

6th Annual SAFE HEALTHY STRONG PROFESSIONAL CONFERENCE March 21 - 23, 2017



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302 North Jackson Street
Milwaukee, WI 53202

ppwi.org/safehealthstrong
#SafeHealthyStrong2017

WEDNESDAY, MARCH 22, 2017

8 – 9 AM	REGISTRATION AND BREAKFAST (Exhibitor/Vendor area open)
9 – 10 AM	KEYNOTE (TBA)
10 – 11:30 AM	WORKSHOPS - SESSION A

Session A-1: PATCH for Providers.

Research reveals an array of communication barriers, stigmas, and gaps in training that interfere with the ability of health care professionals and teens to talk openly and honestly about sensitive health topics with adolescent patients. *PATCH for Providers* is an innovative, teen-delivered, educational workshop that equips health care professionals to ensure an environment that prioritizes confidentiality, judgment-free care, and effective communication strategies which resonate with teens. (Aryce Huffman, Maya Rodriguez, Caleb Weinhardt and Patrice McBeath, Wisconsin Alliance for Women's Health) *This workshop is presented by youth.*

Session A-2: Tickling, Teasing and Touch.

Learning how to say 'no' can be a complicated thing for kids in our culture. As caregivers, we often feel resentful or amused when our 2 year-olds yell "NO!" We encourage them to share their toys even when they have strong feelings about it. Cultural messages make consent a difficult concept for children to understand. This workshop discusses the language of consent and explores some basic house rules that allow children to understand the importance of respect while also honoring their bodily autonomy. Participants will also learn how to set boundaries for themselves while still meeting their need for touch and interaction. (Lucky Tomaszek, The Tool Shed)

Session A-3: The Intersectionality of Ethnicity & Gender: Where We Are Now, And Where We Need To Be.

This session begins by breaking down the acronym, LGBTQ* and addresses and common assumptions made about this community. Participants will then have the opportunity to engage in discussion about LGBTQ* terminology, history and current movements. During this session, participants will engage in conversation about how Cisgenderism and Heterosexism are manifested in our society, and how this limits access to resources for the LGBTQ* community. All participants will leave with resources from local LGBTQ*- friendly organizations, and ideas for ways they can be better advocate for members of this community. (Annia Leonard, Public Allies) *This workshop is developed and presented by youth.*

Session A-4: Abuso Sexual; Lo Que Debe Saber.

Abordaremos algunos de los mitos y conceptos comunes erróneos respecto a la agresión sexual relacionados con crímenes y la comunidad Latina. Se discutirá lenguaje y conceptos básicos relacionados con la dinámica de la agresión sexual. Exploraremos escenarios de casos de la vida real para llegar a una solución realista y culturalmente apropiada.

WEDNESDAY, MARCH 22, 2017 (continued)

Estos escenarios ilustran cómo algunas personas de nuestra comunidad Latina pueden ver intervenciones aparentemente protectoras como informes a la policía, participación de los servicios de protección infantil y búsqueda de atención médica, como potencialmente más perjudicial que útil, por la desconfianza en la autoridad, basándose en sus experiencias de su país de origen y los Estados Unidos. (Alma Mann, WCASA)

11:40 – 12:10 PM

READY, SET, EDUCATE!

ED Talks are based on the well-known TED Talks-- short powerful talks given by informed and innovative thinking and are intended to pique curiosity, spark new ideas and energize audience members. This series of three-to-five minute talks will allow conference participants to learn a little bit more about a wide variety of topics and subjects related to sexual and reproductive health.

12:10 – 12:45 PM LUNCH

1 – 2:30 PM WORKSHOPS SESSION B

Session B-1: Body Liberation and Sexual Health.

This training examines how the socially constructed concept of an “ideal” body may affect (and undermine) providers’ efforts to promote sexual health. Participants will have the opportunity to explore the connections between body image, sexual health, and sexuality, gain concrete tools to teach effectively about body image and learn about the Health at Every Size (HAES) model, an alternative to weight-focused messaging. *Body Liberation and Sexual Health* provides information that every provider should know, including educators and those working in the sexual and reproductive health field. Participants are expected to arrive with some prior understanding of body image or a willingness to learn. (Jenna Weintraub, Planned Parenthood of Central and Western NY)

Session B-2: Digital Sex Education Tools from A To C: Abstaining to Consenting.

Instant messaging and text messaging. Online games and quizzes. Apps and videos. Social media. We know that youth spend much of their time in the digital space. And we know that they appreciate getting information through digital means. Give them what they want using digital sex education tools developed by the Planned Parenthood Federation of America. This workshop provides an overview of some innovative new tools, including the science behind them, lesson plans to help integrate these tools into the classroom, and a live demonstration. Participants will also have the opportunity to test a tool themselves. (Nicole Levitz, Planned Parenthood Federation of America)

Session B-3: Harm Reduction Practices, Empowering Teens and Young Adults.

