

# XTREME HEALTH

6<sup>TH</sup> ANNUAL YOUTH CONFERENCE



## Welcome

SHOUT is very excited to announce **the 6th Annual XTREME HEALTH Youth Conference on Tuesday, October 25, 2011** at Millersville University-Lancaster in Lancaster City, PA, the only regional opportunity we know of for teens and adults to learn together in an energetic and respectful space! Each year, teens gain knowledge that prepares them to go back into their schools and community and make a difference!

This year's conference offers exciting changes including our new venue at Millersville University's Downtown Lancaster Campus. Plan to arrive at 42 North Prince Street, in Lancaster City for registration from 7:45-8:15 am. The conference will begin promptly at 8:15 am and end at 2:00 pm. The conference begins with an inspiring keynote address on decision-making and our human potential. In addition to an array of interactive workshops, this year's conference also features a specific track promoting understanding and unique learning opportunities for LGBTQ youth. We welcome and thank our enthusiastic conference partners: Highmark, Lancaster County Community Foundation and Millersville University's Family Arts Collaborative (Social Work Department).

Teen groups may register up to 5 male & 5 female participants with 2 adult leaders. A suggested donation of \$5 per registrant (*made payable to SHOUT: Student Health OUTreach*) will ensure that SHOUT's unique educational programs continue into the coming year. If your group is unable to make this donation, let us know. No one will be turned away from the conference and all groups will be treated equally.

The youth comments from previous conferences sum it up: "(It) let teens know that they can be heard and that people care about you and take the time to help you with your problems and give you answers". And, a teacher who asked about the conference: "Who else does this?" These comments attest that every XTREME HEALTH Youth Conference offers expert workshop presenters, loads of local health information, and FUN! Be a part of it this year!

The conference date is fast-approaching, space is limited and we expect a large response. Thus, we encourage you to register early. Registrations will be taken on a first come-first served basis. Please read the information in this packet carefully, and neatly fill out the appropriate forms. They are due back to SHOUT no later than Friday, October 14, 2011. If you have any questions, please call Patricia Espinosa at 717.824.8117 or email her at [espinosa@uwlanc.org](mailto:espinosa@uwlanc.org).

See you soon!

*Anita Pilkerton-Plumb*

SHOUT Conference Chair

*Patricia Espinosa*

SHOUT Conference Co-Chair

**TUESDAY, OCTOBER 25, 2011 • 7:45AM-2:00PM**

MILLERSVILLE UNIVERSITY-LANCASTER

42 NORTH PRINCE STREET

LANCASTER, PENNSYLVANIA

## Keynote Speaker



Justin Rule is a father, husband, visionary, optimist, 2 lb. miracle-child, entrepreneur and artist.

His life journey started as a 3.5 months premature baby, born deaf with cerebral palsy, 2 lb. 4 oz. with a 10% chance to live. His journey has been anything but typical. Overcoming nearly two-decades of addiction, numerous business failures and debt, he is the founder of the Heads Up urban arts organization and the Director of a private school that serves adjudicated youth.

Justin and his wife Whitney have three children under the age of five: Lillian, Wesley and Jude. Although they are both transplants to Lancaster County, they have served the community since their arrival over ten years ago.

When Justin is off the clock, you can find him hanging with the family, trying to improve his basketball skills, acting like he knows how to fix things around the house, writing songs with his kids or designing websites.

Miraculously Healed. Graciously Gifted. Somewhat Funny. Almost On-Pitch. Totally Undiagnosed ADHD and OCD.

You can find out more about Justin on his website, [www.justinrule.com](http://www.justinrule.com).

## Tuesday, October 25, 2011

**7:45-8:15 am • Registration**

**8:15-8:30 am • Welcome Remarks**

**8:30-9:10 am • Keynote: Get Some New Glasses! Featuring Justin Rule**

Justin Rule was born deaf with Cerebral Palsy. He was over 3 months premature and the doctor's said he would never make it. 10,883 days later, Justin's unshakable optimism through life's comical and unpredictable adventures will convince you to 'get some new glasses'!

