



EMPOWER
united in prevention

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AGENDA - AT - A - GLANCE

10:00AM - 10:25AM	Welcome
10:25AM - 10:55AM	Keynote
10:55AM - 11:05AM	Break
11:05AM - 12:00PM	Youth Development Workshops
12:00PM - 12:30PM	Lunch
12:30PM - 1:25PM	Virtual Youth Town Hall
1:25PM - 1:35PM	Break
1:35PM - 2:05PM	Youth Team Reflections
2:05PM - 2:15PM	Youth Team Recognition
2:15PM - 2:30PM	Closing



A Special Thank You

Antonio Edwards-Lenton, HCA, Conference Chair

Endalkachew Abebaw, HCA

Sarah Mariani, HCA

Isaac Derline, HCA

Nikki Meline, DOH

Gabriel Evenson, HCA

Samantha Schrader, HCA

Tynisia Hanson, HCA

Kersten Tano, HCA

Kasey Kates, HCA

Martha Williams, HCA

Erin Lamourent, HCA

Isaac Wulff, HCA

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Washington State
Health Care Authority



Focus on⁺ staying present



No matter what your day brings, remember—take time for yourself. Find ways to stay present. Empower yourself with habits to help cope and stay positive. And keep alcohol out of the picture—like 9 out of 10 WA teens.

Check out our 30-day guides to mindfulness and setting boundaries at FocusOnYouWA.org

Juan Bendana



Juan Bendana is a renowned speaker, author, and DJ who speaks on high school & University campuses as well as at conferences internationally. He speaks to 50,000+ students, educators, and parents across Canada & the United States every year.

He is the Founder of The 100 Day Playbook, a guided Journal that helps students build better habits & optimize their life. He has partnered with major organizations such as SonyPictures and helps brands connect with students in meaningful ways.

Through his message of Engagement & Action, Juan creates an environment that makes both students and staff feel inspired, influential, and engaged. Juan gets students excited about engaging with their schools & communities.

His message has a lasting impact that sticks with students long-term. He is a former snowboard instructor, sushi expert, and can recite every word of the Lion King.

KEYNOTE: RESILIENCE TO THRIVE

Juan Bendana, National Speaker, Author, DJ, 2021 Prevention Summit Emcee and Keynote, Top Youth Speakers

We can still thrive through uncertainty and come out the other side better than before. How? By building resilience. We all need a fresh start. We all need a reset button so that we can move forward and thrive. The definition of resilience is “the capacity to recover quickly from difficulties”. In this engaging presentation, Juan shares empowering stories of challenges that highlight the core strategies of building resilience. Juan shares a part of himself with the audience that has them rethink their life’s biggest challenges and helps them to build a real plan to thrive.

YOUTH TOWN HALL

Juan Bendana, National Speaker, Author, DJ, 2021 Prevention Summit Emcee and Keynote, Top Youth Speakers

The Virtual Youth Town Hall will feature a moderated discussion on creative solutions and ideas to help address local school and community issues around youth vaping, underage drinking, and mental health. This interactive and youth-driven session will provide an open opportunity for youth to share ideas in a safe and supporting space. Youth will be empowered to think about new ways to make meaningful change in their school and community.

Youth will learn:

- The impact of youth vaping, underage drinking, and mental health on our communities
- Resiliency and wellness to prevent substance use
- Youth engagement in local prevention efforts



SESSION A: HEALTHY GAMING CHOICES: PLAY SMART AND STAY IN CONTROL

Tana Russell, SUDP, NCTTP, WSCGC-II, Assistant Director, Evergreen Council on Problem Gambling

Video gaming can be a fun activity either alone, with friends, or with “randos”. During the pandemic, it has gained attention as a way for young people to hang out online with their friends when they couldn’t hang out in person. But for some, it’s all fun and games, until it isn’t anymore. Is there a way to spot the strategies used by the industry to get gamers to play longer, buy more, and recruit others? How do you find the warnings and age ratings, and what do they mean? From mobile to MMO, this session seeks to give young people the skills to spot marketing strategies designed to target impulses to click, play, buy, or bet. It will also provide some guidance to help identify how to set your own rules and make healthy gaming choices for yourself, and not be just another click-bait catch!

SESSION B: THE WALK AWAY CITY FAMILY FEUD

Michael Passian, Founder, Walk Away City Collaborative

Ready for a little friendly competition? This Family Feud style interactive game is an exciting way to see just how much you know when it comes to leadership and prevention practices. Students will have fun as they learn new leadership skills and challenge their peers. Survey said!



