

Staying Alive Kentucky 2017

Building Youth for the Future

Presented by:

Stop Youth Suicide Campaign
in association with the
UK Division of Adolescent Medicine
&
Kentucky Youth Health Network



November 16-17, 2017

DoubleTree Suites by Hilton
2601 Richmond Rd
Lexington, KY 40509

Sponsors

Top Level Sponsors

UK Healthcare

The Ridge

Passport Health Plan

Wellcare Health Plans



November 16, 2017 Conference Schedule

| | |
|--------|--|
| 7:30a | Breakfast (provided)/Registration/Thursday CEU Sign in |
| 8:00a | Welcome – Jennifer Perry, LCSW |
| 8:10a | Status of Teens in Kentucky – Hatim Omar, MD, FAAP |
| 8:45a | Adolescent Brain and Substance Abuse – Patrick Withrow, MD, FACC, FSCAI |
| 10:00a | Break and Refreshments |
| 10:20a | Poverty and Risk – David Wood, MD, MPH |
| 11:20a | Lunch (provided) |
| 12:30p | Breakout Session #1 Evan's Story: Suicide Awareness and Prevention - Sheriff Craig Peoples Bridges Out of Poverty, Part 1 - Benita Decker, RN, BS Choosing the Right Suicide Prevention Programming for Your Community or School - Lesa Vanderpool, JD & Cathy Prothro |
| 1:35p | Breakout Session #2 School Health Programs as a Means of Suicide Prevention - Eva Stone, MSN, APRN Bridges Out of Poverty, Part 2 - Benita Decker, RN, BS Establishing an Early Identification and Referral Process for Your Organization - Patti Clark, Julie Parent & Adam Trosper, MSW |
| 2:35p | Break and Refreshments |
| 2:55p | Breakout Session #3 ADD/ADHD in Adolescents...or is it? - David Wood, MD, MPH Youth Gun Violence - Amy Burnett, APRN & Sergeant Daniel Burnett Now What Do I Do? (Postvention plan for suicides in a community/school) - Adam Trosper, MSW & Julie Parent |
| 4:00p | Breakout Session #4 Sex Trafficking and the Adolescent Population: A Review of Youth Vulnerabilities to Sex Trafficking - Regan Lookadoo, PhD Internet and Social Media use among Adolescents - John Yozwiak, PhD Gender Identity in Adolescence - Mandakini Sadhir, MD, FAAP & Robyn Morris, LCSW |
| 5:00p | Thursday Conference Evaluation/Thursday CEU Sign out |

November 17, 2017 Conference Schedule

| | |
|--------|--|
| 8:00a | Breakfast (provided)/Registration/Friday CEU Sign in |
| 8:30a | Adolescent Brain Development and Environmental Factors - Frank Biro, MD |
| 9:30a | Break |
| 9:50a | Teen Panel - Moderated by Hatim Omar, MD, FAAP |
| 11:15a | Lunch (provided) |
| 12:15p | Breakout Session #1 Welcoming and Safe Schools/Communities for LGBTQ Youth - Nicole Begg, PhD Self-Harm: What to Know - Stephanie Stockburger, MD & Jennifer Perry, LCSW Anxiety and Depression in Young Athletes - Dilip Patel, MD, MBA |
| 1:20p | Breakout Session #2 Supporting Youth Who Have Experienced Trauma - Nicole Begg, PhD & Cori Morgan, APRN Eating Disorders in Adolescents - Mandakini Sadhir, MD, FAAP How to Survive and Thrive: Parenting Adolescents with Mental Health Problems - Alissa Briggs, PhD & Stephanie Stockburger, MD |
| 2:20p | Break |
| 2:35p | Breakout Session #3 Sleep: The Best Prescription - Shawn Sorrell, MD Juvenile Fibromyalgia - Ken Schikler, MD, FACR, FAAP Trauma Sensitive Schools: A Safe Home for all Students - Alissa Briggs, PhD & Tim Godbey |
| 3:35p | Friday Conference Evaluation/CEU Sign out |

Speakers and Objectives

Thursday Conference Speakers

(listed in order of presentation times)

Hatim Omar, MD, FAAP

Title: Status of Teens in Kentucky

Objectives:

- Review current teen outcomes in the state
- Preventive strategies for high risk behaviors
- Youth suicide prevention in the state

Patrick Withrow, MD, FACC, FSCAI

Title: Adolescent Brain and Substance Abuse

Objectives:

