

30th ANNUAL
2025 Adolescent Health Symposium Agenda
February 13–14, 2025

All times listed are Central Time

Thursday, February 13, 2025

9–9:05 a.m.	<p>Welcome <i>–Dr. G.D. Gilmore, M.P.H., Ph.D., MCHES, Director of Community Health Programs, Graduate & Extended Learning, Professor of Public Health, UW-La Crosse, and overall program host</i></p>
9:05–9:45 a.m.	<p>LEAD-OFF KEYNOTE PRESENTATION The Epidemic of Loneliness and Isolation as Risk Factors for Our Nation's Youth <i>–Dr. Julianne Holt-Lunstad, Professor of Psychology and Neuroscience, Brigham Young University; Director, Social Connections Lab</i></p> <p>Decades of evidence has accumulated pointing to widespread health impacts associated with social connection, or lack thereof. Furthermore, a large portion of the population reports being isolated or lonely—especially youth. Despite this evidence, social connection has been widely assumed to be a personal issue primarily associated with emotional well-being, underappreciating the mental, cognitive, and physical health ramifications. While the pandemic raised awareness, it simultaneously revealed gaps in our understanding on what to do about it. Drawing upon my work with the US Surgeon General Advisory and the broader scientific literature, I will highlight the scope of why social connection is important at every stage of life and how to prepare for a healthier future.</p> <p>Learning Objectives: Participants will:</p> <ul style="list-style-type: none"> • Review the types of salient impacts derived from the risk factors of loneliness and isolation. • Explore key protective measures that can make positive impacts on the lives of our youth. • Consider realistic and reasonable next steps that can be derived from the Symposium Presentations and Breakout Sessions. <p>NBCC CE hours: 0.75, UWL CEU: 0.075, Category 1 CECHs: 0.75</p>
9:50–10:25 a.m.	<p>CO-LEAD-OFF KEYNOTE PRESENTATION The Reality of Loneliness as a Major Public Health Risk Factor for Our Adolescents <i>–Dr. Ilan Shapiro, M.D., M.B.A., FAAP, FACHE, Vice President, Chief Health Correspondent, and Medical Affairs Officer, AltaMed Health Services</i></p> <p>Loneliness and Isolation are risk factors for people of all ages. They are particularly</p>

	<p>impactful on youth who many times are in the beginning phases of making meaningful social connections in their lives. This presentation will draw upon what the current data are indicating, along with some of the protective factors that can be instilled in our youth for healthier living.</p> <p>Learning Objectives: Participants will:</p> <ul style="list-style-type: none"> ● Be introduced to the influence of loneliness and isolation on adolescents and their family members. ● Explore opportunities for schools and communities to offer youth a variety of protective measures against these types of risk factors earlier in their lives. ● Examine success stories that have made a difference with supporting our youth. <p>NBCC CE hours: 0.5, UWL CEU: 0.05, Category 1 CECHs: 0.5</p>
<p>10:25–10:30 a.m.</p>	<p>BREAK</p>
<p>10:30–11:30 a.m</p>	<p>CONCURRENT PRESENTATION AND INTERACTION SESSIONS</p>
<p>Track 1</p>	<p>Addressing the Concomitant Influence of Social Media on Adolescents <i>–Dr. Ilan Shapiro, M.D., M.B.A., FAAP, FACHE, Vice President, Chief Health Correspondent, and Medical Affairs Officer, AltaMed Health Services</i> <i>–Dr. Jenny Radesky, Assistant Professor of Pediatrics, Michigan Medicine, University of Michigan, Ann Arbor, MI</i></p> <p>This breakout session will address the influences of loneliness, isolation, and social media on our youth in greater depth, along with reasonable protective measures that can be taken. Examples of the influences of these risk factors will be provided, along with realistic measures that can be taken for healthier living.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Gain greater insights into the three major influences of loneliness, isolation, and social media on our youth. ● Review examples of the impacts that can take place through these three major influences. ● Explore proven strategies for protection against these major risk factors. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>Track 2</p>	<p>How to Bring Out the Brilliance in Every Student <i>–Katarina Hansens Carlsson, Founder of Destiny International 11 and Global International Schools Foundation, Motionsvagen, Sweden</i></p> <p>According to Dr. George Land and his NASA research we are dumb-downing checking in schools. Up to the age of six children Express 98% creative genius but by the time they're teenagers it's down to 12%.</p> <p>Genius is never lost and it's up to us as teachers to discover, unleash and nurture every child's brilliance. Global Leadership Schools provide training to bring out the Brilliance in every teacher so that in turn, teachers can identify brilliance in students with ease. Every student will then have a Brilliance profile which is accessible to every teacher.</p>

