



healthy futures OF TEXAS

Advancing informed
sexual health decisions

12TH ANNUAL SYMPOSIUM

LEARN • CONNECT • INSPIRE

APRIL 23-26, 2023 • HOUSTON





Advancing health equity

At St. David's Foundation, we look across the lifespan—from birth to end-of-life experiences—at periods of vulnerability and opportunity to improve health outcomes in Bastrop, Caldwell, Hays, Travis and Williamson counties.

Learn more about our work at www.stdavidsfoundation.org



St. David's
FOUNDATION

DEAR FRIENDS,

Welcome to the Healthy Futures of Texas' 12th Annual Symposium. We are so happy you are able to join us at our signature training event. So much has happened since we were together last April... And, we have news to share about a major change in our work. You may have heard, but this past August, three leading Texas teen pregnancy prevention organizations joined forces to reach more young Texans.

The Texas Campaign to Prevent Teen Pregnancy (statewide), Ntarupt - North Texas Alliance to Reduce Unintended Pregnancy in Teens (Dallas) and Healthy Futures of Texas (San Antonio) merged to become the new Healthy Futures, a statewide organization with a mission to improve the well-being of young Texans through equitable access to sexual health education, contraception, and resources.

While our previous focus was on teen pregnancy prevention, the new Healthy Futures of Texas will continue to promote positive health outcomes for adolescents by expanding sexual health education and advocating for access to quality and affordable sexual and reproductive health services, including contraception.

Through the merger, the new Healthy Futures of Texas is increasing the footprint of its impact in Texas. And, you are a part of this roadmap. Parents, caregivers and families, school-age youth, higher education, faith communities, school districts, and community-based youth-serving organizations all have a critical role in achieving this goal.

We are glad you have joined us on this journey. Thank you for being here.



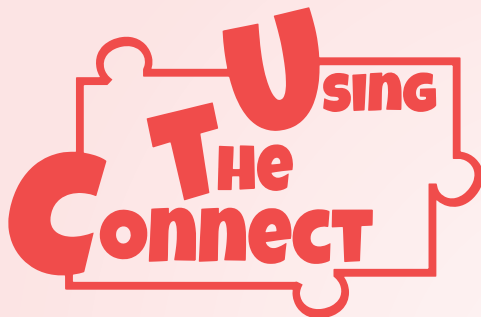
Chris Kroeger

CHRIS KROEGER
Board Chair



Evelyn Delgado

EVELYN DELGADO
Chief Executive Officer

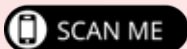


What is UTC?

A game-based learning program for 6th to 8th grade youth that is open to schools or community organizations serving middle school youth.

Interested in becoming an implementation site?

We have funding for implementation, site incentives, and youth token incentives.



Scan the QR Code so we can connect with you about potential opportunities to partner and implement UTC in your community.

Develop health-focused skills through an interactive game.

TOPICS INCLUDE:

Growth & Development
Accessing Information
Positive Communication
Problem Solving
Decision-Making

HEALTHY FUTURES OF TEXAS BOARD MEMBERS

Gary Ahr

Community Volunteer
Dallas, TX

Joan Altobelli, PhD

Retired Nonprofit CEO
Spicewood, TX

Cimajie Best, Secretary

Public Affairs Consultant
Dallas, TX

Elisa Brown-Pruett, MD

Associate Professor of Obstetrics &
Gynecology, Texas Tech Health Science Center
Odessa, TX

Rebecca Bruder

Community Volunteer
Dallas, TX

Clarissa Chavarria

Municipal Court Judge, City of San Antonio
San Antonio, TX

Kelly Coke, Ed.D

Director of the Texas A&M University-
Texarkana, Instructor of Leadership Studies
Cookville, TX

Ben Delgado, Treasurer

Retired State Government Executive
San Antonio, TX

Gwen Echols

Community Volunteer
Dallas, TX

Gilbert R. Gonzales

Director, Bexar County Department of
Behavioral and Mental Health
San Antonio, TX

Olga Hickman, PhD

Nonprofit CEO, Bachman Lake Together
Fort Worth, TX

Chris Kroeger, Board Chair

Community Volunteer
Keller, TX

Mitch Rosen

Regional Sales Manager, Evofem Biosciences, Inc.
Missouri City, TX

Adelina Silva, PhD

Vice Chancellor for Student Success, Alamo College District
San Antonio, TX

PLANNING COMMITTEE

Abigail Accipiter

Coastal Bend Wellness | Corpus Christi, TX

Kayla Baggett

Youth Advocate | Kileen, TX

Vene Baggett, MSW, LMSW

Texas A&M University - Central Texas | Waco, TX

Kim Baker, DrPH

UTHealth Houston School of Public Health | Houston, TX

Anthony Betori

Healthy Futures of Texas | San Antonio, TX

Rebecca Beyda, MD

UTHealth McGovern Medical School | Houston, TX

Tia Brooks, CHES

Healthy Futures of Texas | Dallas, TX

Melanie Chasteen

Healthy Futures of Texas | Austin, TX

Meredith Howe, MS, CHES, CAPM

Project Worth | Rio Grande Valley, TX

Jackie Hoshing, CHW

Access Esperanza Clinic | Rio Grande Valley, TX

Dyvia Huitron

Youth Advocate | Rio Grande Valley, TX

Paris Rangel, M.Ed

Healthy Futures of Texas | Rio Grande Valley, TX

Andrea Requenes, LCPAA

Texas Alliance of Child and Family Services | Houston, TX

Raul Rodarte-Suto

Teen Pregnancy Prevention Coalition/United
Way of Amarillo & Canyon | Canyon, TX

Isabel Soto

City of El Paso Department of Public Health/
Family Planning Clinic | El Paso, TX

Irene Stafford, MD

UT Health Science Center | Houston, TX

Nikki Watson, LCSW

Alief ISD | Houston, TX

Abril Zamora, CHW, MSSW

Haven Health | Amarillo, TX

Carmen Zuniga, BS, CHW

Project Vida Health Center | El Paso, TX

IN PERSON PARTICIPANTS

Registration Table

The registration table is located on Level Two in the Regency Ballroom Foyer. If you need information or assistance, registration staff are available to assist you.

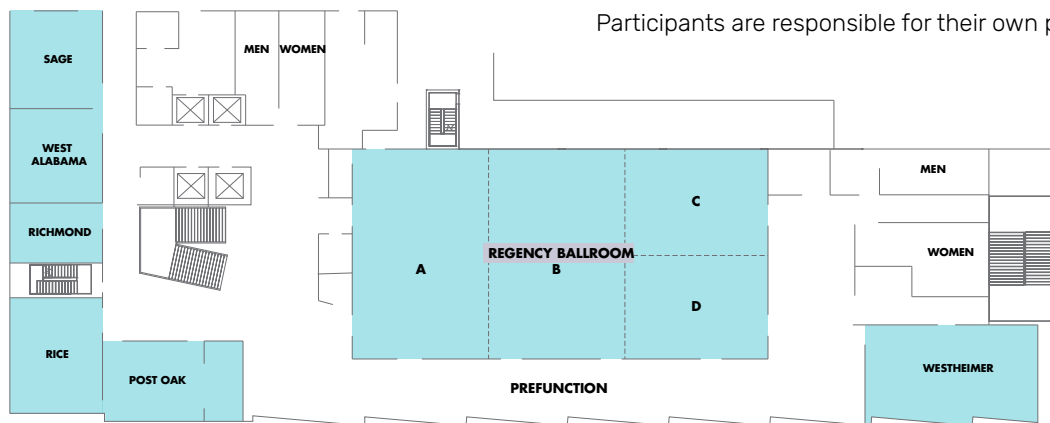
Badges

Participants must wear their identification badges at all times to gain admission to the sessions. If your badge is lost or misplaced, a replacement may be obtained at the registration table.

Mobile Phones and Other Communication Devices

To maintain the educational environment, we ask that you please turn off or silence your mobile phones and electronic communication devices before entering session rooms.

FLOOR PLAN
Second Level



Video, Photographs, and Quotations

Program organizers will be taking video and photos of the speakers and participants and may use excerpts from written materials or correspondence provided by speakers or participants for use in future promotional materials. If you do not wish to have your likeness, materials or correspondence used, you must advise Healthy Futures of Texas (info@healthyfutures-tx.org) by April 26, 2023.

Internet Access

Complimentary wifi is available to event attendees.

NETWORK: @Hyatt_Meeting

PASSCODE: healthyfutures2023

Parking

Valet parking is available for both overnight and day parking at \$20 a day. There is no self-parking associated with the hotel.

Participants are responsible for their own parking fees.

VIRTUAL PARTICIPANTS:

Sessions on Monday, April 24 and Tuesday, April 25 will be offered virtually, in real time via the Zoom platform. If you are a virtual participant, please use the links that were emailed to you to access the sessions. If you need assistance, please contact the event organizer using the contact information below. Sunday and Wednesday workshops, and contraceptive trainings are in-person only.

Organizer's Contact Information

For questions, contact Melanie Chasteen, mchasteen@healthyfutures-tx.org, 512-791-5110 (text is best).

A word about Covid

Your safety is important to us. If you are experiencing any COVID symptoms, please stay home, or in your hotel room.

According to recent CDC data, the community transmission level in Harris County (Houston) is low. We kindly ask that you please consider the following suggested protocols while at the Symposium. Masks and sanitizer are available at the registration table.

- » Please wear a mask if you are unvaccinated or immunocompromised.
- » Please wash hands and use hand sanitizer frequently.
- » Please refrain from touching the eyes and nose.
- » Please social distance when possible.

If you develop symptoms, please remain in your room and inform us by emailing info@healthyfutures-tx.org.

In the event that community transmission rises to a high level, we reserve the right to ask attendees to wear masks.

SUNDAY, APRIL 23

12:00 PM Registration Table Opens

1:00 PM - 5:00 PM Facilitating Sex Ed: The Basics and Beyond → RICE

MONDAY, APRIL 24

7:00 AM Registration Table Opens

7:00 AM - 8:00 AM Coffee with Exhibitors

8:15 AM - 8:30 AM Welcome

8:30 AM - 9:30 AM State of the State panel - Education and Access to Healthcare → REGENCY BALLROOM

9:30 AM - 10:00 AM Break with Exhibitors

REGENCY A ↓

REGENCY B ↓

REGENCY C ↓

REGENCY D ↓

10:00 AM - 11:00 AM	Legal Avenues for Healing and Justice: Civil Legal Resources for Young Survivors of Sexual Assault	Meaningful Youth Engagement Strategies and the Impact of Youth Voice	Sexual Health and Peer Education (SHAPE) - Recruiting and Training High School Students to be Sexual Health Peer Educators for Younger Teens	Consent & Confidentiality
11:00 AM - 12:00 PM	Separating Fact From Fiction: Child Sex Trafficking	Using Grant-Funding and Human-Centered Design to Increase Community Capacity for Collective Impact	Policies, Processes, and Procedures: The 3 Ps of Implementing Sexuality Education in a Large Texas School District	Incorporating Sexual Health into Overall Healthcare
12:30 PM - 1:45 PM	Lunch featuring Youth Poet Performance and Awards Ceremony → REGENCY BALLROOM			
1:00 PM - 2:00 PM	Exhibitors Open			
2:00 PM - 3:00 PM	I Would Uber to a Clinic Like This: Dallas Teens Co-design a Path to Contraceptive Access	Recent Findings from an Evaluation of the Opt-In Sexual Health and Abuse Prevention Education Policy in Texas	Wellness in the Workplace	How to Find More Male Voices in the Reproductive Health Setting
3:00 PM - 4:00 PM	Sexual & Reproductive Health Promotion: Exploring Misconceptions about LatinX Communities to Shift Harmful Cultural Narratives	On My Way: Breakthroughs in Puberty Research and Education	Talk About It Dallas: An Evaluation of a Media Campaign Targeting Unintended Teen Pregnancy in Dallas	Maternal Mental Health and Tools for Screening Post-Partum Depression with Adolescent Mothers
4:30 PM - 5:45 PM	Adult Sex Ed with Dani Faith Leonard → REGENCY BALLROOM			
5:45 PM - 7:00 PM	Networking Reception and Student Film Premiere → REGENCY BALLROOM			
6:00 PM - 8:00 PM	IUD Training with Bixby → RICE	Nexplanon Training with Organon → WEST ALABAMA		

