



Don't miss the chance to join professionals from across Texas to receive advanced training and technical support and access a network of experts with the latest information and best practices around teen pregnancy prevention and adolescent and women's sexual & reproductive health.

Continuing Education credits for multiple disciplines will be provided:

- Social Work (SW)
- Licensed Professional Counselor (LPC)
- Continuing Professional Education (CPE)
- Certified In Public Health (CPH)
- Certified Health Education Specialist (CHES)
- DSHS Community Health Workers – Promotor(a) (CHW)
- Continuing Nursing Education (CNE)

THE 2026 FEATURED SPEAKERS:

MONDAY, APRIL 27



Tamar Mendelson, PhD, MA
Bloomberg Professor of American Health at the Johns Hopkins Bloomberg School of Public Health and Director, Johns Hopkins Center for Adolescent Health

Opening Keynote - Integrating Adolescent Health for Lifelong Impact

Adolescence is a pivotal time when physical, sexual, reproductive, and mental health intertwine to shape lifelong outcomes. This keynote highlights the science and stories behind these connections—and offers a framework for supporting the whole adolescent to create lasting health and wellbeing for decades to come.

Trained as a clinical psychologist, Dr. Tamar Mendelson champions mental health prevention and positive youth development—especially for young people in marginalized communities—through community-engaged, evidence-based interventions that center youth voices. A key focus in her research is on adapting and testing evidence-based interventions so that they can be feasibly and sustainably embedded in systems, such as schools, that serve families and youth. She takes a community-engaged approach in her work and seeks feedback and involvement from young people.

TUESDAY, APRIL 28



Jill Grimes, MD, FAAFP
Board-certified family physician, award-winning author, and a nationally recognized medical media and college health expert

Opening Keynote - The Three Ps: Pressure, Pitfalls, & Party Culture

Most college students believe they're protected from pregnancy, STIs, but campus health data reveals a gap between what students think they know about sexual health and what is actually reality. This session explores how common misunderstandings about birth control, STIs, substance use, and consent quietly increase risk—and equips you with practical strategies to deliver timely, student-centered messaging through trusted voices and brief interventions before high-risk moments occur.

Dr. Jill Gimes, "The College Doc," is an award-winning author of *The ULTIMATE College Student Health Handbook* (Oprah's 2025 Best Grad Gift) and *Seductive Delusions: How Everyday People Catch STIs*. With 20+ years in private practice, academic medicine, and university health, she delivers practical, evidence-based advice for young adults, and those who serve them.

SCHEDULE OF EVENTS*



HEALTHY FUTURES OF TEXAS
annual symposium

in collaboration with **Austin Public Health**

MONDAY, APRIL 27 - IN PERSON

7:30 AM - 8:45 AM	Breakfast			
7:30 AM - 8:45 AM	Exhibitors			
8:45 AM - 9:00 AM	Welcome			
9:00 AM - 9:30 AM	Opening Keynote: The Whole Picture - Integrating Adolescent Health for Lifelong Impact			
9:30 AM - 10:30 AM	Poster Sessions + Exhibitors + Break			
10:30 AM - 11:30 AM	Fathering Futures: The Impact of Teen Fatherhood Programs on Families and Communities	Health Literacy: A Foundation for Navigating Media Messages in Sexual Health Education	Survivor-Centered Solutions: Collaborative Approaches to Safety Planning	Never Miss a Chance! A Toolkit for STI Screening and Treatment in Adolescents
11:30 AM - 12:30 PM	Prevalence of Depression & Anxiety among Inner City Youth Attending a Family Planning Clinic	Educate. Empower. Eradicate: Changing the Narrative on Women's Sexual Health in Texas	Advancing Menstrual Health -Adolescent Menstrual Health Needs: School-Based Barriers and Opps -Advancing Period Health Through Education and Access	Innovative Pathways to Care -Expanding OTC Contraceptive Access for Communities Facing Barriers to Care -Mobilizing Maternal Healthcare: Expanding Access for Equity and Impact
12:30 PM - 1:45 PM	Lunch & Annual Awards Ceremony			
1:45 PM - 2:00 PM	Exhibitor Break			
2:00 PM - 3:00 PM	From Rules to Realities: Street-Level Bureaucracy in Sexual and Reproductive Health	Responding to Disclosures of Relationship Violence	Youth Voices in Action: Empowering College Students as Future Health Leaders and Policy Advocates	
3:00 PM - 4:00 PM	Everything Sucks and I Hate It Here: Preserving your Mental Health in Advocacy work	Future Family Planning: Emerging Risks, Realities, and Opportunities for Guidance	Beyond the Morning After: What Everyone Should Know About Emergency Contraception	Me & You - An Evidence-based Multimedia Healthy Relationship Program for Middle School
4:00 PM - 4:30 PM	Snack with Exhibitors			
4:30 PM - 5:15 PM	Trivia with Prizes			
5:00 PM - 7:00 PM	IUD Training (Clinicians Only; RSVP Required)			
5:30 PM - 7:00 PM	20th Anniversary Party + Networking Event (Ticket Required)			

TUESDAY, APRIL 28 - IN PERSON

7:30 AM - 9:00 AM	Breakfast			
7:30 AM - 9:00 AM	Exhibitors			
9:00 AM - 9:45 AM	Opening Keynote: The Three Ps: Pressure, Pitfalls, & Party Culture			
9:45 AM - 10:30AM	Exhibitor Break			
10:30 AM - 12:00 PM	Building Culturally Affirming Sexual Health Programs for Latine Families	Teaching at the Speed of AI: Ethical Innovations in Sexuality Education	Impact Of Queer Inclusive Non-Segregated Sexual Health and Wellness Workshops on College Students	Reducing Stigma & Drop-Off in Culturally Responsive Care
12:00 PM - 1:30 PM	Lunch on Your Own			
12:00 PM - 1:30 PM	Contraception Counseling Luncheon (Pre-Registration Required)			
1:30 PM - 2:30 PM	Qualitative Data Review from a Study on Teen Repro Health Choices and Relationships	Beyond Red Flags: Understanding and Preventing Teen Dating Violence	What to Expect When You're Pregnant in Texas: Know Your Rights Under New 2025 Texas Laws	Amplifying Parent Voice and Mental Health Through Community Collaboration
2:30 PM - 3:30 PM	The Abstinence of Sex Education in Texas: Partnerships Advancing Sexual Health and Safety	Polyvagal Pathways to Safer Relationships: Supporting Teens in Identifying Red and Green Flags Through Nervous System Awareness	Driving Parent Engagement in Youth Sexual Health Education through a Culturally Relevant Awareness Campaign	The Adolescent Mind: Vulnerabilities and Opportunities
3:30 PM - 4:00 PM	End of Day 2 - In It to Win It Prize Drawings (Must be present to win)			

WEDNESDAY, APRIL 29 - WORKSHOPS, IN PERSON ONLY

9:00 AM - 12:00 PM	Making Change™
	Healing Centered Engagement: Tools and Strategies for Youth Supporting Professionals
	Parts, Patterns & Perspective: The BioGraffs Method®
	Engaging Youth in Birth Control Decisions

THURSDAY, APRIL 30 - VIRTUAL ONLY

9:00 AM - 10:15 AM	The Importance of Community Health Workers in Sexual and Reproductive Health
10:30 AM - 11:45 AM	The Missing Basic Need: Why Sexual Health Education is Essential for Student Success
1:00 PM - 2:15 PM	To New Heights: Building an Inclusive Brand
2:30 - 3:45 PM	Women's Health Programs in Texas

*Schedule Subject to Change. Direct Symposium questions to Melanie at mchasteen@healthyfutures-tx.org.