2022 NV STATEWIDE YOUTH SUMMIT WORKSHOPS

Workshop Description

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| **Shark Tank: Change Makers**with Lara Vo | Students will work together in teams to come up with innovative ideas and programs to bring about positive change within their own communities and reduce substance abuse. Each team will present their ideas to a panel of youth advisors and receive awards and feedback about how to take these ideas and implement them in their communities. Students will engage deeply with the principles of community stewardship and collective substance abuse prevention efforts.  |
| **Mindfulness & Stress Management** with Kadie Zeller | Mindfulness Practices are research based practices, shown to deliver stress coping skills, and reduce risk factors, by increasing protective factors, such as social-emotional skills, social skills in youth, improved education, employment, crime, substance abuse and mental health outcomes. This session will help students address stressors in their lives and utilize mindful breathing, hearing, seeing and feeling practices for self-regulation and healthy stress management. |
| **Fixed vs. Growth Mindset** with UNLV Outreach Center | Presented by UNLV Outreach Center, this workshop will introduce students to a general understanding of the difference between a fixed and growth mindset, neuroplasticity, and the power of positive self-talk and goal setting in preventing substance abuse. Students will learn retainable tools and strategies to overcome setbacks and develop a more resilient belief in themselves and their goals.  |
| **The Art of Story:** **Reclaiming Your Narrative** with Vic Smith & Anthony Steele | Students will engage in a dynamic conversation about substance abuse in popular music and media and what it means to be a critical and conscientious consumer and producer of the arts. Students will be challenged to explore healthy ways to express themselves and their experiences positively through different creative mediums. They will learn “to story” as an action and the power of reclaiming your narrative, as well as the dangers of harmful stereotypes and stigma. |
| **The Root of You: Food, Nutrition, and Community** with Jayromeo Bautista and Bret Hall | Students will explore the important relationship between nutrition, mental health, and the impact of substances on our body. Recent research has illuminated the critical role that our gut biome plays in our mental health, nutritionists referring to it now as our “second brain.” Students will learn about what type of foods and substances most negatively impact both our bodies and the ways we feel mentally and emotionally. Students will be encouraged to realign their relationship with food as a relationship to culture, through the SAMHSA Culture is Prevention model.  |
| **Brain Games: The Science of Emotion** with Elizabeth Hodgdon | Students will gain an understanding of how our brains develop through adolescence and the role of substances on our cognitive and emotional health. How do substances affect the ways that we think, act and feel, and vice versa, how do our emotions affect our relationship to substance use and stress? Students will take a deep dive into the brain and learn to discern between healthy and unhealthy emotional habits and behaviors, and how we actually have the power to rewire new and healthy circuits in their own brains.  |
| **Resume and Interview Workshop** with JOIN Nevada | JOIN Inc.: Students will develop confidence and familiarity with the job application and interview processes that they will face as they begin to transition into the workforce. This session will be interactive and engaging, getting the students thinking and feeling more confident about their futures.Our goal is to create creating an accessible relationship for help and career training/education resources throughout the state. Representatives for workforce development in the Southern Region are needed.  |
| **At The Crossroads: Embracing your Future** with Richard Flahive | This culminating workshop is inspired by the personal life story of our speaker, who shares his experience of breaking intergenerational cycles of addiction, overcoming a childhood of houselessness, and persevering to pursue his dreams of attending some of the most prestigious universities in the world and help others break the same cycles. Students will be empowered to find and express their own resilience and self-determination, champion their stories and embrace their futures.  |

Summit description:

The summit provides educational sessions, activities and interactive forums addressing substance abuse prevention including the root causes of substance use and abuse amongst young people. Session and forum facilitators come from a variety of fields that address many different substance abuse prevention approaches/teachings, including substance use impacts and dangers, substance abuse prevention, media awareness, cultural humility and collective collaboration, mindfulness. Additionally, alcohol, marijuana, and tobacco prevention materials are provided to participants to further instill the belief that substance use abstinence is the norm.

**Goals:** Youth, and adults working with youth, will:

* Be educated about substance abuse prevention and the harmful effects alcohol, marijuana, tobacco and other drugs.
* Discover the root causes of substance abuse prevention and gain the skills and tools needed to create positive social change and increase levels of youth sobriety in their communities.
* Create plans to increase and sustain positive social norms in communities through education of mindfulness, creative expression, substance abuse prevention, media awareness, cultural humility and collective collaboration.

**Outcomes:** Youth, and adults working with youth, will:

* Gain knowledge and tools in peer pressure and substance use refusal techniques.
* Gain knowledge about the root causes of substance use and increase the belief that sobriety is the norm.
* Gain knowledge on how to plan and implement youth substance abuse prevention strategies in their own communities and peer groups.
* Demonstrate an increase in coping skills against the use of alcohol, marijuana, and tobacco and increase protective factors.