TUESDAY, APRIL 25

7:00 AM Registration Table Opens

7:30 AM - 8:30 AM Coffee with Exhibitors

8:45 AM - 9:45 AM Opening Keynote: Norah Rami and Marissa LaRocca → REGENCY BALLROOM

9:45 AM - 10:15 AM Break with Exhibitors

10:15 AM - 11:15 AM	Prevention through Preparation: Laying the Foundation for Healthy Teen Relationships	Consent in the Grey Areas: Nuances and Complexities	Authentically Engage Young Parents and their Families	Capitol Updates: What's Happening with Women's Health and Sex Education Policy in Texas?
11:15 AM - 12:45 PM	Trauma-Informed Sex Education for Youth in Foster Care: A Systems Approach to Deepening Connections, Support, and Opportunities for Skill-Building	In Their Shoes: Teen Dating Violence Simulation	Centering Youth Voices with your Trauma Approach	The State of Girls and Building Self-Efficacious Youth

1:00 PM - 2:00 PM Networking Lunch featuring Youth Poet Performance and Poster Sessions → REGENCY BALLROOM

Contraceptive Counseling Lunch (RSVP Required) → RICE

1:15 PM - 1:45 PM Exhibitors Open

In-Depth Sessions 2:00 PM - 4:30 PM	Centering the Needs of Youth in Foster Care	Sex Ed Professional Learning Series (SEPLS) - Professional Disposition and Best Practices in Sex Ed	Affirming Care, Advocacy and Allyship for Trans Youth	Engaging the Community in Social Change: Sharing the Power
--	---	---	---	--

WEDNESDAY, APRIL 26

9:00 AM - 12:00 PM Workshop #1: Responding to Adolescent Relationship Abuse → WEST ALABAMA

Workshop #2: Understanding Youth Survivors of Trafficking and Exploitation → SAGE

9:00 AM - 3:00 PM Workshop #3: THRIVE Training (Healthy Futures Staff only) → RICE

SESSION ATTENDANCE VERIFICATION

For attendees seeking continuing education credit, please complete the Verification of Attendance (VOA) form located in your event program. All forms need to be placed in the VOA drop box located at the registration table before you leave OR emailed to mchasteen@healthyfutures-tx.org. Certificates will be emailed out by Friday, May 12, 2023.

Attendees can earn up to 19.25 hours of continuing education credits (except CMEs) for attending the full Symposium. Attendees can earn up to 12.25 hours of continuing education credits (except CMEs) for attending the virtual Symposium. Contact hours for the following disciplines are provided by Healthy Futures of Texas:

- » Social Work (SW)
- » Licensed Professional Counselor (LPC)
- » Continuing Professional Education (CPE)
- » Certified in Public Health (CPH)
- » Certified Health Education Specialist (CHES) -*Sponsored by Texas A&M University, a designated provider of continuing education contact hours (CECH) in health education by the National Commission of rHealth Education Credentialing, Inc.*
- » Community Health Worker (non-certified)
- » Certificate of Attendance

CONTINUING NURSING EDUCATION

This nursing continuing professional development activity was approved by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

CONTINUING MEDICAL EDUCATION

+ Denotes session is eligible for CMEs

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACME) through the joint providership of The University of Texas Rio Grande Valley School of Medicine (UTRGV SOM) and Healthy Futures of Texas. UTRGV SOM is accredited by the ACME to provide continuing medical education for physicians. UTRGV SOM designates this live activity for a maximum of 4 AMA PRA Category 1 Credits™

Physicians should only claim credit commensurate with the extent of their participation in the activity.

The following sessions are eligible for medical contact hours:

MONDAY, APRIL 24, 2023

- » Consent & Confidentiality
- » Incorporating Sexual Health into Overall Healthcare
- » How to Find more Male Voices in the Reproductive Health Setting
- » Maternal Mental Health and Tools for Screening Post-Partum Depression with Adolescent Mothers

SPONSORS




American College of Obstetricians and Gynecologists – District XI • Bloomberg American Health Initiative • Cardea
 • Every Body Texas • Healthy Teen Network • Texas Alliance for Child and Family Services • Upstream

Thank you to our wonderful exhibitors! Be sure to visit them in the Regency Ballroom Foyer on Level 2 of the hotel to learn more about their products and services and how they can support the work you are doing. Don't forget to get your Exhibitor Scavenger Hunt Card stamped for a chance to win a complimentary registration and hotel room to the 2024 Symposium!!

- » Aetna
- » Ambetter
- » Amerigroup
- » Austin Public Health
- » CooperSurgical
- » DFPS Prevention and Early Intervention
- » Healthy Futures of Texas
- » Jane's Due Process
- » Medicines360
- » National University
- » Organon
- » Superior Health
- » Talk About It Texas - Curriculum
- » Talk About It Texas - Programs
- » Texas A&M University Health Behavior
- » Texas Action Youth Network
- » Texas Advocacy Project
- » Texas Foster Youth Health Initiative
- » Texas is Ready
- » Texas Network of Youth Services
- » Texas Youth-Friendly Initiative
- » University of Houston Graduate College of Social Work
- » UTHealth Houston School of Public Health/ Own Every Piece
- » UT Teen Health
- » Young Invincibles


DOOR PRIZES DONATED BY


Marissa LaRocca • Susan Wolfe & Associates



Texas teens are unique. Their healthcare should be, too.

If your clinic would like to be considered for participation in a future cohort, please complete the interest form on our website.





Learn more about TFYI
 at HealthyTexasYouth.org

©2023 Healthy Futures of Texas. All Rights Reserved.



CHANGEMAKER AWARD

Gary Ahr, Community Volunteer

Healthy Futures of Texas is proud to present Gary Ahr with our 2023 Changemaker Award. Gary joined the Texas Campaign to Prevent Teen Pregnancy's board of directors after serving as a founding member on the board of the North Texas Alliance to Reduce Unintended Pregnancy in Teens (NTARUPT). When the two organizations merged with Healthy Futures of Texas in August 2022, he continued his service for the newly formed organization. He is an accomplished community advocate, volunteer, and nonprofit advisor with valuable financial expertise. Gary's philanthropic support in his community has played a role in reducing teen pregnancy across the state of Texas and advocating for statewide improvements in sexual health education.

The Changemaker Award recognizes an exceptional individual who has made remarkable contributions to the fields of teen pregnancy prevention and adolescent health through service, leadership, advocacy, or research.

RISING STAR AWARD

Alex Polk

Healthy Futures of Texas is proud to present Alex Polk with our 2023 Rising Star Award. Alex executes much of the research, development, and delivery of the Texas Network of Youth Service's (TNOYS) training curricula, especially on topics related to commercial sexual exploitation of children and youth, LGBTQ+ identities, youth homelessness, and youth voice. In addition to drawing on his own lived expertise, Alex prioritizes understanding and centering diverse identities and experiences in his work, and he constantly seeks to expand his own knowledge through research and discussion. He is a true example of leading with empathy and compassion. Alex is patient, kind, and understanding not just towards youth and young adults, but also towards his colleagues, youth-services providers, and other stakeholders. He meets people where they are and is willing to engage in thoughtful discussions in service of expanding both his and others' perspectives and knowledge.

The Rising Star award recognizes an exceptional individual under the age of 30 who is an emerging leader in the field of adolescent health in Texas through service, leadership, advocacy, or research.



COMMUNITY PARTNER

Teen Sexual Health Task Force

The 2023 Community Partner Award goes to the Teen Sexual Health Task Force led by Houston Ob/Gyn Dr. Irene Stafford. In March of 2021, alarmed by rising rates of sexually transmitted diseases among her patients, Dr. Stafford jumped into action and in remarkably short order, pulled together a diverse and effective group of stakeholders to get to work. Over time, this partnership developed into the Teen Sexual Health Task Force. With the right folks at the table – clinicians, researchers, state agencies, local governments, policy experts, youth and even social media influencers – the task force has made remarkable strides at increasing education and awareness of these issues in the Houston area and beyond. A successful learning series organized by the task force has reached hundreds of front line nurses who serve youth and young adults in Harris County, and an upcoming social media campaign with "Hype House" TikTok star Thomas Petrou is poised to reach youth themselves with information about sexual health. Dr. Stafford's indomitable spirit, dedication, and passion are evident in the momentum and success of the Teen Sexual Health Task Force.

The Community Partner Award celebrates organizations that are committed to outstanding work in the prevention of teen pregnancy and adolescent reproductive wellness.

OPENING PANEL, DAY 1:
STATE OF THE STATE - EDUCATION AND ACCESS TO HEALTHCARE

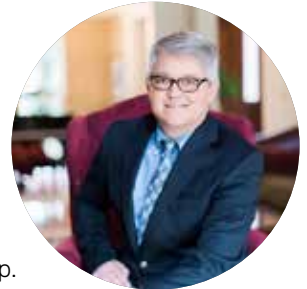


Kim Baker, DrPH has dedicated her career to addressing health disparities and advocating for health equity through programs, policy, and practice. She works full-time as an Assistant Professor and also serves as the Assistant Dean of Practice at the UT Health Science Center at Houston School of Public Health. Kim manages Own Every Piece, a multi-partner systems-level intervention to increase access to contraception for women in Harris County. She received her BS in Biology from Hampton University in Hampton, VA, her MPH from the University of Nevada Las Vegas, and her Doctorate in Public Health from the UT Health Science Center, School of Public Health.

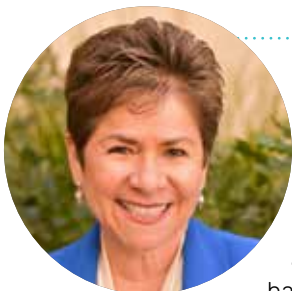
Norah Rami is a university student studying Political Science and Cognitive Science at UPenn, a youth advocate, and at 17, was one of 10 young people selected to have their editorial published as part of the New York Times Youth Editorial contest. Originally from Houston, she hopes to change the world around her through storytelling and activism.



Matt Robinson, MD a moderate Republican, served on the State Board of Education from 2019 to 2022, representing 13 counties in east Texas, and on the Friendswood ISD Board of Trustees from 2008-2018. His commitment to community service and public education runs deep. Matt completed medical school at the UT Health Science Center San Antonio and has practiced medicine as a urologist in Galveston for more than two decades. He was honored with the President's Award from the Texas Medical Association in 2021.



Irene Stafford, MD is a core member of the Teen Sexual Health Task Force and is a member of the Texas State Congenital Syphilis and HIV review board. Her passion for maternal and fetal health led to completion of a fellowship in Maternal-Fetal medicine at UT Southwestern. Irene is a warrior for public health and believes through passion and perseverance the voices of the underserved and vulnerable can be heard. She earned her Master's of Science in Microbiology at Clemson University. She attended Louisiana State University for medical school and her residency in Obstetrics and Gynecology.



Moderator - Evelyn Delgado is Chief Executive Officer at Healthy Futures of Texas leading efforts to improve the well-being of young Texans through equitable access to sexual health education, contraception, and resources. She also serves as Chair of the Texas Women's Healthcare Coalition, a Healthy Futures statewide initiative that advocates for access to preventive healthcare; is a member of the Executive Committee of the Texas Collaborative for Healthy Mothers and Babies; and is a member of the American College of Obstetricians and Gynecologists, District XI Council. She has extensive experience as a senior public health executive at the Texas Department of State Health Services, overseeing women's and children's health programs that annually served one million Texans, delivering \$950 million in public health services.

CLOSING KEYNOTE, DAY 1: ADULT SEX ED



Dani Faith Leonard is a comedian, writer, and producer whose heart lives in many cities and whose stuff currently lives in Brooklyn, NY. She is a fierce and generous collaborator and drinker of expensive coffee (but really comfortable at Dunkin'). Dani created and hosts the live comedy show ADULT SEX ED, which plugs the holes in your education. She is a frequent guest on podcasts and loves telling personal stories on stage about family, sex, and relationships. Her comedy has been featured by Refinery 29, Nylon, Esquire, Entertainment Weekly, and more.

