Social and emotional health for all young people. Connections to supportive environments – in families, in schools, and in communities – promote the building of healthy pathways into adulthood. We are beginning to understand more about other vital requirements for mental well-being – safety, sleep, sunlight, and sustenance, intertwined with exercise and ample opportunities for self-expression. Unfortunately, we have neglected to assure these fundamentals for all young people. Many youth have been invisible, overlooked, and left on their own to wade through tough times – when stresses overwhelm, change comes at inopportune moments, and supportive environments are stretched thin. At these times, reclaiming health requires approaches extending beyond conventional services – services that we know are not fully meeting young people’s needs.

At the 2009 Summer Institute in Adolescent Health, learn strategies for enhancing supportive environments and fostering skills for social and emotional health. Gather ideas for adding to what’s already working, whether in a community clinic or youth program, at school or after-school, within a residential center or a juvenile justice setting. Practice skills for selecting optimal approaches for reaching young people, all of whom we hope are on healthy social and emotional pathways to adulthood.

**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.
Social and Emotional Health for All Young People: Expanding Approaches

July 27–July 30
Graduate students only
St. Paul, Minnesota

Institute Schedule & Highlights

The institute schedule runs from 8:30–4:30 each day.

Day 1: Promoting Healthy Pathways: Laying the Foundation
- Consider a new paradigm for preventing mental health problems, promoting and reclaiming adolescents’ mental health
- Examine the evidence on vital requirements for social and emotional health: safety, sleep, nutrition, regular physical activity, good nutrition, and self-expression
- Affirm and reaffirm the power of environmental supports in promoting social and emotional health among all adolescents

Day 2: When Triggers Happen: Preventing Mental Health Problems
- Learn best practices for helping young people establish skills for self-awareness, self-management, social awareness, and healthy interpersonal relationships

Day 3: Reclaiming Mental Health
- Learn effective ways to enhance adolescent mental health through in-person mental health settings (including primary care, juvenile justice, and child welfare settings)
- Identify evidence-based screening tools for early identification of young people with emotional and behavioral problems
- Discover best practices and innovative approaches for helping teens who have been through tough times reclaim and sustain their mental health

Registration Deadlines
- Registration Deadline: July 17

Questions? Call Jenna Baumgartner at 612-645-8606 or e-mail baum0272@umn.edu

Accommodations
- Free public parking is available in lots near campus.
Confusion semantics by the Center for Adolescent Nursing and the School of Nursing, University of Minnesota

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