

The Iowa Gender~Specific Services Task Force Welcomes You



**are hard to hear:
creating an audience for girls' voices**

**Chapter 10:
You Must Be Present to Win**

June 1-2, 2006

Conference made possible by

Friends of the Iowa Commission on the Status of Women

Iowa Department of Human Rights,
Division of Criminal and Juvenile Justice Planning

Thursday June 1

- 7:45am ~ 8:45am Registration/Continental Breakfast
Gallery Lobby/Garden Room
- 8:45am ~ 9:15am Welcome ~ Garden Room
Kathy Nesteby, Conference Coordinator
Lori Rinehart, Task Force Chair
- 9:15am ~ 9:45am Performance ~ Garden Room
BeJae Flemming
- 9:45am ~ 10:45am Keynote ~ Garden Room
Fighting Like a Girl: Myth, Reality and Media
Lyn Mikel Brown, Ed.D.
- 10:45am ~ 11:00am Break
- 11:00am ~ 12:15pm Session I Workshops
- 12:15pm ~ 1:45pm Lunch ~ Garden Room
Courageous Advocacy Awards
Door prizes/Break
- 1:45pm ~ 3:00pm Session II Workshops
- 3:00pm ~ 3:15pm Break
- 3:15pm ~ 4:30pm Session III Workshops

Friday June 2

8:00am ~ 8:45am Registration/Continental Breakfast
Gallery Lobby & Garden Room

8:45am ~ 9:00am Welcome ~ Garden Room
Kathy Nesteby, Conference Coordinator

9:00am ~ 10:00am Keynote ~ Garden Room
*It's a Girl! How being present creates
opportunities for girls to be winners*
Dr. LaWanda Ravoira

10:00am ~ 10:15am Break

10:15am ~ 11:30am Session IV Workshops

11:30am ~ Noon Performance ~ Garden Room
Chillin'

Noon ~ 1:30pm Lunch ~ Garden Room
Door prizes

Close of Conference

Thursday Keynote: Lyn Mikel Brown, Ed.D.

Fighting Like a Girl: Myth, Reality and Media

There has been a flurry of media attention focused on the topic of girls' meanness to other girls. Movies, popular books, and magazines describe an increase in girl bullying, relational aggression and fighting. They express alarm at the ways girls exclude, tease, and hurt each other. How much of this behavior is media hype and how much is reality? Are girls becoming angrier, more aggressive, and violent? If so, why? What do the media portrayals say about the way our culture views girlhood and how do they affect the way girls view themselves? Dr. Brown addresses these questions in light of girls' relational strengths and potential for creating positive social change.

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Lyn Mikel Brown's acclaimed work on girls' social and psychological development has consistently broken new ground and challenged old perceptions. She is the co-author, with Carol Gilligan, of *Meeting at the Crossroads: Women's Psychology and Girls' Development*, a New York Times Notable Book of the Year that helped spark an international debate about the lives of girls and redefine our understanding of female development. Founding member of the Harvard Project on Women's Psychology and Girls' Development and co-creator of the nonprofit Hardy Girls Healthy Women, her other acclaimed books include: *Raising Their Voices: The Politics of Girls' Anger* and *Girlfighting: Betrayal and Rejection Among Girls*. She is a Professor of Education and Women's, Gender, and Sexuality Studies at Colby College in Maine. She writes extensively on the relational life of girls; the influences of race, class and gender on girls' lives; girls' feelings of anger, self-knowledge, loss, hope, and desire. She earned her Ed.D. at Harvard University's Graduate School of Education. Her study of girlfighting garnered a Henry A. Murray Research Center Radcliffe Postdoctoral Research Award and other research grants.

## **Friday Keynote: Dr. LaWanda Ravoira**

### *It's a Girl! How being present creates opportunities for girls to be winners!*

Girls and young women bring complex gender specific issues that warrant specialized treatment interventions. What are the gender differences and how do they impact *our* work with girls? The keynote focuses on the nuts and bolts of providing gender responsive services using the six major life domains of physical, emotional, intellectual, sexual, family & relationships, and spiritual development as the framework for effective treatment intervention.

Core components, strategies and program ideas will be offered. The keynote will help professionals rethink how they work with young women. It will also explore personal and societal values related to gender and identify how those belief systems impact working effectively with young women. Specialized treatment issues related to prior victimization, sexual abuse, PTSD and self-medicating will be included.

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Dr. Ravoira served as President & CEO of PACE Center for Girls, Inc. for thirteen years. The mission of this organization that offers comprehensive, gender specific services to at-risk girls is to provide young women an opportunity for a better future through education, counseling, and advocacy. Dr. Ravoira has continued to provide consultation services to PACE since August 2005. In this role, she leads advocacy efforts on behalf of young women in the justice system and is leading a major reform effort in Florida for these girls. Currently, she is also involved in a major research project with the National Council on Crime and Delinquency that entails in-depth interviews with 300 girls in residential placement throughout Florida. She co-chairs the Girls Advisory Council to oversee the closure of the girls prison and to make recommendations regarding services. Dr. Ravoira authored *Social Bonds and Teen Pregnancy* and *National Girls Caucus* (for the Journal of the OJJDP) among other publications and has extensive teaching and research experience.