She currently has several feature films in development as a writer and loves creating big, complex comedic worlds inhabited by very real characters. From 2010 - 2021, Dani co-founded and ran Big Vision Empty Wallet, an inclusion-focused film and media incubator. Through BVEW, she produced and supported dozens of feature films that premiered at top festivals and screened in theaters and on streaming platforms. She has spoken at Sundance, SXSW, many colleges, and is an advocate for arts education.

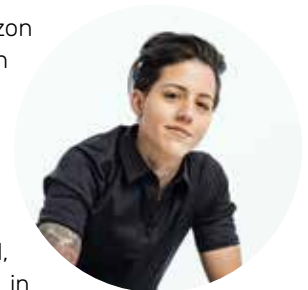
A Long Island native (don't judge!), Dani spends her free time hiking, trying any new workout trend, and watching every documentary about cults. While movies are in her blood, she started her career in musical theater, so be careful inviting her to karaoke. You can find her on social media channels @danifleonard.

OPENING KEYNOTES, DAY 2



Norah Rami is a university student studying Political Science and Cognitive Science at UPenn, a youth advocate, and at 17, was one of 10 young people selected to have their editorial published as part of the New York Times Youth Editorial contest. Originally from Houston, she hopes to change the world around her through storytelling and activism.

Marissa LaRocca is an award-winning writer, coach, and the author of two #1 Amazon bestsellers, *Starving in Search of Me: A Coming-of-Age Story of Overcoming an Eating Disorder and Finding Self-Acceptance* (Mango, 2018), and *Everyone Is a Freak: Anonymous Confessions About Sex, Sexuality, and Desire* (2019). Additionally, Marissa is the CEO and Founder of Pilot Press, an innovative publishing company that works with new authors and influencers to write, edit, design, and publish books aimed to open minds and empower our generation. She has been featured in *Go Magazine*, *Self Magazine*, *Glam*, *Elite Daily*, *The Nashville Voyager*, *Well+Good*, *Topic*, *Pretty Progressive*, *The Chrysalis Reader*, and the *Chill Times*. Marissa lives in Nashville, Tennessee with her fiancée and is working on her 3rd book.



SUNDAY APR 23, 2023

11:00 AM - 1:00 PM - Registration Packet Pickup

>> [Regency Foyer](#)

1:00 PM - 5:00 PM - Facilitating Sex Ed: The Basics and Beyond

Bethany Luis, MPH, CHES; Darius Buggs and Denise Lewis | [Healthy Futures of Texas](#)

>> [Rice](#)

Are you a new Health Educator? A teacher who is about to embark on teaching sex ed for the first time? Or just someone who wants to learn a bit more about teaching sex ed to young people? Then this training is for you! Come learn about Answering Challenging Questions, Values-Neutral Approaches, and How to be Inclusive and Trauma-Informed with young people. Our hope is to make it fun, engaging, and for you to walk away with useful tools to start using when you return to your communities.

Learning Objectives

- » Demonstrate the use of two strategies for answering challenging questions.
- » Explain the importance of maintaining a Values-Neutral Approach when implementing Sex Ed.

MONDAY, APR 24, 2023

7:00 AM - 2:00 PM - Registration Packet Pickup

>> [Regency Foyer](#)

7:00 AM - 8:00 AM - Breakfast / Exhibitor Hall

>> [Regency Foyer](#)

8:15 AM - 8:30 AM - Welcome / Opening Remarks

Evelyn Delgado, CEO | [Healthy Futures of Texas](#)

>> [Regency Ballroom](#)

8:30 AM - 9:30 AM - Opening Panel: State of the State - Education and Access to Healthcare for Adolescents

Kim Baker, DrPH | [UTHealth Houston School of Public Health](#)

Norah Rami | Youth Advocate, University Student,

NY Times Youth Editorial Contest Winner

Irene Stafford, MD | [UT Health Science Center](#)

Matt Robinson, MD | Former Member, State Board of Education

Evelyn Delgado | [Healthy Futures of Texas](#) (moderator)

>> [Regency Ballroom](#)

Young people in Texas often face barriers when it comes to accessing what they need to stay healthy and safe. In this session, panelists will discuss how certain obstacles impact young Texans and how we can all play a role in improving adolescent sexual and reproductive health outcomes. Join this panel of experts to hear about how recent changes and trends in sex ed and clinical settings may affect access to these critical services. Each will bring their unique lens to the brave, challenging question: "How can we make Texas a leader in sex ed and adolescent health?"

Learning Objectives

- » Identify known barriers to accessing sexual health education and healthcare in Texas.
- » Discuss new ways for expand outreach to vulnerable and underserved communities.



9:30 AM - 10:00 AM - Break with Exhibitors

>> [Regency Foyer](#)

10:00 AM - 11:00 AM - Breakout Sessions

Legal Avenues for Healing and Justice: Civil Legal Resources for Young Survivors of Sexual Assault

Dukes (they/she) | [Legal Aid for Survivors of Sexual Assault](#)
Katherine West, JD (she/her) | [Texas Legal Services Center](#)

>> [Regency A](#)

Studies show that youth who experience sexual violence have unique health outcomes as implicated by social determinants of health. There are also unique civil and criminal legal issues surrounding youth survivors. While youth survivors rarely hold much power in the criminal justice system, civil justice is a space for youth to regain power. The civil legal system can assist youth in accessing the safety, privacy, and public assistance needed to move through trauma to promote a healthier future. This session will provide attendees with an overview of civil legal resources available to youth survivors.

Learning Objectives

- » Understand the difference between civil justice and criminal justice.
- » Understand the unique civil legal issues youth might have as a survivor of sexual violence and/or to protect them from experiencing sexual violence.
- » Describe relevant resources for civil legal support in courtrooms and at school.

Meaningful Youth Engagement Strategies and the Impact of Youth Voice

Berta Longoria, Clarissa Acuna, Anissa Valverde, Mathew Briones, Angela Salgado, Lisa Cantu | [Community Action Corporation of South Texas \(CACOST\)](#)

>> [Regency B](#)

Join this session to hear from the South Texas Teen Leadership and Development staff at CACOST regarding their ongoing work with youth in rural communities. Presenters will share their experiences engaging youth by building safe and supportive relationships through learned strategies along with innovative strategies, successful ideas, resources and some examples of youth voice projects that have impacted their peers and community. Participants can expect to come away with various strategies to engage youth, some examples of youth voice projects, understand the impact of youth voice and also have some fun with interactive activities they can take back and use with youth.

Learning Objectives

- » Identify the value of empowering youth voice in projects that relate to their optimal health.
- » Recognize health barriers for youth in rural areas and how youth can advocate for themselves through their role in school and in their community.
- » Define at least two strategies for collaborating with and engaging youth to raise awareness of adolescent health topics in rural communities.

**Sexual Health and Peer Education (SHAPE) -
Recruiting and Training High School Students to be
Sexual Health Peer Educators for Younger Teens**

Kathy Harms, Lillian Bocquin and Katia Harms | Teen emPower!

>> *Regency C*

Peers have a strong influence on teens' attitudes, decisions and behaviors. Adolescent development research notes that young people spend more time alone and with their peers than with their parents or other adults. Finding meaningful ways for high school students and young adults to become active partners in prevention as trusted sources of information, resources and positive role models for younger teens and their own peers is an important sexual health strategy. In this session, presenters will share information about SHAPE (Sexual Health And Peer Education), an innovative peer education program created by Teen emPower! in the Oklahoma City metro area that recruits and trains a racially and ethnically diverse group of 30+ high school students as their peer education team.

Learning Objectives

- » Identify two strategies for recruiting a diverse group of high school youth to be part of a year-long peer education team and become advocates for sexual health education programs.
- » List three content areas that are important to include in an initial training retreat to help high school youth become more informed, comfortable and confident in the role of a peer educator.
- » Describe three team-building activities that have been used successfully in training a diverse group of high school students as sexual health peer educators and creating a cohesive peer education team.

Consent & Confidentiality

Rebecca Beyda, MD | UTHealth McGovern Medical School

>> *Regency D*

Texas and federal laws around the ability of a legal minor to consent to healthcare are complex, and vary based on funding stream, services sought, and other factors. This presentation will provide an overview of state and federal statute around a minor's consent to health care, with a focus on reproductive and mental health care. The presentation will describe both the law and clinical practices around reporting requirements, which may have the result of breaching confidentiality even in situations where the minor is legally able to consent to healthcare. And finally, we will outline best practices around referral to care, based on both income eligibility and consent requirements.

Learning Objectives

- » Recall state and federal laws around legal consent to healthcare for minors in Texas.
- » Describe reporting requirements which may require confidentiality to be breached.
- » Refer clients appropriately to programs that provide reproductive and mental health care for low income Texas residents, understanding consent requirements in each program.
- » Identify protections within the electronic medical record and how to avoid breaches in confidentiality.

11:00 AM - 12:00 PM - Breakout Sessions

Separating Fact From Fiction: Child Sex Trafficking

Dhvani Shanghvi | Dell Children's Medical Center

Amy Odin | UT Austin, Dell Medical School

>> *Regency A*

Though public awareness regarding the sexual exploitation of children has grown in recent years; many misconceptions remain prevalent. Using real-life case examples and audience participation, this session will provide a brief overview of the problem of child sex trafficking, review how predators exploit normal child and adolescent sexual development, discuss the growing role of technology in recruitment, and provide practical advice for identifying at-risk youth, caring for survivors, and preventing victimization.

Learning Objectives

- » Define child sexual exploitation, who is at risk for exploitation, and the impact of disparities.
- » Recognize how traffickers exploit normal child and adolescent sexual development to groom and recruit their victims.
- » Identify opportunities for all child-serving professionals to recognize and intervene on behalf of at-risk youth.

**Using Grant-Funding and Human-Centered Design to
Increase Community Capacity for Collective Impact**

Tyler Burns, PhD; Carlie Deatherage, MPH, CHES

and Brittany Keck | Honestly

>> *Regency B*

In this session, the presenters will walk the audience through the capacity building process developed by Honestly (formerly Thrive OKC) and share lessons learned while helping organizations develop a sexual health project for their community. This includes a review of the Human-Centered Design (HCD) approach to program development, building capacity around sexual health knowledge for groups that do not regularly work in the field, identifying barriers to service and potential solutions, providing training on program development and management, sharing best practices for promoting adolescent and child health services, raising awareness of continuing disparities in reproductive health care access and outcomes, and developing skills to help evaluate the effectiveness of their programs. This session will include audience interaction by reviewing role plays to practice creating HCD approaches to supporting community organization development, exploring ways that they can support groups in their community, and helping create a more diverse and supportive sexual health network for youth in your area.

Learning Objectives

- » Describe the Human-Centered Design process.
- » Describe how to implement the Human-Centered Design approach to connecting and supporting local organizations.
- » Identify barriers and resources within a community.

11:00 AM - 12:00 PM - Breakout Sessions
(Cont.)

Policies, Processes, and Procedures: The 3 Ps of Implementing Sexuality Education in a Large Texas School District

Stephanie Hebert, M.Ed | Austin ISD

>> *Regency C*

Beginning Fall 2022, school districts were required to begin implementing the updated Health TEKS (Texas Essential Knowledge and Skills), including the added reproductive and sexual health content standards starting in 4th grade. To do this, districts must jump through multiple hoops of all shapes and sizes! Join Austin ISD's Health Education Curriculum Specialist to learn how AISD jumped through the policy, process, and procedure hoops in order to address the needs of all of their students to provide a K-12 Human Sexuality curriculum that goes above and beyond the minimum content standards of the TEKS.

Learning Objectives

- » Describe the overall guidelines, or policies, required by the state of Texas to implement sexuality education.
- » Determine the high-level flow of activities, or processes, that will work for their district to meet both the state requirements and the student needs.
- » Map out a more detailed set of steps, or procedures, needed to implement effective human sexuality education in their district.

