

# CONFERENCE ON ADOLESCENT HEALTH



## SPONSORS

ARTSTECH  
HEALTH ENDEAVORS: CONSULTING AND TRAINING, LLC  
ADOLESCENT & SCHOOL HEALTH PROGRAM  
MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

**JULY 28-29 2025**

**KANSAS CITY AIRPORT  
EMBASSY SUITES  
KANSAS CITY, MO**

# Conference Overview

## Target Audience

This conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, and individuals from community-based organizations, members of the faith community, social workers, parents and public health individuals.

## Lodging



**2025 Adolescent Health Conference** will be held at the Kansas City Airport Embassy, 7640 NW Tiffany Springs Pkwy, Kansas City, MO 64153

## Accreditation

- One hour of graduate credits through Emporia State University will be available on site, June 28-29, 2025

## Cont'd Lodging

A block of rooms has been reserved for conference participants: \$117 plus applicable taxes per room per night. Cutoff date for the room block is July 18, 2025. To make your reservations, go online at:

<http://group.hilton.com/Regional-Adolescent-Health-Conference>

Group Name: REGL ADOLESCENT HEAL

Group Code:

Check-in: 27-JULY-2025

Check-out: 29-JULY-2025

Hotel Name: Kansas City Airport Embassy Suites

If there is a problem, call the hotel at (816) 891-7788.

## Conference Message

Adolescence is a critical time when youth adopt behaviors that will follow them throughout the rest of their lives. It is important that youth learn to take healthy risks and develop healthy behaviors. Adults must learn how to work with youth to ensure they are creating the proper environment and providing the best resources and opportunities to help the youth of our region as they journey through this important stage of life.

Dr. Darrel Lang

President

Health Endeavors: Consulting and Training, LLC



## Registration information

In order to receive an e-mail confirmation, registrations must be received by **July 25, 2025**.

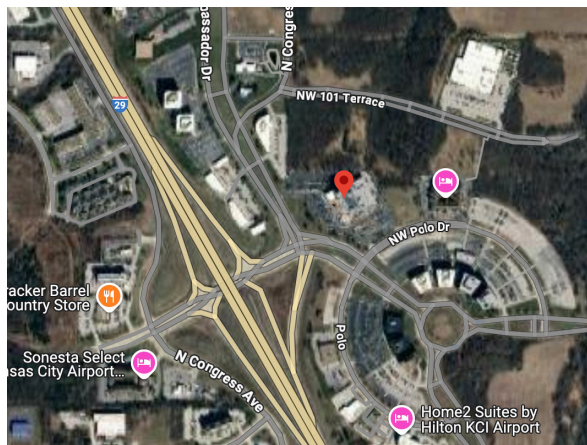
- Registrants requiring special accommodations to more fully participate in the conference may contact Dr. Darrel Lang at (785) 554-4231. We will do everything possible to accommodate your request.
- Casual dress is appropriate. To accommodate the temperature variations at the conference, Please dress in layers or bring a sweater or jacket.
- No refunds for cancellations.
- Below is the link for the conference.

### Registrations may be completed online :

[https://artstech-kc.org/regional\\_adolescent\\_health\\_conference](https://artstech-kc.org/regional_adolescent_health_conference)

Or an order form can be downloaded if paying by check or P.O.

## Directions



### Link to map :

<https://www.google.com/maps/place/Embassy+Suites+by+Hilton+Kansas+City+International+Airport/@39.2751634,-94.669101,17z/data=!3m2!4b1!5s0x87c05ee75cceb639:0x861e408d71af5759!4m9!3m8!1s0x87c05ee74218ee1d:0x3017c2d2c8e21b1b!5m2!4m1!1i2!8m2!3d39.2751593!4d-94.6665207!16s%2Fg%2F1v26mmnv?entry=t->

The Kansas City Airport Embassy Suites is located approximately 5 minutes from the Kansas City International Airport. A free shuttle is available to the Embassy Suites for those arriving by air: Call (816) 891-7788.

## Fees

Registration fees cover all materials, and lunches.