Session I Workshops

11:00am ~ 12:15pm

More with Lyn Mikel Brown. Ed.D.

~ *Central Prairie* ~

Come join Lyn Mikel Brown for further discussion.

Alcohol: Helping People have Sex since 800BC

Pam Carnine, HIV/STD Coordinator, Youth & Shelter Services, Inc.

~ *Harvest* ~

Come hear an experienced sex educator share what they hear from girls in middle school, high school and beyond about sex, boys, drugs and consequences. Through discussion and activities she will share what techniques and activities she has used to teach prevention.

Airbrush This: Getting Serious about Girls' Self-Esteem

Jennifer Neumann, Director of Community Relations & Jenny Patrick, BSW

Girl Scouts of Mississippi Valley

~ *South Prairie* ~

This workshop discusses the new findings of the Girl Scout Research Institute study: The New Normal? What Girls Say About Healthy Living. The role mothers and female role models play in girls development, information on how to combat media images that girls face today and give them the tools to cope with those images. It confirms what many of us know but also provides insight on how to best ensure that young women receive positive and healthy messages about body image.

Live Your Word!

Laura Gentry, author, artist and pastor

~ *North Prairie* ~

Based on her book, *Living Word*, Laura Gentry will lead workshop participants through an empowerment program of interactive activities celebrating identity, building self-esteem and encouraging creative expression. This fun, upbeat self-definition experience can be used as a resource to help young women uncover their deep-seated passions and values in order to be present to their unique gifts. As the title suggests, you'll be challenged to find the word most expressive of your being and then go out and live it.

Oh Darn, I Have to Facilitate a %#&% Group!

Joann McCracken Young, MS, LMSW

~ *Meadow* ~

Facilitating groups of teen-aged girls may be VERY challenging and at times intimidating. The workshop will cover group formation using the "Form, Norm, Storm and Perform" model with suggestions for dealing with difficult group members. We will then experientially present group activities that may bring girls together including two absolutely "never failed yet" games. Participants are encouraged to bring/share activities that have worked for them in groups. Participants will leave with an understanding of underlying group dynamics, strategies for dealing with difficult group members, and fun activities that will help bring girls together and form a group!

Session II Workshops

1:45pm ~ 3:00pm

Girls, Drugs & Rock-n-Roll

Denise Denton, Youth & Shelter Services, Inc. and Iowa State University

~ *Meadow* ~

Drugs don't always play fair. This is especially true in the way they impact the lives of young women. Substances often affect girls more intensely, more quickly and on far less amounts than they do young males. This workshop will discuss how the physical and psychological development of adolescent females can be profoundly interrupted by the presence of alcohol, tobacco and other drugs leaving them vulnerable to a plethora of both acute and long term negative outcomes.

The Touchstones Project: Applying Science-based Practices in Sexuality Education

Rhonda Chittenden, Executive Director, FutureNet

~ *Harvest* ~

This workshop will introduce participants to The Touchstones Project, a five-year initiative of FutureNet, the Iowa Network for Adolescent Pregnancy Prevention, Parenting, and Sexual Health, aimed at ensuring a statewide standard of medically-accurate, science-based practices in all Iowa teen pregnancy prevention, parenting, sexual health education and abstinence education programs in Iowa. Participants will learn how their programs can better assure their desired outcomes by using science-based practices to design, implement, and evaluate their sex ed efforts. Key components of medically-accurate, science-based sexuality education will be discussed as well as resources to find curricula that have been proven effective in reducing risky sexual behaviors in teens.

Putting the Pieces Together: An Approach to Helping Girls with Self-Harming Behavior

Keri Bass, M.S. & Kim Bohannon, Family Resources

~ *Central Prairie* ~

Adolescence is a time of rapid development and growth. Girls are learning to manage their environment, changes in their body, and their place within society. They must learn to cope with the stressors that are a part of this development. For many young women, learning positive coping mechanisms is interrupted by a trauma. Some of these young women turn to self-harm as a way to deal with the emotions and stressors of the trauma that they experienced and with everyday life. Come join this workshop for an in-depth discussion of the reasons girls self-harm, the impact that self-harming behavior has on the lives of girls and their families, and how to help with this difficult issue. Session I will identify types of self-harm and reasons for self-harm.

Girl Let's Talk

Ed Carl Barnes, MSW, LMSW, Executive Director, Willkie House, Inc.

~ *North Prairie* ~

This workshop is designed to engage young women and supporters of young women in conversation about the strategies necessary to encourage the value, strength, energy, and creativity of young women. Topics of this discussion will include: media portrayal, health and wellness, relationships (peer to peer, with young men, with adults, etc.), self awareness and self actualization. This workshop will challenge participants to take an active role in their own development and understand that *they* Must Be Present To Win.

