



# 2015 Youth Conference

**SATURDAY, AUGUST 1, 2015**

**8:30 AM – 3:30 PM**

**Location: Rutgers University – Busch Campus Center  
604 Bartholomew Road, Piscataway, NJ 08854**

## CONFERENCE AGENDA

- |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:30 - 9:30 AM      | <b>REGISTRATION &amp; HOT BREAKFAST BUFFET</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 9:30 - 9:45 AM      | <b>WELCOME – Youth Committee &amp; CSOC Assistant Commissioner Liz Manley</b>                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 9:45 - 10:15 AM     | <b>KEYNOTE:</b> “Expressing How You Feel without Acting Out How You Feel” <b>Dr. Buzz Mingin</b> , PhD, is a proud father, social skills Karate instructor, and national educator and trainer on coping and accountability skills for all students, from Burlington County, NJ.                                                                                                                                                                                                                    |
| 10:25 - 11:15 AM    | <b>MORNING WORKSHOPS 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 11:25 AM - 12:15 PM | <b>MORNING WORKSHOPS 2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 12:15 - 1:15 PM     | <b>BUFFET LUNCH</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 1:25 - 2:15 PM      | <b>AFTERNOON WORKSHOPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 2:25 - 3:25 PM      | <b>TALENT SHARE – OPEN MIC</b><br>An opportunity for youth to briefly (3-5 minutes each) share talents such as poetry, song, dance, rap, magic, etc. as individual or group performances. If you would like to share a talent during this time, please check the Talent Share box on your registration form and let us know your talent. We expect to have time for up to 12 performances. Confirmations will be based on a first come first serve basis. Register early to let your talent shine! |
| 3:25 – 3:30 PM      | <b>EVALUATIONS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

### ADULTS PLEASE NOTE:

**THIS CONFERENCE HAS LIMITED SEATING AND IS CREATED BY YOUTH FOR YOUTH. ADULTS WHO WISH TO BE PRESENT FOR THE DAY TO SUPPORT YOUTH MUST REGISTER ALONG WITH THEIR YOUTH, AND WILL BE ASKED TO NOT ATTEND WORKSHOPS DESIGNATED AS BY YOUTH FOR YOUTH, UNLESS THEIR PRESENCE IN THE WORKSHOP IS REQUESTED FOR SUPPORT PURPOSES BY A PARTICULAR YOUTH.**

**Seating is limited.** Registrations will be confirmed via email on a first come, first served basis within 3 business days of receipt. Please call us at (732) 235-9287 for registration questions.

## WORKSHOP DESCRIPTIONS

(see times offered on next page)

**A Teen's Life:** Meet people like you sharing similar teen experiences...Led by SkyAna Fireall, Sierra Carney, Janayzah Toots & Mary Hubbi, members of NJ Children's System of Care Youth Partnerships from across the state. *Youth led workshop for Youth.*

**Eastside Steppers:** Get in sync with the music and step into your emotions! Led by Star and Rayvonna, 9th graders from Elizabeth, NJ and members of the Union County Family Support Organization Youth Partnership. *Youth led workshop for Youth.*

**Comedians - It's Who We Are:** We will show different scenarios of teen challenges through characters we create, showing how every situation can have some humor to it. Led by Adam Hubbi, a 14 year old 8th grader from Upper Township, NJ, youth leader apprentice at the Atlantic Cape Family Support Organization's Youth Partnership, and a teenager just like you wanting to do something "BIG"; Alex Camp, an 18 year old from Egg Harbor Township, NJ who likes comedy and once he gets warmed will share some laughs with everyone; and Emmanuel Hinton from Elizabeth, NJ, who enjoys comedy, views it as "the best thing in his life," has a unique talent of introducing comedy into his love of acting, and does great impersonations. *Youth led workshop for Youth.*

**The Nurtured Heart Approach:** Discover a new perspective and understanding of how to support youth toward accountability, success, and greatness that can be far more powerful than traditional approaches to behavior management. Led by Frank Picone, LCSW, a certified School Social Worker who has worked over the past 20 years in a variety of settings and roles including community mental health center crisis screener and primary therapist, family therapist and out of home treatment director, and is a certified trainer in the Nurtured Heart Approach. *Adult led workshop for Youth & Adults.*

