

## 2018 MYAN Youth Leadership Summit: Workshop Schedule

### WEDNESDAY, NOVEMBER 7th: KEYNOTE (1:30-2:00 p.m.)

<i>Title</i>	<i>Presenters</i>	<i>What is it About?</i>	<i>Who Can Attend?</i>	<i>What Room?</i>	<i>Topic</i>
<b>Keynote Speaker</b>	Yellow Tulip Project	We are SO excited to have Alison from the award winning Yellow Tulip Project join us as our keynote speaker this year! Be ready for an inspiring and empowering experience about how young people from Maine have become NATIONALLY recognized as changemakers that are smashing the stigma around mental illness.	<b>ALL</b>	<b>BALLROOM</b>	<b>Youth Leadership</b>

# 2018 MYAN Youth Leadership Summit: Workshop Schedule

## WEDNESDAY, NOVEMBER 7th: WORKSHOP SESSION #1

(3:00-4:30 p.m.)

<i>Title</i>	<i>Presenters</i>	<i>What is it About?</i>	<i>Who Can Attend?</i>	<i>What Room?</i>	<i>Topic</i>
<b>Building Group Identity and Buy-In for Youth Participatory Action Research (YPAR) Projects</b>	Maine Youth Action Network – Statewide Youth Policy Board	The MYAN Statewide Youth Policy Board will discuss their experiences building the relationships necessary to have meaningful, vulnerable conversations around mental health within a group and while collecting data. We will share the process of our group evolution--moving from traditional group norms to individual action commitments, navigating boundaries, appropriate self-care, -- that has allowed us to gather and share some of our most personal stories.	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room 1</b>	<b>Youth Organizing; Youth Mental Health</b>
<b>How to Be a Changemaker: Cause a Ruckus and Other Lessons from The Yellow Tulip Project</b>	The Yellow Tulip Project	We are fiercely dedicated to smashing the stigma associated with mental illness and want to let people know that there is help and hope out there. We will be sharing our story of how the YTP has spread across the state of Maine and what we have learnt so far in becoming youth changemakers!	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room 2</b>	<b>Youth Organizing</b>
<b>Strategies for Helping Your Gay Straight Trans Alliance Thrive</b>	OUT Maine	Are you a member of your school's GSTA or want to start a GSTA at your school? This workshop will equip you with strategies and skills for helping your GSTA to succeed! Through activities and discussion, OUT Maine facilitators will empower workshop participants to assess the strengths and challenges of their GSTAs and will support them in identifying ways to improve their GSTA and increase its impact on the school community.	<b>ALL YOUTH</b>	<b>Meeting Room 3</b>	<b>Youth Organizing; Student Centered Learning</b>
<b>GRIT. Growing Resilience in Teens</b>	Waterville Senior High School	Youth led team sharing their year-long journey to grow resilience at their high school through peer leadership and peer to peer support. This is an interactive group presentation with 3 "skits/conversations" from our Tissue Box conversations using MIYHS data with a focus on mental health issues at our school.	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room 4</b>	<b>Youth Mental Health; Prevention</b>
<b>Creating a Conference at Your School</b>	Gray-New Gloucester Middle School	This workshop will give an overview of the Leadership Summit format that is used at Gray-New Gloucester Middle School. The conference is designed by students for students to build leadership within the school and to develop skills that are applicable in academic, personal, and extra-curricular areas! Come and learn how to do this at your school!!	<b>MIDDLE SCHOOL YOUTH ONLY</b>	<b>Meeting Room 5</b>	<b>Youth Organizing; Prevention</b>

