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School of Nursing
 5-140 WDH 308 Harvard St. SE
 Minneapolis, MN 55455

2018 Summer Institute in Adolescent Health

#teenlife: Gen Z, Technology & Health

July 30th - August 1st
August 2nd (graduate students only)

St. Paul, Minnesota

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Snapchat, Instagram, Tumblr, Twitter, Grindr – any of these ring a bell? Technology has the power to affect the health and well-being of everyone, but especially adolescents. It can dramatically influence relationships, mental, emotional, and sexual health, sleep, learning capability, and technology dependence, among other things. Gen Z – those born in the mid-1990's through today – has never known life without technology. Parents and caring adults may be challenged communicating with and guiding adolescents when technology is constantly present and ever-changing. How do youth-serving professionals and parent educators navigate this complicated landscape?

During the 2018 Summer Institute, we will explore how professionals and parents can promote the healthy use of technology, creating a balance of both exposure and access. Explore strategies for safe internet use, help youth develop healthy technology habits and recognize when technology use may become problematic, and learn how schools are integrating new technologies into student life. Understand ways that technology can be beneficial and promote healthy behaviors, including positive relationships, and discover innovative strategies to harness the positive possibilities existing in social media. Expand your knowledge and build a toolkit to help you navigate the digital world and better connect with youth.

Who Should Attend?

All who work with parents and young people – teachers, counselors, school nurses, social workers, mentors, coaches, public health nurses and nurse practitioners, health educators, psychologists, school district technology directors and instructional coaches, physicians, youth ministers, religious leaders, law enforcement, policy makers, and youth advocates.



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Day 1. Understanding the Landscape: How Technology is Shaping a Generation

- Explore what we know about technology and its impacts on adolescent development
- Examine how technology affects adolescents' mental, emotional, and sexual health, sleep and relationships
- Connect with youth about how technology affects daily life

Day 2. Diving Deeper: How Technology Affects Adolescents

- Explore how new technologies are being incorporated into academic settings and how this impacts school, community, and home life
- Investigate strategies for safe internet use, help youth develop healthy technology habits and recognize when technology use may become problematic
- Consider how to help youth balance relationships, influences, and experiences both online and offline

Day 3. Creating Connections: Expanding Your Digital Toolkit

- Discover innovative strategies and best practices for technology use, online safety, and social media
- Develop a toolkit with skills and strategies to promote positive technology habits and support youth as they navigate their digital worlds

Institute Schedule:

The Institute runs from 8:00 am - 4:30 pm each day.

Guest Faculty

Megan Moreno, MD, MSEd, MPH



Passionate about developing innovative approaches to promote adolescent health, Dr. Megan Moreno strives to help adolescents balance relationships, influences, and experiences both online and offline in the highly technological society that we all live in. As an Associate Professor of Pediatrics at the University of Wisconsin-Madison, the Academic Division Chief for the Division of General Pediatrics and Adolescent Medicine, and the Vice Chair of Digital Health for the Department of Pediatrics, Dr. Moreno considers way in which technology may provide new venues for education, support, and care for adolescents. Further investigating the correlation of technology and adolescent health, Dr. Moreno leads the Social Media and Adolescent Health Research Team (SMAHRT) at UW-Madison, focusing on

three core research areas: 1) innovative approaches to adolescent health using social media, 2) internet safety education, and 3) measuring technology use and misuse.

An important aspect of Dr. Moreno's research is being able to translate research findings into tools and strategies that can be used in communities by parents, educators, and providers. She is author of "Sex, Drugs 'n Facebook: A Parents' Toolkit for Promoting Healthy Internet Use", a parenting handbook for internet safety based on research and collaborations with the American Academy of Pediatrics. Dr. Moreno is a member of the executive committee on the American Academy of Pediatrics Council on Communication and Media and the lead author on the Academy's 2016 policy statement, "Media Use in School-Aged Children and Adolescents."

Core Faculty

Amber Cameron, MS, Associate Director for Public Engagement Initiatives, Office for Public Engagement, U of MN

Jill Farris, MPH, Director, Adolescent Sexual Health Training and Education, Healthy Youth Development • Prevention Research Center, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

Sara Hollie, MPH, Healthy Youth Development Coordinator, Division of Community and Family Health, Maternal and Child Health Section, Minnesota Dept. of Health

Amy Marsicano, Sexual Health Education Coordinator, School Safety Technical Assistance Center, Minnesota Dept. of Education

Gabriel McNeal, MA, Adolescent and Youth Development Specialist, Division of Community and Family Health, Maternal and Child Health Section, Minnesota Dept. of Health

Jenny Oliphant, EdD, MPH, Research Associate and Community Outreach Coordinator, Healthy Youth Development • Prevention Research Center, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

Mellisa Saftner, PhD, CNM, RN, FACNM, Clinical Associate Professor, School of Nursing, U of MN

Renee Sieving, PhD, RN, FAAN, FSAHM, Professor; Director, Center for Adolescent Nursing, School of Nursing; Director, Healthy Youth Development • Prevention Research Center, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

E. Brooke Stelzer, Adolescent Sexual Health Consultant, School Safety Technical Assistance Center, Minnesota Dept. of Education

Location and Parking

The Institute will be held at the TIES Event Center, 1644 Larpentour Ave. W., St. Paul, MN 55108. For directions, please use a mapping service. Free parking is available in the lot adjacent to the building.

