Kansa A</i>

## Friday, June 10, 2022

7:00-8:00AM	Registration <i>Foyer</i>			
7:00-8:00AM	Continental Breakfast <i>Kansa A/B/C/D/E</i>			
8:00-9:15AM <b>Session #5</b>	Taking YOUth to The Next Level <i>Kansa A</i>	The Impacts of Social Media and Technology on the Developing Adolescent Brain <i>Kansa D</i>	Managing Adolescents With Obesity In Primary Care <i>Kansa C</i>	Social and Emotional Learning Skills for Life <i>Kansa E</i>
9:15-9:30AM	<b>Break</b>			
9:30-10:45AM <b>Session #6</b>	Adolescents and Human Trafficking <i>Kansa C</i>	Period Product Resources and Needs in Missouri Schools : Results from a Statewide Survey <i>Kansa D</i>	Vaping, Alcohol and Marijuana :What's the Big Deal <i>Kansa E</i>	The STI Treatment Guidelines Have Changed <i>Kansa A</i>
10:45-11:00AM	<b>Break</b>			
11:00-1:00PM Wyondot Room	<b>Lunch and Keynote Address</b> <i>Strive to Empower Youth</i> Kirk Berry			
1:00PM	<b>Laptop Drawing</b>			

# Keynote Speakers

**Thursday, June 9, 2022**



Rachel Whitfield, FNP  
Children's Mercy Hospital Kansas City

**Friday, June 10, 2022**



Kirk Berry  
KB Enterprise LLC  
P.O. Box 0553  
Norristown, PA 19408

# Pre- Conference

Wednesday, June 8, 2022



Foundations is a standardized national model to train teachers, health educators and others, on how to implement sexual health education with quality. This training is not on a specific curriculum or lesson plan, but helps to improve the quality of sex education regardless of what material an agency is choosing to implement.

Andra Jungmeyer, MPH  
Megan Moore, CHES

The workshop will be presented on Wednesday, June 8, 2022, 8:30 am – 4:00 pm.

A fee of \$25 will be charged for continental breakfast and lunch.

Fee can be paid at: <https://www.artstech-kc.org/regionaladolescenthealthconference>

## PRE- CONFERENCE #1



# Pre- Conference

Wednesday, June 8, 2022

Youth Mental Health First AID

Margaux Guignon, GRPS, ICPS, MRSS  
First Call Alcohol/Drug Prevention and Recovery

Taylor Cline, MSW  
Tri-County Mental Health Services

Youth Mental Health First AID is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors and health and human services workers and any other citizen how to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge.

Training includes 2 hours self-paced online learning, followed by 4.5 hours (Youth).  
Preregistration is required.

The workshop will be presented on Wednesday, June 8, 2022, 8:30 am – 4:00 pm.

A fee of \$25 will be charged for continental breakfast and lunch.  
Fee can be paid at: <https://www.artstech-kc.org/regionaladolescenthealthconference>

## PRE- CONFERENCE #2

# Thursday, June 9, 2022

Time & Location	Title	Presenter
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7:00-8:15AM  
Foyer

Registration/ Continental Breakfast

8:00-8:15AM  
Kansa A/B

Introductions/ Information about conference

8:15 - 9:30AM	Keynote Address
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(Kansa A/B)

**The Effect of COVID-19 on Adolescent and Young Adult Vulnerabilities and Health**

Adolescents are a uniquely vulnerable population. This session will explore what makes adolescents particularly vulnerable and how the COVID-19 pandemic has exacerbated these vulnerabilities leading to new challenges in caring for this population. Historically, when discussing our biggest health concerns for adolescents we focused on unintentional injury, violence prevention, sexual health, mental health and substance use. The Society for Adolescent Health and Medicine recently published an article outlining the health deficiencies exacerbated by the pandemic rallying for increased awareness and support for adolescents and young adults in mental health, substance use and access to reproductive health. Attendee's will be provided with strategies to assess vulnerabilities and address some of the biggest hurdles our adolescents are facing.