**9:10-9:20 am • Break** (light refreshments provided)

**9:20-10:20 am • Workshops • Session 1**

**A. The Ancestors Are Calling... You!**..... Teens/Adults  
**Presenter: Dr. Amanda Kemp**

This workshop combines movement, meditation and creative writing to assist participants in connecting with their ancestors. By ancestors, we mean biological, spiritual, political, or artistic forbears who have passed over. The intent is to empower ourselves and consider what the ancestors might be calling on us to do today.

**B. Tha Party Road** ..... Teens/Adults  
**Presenter: Jim Bender, BA, CAAP, Compass Mark, INC.**

This workshop describes the progressive nature of addiction utilizing audience participation in a teenage friendly presentation.

**C. Gangs, Drugs and Violence: Creating Alternatives for Youth** ..... Teens/Adults  
**Presenters: Sgt. Michael Winters, Lancaster City Police  
Anthony Valentin, Abraxus**

Our youth are faced with many difficult issues, including the growing threat of gangs, drugs and the accompanying violence associated with both. Participants will be given an overview of the real life threat of gangs, drugs and violence in Lancaster County and will be given alternatives to gang life from an experienced gang investigator and a reformed drug dealer, who has first-hand experience with the streets, drugs, and turning your life around.

**D. "Straight Talk" on Sexual Orientation and Gender Identity** ..... Teens/Adults  
**Presenter: Louie Marven, LGBT Community Center of Central PA**

It seems as if every day there is more and more language to describe the diverse ways people are talking about their gender and sexuality. Pansexual? Transsexual? Intersex? What do these words really mean? This workshop will focus on bringing you up to speed on these identities, clarifying what they mean to those who hold them, uncovering myths and stereotypes, and encouraging a respect for the diversity that exists within gender and sexuality spectrums. This workshop is open to all. Everyone will leave feeling more in the know.

**10:30-11:30 am • Workshops • Session 2**

**E. Sexual Decision Making** .....Teens Only

**Presenter: M. Chris Collins, Health and Sexuality Educator**

This workshop takes a close look at the number of decisions involved when considering sexual intercourse. Teens will work together to name and evaluate decisions and risks involved for a variety of couples. Contraceptive options will be addressed as well as alternatives teens have to express themselves sexually without engaging in sexual intercourse.

**F. Zumba** ..... Teens/Adults

**Presenter: Sarah Placencia, Lancaster Family YMCA**

Are you ready to party yourself into shape? That's exactly what the Zumba Program is all about. It's an exhilarating, effective, easy to follow Latin inspired calorie burning dance fitness party that's moving millions of people toward joy and health. Note: Participants should wear sneakers and comfortable clothes for this workshop.

**G. Real Life Relationships** .....Teens/Adults

**Presenter: Ashley Corbett, YWCA of Lancaster**

In this workshop participants will examine the warning signs of dating violence and the five main categories of abuse. Students will learn about domestic violence and sexual violence, and the dynamics of power and control within a relationship. The group will identify the qualities of a healthy relationship and have the opportunity to evaluate their own relationships and standards.

**H. Creating a Safe Space for LGBTQ Students** .....Teens/Adults

**Presenter: Louie Marven, LGBT Community Center of Central PA**

Gay-straight alliances have become important ways to create safe spaces in schools and communities for all people, regardless of sexual orientation and gender identity. In this workshop, we'll examine how these groups form and function, and identify some other ways you can advocate for safe spaces for lesbian, gay, bisexual, transgender, and questioning students in your school.

**11:30 am-12:10 pm • Lunch** (provided)

**12:10-1:10 pm • Workshops • Session 3**

**I. HIV Panel** .....Teens/Adults

**Presenter: Nelsa Vasquez, SACA/Nuestra Clinica**

Learn about the current state of living with HIV/AIDS and/or Hepatitis C from a panel of experts who either are infected or affected. Benefits of medications, daily life complications and reasons why prevention is still important, will all be explored as panelists take audience questions.

**J. Media Literacy 101: Media and Healthy Decision-Making** ..... Teens/Adults

**Presenter: David Cooper Moore & Kate Spiller, Temple University**

Learn about how health and well-being are deeply connected to how we understand media and popular culture. This workshop will help participants develop strategies to think about and talk about many different types of media representation.

