

# NOW IS THE TIME

2018 CONFERENCE | UW-WHITEWATER

AUGUST 20-21, 2018



UNIVERSITY OF WISCONSIN  
WHITEWATER

Center for Students with Disabilities  
Inclusive Transition, Education and  
Employment Projects



WISCONSIN DEPARTMENT  
of HEALTH SERVICES



# NOW IS THE TIME

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# NOW IS THE TIME

## Welcome to Now is the Time 2018!

Wisconsin received one of 16 grants from the Substance Abuse and Mental Health Services Administration (SAMHSA) to improve access to treatment and support services for youth and young adults ages 16-25 who have, or are at risk of developing, a serious mental health condition.

This two-day conference held at UW-Whitewater features keynote speakers and breakout sessions with national, state, and local experts in youth and young adult development, mental health and substance abuse issues, national models of youth engagement, and other best practices to support and engage young adults with behavioral health challenges.

### Locations

Sessions will be held in the Young Auditorium, University Center, and Hyland Hall. Please see the back cover of this program for a campus map. We will have directional signs around campus to help you navigate between buildings.

### Food

Provided through the generosity of grant funds, daily lunch and snacks have been included with your registration. If you wish for something extra, there are a few dining options in the University Center, including Willies 360 (coffee shop) and Einstein Bros. Bagels.

### Wi-Fi

Connect your device to the "UWW Guest" Wi-Fi network. Open your web browser and you will be directed to a page to create a guest account. Click on "Don't have an account?" and fill out the form. Click "Register" when completed. Keep note of the username and password given to you. Click "Sign On" and log in. Accept the terms. You should be connected! If you have trouble accessing the Wi-Fi, please call the Help Desk at 262-472-4357.

# OVERVIEW

## CEU Certificates

This conference has been approved by the Commission on Rehabilitation Counselor Certification (CRCC) for 10.5 continuing education contact hours.

CEU certificates can be picked up at the table outside of the Hamilton Room in the University Center. CEU certificates will be available for pickup on Monday, 8/20, for those participants who registered to attend Monday only. All other CEU certificates may be picked up after lunch on Tuesday, 8/21. Participants will receive 4.5 contact hours for attendance on Monday, 8/20, and 6 contact hours for attendance on Tuesday, 8/21.

## Accommodations

- State issued parking permits are required for accessible parking. Additional spaces in lot #12A will be made available upon request.
- Elevators will be available in all buildings used throughout the conference.
- Accessible routes are marked on pathways between buildings.
- Quiet spaces are available in the University Center and the Young Auditorium. See a conference staff member for more information.
- Nursing rooms are available in Hyland Hall. Please visit the Information Services Desk in the University Center and bring a form of identification to exchange for the access key.
- All provided food will include labels. If you registered as having a dietary accommodation requiring specialized food, please see the catering attendant (someone will be at or near the buffet).
- Gender neutral restrooms are available in each building used throughout the conference - near the elevators in Hyland Hall, near the HawkCard Office and near Warhawk Alley in the University Center, and near the lobby in the Young Auditorium.

## Conference Materials

Conference handouts, PowerPoints, and other materials will be posted to our website as they become available to us. You will be able to find them under the conference section's "Conference Materials" tab.

## Help

Need help navigating the conference? Staff with green ribbons on their nametags will be available to assist you throughout the day. You can also call the Information Services Desk at (262) 472-1170, and they will be happy to help.

# NOW IS THE TIME

## Registration/Check-In

Each day will begin in the Young Auditorium. Participants and presenters will be able to pick up their nametags and materials when they check in. If you will arrive after the registration window, please check in at the University Center near the Hamilton Room.

## Transitions

Transition periods have been allotted to allow for time to move between sessions. Please feel free to take a restroom break during these breaks.

## Lunch

In order to allow you to focus on absorbing as much content as possible, lunch, snacks, and beverages have all been provided throughout the conference. Lunch will be served in the University Center, and will be found downstairs outside of the Hamilton Room and upstairs outside of the Old Main Ballroom. Seating will be available throughout the Concourse area downstairs, and in the Old Main Ballroom and Connor Conference Room upstairs. Check the back of your nametag for your buffett location.

## Breakout Sessions

Breakout sessions will be held throughout the University Center and Hyland Hall. Some presenters will repeat sessions, others will only be presented once. Please check the schedule for details.

## Conference Evaluation

Presenters will have evaluations for each breakout session. Please fill them out and either return them to the presenter or to the table outside of the Hamilton Room. At the conclusion of the conference, you will also receive an electronic evaluation requesting feedback on your conference experience as a whole. Your feedback helps us to refine our process and improve our training offerings.

# DAILY SCHEDULE

## Monday, August 20, 2018 (Day 1)

8:00 AM - 9:15 AM	Check-In & Light Breakfast	Young Auditorium
9:15 AM - 9:30 AM	Welcome	Young Auditorium
9:30 AM - 11:00 AM	Keynote Speaker: Rise Together	Young Auditorium
11:00 AM - 11:15 AM	Transition	
11:15 AM - 12:15 PM	Lunch	University Center
12:15 PM - 1:00 PM	PATCH Poster Session	University Center, Hamilton Room
1:00 PM - 1:15 PM	Transition	
1:15 PM - 2:45 PM	Breakout Session A	University Center & Hyland Hall
2:45 PM - 3:00 PM	Transition & Snacks	Snacks in University Center & Hyland Hall
3:00 PM - 4:30 PM	Breakout Session B	University Center & Hyland Hall