## 2018 MYAN Youth Leadership Summit: Workshop Schedule

<b>Using Fantasy to Survive Reality</b>	Healthy Acadia	Our workshop will discuss the importance of role-playing games and how to integrate these games into youth work. In doing this, we allow the participants to jump right into the game where they will learn creativity, teamwork, problem solving, socialization, and the importance of storytelling!	<b>ALL</b>	<b>Meeting Room 6</b>	<b>Prevention</b>
<b>Best Practices for Youth/Adult Partnership</b>	Adult TRACK – DAVE JENKINS & MYAN – <b>SESSION ONE</b>	Young people strengthen leadership and life skills through opportunities to exercise responsibility and power. This workshop for youth work practitioners will explore a framework for levels of youth participation in youth spaces and how we can support more youth leadership.	<b>ADULTS ONLY</b>	<b>Ballroom</b>	<b>Youth/Adult Partnerships; Student Centered Learning</b>
<b>Promoting a Positive and Inclusive School Environment</b>	Sanford High School Peer to Peer Helpers	The SHS Peer Helpers will lead you through the process of creating and maintaining an active and engaged club. Recruitment, activities, and involving your school and community will all be covered.	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room A</b>	<b>Youth Organizing</b>
<b>Recovery Messaging &amp; Advocacy: The Importance of Carrying the Message Effectively</b>	Young People in Recovery Brewer Chapter	This workshop will be a blended workshop of our two most popular workshops, Recovery Messaging and Advocacy. Experiencing this workshop will provide you with an open floor to ask questions and learn the tools to share effectively at the local, state, and federal levels without harming the people that you are advocating for. It is important to carry the message, but most important to carry it effectively!	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room B</b>	<b>Public Health; Youth Organizing</b>
<b>Stand Out from the Crowd - Shining Your Brilliance</b>	Bangor Savings Bank	This workshop will provide strategies and tools to help students differentiate themselves from others. How do you get into that special college? How to land your dream job? It is important to start creating a personal/professional brand - who are you and what do you want others to know and say about you. Create an elevator pitch to build your network, answer tough interview questions, and leave a memorable impression. When you know who you are - deliver on it to others - build a strong reputation - you can shine your brilliance and prosper.	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room C</b>	<b>College Readiness</b>
<b>Responding to Pushback in Positive Ways</b>	Narraguagus Jr/Sr High School	This workshop is based on creating a school climate which addresses bullying, harassment, and inequity with positive solutions. Responding in positive ways to pushback on projects and discrimination (specific example from past events) with pictures/signs – then tackling strategies, scripts, and effective approaches.	<b>MIDDLE SCHOOL YOUTH ONLY</b>	<b>Meeting Room D</b>	<b>Bullying &amp; Harassment Prevention</b>

## 2018 MYAN Youth Leadership Summit: Workshop Schedule

### THURSDAY, NOVEMBER 8th: WORKSHOP SESSION #2 (9:20-10:50 a.m.)

<i>Title</i>	<i>Presenters</i>	<i>What is it About?</i>	<i>Who Can Attend?</i>	<i>What Room?</i>	<i>Topic</i>
<b>Connected Youth: Merits of Community Service and Philanthropy</b>	United Way	Participants will develop a stronger appreciation for merits of community service through dialogue centered around “WIIFM” (what’s in it for me?) model. Participants will adopt best practices focused on cultivating collaboration amongst peers as well as community stakeholders and learn how volunteer programs can support you for post-secondary education!	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room 1</b>	<b>College Readiness; Community Engagement</b>
<b>How to Be a Changemaker: Cause a Ruckus and Other Lessons from The Yellow Tulip Project</b>	The Yellow Tulip Project	We are fiercely dedicated to smashing the stigma associated with mental illness and want to let people know that there is help and hope out there. We will be sharing our story of how the YTP has spread across the state of Maine and what we have learnt so far in becoming youth changemakers!	<b>MIDDLE SCHOOL YOUTH ONLY</b>	<b>Meeting Room 2</b>	<b>Youth Organizing</b>
<b>Money 101</b>	The Wiser Miser, LLC	Come and build your skills around finance that will allow you to fully apply these skills to all areas of your life, including student loans and scholarships!	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room 3</b>	<b>College Readiness</b>
<b>How to Be a Vocal and Visible Diversity Ally</b>	GLSEN – Southern Maine	No matter what school policies may exist on paper, anti-diversity language and behaviors do not disappear without having informed students and staff members stand up and speak out about biased-based slurs and actions. This workshop, designed by youth who are leaders in their schools, will address how staff members may become supportive allies to all types of diverse populations based on research and students’ own experiences.	<b>AVAILABLE TO ALL STUDENTS</b>	<b>Meeting Room 4</b>	<b>Bullying &amp; Harassment Prevention</b>
<b>Exploring Wabanaki Maine History</b>	Maine - Wabanaki REACH	This is an interactive program where together we read and participate in a script that describes events in the over 450-year history in the relationship of Wabanaki (the Indigenous people of Maine) and people of European descent. The events were mostly selected because they represent many similar events that help us understand oppression and Wabanaki resistance. The program takes place on an art map. After the script, we will have time to share reflections.	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room 5</b>	<b>Youth Organizing; Social Justice</b>