SESSION C: "A SMALL NUMBER OF TEENS HAS POTENTIAL TO CHANGE THINGS." YOUTH PARTICIPATORY ACTION RESEARCH FOR OPIOID MISUSE PREVENTION

Jennifer Fees, MEd, 4-H Nutrition & Healthy Living Education, Spokane County Extension, Washington State

Melanie Greer, MA, 4-H Program Coordinator, Clallam County Extension, Washington State

Youth Participatory Action Research (YPAR) is a community-based research process designed for youth ages 14-18 that aims to engage teens in learning about a health issue facing their community and empower them to take action. This is accomplished through partnership with other teens and trained adult mentors and the outcome is the development and implementation of a teen-led health promotion project. In this session, faculty and staff from Washington State University with experience in YPAR will provide an overview of participatory action research and will highlight youth-led community action projects focused on the opioid epidemic in Washington state.



AWWA - Accepting Who We Are

Wahkiakau High School, Cathlamet WA

Nikita Mendez | nmendez@wahksd.k12.wa.us | (360) 952-3590

AWWA is a prevention club that promotes healthy lifestyle choices and advocates for those in need.



Be You Club

Salk Middle School, Spokane WA

Abigail Shepherd | ashepherd@esd101.net

Megan Decker | megand@spokaneschools.org

The Be You Club invites all students from the Salk community to learn and grow through prevention and wellness games, activities, and discussions. We learn about individual and interpersonal V.I.T.A.L.S. – the preventative building blocks of wellness and belonging. The acronym reads V: personal values, I: individual interests, T: temperament or personality traits, A: activities that help us thrive, L: life goals, and S: personal strengths! We also develop leadership skills that promote health, hope, and help-seeking in our school and the larger community, including our partnership with the Shadle Prevention and Wellness Coalition. Our group meets throughout the school year on the 2nd & 4th Monday of each month, from 3:30pm to 5:00pm.



Breaking Barriers Club

Goldendale, WA

Angela Kruger | Angela.kruger@gsd404.org

We are a youth prevention group in our community, for more information, contact us!

Crescent Connect Prevention Club

Joyce, WA

Melissa Thetford | mthetford@csd313.org

We are a youth prevention group in our community, for more information, contact us!

Darrington Youth Coalition

Darrington, WA

Marree Perrault | marreencfs@gmail.com

We are a youth prevention group in our community, for more information, contact us!

EPIC

Longview, WA

Huyen Truong | huyen.truong@esd112.org

We are a youth prevention group in our community, for more information, contact us!

GPS- Grizzly Prevention Squad

Hoquiam High School, Hoquiam WA

Izzy Chavez | ichavez@hoquiam.net | (360)538-8443



To promote and provide Hoquiam students and community with the best prevention tools and education possible to deal with the issues of substance abuse issues and mental health concerns.

Granger Wellness Coalition

Yakima, WA

Rebeca Barrios | rebeca.barrios@esd105.org

We are a youth prevention group in our community, for more information, contact us!

My Town Coalition

Aberdeen, WA

Rebecca Rutz | rruiz@co.grays-harbor.wa.us

We are a youth prevention group in our community, for more information, contact us!

Peer to Peer

La Conner, WA

Christine Valdez | cvaldez@lc.k12.wa.us

We are a youth prevention group in our community, for more information, contact us!

Prevention Club

Aberdeen, WA

Steve Bushman | sbushman@esd113.org

We are a youth prevention group in our community, for more information, contact us!

SP Drug Free Youth Coalition

Spokane Valley, WA

Christy Peterson | christyp@spokaneschools.org

We are a youth prevention group in our community, for more information, contact us!

THEE Club

Olympia, WA

Georgia Aust | georgia@swwabigs.org

We are a youth prevention group in our community, for more information, contact us!

Unite! Washougal

Washougai, WA

Alex Cook | alex.cook@washougalsd.org

We are a youth prevention group in our community, for more information, contact us!

Wahluke Hope Squad

Mattawa, WA

Lino Sanchez | lsanchez@wahluke.net | (509)932-4565 ext. 3042

Wahluke Hope Squad was created this year with the focus on mental health, suicide prevention and substance use prevention.



White Swan Dream Makers

White Swan, WA

Soledad Zintzun | Szintzun@masd209.org | 509-874-8604

The Dream Makers are a group of young students in grades 4 through 12 dedicated to creating a positive and healthy environment for their peers. They work to prevent substance use, promote positive mental health, and eliminate bullying at Harrah Elementary School, Mt. Adams Middle School, and White Swan High School.





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For more information, contact us at conferenceteam@unr.edu or call 775-682-8545.