## Tuesday, August 21, 2018 (Day 2)

8:00 AM - 8:30 AM	Check-In & Light Breakfast	Young Auditorium
8:30 AM - 10:00 AM	Keynote Speaker: Rosalind Wiseman	Young Auditorium
10:00 AM - 10:15 AM	Transition & Snacks	Snacks in University Center
10:15 AM - 11:45 AM	Breakout Session C	University Center & Hyland Hall
11:45 AM - 12:00 PM	Transition	
12:00 PM - 1:00 PM	Lunch	University Center
1:00 PM - 2:30 PM	Breakout Session D	University Center & Hyland Hall
2:30 PM - 2:45 PM	Transition & Snacks	Snacks in University Center & Hyland Hall
2:45 PM - 4:15 PM	Breakout Session E	University Center & Hyland Hall
4:15 PM - 4:30 PM	Conference Evaluation	Electronic

# NOW IS THE TIME

## RISE TOGETHER

### YOUTH-LED MOVEMENT

[weallrisetogether.org](http://weallrisetogether.org)

youth are struggling with increased stress, pressure, and the ripple impact of trauma in their lives, it is so important to find creative and innovative ways to engage young people today.

In this powerful and dynamic talk, Rise Together will show you, your team, and your community how to make a long-lasting impact by empowering youth and creating opportunities for everyone to express themselves, voice their ideas, and provide input into projects or programs.

Rise Together engages youth through storytelling while helping them to discover their world in new ways. It is critical for youth to be heard. Through this peer-delivered approach, it is encouraging young people to make positive choices in their lives by finding their voice and ways to express it.

**The Future is Youth: How Being Heard Can Change Everything | August 20 at 9:30 AM**

Envisioning a successful future for young people is exciting! But, when the going gets tough, many communities struggle to deliver the resources necessary to engage and provide support when needed most; leaving kids behind to fall through the cracks. While today's



**Anthony Alvarado** is an entrepreneur and the President and Co-Founder of Rise Together, a grassroots organization that is empowering 1,000's of youth to stand up and speak out on the issues they care about. By age 33, Anthony has already been identified by Forbes as a movement builder and featured for his work to inspire hope. Whether he is on stage, in a classroom, on his podcast, or online, he looks to start one of the most significant cultural movements of his time; driving millions to find their meaning and purpose.



**Douglas Darby** is an individual in long-term recovery that is committed to setting a spark in people that will help change the world in which we live. Co-Founder and distinguished motivational speaker at Rise Together, Darby has educated more than 120,000 people across the nation. Darby speaks out with passion and heart. He powerfully inspires others with his story of redemption; motivating young people everywhere to be there for others.



**Nadine Machkovech** is a certified recovery coach and person in long-term recovery. As an educator on addiction and mental health, she looks to positively disrupt the current landscape for adolescents, especially young women, across the country. Machkovech is the VP of Operations for Rise Together and has dedicated her life to serving others and reconnecting them to their greater purpose in life. Through her unique style of storytelling, she leaves the audience feeling inspired and motivated; reminding them that they have the choice to utilize their power to change their world and the world around them.



# KEYNOTES



## ROSALIND WISEMAN

**AUTHOR & EDUCATOR**

**[culturesofdignity.com](http://culturesofdignity.com)**

**Creating A Culture of Dignity for  
Young People | August 21 at 8:30 AM**

In order for young people to thrive they must feel emotionally and physically safe. They must feel that they can handle the inevitable social conflicts they will experience with some degree of self mastery. They must have confidence that adults who work with them are competent and care about their well-being. But it's equally true that young people are often skeptical because what we teach them often falls far short of what they need or include them as an essential part of the process.

This presentation is a call for action to transform the way we understand youth culture and create communities where young adults can thrive. From young people's friendships, social media use, gossip, drama, bullying, and the constant pressure to "keep up," she'll share how young people develop their sense of self and guide their decision making in everything from their academic choices, friends, and how they manage conflict. In addition, she'll give concrete advice on how to engage young people; specific guidance so people can walk away and use the information the next day.

As a teacher, thought leader, author, and media spokesperson on bullying, ethical leadership, the use of social media, and media literacy, Wiseman is in constant dialogue and collaboration with educators, parents, children, and teens. She is the author of *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World*—the groundbreaking, best-selling book that was the basis for the movie *Mean Girls*. Wiseman's other publications include *Masterminds & Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, New Rules of Boy World*, and *The Guide: Managing Jerks, Recruiting Wingmen, and Attracting Who You Want*. Her most recent publication is the *Owning Up Curriculum*, a comprehensive social justice program for grades 6-12 which is in widespread use across the country.

Wiseman has keynoted at honorable events such as the White House Summit on Bullying, the American School Counselors Association, Women's March, countless schools, and more. She was a consultant for Cartoon Network's *Speak Up, Stop Bullying Campaign*, and is an advisor to the US Department of Health and Human Services' Substance Abuse and Mental Health Administration. She has been profiled in many popular newspapers and magazines, and is a frequent guest on *The Today Show*, *CNN*, and *NPR* affiliates throughout the country.

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## 2018 SUMMER PATCH ADVOCACY FELLOWSHIP

# YOUTH POSTER SESSION

**MONDAY, AUGUST 20 | 12:15 PM - 1:00 PM**

**UNIVERSITY CENTER - HAMILTON ROOM**

At this poster session, youth ages 12-21 will present their Community Advocacy Projects designed and implemented with the vision of creating a supportive environment in which all adolescents are able to reach their optimal health, safety, and economic security. As part of the PATCH Advocacy Fellowship, youth grow as leaders and activists, and are empowered to be a part of adolescent health conversations at community and state levels, providing advice and input on goals and decisions that impact their generation. Over 40 youth across the state of Wisconsin participated in the eight-week intensive fellowship aimed at providing young people with the knowledge, skills, and overall support to be drivers of change in their community.