## 2018 MYAN Youth Leadership Summit: Workshop Schedule

<b>Best Practices for Youth/Adult Partnership</b>	ADULT TRACK – DAVE JENKINS & MYAN – <b>SESSION 2</b>	Young people strengthen leadership and life skills through opportunities to exercise responsibility and power. This workshop for youth work practitioners will explore a framework for levels of youth participation in youth spaces and how we can support more youth leadership.	<b>ADULTS ONLY</b>	<b>Ballroom</b>	<b>Youth/Adult Partnership; Student Centered Learning</b>
<b>Having the Tough Conversations: How Compassion Creates Change</b>	Healthy Communities of the Capital Area/Healthy Acadia	The goal of this workshop is to teach students some motivational interviewing skills, as these can be tools utilized when students encounter frustration due to differing opinions of their peers, family, and/or community members. The goal of this workshop is to teach students how to care for themselves in these situations, while also providing them with some helpful tools to step outside their comfort zones (through challenge by choice) and engage with differing thoughts (as long as it is safe, physically and mentally, to do so) in order to accomplish the goal of creating change in their communities.	<b>MIDDLE SCHOOL YOUTH ONLY</b>	<b>Meeting Room A</b>	<b>Social Justice; Youth Leadership</b>
<b>Mental Health Advocacy and the Maine State Legislature</b>	NAMI Maine	Do you have a passion for mental health awareness and suicide prevention? Did you know that during each legislative session, Maine State Legislators discuss and vote on bills that relate to youth mental health? Were you aware that you can take part in the discussion and make your voice heard? Many youth are unaware of the power they have to make a difference! Attend this breakout session to learn about how you can become involved in efforts related to mental health and suicide prevention!	<b>AVAILABLE TO ALL STUDENTS</b>	<b>Meeting Room B</b>	<b>Youth Organizing; Public Health; Youth Advocacy</b>
<b>Healthy Bodies, Healthy Minds</b>	Hardy Girls Healthy Women	We plan to address the themes of sexual violence prevention, consent, and its intersection with mental health. Our workshop will help you use your voice effectively in difficult situations and speak about topics that would otherwise be disregarded in school and social environments -- topics that are taboo but still important to be educated on.	<b>MIDDLE SCHOOL YOUTH ONLY</b>	<b>Meeting Room C</b>	<b>Youth Organizing</b>
<b>A Community Needs Assessment to Improve Youth Sexual and Reproductive Health</b>	Planned Parenthood	Kaylee Wolfe, Education Program Manager at Planned Parenthood of Northern New England, will share the results of a community needs assessment focused on youth sexual and reproductive health education and outcomes in southern Maine. The methodology and rationale for conducting needs assessments will be discussed, alongside tips and techniques for conducting them in your own community!	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room D</b>	<b>Youth Organizing; Public Health</b>

