

## List of National Health and Wellness Conference Training Topics

### Wednesday, November 17, 2010, 8:00 a.m.–Noon (General Session Presentations)

- **The Challenge of Changing Behaviors: Understanding the Journey through the Process of Change** by Carlo C. DiClemente, PhD, ABPP. *This presentation will explore the process of human intentional behavior change including the Stages and Processes, the Markers and the Context of change described in the Transtheoretical Model. Individuals often move back and forth between stages and recycle through the stages until critical tasks that are needed to create sustained change are accomplished adequately. The interaction of change tasks and efforts of providers to promote change will be highlighted.*
- **Enhancing Student Outcomes** by Bob Davis-Mayo. *This session will provide participants with skills to improve service provided in the health and wellness center. Participants will explore their own reactions to stressful situations and learn how to negotiate a positive outcome. Using scenarios from various Job Corps health and wellness centers, participants will navigate through tricky situations while maintaining a professional balance. Ultimately, changing the perception of service provided in the health and wellness center will help more students gain services and result in improved student health and employability outcomes.*

### Multi-Day Intensive Option

- **Motivational Interviewing Intensive: How MI Can Help You Help Your Students** by Katie Slack, MSW. *Participants will have the option of participating in a 6-hour motivational interviewing skill-building intensive during the conference. Registration for this intensive will be limited and will be on a first-come, first-serve basis.*

*Through this workshop, participants will learn the major principles, techniques, and strategies of motivational interviewing. They will have the opportunity to gain practice and receive feedback on their technique.*

### Wednesday, November 17, 2010, 1:30 p.m.–5:00 p.m. (Participants will select two of the following workshops)

- **Supporting Students through Pregnancy and Parenthood** by Helena Mackenzie, PhD. *This presentation will focus on creating a better understanding of the complex challenges facing pregnant teens and young parents with the hope that, by understanding these challenges, we can better intervene to assist young people in building upon their strengths and resilience, creating healthier lives for young parents and their children.*
- **Post Traumatic Stress Disorder (PTSD) in Job Corps** by William Brim, PhD. *This presentation will provide a brief overview of the epidemiology and etiology of PTSD across all populations. In addition, an overview of assessment tools and brief interventions will be provided.*

- **Matching Interventions to the Clients' Process of Change** by Carlo C. DiClemente, PhD, ABPP. *This workshop will focus on matching interventions to individual's journey and processes of change and highlight the differences between intervention or treatment strategies and personal change mechanisms. The presenter will also focus on how developmental issues, self-regulation, and multiple problems complement or complicate the individual's journey through the process of initiation and recovery highlighting how mental health and addiction problems undermine competent self-regulation and make utilization of the processes of change more challenging. New information about our understanding of self control will be highlighted.*
- **Reproductive Health Care** by John Kulig, MD, MPH, Gary Strokosch, MD, and Sara Mackenzie, MD, MPH. *This session will address reproductive health care for Job Corps students, including family planning, pregnancy and sexually transmitted infections (STIs).*

**Wednesday, November 17, 2010, 5:00 p.m.–6:30 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, and Trainee Employee Assistance Program (TEAP).*

**Thursday, November 18, 2010, 8:00 a.m.–11:30 a.m. (Participants will select two of the following workshops)**

- **Mental Health and Learning Disabilities** by Jennifer Kemp, U.S. Department of Labor, Office of Disability Employment Policy. *This workshop will focus on assisting youth with mental health needs (MHN), learning disabilities and other non-visible disabilities succeed on the job. Participants will receive tools and resources they can take back to their centers.*
- **Using Art to Heal Trauma** by Darrell Mills, PsyD. *Young men and women at the Miami and Homestead Job Corps Centers have learned to express themselves, gained an appreciation for the struggles of female artists, built self-esteem, and learned to communicate with others and resolve conflicts through art. Dr. Mills, the Center Mental Health Consultant, recruits students to the program with histories or trauma, somatic ailments, and otherwise troubled students.*

*Along with counselors, interns, and partners at Miami's Museum of Contemporary Art (MOCA), Dr. Mills runs a hybrid art class and therapy session. During this group, the students have an opportunity to create mandalas, one of the world's oldest art forms, characterized by a drawing or configuration of geometric shapes inside of a circle. The group then comes together with Dr. Mills to talk about the art, their lives, and more often than not, their histories of abuse.*