[www.wipatch.org](http://www.wipatch.org)

# SESSION SCHEDULE

## BREAKOUT SESSION A AUGUST 20, 1:15 PM - 2:45 PM

# A

### University Center

**Abby Lindemann** **Living Our Potential: Understanding and Training the Mind**  
UC 275A \*also presented in Breakout Session B

**Alyssa Kaying Vang** **Suicide in Hmong Youth**  
UC 266

**Kelly Moe Litke & Nestic Morris** **Centering Race in Sexual Violence Prevention**  
UC 261 \*also presented in Breakout Sessions C & D

**Tim Markle** **Bridging the Gap**  
UC 259B \*also presented in Breakout Session B

**Rodney Wilson** **Self Worth**  
UC 275B

### Hyland Hall

**Adele Aparicio** **Transition to Independence Process (TIP) Orientation**  
HH 1307

**Alex Kestrel** **Trans 101 and Other LGBTQ+ Basics**  
HH 1310 \*also presented in Breakout Session C

**Claudine O'Leary** **Supporting Teens & Young Adults Involved in Trading Sex for Money or Survival Needs**  
HH 1309 \*also presented in Breakout Session C

**Sue McKenzie** **Advancing a Culture of Compassion Resilience**  
HH 1303 \*also presented in Breakout Session B

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**BREAKOUT SESSION A**  
**AUGUST 20, 1:15 PM - 2:45 PM**

**A**

## Hyland Hall (CONTINUED)

**James Conway**

HH 1302

**Developmental Relationships**

\*also presented in Breakout Session C

**Kyira Wackett**

HH 1305

**Shame: It's Time to Start Talking About It**

**Martha Saucedo**

HH 1306

**The Balance of Two Cultures, Which Makes LatinX Families Create a New Culture**

\*also presented in Breakout Session B

**Nikyra McCann**

HH 1308

**Inspirational Personal Stories on Youth Engagement and Empowerment**

# SESSION SCHEDULE

**BREAKOUT SESSION B**  
**AUGUST 20, 3:00 PM - 4:30 PM**

**B**

## University Center

**Abby Lindemann** **Living Our Potential: Understanding and Training the Mind**  
UC 275A \*also presented in Breakout Session A

**Alyssa Kaying Vang** **The Psychological Impact of Abuse on Hmong Youth**  
UC 266

**Amy Olejniczak & Leen Bnyat** **A Statewide Approach to Developing and Empowering Young**  
UC 259A **Activists and Leaders**

**Gabrielle O'Neil** **Duel: Co-Occurring Diagnoses**  
UC 261

**Tim Markle** **Bridging the Gap**  
UC 259B \*also presented in Breakout Session A

**Rodney Wilson** **Self Efficacy**  
UC 275B

## Hyland Hall

**Adele Aparicio** **Transition to Independence Process: Strengths Discovery**  
HH 1307 **and Needs Assessment**

**Alex Kestrel** **Providing Culturally Competent Care for LGBTQ+ Youth**  
HH 1310 \*also presented in Breakout Session E

**Denise Johnson** **Deaf 101**  
HH 1308

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## BREAKOUT SESSION B AUGUST 20, 3:00 PM - 4:30 PM

# B

### Hyland Hall (CONTINUED)

**James Conway**

HH 1302

**Engaging Families**

\*also presented in Breakout Session E

**Kyira Wackett**

HH 1305

**Social Media: Impact, Supports, and Potential**

\*also presented in Breakout Session C

**Martha Saucedo**

HH 1306

**The Balance of Two Cultures, Which Makes LatinX Families Create a New Culture**

\*also presented in Breakout Session A

**Sarah Reed**

HH 1309

**Honest, Open, Proud: Empowering Youth and Young Adults**

\*also presented in Breakout Session E

**Sue McKenzie**

HH 1303

**Advancing a Culture of Compassion Resilience**

\*also presented in Breakout Session A

# SESSION SCHEDULE

## BREAKOUT SESSION C AUGUST 21, 10:15 AM - 11:45 AM



### University Center

**Anthony Alvarado & Douglas Darby**  
UC 275A/B

**Importance of Peer-Based Approaches**

**Brad Schlough & Peter Rossmeissl**  
UC 259B

**Early Intervention for First Episode Psychosis**  
\*also presented in Breakout Session E

**Kelly Moe Litke & Nestic Morris**  
UC 261

**Centering Race in Sexual Violence Prevention**  
\*also presented in Breakout Sessions A & D

**R. Scott Boots**  
UC 259A

**Celebrating Ourselves**  
\*also presented in Breakout Session E

**Val Neff**  
UC 266

**Alternatives to Suicide Peer-to-Peer Groups**

### Hyland Hall

**Adele Aparicio**  
HH 1307

**Transition to Independence Process: Futures Planning**

**Alex Kestrel**  
HH 1310

**Trans 101 and Other LGBTQ+ Basics**  
\*also presented in Breakout Session A

**Denise Johnson**  
HH 1308

**How to Work with American Sign Language Interpreters**

**Claudine O'Leary**  
HH 1309

**Supporting Teens & Young Adults Involved in Trading Sex for Money or Survival Needs**  
\*also presented in Breakout Session A

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## BREAKOUT SESSION C AUGUST 21, 10:15 AM - 11:45 AM