**Chardonney's "Simple Plan" to a Drug-Free Life:** Learn about the dangers of alcohol and other drugs through fun interactive activities, an educational music video, and a personal PSA. Led by Chardonney & Reese VanDunk. *Youth led workshop for Youth.*

**Turning towards the Present Moment: Mindfulness and Stress Reduction:** Explore different approaches to practicing Mindful Awareness, using stretching, movement and breath awareness. Learning how to bring our attention into the Here and Now can help us to decrease stress in our lives. Led by Dr. Ken Verni, aka the Mindfulness Guy, Psychologist, Trainer for Rutgers, Mindfulness teacher for over 10 years. *Adult led workshop for Youth & Adults.*

**Meet the Director:** An opportunity to have a conversation, to ask questions, and to present challenges to the Director of the NJ Children's System of Care. Led by Elizabeth Manley, LSW, Assistant Commissioner of the NJ Department of Children and Families with direct oversight of the statewide child behavioral health, substance abuse and development/intellectual disabilities system of care. *Adult led workshop for Youth & Adults.*

**Music as a Language:** See how music genres can relate to each other and learn new things about the music we all listen to! This interactive workshop will cover how different types of music influence 'Fashion and Art.' Fun activities will increase participant's knowledge of famous types of music by famous artists. Led by Harry Rea, age 16, who attends East Brunswick High School and is a Music Historian/Radio Show Host at [www.blogtalkradio.com/my-music-community](http://www.blogtalkradio.com/my-music-community) & Liam Wagner. *Youth led workshop for Youth.*

**Making Money Work:** Understand income needs vs wants. Learn how to save and manage credit. Led by Emma Mazzaferro, Store Manager and Mariuxi Vega, Financial Services Rep, from TD Bank in New Brunswick. *Adult led workshop for Youth & Adults.*

**Be a Leader – Use Your Voice:** Learn how to use public speaking to become a leader in your community. Led by Star Lockhart-Russ, an 8<sup>th</sup> grade graduate and Union County FSO Youth Leader & Mary Hubbi, a high school graduate and Atlantic-Cape FSO Youth Leader. *Youth led workshop for Youth.*



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## REGISTRATION FORM

For general questions or special dietary needs, please call Kathy Finnerty at 732-235-9346.

Registration Form must be completed in full, for each participant.

You may register for this conference in one of three ways, by:

- Phone . . . Ask for Debbie at 732-235-9287
- Fax . . . . 732-235-5082 (fax registration sheet only)
- Email . . . Send Email registration request to [mosleydl@ubhc.rutgers.edu](mailto:mosleydl@ubhc.rutgers.edu)

**Please be sure to include all details as requested below for email registration.**

**There is no fee to attend this conference but pre-registration is required.**

**Please Print**

Name of Youth Participant (age 13-21 years): \_\_\_\_\_

\*Email (**Required for Confirmation**): \_\_\_\_\_

Phone: \_\_\_\_\_ County: \_\_\_\_\_

Yes, I would like to present in the Talent Share – my talent is: \_\_\_\_\_

Please circle youth's choices for Morning and Afternoon workshops in the boxes below.

MORNING WORKSHOP 1	MORNING WORKSHOP 2	AFTERNOON WORKSHOP
A Teen's Life	Be a Leader – Use Your Voice	A Teen's Life
Eastside Steppers	Making Money Work	Eastside Steppers
Comedians - It's Who We Are	Music as a Language	Music as a Language
Mindfulness	Chardonney's "Simple Plan" for a Drug-Free Life	Chardonney's "Simple Plan" for a Drug-Free Life
Meet the Director	Nurtured Heart Approach	Mindfulness

**Accompanying Adult** - if you plan to join us for the conference day please provide your information below.

Name of Adult: \_\_\_\_\_

Agency Affiliation and/or relationship to youth: \_\_\_\_\_

\*Email (**Required for Confirmation**): \_\_\_\_\_

Phone: \_\_\_\_\_ County: \_\_\_\_\_