	<p>Learning Objectives:</p> <ul style="list-style-type: none"> • Discover the 12 questions that every student will answer to create their Brilliance profile. • Explore the benefits of having a Brilliance profile for every student in school. • Review how teachers can bring out the entrepreneurial brilliance in students. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>Track 3</p>	<p>Living in the Gift Empowerment: Building Supportive Communities Through Joy <i>–Marcy Venezia, RN, M.B.A., GleeWorks Holistic Coaching</i></p> <p>The Living in the Gift Empowerment leverages the positive aspects of people, organizations and environments to reveal delightful opportunities and resources. When we see what we love about another it increases human connection, creativity and the ability to learn. Through fun games participants will experience the mind, body and spirit tool kit teens need to live in the gift. Participants will also learn the science and philosophy of how and why Living in the Gift works.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the Living in the Gift Empowerment program and why and how it works. • Experience mind, body and spirit practices that build strong supportive communities. • Gain a tool kit to bring Living in the Gift to your community • Micro moment selfcare tips and tools <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>11:30–11:45 a.m.</p>	<p>BREAK</p>
<p>11:45 a.m.–12:45 p.m.</p>	<p>LUNCHTIME KEYNOTE PRESENTATION From Isolation to Empowerment: Guiding Adolescents on a Journey to Thrive <i>–Ryan McKelley, Ph.D. LP, HS, Professor of Clinical/Counseling Psychology, University of Wisconsin-La Crosse</i></p> <p>Loneliness among youth has emerged as a critical risk factor impacting their mental, emotional, and social well-being. In this keynote address, we will explore the multifaceted nature of adolescent loneliness, identifying its risk factors and the significant effects it has on young people's development. We will discuss strategies to foster meaningful connections, build resilience, and promote a sense of belonging. By reviewing current research and interventions, this session aims to empower health educators to support adolescents in navigating their feelings of isolation, ultimately guiding them toward a more connected, confident, and thriving future.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the factors contributing to loneliness in adolescents, including social, emotional, and environmental influences. • Summarize the current findings on the impact of digital media on adolescent

	<p>well-being.</p> <ul style="list-style-type: none"> List several evidence-based strategies and interventions to help adolescents overcome feelings of isolation, fostering stronger social connections and a sense of belonging. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
12:45–1 p.m.	BREAK
1–2 p.m.	CONCURRENT PRESENTATION AND INTERACTION SESSIONS
<p>Track 1</p>	<p>Fueling Performance, Nourishing Well-being: Tackling Eating Disorders in Young Athletes <i>–Sumner Brooks, M.P.H., RDN, EDRD Pro</i></p> <p>As the pressures of competition intensify, young athletes face unique challenges in maintaining a healthy relationship with food and body image. This talk will shed light on the crucial yet often overlooked aspect of youth sports - the prevalence of eating disorders among young athletes. When properly informed, family members, medical professionals, and coaching staff can play a vital role in recognizing warning signs and providing timely support to a young athlete. We will examine the dangerous consequences of eating disorders going untreated, from compromised athletic performance to long-term health complications with the aim to equip attendees with the tools to effectively address these issues within their communities.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> Recognize at least 3 common signs in a young athlete that could indicate the presence of an eating disorder Recognize the medical risks and consequences when eating disorder treatment is delayed or when an eating disorder is left untreated Explain what steps can be taken when your athlete discloses symptoms of disordered eating. Be able to demonstrate what a full "team approach" for supporting recovery looks like <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>Track 2</p>	<p>Supporting our Youth in Rediscovering, and Rebuilding Social Connection <i>–Ryan McKelley, Ph.D. LP, HS, Professor of Clinical/Counseling Psychology, University of Wisconsin-La Crosse</i></p> <p>Building on information from the keynote presentation, this breakout session will explore practical skills to reduce loneliness and isolation among youth. The focus will be on actionable strategies to help youth reconnect with their peers and families, develop meaningful relationships, and build a supportive community. Through interactive discussions and real-world examples, participants will learn how to foster an inclusive environment that encourages openness, empathy, and social engagement, empowering youth to rediscover and rebuild their social connections.</p> <p>Learning Objectives:</p>