### Hyland Hall (CONTINUED)

**James Conway**

HH 1302

**Developmental Relationships**

\*also presented in Breakout Session A

**Kyira Wackett**

HH 1305

**Social Media: Impact, Supports, and Potential**

\*also presented in Breakout Session B

**Javier Acevedo-Baez**

HH 1306

**An In-Depth View of Wisconsin's Handling of Sex & Labor Trafficking Cases**

\*also presented in Breakout Session D

**Monica Wightman**

HH 1303

**Resilience: The Path to Hope and Healing**

\*also presented in Breakout Session D



# SESSION SCHEDULE

## BREAKOUT SESSION D AUGUST 21, 1:00 PM - 2:30 PM

# D

### University Center

**Anthony Alvarado & Douglas Darby**  
UC 275A/B

**Understanding the Teenage Drug Epidemic  
within Urban and Rural Communities**

**Kelly Moe Litke & Nestic Morris**  
UC 261

**Centering Race in Sexual Violence Prevention**  
\*also presented in Breakout Sessions A & C

**Rosalind Wiseman**  
UC 259A/B

**Creating a Culture of Dignity**  
\*also presented in Breakout Session E

**Val Neff & Ivy Evrard**  
UC 266

**The Power of Peer Support Groups for Young Adults**

### Hyland Hall

**Adele Aparicio**  
HH 1307

**Transition to Independence Process: In Vivo Teaching**

**Debbie Fischer & Youth Panel**  
HH 1305

**Chocolate & Peanut Butter: Better Together!**  
\*also presented in Breakout Session E

**James Conway**  
HH 1302

**SPARKS**

**Javier Acevedo-Baez**  
HH 1306

**An In-Depth View of Wisconsin's Handling of Sex & Labor Trafficking Cases**  
\*also presented in Breakout Session C

**Kanisha Phelps**  
HH 1309

**Understanding ACEs In the Classroom Environment**  
\*also presented in Breakout Session E

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**BREAKOUT SESSION D**  
**AUGUST 21, 1:00 PM - 2:30 PM**

**D**

## Hyland Hall (CONTINUED)

**Bryn Martyna & Youth Panel**

HH 1310

**Youth Perspectives on the Justice System**

**Monica Wightman**

HH 1303

**Resilience: The Path to Hope and Healing**

\*also presented in Breakout Session C

**Ryan McKelley**

HH 1308

**Unmasking Masculinity: Helping boys to Become Connected Men**

# SESSION SCHEDULE

## BREAKOUT SESSION E AUGUST 21, 2:45 PM - 4:15 PM

# E

### University Center

**Brad Schlough & Peter Rossmeissl**  
UC 275A/B

**Early Intervention for First Episode Psychosis**  
\*also presented in Breakout Session C

**Gabrielle O'Neil**  
UC 261

**Suicide + Prevention and Early Intervention (PEI):  
Community and Resiliency as Prevention**

**R. Scott Boots**  
UC 266

**Celebrating Ourselves**  
\*also presented in Breakout Session C

**Rosalind Wiseman**  
UC 259A/B

**Creating a Culture of Dignity**  
\*also presented in Breakout Session D

### Hyland Hall

**Adele Aparicio**  
HH 1307

**Transition to Independence Process: SODAS**

**Alex Kestrel**  
HH 1310

**Providing Culturally Competent Care for LGBTQ+ Youth**  
\*also presented in Breakout Session B

**Debbie Fischer & Youth Panel**  
HH 1305

**Chocolate & Peanut Butter: Better Together!**  
\*also presented in Breakout Session D

**James Conway**  
HH 1302

**Engaging Families**  
\*also presented in Breakout Session B

**Kanisha Phelps**  
HH 1309

**Understanding ACEs In the Classroom Environment**  
\*also presented in Breakout Session D

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**BREAKOUT SESSION E**  
**AUGUST 21, 2:45 PM - 4:15 PM**

**E**

## Hyland Hall (CONTINUED)

**Ryan McKelley**  
HH 1308

**Myths About Male Sexuality**

**Sarah Reed**  
HH 1306

**Honest, Open, Proud: Empowering Youth and Young Adults**  
\*also presented in Breakout Session B

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## Key for emphases:

**D** = Underrepresented Demographic Groups  
(Race, Culture, Disability)

**G/S** = Gender/Sexuality

**L** = Lived Experience

**S** = Suicide Prevention

**T** = Trauma-Informed Care

**P** = Provider Self-Care

## Javier Acevedo-Baez, UMOS

### An In-Depth View of Wisconsin's Handling of Sex & Labor Trafficking Cases

The UMOS Wisconsin Regional Anti-Human Trafficking Program is a statewide initiative aimed at building the capacity of Wisconsin communities to identify and protect domestic and foreign-born victims of labor & sex trafficking. The program's comprehensive Human Trafficking sessions give participating first responders, community members and law enforcement a more in-depth view of how Wisconsin is seeing and handling sex & labor trafficking cases. **D, G/S, T**

## R. Scott Boots, HCEI

### Celebrating Ourselves

Who cares for the care provider? Persons who offer their compassion, skills and resources to those in need are often at risk for burnout, compassion fatigue or vicarious traumatization, creating costly gaps in expertise and caring. Care providers must be reminded how to assert themselves, set healthy boundaries and respond to stress in healthy ways. Nationwide focus groups held by HCEI confirm the need to celebrate the spirit and journey of caring persons while teaching skills-building self-preservation skills for the future. When caregivers care for themselves they provide better care for others. **P**

