2018 Summer Institute in Adolescent Health
#teenlife: Gen Z, Technology & Health
July 30th - August 1st
August 2nd (graduate students only)
St. Paul, Minnesota

Multiple lists were used in this mailing. If you received more than one copy, please pass it on.

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Sponsors
Center for Adolescent Nursing
School of Nursing, University of Minnesota
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Division of General Pediatrics and Adolescent Health, Department of Pediatrics, Medical School, University of Minnesota
Maternal & Child Health Section
Minnesota Department of Health
Office for Public Engagement
University of Minnesota
School Safety Technical Assistance Center
Minnesota Department of Education

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.
Graduate Credit Options
The Institute may be taken for two Graduate Credit hours of University of Minnesota credit. Each student applying to and attending the Institute must have U of MN graduate credit registrants only. See section on graduate credit option.

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

Institutional Registration Fee
The Institute runs from 8:00 a.m. - 4:30 p.m. each day.

Location and Parking
The Institute will be held at the TIES Event Center, 1644 Larpenteur Ave. W., St. Paul, MN 55117. For directions, please use a mapping service. Further directions will be available in the list at the end of this form.

Accommodations
For registrants requiring home-based accommodations while attending the Institute, nearby hotels include:
• Radisson Hotel Roseville
• Country Inn & Suites Roseville
• Hampton Inn & Suites Minneapolis

Continuing Education
This program provides up to 21 hours of professional continuing education (0.2 CEUs). It is designed to meet the continuing education requirements.

Registration and Fees
The early bird registration fee for the Institute is $1,500. After the early bird registration fee is in effect, all includes all meals, lodging, conference breaks, travel, and refreshment breaks each day.
Online registration can be found through the Centers for Disease Control and Prevention website at http://www.cdc.gov. Payment for the program is due in full within 30 days of registration. The University reserves the right to cancel the program if cancellations result in a insufficient number of participants.

Excluding the $50 administrative fee, the University reserves the right to cancel the program if cancellations result in an insufficient number of participants. A full refund of all fees paid is made if the Institute is not held. No refunds of fees are made for cancellations received after the registration deadline.

Early Bird Registration:
12:00 PM - 5:00 PM Before July 1st
Regular Registration:
5:00 PM After July 1st

Core Faculty
Ambert Cannon, RN, MSN, Director: Office for Public Engagement, U of MN.
Jean Ferris, 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 Hull, MPH, Healthy Youth Development Coordinator, Division of Community and Family Health, Maternal and Child Health Section, Minnesota Dept. of Health.
Amy Mancinelli, Sexual-Health Education Coordinator, School of Social Work, Minnesota Dept. of Education.
Catherine McLennan, MA, Adolescent and Youth Development Specialist, Division of Community 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.
Renee Sving, PhD, RN, FAAN, School of Nursing, University of Minnesota.
E. Brooke Stitzer, Adolescent Sexual Health Consultant, School of Social Work, Minnesota Dept. of Education.

Graduate Credit Options
The Institute may be taken for two Graduate Credit hours of University of Minnesota credit.

Register for University of Minnesota Graduate Credit
Two graduate credit hours are available for the Institute, as course number HN 5604. Students admitted to a University of Minnesota degree program must follow University of Minnesota registration procedures and deadlines for Summer sessions. Call 612-624-1111 for a person to help you apply.

Students not admitted to a University of Minnesota degree program may also register for graduate credit. Contact the University of Minnesota’s Office of Special Projects at 612-626-0606 or one of the staff members listed to determine whether you must make arrangements for University of Minnesota credit.

Graduate tuition for this course is approximately $250 per University of Minnesota credit hour. That means students must pay approximately $370 and will be accepted on the first come, first served basis. The deadline is July 20, 2018. An administrative fee of $50 is charged on all cancellations. A full refund of fees paid is made if a written cancellation is received by July 13, 2018. A full refund is also made if the program is not held. The registration form can be found at http://z.umn.edu/ahsi. The Institute registration form can be found on the bottom of this brochure. If you mail the form it should be received at the University by the registration deadline.

Contact Jenna Baumgartner, MS, PhD, at 612-626-0606 or baum0272@umn.edu after registering for the Institute.

Online registration or a printable pdf registration form can be found at http://z.umn.edu/ahsi. The registration form can be found on the bottom of this brochure. If you mail the form it should be received at the University by the registration deadline.

Contact Dr. Moreno for more information.

Jennie Holk, MD, MPH, Vice Chair of Digital Health for the Department of Pediatrics, Medical School, U of MN.

Day 2: Diving Deeper: How Technology Affects Adolescents
• Explore how current technologies are being reimagined into educational settings and how they impact student learning.
• Investigate strategies for safe internet use, healthy digital habits, and support youth as they navigate their digital worlds.

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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.
• Consider technology’s effects: adolescents’ mental, emotional, and sexual health; sleep and relationships.
• Connect with youth about how technology affects daily life.