

The 12th Dyan A. Aretakis

TEEN CULTURE CONFERENCE

Monday, Nov. 11, 2024

The Irving Theater
225 W. Water Street
(Downtown Mall, West End)
Charlottesville



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Teen Culture Conference

Monday, November 11, 2024 8am-4pm

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225 W Water St (Charlottesville Downtown Mall West)

Faculty and Planning Committee

Susan Gray, MD *Co-Course Director*

Mary Sullivan, MEd *Co-Course Director*

Alanna Baker, LCSW

Serwa Ertl, MD

Eva Manthe, RDN

Elizabeth Patterson, MEd

Heather Payne, WHNP

Haley Stephens, PhD

Sara Groff Stephens, PhD, LCSW

Nassima Aid-Daoud Tiourrine, MD

Invited Guest Faculty

Mack McClellan, MSW *Renaissance School*

Wyatt Rolla, JD *ACLU of Virginia*

Students of the Renaissance School

REGISTRATION (live or virtual attendance before midnight 10/20/24)

\$125 - Physicians:

\$50 - Other healthcare or professionals (RN, NP, PA, therapists, RDs, teachers, clergy, etc)

\$25 - full-time students and trainees

On/after 10/21/24:

\$150 - Physicians

\$75 Other healthcare or professionals

\$50 full-time students and trainees

Program Overview

This one-day conference, named in memory of Dyan A. Aretakis, founder of the UVA Teen and Young Adult Health Center, addresses the physical, emotional, cognitive, and social wellbeing of teens and young adults.

Target Audience

The program is intended for all those who care about teens and young adults: educators, nurses, counselors, clergy, physicians, psychologists, social workers, and parents.

Desired Outcomes

By the end of this conference, learners will be able to:

1. Describe the varied presentations of eating disorders and apply best practice recommendations for management and treatment.
2. Discuss the unique risks and vulnerabilities of teens and young adults to substance use disorder/addiction and identify available treatment resources.
3. Employ strategies to help youth recognize and mitigate the negative mental health impacts of social media.
4. Select appropriate tools and techniques to support agency and self-advocacy in teens and young adults
5. Discuss patients' perspectives about their mental health challenges and their perceptions of the qualities of useful interventions.

Accreditation and Designation Statements



In support of improving patient care, this activity has been planned and implemented by Sentara Martha Jefferson Hospital and the University of Virginia School of Medicine and School of Nursing is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Virginia School of Medicine and School of Nursing designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine and School of Nursing 5.5 contact hours for nurses who participate in this educational activity and complete the post activity evaluation.

The University of Virginia School of Medicine and School of Nursing 5.5 hours of participation (consistent with the designated number of AMA PRA Category 1 Credit(s)™ or ANCC contact hours) to a participant who successfully completes this educational activity.

The University of Virginia School of Medicine and School of Nursing maintains a record of participation for six (6) years.



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

The University of Virginia School of Medicine and School of Nursing designates this live activity for a maximum of **5.5** continuing education hours.



As a Jointly Accredited Organization, The University of Virginia School of Medicine and School of Nursing is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The University of Virginia School of Medicine and School of Nursing maintains responsibility for this course. Social workers completing this course receive 5.5 continuing education credits.

Disclosure of faculty financial affiliations

The University of Virginia School of Medicine and School of Nursing as a Joint Accreditation Provider adhere to the ACCME Standards for Integrity and Independence in Accredited Continuing Education, released in December 2020, as well as Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines. As the accredited provider for this CE/IPCE activity, we are responsible for ensuring that healthcare professionals have access to professional development activities that are based on best practices and scientific integrity that ultimately supports the care of patients and the public.

All individuals involved in the development and delivery of content for an accredited CE/IPCE activity are expected to disclose relevant financial relationships with ineligible companies occurring within the past 24 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia School of Medicine and School of Nursing employ appropriate mechanisms to resolve potential conflicts of interest and ensure the educational design reflects content validity, scientific rigor and balance for participants. Questions about specific strategies can be directed to the University of Virginia School of Medicine and School of Nursing of the University of Virginia, Charlottesville, Virginia.

The faculty, staff, CE Advisory Committee and planning committee engaged in the development and/or peer review of this CE/IPCE activity in the Joint Accreditation CE Office of the School of Medicine and School of Nursing have no financial affiliations to disclose.

Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices

As a Joint Accreditation provider, the University of Virginia School of Medicine and School of Nursing, requires that all faculty presenters identify and disclose any off-label or experimental uses for pharmaceutical and medical device products. It is recommended that each clinician fully review all the available data on new products or procedures prior to clinical use.

AGENDA

<u>Start</u>	<u>End</u>	<u>Topic/Title</u>	<u>Speaker</u>
8:00	8:40	Exhibits /breakfast (provided)	
8:40	8:45	Welcome and program overview	Sullivan
8:45	9:30	Management of Eating Disorders	Manthe, Groff Stephens
9:30	10:15	Substance Use Disorders/Addiction	Ait-Daoud Tiouririne, Baker
10:15	10:45	Exhibits	
10:45	11:30	Social Media	H. Stephens
11:30	13:00	Lunch (provided) and Community Hero Awards	
1:00	1:45	Creating & Cultivating Opportunities for Advocacy & Autonomy	McClellan
1:45	2:45	Legal Advocacy	Rolla
2:45	3:00	Exhibits	
3:00	4:00	Patients' POV panel	Students TBD
4:00	4:30	Closing Call to Action	Gray