

Women's Health Virginia 11th 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