**By July 25, 2025: \$195**

# Monday , July 28, 2025

## Time & Location

## Title

## Presenter

7:00-8:50AM

Registration

8:50-9:10AM

Introductions/ Information about conference

**9:00 - 10:15AM**

**July 28 2025**

### **Stages of Adolescent Development**

Early Adolescent (Ages 12-14) Teenage Development Milestones

What Development Stage is a 12-14 year-old

Physical Development Milestones in Young Adolescence

What is Social Development in Puberty Like?

Cognitive Development Milestones Development

Young Adolescents and Social Media Challenges

Behavioral Development Milestones to Watch for in Early Ages for Children Ages 12-14

Red Flag Behaviors to watch for in Early Adolescence

**10:15 - 10:30AM**

**Break**

**10:30 - 11:45AM**

**Mental/Emotional Health**

**Ms. Amy McClure, MS**

Common factors that can affect mental health and wellbeing in teenagers include:

\*your home environment and family relationships.

\*school, work and other activities.

\*relationships with friends.

\*your sexuality and gender identity.

\*your physical health and feelings about your body.

\*alcohol and drug use.

Coping Skills and Meditation

**11:45 - 12:30PM**

**Lunch**

**12:30 - 1:45PM**

## **Nutrition**

4 stages of development

- Puberty in general
- Changes in the brain
- Reproductive-related changes
- Growth spurt

Factors that influence adolescent food choices

- Lifestyle
- Food preferences
- Early childhood experiences, exposure, genetics
- Taste and appearance
- Religion
- Cost
- Family

Nutritional Requirements

Food likes/dislikes

Eating disorders commonly found in adolescence

\*bulimia

\*Anorexia nervosa

**1:45 - 2:00PM**

## **Break**

**2:00- 3:15PM**

## **Recommendation of Physical Activity in Adolescent**

Physical Activity Behaviors and Health Risk

Sedentary Lifestyles and Adolescent Health

Health Benefits of Physical Activity

Every Healthcare Professional's Role in Adolescence Physical Activity

Key Strategies for Physical Activity Promotion

The Risks from Physical Inactivity

- Health risks in adolescent obesity
- Insulin resistance in obese children

Weight management

Physical activity and Mental Health

Physical activity and Environmental Factors

*Dr. Sunnin Keosyounheung, Ed.D.*

*and Health Education majors at Emporia State University*

**Adolescent Sexuality**

*Dr. Darrel Lang, Ed. D.  
Health Endeavors, LLC*

**Intimacy**

- Physical intimacy
- Emotional intimacy
- Social/emotional intimacy
- Intellectual intimacy
- Sexual Intimacy

**Parents Are Primary Sexual Educator of their Children**

- Development of sexuality in adolescents
- Understanding Sexuality Through Developmental Lens
- Sexuality Behavior and Functioning
- Sexuality and Sexuality-minority youth
- Cultural and Sexuality in adolescence
- Role of family and parents
- Role of peers and friends
- Role of educators
- Challenges faced

**10:15-10:30AM****Break****10:30-11:45AM****Substance Use/Abuse**

Dr. Mark Thompson PhD.

**Four reasons why individuals abuse substances**

- Poor self-concept
- Inability to handle stress
- Lack of significant others
- Lack of meaningful experiences

**11:45-12:30AM****Lunch**

**12:30-1:45AM**

**Smoking/Vaping and the Adolescent**

Adolescent Key factors about tobacco use among Adolescents  
Prevalence of tobacco use among adolescents  
Additional factors about tobacco use among adolescents  
The vaping epidemic in adolescents  
Advertising Directed to adolescents  
Health risks for adolescents  
Nicotine addiction in adolescents  
Gateway to marijuana use  
Flavors and additives

**1:45-2:00AM**

**Break**

**2:00-3:15PM**

**Intentional/Unintentional injuries**

\*Trends in Unintentional Injuries in adolescents  
\*Drug overdose  
\*Homicide and nonfatal interpersonal violence  
\*Firearm violence  
\*Sexual violence  
\*Suicide

Dr. Sunni Keosybounheang, Ed.D. and Health Education  
Majors at Emporia State University



Thank you for joining us...  
Until Next Year!



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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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