

YOUTH LEADERSHIP
PREVENTION
TRAINING

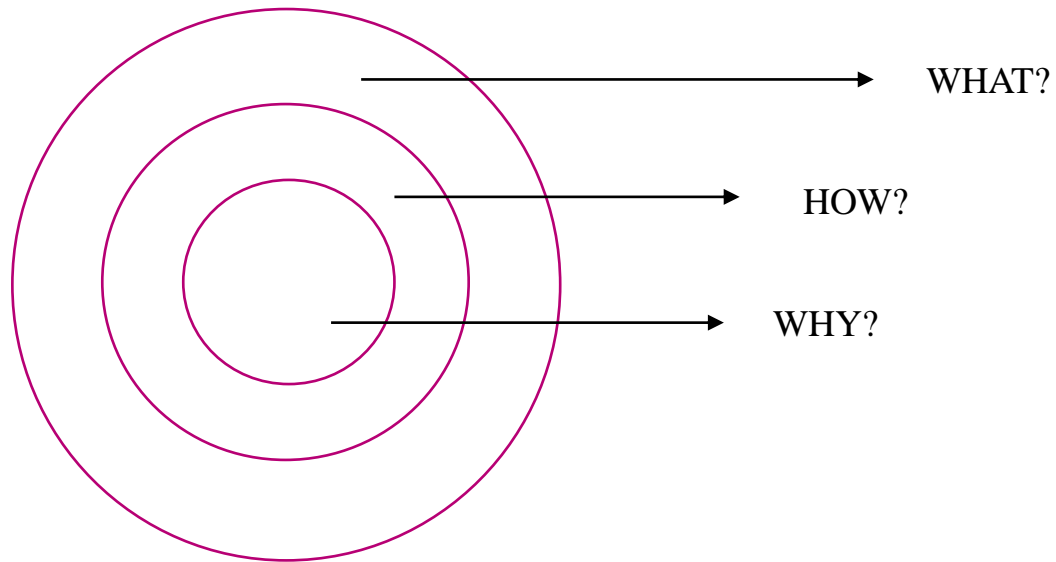
(Bryce Canyon – July 11-13, 2022)

DAY 1: REGISTRATION...

(S.E.L.F.I.E. Theme)



WHAT IS YOUR “WHY”?