## Anthony Alvarado & Douglas Darby, Rise Together

### Importance of Peer-Based Approaches

This presentation shares the importance of peer-delivered service programs. What we have found is peer-based approaches can be very empowering and provide learning opportunities through positive role modeling and idolization. We will be discussing our newly launched Discovery Corps program which is the result of years of student surveys, community feedback, and recognition of the potential to train youth as "advocacy leaders, peer coaches, and educators" in their schools and communities. **L**

## Anthony Alvarado & Douglas Darby, Rise Together

### Understanding the Teenage Drug Epidemic within Urban & Rural Communities

Misuse and overuse of illicit and non-illicit drugs amongst adolescents has increased. The purpose of this review is to summarize some of the major differences that likely contribute to teenage substance misuse and disorders within urban and rural communities. In addition, we will review urban preventative approaches. Finally, we will highlight a novel approach of peer leadership through RISE TOGETHER, and how this approach may be uniquely positioned to address substance misuse and disorders amongst rural adolescents. **L**

## Adele Aparicio, Stars Behavioral Health Group

### Transition to Independence Process (TIP) Orientation

The Transition to Independence Process (TIP) model was developed for working with youth and young adults (14-29 years old) with emotional/behavioral difficulties (EBD) to: a) engage them in their own futures planning process; b) provide them with developmentally-appropriate, non-stigmatizing, culturally-competent, and appealing services and supports; and c) involve them and their families and

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## Key for emphases:

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**P** = Provider Self-Care

other informal key players in a process that prepares and facilitates them in their movement toward greater self-sufficiency and successful achievement of their goals related to relevant transition domains (i.e., employment/career, educational opportunities, living situation, personal effectiveness/wellbeing, and community-life functioning). The TIP system is operationalized through seven guidelines and their associated practices that drive the work with young people and provide the framework for the program and community system to support these functions.

### **Adele Aparicio, Stars Behavioral Health Group** **Transition to Independence Process: Strengths Discovery and Needs Assessment**

This session offers a general approach to working with a young person in order to build rapport, engagement, support systems and self-confidence. Strengths Discovery focuses on the interests, values, abilities, goals and aspirations of the young person and facilitates the youth's ability to express his/her needs and experience in a supportive environment with the Transition Facilitator. OARS can be used to help encourage communication and collaboration.

### **Adele Aparicio, Stars Behavioral Health Group** **Transition to Independence Process: In Vivo Teaching**

In Vivo Teaching is the process by which life skills are taught and coached in a natural or simulated setting. The transition facilitator, trusted adults or peer

associates engage the young person in identifying, learning, practicing and reviewing new adaptive behaviors in home, school and community. Each TIP Transition domain provides the opportunity to engage the young person in the in vivo teaching experience to help build a foundation and a path to future successful interactions.

### **Adele Aparicio, Stars Behavioral Health Group** **Transition to Independence Process: Futures Planning**

Futures Planning is the process by which a young person envisions the life he/she wishes to live and identifies the supports and actions needed to achieve the goals defined by the voice and choice of the youth. Planning partners and necessary connections are identified and engaged by the young person and Transition Facilitator to support the creation and achievement of the transition plan.

### **Adele Aparicio, Stars Behavioral Health Group** **Transition to Independence Process: SODAS**

SODAS is a problem solving method by which a young person can identify a problematic situation, possible options to address the situation, the disadvantages and advantages of each option and finally a solution. This process is driven by the perspective of the youth and not judged by the transition facilitator. The young person can learn how to use the SODAS framework independently for future situations.

### **Leen Bnyat & Amy Olejniczak, PATCH/WAWH** **A Statewide Approach to Developing and Empowering Young Activists and Leaders**

Wisconsin convened its first statewide youth leadership council in 2016 with the intention of bringing authentic youth voices to the forefront of statewide adolescent health conversations and efforts. Youth, ages 12-21, from diverse parts of the

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state have been hired and trained to be advocates for themselves and peers. A robust curriculum provides youth the knowledge, confidence, and skills to lead initiatives, participate in decision-making, and create positive change. Participants will be exposed to the innovative youth engagement strategies that have made this effort such a great success and ideas of how to incorporate them into their existing efforts.

**James Conway, Search Institute**  
**Developmental Relationships: Creating Connections that Help Kids Thrive**

Relationships are too important to leave to chance. Building on Search Institute's long-standing research on Developmental Assets, this workshop will focus on the Institute's deepening work on the power of relational connection to promote thriving in the lives of youth. Participants will be introduced to the five core components of Search Institute's new Developmental Relationships Framework and ways to integrate the approach into their ongoing work with young people.

**James Conway, Search Institute**  
**SPARKS: Igniting the Passions and Interests of Youth**

Every teenager has a spark – something inside that is good, beautiful, and useful to the world. Grounded in research with thousands of teenagers, Search Institute's work provides a relational approach to awakening the spark that lives within each and every young person. Workshop participants will be introduced to the concept of Spark within the context of thriving and how the "spark dialogue" can be a gateway to a deeper relational connection. "What is your spark? I'm dying to know."

**James Conway, Search Institute**  
**Engaging Families: A Relationship-Based Approach**

Too much of today's conversation about families is about what's wrong with them: failures and problem, vulnerabilities, and stresses, or whether certain types of families are better than others. While the challenges and chances facing families are real, a strength-based approach to engaging families can have a powerful impact in helping them to not only cope but to thrive. This workshop will introduce a strength- and relationship-based approach that reframes family engagement and suggests new strategies for reaching the families we seek to serve.

