

Growing Resiliency in Youth

Friday, December 4, 2009
UW-Parkside Student Center
8:30 a.m. – 4:00 p.m.

Agenda

- 8:30 a.m. – 9:00 a.m. Registration
- 9:00 a.m. – 9:30 a.m. Welcome and Plenary Session
- 9:30 a.m. – 11:00 a.m. **Keynote Address:**
Mentoring for Resiliency: Building “Bounce Back” Kids
Nan Henderson, President, Resiliency in Action
- 11:00 a.m. – 11:15 a.m. Break
- 11:15 a.m. – 12:30 p.m. Workshop Session I
- A. Activities for Identifying, Teaching, and Growing Resiliency: You’ve Got the Power!
 - B. How to Grow Your Mentoring Program without Becoming Overwhelmed!
 - C. Panel Discussion: Transitioning Youth from Gangs to Growth
 - D. Guiding Your Mentee Down a Healthy Career Path
- 12:30 p.m. – 1:30 p.m. Appreciative Inquiry Lunch:
Building a Strong and Collaborative Professional Mentoring Network
- 1:30 p.m. – 1:45 p.m. Break
- 1:45 p.m. – 3:00 p.m. Workshop Session II
- A. Activities for Identifying, Teaching, and Growing Resiliency: You’ve Got the Power! (Session Repeat)
 - B. Becoming a Certified Program: An Overview of Mentor Kenosha & Racine’s Certification Process
 - C. Juvenile Justice Panel: Understanding the Consequences
 - D. Building a Pipeline: Connecting Mentor Programs and School Districts
- 3:00 p.m. – 4:00 p.m. Networking and Schmoozing
Includes: Nan Henderson Book Signing
Resource Table Displays
One on One Mentor Program Consultations

For workshop descriptions and presenter biographies see www.mentorkr.org



Nan Henderson, M.S.W., is an internationally recognized author, trainer, and consultant on fostering human resiliency in youth, adults, families, and organizations. She is co-founder and President of Resiliency In Action, Inc., a training and publishing company in Southern California. Ms. Henderson has trained and consulted in 44 U.S. States, Canada, Australia, and New Zealand. Organizations she has worked for include Big Brothers/Big Sisters; Upward Bound; the Alberta Alcohol and Drug Abuse Commission; the New Zealand Ministry of Education; Job Corps; and State Departments of Education in California, Vermont, Colorado, Maine, Texas, Pennsylvania, and New Hampshire. She has also been a trainer for hundreds of school districts, and social service and community agencies. Her experience includes several years as a youth substance abuse and other risk behavior prevention and early intervention specialist. Her work links the resiliency framework with the best in prevention and intervention with youth risk behaviors. Ms. Henderson has served on the faculty of five colleges/universities (with an emphasis on substance abuse issues in her higher education teaching); worked as a clinical therapist with youth, adults, and families in agencies and schools; and directed citywide, statewide, and school district wide youth risk behavior prevention and resiliency implementation programs. She is the author/editor of five books and her articles have appeared in several national publications.

Who Should Attend?

This conference is geared towards professional staff of mentoring programs, school based educators and counselors, mentoring researchers and advocates, juvenile justice professionals, mentors and anyone concerned about today’s youth. Are you interested in showcasing your program or service? For information about displaying your information, please contact Michelle Dolnik at (262) 595-2652 or michelle.dolnik@uwp.edu. Inquiries from vendors interested in purchasing booth space are also welcome.

Keynote: Mentoring for Resiliency: Building “Bounce Back” Kids

In this training, participants will thoroughly examine the research base of resiliency that is emerging from the fields of psychology, psychiatry, sociology, and education. The emphasis of the training will be practical application of these research findings in strategies that can be used to move children and youth “from risk to resiliency.” Use of resiliency tools, such as the “Resiliency Chart” and “Resiliency Wheel,” will be taught as a means of building resiliency. Examples of practices and programs that mentors of middle schoolers can use to build resiliency will be shared. The learning objectives of this training include:

- Understanding the research basis of the emerging resiliency/positive youth development framework.
- Explaining how this research shows that one-to-one interactions are the most potent change agents in young people’s lives.
- Identifying the four most important steps to building resiliency.
- Acquiring several activities that can be used to help others identify and build personal resiliency.
- Employing several strategies in work with children and youth to “build resiliency.”

Breakout Session I & II: A Activities for Identifying, Teaching, and Growing Resiliency: You’ve Got the Power!

Resiliency and other Positive Youth Development research clearly shows that the most powerful positive changes in young people’s lives happen as a result of one-to-one personal relationships. For many young people, relationships with educators, youth workers, and mentors are often the most powerful contributors to healthy, resilient life outcomes.

In this interactive workshop, Nan Henderson will share several activities that any caring adult can use to connect a young person with his/her resiliency, help the young person to name it, see how to use it, and how to make it grow. This is a very empowering presentation, and adults in attendance also learn more about their personal resilience.

Ms. Henderson created these activities from the resiliency research, and they are framed in a way that increases the power you have right now to create positive change in those you care about.

Registration Form

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Name: _____
Business: Home:
Business/Agency: _____
Address: _____
City/State/Zip: _____
Day Phone: _____
Email: _____

Payment Methods:

Check
 Visa Master Card Discover
 American Express
Card # _____
Expiration Date: _____

Please circle one in each section:

Workshop Session I A B C D
Workshop Session II A B C D

Make checks payable to **UW-Parkside** and mail or fax registration to:

University of Wisconsin-Parkside
Mentor Kenosha & Racine
P.O. Box 2000
Kenosha, WI 53141-2000
Phone: 262-595-2312
Fax: 262-595-2513

Conference Fees:

Professionals: \$45
AmeriCorps Volunteers, Students, and Job Seekers interested in pursuing a mentoring career: \$25

Fee includes lunch, conference materials, and parking.
CONTINUING EDUCATION UNITS (CEUs) AVAILABLE

From Milwaukee:

Interstate 94 south to Highway E in Kenosha County. East 4 miles.

From Chicago:

I-94 north to Highway E. East 4 miles.

From Madison:

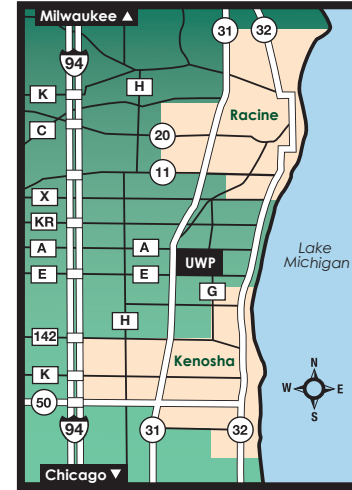
I-94 to Milwaukee. I-894 bypass (Chicago exit), I-94 south to Highway E in Kenosha County. East 4 miles.

From Kenosha:

Access from 30th Avenue (Wood Road), 22nd Avenue, Sheridan Road (Highway 32), or Highway 31.

From Racine:

Access from Highway 31, Highway 32, or Meachem Road (Highway Y).



We would like to thank
the following sponsors



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Mentor Kenosha & Racine 2009 Mentoring Conference



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