	<ul style="list-style-type: none"> ● Identify the underlying factors that contribute to social isolation and loneliness in youth, including the influence of digital media, social dynamics, and developmental changes. ● Discuss practical communication techniques to help youth express their feelings, build trust, and engage in meaningful conversations that strengthen their social connections. ● List several strategies to create inclusive environments that encourage peer interaction and support, fostering a sense of belonging and community among youth. ● Develop a plan that includes three concrete interventions they can implement in their professional roles supporting youth. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
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<p>Track 3</p>	<p>Supporting Positive Personal and Social Identity Development through Structured Literature Discussion <i>–Sarah Pember, MT, Ph.D., Associate Professor, Interim Chair, Department of Public Health and Community Health Education, University of Wisconsin-La Crosse</i></p> <p>Identity is the cornerstone of mental health: positive personal and social identity leads to increased self-acceptance and overall well-being, while the contrast—experiences of discrimination or devaluation because of personal or social identity—may lead to poor mental health outcomes. This session will focus on how to use structured discussion about literature (broadly defined as any source material, from fiction to podcasts to films) to help support the development of positive personal and social identity in young adults. Participants will be taught the process of implementing a role-assigned small-group discussion and also be provided with other examples of discussion techniques and strategies that may be utilized to support conversation, community, and connection in the classroom. Difficult conversations are made easier with specific roles and tasks to guide students in their own self-discovery and willingness to be open and connect with others. Discussion and connection across identities can reduce intergroup bias and allow for the development of more empathy for health-related experiences such as sexual assault, poverty, racism, gender identity, eating disorders, or other mental health concerns.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Recognize the value of reading and discussing young adult (YA) fiction as a pedagogical strategy for health education. ● Support students in developing increased empathy for others who are experiencing health-related issues, such as racism, poverty, or mental health concerns. ● Reduce intergroup bias and negative perceptions of target social identities. ● Facilitate structured student discussion that help students explore health-related issues. ● Engage youth in exploration of adolescent identities, including their own. ● Establish norms for classroom discussions that emphasize respect, civility, and active listening. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
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<p>2–2:15 p.m.</p>	<p>BREAK</p>
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<p>2:15–3:15 p.m.</p>	<p>CONCURRENT PRESENTATION AND INTERACTION SESSIONS</p>
<p>Track 1</p>	<p>Creating Calm in Chaos: Stress-Reducing Strategies That Work <i>–Aileen Axtmayer, M.S., Wellbeing Speaker & Career Coach, Aspire With Aileen</i></p> <p>In this program, we'll check in on your stress levels, determine which specific areas of your life are feeling most out of alignment, and discuss practical tools to use to move from feeling burnt out to better. We'll normalize the challenging feelings and mental health struggles that so many of us and our youth have experienced in recent years. You'll leave with an action plan to move forward with strategies that will work for you and the realities of your life that you can also share to improve the wellbeing of youth.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Explore the key principles of stress and the full range of emotions one can experience ● Discover evidence-based strategies for managing anxiety, stress, and enhancing emotional wellbeing. ● Learn how to identify signs of heightened nervous system activity and its direct effect on stress management ● Create a comprehensive plan grounded in the neuroscience of behavior change. ● Conduct a personalized assessment of their current stress levels and primary stressors to cultivate greater self-awareness <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>Track 2</p>	<p>Building Resilience Through Mindfulness, Meditation & Mindset <i>–Allison Rose Jackson, Spiritual Wellness Practitioner</i></p> <p>This wellness session teaches valuable skills for managing stress and maintaining resiliency. Participants will learn practical and actionable techniques to improve their level of self-care and well-being, including guided mindfulness exercises, breathwork, and a short meditation.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Develop an understanding of how mindfulness works ● Learn how meditation influences mindset ● Experience hands-on learning of meditation, breathwork and mindfulness <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>Track 3</p>	<p>Minor Runners, Major Mishaps: How to Navigate Young Runner Health <i>–Shane Murphy, Ph.D., ATC, PES, Assistant Professor of Physical Therapy, College of Science & Health, University of Wisconsin-La Crosse</i> <i>–Colton Brand, Student, University of Wisconsin-La Crosse</i></p> <p>Running for physical health provides a unique solution to multiple chronic diseases; the sport also allows young athletes to develop skills that can be transferred to future</p>