The developmental tasks surrounding identity and belonging in adolescence and early adulthood years makes choices complicated and often confusing. This presentation provides research-based and practice-based strategies that empower youth to make healthier choices and decrease potential for harm. Harm reduction can be implemented in a lot of programming; the goal for providers is to do this in a non-condescending, accessible way opening communication and choice for the youth. Through work at Pathfinders, the presenters pull from Motivational Interviewing (MI), Trauma-Informed practices, and Positive Youth Development (PYD) to assess and align with clients through their chosen healing

WEDNESDAY, MARCH 22, 2017 (continued)

path. This presentation will largely focus on: LGBTQ identified youth, survivors of sexual violence, youth involved in the sex trade, youth of color, survivors of homelessness, and youth with severe and persistent mental illness. (Tricia Lewis and Jessica Scheunemann, Pathfinders)

Session B-4: Embarazo Adolescente: La Experiencia en Queretero, Mexico.

Se Introducirán los antecedentes mundiales, nacionales y estatales del embarazo en los adolescente con respecto a la experiencia en Querétaro, México. Conocerán los módulos de atención amigable para los adolescentes y las brigadas que se han usado en esta población y tendremos dialogo sobre los resultados principales para llegar a conclusiones que pueden ser utilizadas con la población con quien ustedes trabajan. (Ma. Luisa Magaña Aquino)

2:30 – 3 PM BREAK – EXHIBITOR, VENDOR AREA OPEN

3 – 4:30 PM WORKSHOPS, SESSION C

Session C-1: Health Care for Diverse Audiences.

The United States health care system is tasked with providing care to an ever-increasing variety of populations. Explore how to provide culturally relevant care to diverse populations. This interactive class focuses on the impact of the social determinants of health on health outcomes and health behaviors, disparities in health outcomes, provider self-awareness and the principles of culturally relevant care. Facilitated group discussions address specific aspects of communication and the perceptions of patients by providers. (Amber Gonzalez Grant, Waukesha Area Technical College and Mary Mazul, UW Milwaukee College of Nursing)

Session C-2: Got Students? How Student Groups and Organizations Can Partner to Build Capacity.

This workshop will provide concrete examples that illustrate how college students and organizations can collaborate to build capacity and enthusiasm around a specific topic. The Beloit Public Health Initiative (BPHI) is student-led organization at Beloit College that addresses the high rate of STIs in the local community. BPHI builds partnerships with Community-based Organizations, expands social media and communications capacity, and provides valuable work experience for aspiring public health professionals. Participants will discuss how they can use the BPHI as a model for building relationships with university student groups in their own communities, and how student groups can reach out to other agencies to get involved. They will also explore developing work plans and settings goals that are mutually beneficial for organization and the students involved. (Sara DeLong. Wisconsin Department of Health Services)

Session C-3: Take It Like a Man: Strategies in Combating Societal Pressures Young Men Face Growing Up.

“He wears a mask and his face grows to fit it.” – George Orwell. In his essay “Shooting an Elephant,” Orwell uses this metaphor to describe his own personal transformation wherein he forced himself to act a certain way and to be a person he was not, and in so doing actual became that person. Participants will have the opportunity to share in shock, tears, and laughter as they take a look at how societal views and pressures about masculinity affect the development of young men as they grow up. Through discussion, activities, and film participants will learn new tools to better both themselves and the communities they work in. (Jon Watts) *This workshop is developed and presented by youth.*

WEDNESDAY, MARCH 22, 2017 (continued)

Session C-4: Informese Sobre el Cancer Ginecologico.

Se dará información básica sobre el cáncer; con énfasis en los cánceres ginecológicos, la mejor manera de prevenirlos y como detectarlos a temprano tiempo para obtener mejores resultados de salud. (Griselda Sanchez, Froederdt Hospital)

4 – 5:30 PM BREAK – EXHIBITOR AND VENDOR AREA OPEN

5 – 6 PM NETWORKING RECEPTION

This year Embody will be hosting our first award ceremony to honor and appreciate individuals and organizations that have support reproductive healthcare access, and Planned Parenthood's mission to care no matter what. We are awarding an *Outstanding Youth Educator*, and honoring both a *Reproductive Health Advocate of the Year* and a *Fantastic Supporting Organization*. Planned Parenthood continues to fight for access to basic reproductive and sexual healthcare with the support of these individuals on every level. Join us in the celebration of the winners starting at 5:30 p.m. (Location TBD)

6 – 8 PM BEDTIME STORIES STORYTELLING EVENT

Embodly presents the 4th year of this free, fun and casual storytelling event. Be entertained, challenged and motivated as peers and community members share their true stories of sexual health, personal experiences, and why explore why sexuality education and access to health care is so important. Come just to listen, or sign up and tell your own story! This event is free and open to the public. (Location TBD)