It's Not "Just Sex": Incorporating Adolescent Sexual Health Into Healthcare

Asha Davidson, MD, MPH | UTHealth McGovern Medical School

>> *Regency D*

Sexual health is about overall well-being and not just limited to sexual activity. From the intersections of sexuality, mental health, sexual expression, and sexual values, there are many nuances in sexual health that go beyond talking about safe practices or treating infections. In this session, we'll discuss the importance of incorporating sexual health into the overall practice of health care for young people. The session will highlight the importance of addressing respect, safety, pleasure, function, and reproductive goals with the intent of improving overall health. The discussion will include ways to address the sexual health of the adolescent in a holistic, positive, and inclusive way.

Learning Objectives:

- » Review the WHO's six conceptual elements of sexual health.
- » Examine the overlap between sexual health issues and other aspects of medicine and health.
- » Identify ways in which to incorporate affirming, inclusive, and comprehensive sexual health care.
- » Identify opportunities to provide medically accurate sexual health information and promote healthy sexual behaviors.

12:30 PM - 1:45 PM - Lunch, Youth Poet Performance, and Awards Ceremony

>> *Regency Ballroom*

1:00 PM - 2:00 PM - Exhibitor Hall

>> *Regency Foyer*

2:00 PM - 3:00 PM - Breakout Sessions

I Would Uber to a Clinic Like This: Dallas Teens Co-design a Path to Contraceptive Access

Kate McCollum and Liz Tyler | Child Poverty Action Lab

>> *Regency A*

We believe in a world where all teenagers in Dallas are able to choose and plan for pregnancy and children in their lives among other aspirations they hold. We believe that access to birth control, when and where teens want it, can help make that vision a reality. Trust Her, an initiative of the Child Poverty Action Lab, embarked on a 15-week human-centered design sprint centered around the research question: how might we reduce friction for teens to access the birth control of their choice, when they want it? In our session, we will present the learnings gathered from our design sprint that features thoughts and opinions from the teens themselves who we interviewed, and discuss the prototypes we launched.

Learning Objectives

- » Identify logistical and cultural/social access barriers to contraception for teens.
- » Recognize and define potential opportunity areas to reduce barriers to access.

Recent Findings from an Evaluation of the Opt-In Sexual Health and Abuse Prevention Education Policy in Texas

Marie Brault, PhD and Melissa Peskin, PhD | UTHealth Houston

Jen Biundo, MPaff, CPH | Healthy Futures of Texas

>> *Regency B*

As of the 2021-2022 school year, Texas legislation mandates an "opt-in" policy for sexual health education. This means that for children to participate in sexual health and abuse prevention education, parents must provide active, written consent. Texas is one of five states in the nation with an opt-in policy for sexual health education and the only state with an opt-in policy for abuse prevention education. The purpose of this session is to describe findings from a recent evaluation of this policy among Texas school representatives.

Learning Objectives

- » Describe the opt-in policy related to sexual health and abuse prevention education in Texas school districts.
- » Describe the attitudes and experiences of a sample of school stakeholders in Texas in relation to the implementation and future implementation of the opt-in policy in Texas.
- » Assess conference participants' own attitudes and experiences related to the opt-in policy in Texas.

Wellness in the Workplace

Briana Patlan and Jacklynn Ware, MPH | UT Teen Health

>> *Regency C*

Is staff burnout stressing your organization? Is your organization focused on wellness? In this session, participants will hear more about how self-care is an essential part of health and wellness, especially in the workplace. Wellness is a holistic integration of multiple fundamental domains of self-care practices such as physical, psychological, financial, professional, environmental, emotional, spiritual, and social

well-being. Self-care practices enable workplace staff to care for themselves, so they are better able to care for others and decrease burnout. Participants will learn about the domains that make up a wellness program and how UT Teen Health incorporates self-care in the workplace, University, and clinics.

Learning Objectives:

- » List and describe the eight foundational domains of self-care in a wellness program.
- » List at least three strategies to build a wellness program in their organization.

How to Find More Male Voices in the Reproductive Health Setting

Shivanandan G Reddy, MD | UTHealth Science Center, Houston

>> *Regency D*

As the saying goes, "it takes two to tango." Now more than ever, it is imperative that young men understand their personal role and responsibility in procreation. Youth-serving professionals are in a unique position to provide vital education to this demographic through the highly sensitive and defining years; however, little to no education is provided in how to approach this discussion throughout the many years of training. The goal for this session will be to lay key foundational principles in discussing young men's role in reproductive health.

Learning Objectives

- » Assess and undo the gender bias of reproductive health.
- » Demonstrate how to gauge a young man's understanding of general sexual health and reproductive knowledge.
- » Summarize the various methods of birth control and how to convey this information effectively to males in a primary care setting.
- » Review safe sexual practices utilizing motivational interviewing to improve condom use.

3:00 PM - 4:00 PM - Breakout Sessions

Sexual & Reproductive Health Promotion: Exploring Misconceptions about LatinX Communities to Shift Harmful Cultural Narratives

Ana Belén Zelaya and Juanita Velazquez | Healthy Futures of Texas

>> *Regency A*

The LatinX community is growing in Texas and will soon become the majority. For this reason youth-serving professionals and agencies must explore how to best partner with the LatinX Community and how to create interventions to work toward the goal of a healthier Texas. First, however, there is a need to shift the narrative surrounding what it means to be LatinX and how it impacts sexual health outcomes. Is culture to blame, or are there systems of oppression and biases that we still need to explore as professionals?

Learning Objectives

- » Understand the different LatinX Communities and the diversity of the LatinX diaspora in Texas.
- » Understand the biases and assumptions of the LatinX Community and how it impacts sexual health promotion.
- » Explore the historical context of reproductive violence in the U.S. toward the LatinX Community.
- » Consider strategies when developing interventions, resources, etc., for LatinX youth and the communities in which they live using an intersectionality framework.

On My Way: Breakthroughs in Puberty Research and Education

Anthony Betori and Liz Schormann, MPH | Healthy Futures of Texas

>> *Regency B*

Puberty education is the often ignored little sibling of sex education. Education for 4th to 6th graders on what's happening to them socially, physically, and emotionally could make their lives easier in middle school and prepare them for sex ed later in life, but the opportunity is often missed. In 2020, Healthy Futures of Texas decided to change this, to dive deep into adolescent health and development research, and to chart a new path forward with our On My Way curriculum. Participants will learn about the new curriculum and experience some selected examples of the activities. They'll also have a chance to explore their own puberty journeys and identify ways they could include stronger puberty education in their programs, personal lives, and clinical practices.

Learning Objectives

- » Explain the importance of puberty education to prepare for later sex ed and better lifetime health outcomes.
- » Identify strategies to support adolescents to have healthy puberty experiences.
- » Identify resources available to youth-serving professionals related to puberty and adolescent health.

Talk About It Dallas: An Evaluation of a Media Campaign Targeting Unintended Teen Pregnancy in Dallas

Kyrah Brown, PhD and Terry Greenberg, JD | Healthy Futures of Texas

>> *Regency C*

In 2019, the North Texas Alliance to Reduce Unintended Pregnancy in Teens (NTARUPT) launched a multimedia awareness campaign called Talk About It Dallas (TAID). This presentation will describe a multi-year evaluation effort which consisted of a process evaluation to understand what TAID accomplished, assess public research and engagement, and identify lessons learned and summative evaluation to understand the saliency and impact of TAID. The presentation will present comparisons on teen sexual health knowledge and behaviors (including communication behaviors) among teens and parents who remembered the campaign ads and teens and parents who did not remember the campaign ads. Public awareness campaigns are one of the most difficult types of initiatives to evaluate. Through this initiative and the efforts to evaluate it, however, we believe there are valuable lessons which can guide current and future work.

Learning Objectives

- » Describe the Talk About It Dallas public awareness campaign.
- » Recall key findings related to the potential effectiveness of Talk About It Dallas on teen and parents' knowledge and behaviors.
- » Identify key strengths, limitations, and implications for future practice and research in adolescent sexual and reproductive health.

Maternal Mental Health and Tools for Screening Postpartum Depression with Adolescent Mothers

Kay Matthews, LCHW | Shades of Blue Project

>> *Regency D*

This presentation will focus on how to identify and address signs of postpartum depression. Through a conversational style discussion which will both educate and inform by utilizing community driven solutions and how we all play a role in better maternal mental health outcomes. The presentation will also include the role compassionate care plays in the delivery of care system.

Learning Objectives

- » Discuss the different aspects of both the birthing process and postpartum period for birthing individuals.
- » Discuss both the racial and ethnic disparities and the disproportionate rate in which birthing persons are affected and how we can collectively work to address the impact across all communities.

4:00 PM - 4:30 PM - Break with Exhibitors

4:30 PM - 5:45 PM - Closing Session:

Adult Sex Ed with Dani Faith Leonard

>> *Regency Ballroom*

Laughter is the best medicine and you will surely laugh when you join us for this comedy show that will plug the holes in your own sex education. Think you know everything there is to know about sex and reproductive health? Think again! Dani will lead the audience in hilarious history lessons, weird deep dives, and offer perspectives into current events. She'll end the show by bringing up two special guests to discuss their own experiences navigating this topic.

Learning Objectives

- » Explain the history of sex ed in America.
- » Identify sexual health myths.

5:45 PM - 7:00 PM - Networking Reception and Student Film Premier

>> *Regency Ballroom*

Chris Kroeger | Healthy Futures of Texas Board Chair (Emcee)

Join us for some food and beverage as you wind down from a long-day of learning! Mix and mingle with colleagues and then take a seat to watch the winners from our 8th Annual Film Contest. This year, we asked students to show, through film, what access to birth control means to them, and how limiting that access impacts their future.

6:00 PM - 8:00 PM - IUD Training with Bixby Global Center for Reproductive Health *(Clinicians only; pre-registration required)*

>> *Rice*

6:00 PM - 8:00 PM - Nexplanon Training with Organon

(Clinicians only; pre-registration required)

>> *West Alabama*

TUESDAY, APR 25, 2023

7:00 AM - 11:00 AM - Registration Packet Pickup

>> *Regency Foyer*

7:30 AM - 8:30 AM - Breakfast / Exhibitor Hall

>> *Regency Foyer*

8:45 AM - 9:45 AM - Opening Keynotes

>> *Regency Ballroom*

Teaching Taboos: Talking About Sex in Schools

Norah Rami | Youth Advocate, University Student, NY Times Youth Editorial Contest Winner

>> *Regency Ballroom*

Norah Rami discusses her experience with the representation of sex in school curriculums, and how stigmatization and incomprehension of sex ed is a crisis not just for education, but for our future. After all, equipping students with the tools to make informed decisions about their bodies is the best way to empower them to claim agency.

Learning Objectives

- » Understand the inefficiencies of sex education.
- » Understand the impact that it has on kids' physical and mental health.

Reducing Stigma and Shame

Marissa LaRocca | Author, Editor, & Coach

>> *Regency Ballroom*

This session will cover the importance of fostering self-exploration, self-connection, and self-awareness in teenagers as a method for increasing self-esteem and reducing unintended teen pregnancy. The presenter will also explain how shame can lead to inhibited decision-making and offer suggestions for how to nurture every young person's quest to belong.

Learning Objectives

- » Recognize stigma and shame as it relates to sex and sexuality.
- » List five reasons why teens and young adults have an amplified need to feel seen and accepted.
- » Define methods for creating safety in relationships with young people without judgment and shame.

9:45 AM - 10:15 AM - Break with Exhibitors

10:15 AM - 11:15 AM - Breakout Sessions***Prevention through Preparation: Laying the Foundation for Healthy Teen Relationships***

Kaitlyn Eberhardt | Texas Advocacy Project

>> *Regency A*

Prevention encompasses everything from education and legislation to legal protections when it comes to teen dating violence and sexual assault. This presentation covers tips and tricks on facilitating conversations with teens about establishing and maintaining healthy romantic relationships and friendships. Seemingly inconspicuous dating behaviors and being “used to abuse,” will also be discussed, as well as legal and social remedies available to teen survivors of power-based abuse.

Learning Objectives

- » Identify the media’s portrayal of healthy, unhealthy, and abusive relationships and ways these can be used to start conversations.
- » List ways to talk to teens about consent in all areas of life.
- » Describe ways Texas Advocacy Project can be a helpful resource to victims of teen dating violence.