	<p>physical activities. While running at face value does not pose a threat to adolescent health, structured training and competition may. This presentation aims to facilitate a better understanding of the demands and consequences of running for children, the appropriate training load, and ways to mitigate the onset of overuse injuries. Emphasis will be placed on evidence-based approaches, drawing strongly from current biomechanical and physiological findings. Further insight will be provided on the psychosocial factors affecting adolescent runners.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Increase understanding of organized adolescent running ● Translate evidence to real-life applications ● Identify factors that may increase the risk of developing overuse running-related injuries in children <p><i>Thank you to Colten Brand, a first-year student in the UWL doctorate of physical therapy program, for his contribution to the development of this presentation.</i></p> <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
3:15–3:30 p.m.	BREAK
3:30–4:30 p.m.	CONCURRENT PRESENTATION AND INTERACTION SESSIONS
Track 1	<p>Exploring the Tobacco Landscape: Essential Updates on Cigarettes, E-Cigarettes, and Nicotine Pouches</p> <p><i>–Dr. Brian S. Williams, M.D., Assistant Professor of Pediatrics and Medicine, University of Wisconsin School of Medicine and Public Health, and the UW Center for Tobacco Research and Intervention</i></p> <p>This session will provide updated information on tobacco product use in adolescents. We will focus on real-world harms of different tobacco product use along with strategies to both prevent initiation and reduce current use of tobacco.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Explore the current use of tobacco products by youth in our society. ● Review concerns about e-cigarettes as an emerging choice among youth. ● Learn about the increasing use of nicotine pouches and their associated risk factors. ● Discover strategies for youth that can reduce their tobacco use. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
Track 2	<p>Guiding Young Hearts: Navigating Adolescent Relationships for Educators</p> <p><i>–Emi Valerio, M.S., She Commands</i></p> <p>In this dynamic and interactive session, educators will gain valuable insights and practical tools for supporting adolescents as they navigate the complex world of relationships. From understanding the emotional and psychological development of teenagers to addressing common challenges such as peer pressure, social media influence, and</p>

conflict resolution, this presentation equips educators with the knowledge and strategies to foster healthy, respectful, and supportive relationships among their students. Join us to explore effective communication techniques, promote emotional intelligence, and create a positive environment that encourages personal growth and well-being in adolescent relationships. Whether you're a teacher, counselor, or school administrator, this session will empower you to guide young hearts with confidence and compassion.

Learning Objectives:

- Develop a deeper understanding of the emotional and psychological development of adolescents, recognizing the unique challenges they face in forming and maintaining relationships.
- Cultivate a more empathetic and supportive attitude towards adolescent relationship dynamics, fostering a school environment that prioritizes emotional well-being and respect.
- Learn and practice effective communication techniques tailored to adolescents, promoting open and constructive dialogue that encourages healthy relationship habits.
- Acquire practical tools and strategies for conflict resolution, emotional intelligence development, and creating a positive and inclusive classroom culture that supports the personal growth and well-being of all students.

NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1

Friday, February 14, 2024

8:15–9:30 a.m.