- Confirm that the adolescent brain is immature and lacks judgment and restraint
- Point out that when the immature brain is exposed to substances, normal maturation is affected and addiction is made more likely
- Approach these facts from three points of view: medical, law enforcement and recovering addict

David Wood, MD, MPH

Title: Poverty and Risk

Objectives:

- Appreciate the epidemiology of poverty in families and youth in the US and Kentucky
- Understand the link between poverty and poor health outcomes in youth
- Understand the potential interventions to improve the health of poor youth

Sheriff Craig Peoples

Title: Evan's Story: Suicide Awareness and Prevention

Objectives:

- What is suicide?
- Why does someone take their own life?
- How the family of someone who has committed suicide is feeling and treated
- Common myths and facts about suicide
- How can you help?

Speakers and Objectives

Thursday Conference Speakers

(listed in order of presentation times)

Benita Decker, RN, BS

Title: Bridges over Poverty, Parts 1 & 2

Objectives:

- Examine the elements of the mental models of poverty and middle class. Explore the concrete experience of people in generational poverty and understand the interlocking nature of the models and the demands of the environment.
- Understand hidden rules and give at least one example of the hidden rules in the 3 economic classes.
- Examine the resources needed by a client and how interventions should be based on the level of resources each client has available.

Lesia Vanderpool, JD & Cathy Prothro

Title: Choosing the Right Suicide Prevention Programming for Your Community or School

Objectives:

- Increase participant knowledge of suicide prevention, specifically what it looks like in the promotion, prevention, intervention, and post-vention phases
- Increase participant Knowledge of evidence-based and/or promising suicide prevention programs including intended audience, program model, method of implementation, and cost
- Participants will be able to describe the implementation of post intervention in schools after a suicide

Eva Stone, MSN, APRN

Title: School Health Programs as a Means of Suicide Prevention

Objectives:

- Describe current requirements in Kentucky for nurses in schools
- Familiarize participants with risk assessment tools and the impact school nursing can have on prevention of suicide as well as other risk taking behaviors
- Utilize at least two potential screening tools that can be used to identify risks in students

Speakers and Objectives

Thursday Conference Speakers

(listed in order of presentation times)

Patti Clark, Julie Parent & Adam Trospen, MSW

Title: Establishing an Early Identification and Referral Process for Your Organization

Objectives:

- Understand why Early Identification and referral strategies are important and learn how to implement these in their schools.
- Implement Crisis Planning within their schools by establishing protocols for helping students at possible risk of suicide and protocols for postvention/responding to a suicide death
- Understand how to involve parents/guardians in the process of intervening in suicide situations for their child
- Understand the risk and protective factors surrounding suicide ideation, including substance use and abuse
- Understand the role that bullying, sexual choice, being a member of a special population plays in suicide ideation

David Wood, MD, MPH

Title: ADD/ADHD in Adolescents...or is it?

Objectives:

- Understand the diagnostic criteria, the tools used to diagnose, and the natural history of ADD/ADHD
- Understand the other health and mental health issues that can masquerade as ADD/ADHD
- Learn the common interventions for ADD/ADHD

Amy Burnett, APRN & Sergeant Daniel Burnett

Title: Youth Gun Violence

Objectives:

- Review the current trends in youth gun violence
- Discuss indicators in identifying those at risk for gun violence
- Identify interventions to assist with prevention of gun violence

Speakers and Objectives

Thursday Conference Speakers (listed in order of presentation times)

Adam Trosper, MSW & Julie Parent

Title: Now What Do I Do? (Postvention plan for suicides in a community/school)

Objectives:

- Understand the various components of a postvention plan.
- Understand the recommendation that prevention activities not be conducted for at least six months after a death
- Provide evidence-based guidance on talking with the media
- Planning a memorial service
- Notifying students regarding a suicide death of a staff member or student

Regan Lookadoo, PhD

Title: Sex Trafficking and the Adolescent Population: A Review of Youth Vulnerabilities to Sex Trafficking

Objectives:

- Raise awareness of adolescent vulnerabilities to sex trafficking
- Equip parents, school administrators, and youth service workers with information to identify potential victims
- Review a school-based program to educate adolescents on the dangers of human trafficking

John Yozwiak, PhD

Title: Internet and Social Media Use Among Adolescents

Objectives:

- Learn recent trends in adolescents' use of the Internet and social media
- Identify one potential benefit of the Internet and social media among adolescents
- Identify one potential drawback of the Internet and social media use among adolescents