**Debbie Fischer, Youth2Youth 4 Change**  
**Chocolate and Peanut Butter: Better Together! Youth and Adults Working Together**

A strong youth/adult partnership takes place when youth and adults plan, learn and work together – with both groups sharing equally in the decision-making and implementation process. Youth2Youth4Change is a 25-year old coalition that has a firm youth foundation that includes youth and adults as partners in their work of reducing substance misuse. A panel of youth advocates and experienced adult advisers will share the steps to recruit, organize and retain youth advocates. We will share some of the successes we have gained because of our strong youth/adult partnership work. **L**

**Denise Johnson, IndependenceFirst**  
**Deaf 101**

There are over 500,000 Deaf, Deaf-Blind or Hard of Hearing People in Wisconsin. This presentation will help participants understand more about Deaf culture, the unique needs of these populations, and help you communicate effectively with a person who is Deaf, deaf-blind and hard of hearing. **D**

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## Denise Johnson, IndependenceFirst

### How to Work with American Sign Language (ASL) Interpreters

Individuals who are Deaf, deaf-blind or hard of hearing may require interpreting services in order to participate in one on one, small, or large group interactions. This workshop will help you better understand the interpreter's role, who is responsible for providing the interpreting services, what information you need to have prior to contacting an interpreter or interpreting service agency, and what you need to know to most effectively use interpreting services. **D**

## Alex Kestrel

### Trans 101 & Other LGBTQ+ Basics

This session will cover the basics of understanding trans and queer identities and how to talk about those identities in a respectful manner. This includes understanding the important differences between sex assigned at birth, gender identity, gender expression, and sexual orientation. As more and more young people are claiming queer identities, it's more important than ever to fill in the gaps in our knowledge and make sure we are doing everything we can to provide culturally competent support to some of the most vulnerable and marginalized young people. **D, G/S**

## Alex Kestrel

### Providing Culturally Competent Care for LGBTQ+ Youth

This session will cover the nuances of ensuring young LGBTQ+ people are able to access the services they need. Tangible examples of how to alter spaces and services in a way that shows an understanding of gender and sexuality will be provided. We will also talk about educating ourselves and confronting bias. We will discuss what we can be doing to make sure that young queer people are able to access the services they so desperately need. **D, G/S**

## Abby Lindemann, UW-Madison Center for Healthy Minds

### Living Our Potential: Understanding and Training the Mind

This breakout will focus on the key constituents of well-being, their scientific basis, and how they can be trained. Discussions will include insights from research on adolescent brain development and meditation, emphasizing the unique window of opportunity for youth intervention. Additionally, we'll engage in experiential learning with guided practices aimed at cultivating and maintaining a healthy mind. Well-being is a skill. The more we understand our minds and how to train them to function optimally, the better we are able to engage fully in our lives and the more we are able to provide care and support for others. **P**

## Kelly Moe Litke & Nestic Morris, WCASA

### Centering Race in Sexual Violence Prevention

Sexual violence is an all too common issue facing teens; from sexual harassment to rape, prevalence rates are alarming. While prevention efforts often focus on small interventions, effective sexual violence prevention will take a shift in our culture. To end sexual violence, we also need to address other forms of systematic oppression. Built upon our foundation - to end sexual violence, we must



# SESSIONS

also end all forms of oppression - WCASA takes an intersectional approach to violence prevention. This session will provide a framework for participants to deepen their understanding of sexual violence and oppression by creating a space for participants to discuss current events for application in their daily lives. **D, G/S, T**

## **Tim Markle, Waisman Center**

### **Bridging the Gap**

Youth and families are often overwhelmed and under-prepared for the transition to adult health care. What if there was an assessment or a checklist that could help to view transitioning to adult health care as a journey? This presentation will introduce and discuss when to start thinking about health care transition. We will also discuss helpful tools and resources to connect Health Care Transition to other transitions in a young person's life.

## **Bryn Martyna, WI DCF - Bureau of Youth Services**

### **Youth Perspectives on the Youth Justice System**

Youth from the Department of Children and Families (DCF) Youth Leadership Teams from across the state will share their personal experiences with and perspectives on the youth justice system. They will share their ideas about what works and what doesn't, and the type of youth justice system that they want to help create. They will share specific guidance about how to work most effectively with youth. **L, T**

## **Nikyra McCann, Still Standing Enterprise**

### **Inspirational Personal Stories on Youth Engagement and Empowerment**

Nikyra's strong faith and journey through life with her own mental health diagnosis enabled her to grow and help others living through similar situations. She is eager to help others find their own inspiration and feel beautiful. This breakout will

feature her inspirational story in an effort to further engage youth to feel empowered on their own journey and help them using her personal motto: "Smile...you have been through so much, yet you are STILL STANDING!" **L**

## **Ryan McKelley, UW - La Crosse**

### **Unmasking Masculinity: Helping Boys Become Connected Men**

Study after study has demonstrated the importance of social connection for mental and physical health, yet the stereotype is that boys and men are less capable of emotional connection than girls and women. This presentation will summarize how we sometimes socialize boys and men to experience barriers to authentic connections in friendships, romantic partners, or as parents. It will also discuss ways to help boys and men put down their masks, and learn that opening up and being vulnerable can be courageous and an important part of well-being. **G/S**

## **Ryan McKelley, UW- La Crosse**

### **Myths About Male Masculinity**

In the wake of the #metoo movement, we need to reexamine the way we think about male sexuality to help support safe and harmonious relationships with others. However, aspects of U.S. culture continue to wittingly and unwittingly support myths, misconceptions, and stereotypes about male sexual development that put boys and men at risk for maladaptive relationships. This presentation will explore the origins of these myths, use social norming research to challenge them, and share tips on how to support people in developing healthier relationships. **G/S**