Rachel Whitfield, FNP  
Children's Mercy Hospital  
Kansas City

9:30 – 9:45

**Break**

9:45 -11:00AM

Breakout #1

(Kansa C)

**A. The Impacts of Social Media and Technology on the Developing Adolescent Brain**

Ram Chettiar, DO  
Children's Mercy Hospital  
Kansas City

The transition into adolescence is challenging enough –more social, emotional and educational demands face young people during this time in their development than any other. Today's youth are dealing with some additional unique situations that are having a negative impact on the rates of anxiety, depression, and suicide. This session will explain the trends we are seeing in adolescent mental health and the impact that social media and technology is having on teenagers. We will discuss strategies to address these impacts in our homes, schools, and communities.

(Kansa D)

**B. Vaping, Alcohol and Marijuana :What's the Big Deal**

Mark Thompson, PhD  
Kansas Department of  
Education

This presentation will explain why vaping is a BIG Deal. No, it's not just water vapor. No, it's not 'safe'. No, it's not a great way to wean off nicotine. That it is a gigantic step backward regarding tobacco prevention and initiation. What it is a clever strategy by tobacco companies to continue to grow their lifelong customer base. The presentation will also address why two other substances that are often dismissed as 'no big deal' are, indeed a BIG DEAL, especially for adolescents. The focus of this presentation will be on the real dangers and challenges posed by adolescent vaping, alcohol consumption and marijuana use. Promising strategies to help prevent initiation as well as aiding in student cessation will be addressed. The presenter will go into some depth on using Motivational Interviewing for those hard-to-reach adolescents. Participants will leave with a comprehensive understanding of why vaping, alcohol, and marijuana are a Big Deal.

(Kansa E)

### **Autism in Adolescence : Review and Update**

Darren Olson, PhD  
Children's Mercy Hospital  
Kansas City

Highlight information on socialization, behavioral difficulties, screening, intervention CBT, social skills, transition issues, prevalence rates of co-occurring mental health, psychiatric placements and health over the lifespan of adolescents with autism spectrum disorder.

(Kansa A)

### **Social and Emotional Learning Developing Skills for Life**

Allison William, MA  
Children's Mercy  
Hospital  
Kansas City

Social and Emotional Learning SEL skills are necessary for everything we do, from managing our emotions to forming healthy relationships. This training introduces the concept of SEL and the importance of supporting SEL development through intentional staff practices and program design. Participants will learn why SEL skill practice is especially important during adolescence and how to support youth towards the successful transition to adulthood. This training guides participants to identify opportunities to incorporate SEL into existing programming and can be used as a primer for selecting curricula to support SEL goals.

11:00 -11:15

### **Break**



Time & Location	Title	Presenter
11:15 -12:30PM	Breakout #2	
(Kansa A)	<p><b>A Public Health Approach to Suicide Prevention</b></p> <p>We all play a crucial role in preventing youth suicide. In this session, participants will increase their knowledge of the impact of suicide on youth and the role our communities play in preventing youth suicide. Participants will leave this session with tools caring adults can use to support youth in their own lives and support suicide prevention efforts in their communities.</p>	<p>Taylor Cline Youth Suicide Prevention Specialist Tri-County Mental Health Services</p>
(Kansa C)	<p><b>D. Helping Teens and Parents Navigate the Digital Landscape</b></p> <p>An overview of social media’s relationship to adolescent mental health, outcomes and interventions. Participants will be able to describe the relationship of social media and mental health, particularly in relation to anxiety and mood symptoms, bullying, self-harm, self-esteem and suicide.</p>	<p>Nathan R. Moon, PhD Post – Doctoral Psychology Resident Children’s Mercy and United States Navy</p>
(Kansa D)	<p><b>E. Addressing Puberty and Sex Education in Children with Intellectual and Developmental Disabilities</b></p> <p>All kids grow up, and as they do, they experience changes in their bodies and navigate new emotions and desires. Many families of children with developmental disabilities may feel intimidated, overwhelmed, or unsure of how to best support, educate, and prepare their child for puberty and sex education. Additionally, families may have concerns related to keeping their child safe as they mature and begin to display sexual desires and behaviors. For children with developmental disabilities, it is especially important that caregivers and educators consider their individual needs and actively teach children what to expect with regards to puberty, what is acceptable and safe behavior, and what is a healthy relationship. This session will seek to prepare educators and caregivers for ways to best support children and families as they navigate the process of puberty and beyond.</p>	<p>Kerry Prout, PhD Children’s Mercy Hospital Kansas City</p>