Consent in the Gray Areas: Nuances and Complexities

Sarah McQueen, MSW (she/her) | Cardea

>> *Regency B*

Consent education has historically utilized a risk avoidance framework, putting the onus on students to decline sexual activity. Although frameworks have evolved to include skills to identify safe and unsafe situations or obtain affirmative consent, this approach can fail to address the complexities of navigating sex and relationships. This is especially true for youth who are LGBTQIA+, sexual violence survivors, or part of other marginalized groups. Geared toward teachers and staff in middle/high school, and sexual health educators, this interactive workshop highlights case studies and tools to provide participants with skills to address consent in the gray areas through an inclusive and trauma-informed lens.

Learning Objectives

- » Identify consent education strategies that are inclusive of students with a history of sexual trauma, gender and sexual diversity, and/or from marginalized communities.
- » Describe strategies to create a classroom climate that fosters safety and cultivates engagement in consent conversations.
- » Implement two tools that address the nuances and complexities of consent.

Authentically Engage Young Parents and Their Families

Ruth López, PhD and Rhoda Freelon, PhD | University of Houston

>> *Regency C*

This presentation will draw from research focused on nondominant family and youth engagement. By nondominant we refer to, but not limited to, People of Color, immigrants, first-generation college students, LGBTQ+, low-income, and other marginalized groups. In this session, we will share our approach to teaching those who work with young people and their families in a way that honors their cultural assets. Our perspective will shine a light on nondominant family engagement, a critical consideration as schools and programs navigate the impact of intersecting

societal crises such as the disproportionate impact of COVID-19 on communities of color, racial injustice, and recent legislation limiting reproductive rights. These events and other inequities impact the local issues and everyday practices of youth-serving professionals in communities, schools, and districts. As a result, youth-serving professionals should consider these issues to be able to fully engage families and communities in asset-based ways.

Learning Objectives

- » Describe stereotypes and deficit-based views of youth and families through asset-based approaches.
- » Describe tensions and challenges in youth, family, and community engagement.
- » Identify opportunities for authentic collaborations between youth-serving professionals, youth, families, and communities.

***Capitol Updates: What’s Happening with Women’s Health and Sex Education Policy in Texas?***

Jen Biundo, MPaff, CPH | Healthy Futures of Texas

>> *Regency D*

After a difficult legislative session in 2021 dominated by partisan battles, snowstorms and the COVID-19 pandemic, sexual and reproductive health advocates are hopeful that the 88th Legislative Session will provide opportunity for positive policy change and budget funding. This session will provide an up-to-the-minute update on policy work supported by Healthy Futures of Texas and the Texas Women’s Healthcare Coalition, including work on funding for women’s health programs, expansion of contraceptive access, sex education, maternal health, and more. Participants will learn how they can join the advocacy fight to support reproductive health.

Learning Objectives

- » Recall policy priorities supported by Healthy Futures and the Texas Women’s Healthcare Coalition in the 88th Legislative Session.
- » Describe ways that youth-serving professionals can make a difference through legislative advocacy.

11:15 AM - 12:45 PM - Breakout Sessions***Trauma-Informed Sex Education for Youth in Foster Care: A Systems Approach to Deepening Connections, Support, and Opportunities for Skill-Building***

Sharon Hoefer, MSSW; Monica Faulkner, PhD; Carlie Saphira Patrick |

Texas Institute for Child and Family Wellbeing | UT Austin

Andrea Requesnes | Texas Alliance of Child and Family Services

Ana Belén Zelaya | Healthy Futures of Texas

>> *Regency A*

The Texas Foster Youth Health Initiative (TFYHI) works to develop trauma-informed, sex-positive interventions to support the sexual health of youth in foster care. Although TFYHI’s interventions have been created with the needs of youth in care and the child welfare system in mind, lessons learned from our collaborative intervention design process, network building, and systems thinking approach have wide relevance for creating interventions to support the sexual health of all youth, particularly those in vulnerable situations such as juvenile justice or experiencing poverty. This session will bring TFYHI’s systems approach to life through a panel discussion featuring viewpoints from across TFYHI’s multidisciplinary network.

11:15 AM - 12:45 PM - Breakout Sessions
(Cont.)

Learning Objectives

- » Describe the importance of a trauma-informed approach to sex education for youth in foster care and its implications for content and facilitation of interventions.
- » Apply a systems approach to the development of interventions to support the well-being of youth in foster care or other out-of-home settings.
- » Identify three ways to incorporate stakeholder voice, including those of youth and young adults, into intervention development.

In Their Shoes: Teen Dating Violence Simulation

Kaitlyn Eberhardt | Texas Advocacy Project

>> *Regency B*

Join this session for a scenario-based training designed to help participants talk about what dating is like for today's teens—from their perspective. Participants will become teen characters, make choices about their relationships, and see what happens. "In Their Shoes" provides a snapshot of unhealthy teen relationships and generates a thoughtful discussion about what happens in unhealthy relationships and what opportunities exist to support those experiencing them.

Learning Objectives

- » Identify red flags in teen relationships that may point to escalation of abuse in the future.
- » Recognize moments where teen dating violence survivors intersect with systems that can intervene and prevent future violence.
- » Recognize ways in which Texas Advocacy Project can assist teen dating violence survivors.

Centering Youth Voices with your Trauma Approach

Alex Polk and Sedoo Ijir, MPH | Texas Network Of Youth Services

>> *Regency C*

In this session, participants will learn a cross-systems approach to understanding and responding to complex trauma, including the impacts of trauma and how it can manifest in behaviors and short and long-term health outcomes. Participants will also explore the intersections of trauma, social identities (ex: race, gender, abilities), and systems of oppression (ex: racism, sexism, homophobia) in young people's lived experiences, and how providers can identify and work to address these intersections to reduce vulnerabilities. Participants will leave the workshop with strategies, resources, and perspective from youth experts to effectively identify and respond to trauma behaviors, create healthy youth-adult relationships, avoid retraumatization, and help youth develop healthy coping skills.

Learning Objectives

- » List the 6 types of trauma that young people may experience, and describe potential impacts of trauma on a young person's behaviors, perceptions, and mental and physical health.
- » Define the different levels or degrees of youth engagement, including how to identify the right fit for your organization.
- » Recall the research-based evidence supporting the impact of youth engagement on positive youth outcomes.
- » Identify at least three distinct strategies for engaging youth and young adults in shared decision-making and leadership opportunities.

The State of Girls and Building Self-Efficacious Youth

Chloe LaPorte, LCSW and Adreayn Elise-R Torrez, LMSW | Girls Empowerment Network

>> *Regency D*

In this dynamic session we will examine research, statistics, trends, and theories to gain knowledge on the life of girls today. Participants will engage in a discussion exploring the challenges and benefits experienced by girls in society today, and review some of the larger topics (and correlating statistics) relevant to girls' lives, including: body image, mental health/coping skills, relationships, sexual harassment, social media, representation, and leadership. Workshop participants will also learn about self-efficacy, how it is measured, and why it is important, and will walk away with best practices and hands-on activities to use with youth to promote self efficacy and ignite their power.

Learning Objectives

- » Describe the current state of girls, including research, statistics, trends, and theories on the life of girls today.
- » Understand self-efficacy, important research highlighting its impact on youth, and how we measure it.
- » Learn new strategies to ignite the power in all youth to believe in their abilities.

1:00 PM - 2:00 PM - Contraceptive Counseling, The Patient's Experience (Lunch Provided) (Pre-registration required)

Dale William Stovall, MD | FACOG

>> *West Alabama*

Join us for an interactive discussion on best practices related to providing contraceptive counseling. This session is open to anyone interested in this topic; not just clinicians.

1:00 PM - 2:00 PM - Networking Lunch featuring Youth Poet Performance and Poster Sessions

>> *Regency Ballroom*

1:15 PM - 1:45 PM - Exhibitor Hall

>> *Regency Foyer*



2:00 PM - 4:30 PM - In-Depth Sessions**Centering the Needs of Youth in Foster Care**

Sharon Hoefer, MSSW | Texas Institute for Child and Family Wellbeing - UT Austin

Nicole Treviño | Steve Hicks School of Social Work, UT Austin

Tia Brooks, CHES | Healthy Futures of Texas

>> Regency A

The THRIVE Curriculum was developed to meet the needs for sexuality and relationship education among youth in foster care. This session will highlight the process for developing the THRIVE curriculum and provide a description of the insights from youth in care, child welfare agencies and foster caregivers that shaped THRIVE. Interactive, small group activities will feature trauma-informed strategies in sexual health education and demonstrate new approaches to talking about consent, navigating decisions about contraceptives and STI/ HIV prevention, and building communication and self-advocacy skills. While the session will utilize the THRIVE Curriculum and the child welfare system as concrete examples, this session will connect these examples to broader concepts and systems impacting youth.

Learning Objectives

- » Describe three barriers youth in foster care face in building safe and supportive relationships with peers and trusted adults and caring for their sexual and reproductive health needs.
- » Analyze how systems impact youths' ability to make healthy decisions for their lives or access health services and information.
- » List and practice three strategies of a trauma-informed approach in sexual health education to support the well-being of youth.

Sex Ed Professional Learning Series (SEPLS) - Professional Disposition and Best Practices in Sex Ed

Christina Clark Okarmus | Alabama Campaign for Adolescent Sexual Health

>> Regency B

In 2020 the Alabama Campaign launched its Sex Ed Professional Learning Series (SEPLS), an online asynchronous training series that was designed to give educators and other youth-serving professionals the basics for implementing sexual health content in an already existing class or program. This in-depth session will be an interactive and in-person training on the first two SEPLS modules - Professional Disposition and Best Practices in Sex Ed. Professional Disposition encompasses values identification, clarity, and how to remain values-neutral when teaching sex ed and professional boundaries and disclosure when teaching sex ed. Best Practices in Sex Ed introduces inclusive learning environments, utilizing a trauma-informed lens when teaching, establishing rapport, language, and challenging questions.

Learning Objectives

- » Identify their personal values around sex and how they can remain "value-neutral" when working with young people.
- » Set professional boundaries with students, including what they will and will not disclose when working with young people.
- » Employ strategies for trauma-informed approaches and explain why it is important for their work in teaching sex ed.

Affirming Care, Advocacy and Allyship for Trans Youth

Jessica Soukup | Transgender Education Network of Texas

Stacie McGee, LMSW-IPR | Texas State University

School of Social Work

>> Regency C

Texas is facing a political and social crisis regarding policy which restricts, denies, and criminalizes the care and support of trans youth. Professionals in the field of adolescent sexual and reproductive health must expand their knowledge in this area of services to trans youth to promote their right to social justice, dignity, and human rights. Providing active trans youth support is vital to the improvement of all the metrics which measure outcomes in academic success, as well as physical and mental health, while reducing life-threatening behaviors such as self-harm and suicidality. This session provides attendees the opportunity to explore affirming care practices in the medical, social service, and school setting, in addition to discovering policies which challenge the self-determination of trans youth. Demonstrations of trans youth allyship will be presented, along with reasons agencies and facilities must remain proactive and visible in their allyship to trans youth.

Learning Objectives

- » Identify Texas policies which challenge trans youth rights to self-determination.
- » Demonstrate concepts and ideas that sexual and reproductive health professionals need to create a proactive allyship program in the agency and community setting.
- » Examine interactions in the agency and community setting which affirm and deny trans youth identity.

Engaging the Community in Social Change: Sharing the Power

Susan Wolfe | Susan Wolfe and Associates, LLC

>> Regency D

Effective social change requires active engagement and decision making by those who are most affected by the focal issue. In this instance, it is adolescents and the members in the communities in which they are developing. Focus groups, advisory committees, and other "inclusive" methods tend to leave power and decision making in the hands of professionals and individuals outside of the focal Community. This session will focus on personal and professional development, techniques, and strategies for real inclusion and empowerment. It will also address the differences between individual focused interventions and systems level change, and the importance of real community engagement to develop multi-level strategies using ecological frameworks.

Learning Objectives

- » Identify two or more areas of knowledge or skills to focus on for professional development.
- » Name at least two strategies that they would be able to adapt and apply to their work.
- » Describe how a multi-level, systems approach could be applied to create social change around adolescent sexual and reproductive health.

