

## **2024 YOUTH AND PEACE CONFERENCE WORKSHOP DESCRIPTIONS**

### **01 - Power of Youth**

Power of You(th) is one of MADD's underage substance use prevention programs that empowers teens to say no to alcohol and other substances. Teens will learn ways to take a stand for themselves and others by avoiding substances and practicing car safety. At MADD, we know that our hopes for a safer future are riding on tomorrow's drivers. By getting today's youth off to a good start, we are taking a giant step toward fulfilling our vision of a nation without impaired driving.

*Workshop presented by:* Gretl Krooskmer, Mothers Against Drunk Driving

*Conference Theme Area:* Substance Misuse

### **02 - Stress and Coping**

This workshop discusses how adolescents experience stress. We cover stressors, symptoms of stress, and how to support teens who are experiencing stress. Healthy and unhealthy coping skills will be discussed as well as strategies for building resiliency in teens. Teen Lifeline mission is to prevent teen suicide in Arizona through enhancing resiliency in youth, fostering supportive communities, and engaging local teens as peer counselors.

*Workshop presented by:* Rachel Rivera and Melissa Hall, Teen Lifeline

*Conference Theme Area:* Mental Health

### **03 - Self-Care to Community Care: Championing Mental Health Advocacy**

This workshop will discuss three levels of mental health advocacy: the individual, the school community, and the outside-of-school community levels. Students will first be led through personal exercises on identifying potential mental health needs for themselves and then communicating those needs to trusted adults. Throughout the presentation, we will have collaborative brainstorming activities, where students will try to understand how the workshop content applies to their own lives and community and provide examples of where they recognize potential disparities, challenges, or resources. Students will learn to be student leaders at their schools through examples of successful student mental health advocacy at other schools. We will discuss critical community resources for those in need and ways for students to pursue further training to help their communities and the value of such work.

*Workshop presented by:* Nagasriya Ramisetty and Taylor Raney, Pima County's Youth Health Action Team

*Conference Theme Area:* Mental Health

#### **04 - Stop Stigma, Save Lives**

In this workshop we will define and discuss stigma, empathy-building techniques, and connecting to others through shared experiences, using a trauma-informed lens. We'll explore different characteristics, qualities, and populations that are stigmatized. This includes personalized stories for our presenters who are queer and neurodivergent, and a storytelling portion of the workshop where participants can choose to share their own stories of stigma. We'll also consider consent and empathy for those who remain “in the closet” as being part of a stigmatized group.

*Workshop presented by:* Kara Jean Brei and Liquid Flows, ALT Mental Health

*Conference Theme Area:* Mental Health

#### **05 - Let's Create Healthy Media Guidelines Together**

This is an interactive workshop with opportunities to share ideas and create best practice guidelines that can be shared through social media experiences. Learning objectives focus on creating a guideline to honor together to create a safe and supportive space, and will fact check topics of interest that participants identify to find out the truth and/or falseness. Youth participants will offer ideas for safe ways to post, respond and communicate about problems for online social media. COPA utilizes a model of cooperative decision-making which incorporates alliance-building, resource-sharing, youth leadership, and the use of nonviolent strategies.

*Workshop presented by:* Sat Bir Kaur Khalsa, COPA Sat Nam Project

*Conference Theme Area:* Self Care, Mental Health, Social Media

#### **06 - The Truth about Vaping**

This presentation discusses what chemicals are really in vaping devices and the possible health risks, including nicotine poisoning and other consequences of vaping. Attendees will also gain awareness of how vapes are specifically marketed to youth. Interactive activities and quizzes keep everyone actively engaged throughout the workshop.

*Workshop presented by:* Regina Rameriz, Stephany Ortega, and Patti Schuler, PPEP, Inc. STOPit Coalition

*Conference Theme Area:* Substance Misuse

#### **07 - A Killer Among Us**

Get ready for an interactive and eye-opening session designed just for middle and high school students! In this presentation, we'll dive into the real risks of using illicit substances. But it's not just about the scary stuff—we'll share smart and practical tips on how you and your friends can steer clear of these dangers. Through engaging activities and relatable stories, you'll learn how to protect yourselves and support each other in making safe and healthy choices. Don't miss out on this essential and empowering experience!