(Kansa E)

**F. Period Product Resources and Needs in Missouri Schools : Results from a Statewide Survey**

Kirstin Palovick, MA  
PhD student and  
Graduate Research Assistant  
Saint Louis University

This session will present results from a Missouri statewide survey of school nurses conducted in collaboration with Missouri's Department of Health and Senior Services. The survey, the first of its kind in the country, assessed period products and resources that schools currently have available, sources of gaps in those resources, and reported needs of students for access to period products and menstrual hygiene needs.

12:30 – 1:15  
Kansa AB

**Lunch**

Time & Location	Title	Presenter
1:30 - 2:45PM	Breakout #3	

(Kansa C)

**G. Managing Adolescents With Obesity In Primary Care**

Sarah Hampl, MD  
Children's Mercy Hospital  
Kansas City

Learn primary care-based adolescent obesity assessment and treatment strategies. How to evaluate children with obesity for common medical and psychosocial complications. Assessing weight status, determining severity of obesity, assess for common medical and psychosocial complications. Determination of child/parent readiness for change of specific behaviors, discuss elements of family-based behavioral treatment of obesity.

(Kansa D)

## H. Adolescents and Human Trafficking

Rachel Segal, MD  
Children's Mercy Hospital  
Kansas City

This session will educate professional on commercial sexual exploitation in adolescents. It will define human trafficking, discussing background information, risk factors, and how to identify adolescents who may have been exploited. Another aim is to provide guidance and resources for when there is a concern for trafficking and to discuss evidence-based prevention programs.

(Kansa E)

## I. The STI Treatment Guidelines Have Changed

Rachel Whitfield, FNP  
Children's Mercy Hospital  
Kansas City

The CDC STI treatments guidelines have been overhauled since 2014, we will review the prevalence of STI's in our youth and the new guidelines. What we need to know about the new STI treatment guidelines.



2:45 – 3:00

**Break**

Time & Location	Title	Presenter
3:00 - 4:15PM	Breakout #4	

(Kansa A)

**A Public Health Approach to Suicide Prevention**

Taylor Cline  
 Youth Suicide Prevention Specialist  
 Tri-County Mental Health Services

We all play a crucial role in preventing youth suicide. In this session, participants will increase their knowledge of the impact of suicide on youth and the role our communities play in preventing youth suicide. Participants will leave this session with tools caring adults can use to support youth in their own lives and support suicide prevention efforts in their communities.

(Kansa C)

**J. Helping Teens and Parents Navigate the Digital Landscape**

Nathan R. Moon, PhD  
 Post – Doctoral Psychology  
 Resident  
 Children’s Mercy Hospital-KC and  
 United States Navy

An overview of social media’s relationship to adolescent mental health, outcomes and interventions. Participants will be able to describe the relationship of Social Media and Mental Health, particularly in relation to anxiety and mood symptoms, bullying, self-harm, self-esteem and suicide.





(Kansa D)

## **K. Addressing Puberty and Sex Education in Children with Intellectual and Developmental Disabilities**

All kids grow up, and as they do, they experience changes in their bodies and navigate new emotions and desires. Many families of children with developmental disabilities may feel intimidated, overwhelmed, or unsure of how to best support, educate, and prepare their child for puberty and sex education. Additionally, families may have concerns related to keeping their child safe as they mature and begin to display sexual desires and behaviors. For children with developmental disabilities, it is especially important that caregivers and educators consider their individual needs and actively teach children what to expect with regards to puberty, what is acceptable and safe behavior, and what is a healthy relationship. This session will seek to prepare educators and caregivers for ways to best support children and families as they navigate the process of puberty and beyond.