## 2018 MYAN Youth Leadership Summit: Workshop Schedule

### THURSDAY, NOVEMBER 8th: WORKSHOP SESSION #3 (1:10-2:25 p.m.)

<i>Title</i>	<i>Presenters</i>	<i>What is it About?</i>	<i>Who Can Attend?</i>	<i>What Room?</i>	<i>Topic</i>
<b>#VAPINGTRENDS</b>	Bangor Public Health	Examine current usage trends with electronic cigarette products and youth, see what's regulated and what's not. Learn about Tobacco 21 and what that means to you and discover the health risks we know and what we don't know. Take back information to your schools including best practice curriculum and life skills training options featuring two different levels of programming: SideKicks and Catch My Breath.	<b>MIDDLE SCHOOL ONLY</b>	Meeting Room 1	<b>Youth Organizing; Commercial Tobacco Prevention</b>
<b>Being Young and Queer in Religious Community</b>	New Leaders Project: Equality Maine	This workshop promotes youth leadership through storytelling. By Becca and Izzy sharing their stories, they hope to encourage more young LGBTQ+ people and allies, whether they share their experiences or not, to find their voices and lead their schools and communities.	<b>HIGH SCHOOL YOUTH ONLY</b>	Meeting Room 2	<b>Social Justice</b>
<b>Getting to the Bottom of It: Understanding What Leads to Mental Health and Substance Use Issues for Teens</b>	DAY One	We will generate thinking and discussion about what youth currently know about mental health and substance use disorders, then provide additional education information about contributing factors to these issues such as genetics, family history, trauma, brain development, lack of resources or supports, and more.	<b>AVAILABLE TO ALL STUDENTS</b>	Meeting Room 3	<b>Substance Use Prevention; Public Health</b>
<b>Use Active Listening to Have Difficult Conversations</b>	Equality Maine	Participants in this interactive workshop will identify the skills used in Active Listening, learn how to use them strategically when having Difficult Conversations, especially when discussing issues like race, class, gender, ability, and sexual orientation, and explore the brain science behind why it's so hard to speak truth to power.	<b>HIGH SCHOOL YOUTH ONLY</b>	Meeting Room 4	<b>Bullying &amp; Harassment Prevention</b>
<b>Best Practices for Youth/Adult Partnership</b>	ADULT TRACK – DAVE JENKINS & MYAN – <b>SESSION 3</b>	Continue your track as youth work practitioners, identifying needs and solutions in your work. Break down into learning teams with expert presenters as you learn how we can support more youth leadership collaboratively, while applying it to your own unique communities.	<b>ADULTS ONLY</b>	Ballroom	<b>Youth/Adult Partnerships; Student Centered Learning</b>
<b>Successes in Bullying Prevention and Improving School Climate</b>	Penquis Valley Schools Positive Action Team	As their first year as a team, Penquis Positive Action Team members sought to uncover what were considered issues at their school. Bullying emerged as a strong concern. Students created a survey which was peer and staff reviewed, and students received the survey. Recommendations were made, strategies created, and we	<b>MIDDLE SCHOOL YOUTH ONLY</b>	Meeting Room 5	<b>Public Health; Bullying &amp; Harassment Prevention</b>

## 2018 MYAN Youth Leadership Summit: Workshop Schedule

		are seeing a decrease in reports of bullying, and an increase in positive school climate already this year.			
<b>Having the Tough Conversations: How Compassion Creates Change</b>	Healthy Communities of the Capital Area/Healthy Acadia	The goal of this workshop is to teach students some motivational interviewing skills, as these can be tools utilized when students encounter frustration due to differing opinions of their peers, family, and/or community members. The goal of this workshop is to teach students how to care for themselves in these situations, while also providing them with some helpful tools to step outside their comfort zone to create change in their communities.	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room A</b>	<b>Social Justice; Youth Leadership</b>
<b>Mental Health Advocacy and the Maine State Legislature</b>	NAMI Maine	Do you have a passion for mental health awareness and suicide prevention? Did you know that during each legislative session, Maine State Legislators discuss and vote on bills that relate to youth mental health? Were you aware that you can take part in the discussion and make your voice heard? Many youths are unaware of the power they have to make a difference! Attend this breakout session to learn about how you can become involved in efforts related to mental health and suicide prevention!	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting room B</b>	<b>Youth Organizing; Public health; Youth Advocacy</b>
<b>Healthy Bodies, Healthy Minds</b>	Hardy Girls Healthy Women	We plan to address the themes of sexual violence prevention, consent, and its intersection with mental health. Our workshop will help you use your voice effectively in difficult situations and speak about topics that would otherwise be disregarded in school and social environments -- topics that are taboo but still important to be educated on.	<b>AVAILABLE TO ALL STUDENTS</b>	<b>Meeting Room C</b>	<b>Youth Organizing; Bullying &amp; Harassment Prevention; Social Justice</b>
<b>A Community Needs Assessment to Improve Youth Sexual and Reproductive Health</b>	Planned Parenthood	Kaylee Wolfe, Education Program Manager at Planned Parenthood of Northern New England, will share the results of a community needs assessment focused on youth sexual and reproductive health education and outcomes in southern Maine. The methodology and rationale for conducting needs assessments will be discussed, alongside tips and techniques for conducting them in your own community!	<b>HIGH SCHOOL YOUTH ONLY</b>	<b>Meeting Room D</b>	<b>Youth Organizing; Public Health</b>