*During this presentation, Dr. Mills will walk the audience through the creation of the mandala and strategies to integrate art into group therapy. He will discuss the results that he has seen in this program and the effects on all aspects of the wellness center, including a decrease in student overuse of wellness services.*

- **A 12-Week Cognitive-Behavioral Approach for Anger Management** by Andrew Berger, PhD, and Janet Negley, PhD. *This presentation is designed for use by substance abuse and mental health clinicians*

who work with students who have concurrent anger management problems. This 12-week cognitive behavioral anger management group treatment manual and program was developed at the San Francisco Veterans Affairs (SFVA) Medical Center and San Francisco General Hospital and endorsed by the Substance Abuse and Mental Health Services Administration (SAMHSA).

This presentation will provide an overview of the format of instruction for 12 90-minute weekly sessions that prepares you to take this model back to your centers to teach to other disciplines on center. The presenter will use video presentation and audience participation to further explain and demonstrate the group process on an experiential level.

- **Hot Topics in Health Care** by Job Corps' Team of Medical Specialists. This session will briefly highlight six medical issues of interest to Job Corps health and wellness staff. The format will include 15 minutes for each topic, including questions from participants. Topics will include influenza, Pap testing guidelines, medication to treat ADHD, energy drinks, human papillomavirus vaccination, and eating disorders.

**Thursday, November 18, 2010, 1:00 p.m.–4:30 p.m. (Participants will select two of the following workshops)**

- **Celebrating Differences** by Valerie Cherry, PhD. This workshop will be a fun and interactive way for participants to discover their personality style while at the same time learning more about cultural differences. This workshop will provide participants with essential principles and tools that will improve their cultural awareness in order to celebrate and welcome diversity in your work environment.
- **Suicide Prevention: The QPR Gatekeeper Model** by Ben Camp, MEd. This hands-on workshop will introduce participants to a suicide prevention program called QPR which stands for Question, Persuade, and Refer—three simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
- **This is Your Brain on Drugs** by Philip Pellegrino, PsyD. This workshop will cover how drugs and alcohol impact brain physiology and how this applies to helping Job Corps students. The presentation will cover the effects of all major substances on the brain and how to translate this knowledge into interventions.
- **Weight Management, Nutrition Counseling & Physical Activity: How Wellness Fits into the Puzzle** by Sara Mackenzie, MD, MPH, Julie Luht, MPH, and Pamela Alston, DDS, MPP. Food service can make an impact on nutrition; recreation affects physical activity. Where does wellness fit? This presentation will provide ideas for how wellness center staff, including medical nursing, mental health, TEAP, and oral health staff members, can help students eat healthy, exercise, and make all-around good choices. Participants will also learn strategies to serve as a resource person to other departments.

**Friday, November 19, 2010, 8:00 a.m.–11:30 a.m. (Participants will select two of the following workshops)**

- **Program Assessment and Evaluation** by Lois Sacher, RN, and Patricia Jackson, RN. *This presentation will provide strategies to utilize evaluation techniques to enhance health and wellness services, including self assessment techniques and tools to prepare for an outside compliance review. Professional standards of care will be discussed.*
- **Equal Opportunity for Transgender Students** by Maya Rupert, Esq. *This presentation will overview how to best serve the needs of transgender student employees in Job Corps with a particular focus on health and wellness needs. The goal of this presentation is to help attendees 1) understand what issues they may face as health professionals working with transgender employees, applicants, and trainees; 2) understand the law with regard to transgender people in the workplace; and 3) understand policies that will ensure that transgender people are treated in a nondiscriminatory manner.*
- **Not Your Mother's Drugs** by Diane Tennies, PhD. *This presentation will provide information on the new batch of legal drugs, including K2 and other synthetic cannabinoids.*
- **Chronic Illness Case Studies** by Melissa Cusey, RN, and Shannon Bentley, RN. Panelists: Drew Alexander, MD, Suzanne Martin, PsyD, Christy Hicks, MSW, and Pamela Alston, DDS. *This presentation will review case management of students with chronic diseases and/or multiple conditions; showcase scenarios of student(s) with chronic conditions and dual diagnoses by utilizing a holistic team approach to enhance quality of services. Scenarios will encompass mental health, substance abuse, and medical issues. Participants will prepare a case management plan based on case scenarios.*