

Transitions Fair 2016

Session Topic	Description	Presenter	Room
What's your Mental Health IQ?	Join this session for a lively round of "Mental Health Jeopardy". Learn more about typical adolescent development and common mental health problems that come up during adolescence.	Nina Danielson, Health Promotion Coordinator <i>Clackamas Behavioral Health</i>	31
Clackamas Academy of Industrial Sciences (CAIS)	The Clackamas Academy of Industrial Sciences (CAIS) provides career focused students a high school experience that prepares them to be the innovative workforce of tomorrow through career relevant learning, industry exposure, internships and industry/college certifications and degrees through Clackamas Community College. CAIS is a public charter school open to all students in Oregon. Come learn about CAIS!	Megan Christopher, Secondary Social Studies, Interact Advisor <i>Clackamas Academy of Industrial Sciences</i>	34
Keepin' It Calm: Moves to Manage Worry & Stress	Come and join a lively and interactive workshop designed to help parents and teens/tweens learn to manage stress and anxiety. We will learn what anxiety can look like for middle school students and practice exercises incorporating relaxation techniques, deep breathing and yogic practice to help reduce daily stresses and worry.	Kitty Huffstutter, LCSW, Clinical Manager <i>Morrison Child & Family Services</i>	35
Howz Your Connection?	Come learn how to stay connected and have fun with your kids through the teen years! We'll explore ways to strengthen shared communication and healthy boundaries in the family in fun and interactive ways.	Judy Pearce, Cognitive Skills Group Facilitator and Coordinator <i>Clackamas County Juvenile Department</i>	36
The OC Health Center – Your health, right here, right now	Learn how the Health Center at OCHS provides convenient and confidential care that helps students succeed in school.	Jamie Zentner, MPH Program Coordinator <i>Clackamas County Public Health Division</i>	38

<p>Hooked on you! The tobacco industry's love letter to youth.</p>	<p>Learn about emerging tobacco products like e-cigarettes and flavored tobacco and discover how big tobacco industry use tactics to get youth hooked.</p>	<p>Scott France Program Coordinator <i>Clackamas County Public Health</i></p>	<p>39</p>
<p>Let's Stay Safe! Internet safety.</p>	<p>Tips and strategies for both youth and parents to help kids stay safe on the internet and develop healthy relationships with others.</p>	<p>Liz Alston, MA, Health Education Specialist <i>Northwest Family Services</i></p>	<p>40</p>
<p>Breaking Down the Messages</p>	<p>Together we'll take a deeper look into hidden media messages that target young people.</p>	<p>Amerika Feddema, PreventNet Site Coordinator <i>Northwest Family Services</i></p>	<p>41</p>
<p>100 Reasons To Be Above The Influence</p>	<p>Come join us at our photo booth! We know that most Oregon City youth don't use alcohol or drugs. You've told us that there are so many other things that are more important to you and your future. Come share with us why you are <i>Above The Influence</i> and have your picture taken with your reason for our 100 Reasons To Be Above the Influence video!</p>	<p>Lisa Lee, CPS, PreventNet Site Coordinator <i>Northwest Family Services</i></p> <p>Brayden Hirt, OCHS Student, OCT Board Member <i>Oregon City High School</i></p>	<p>Gym</p>
<p>Let's Manage Our Stress!</p>	<p>There are new challenges that face us in middle and high school that can be both fun and difficult. Come join us to find new ways to manage stress!</p>	<p>Tami Archer, Teacher <i>Gardiner Middle School</i></p>	<p>37</p>
<p>Oregon City Service Learning Academy (OCSLA)</p>	<p>Oregon City Service Learning Academy (OCSLA) is a public charter high school sponsored by the Oregon City School District. Service learning is an approach to teaching and learning that combines academic classroom curriculum with meaningful work and community service experiences. The concept behind service learning is to help integrate students into their community and instruct them in the history and culture of where they live.</p>	<p>Tim Graham, Principal <i>Oregon City Service Learning Academy</i></p>	<p>42</p>

Let's get involved!	What's going on at the middle schools? How about the high schools? This is your chance to come and chat with students from all OC schools and hear more about what types of clubs, activities and sports that are offered and how to get involved!	~Gardiner & Ogden students ~OCHS students ~CAIS students ~OCSLA students	43
Everyone <i>ISN'T</i> doing it!	It's never too early to start talking to our youth about the dangers of alcohol. SAMHSA's "Talk. They Hear You" app is an interactive game that helps you learn the do's and don'ts of talking to kids about underage drinking. Using avatars, you'll practice bringing up the topic of alcohol; learn the questions to ask and get ideas for keeping the conversation going. Also see what's up with Oregon's mORE campaign!	Joe Cox, Youth Director, OCT Co-Chair <i>First Evangelical Presbyterian Church</i>	Cafeteria
Let's open that locker!	Learning how to open up lockers in middle school can be tricky! Come and practice opening a locker and grab a prize!	Karen Lane, OCT Board Member & Students from Gardiner	8 th Grade Hall
<i>Ask Me!</i>	This is your chance to ask 6 th grade students what middle school is really like! And what about high school? Freshman students are ready to answer your questions!	~Gardiner & Ogden 6 th grade students ~OCHS Freshman ~CAIS 8 th grade students and Freshman ~OCSLA Freshman	Cafeteria