**K. Body Tune** ..... Teen/Adults

**Presenter: Jane M. Weigel RN, BSN**

Participants will do some personal inventory of their health habits related to nutrition, physical activity, and screen time. Motivation and educational components will be part of the discussion of how to live a healthy lifestyle in a toxic environment. Questions and answers will also be addressed.

**L. Is Older Really Wiser?** ..... Teens Only

**Presenter: Amber Brown, Planned Parenthood Northeast and Mid-Penn**

Participants will examine relationships where one partner is older than the other. What's the attraction? What are the pitfalls? How can you tell if it's safe and healthy? Through interactive discussion, participants will analyze realistic scenarios, explore the pros and cons, and practice decision-making. Everyone will also leave with an understanding of the PA Statutory Rape Law and how it applies to teens in our state.

**1:20-2:00 pm • Closing Session • Ask the Expert Panel**

A panel of community health experts will answer teens' anonymously submitted questions about mental, physical and sexual health.

**2:00 pm • Adjourment**

# Registration Form

(Mail to: SHOUT c/o P. Espinosa, 630 Janet Avenue, Lancaster PA 17601 or  
Fax to: 717.394.6118 Attn: P. Espinosa. Deadline is Friday, October 14, 2011.)

The XTREME HEALTH Youth Conference is **FREE** to attend, though a suggested donation of \$5.00 per registrant would be appreciated (*made payable to SHOUT: Student Health OUTreach*). Please complete information for adult participant below and teen participants below.

**Please PRINT LEGIBLY**

Name: \_\_\_\_\_

Agency/School: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Rank order your session workshop preferences 1-4 (1 being your first choice):**

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Please list students' first and last name, age and workshop preferences (rank each session 1-4) below:**

**Student 1** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 2** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 3** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 4** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 5** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 6** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 7** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 8** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 9** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

**Student 10** \_\_\_\_\_ **Age** \_\_\_\_\_

9:20: A\_\_ B\_\_ C\_\_ D\_\_

10:30: E\_\_ F\_\_ G\_\_ H\_\_

12:10: I\_\_ J\_\_ K\_\_ L\_\_

Please indicate any dietary restrictions/needs for participants listed on this form:  
\_\_\_\_\_

## Teen T-Shirts

Teens in attendance will receive a conference t-shirt\*, please tell us how many of each size you will need for your teens (i.e., 2 Large, 1 Medium, 1 X-Large). Sizes available are **S-XXL only**:

Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large \_\_\_\_\_

\*Please note: If a requested size is unavailable, a standard Large will be given.

# CONFERENCE FACULTY

**Jim Bender** has been an Assessment Specialist for Compass Mark for 20 years. He instructs the multiple award winning program, "Skills for Life," an educational prevention program for adjudicated youth. Referrals from the judicial system, SAP teams and parents support the program. Mr. Bender is a graduate of Messiah College and a C.A.A.P., Certified Allied Addictions Practitioner in Pennsylvania. He received The Essence of Humanity award in January 2007.

**Amber Brown**, Senior Community Educator, has been with Planned Parenthood of Northeast and Mid-Penn for seven years providing reality based, age appropriate sexuality and reproductive health education workshops for pre-teens, teens and adults. Ms. Brown has a B.S. in education from Penn State University.

**M. Chris Collins** is a Health and sexuality education teacher for middle and high school youth. She is currently enrolled in a Masters in Sexuality Education program through Widener University in Chester, PA. Former degrees: Doctorate of Osteopathy and Bachelor's degree in Health and Biological Sciences.

**Ashley Corbett** is a Community Educator and Child Counselor at the YWCA Lancaster. She facilitates in-school support groups for girls grades 2-12 throughout Lancaster County. She also provides empowerment counseling for child and teen survivors of sexual abuse and sexual assault. Ashley received her Bachelor's Degree in Social Work from Millersville University.

**Amanda Kemp** is the founder and artistic director of Theatre for Transformation and a research associate in Africana Studies at Franklin & Marshall College. She has written and/or directed and performed in several historical performances that help viewers remember and heal the past. Amanda's plays have been selected for the prestigious New Plays Reading Series at the National Black Theatre Festival. Most recently, Amanda has been honored to work with young people, conducting readers theatre workshops and directing fifth graders in a commissioned play "I Didn't Know My Own Strength," a play about the Montgomery Bus Boycott. Amanda has taught literature and culture at Cornell University, Dickinson College, and Franklin & Marshall College, where she was the Chair of Africana Studies. Amanda practices Radical Forgiveness and Reike. For more see [www.dramandakemp.com](http://www.dramandakemp.com).

