

2017 Oregon Teen Conference - Workshop Descriptions

Troop Shields

A large group is broken into smaller groups, called troops. This Conference-opening activity provides each troop to develop troop rules and expectations, create a troop identity and to have an opportunity to connect with peers on a recurring basis throughout the conference.

Lines for Life

Lines for Life is a regional non-profit dedicated to preventing substance abuse and suicide. They offer help and hope to individuals and communities, and promote mental health for all. Their work addresses a spectrum of needs that include intervention, prevention, and advocacy. They educate, train, and advocate to prevent issues of substance abuse, mental illness, and thoughts of suicide from reaching crisis levels.

211

211 is a statewide information and referral agency, they connect people to resources in their communities. They have a website www.211info.org and App that they will be reviewing with our team.

Navigating Health Care

Join a dialogue about the unique health needs of foster youth, learn about the importance of health care transition planning, and health insurance options and the importance of a Medical Power of Attorney for aging out foster youth.

The Wounded Spirit

Sometimes people don't recognize the grief or sadness a young person can experience when going through foster care, often it can even be hard for a young person to recognize it themselves. Come learn about grief in foster care and how to identify it and work towards moving past it.

Milestones

Provides an opportunity for young people to claim and recognize their own personal history and focuses on overcoming obstacles through using resiliency.

Art Activity: Arrow Painting

An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it's going to launch you into something great. So you have to stay focused on your dreams and keep aiming high. In this workshop you will declare your dreams and paint your own uniquely designed arrow, dream feathers, and personal message on a canvas. Your finished painting will be a visual inspiration to help you bring your dreams into reality. No art or painting experience is required. You will be guided through step by step instructions.

Brand ME

Examine how young people own their actions, how what we do and say influences how people see us, and how youth have control of their own brand through communication and the way they represent themselves.

In Transition

Learn the essential assets that a youth should put in place prior to leaving foster care, and get set for your transition to adulthood!

Relationship Ninja

Take an inclusive, foster and trauma informed approach to explore sexuality and relationship education (SRE) for young people from foster care.