Healthy Communication, Healthy Relationships

Patti Campidilli, ACSW, LISW

~ *South Prairie* ~

Relationships: we all want them, we all have them, but what do we do with them? This workshop will look at the many and varied relationships we have with others, as well as the relationship we have with our own self. We will explore different communication patterns, as well as define healthy versus unhealthy relationships. Participants will have an opportunity to experience how fun relationships can be.

Session III Workshops

3:15pm ~ 4:30pm

Gender~Specific Programming 101

Sue Nelson, Forest Ridge Youth Services

~ *Harvest* ~

This workshop is designed to help professionals new to working with gender-specific programming learn about the components of a successful approach. Participants will receive information to enhance staff development and initiate program changes/improvements to more meaningfully serve the girls in their programs and communities. Expect an interactive presentation and opportunities to share ideas with others. We will focus on the nuts and bolts of working with girls.

What Works, What Hurts...how to really be present for young women!!

Lori Rinehart & Erin Davison, Youth Policy Institute

~ *South Prairie* ~

Young women, members of a Youth Leadership Board, will share their stories of life in foster care. They will discuss the parts of the system that have helped and hurt in their journey to adulthood. These young women will also answer your questions and help facilitate a discussion about the challenges of transition.

Putting the Pieces Together: Session II

Keri Bass, M.S. & Kim Bohannon, Family Resources

~ *Central Prairie* ~

Part II of this workshop will discuss the statistics surrounding self-harm, diagnoses commonly connected to self-harm, and techniques that are helpful in dealing with self-harm. It is not necessary to have attended the first session of this workshop.

Mind-Body-Spirit Presence and Presents: Bringing the Goddess Goods to Girls

Kris Miner, Circle Space Consulting; Keisha Branch, Criminal Justice Major, Brown College;

Kylie Miner, Freshman Prescott High School

~ *North Prairie* ~

Join this workshop to reinforce your beliefs in the mind-body-spirit connection. How do we tap into our gifts and strengths as role models and agents of change? How do we bring out the best in young women? (You know you already do!) How to bring the elements of women's spirituality to your personal and work life (don't be scared-the girls love it). Ideas for growing and stretching yourself and your work. Experiences from Girls Circles in juvenile detention will be shared! We will use the Circle Process to gather wisdom from each of you. Storytelling and handouts, too. You'll leave with a Presence and a Present!

Girls of Color: Their Experiences and Our Response

Valarie Lovaglia, MSW, PhD Candidate, University of Iowa

~ *Meadow* ~

System-involved girls face a variety of issues similar to those faced by girls in the general population – issues in domains such as safety, health, education and housing. Come learn how girls of color experience these issues differently than other populations as well as some practical ideas for addressing these issues effectively with system-involved girls.

Session IV Workshops

10:15am - 11:30am

More with Dr. LaWanda Ravoira

~ *Meadow* ~

Come join Dr. LaWanda Ravoira for further discussion.

Trauma and the Mental Health of Young Women

Bruce Buchanan, ACSW, BCD, LISW

~ *North Prairie* ~

This workshop is intended to look at how trauma has affected adolescent girls and the perceptions that others have of these young women. We will also be discussing how to begin and sustain a healing process of past abuse.

Teens & Technology

Catherine Fribley, Iowa Coalition Against Sexual Assault

~ *Central Prairie* ~

Working with and caring about adolescent girls means being present and willing to dialogue about what is happening in their lives. Increasingly, that includes their use of technology. Adolescents use many online venues for friendship, community building, help seeking, and connecting with other teens. They blog about their lives, google "rape by a friend" to find information about their experiences, meet in online forums created for teens, and e-mail (or text message!) as easily as they breathe. It is important that service providers are thinking about the ways technology impacts and changes our work. There are new considerations for outreach, training, advocacy, counseling, and safety planning that arise from the rapidly changing technologies that teens are accessing.

You Must Be Present in Your Life to Win

Cheryl Brown, Executive Director, Crisis Center & Women's Shelter

~ *Harvest* ~

This workshop will address the need for self-care in the lives of caregivers. One of the most critical needs for caregivers is having boundaries between personal and professional life. Because of stress and vicarious trauma those of us who choose to be in the helping professions must take special care of ourselves. Our ability to care for ourselves despite the many demands in our lives will improve the quality of our own lives, expand our awareness of tools that may help those we serve and make us better role models. The role of self-love in self-care will be discussed and various strategies that have assisted the presenter as well as ideas from research.

Got Sexual Orientation? Working with Lesbian & Bisexual Girls

Shawn Beirman, LMSW

~ *South Prairie* ~

What does your agency do to effectively serve the GLBT (and we don't mean grilled lettuce, bacon and tomato!) population? Can you define the terms sexual orientation, transgender and sexual identity? Whether or not girls in your program share that they are questioning, lesbian or bisexual, programs have a responsibility to create a climate that is sensitive and prepared to respond when girls do share information about their sexual orientation. This workshop will provide participants with current resources and the opportunity to discuss a clinical vignette.

National Association of Social Workers, Iowa Chapter,
is an Iowa Board of Social Work Examiners approved provider #0001.
This program is approved for 8 hours of continuing social work education units.