**Louie Marven** is the Director of Education & Youth Services at the LGBT Community Center Coalition of Central PA. He oversees the youth program Common Roads, which offers weekly safe space meetings for LGBTQ youth in Harrisburg, Lancaster, and Carlisle; assistance to area gay-straight alliances including an annual leadership summit; and professional training for staff working with youth. Louie's interests include sexual and gender identities, power and privilege, nonviolence, and popular culture.

**David Cooper Moore** is the Associate Director of the Media Education Lab at Temple University, where he manages a media literacy enrichment program for elementary, middle, and high school students. As a media literacy educator, he has facilitated workshops, presented research, and developed curriculum for organizations including PBS Teachers and the Girl Scouts of America.

**Sarah Placencia** is a fitness enthusiast. She has worked for the YMCA for 4 years and recently started teaching classes and Group trainings at Studio S.W.E.A.T. and Mulberry Art Studios. She is a certified Zumba Instructor (Basics 1 and 2, Gold, Toning and ZumbAtomic) and is also a Pilates Instructor and Personal Trainer. She is also certified through Silver and Fit for the Active Older Adult. She believes that fitness does not have to be boring, it in fact should be enjoyable and she strives to make you look forward to working out!

**Kate Spiller** is a recent graduate of Temple University's School of Communications and Theater. She is a media literacy educator with the Media Education Lab at Temple University. She manages the My Pop Studio ([www.mypopstudio.com](http://www.mypopstudio.com)) website. She served as an Instructor for the Powerful Voices for Kids program in the summer of 2010 run through the Media Education Lab, and her main areas of interest within media literacy are nutrition, self-image, and representations of sexuality. Contact: [kate.spiller@gmail.com](mailto:kate.spiller@gmail.com).

**Anthony Valentin** is a Youth Development Specialist at Abraxas Academy in Morgantown, which provides specialized treatment services to delinquent juveniles. Anthony has had real life experience with the drug and gang culture. Anthony is a former drug dealer, who started running the streets at age 14 and served 10 years in the state prison system. Anthony changed his life and is trying to give back by working with troubled kids who need straight talk from someone who has been there. Anthony is currently enrolled at Harrisburg Area Community College and is working on his degree in Social Services.

**Nelsa Vasquez** has worked as the Prevention Specialist/Educator for SACA/Nuestra Clinica since 2004. Nelsa has provided sexuality education to the community of Lancaster and Lancaster County. She facilitates groups in schools, rehabilitation centers, and individuals' homes on topics such as sexually transmitted infections, puberty, self-esteem and how to make well-thought-out life decisions. Nelsa can currently be seen on her local talk show "Straight Talk with Nelsa" on Comcast Channel 949.

**Jane M. Weigel** RN, BSN has been a nurse for 25 years and has worked in Pediatrics, Home Health, Traveler's Health, and Private Practice. Currently she runs Body Tune, an individualized, holistic approach to weight management for children and teens. In addition, she works with picky eaters and underweight patients as well as children and adolescents with abnormal cholesterol, triglyceride, or glucose levels. In her free time, Jane enjoys leading the children's choir at her church and spending time with her family.

**Detective Sergeant Michael Winters** has been a police officer with the Lancaster City Police for 13 years. He currently serves as a detective supervisor with the Criminal Investigation Division and is assigned to the Violent Crime Unit, which investigates violent crimes against persons, such as homicides, shootings, stabbings, and robberies. He has extensive experience in gang, drug and firearms investigations. Sergeant Winters has spent much of his career doing gang investigations and interviewing gang members. In addition, he helped start the Mayor's Gang Prevention Task Force and has been providing gang prevention education to young people and members of the community for many years. Sergeant Winters is currently assisting with the Lancaster Violent Crime Reduction Initiative, which is a targeted approach to reducing gun violence in Southeast Lancaster. For the last nine years, he has worked closely with churches, community groups, parents, and teachers to try to reduce the number of young people who get involved in drugs, gangs and violent crime.