Mandakini Sadhir, MD, FAAP & Robyn Morris, LCSW

Title: Gender Identity in Adolescence

Objectives:

- Understand gender identity development in adolescence
- Know about differences in sexual orientation and gender identity
- Identify risk taking behaviors in LGBTQ youth
- Utilize current guidelines on providing care for transgender youth

Speakers and Objectives

Friday Conference Speakers

(listed in order of presentation times)

Frank Biro, MD

Title: Adolescent Brain Development and Environmental Factors

Objectives:

- To understand the potential relationships between environmental factors, with a special attention to endocrine-disrupting chemicals, on the developing brain
- To understand the public health impact of environmental exposures on neurologic and behavioral outcomes
- To explore the relationship of gateway drugs on subsequent drug use
- To discuss the precautionary principle

Hatim Omar, MD, FAAP

Title: Teen Panel

Objectives:

- Learn teens' perspective on parenting
- Learn teens' perspective on risk taking
- Learn teens' perspective on prevention

Nicole Begg, PhD

Title: Welcoming and Safe Schools/Communities for LGBTQ Youth

Objectives:

- Identify the differences between sex, gender, identity, gender expression & sexual orientation
- Review relevant data and research about LGBTQ issues and school climate
- Identify practical strategies to engage others in conversations about LGBTQ youth issues.

Stephanie Stockburger, MD, FAAP & Jennifer Perry, LCSW

Title: Self-Harm: What to Know

Objectives:

- Describe the common types of self-harm
- Explain how to approach someone you think is self-harming
- Identify the relationship between self-harm and suicide
- Summarize prevention and treatment of self-harming behaviors

Speakers and Objectives

Friday Conference Speakers (listed in order of presentation times)

Dilip Patel, MD, MBA

Title: Anxiety and Depression in Young Athletes

Objectives:

- Review clinical aspects and depression in athletes
- Describe special considerations relative to competitive anxiety
- Review positive and negative associations between sports participation and anxiety and depression

Nicole Begg, PhD & Cori Morgan, APRN

Title: Supporting Youth Who Have Experienced Trauma

Objectives:

- Understand the concept of Adverse Childhood Experiences (ACEs) and its negative effects on health outcomes
- Identify patients and quantify their ACEs
- Identify patients' resiliency factors
- Recognize need for individualized treatment based on ACEs score
- Become familiar with interventional strategies in medical, community, and school settings

Mandakini Sahir, MD

Title: Eating Disorders in Adolescents

Objectives:

- Know about different types of eating disorders
- Identify symptoms and complications of eating disorders
- Utilize treatment modalities

Alissa Briggs, PhD & Stephanie Stockburger, MD, FAAP

Title: How to Survive and Thrive: Parenting Adolescents with Mental Health Problems

Objectives:

- Describe signs of mental health problems in children and adolescents
- Review common mental health diagnoses in children and adolescents
- Discuss strategies and resources for taking care of oneself and other family members in the setting of a child or adolescent with a mental health problem(s)

Speakers and Objectives

Friday Conference Speakers (listed in order of presentation times)

Shawn Sorrell, MD

Title: Sleep: The Best Prescription

Objectives:

- Understand sleep physiology
- Recognize new research in sleep in children and adolescents
- Review treatment and recommendations for sleep dysfunction

Ken Schikler, MD, FACR, FAAP

Title: Juvenile Fibromyalgia

Objectives:

- Awareness of what it is
- Recognize how prevalent it is
- Understand the approaches to management of the condition

Alissa Briggs, PhD & Tim Godbey

Title: Trauma Sensitive Schools: A Safe Home for all Students

Objectives:

- Participants will be able to identify adverse childhood experiences and their impact on multiple domains of a child's education
- Participants will be able to define trauma sensitive schools
- Participants will be able to identify strategies to create trauma sensitive schools

Speakers

Nicole Begg, PhD

Assistant Professor of Adolescent Medicine, University of Kentucky

Frank Biro, MD

Director of Research, Adolescent and Transition Medicine and Professor, University of Cincinnati Department of Pediatrics

Alissa Briggs, PhD

Assistant Professor of Adolescent Medicine, University of Kentucky

Amy Burnett, APRN

Advanced Practice Provider, Adolescent Medicine, University of Kentucky

Daniel Burnett

Intelligence Unit Sergeant, Lexington Police Department

Patti Clark

State Suicide Prevention Coordinator, Kentucky Department of Behavioral Health

Benita Decker, RN, BS

Nurse Service Administrator, Department for Public Health, Division of Women's Health, Kentucky Family Planning/Adolescent Health Program Director