THURSDAY, MARCH 23, 2017

8 – 9 AM REGISTRATION – EXHIBITOR AND VENDOR AREA OPEN

9 – 10:30 AM WORKSHOPS – SESSION D

Session D-1: Shame Resilience and Mental Health. Shame is a universal experience that often underlies common mental health concerns such as depression and anxiety. Shame impacts individuals both personally and professionally, and has been shown to impact organizations as well. This presentation will help participants better understand shame and related concepts, identify how shame impacts them personally and professionally, learn ways of enhancing resilience to shame, and identify actionable items for themselves and their work. (David Phelps, Milwaukee Area Psychological Services, SC)

Session D-2: From Safer Sex Intervention to Safer Sex Inclusivity: Adapting Language of Curricula to Today's Youth. Youth are a unique and ever-changing demographic. In order to give them the best healthcare experience, educators and providers must evolve with them. Planned Parenthood of Wisconsin's Youth Health Program was met with the challenge of adapting the twenty year-old, evidence-based *Safer Sex Intervention* curriculum to serve Milwaukee's contemporary youth patients. Join the PPWI Youth Health Educators in discussion as they relay their experience in modernizing this curriculum without sacrificing the original components that made it successful. Participants will explore ways to modify their own programs or approaches to effectively assist young people and give

THURSDAY, MARCH 23, 2017 (continued)

them confidence and skills to be active and comfortable participants in their own health care. (Hannah Feinstein, Jada Rogers, Rebekeh Salonen and Quenesha Watson, Planned Parenthood of Wisconsin) *This workshop is developed and presented by youth*

Session D-3: Kilwaukee: Race, Sexuality & Health – A Tale of Two Cities.

Workshop participants will explore the topic of sexual health and health disparities among black same gender loving men, gay, bisexual and transgender individuals through the framework of racial and social justice. Presenters will explore current implications and challenges with regard to utilizing the approach of racial and socioequitable strategies in addressing and eliminating health disparities. (Charles Smart, Monroe, Inc.)

Session D-4: Expanding su inclusividad: Comunidades Transgénero.

La finalidad de este taller es ayudar a los participantes a comprender la comunidad transgénero, cultura, experiencias e identidades. Vamos a compartir varios métodos hacia a la alianza a través de debates y escenarios. Nuestra presentación incluye las identidades transgénero diferentes incluyendo pero no limitado a: no-binario, binario, genero queer, género no conforme, las identidades de género fluido e identidad sin género. (Jeanette Martin, Kayla McNeil and Sarah DeGeorge, UW-Milwaukee LGBT Resource Center)

10:40 – 12:10 PM

PANEL DISCUSSION – ALLIES IN FAITH-BASED SPACES

Faith and sexuality are often kept on opposite ends of the spectrum leaving little room for discussion and exploration. Allies in Faith-Based Spaces seeks to unite faith, sexuality and reproductive health through interfaith dialogue and inquiry. Join panelists as they dissect and discuss the intersections of faith, sexuality and sexual health.

12:10 – 1 PM LUNCH

1 – 2:30 PM WORKSHOPS – SESSION E

Session E-1: Contraceptive Counseling with Breastfeeding Clients.

Breastfeeding clients seeking contraception often face hurdles accessing appropriate, evidence-based contraceptive care. Due to a real or perceived lack of understanding or support from their health care providers, these clients may not have access to contraception that supports both their family planning and breastfeeding goals. This workshop seeks to address this gap through an overview of both breastfeeding anatomy and physiology and contraceptive mechanisms, and provides evidence-based sources to assist counselors and clinicians in providing patient-centered contraceptive care for their breastfeeding clients. (Johanna Hatch, Planned Parenthood of Wisconsin)

Session E-2: Youth Sex Ed: Sex Ed By Us, For Us

is a workshop for adults by youth that provides a conceptual framework and concrete suggestions for implementing a youth-friendly approach. Participants will be able to define adultism and identity what makes an ally and will learn what makes content and delivery youth-friendly. Workshop attendees will have the opportunity to practice designing

THURSDAY, MARCH 23, 2017 (continued)

participatory activities that are inclusive of LGBTQ+ youth and Pregnant and Parenting Youth with the Illinois Caucus for Adolescent Health (ICAH) youth facilitators. (Christina Battersby, Tyler Saam and Alexandra Marie, ICAH) *This workshop is developed and presented by youth.*

Session E-3: Working With Latino Youth in Sexual Health Programs.

In this workshop, participants will engage in a guided discussion around the topic of reproductive justice and historical events, and explore how these events have specifically impacted and hindered Latino communities from accessing reproductive health. The presenters will review some of the lessons they have used with their own Latino youth and explain why these activities are necessary and useful. They will also discuss some of their successes and failures based on their collective experience working with Latino communities. Participants will leave with resources and lesson plans that they can use and adapt as needed. (Caitlin O'Fallon, Nataly Quintero and Sandy Velázquez. Planned Parenthood of Minnesota, North Dakota and South Dakota)

Session E-4: Equidad de Genero en Casa.