Accommodations

For registrants requiring hotel accommodations while attending the Institute, nearby hotels include:

- Radisson Hotel Roseville
651-636-4567
- Country Inn & Suites Roseville
651-628-3500
- Hampton Inn & Suites Minneapolis
612-259-8797

Continuing Education

This program provides up to 21 hours of professional continuing education (2.1 CEUs). It is designed to meet the Minnesota Board of Nursing continuing education requirements.

Registration and Fees

The early bird registration fee for the Institute is \$250. After July 1st the registration fee is \$300. Fees includes all program sessions, instructional materials, readings, and continuing education record, plus continental breakfast, lunch, and refreshment breaks each day.

Online registration can be found through the continuing education link at <http://z.umn.edu/ahsi> and payments can be made by credit card or check, payable to the University of Minnesota.

Registration fees are refunded only if written cancellation is received by July 13th, 2018. An administrative fee of \$50 is charged on all cancellations. A full refund of fees paid is made if the program is not held. The University of Minnesota reserves the right to cancel the program if necessary.

You are encouraged to register early, as enrollment is limited. The registration deadline is July 20, 2018. To register after this date, please call 612-626-0606 for space availability.

Early Bird Registration:
\$250 ON or BEFORE July 1st

Regular Registration:
\$300 AFTER July 1st

Conference services provided by the Center for Adolescent Nursing and the School of Nursing, University of Minnesota.

The Summer Institute in Adolescent Health is supported in part by grants to the Schools of Nursing and Medicine, from the Maternal & Child Health Bureau (Health Resources and Services Administration [HRSA]) and the Centers for Disease Control and Prevention (CDC), DHHS.

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Graduate Credit Options

The Institute may be taken for two graduate credits through the University of Minnesota or Hamline University.

Register for University of Minnesota Graduate Credit

Two semester graduate credits are available for the Institute, as course number Nurs 5604. Students admitted to a University of Minnesota degree program must follow University of Minnesota registration procedures and deadlines for Summer Session. Call 612-626-0606 for a permission number.

Students not admitted to a University of Minnesota degree program may also register for graduate credit. Contact the University of Minnesota's Onestop for help registering: onestop@umn.edu or 612-624-1111. Non-admitted students must make arrangements for University of Minnesota credit.

Graduate tuition for this course is approximately \$2,500 plus other University of Minnesota fees that may apply. The registration fee for individuals taking the institute for U of MN graduate credit is \$150 (materials and food service).

Register for Hamline University Graduate Credit

Two semester graduate credits are available through Hamline University. Tuition payment for Hamline credit is \$370 and will be accepted on the first day of the Institute. The registration fee for individuals taking the institute for Hamline graduate credit is \$250. Contact Jenna Baumgartner at baum0272@umn.edu after registering for the Institute to receive the Hamline graduate credit registration form.

Online registration or a printable pdf registration form can be found at <http://z.umn.edu/ahsi>. The registration form found on the bottom of this brochure can also be mailed in with the Institute fee.

Hamline tuition will be collected on the first day of the Institute. Tuition payments must be made by check.

Questions?

Contact Jenna Baumgartner, MS, Program Coordinator, at 612-626-0606 or e-mail at baum0272@umn.edu

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First Name _____ Last Name _____

Position/Title _____

Employer _____

Street Address _____

City _____ State _____ Postal Code _____

Daytime Telephone _____ Fax _____

E-mail Address _____

Disability or Dietary Accommodations _____

detach here

Early Bird Registration Deadline: ON or BEFORE July 1st Regular Registration: AFTER July 1st

Registration Fees

- \$250 Early Bird Institute fee (Hamline credit and CE registrants)
- \$300 Regular Institute fee (Hamline credit and CE registrants)
- \$150 U of MN Graduate Credit Institute fee
(U of MN graduate credit registrants only. See section on graduate credit option.)

Register online or by mail

Online:

Go to <http://z.umn.edu/ahsi>, then select the online registration link. Payment options: credit card or by mailing in a check with the registration form.

Mail:

Mail this form with your check to:
Jenna Baumgartner
School of Nursing, U of MN
5-140 Weaver-Densford Hall
308 Harvard St. SE
Minneapolis, MN 55455

Make checks payable to: University of Minnesota

Questions:

Call Jenna Baumgartner at 612-626-0606 or e-mail at baum0272@umn.edu