KEYNOTE PRESENTATION

Addressing the Loneliness and Isolation of Youth Through the *Camp Rise Up* Approach and Community Action Programming

–Meghan Miller, Ed.D., M.P.H., CHES, Director of Health Education, The Floating Hospital New York

Ever since the COVID-19 pandemic, youth have reported higher rates of depression, anxiety and loneliness. This keynote will address how our work as health educators can help to bring youth back into healthier bodies and minds through health interventions and youth-centered programming. This will focus on how to build resilience and foster social-emotional skills for future success in youth with time for Q&A.

Learning Objectives:

- Analyze the critical role of the health educator in fostering resilience, building social connection, and amplifying life skills in youth.
- Explain how developing social-emotional skills, such as empathy, emotional-regulation, and effective communication, can play a crucial role in mitigating loneliness and improving overall health.
- Advocate for creating open and safe spaces where young people can discuss their feelings and experiences without stigma, fostering a culture of understanding and support.

	NBCC CE hours: 1.25, UWL CEU: 0.125, Category 1 CECHs: 1.25
9:30–9:45 a.m.	BREAK
9:45–10:45 a.m.	CONCURRENT PRESENTATION AND INTERACTION SESSIONS
Track 1	<p>Finding Queer Community in a Lonely World –Willem Van Roosenbeek, M.S., LGBTQIA+ Services Director, University of Wisconsin-La Crosse</p> <p>How do we make meaningful queer communities in today’s world? We want communities where we can be our true selves, where we can share without always explaining, where we feel safe, and where we feel like we belong. We will explore the importance of safe spaces, diversity of communities, overcoming challenges, strategies for connection, building chosen families, and celebrating queerness.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • To understand the importance of safe spaces. • To understand the challenges LGBTQ+ youth face. • To support and advocate for LGBTQ+ youth. • To help create connections, choose families, and celebrate. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
Track 2	<p>Motivational Interviewing and School Connectedness Offer Youth Realistic Assistance in Addressing Key Effects of Loneliness and Social Isolation –Emily Whitney, Ph.D., Associate Professor, Department of Public Health and Community Health Education, University of Wisconsin-La Crosse</p> <p>This presentation/facilitation aims to explore how the complexities of loneliness and social isolation in schools increase risks for substance use, misuse and abuse among our youth. Motivational interviewing and school connectedness are tools that can be used to help address loneliness and social isolation in schools. Connectedness can help students feel safe, hopeful, empowered, and reduce feelings of loneliness and isolation.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Learn about the three main dimensions of social isolation a student may experience along with various types of connectedness that can protect students from isolation. • Learn some basic motivational interviewing techniques that can help create connectedness for both students who are at risk for using substances and for those who are currently using substances. • Depart the session with 1-3 basic next steps they plan to take “starting on Monday.” <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>

<p>Track 3</p>	<p>Further Insights and Actions for Focusing on Resilience-Building Strategies in Our Youth: Viable Skills That Make a Difference <i>–Meghan Miller, Ed.D., M.P.H., CHES, Director of Health Education, The Floating Hospital New York</i></p> <p>This breakout session will go in-depth on Camp Rise Up and SOAR, the health education camp interventions for teens living in temporary housing. This will include curriculum topics and activities, evaluation design and results, continuing connections throughout the year, and creation of youth leadership opportunities. This is a time to share resources that support health, social-emotional development, and resilience in youth as well as inspiring actionable change and support within communities.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Formulate and plan lessons or programs that will help foster resilience and other vital skills for youth. ● Demonstrate the importance of using evaluations in health promotion interventions and examine an example evaluation and results. ● Share, compare, and discuss effective teaching strategies that build social-emotional wellness and health among youth. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>10:45–11 a.m.</p>	<p>BREAK</p>
<p>11 a.m.–Noon</p>	<p>CONCURRENT PRESENTATION AND INTERACTION SESSIONS</p>
<p>Track 1</p>	<p>BreakProof: Fostering Resilience in Your Life as Leaders and in Serving Adolescents <i>–Jennifer Drummond, B.A., CEO, Drummond Company</i></p> <p>Join world record-holding mountain climber Jenn Drummond in an insightful, practical session designed to equip human service professionals with strategies to foster resilience in their lives and in their work with adolescents. Drawing from her extraordinary experiences, Jenn will share powerful techniques that can be adapted to help you and the young people you serve become “BreakProof” in the face of life’s challenges. Participants will learn how to guide adolescents in reframing setbacks, developing a growth mindset, and building emotional resilience, while also applying these skill sets in their own lives. Through a combination of inspiring stories, group discussions, and hands-on activities, attendees will gain valuable tools to support their mental and emotional well-being as well as the youth they serve. This session will empower professionals to inspire and nurture the innate strength within every adolescent, helping them to overcome obstacles and achieve their full potential while also nurturing the best of themselves.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Apply the concept of “acclimatization” to help adolescents reframe setbacks as opportunities for growth and resilience building. ● Implement specific techniques to guide young people in managing self-doubt and maintaining a positive self-concept.

