

**Women's Health Virginia 11<sup>th</sup> Annual Conference on Women's Health**

# **Stepping Over the Lines**

**Young Women's Risk-Taking, Time for Concern**

**Friday, June 13, 2008 Alumni Hall, Charlottesville, VA**

**8:00 a.m. Registration, Coffee and Visit Displays**

**8:40 a.m. Welcome and Introduction**

Miriam A. Bender, Chief Executive Officer, Women's Health Virginia

**8:50 a.m. What Is She Thinking?**

Current understanding regarding when and why girls, teens and young women engage in risky behaviors, including recent research on brain development and how that development affects young women's judgment

Rhoshel K. Lenroot, M.D., Clinical Fellow, National Institute of Mental Health, Child Psychiatry Branch

**9:30 a.m. What is She Doing?**

Behaviors, their health consequences, trends and what's being done in prevention and treatment

**Striving for Perfection**

Pressures in academics, athletics and appearance

Kathy R. Hollingsworth, Ph.D., Executive Director, Counseling & Psychological Services, Duke University

Alexis L. Andres, M.Ed., Asst. Director, Office of Orientation & New Student Services, University of Virginia

**Looking for Love**

Sexuality and relationships, including sexual activity, partner violence and coercion

Dyan Aretakis, F.N.P., M.S.N., P.N.P., Project Director, Teen Health Center, University of Virginia

**10:50 a.m. Break and Visit Displays**

**11:20 a.m. What is She Doing? (continued)**

**Getting a Buzz—or More**

Substance use and abuse—tobacco, alcohol, prescription and illegal drugs, inhalants

Martha Kurgans, L.C.S.W., Substance Abuse Specialist, Virginia Dept. of Mental Health, Mental Retardation & Substance Abuse Services

**Stepping into Crime**

Violence, especially girl on girl, and involvement in gangs

Korrie Allen, Psy.D., Asst. Professor, Division of Community Health & Research, Eastern Virginia Medical School

Benjamin Anthony, Gang Training Coordinator, Virginia Dept. of Juvenile Justice

**1:00 p.m. Lunch and Keynote Address**

**Hearing Their Voices: Lessons When Young Women Speak Up**

What the speaker learned from interviews with and observations of teen girls and young women

Laura Sessions Stepp, Journalist, The Washington Post; Pulitzer Prize winner and author of *Unhooked: How Young Women Pursue Sex, Delay Love and Lose at Both* and *Our Last Best Shot: Guiding our Children Through Early Adolescence*

**2:30 p.m. Helping In Time**

Need for early recognition of harmful behaviors, best practices for intervention, and availability of treatment resources

Jeri L. Lantz, M.D., F.A.A.P., F.A.C.P., Assoc. Director Internal Medicine Medicinal Education, Carilion Clinic, Co-Medical Director, Roanoke Adolescent Health Partnership

**3:30 p.m. Making Better Choices**

What health and educational professionals, parents, peers and others can do

Jennifer Bauerle, Ph.D., Director of Social Norms Institute, Elson Student Health Center, University of Virginia

Kristen Spicer, Ed. D., Asst. Principal, Buford Middle School, Charlottesville

Wendi Wills El-Amin, M.D., Asst. Professor, Dept. of Family Medicine, University of Virginia