WEDNESDAY, APR 26, 2023**7:00 AM - 10:00 AM - Registration Packet Pickup**>> *Regency Foyer***9:00 AM - 12:00 PM*****Responding to Adolescent Relationship Abuse*****John Reyes | Aid to Victims of Domestic Abuse**>> *West Alabama*

This session will be about understanding the meaning, frequency, types and signs of adolescent relationship abuse. We will also look into where this abuse comes from and the warning signs of an abusive relationship. Lastly, we will delve into how to help someone in this type of situation and what resources are out there for them to find and use.

Learning Objectives

- » Describe types and signs of adolescent relationship abuse.
- » Discuss warning signs of adolescent relationship abuse.

Understanding Youth Survivors of Trafficking and Exploitation**Kerri Taylor, M.S. ccc-slp | Unbound Now Houston**>> *Sage*

Unbound Houston works to resource communities and serve survivors in these primary ways: prevention education, professional training, crisis response and comprehensive case management. In this presentation, attendees will learn about human trafficking as it occurs locally, statewide and internationally. We will address the potential signs of trafficking, vulnerabilities that lead to a person becoming the target of a trafficker, their role in identifying and reporting as well as a foundational understanding of trauma informed response. Local resources available to you who serve these survivors will also be discussed.

Learning Objectives

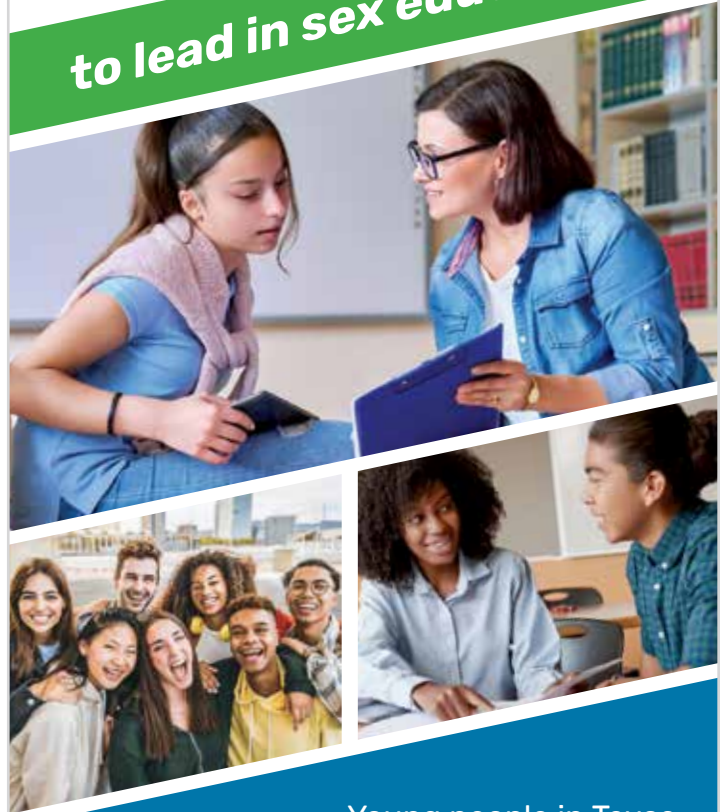
- » Identify common vulnerabilities in youth which traffickers target and exploit.
- » Understand the most common techniques used by traffickers to recruit and groom victims.
- » Recognize indicators that a child is being trafficked.
- » Understand how to identify and report human trafficking to appropriate authorities and draw upon available resources in their communities.

**9:00 AM - 3:00 PM - THRIVE Training
(Healthy Futures Staff Only)****Sharon Hoefer, MSSW | Texas Institute for Child and Family Wellbeing
| UT Austin****Nicole Treviño | Steve Hicks School of Social Work | UT Austin**>> *Rice*

Healthy Futures staff will have the opportunity to learn about the lived experiences of youth in care, learn what it means to work with youth in care and learn the history of why THRIVE was created. They will learn about the design of the curriculum, the Thrive Theory of Change and the importance of understanding our own values before going into a space to facilitate. There will be practice activities and energizers taken directly from the curriculum to help participants understand concepts as well as the sharing of experiences and key takeaways from working with youth in care and facilitating THRIVE.

Texas Ready

to lead in sex education.




Young people in Texas
deserve high-quality, medically
accurate sex education.



Learn more

at TexasReady.org


©2023 Healthy Futures of Texas. All Rights Reserved.



Health happens where we live, work, play, and pray. Together, we can build communities that transform how we **care**.

Broadening the definition of health care.™

www.mhm.org



Methodist
Healthcare
Ministries
SERVING HUMANITY TO HONOR GOD

GET THE LATEST IN YOUTH-RELATED NEWS & GRANT OPPORTUNITIES 24/7



YOUTH TODAY

Subscribe today at
youthtoday.org/subscribe

RECEIVE **\$10 OFF** WITH PROMO CODE

HFT23

OCTOBER 2-4, 2023

TAKE CARE AND TAKE ACTION

Save the Date for **#HealthyTeen23**
Portland, OR



Healthy Teen Network



Clarissa Acuna is the Youth Development Coordinator for Community Action Corporation of South Texas. She has been working with South Texas Teen Leadership & Development since 2015 as a Teen Facilitator and then transitioned to Youth Development Coordinator in 2020. She is a Trainer of Trainers for Wyman's Teen Outreach Program and Love Notes SRA EBP, as well as a member of the Grantee Training Advisory Council with the Reproductive Health National Training Center. Clarissa continues to explore ideas to improve the lives of teens in rural Texas communities.

Barbara Ball, PhD leads the Texas Foster Youth Health Initiative that aims for youth to feel connected, safe and empowered to make informed decisions about their sexual health and relationships. Her passion is in bridging research and practice and in improving systems, including schools, foster care, and mental health to help children thrive. Prior to joining the Texas Institute for Child & Family Wellbeing, she worked for more than 15 years in dating and sexual violence prevention and developed programs, curricula, and trainings.

Rebecca Beyda, MD is an assistant professor in the Department of Pediatrics at McGovern Medical School at UTHealth. She is board certified in general pediatrics and adolescent medicine and is an active member of the American Academy of Pediatrics, the Texas Pediatric Society and the Society for Adolescent Health and Medicine. A Texas native, Rebecca is extremely invested in community outreach, resident teaching and pediatric advocacy. She received pediatric resident teaching awards and has contributed to several publications.

Anthony Betori is Director of Curriculum and Evaluation at Healthy Futures of Texas. He grew up in Toledo, Ohio, then lived in Chicago, Illinois for 10 years, where his work focused on education and HIV. Now settled in Texas, his current work focuses on innovating new ways to involve young people in advocacy and curriculum development around sex ed and healthcare. Anthony is currently pursuing a Master's in Public Health at Johns Hopkins University as an Adolescent Health Bloomberg Fellow. He was awarded the 2020 Rising Star award from the Texas Campaign to Prevent Teen Pregnancy.

Jen Biundo, MPaff, CPH is the Senior Director of Policy and Research for Healthy Futures of Texas. She earned her master's degree in Public Affairs from the LBJ School of Public Affairs at UT Austin and holds a Certification in Public Health. She loves a good data visualization, evidence-based public health priorities, and analyzing ballot returns by precinct. She's the proud mother of two kids, including a high schooler who kind of wishes his mom had a normal job that didn't involve sex education.

Lillian Bocquin is a Health Educator, providing sexual health education programs in middle and high schools in the Oklahoma City metro area and serving populations that have experienced significant health disparities. A former peer educator during her high school years, she teaches school-based sexual health programs and coordinates the communication and marketing activities for SHAPE and Teen emPower! Recently, Lillian launched a blog, authoring several articles that highlighted the need for adolescent sexual health education and the importance of well trained health educators.

Marie Brault, PhD is an assistant professor at the UTHealth Houston School of Public Health (San Antonio campus). She is trained in medical anthropology and public health. Her research focuses on working with youth to develop programming to improve access to youth-centered sexual and reproductive healthcare and education in community, clinical, and school settings. She conducts work in the U.S., India, and Eastern and Southern Africa.

Mathew Briones is a Teen Facilitator for Community Action Corporation of South Texas' South Texas Teen Leadership and Development department. He is trained and certified in all evidence-based programs which include Wyman's Teen Outreach Program, Dibble Love Notes Sexual Risk Avoidance and is a self-published author. Mathew has worked with youth in various settings, including as a school teacher, youth pastor, and teen facilitator.

Tia Brooks, CHES is the Program Director for the Texas Foster Youth Health Initiative at Healthy Futures of Texas where she develops and implements sexual health interventions for child-welfare involved youth, caregivers and youth serving professionals and guides the vision of the

initiative statewide. Tia graduated from Eastern Michigan University with a M.S. in Health Education and worked as a Research Specialist conducting Community Based Participatory Research prior to her current role. She believes everyone deserves to reach their fullest potential, especially when it comes to their health and wellbeing.

Kyrah Brown, PhD is an assistant professor of public health and director of the maternal-child health equity research lab at UT Arlington. She is passionate about partnering with community members and leveraging research and evaluation to aid in dismantling racial and social inequities that impact women, femmes, and girls, particularly Black women. Kyrah has expertise in maternal, reproductive, and infant health, mixed-methods research, and program and coalition evaluation. She is a member of the Tarrant County Birth Equity Collaborative and the Tarrant County Health Equity Alliance, which focuses on ending health, socioeconomic, and racial disparities to address disproportionate death rates for mothers and infants in Tarrant County.

Darius Buggs earned his B.S in Exercise and Sport Science and is the Project Director of the Dallas office at Healthy Futures of Texas. He oversees the Teen Pregnancy Prevention project in Dallas County that provides evidence based sexual health education, parent education and community engagement around reproductive health. Darius has more than 20 years of experience in leadership, team building, project management, facilitation, and outreach working with youth and adult populations. He also serves as the Texas Trainer of Trainers in Positive Prevention Plus curriculum and is a sexual health educator.

Tyler Burns, PhD holds a Doctorate in Sexuality Studies from Widener University. They have almost a decade's worth of experience conducting research in the sexual health field with an interest in 2SLGBTQ+ studies, youth sexual wellness, and research methodologies of sexuality. They are a member of Thrive's Evaluation team, where they focus mostly on the SPARK Innovation grant.

Lisa Cantu is the Community Mobilization Coordinator (CMC) for Community Action Corporation of South Texas. She is the CMC for a Teen Prevention Tier 1 Grant, South

Texas Teen Leadership and Development (STTL). Lisa began her career eight years ago working with youth as a Teen Facilitator. She has been trained in Teen Outreach Program, Love Notes and Safer Sex Intervention. She collaborates with community partners to provide a supportive network of trusted adults for the youth in the community.

Asha Davidson, MD, MPH is an adolescent medicine physician from Houston, Texas. Her clinical interests include reproductive health, pregnancy prevention, treating eating disorders, and addressing mental health needs of her teen patients. Though she calls Houston home, she attended New York University for her undergraduate degree, and then attended Texas Tech School of Medicine in Lubbock for medical school. She returned to Houston for medical training and completed both her residency in pediatrics and her fellowship in adolescent medicine at UTH-McGovern Medical School.

Carlie Deatherage, MPH, CHES has experience in and is passionate about creating equitable spaces, program development, relationship building, leadership development, and applying a public health approach to all areas of health. As the Program Manager for SPARK Innovation OKC, Carlie works to support organizations as they develop innovative designs to empower caregivers to talk with youth about sexual health. She earned a master's in public health from Oklahoma University.

Kaitlyn Eberhardt is the Prevention Strategist at Texas Advocacy Project, a non-profit organization providing free legal and social services to survivors of domestic violence, sexual assault, stalking, human trafficking, and child abuse. She leads conversations across the state on best practices and strategies in preventing the perpetration and continuation of intimate partner violence. Kaitlyn's work focuses primarily on power-based abuse prevention in teen populations through education, advocacy, policy, legal remedies, and social services.