*Workshop presented by:* Andres Ruiz, I Believe in Myself

*Conference Theme Area:* Substance Misuse

## **08 - The Power of Pause: Restless Minds to Peace of Mind**

The Power of the Pause will use the Mind Matters Curriculum to talk about why utilizing the skills of patience and self-regulation can pay off in our most important everyday interactions. Youth will have the opportunity to lead and learn about mindfulness activities they can use in their everyday lives, and skills to aid in being the best version of themselves! Our presentation talks about the power of patience in connection to decision-making, learn about four self-regulation tools: Breathing exercises, coloring, 54321 skills, and the power of practice. Finally, the youth will get a chance to practice these activities as a part of Child and Family Resources mission to build strong communities where children and youth can reach their full potential.

*Workshop presented by:* Baylee Dorsey and Kennedy Van Norman, Child and Family Resources  
*Conference Theme Area:* Self Care, Mental Health

## **09 - Text, Talk, Social**

Text, Talk, Act utilizes text messaging to facilitate face-to-face conversations on mental health. Participants gather in small groups (3-4 people) with one cell phone per group. They explore the risks of sending and receiving inappropriate pictures, dangers of purchasing drugs online, and strategies to combat cyberbullying. Additionally, they examine social media's impact on long-term academic, career, and personal opportunities. Participants also learn about social media's influence on mental health, including anxiety, and practice effective self-care strategies. The Text, Talk, Act mental health matters approach has also led to the creation of peer-to-peer support systems within schools and youth groups.

*Workshop presented by:* Michelle Murguia and Jenni Murguia, Text, Talk, Act  
*Conference Theme Area:* Social Media

## **10 - AzCANN Youth Cannabis Education Feedback Session**

Curious about how youth are navigating the world of cannabis? This dynamic workshop is your chance to get the lowdown! We'll kick things off with essential info on what young people need to know about balancing the risks of cannabis use by delaying and curbing it. But here's the fun part: we flip the script and put YOU in charge! Share your experiences with cannabis education, ask your burning questions (either in the group or anonymously through a survey), and give your feedback on three short, engaging educational videos. Plus, you'll get access to additional resources if you want to dive deeper. Join us for an interactive, youth-driven session where your voice truly matters!

*Workshop presented by:* Elena Cameron and Josue Cruz, Comprehensive Center for Pain and Addiction  
*Conference Theme Area:* Mental Health, Substance Misuse

## **11 - Design Your Perfect Safe Space: Youth & Community Co-creation**

Join us for an exciting workshop led by awesome presenters passionate about transforming schools into supportive, thriving communities! Discover how community schools foster environments where everyone feels valued and connected. Dive into the power of empathy and its incredible impact on building strong community bonds. Get ready to unleash your creativity with a guided writing exercise where you'll imagine and design your perfect safe space. Share your vision with peers and participate in fun, interactive activities that promote personal growth and inspire community transformation. This workshop is a fantastic opportunity to connect with others, create meaningful change, and contribute to a brighter, more empathetic future. Don't miss out on this chance to be a part of something truly special!

*Workshop presented by:* Kenneth Welch and Rachel Joseph, Higher Ground

*Conference Theme Area:* Mental Health

## **12 - Mind Matters: Navigating Mental Health**

Join us for an engaging and interactive 1-hour session all about mental health, where your thoughts and experiences take center stage! We'll dive into an open discussion about how mental health affects youth, exploring real-life challenges like academic stress, loneliness, bullying, substance use, beauty standards, and discrimination. But it's not just about the struggles—we'll also uncover protective factors and practical ways to navigate these challenges. Plus, you'll get the scoop on the Be There Curriculum, packed with awesome resources available for you and your peers in Pima County. Come ready to share, learn, and connect in a supportive environment that values your voice and empowers you to make a difference!

*Workshop presented by:* Kayla Allender and Cristofer Crull, Pima County Health Department (PCHD)

*Conference Theme Area:* Self Care, Mental Health

## **13 - The 1% Kid Mindset Workshop**

Join us for an exciting and empowering workshop with Channing Chasten, the inspiring author of *The 1% Kid*! Dive into essential topics like social media smarts, self-care hacks, substance abuse prevention, and mental health awareness. This dynamic session features:

- A meet-and-greet with Channing Chasten
- A captivating read-aloud from *The 1% Kid*
- A motivational talk on goal setting
- A hands-on goal-setting activity led by Channing

Don't miss this opportunity to inspire and empower your journey!

*Workshop presented by:* Channing Chasten, Author

*Conference Theme Area:* Self Care, Mental Health