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## Sue McKenzie, Rogers InHealth & WISE

### Advancing a Culture of Compassion Resilience

How are we filling and re-filling our tanks and those of our colleagues and employees? Explore the concepts of compassion fatigue and resilience through an overview of a free toolkit with activities that can be brought back to use with staff in your organization. This is NOT just a focus on what individuals can do for themselves. Come prepared to also look at system drivers and learn how best to identify and manage them. **P**

## Val Neff & Ivy Evrard, NAMI Fox Valley

### The Power of Peer Support Groups for Young Adults

NAMI Fox Valley's Young Adult Support and Transition (YAST) group is a support group for and facilitated by transition age young adults (age 18-26) who are living with mental illness. This group is one of the agency's most well-attended support groups and is intended to provide a safe, supportive, and confidential space where attendees can receive support, share knowledge and resources, ask questions, and meet others that they can relate to. Understand the mental health support needs of young adults living with mental illness, explore the differences between a typical support group for adults and a support group for transition age young adults, and learn more about the benefits of support groups specifically for young adults.

## Val Neff, NAMI Fox Valley

### Alternatives to Suicide Peer-to-Peer Groups

Alternatives to Suicide is a peer-to-peer support group developed by people who have personal experience with contemplating or attempting suicide. Alternatives to Suicide groups are designed to be safe spaces for talking about suicidal thoughts in a non-judgmental, supportive environment. Know the history of Alternative to Suicide groups, explore the idea of suicidal thoughts as part of the normal human experience, and be introduced to the core values of the Alternatives to Suicide group model. **S**

## Claudine O'Leary, Rethink Resources

### Supporting Teens and Young Adults Involved in Trading Sex for Money or Survival Needs

From sugar daddies, strip clubs, pimp networks to survival sex, commercial sexual exploitation is a reality for youth across Wisconsin. Learn what you can do to support youth who are at risk, currently involved or recently out of the sex trades. **G/S, T**

## Gabrielle O'Neil

### Duel: Co-Occurring Diagnoses

What is a co-occurring disorder? How does it manifest and affect one's recovery journey? This breakout will consider perspectives from lived experience, an examination of methods employed when living with a co-occurring disorder and strategies for recovery and relapse prevention. **L**

## Gabrielle O'Neil

### Suicide + Prevention and Early Intervention (PEI): Community and Resiliency as Prevention

Is a good defense the best offense? In this breakout we will explore the importance of community and resiliency in prevention and early intervention efforts. Is connection an antidote to suffering and symptoms? How does resiliency save a life? In addition to lived experience insights, we will explore and discuss how community and the notion

# SESSIONS

of resiliency aids our prevention efforts. **S, L**

**Kanisha Phelps, SaintA**

## **Understanding ACEs in the Classroom Environment**

Adverse Childhood Experiences (ACEs) are experiences shared by many people and can overwhelm the individual and create a lifelong impact. Participants who attend this training will be able to: describe the prevalence of adverse experiences and the scope of their impact; define and respond to behavior from a trauma informed perspective; describe how trauma affects the brain and influences development, learning, and behavior, and discuss ways to assist students with trauma, adversity, and high life stressors. **T**

**Sarah Reed, Rogers InHealth**

## **Honest, Open, Proud: Empowering Youth and Young Adults to Make Strategic Decisions About Sharing Their Mental Health Challenges**

In this workshop, the audience will be introduced to the Honest, Open, Proud (HOP) decision-making framework. HOP seeks to replace self-stigma that some who have faced trauma, mental illness, and/or other challenges with beliefs of recovery, empowerment, and hope. It does so by helping people: consider the tone of their internal narrative, explore the costs and benefits of disclosing their personal narrative, learn strategies for disclosing relatively safely, and craft a message that best represents personal goals. HOP provides a framework for people to use whether making choices of their own or supporting youth and young adults to make such disclosure decisions. **T**

**Martha Saucedo, UW-Madison**

## **The Balance of Two Cultures, Which Makes LatinX Families create a New Culture**

Come and learn the struggles inside the immigrant

families from Latin American countries. In order to maintain their mental health in their families, a good strategy is to help them come to peace with their culture in their Country of Origin and the acculturation with the American Culture, by creating a new culture. This can be a powerful tool in your practice, allowing immigrant families to respect and honor their values, while at the same time adjusting to a new culture. **D**

**Brad Schlough & Peter Rossmeissl, Journey Mental Health Center**

## **Early Intervention for First Episode Psychosis**

This session will discuss how Early Intervention Treatment for First Episode Psychosis is helping Dane County, WI teens and young adults: set goals and achieve vocational and academic success; experience better relationships with family, friends, teachers; benefit from psycho-education and support, and confront stigma by sharing their personal experiences of recovery. A young adult, Cadon Curkeet, who has been actively working on his recovery with a team at Journey Mental Health Center, will join Peter and Brad. He looks forward to participating in this session and answering questions. **L, T**

**Alyssa Kaying Vang, AKV Psychological & Consulting Services, LLC**

## **Suicide in Hmong Youth**

The Center for Disease Control and Prevention reports that suicide is the third leading cause of death for youth ages 10 to 24 in the United States. Addressing this problem in mainstream culture has been challenging enough - just imagine the added complexities when having to address this in a culture where "mental illness" is not an easily understood concept. This presentation will focus on cultural aspects of the Hmong pertaining to youth and suicide. It will discuss complex cultural layers associated with social, spiritual, and historical