Monica Faulkner, PhD is a Research Associate Professor at the Steve Hicks School of Social Work at UT Austin and the Director of the Texas Institute for Child & Family Wellbeing. Her research focuses on

expectant and parenting youth in foster care. Monica currently is the Co-PI for the Texas Foster Youth Health Initiative which promotes healthy relationships and sexual health for youth in foster care.

Rhoda Freelon, PhD is an Assistant Professor in the Department of Educational Leadership and Policy Studies in the College of Education at the University of Houston. Her research is connected to two specific areas -- the exploration of educational inequality rooted in various forms of systemic oppression and the democratic engagement of families, youth, and community members in the life of schools and district governance.

Kristen Garcia, MPH is a Research Specialist at Texas A&M University. She is involved with community based implementation and evaluation of health initiatives focused on innovation in teen pregnancy prevention, establishment of telebehavioral health services in rural Texas communities, and providing health disparities technical assistance to Texas Tobacco Prevention and Control Coalitions and LGBT+ Tobacco coalitions.

Terry Greenberg, JD is the founder of the North Texas Alliance to Reduce Unintended Pregnancy in Teens (NTARUPT) and interim Chief Development Officer of Healthy Futures of Texas. Previously, she led a coalition called S.A.Y. What? (Sound Advice for Youth) for the National Council of Jewish Women (NCJW) which advocated for comprehensive sex education, and has been a dedicated and active volunteer working with organizations such as the Human Rights Initiative, Richardson Independent School District, Vogel Alcove, and Temple Emanu El.

Kathy Harms is the founder and Executive Director of Teen emPower!, an OKC non-profit that has provided quality sexual health education for middle and high school youth for 18 years. She created SHAPE (Sexual Health And Peer Education) to ensure youth were true partners in prevention. Each year, 30 diverse high school students are recruited and trained as peer educators, presenting classroom lessons for 7th grade students on social/peer pressure, media messages and assertiveness skills. Kathy believes that giving high school peer educators an

opportunity to learn and lead is a key to longer-lasting sexual health education outcomes.

Katia Harms serves as a SHAPE Coordinator with Teen emPower!, helping to plan and facilitate multi-day training events for the high school peer education team. She teaches the new peer educators how to present the classroom lessons to middle school students. She also coordinates the peer educator leadership, development and community service activities that occur throughout the year. Katia was a volunteer SHAPE peer educator during high school, and brings extensive experience, empathy and enthusiasm to her current role as she works with each new group of peer educators.

Stephanie Hebert, M.Ed is the Health Education Curriculum Specialist for Austin ISD. With 20+ years of experience in the field of sexuality education, She brings her expertise of best practices in classroom implementation, teacher training, and district institutionalization to AISD where she serves teachers on more than 100 campuses who teach the district's comprehensive K-12 human sexuality curriculum. Stephanie is passionate about creating environments and systems that support ALL young people as they continue to learn the life-long lessons of staying safe, healthy, and happy.

Sharon Hoefler, MSSW is the Project Manager for the Texas Foster Youth Health Initiative at the Texas Institute for Child and Family Wellbeing at UT Austin. She has managed research and program evaluation initiatives related to sexual health, interpersonal violence, and services for survivors. Sharon has also worked directly with survivors of interpersonal violence and with children and young adults in a variety of settings including violence prevention and life skills education.

Avalon Hogans is an inspired writer, activist, and performer. She is the sixth named Houston Youth Poet Laureate (2021-2022) by Mayor Sylvester Turner. She has many civic engagements for the City of Houston and has spoken internationally. Avalon has collaborated with numerous renowned organizations from the NAACP to the League of Women's Voters to NASA. She has performed on many stages, from Rice University to Hobby Center for

Performing and Visual Arts to Miller Outdoor Theatre to audiences sized in the thousands. As a freshman at Rice University with a proclamation for her own day from the City of Houston (November 17, 2021), Avalon is a proud Houstonian and a determined change maker.

Caitlin Holden, MS, CHES is a postdoctoral research associate at Texas A&M University. Her research interests include schools, adolescents, and sexual health. Caitlin is CHES certified, a member of Eta Sigma Gamma, and numerous national leading health organizations. She has been involved with and presented at international, national, and state conferences and is committed to improving health among adolescents and youth, especially within the realm of sexual and reproductive health.

Chelsey Kanipe is a PhD student in Health Promotion and Behavioral Sciences at UTHHealth. She is a graduate research assistant on the iCHAMPSS project, a web-based implementation strategy designed to reduce barriers and facilitate the adoption, implementation, and maintenance of evidence-based sexual health education programs in Texas schools. She received her master's degree in experimental psychology from Eastern Michigan University.

Brittany Keck has been working in youth and family education for the past decade with expertise in sexuality education. Her bachelor's degree is in family life education from the University of Central Oklahoma, where she focused on child and adolescent development. She began working in sexuality education in 2013 by providing comprehensive sexuality education classes for Oklahoma middle and high school students. From there, she became the education coordinator for the Collaborative's sex education efforts in Oklahoma County. In addition to her work in sexuality education, Brittany also works as a Family Life Educator.

Chloe LaPorte, LCSW is the Senior Program Director at the Girls Empowerment Network, where she oversees the development and facilitation of self-efficacy building programs for girls in grades 3rd-12th across Texas. Prior to becoming a social worker, she worked as a teacher and in education reform. She has delivered Dialectical Behavior Therapy (DBT) to

individuals and groups, and has experience working with people affected by trauma, substance use, eating disorders, incarceration, and grief and loss. Chloe earned a BA from Tulane University and her Masters in Social Work from UT Austin.

Denise Lewis, (she/her) is a health educator at Healthy Futures of Texas. She has been trained as a facilitator and certified as a trainer, in various sex education curricula, of which she has also implemented amongst students and adults. Over the years, she has enhanced and spearheaded youth development programs, contributed toward curriculum development, and trained youth serving professionals in program facilitation across multiple school districts and community organizations. Denise received her Bachelor's degree in Communication with a focus in Social Interaction from UT San Antonio and is currently enrolled at Umemba Health Academy working toward completing a Community Health Worker Certification.

Sedoo Ljir, MPH is passionate about creating effective programs and resources to meet the health and well-being needs of youth and marginalized communities. Before joining TNOYS, Sedoo was an AmeriCorps VISTA serving with the University of Houston-Downtown's (UHD) Center for Community Engagement and Service Learning. As part of UHD's hub for community engagement, she recruited and collaborated with staff, students, faculty, and community organizations to support high-impact learning practices while also conducting effective community engagement projects. Sedoo provided technical assistance to more than 20 projects and, through her community relationships, connected them to the people and resources they needed to thrive.

Berta Longoria is the Director of Youth and Counseling Programs for Community Action Corporation of South Texas. She is the program manager for a Teen Pregnancy Prevention Tier 1B Grant, South Texas Teen Leadership and Development (STTL), and a FYSB Adolescent Pregnancy Prevention SRAE grant, Project HART. Berta began her career working with youth as a teacher, counselor, high school principal and district administrator before joining Community Action in 2016. She has been trained in all of the evidence based programs and continues to participate in learning

opportunities relevant to her position in working with teens in rural Texas communities.

Dukes (they/she) joined Legal Aid for Survivors of Sexual Assault [LASSA] as LASSA Network Coordinator in late 2019. With a background in social work, they bring 15+ years of experience working in sexual health. Raised in rural South Texas, Dukes has worked in both rural and urban settings and has also served with international and state-wide organizations. In their most recent role at TAASA as a Primary Prevention Specialist, they provided training, support and networking opportunities to prevention programs throughout Texas. Dukes attributes most of their knowledge to volunteer work and lived experiences; bringing a spirit of creativity and community mindsets to everything they do

Ruth M. López, PhD is an Assistant Professor in the Department of Educational Leadership and Policy Studies in the College of Education at the University of Houston. Her research examines educational policies and practices that impact the experiences of students of color; the education of immigrant and undocumented students; and issues of equity and access at all levels of education for Latinx students.

Bethany Luis, MPH, CHES is the Director of *Big Decisions* and *BRI.A* at Healthy Futures of Texas. She oversees two projects in her role. She disseminates and markets the *Big Decisions* curriculum, an abstinence-plus sexual health education program, to school districts across the state; speaks to School Health Advisory Councils and School Boards, and provides teacher training. The second is, "BRI.A" (bree-uh) or *Brillante Amor*, a project partnering with community and faith-based organizations in Bexar County to provide programming aimed at strengthening healthy relationships, through a myriad of topics.

Kay Matthews, LCHW founded the Shades of Blue Project in 2016, shortly after the stillborn death of her daughter Troya Simone. Through this organization, she works to change the way women are currently being diagnosed and treated after giving birth and experiencing any adverse maternal mental health outcomes. Kay actively teaches and speaks to women of all ages to help them to better understand how

important it is to advocate for themselves before, during and after childbirth. Kay graduated with her associate's degree in Early Child Care Education and is a licensed community healthcare worker.

Kate McCollum is senior director of reproductive and maternal health at the Child Poverty Action Lab where she leads strategy to improve women's health outcomes across Dallas County. She has extensive experience in reproductive health and contraceptive access projects, accompanied by rich research and graduate-level study in the field. Kate received her bachelors in gender studies from Saint Louis University where her research focused on bias and reproductive coercion in the healthcare industry, and her Masters in international development and gender, with a concentration on reproductive health, from the London School of Economics.

Stacie McGee, LMSW-IPR received her Bachelor's of Social Work from Texas State and her Master's of Social Work from Our Lady of the Lake University. She is a Lecturer at Texas State University and has worked in geriatric outreach, residential treatment, juvenile justice, program development, administration and grant writing, public school social work, and with pediatric and juvenile different abilities.

Sarah McQueen, MSW (she/hers) received her Master's of Social Work from Columbia University, with a focus on child and family policy. She has extensive experience in school-based services, adolescent sexual and reproductive health, trauma-informed practices, positive youth development, social emotional learning, and more. While living in California, she managed the Teen Pregnancy Prevention (TPP) program for San Diego County, and most recently served as a Program Director for Communities In Schools of Central Texas, an organization working to develop holistic systems of support for the most vulnerable students in Texas.

Amy Odin, LCSW is a Licensed Clinical Social Worker - Supervisor with the CARE Team at Dell Children's Medical Center. She obtained her Master's of Social Work from the University of Houston Graduate School of Social Work. Amy started her career at Child Protective Services where she spent 16 years as an Investigator and

Investigation Supervisor. She has previously worked with the CARE Team at McGovern Medical School/UT Houston as well as in the PICU at Montana Children's Hospital. She has a private practice seeing adults and children for therapy specializing in trauma, depression and anxiety.

Carlie Saphira Patrick is a 3rd year Young Adult Consultant for the Texas Foster Youth Health Initiative (TFYHI). She enjoys being able to provide insight and knowledge to help better youth and their struggles with healthy relationships, sexuality, and sexual health. She hopes to be a foster parent one day but right now loves that she is able to do some type of outreach with her time. She is currently living in California and working as a preschool teacher. She loves to sing and dance and she is as much a two-year-old at heart as the children she teaches. She is an avid reader of love stories, and hopes to one day write her own novel. But right now she is focused on being the best possible version of herself.

Christina Clark Okarmus leads the Alabama Campaign for Adolescent Sexual Health as its Executive Director. With more than 10 years in the field of adolescent sexual health, Christina is committed to the right of young people in Alabama to receive comprehensive sexual health education. She also serves as chair of the Alabama Department of Public Health Family Planning Advisory Committee. Christina earned a Master of Public Policy from the University of Northern Iowa and a Bachelor of Science in Political Science from the University of Nebraska at Omaha.

Briana Patlan holds a Bachelor of Arts degree in Exercise Science, a minor in Nutrition, and certification in peer health education. She serves as a health educator for UT Teen Health and provides the community with medically accurate sexual health information and leads the UT Teen Health Youth Leadership Council where she helps educate youth on adolescent health and positive youth development. Briana has experience working with youth as a former high school coach and educating through teen pregnancy prevention programs. Briana is passionate about health education and encourages youth to make proud and responsible decisions.

Melissa Peskin, PhD is Professor of Health Promotion, Behavioral Sciences, and Epidemiology at UTHealth Houston School of Public Health. She has more than 20 years of experience developing, implementing, and evaluating sexual health and healthy relationship programs for adolescents. She also has extensive experience evaluating community-based programs. She earned a BA in Psychology from UT Austin and a MS and PhD in Epidemiology from UT Health Science Center at Houston, School of Public Health.