Se dará una Introducción así a los Hombres y a las Mujeres en un aspecto Bio-Psico-Social. Dialogaremos de Sexo y Género en el contexto a lo Femenino y lo Masculino. Platicaremos de Equidad de Género usando ejercicios interactivos sobre como vemos la equidad de género en el hogar y llegaremos a conclusiones que se pueden utilizar para tener más dialogo entre familia sobre el tema. (Juan Rodalpo Ortega Baltierra, Servicios de Salud del Estado de Queretaro)

Session E-5: Connecting the Dots Between Mental Health and Sexuality for African American Youth.

African American youth have higher rates of poverty, exposure to violence, limited education resources, and may lack support from traditional networks. Join us as we illustrate how the links between racism, classism, sexism, and environmental stressors contribute to the mental health of African American youth, and how these factors affect their ability to express healthy and risky sexual behavior and coping strategies. Participants will gain some of the necessary tools needed to promote healthy decision- making and coping strategies in our community. (Adrian Jones, Health Care Education and Training)

2:30 – 3 PM BREAK – EXHIBITORS AND VENDORS OPEN

3 – 4:30 PM WORKSHOPS – SESSION F

Session F-1: Making the Connection to LGBTQ Survivors of Violence

Learn about Intimate Partner Violence (IPV) impacting Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) survivors as well as other forms of violence that intersect with IPV like pick-up violence, sexual assault and hate violence. Participants will discuss the barriers LGBTQ survivors face when accessing health care and current systems designed to help which sometimes *prevent* LGBTQ survivors from seeking services. Participants will gain knowledge about resources available to LGBTQ survivors within Wisconsin. (Kathy Flores, Diverse and Resilient)

THURSDAY, MARCH 23, 2017 (continued)

Session F-2: How Youth in Dane County Are Helping To Promote Justice and Inclusion in Their Community

The United Way of Dane County By Youth For Youth (BYFY) Committee has a membership of local high school students in Dane County, Wisconsin. This youth committee directs approximately \$30,000 each year to projects generated, planned and implemented by youth groups that benefit people across the area. BYFY members will explain the how it works in the community and explain their process of making funding priorities and norms that help us to decide which groups and organizations will receive funding. Through examples and group stories, participants will learn about the impact BYFY has had on Dane County. (Juan Alvarez-Zavala, Rose Geer, and Eliette Soler, By Youth For Youth) *This workshop is developed and presented by youth.*

Session F-3: “The Talk”: Inclusive Conversations on Safer Sex, Barrier Use, and Risk Reduction.

“The talk” is different for everybody, and it can be a difficult conversation to have due to stigma around sex and condoms. Together, we will share tools and methods to teach safer sex to young adults in diverse settings. This interactive workshop will review some of the strategies that have been successful in Milwaukee’s 414ALL condom campaign, as well as a lesbian, bisexual, and queer adaptation of *Healthy Girls*. Topics will include barrier demonstrations, games and activities, and a values-centered approach to promote wellness and empower others to take control of their sexual health. This workshop is a great opportunity to learn more about being LGBTQ+ inclusive when teaching risk reduction. (Me’Donna Carothers and Mark Silva, Diverse and Resilient)

Session F-4: Del Como Enseñar Educacion Sexual y Reproductiva a Nuestra Poblacion se Habla Hispana

Se hará una breve introducción sobre la experiencia en la enseñanza de los temas que se mencionan abajo, en población estudiantil desde 5o año de primaria, de secundaria, preparatoria hasta la universidad tanto en población urbana como en la rural. Así como en la capacitación y entrenamiento de hombres y mujeres obreros agrícolas y de comunidades rurales. Se proporcionará una explicación científico-divertida de los aparatos reproductivos del hombre y de la mujer, mostrando técnicas de limpieza e higiene íntima básicas para hombres y para mujeres a ser aplicadas desde bebés hasta adultos mayores. Haremos énfasis en la importancia de los métodos de regulación de la fertilidad y sus mecanismos de protección tales como sexo seguro vs sexo protegido, la abstinencia, la fidelidad y el aplazamiento del inicio de vida sexual activa hasta los 20 años de edad. Se mostrará con una dinámica en la que cada participante; abrirá, colocará y retirará correctamente un condón del hombre y también del condón la mujer. Finalizaremos con una dinámica sobre Infecciones de Transmisión Sexual (ITS). Se obtendrá las conclusiones de la audiencia. (Maria de los Angeles Flores Garcia, Planned Parenthood of Wisconsin)

4:30 PM ADJOURN