Kerry Prout, PhD  
Children's Mercy Hospital  
Kansas City

(Kansa E)

## **L. Autism in Adolescence : Review and Update**

Highlight information on socialization, behavioral difficulties, screening, intervention CBT, social skills, transition issues, prevalence rates of co-occurring mental health, psychiatric placements and health over the lifespan of adolescents with autism spectrum disorder.

Darren Olson, PhD  
Children's Mercy Hospital  
Kansas City

# Friday , June 10, 2022

Time & Location	Title	Presenter
7:00-8:00AM Foyer	Registration/ Continental Breakfast	
8:00 - 9:15AM	<b>Breakout #5</b>	
(Kansa A)	<b>M. Taking YOUTH to The Next Level</b>  Working with youth comes with so much responsibility. Along with the responsibility, sometimes there are required outcomes to achieve with the youth. In order for any professional to take youth to the next level, the first requirement is starting with YOU.	Kirk Berry KB Enterprise LLC
(Kansa C)	<b>N. The Impacts of Social Media and Technology on the Developing Adolescent Brain</b>  The transition into adolescents is challenging enough –more social, emotional and educational demands face young people during this time in their development than any other. Today’s youth are dealing with some additional unique situations that are having a negative impact on the rates of anxiety, depression, and suicide. This session will explain the trends we are seeing in adolescent mental health and the impact that social media and technology is having on teenagers. We will discuss strategies to address these impact in our homes, schools, and communities.	Ram Chettiar, DO Children’s Mercy Hospital Kansas City
(Kansa C)	<b>N. Managing Adolescents With Obesity In Primary Care</b>  Learn primary care-based adolescent obesity assessment and treatment strategies. How to evaluate children with obesity for common medical and psychosocial complications. Assessing weight status, determine severity of obesity, assess for common medical and psychosocial complications. Determination of child/parent readiness for change of specific behaviors, discuss elements of family-based behavioral treatment of obesity.	Sarah Hampl, MD Children’s Mercy Hospital Kansas City

(Kansa E)

**O. Social and Emotional Learning Developing Skills for Life**

Allison William, MA

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9:15 – 9:30

**Break**

Time & Location	Title	Presenter
9:30 - 10:45AM	Breakout #6	

(Kansa C)

**P. Adolescents and Human Trafficking**

Rachel Segal, MD  
Children’s Mercy Hospital  
Kansas City

This session will educate professional on commercial sexual exploitation in adolescents. It will define human traffic, discussion background information, risk factors, and how to identify adolescents who may have been exploited. Another aim is to provide guidance and resources for when there is a concern for trafficking and to discuss evidence-based prevention programs.

(Kansa D)

**P. Period Product Resources and Needs in Missouri Schools : Results from a Statewide Survey**

Kirstin Palovick, MA  
PhD student and Graduate  
Research Assistant  
Saint Louis University

This session will present results from a Missouri statewide survey of school nurses conducted in collaboration with Missouri’s Department of Health and Senior Services. The survey, the first of its kind in the country, assessed period products and resources that schools currently have available, sources of gaps in those resources, and reported needs of students for access to period products and menstrual hygiene needs.

(Kansa E)

**Q. Vaping, Alcohol and Marijuana :What’s the Big Deal**

Mark Thompson, PhD  
Kansas Department of Education

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(Kansa A)

**R. The STI Treatment Guidelines Have Changed**

Rachel Whitfield, FNP  
Children’s Mercy Hospital  
Kansas City

The CDC STI treatments guidelines have been overhauled since 2014, we will review the prevalence of STI’s in our youth and the new guidelines. What we need to know about the new STI treatment guidelines.

10:45 – 11:00

**Break**



Wyondot Room

**Strive to Empower Youth**

The health and well-being of our youth, is dependent upon different variables related to the support they each need. While many adults are looking for ways to motivate youth, the real desire should be to empower them. Striving to empower the next generation, will have a direct impact on their health.



Kirk Berry  
KB Enterprise LLC  
PO Box 0553  
Norristown, PA 19408  
kirk.berry@gmail.com

1:00

**Laptop drawing/Adjourn**







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