Madison Petaway is a performance poet from Houston, Texas whose work grapples with the education system, mental illness, and the black experience. At 16, Maddie was named Houston's 2020 Youth Poet Laureate and had her poem To Be a Black Girl published in the New York Times the following year. She now attends The University of Texas at Austin where she majors in English and is founder and president of the poetry club "Diction Addiction". Most recently, she was a speaker for the TedxUTAustin 2023 Conference "How and Why" where she discussed racial equity as a religion. Outside of school, she volunteers for two magazines as a poetry judge and teaches writing workshops to people of all ages! Alongside poetry, Maddie is a mental health advocate, volunteering as a crisis counselor with the nation's Crisis Text Line and being an Interpersonal Violence Peer Supporter at the University of Texas-Austin.

Alex Polk uses his skills and lived experience to help young people overcome challenges and adversity. At the Texas Network of Youth Services (TNOYS), Alex develops and presents training content on youth issues, supports program development for member organizations and external stakeholders, and supports coordination of conferences and other training events. Alex started with TNOYS as a member of TNOYS' Young Adult Leadership Council in 2017, and regularly presents training content at various conferences and webinars, particularly on youth homelessness, CSEY, and LGBTQ issues. As a transgender rights advocate, Alex prides himself on his ongoing efforts towards equity, inclusion, education, self-care, and empowerment.

Shivanandan (Shiva) Reddy, MD is a third-year pediatric resident at UT Health Science Center in Houston. Originally from Queens, New York, he attended medical school at Texas A&M University. He currently resides in Houston, Texas. Shiva is interested in practicing as a general pediatrician upon completion of residency with an interest in the adolescent patient population.

Andrea Requeses is the Statewide Training Coordinator at the Texas Alliance of Child and Family Services (TACFS). Her role focuses on coordinating and facilitating trainings in support of the Texas Foster Youth Health Initiative (TFYHI). Andrea has worked in child welfare in Texas for more than 20 years and is a Licensed Child-Placing Agency Administrator (LCPAA).

John Reyes currently serves as the Prevention and Education Manager at AVDA - Aid to Victims of Domestic Abuse where he provides training and presentations to teens and adults on domestic violence, dating abuse, and other related topics. He also facilitates national programs such as Safe Dates, Live Respect, and Coaching Boys into Men in private and public schools, as well as alternative schools and detention centers. John earned his Bachelor's degree in Human Services from Springfield College and has worked in the service of youth, teens, families, and the community for 30 years.

Angela Salgado is a Teen Facilitator for Community Action Corporation of South Texas. She began working with youth through Community Action during her graduate program, in which she completed her practicum by observing behavioral issues and practicing play therapy. She then joined Community Action full time in 2019 as a Teen Facilitator for South Texas Teen Leadership and Development. Angela has been trained in all evidence based programs including Love Notes SRA EBP, Safer Sex Intervention, and Wyman's Teen Outreach Program. She continues to participate in new training to stay up to date on topics, trends, and issues relevant to positive youth development.

Liz Schormann, MPH is an independent contractor working with Healthy Futures of Texas to evaluate and revise the *On My Way* puberty curriculum. She grew up in St. Louis, Missouri, and moved to Chicago,

IL where she earned a BS from DePaul University in 2021. Since then, Liz has gone on to earn her MPH with a focus in Community Health Research from Northwestern University, and had the privilege of working with Healthy Futures throughout the program. As a recent graduate, Liz intends to work with underrepresented populations to ensure access to and comfort in healthcare is commonplace.

Dhvani Shanghvi, MD is board-certified in Pediatrics and Child Abuse Pediatrics. She works as a Child Abuse Pediatrician at Dell Children's Medical Center in Austin, Texas. Dhvani completed her medical training at Texas A&M University Health Science Center, Washington University School of Medicine/St. Louis Children's Hospital, and Baylor College of Medicine/Texas Children's Hospital. She has a passion for education and holds a Masters of Education from the University of Houston. Dhvani's interests within the field include addressing healthcare disparities and creating child abuse prevention programs.

Jessica Soukup is an activist, writer and passionate advocate for intersectional feminism and equal rights for transgender and gender diverse people. In 2017, she wrote *He/She/They - Us: Essential information, vocabulary, and concepts to help you become a better ally to the transgender and gender diverse people in your life*. She speaks publicly on women's empowerment, transgender rights and educates on LGBTQIA Allyship. She serves as Vice Board Chair for the Transgender Education Network of Texas, is on the board of QWELL Community Foundation, and serves on the Central Texas Transgender Health Coalition.

Kerri Taylor is the Executive Director of Unbound Now Houston, the local office of Unbound Now, an international anti-human trafficking organization which focuses on domestic minor sex trafficking with specific emphasis on prevention efforts with at-risk youth. In addition to being a member of the Child Sex Trafficking Team's Advisory Council for Harris County, Kerri serves on the board of the Brazoria County United Front Coalition to Fight Human Trafficking. She is also a member of the No Trafficking Zone advisory board for NRG and serves alongside other advocates in Galveston County as a coordinated response to human

trafficking is developed through the Galveston County Crisis Response Team (GCCRT). Kerri earned her Bachelor's Degree from Baylor University where she majored in Education with a specialization in speech pathology and audiology. She subsequently earned her Master's degree in Speech Pathology and Audiology from the John A. Burns School of Medicine at the University of Hawaii.

Laura Thormaehlen, MPH is a research coordinator for the Center for Health Promotion and Prevention Research at the UTHealth – School of Public Health. She is coordinating the revamp of iCHAMPSS website, an implementation strategy designed to reduce barriers and facilitate the adoption, implementation, and maintenance of evidence-based sexual health education programs in Texas schools. In addition to adolescent sexual health, she also works in developing and disseminating prevention programs in the fields of sexual assault and harassment and HPV vaccination. She received her master's degree in public health from UTHealth – School of Public Health.

Adreayn Elise-R Torrez, LMSW received her BA and MSW from Texas State University. As a 3rd generation Texan and native Austinite, the development and nourishment of her community is at the center of her work. Adreayn has extensive experience working with youth in school and other settings in Colorado and Texas. She facilitates self-efficacy building programs, supports direct service staff, and manages the Spark Change Project, a collaboration with the Excellence and Advancement Foundation whose mission is to center girls of color as leaders who discover their activist voices, and galvanize their peers to engage in positive social change.

Nicole Treviño is an adolescent health specialist, program evaluator and consultant. They have spent their career working to develop and adapt health, youth development and cultural programs that meet the unique needs of youth and families of color. Nicole's current work focuses on creating affirming and inclusive spaces for identity exploration and connection to culture. Nicole is originally from San Antonio, Texas, has a Bachelor of Science in Health Promotion from The University of Texas and a Master of Arts degree in Organization Development from St. Edward's University.

Liz Tyler is manager of the Trust Her Contraceptive Access Fund at the Child Poverty Action Lab where she works to ensure all women have same-day access to their preferred method of contraception. She graduated summa cum laude from California State University, Long Beach with a BA in Women's, Gender, and Sexuality Studies. After graduating, she returned to her hometown of Merced to work for Valley Crisis Center, a nonprofit providing services to survivors of domestic violence and sexual assault. She also serves on the board of Sierra Saving Grace Homeless Project.

Marlene Valdovinos, BS (she/they) received her Bachelor of Science in Public Health at UT San Antonio, with a focus on Health Promotion and Behavioral Science. She has extensive experience in sexual and reproductive health, trauma-informed practices, maternal health and more. She has helped design sexual health and HIV prevention programs around San Antonio and Bexar County including a Texas wide web-based condom distribution program. She has also facilitated trainings for professional learners on different topics around sexual health and trauma-informed care. Currently, Marlene is in graduate school obtaining her Master of Science in Learning Design in Technology and serves as a Training Manager with Cardea where she manages professional learning and capacity development initiatives for the HIV workforce in Texas.

Anissa Valverde is a Teen Facilitator with Community Action Corporation of South Texas. With more than eight years of experience in working with youth, Anissa has been trained in multiple evidence based programs including Wyman's *Teen Outreach Program (TOP)*, The Dibble Institute *Love Notes 3.0 SRA/EBP* and Dr. Lydia Shrier's *Safer Sex Intervention (SSI)*. Anissa is very passionate about improving adolescent health care in the rural communities that she works in, including mental health, reproductive health and promoting youth voice.

Juanita Velazquez (she/ella) is a Gen Z'r from Brownsville. She's currently a health educator with the BAE-B-SAFE program at Healthy Futures of Texas where she implements sexual health curricula to prevent pregnancy and STIs/HIV amongst college students. Her background is

primarily in sexual violence prevention, in which she based her work using an intersectional and anti-oppressive lens to end gender-based violence. She is passionate about bringing awareness to the way sex education and violence prevention advance the reproductive health of young people in her community.

Jacklynn Ware, MPH holds a Master of Public Health in Health Promotion and Health Education. She is currently serving as a health educator for UT Teen Health and co-leads the UT Teen Health Youth Leadership Council. She is committed to positively impacting San Antonio youth by providing medically accurate sexual health information to the community that encourages positive youth development, healthy life choices, and safe and supportive environments. She has experience educating youth and young adults through teen pregnancy prevention and HIV prevention education projects. She is passionate about empowering San Antonio youth and the community through education and community-based service.

Katherine West, JD (she/her) is a Staff Attorney with the Legal Aid for Survivors of Sexual Assault program at the Texas Legal Services Center (TLSC). Before her role at TLSC, Katherine externed with the Domestic Violence Clinic at Legal Aid in Cincinnati, Ohio and clerked for a national Title IX firm representing young survivors in schools across the country. She received her J.D. from the University of Cincinnati College of Law and her B.A. in Politics and International Affairs from Furman University.

Susan Wolfe, PhD is a Community and Developmental Psychologist who has been working with community-based organizations and community members for more than 35 years. She regularly presents and conducts workshops at national and international conferences on topics that include community engagement, coalition development and evaluation, equity and racial justice, and decolonizing evaluation and research. She is the author of books, chapters, and articles, including co-authoring "A Guidebook to Community Consulting: A Collaborative Approach" published in the US by Cambridge University Press in July 2023. Her company, Susan Wolfe and Associates, is located in Grand Prairie, Texas.

Ana Belén Zelaya is a Project Coordinator for the Texas Foster Youth Health Initiative at Healthy Futures of Texas, where she develops and facilitates interventions to help connect young people in foster care to sexual health information, resources, and reproductive healthcare. She is a U.S.-born Salvadoran and grew up in Southwest, Houston, Texas, something she is very proud of. Her interests include reproductive justice, language justice, community power building, and Central American visibility and representation. This summer, she will also begin her Master's in Public Health at Johns Hopkins University.

Better info. Better convos.

Talk About it Texas is a statewide campaign, powered by Healthy Futures of Texas, that gives young people safe spaces to talk frankly and honestly about sexual and reproductive health with their friends, parents, and educators.



So, what do we offer?

A Full Range of Sexual Health Curricula

Innovative Sex Education Programs for Youth and Parents

Youth Advocate Groups

Let's talk about **it**



TalkAboutitTx.org

©2023 Healthy Futures of Texas. All Rights Reserved.

Every young Texan should have access to the info and resources they need to make healthy, informed decisions about sex and relationships.

OUR EFFORTS

- + Delivering sexual health education** for youth and parents/caregivers in communities across the state.
- + Providing training and technical assistance** for youth-serving professionals and administrators in healthcare, K-12, and higher education.
- + Raising awareness** about the importance of positive sexual health outcomes.
- + Advocating for local and state policy priorities** supported by data.
- + Conducting, and disseminating research and data** relevant to sexual health outcomes of youth and women.

Let's create a healthier future for young Texans.

Healthy Futures of Texas is a newly expanded organization resulting from the 2022 merger of Ntarupt (North Texas Alliance to Reduce Unintended Pregnancy in Teens), the Texas Campaign to Prevent Teen Pregnancy, and Healthy Futures of Texas.