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beliefs/practices around suicide. It will also explore culturally responsive ways to continue the conversation in the Hmong community. **D, S**

## Alyssa Kaying Vang, AKV Psychological & Consulting Services, LLC

### The Psychological Impact of Abuse on Hmong Youth

Trauma-informed treatment has become a buzz word in the field of mental health, particularly as more becomes known about the impact trauma has on identity development. In the Hmong culture, abuse suffered by the hand of another person is not considered a “traumatic” experience; and as such, the Hmong traditionally have not utilized an effective protocol to address psychological problems associated with abuse. This presentation will attempt to make sense of how cultural remediation has impacted Hmong youth’s sense of self. It will explore traditional expectations of Hmong youths that further obscure life in the United States. Case stories will be shared to encourage hope and healing. **D, T**

## Kyira Wackett, Kinda Kreative, Inc.

### Shame: It’s Time to Start Talking About It

Shame is a universal experience; taboo to discuss in our culture, which leads us to believe that we are not “good enough.” It handcuffs our youth and pressures them into conformity and silence. The silence allows shame to build inside of them and

develop into what Brene Brown calls “Strategies of Disconnection,” or interpersonal defense mechanisms to manage the intensity of the pain. These defenses act as self-preservation, but keep them in the stickiness and cyclical feeding of the shame, leading to mental health challenges, interpersonal conflicts, complacency, and lack of self-efficacy. Learn about shame - what it is and how it develops, along with ways to recognize strategies of defense in the youth you work with and yourself. From there, we will build our capacity to face and find healing from our shame stories and develop a sense of resiliency to protect us from future threats.

## Kyira Wackett, Kinda Kreative, Inc.

### Social Media: Impact, Supports, and Potential

This presentation will encompass different types of social media and their uses, as well as their impact on self-esteem, body image, and mental health. The session will examine the positive and negative potentials of film and photography use, a variety of social media tools for people struggling with mental health concerns, and professional roles in both using and knowing about these tools when working with young people.

## Monica Wightman, WI DPI

### Resilience: The Path to Hope and Healing

The scientific literature on resilience is extensive, and has had a resurgence in answering the question, “So, we’ve learned about ACES, what’s next?” Learn about eight protective factors that youth-serving organizations can embed in their agencies and schools to enhance resilience in young people. These insights come from the young people themselves, as they describe what has worked on their path to hope and healing. An individual student protocol will be offered to apply resiliency-building efforts across the tiers of support. These same resiliency promoting protective factors can be a frame for our own well-being as professionals committed

# SESSIONS

to working with youth and families. Caution: The power of your influence in young people's lives and a reflection on your own resilience may leave you feeling hopeful! **P, T**

## **Rodney Wilson**

### **Self Worth**

After this session, confidence in one's own worth or abilities, self-respect, dignity, self regard and faith from within will be achieved. "Who am I?" **L**

## **Rodney Wilson**

### **Self Efficacy**

After this session, youth will understand the belief they have in their own abilities; specifically, their abilities to meet the challenges ahead of them and complete tasks successfully. "What can I do?" **L**

## **Rosalind Wiseman, Cultures of Dignity**

### **Creating A Culture of Dignity for Young People**

Participants are guided on how to incorporate Wiseman's tools of engagement into their own work. Create a structure for individual and group buy in of your program; provide a strategy to teach young people when and how to ask for help; empower young people to advocate for themselves while recognizing the importance of treating others with dignity, and articulate themselves in a conflict and receive feedback when someone is angry with them.

# NOW IS THE TIME

## THANK YOU

Thank you to all of the individuals, businesses, and departments that helped make the Now is the Time 2018 Conference a success. We hope that these events have helped to increase public awareness and inspired individuals to work to improve treatment access and supports for youth and young adults.

**A special thanks for all of the hard work and dedication by all of the following staff members and student workers:**

**Wisconsin Department of Health Services, Division of Care and Treatment Services**

### **The University of Wisconsin - Whitewater**

Center for Students with Disabilities and director, Dr. Elizabeth Watson  
Office of Research and Sponsored Programs  
A'Viands and the University Dining Services  
James R. Connor University Center  
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University Parking Services  
University Police Services  
University Print Services  
Continuing Education Services

### **Speaker Affiliations**

AKV Psychological and Consulting Services, LLC, Cultures of Dignity, HCEI, Independence First, Journey Mental Health Center, Kinda Kreative, Inc., NAMI Fox Valley, PATCH, Rethink Resources, Rise Together, Rogers InHealth, SaintA, Search Institute, Stars Behavioral Health Group, Still Standing Enterprise, UMOS, UW-La Crosse, UW-Madison, Wasiman Center, WAWH, WCASA, WDCF, WDPI, WISE, Youth2Youth4Change

# SESSION PLANNER

**BREAKOUT SESSION A**  
**AUGUST 20, 1:15 PM - 2:45 PM**

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First Choice

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Alternate

**BREAKOUT SESSION B**  
**AUGUST 20, 3:00 PM - 4:30 PM**

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First Choice

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Alternate

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**BREAKOUT SESSION C**  
**AUGUST 21, 10:15 AM - 11:45 AM**

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First Choice

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Alternate

**BREAKOUT SESSION D**  
**AUGUST 21, 1:00 PM - 2:30 PM**

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First Choice

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Alternate

**BREAKOUT SESSION E**  
**AUGUST 21, 2:45 PM - 4:15 PM**

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First Choice

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Alternate