## Directions to Campus

For complete directions to Millersville University-Lancaster from your community, please visit <http://www.millersville.edu/lancaster/> for driving directions.

Parking information will be sent to registrants with their confirmation.

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## Photography/Videography

Throughout the conference, participants of all ages are photographed and videotaped at conference events. These images may be used in SHOUT (Student Health OUTreach) of Lancaster County publications that are distributed to the public for promotional and informational purposes. If you wish to **EXCLUDE** your (or your under 18-year-old child's) photograph or image from use, please complete this form and fax/mail it to us at the following address:  
**SHOUT c/o P. Espinosa, 630 Janet Avenue, Lancaster PA 17601**  
**Fax to: 717.394.6118 Attn: P. Espinosa**

\_\_\_\_\_ I do not want my photo to be used in SHOUT print materials.  
\_\_\_\_\_ I do not want my photo to be used on the SHOUT website.  
\_\_\_\_\_ I do not want my image to be used in a SHOUT video.

\_\_\_\_\_ I do not want my child's photo to be used in SHOUT print materials.  
\_\_\_\_\_ I do not want my child's photo to be used on the SHOUT website.  
\_\_\_\_\_ I do not want my child's image to be used in a SHOUT video.

Your Name: \_\_\_\_\_

Your Signature: \_\_\_\_\_

Youth Name (if applicable): \_\_\_\_\_

Parent Signature (for child under 18 years): \_\_\_\_\_

Date: \_\_\_\_\_

# Investing

IN LANCASTER COUNTY'S YOUTH



SHOUT

## SHOUT NEEDS YOU!

Student Health OUTreach of Lancaster County is looking for new members!

If you or any teens you know are interested in joining a dynamic group of teens and adults who care about the health and well-being of Lancaster County's youth, then we are the group for you!

Teens are an integral part of SHOUT and its mission. The teens involved with SHOUT help plan the XTREME HEALTH Youth Conference (from deciding what topics they want to hear at the conference to choosing the menu), as well as what topics they want to hear about at our general monthly meetings.

When teens SPEAK OUT, we listen. We provide mentorship and help develop leadership skills...all while educating teens about the things they face every day. Our focus may be teen pregnancy prevention, but we also educate on drug and alcohol, tobacco, depression, relationships and more.

If this is of interest to you, or any teens you know, please contact SHOUT at 717.544.3203 or email us at [info@teenpregnancyprevention.org](mailto:info@teenpregnancyprevention.org).

## WE HOPE YOU'LL JOIN!

**DRUGS.  
ALCOHOL.  
TOBACCO.  
SEX.**



Student Health OUTreach of Lancaster County (SHOUT) is invested teens and adults working together to reduce teen pregnancy in Lancaster County by providing information, advocacy and comprehensive education for youth on wellness and healthy relationships.

**XTREME HEALTH Youth Conference is sponsored by:**

**WHO EVER SAID TEENS  
HAD IT EASY?**



**And generous donations of resources from:**



Pennsylvania Coalition to  
Prevent Teen Pregnancy

**A special thanks to our SHOUT members & supporters:**

Amber Brown, Valdijah Brown, Taylor Camp, Compass Mark, Ashley Corbett, Patricia Espinosa, Lancaster County Drug & Alcohol Commission, Lisa Kline, Lancaster General Health, Pennsylvania Coalition to Prevent Teen Pregnancy, Anita Pilkerton-Plumb, Planned Parenthood of the Northeast and Mid-Penn, SACA/Nuestra Clínica, United Way of Lancaster County, Sandra Valdez, Nelsa Vasquez, Renee Watts, Chris Collins and the YWCA of Lancaster.

**NOT US.  
LEARN THE FACTS.**

**STUDENT HEALTH OUTREACH  
OF LANCASTER COUNTY**

<http://www.shoutlanaster.org>  
<http://www.teenpregnancyprevention.org>

Visit us on the web at:

[www.shoutlanaster.org](http://www.shoutlanaster.org) · [www.teenpregnancyprevention.org](http://www.teenpregnancyprevention.org)