Tim Godbey

Head Principal, Lincoln County Board of Education

Regan Lookadoo, PhD

Professor of Psychology, Georgetown College

Cori Morgan, APRN

Advanced Practice Provider, Adolescent Medicine, University of Kentucky

Robyn Morris, LCSW

Social Worker Principal, Adolescent Medicine, University of Kentucky

Hatim Omar, MD, FAAP

Professor of Pediatrics & Obstetrics/Gynecology, Director of the Adolescent Medicine & Young Parents Program, University of Kentucky, Founder of the Stop Youth Suicide Campaign

Julie Parent, MHA, MSHI

Treatment Enhancement Site Coordinator, Kentucky Department of Behavioral Health

Speakers

Dilip Patel, MD, MBA

Professor in the Department of Pediatric and Adolescent Medicine, Western Michigan University Homer Stryker MD School of Medicine, Adjunct Professor in the Department of Speech Pathology and Audiology, Western Michigan University

Craig Peoples

Sheriff, Pendleton County

Jennifer Perry, LCSW

Social Worker Principal, Adolescent Medicine, University of Kentucky

Cathy Prothro

State Coordinator for the State Suicide Prevention Enhancement Site, Department of Behavioral Health

Mandakini Sadhir, MD

Assistant Professor of Adolescent Medicine, University of Kentucky

Ken Schikler, MD

Professor of Pediatrics, University of Louisville School of Medicine

Shawn Sorrell, MD

Associate Professor of Adolescent Medicine, University of Kentucky

Stephanie Stockburger, MD, FAAP

Associate Professor of Adolescent Medicine, University of Kentucky

Eva Stone, MSN, APRN

Ephraim McDowell Regional Medical Center

Adam Trospen, MSW

Program Coordinator, Substance Use Treatment and Recovery Services Branch, Department for Behavioral Health

Lesa Vanderpool, JD

Kentucky Initiatives for Zero Suicide (KIZS) Grant Project Coordinator

Patrick Withrow, MD, FACC, FCCP, FSCAI

Director of Outreach, Baptist Health Paducah

David Wood, MD, MPH

Professor and Chair Department of Pediatrics at the East Tennessee State University and Chief Medical Officer for Niswonger Children's Hospital

John Yozwiak, PhD

Associate Professor of Adolescent Medicine, University of Kentucky

Conference Information

Hotel Accommodations

DoubleTree Suites by Hilton
2601 Richmond Rd
Lexington, KY 40509
Phone: 859-268-0060

Group Rate

King or Double Suites \$108.00

Complimentary Courtesy Bus from Blue Grass Airport

If you would like to reserve a room, please contact DoubleTree Suites by Hilton and request the Stop Youth Suicide Campaign group block prior to October 25, 2017. Reservation requests received after the cutoff date will be reviewed by the hotel based on space and rate availability.

Continuing Education Credits are pending for the Following Professions:

- ~ Certified Drug and Alcohol Counselors
- ~ Licensed Marriage and Family Therapists
- ~ Licensed Professional Counselors
- ~ Nurses
- ~ EILA
- ~ Psychologists
- ~ Social Workers
- ~ Medical Doctors

Conference Pricing

Priority Pricing ends October 1, 2017.

November 16-17, 2017

SYS Conference – Priority Pricing

Teen - Free

Parent, Minister \$40

UK Employee, Educator, DCBS, DJJ - \$100

Medical or Health Professional \$150

(Registration is required)

After October 1, 2017, prices will be:

Teen - Free

Parent, Minister \$60

UK Employee, Educator, DCBS, DJJ - \$120

Medical or Health Professional \$200

(Registration is required)

Please make your check or money order payable to the "Stop Youth Suicide Campaign".

We are not able to accept credit card or online payments.

Registration will be confirmed upon receipt of payment.

Space is **LIMITED!**

Questions?

Contact Laura Whitehouse
Email: lbwhit00@uky.edu

Conference Registration

NAME/CREDENTIALS as you would like it to appear on your name badge:

ORGANIZATION:

MAILING ADDRESS:

EMAIL: _____

PHONE: () _____

Conference Dates are November 16-17, 2017

Online Registration:
<http://stopyouthsuicide.com/registration.htm>

Submit Registration & Conference Fees to:

Laura Whitehouse
740 S. Limestone Street
Kentucky Clinic, L442
Lexington, KY 40536

We are not able to accept credit card or online payments.
Please send conference fees to the address listed above.