



# MARCH 14, 2019 JEFFERSON CITY, MISSOURI



## SCHEDULE FOR CONFERENCE

7:30 a.m. - 8:30 a.m. .... Registration  
 8:30 a.m. - 9:30 a.m. .... Legislative visits (Capitol-check in Main Entrance)  
 or  
 8:30 a.m. - 10:15 a.m. .... Cybercrimes Presentation, Detective Andy Evans  
 ..... (Capitol Plaza hotel)

10:30 a.m. - 11:30 a.m. .... Esteban Gast, Key Note

*"The Question To Ask About Kindness"*

Why is it so hard to follow through on the things we want to do? Why do promises fall short or New Years Resolutions fade away? Using humor and his personal story as a first-generation American, Esteban talks about the question we should be asking: what stops us from being the people we want to be? This talk dives into and celebrates these big questions while continuing to be accessible and relatable for students of all ages. It offers both silly and serious examples of how to overcome our own selves to create a better world for ourselves, our friends, and our communities. It's not that people don't believe in kindness, it's that actually being kind is a lot harder than it looks. Esteban believes asking what gets in the way is the first step in making kindness normal.

**11:30 a.m. - 12:30 p.m. - Lunch**

**ACT Missouri Youth Ambassador Program ..... Youth Ambassador Presentors :**  
**Zachary Estes, Caleb Hatfield, Shalynn Jones,**  
**Anna Knoerle, Jordyn Mays, and Jonathan Shanks**

*"2019 Speak Hard Youth Ambassador Project"*

The 2019 Youth Ambassador Program has created a project for the Speak Hard Youth Rally that focuses on connecting students to a story of consequences through a popular Broadway writer. At lunch during the Speak Hard, the Youth Ambassadors will play a recorded version of 21 Chump Street. Immediately following, one Youth Ambassador will serve as the lead facilitator to promote discussion amongst tables through a set of predefined questions.

12:30 p.m. - 1:20 p.m. .... **Break Out Session 1**  
 Breakout Session Descriptions are available on the following pages

1:30 p.m. - 2:20 p.m. .... **Break Out Session 2**  
 Breakout Session Descriptions are available on the following pages

2:30 p.m. - 2:45 p.m. .... **Walk to the Capitol**

2:45 p.m. - 3:00 p.m. .... **Youth Awards - First Floor Rotunda**



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### Session 1- 12:30 p.m. - 1:20 p.m.

Room	Workshop Title
Truman A	<p><b>Esteban Gast</b>  <i>"Stories Matter: How Stories Shape Our World"</i></p> <p>In this workshop, Esteban uses engaging and hands-on activities to offer a more expansive approach to storytelling, showing students that everyone can make a difference by the stories they tell. Students will be writing, reflecting, sharing, and connecting - all while thinking critically about the stories they consume and create. Students walk away with one big question: If stories are how we shape the world around us, how can we be more intentional about finding and telling better stories in our everyday life? And, in a world where literally everyone has a platform and audience, how can we use that responsibility to have a positive impact?</p>
Truman B	<p><b>Joyce Lara, Vaping</b>  <i>"Vaping, it's just water vapor right?"</i></p> <p>Electronic cigarettes (e-cigarettes/e-cigs)\vape products are safe, right? After all, it's just water vapor. Everybody's doing it, so it must be ok. Juuls, e-cigs, vape pens, mods – whatever you want to call them, are all the rage and youth are trying them at record rates. But what is really being inhaled? How safe are they? During this session, Joyce Lara, Youth Program Specialist with the Missouri Department of Health and Senior Services Comprehensive Tobacco Control Program and ACT Youth Ambassadors, will lead a CATCH My Breath interactive session where youth will learn crucial information about e-cigarettes to help them make informed choices. Participants will also learn how they can implement the CATCH Program in their school.</p>
Truman C	<p><b>Maggie Zimmerman &amp; Morgan Neal,</b>  <i>"Preventing Suicide in Your School"</i></p> <p>In this workshop you will learn the basics of youth suicide prevention and gain some tips and tricks on healthy coping strategies. You will also hear from a current Youth With Vision Member, Morgan Neal, to discuss current campaigns that aim to address mental health stigma, increase self-help coping strategies, and increase help-seeking behavior within our schools.</p>



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### Session 2- 1:30 p.m. - 2:20 p.m.

Room	Workshop Title
Truman A	<p><b>Michelle Irwin</b>  <i>"Words are, of course, the most powerful drug used by mankind." *</i>            Words are the core of our being. Without words, our communication is very limited. This presentation will show youth how the words they use influences their message. How important it is to understand how words work with yourself and with others, creating a mood and an opinion. And how to choose the words to best relay your message.</p>
Truman B	<p><b>Anthony Butler</b>  <i>"Un-Un To Unhealthy Relationships...Exposing The Red Flags!"</i>            This innovative workshop will help participants identify traits of unhealthy and healthy relationships in an engaging and creative format. Participants will use role play, reoccurring news headlines, and an examination of one's family tree to analyze traits of terrific and toxic dating relationships. This workshop is educational, data driven, full of solutions, and poetically powered!</p>
Truman C	<p><b>Jim Marshall</b>  <i>"Substance Use Issues and Mental Health First Aid for Youth"</i>            The presentation will tie in current mental health issues of youth today , along with how poor or lack of any healthy coping skills are increasing the self medication and substance use issues and addiction</p>