	<ul style="list-style-type: none"> ● Utilize the “rose-colored goggles” principle to teach adolescents how to maintain a constructive perspective in challenging situations. ● Develop a framework for assisting youth in setting and pursuing transformative personal goals to foster resilience and self-efficacy. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>Track 2</p>	<p>Creating Realistic “Thriving” Environments with Our Youth <i>–Keely Rees, Ph.D., MCHES, Associate Dean of Faculty & Staff Advancement, College of Public Health, University of Kentucky</i></p> <p>This interactive session will focus on fostering open communication channels between adults and youth, emphasizing practical strategies that have proven effective in promoting respectful interactions amidst diversity. We will explore the importance of establishing safe havens where young people can discuss challenging life issues without fear of judgment. Participants will engage in collaborative discussion to generate actionable plans aimed at cultivating trust and encouraging youth to share their thoughts and feelings more freely. Together, we will empower our youth to thrive in supportive environments that prioritize their emotional and social well-being, ultimately creating a brighter future for our communities.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Review reasonable ideas that work for creating “open communications” with our youth. ● Discuss ways to have our youth develop a strong sense of “respectful interactivity with others” in the midst of diversity. ● Explore the development of “safe havens” for youth to discuss difficult life issues. ● Generate realistic next-step plans of action for establishing a greater sense of “trust and a willingness to share” in our youth. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
<p>Track 3</p>	<p>Supporting Adolescent Well-Being Through Youth Engagement in Collaboration with Local and Tribal Health Departments <i>–Danette Hopke, M.S.Ed., RN-BSN, Behavioral Health Program Manager, Health & Well-Being Institute, University of Wisconsin-Madison Division of Extension</i> <i>–Taylor Seale, M.P.H., Positive Youth Engagement Educator, Health & Well-Being Institute, University of Wisconsin-Madison Division of Extension</i></p> <p>UW-Madison's Division of Extension Health & Well-Being and Positive Youth Development Institutes partnered together to support local and Tribal Health Departments across Wisconsin in advancing adolescent well-being efforts. This effort included an intentional partnership with PATCH youth fellows in the development of a youth wellness advisory team, development of a Youth Engagement/Youth Voice Resource Guide and an AODA Prevention Toolkit.</p>

	<p>Additional efforts included engagement with local and statewide organizations to build skills and strategies in support of youth engagement by local and tribal health departments.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Participants in this session will learn the principles of positive youth development and authentic youth engagement. ● Participants in this session will gain awareness of the UW-Extension, local and Tribal Health Department, and PATCH partnership that was developed to advance adolescent well-being across the state of Wisconsin. ● Participants will learn about specific examples utilized by Extension and local and Tribal health departments and their partners that elevate youth voice in pursuit of improved well-being. <p>NBCC CE hours: 1, UWL CEU: 0.1, Category 1 CECHs: 1</p>
Noon	<p>Adjourn</p> <p>Save-the-date for the 2026 Adolescent Health Symposium: February 12–13, 2026 2026 Theme: Exploring Youth Health Enhancement Strategies, Together</p>