

List of National Health and Wellness Conference Training Topics

Wednesday, April 15, 2009, 8:00 a.m.–Noon (General Session Presentations)

- **Breaking Down the Silos: Integrating Health and Wellness throughout the Center.** *This keynote presentation will focus on the connection between teamwork and success in Job Corps.*
- **Motivational Interviewing 101.** *This presentation will describe the basic principles of motivational interviewing (MI) and discuss key strategies health care professionals can use to increase student motivation and enhance behavior change.*
- **It Takes a Village: Using a Team Approach to Create an Effective Applicant File Review Process at the Center Level.** *This session will provide an overview of the recommended review of applicant files at the center level. The presentation will focus on the roles of health and disability staff in this process. Guidance for conducting and documenting this process will also be provided.*

Wednesday, April 15, 2009, 1:30 p.m.–5:00 p.m. (Participants will select two of the following workshops)

- **Social Emotional Learning: Helping Students Achieve Success.** *This evidence-based workshop will provide strategies to use aggression replacement techniques when working with students who are angry or engaged in conflict.*
- **To Tell the Truth: Encouraging Honest Communication.** *Be part of the studio audience! This workshop will provide insight into adolescents' and young adults' level of honesty and will offer strategies to increase disclosure.*
- **Building Bridges: Job Corps Peer Mentoring Strategy.** *This interactive workshop will teach participants how to set up an effective peer mentoring program within Job Corps.*
- **Ethics, Boundaries, and Professionalism.** *Participants will learn about ethics, boundaries, and professionalism as it relates to their work in Job Corps. In addition, presenters will touch on issues in consent and confidentiality.*
- **Managing and Accommodating Students on Psychotropics and Other Medications that Affect Mental Health.** *This workshop will encourage collaboration between health professionals in managing psychotropic medications and will provide a medication update.*

Wednesday, April 15, 2009, 5:00 p.m.–6:00 p.m. (Participant attendance optional)

- **“Ask the Expert” Tables.** *Job Corps experts welcome dialogue with you! Participants are encouraged to bring questions, comments, and suggestions to the tables. Expert tables will include National Office, medical, nursing, mental health, oral health, Trainee Employee Assistance Program (TEAP), disability, and Significant Incident Reporting System (SIRS) representatives.*

Thursday, April 16, 2009, 8:00 a.m.–11:30 a.m. (Participants will select two of the following workshops)

- **The Birds and the Bees...and the Bugs: An Update on Contraception and Sexually Transmitted Infections.** *This case-based workshop will provide information on newer contraceptive methods and information on STIs.*
- **Motivational Interviewing: Putting MI into Practice.** *This workshop will be a continuation of the general session motivational interviewing presentation. Participants will have the opportunity to practice MI skills with each other.*
- **We're all in this Together: Using a Team Approach to Wellness Care.** *This interactive workshop will teach participants how to see conditions from the perspective of other healthcare professionals. Communications among health professionals to strengthen treatment planning will be highlighted. Challenging case studies will be used.*
- **Implementing Change through Alternative Methods: Part 1) Brief Therapy and Dialectical Behavioral Therapy; Part 2) Psychoeducational Group Work with Adolescents as Performance Art.** *This workshop will showcase evidence-based therapy techniques designed for the professional with limited time to spend.*
- **Reviewing and Understanding IEPs and Tests and Measures as Related to Students with Disabilities.** *This workshop will focus on how to review and use the information contained in Individualized Education Plans (IEPs) to develop effective accommodation plans for students with disabilities.*

Thursday, April 16, 2009, 1:00 p.m.–4:30 p.m. (Participants will select two of the following workshops)

- **Alcohol: Impact and Reduction.** *This workshop will provide information on the emotional and physical impact of alcohol use. Techniques for alcohol reduction, including brief intervention and motivational interviewing, will be explored.*
- **Building Bridges across Differences: A Look at Race, Ethnicity, Sexual Orientation, and Gender Identity.** *This workshop will focus on working with students of various cultural backgrounds, including various racial and ethnic groups and Gay, Lesbian, Bisexual, Transgender, and Questioning (GLBTQ) students.*
- **R-E-S-P-E-C-T: Teaching our Students about Healthy Relationships.** *This workshop will provide an overview of how to identify and respond to domestic violence and relationship aggression. Ways to help students make healthy choices in their relationships will be discussed.*
- **What Works? An In-Depth Look at Successful Nutrition and Exercise Programs.** *This high-energy workshop will showcase strategies to motivate students to exercise and eat healthy. A collaborative approach to programming will be stressed.*
- **Asperger's Syndrome and Other Spectrum Disorders.** *Job Corps centers are serving an increasing number of students with spectrum disorders and that trend is likely to continue. This multimedia workshop will provide information on the spectrum disorders with a specific focus on Asperger's syndrome.*

Thursday, April 16, 2009, 4:30 p.m.–5:30 p.m. (Participant attendance optional)

- **“Ask the Expert” Tables.** *Job Corps experts welcome dialogue with you! Participants are encouraged to bring questions, comments, and suggestions to the tables. Expert tables will include National Office, medical, nursing, mental health, oral health, Trainee Employee Assistance Program (TEAP), disability, and Significant Incident Reporting System (SIRS) representatives.*

Friday, April 17, 2009, 8:00 a.m.–11:00 a.m. (General Session Presentation)

- **What Happens in Vegas DOESN'T Stay in Vegas: Best Bridge Building Tips and Ideas.** *Get ready to learn, move, and earn bragging rights for you, your center, and your region in this interactive 2-part session! Participants will learn how health and wellness can support Job Corps national goals, reflect on conference sessions to identify 10 top bridge building activities, and walk away with tools to help them begin building bridges back on the job.*