2011 Summer Institute in Adolescent Health
Rising Above Risk: Promoting Resilience in Changing Times
July 25th–July 27th
July 28th (graduate students only)
St. Paul, Minnesota

Change – the one word that perhaps best epitomizes adolescence. Changing bodies, changing schools, changing friends... but for young people today, unstable social conditions and economic turmoil magnify the typical transitions of adolescence. Tough economic realities have affected many families – creating the need to find new jobs and perhaps to move to new cities or towns, temporary housing, or even homeless shelters. And many of our young people face great risk and vulnerabilities far beyond the norm – those in child welfare and juvenile justice systems, recently immigrated and refugee youth, young people with chronic illness and disability, to name a few.

Changing times create demands and challenges for any person of any age but especially for adolescents. So, perhaps now more than ever young people need to tap their innate resilience – to have the capacity to bounce back, even from substantial vulnerabilities and risk. They need an array of internal strengths and external supports – core protective factors that help young people beat the odds and rise above risk.

What helps young people thrive in these times of change? During the 2011 Summer Institute in Adolescent Health, visit settings that are successfully supporting adolescents in times of change. Talk with young people and their program leaders along with health service providers who have walked the talk of resilience and youth development in creative and surprising ways. Learn strategies for assuring supportive environments, sustaining relationships, and creating seamless services. Gather resources and gain new skills in effectively communicating these ideas to others.

Who Should Attend?
All who work with young people – teachers, coaches, and administrators; nurses, physicians, nutritionists, psychologists, social workers, counselors, and youth workers; religious leaders and policy makers.
Day 2: Making It Happen: Resilience in Action
- Discover how others build young people’s resilience during this in-depth, interactive workshop.
- Collect valuable ideas and strategies to use in your own settings.
- Capture young people’s perspectives on strengths-based programs.
- Reflect on approaches and settings in which resilience can be implemented.
- Generate a checklist for examining and evaluating resilience programs.

Day 3: Thriving in Times of Change: Using Lessons Learned
- Get to the heart of it: Relationships at the center of resilience.
- Explore the role that quality plays in strengths-based programs.
- Uncover ways to engage young people as catalysts for positive change.
- Apply promising practices for promoting resilience in your setting.

Location
The Institute will be held at the Minnesota Department of Health, Raag Energy Park, 540 Energy Drive, St. Paul, Minnesota. [Map available at www.health.state.mn.us/about/sop.html] for directions.

Packing
Free public parking is available in lots adjacent to the building.

Accommodations
For registrants requiring hotel accommodations the Institute facilitates hotel housing only.

- Best Western InnSuites
  • K-476-9202
  • Rainbow Inn
  • K-610-2902

Continuing Education
This program provides up to 19 hours of professional continuing education (CEU) credit designed to the Minnesota Board of Nursing continuing education requirements.

Registration and Fees
The registration fee for the Institute is $200 and includes 2 weeks of program sessions, instructional materials, meals, and continuing education record plus continental breakfast, lunch, and refreshments each day.

Payment can be made only by credit card or check payable to the University of Minnesota.

Registration refunds are made only if written notice is received by July 26th, 2011. No refunds for tuition paid if course is not attended. A full refund of fees paid if the program is not attended. The University reserves the right to cancel the course if enrollment is insufficient.

You are encouraged to register early, since space is limited. The registration deadline is July 5th, 2011. To register after this date, please call 651-647-1637 for space availability.

Registration Deadlines
July 15th

Graduate Credit Options
The Institute may be taken for two semester graduate credits through the University of Minnesota or Hamline University. The Institute will be held at the Minnesota Department of Health, Raag Energy Park, 540 Energy Drive, St. Paul, Minnesota.

For registrants requiring hotel arrangements for University of Minnesota credit, call 651-647-1637 for space availability.

Questions?
Contact Baikou Baumgartner at baum0272@umn.edu or call 612-626-0606 for space availability.

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