*(Annie created a video for
all to view on Day 3)*

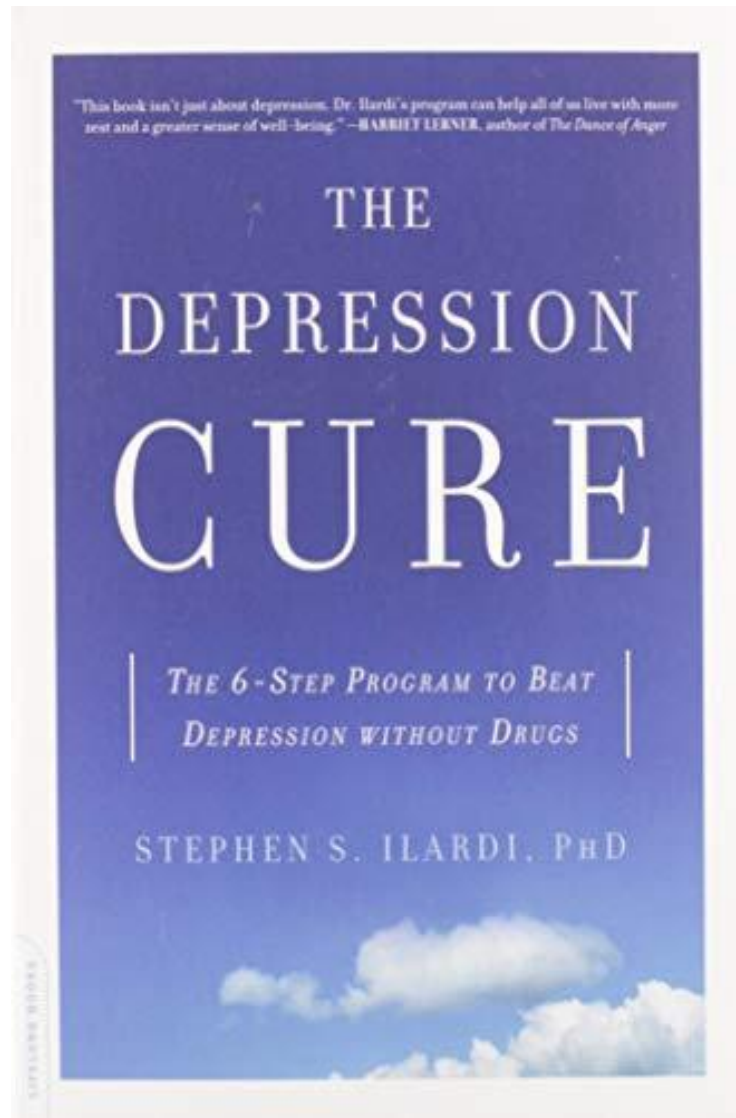


OPENING KEYNOTE SPEAKER

- *Elementary School Counselor
(many students with anxiety)
- *Herriman High School
(realized that anxiety grows up into depression)
- *Read 26 books trying to find out what she could do to help so many struggling students.
- *Finally...



Casey Pehrson
Herriman High School



“Human beings were never designed for the poorly nourished, sedentary, indoor, sleep-deprived, socially isolated, frenzied pace of twenty-first-century life.”

- 1) Brain Food
- 2) Don't Think, Do
- 3) Antidepressant Exercise
- 4) Let There Be Light
- 5) Get Connected
- 6) Habits of Healthy Sleep

“every single patient who put the full program into practice got better, even though most had already failed to get well on antidepressant medications.”

S = SLEEP

E = EXERCISE

L = LIGHT

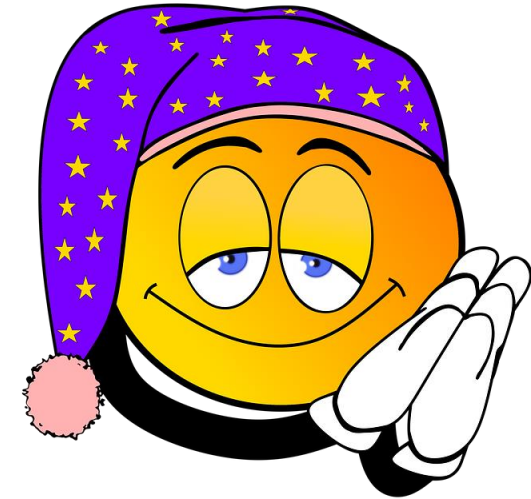
F = FUN

I = INTERACTION

E = EATING RIGHT

SLEEP...

- *Sleep is the Brain's Hygiene - it rids the brain of waste and toxins.
- *Sleep 9-10 hours per night. Optimal 9.25 hours for teens.
- *Only 15% of teens get 8-10 hours of sleep at night.
- *1 in 5 teens get fewer than 5 hours of sleep per night.
- *Blue light from screen viewing releases dopamine and keeps you awake.
- *Sleep and mood are intimately connected. When sleep deprivation continues for days or weeks at a time, it can interfere with our ability to think clearly. Disrupted sleep is one of the most potent triggers of depression.



EXERCISE...



- *Regular exercise helps the body remain youthful.
- *Exercise is medicine, one that affects the brain more than any other drug.
- *Helps you look and feel good and boosts your immune system.
- *Releases endorphins & stimulates brain chemicals.
- *30 minutes of brisk walking – 3 times a week promotes good mental health & combats depression.
- *Exercise makes positive changes in the brain.
- *Exercise leads to increased energy which leads to a better mood, which leads to greater social activity, which leads to more exercise.

LIGHT...



- *Your body can produce its own vitamin D from sunlight.
- *Vitamin D is important to maintain overall health, including strong and healthy bones and teeth. It is also a key component in muscle, heart, lungs, and brain function. It also helps the body fight infection.
- *The brain gauges the amount of light you get each day and it uses that information to reset your body clock. Without enough light exposure, the body clock eventually gets out of sync. When that happens, it throws off important circadian rhythms that regulate energy, sleep, appetite and hormone levels. A half hour of sunlight every day is enough to reset your body clock.
- *Vitamin D gets activated in your body 10-15 minutes a day. It unlocks hundreds of genes that control functioning. Brain cells, heart, bones, nerves and blood vessels. It's a hormone.
- *Because you must have your eyes closed or protected in a tanning bed, you don't get enough light exposure to absorb Vitamin D.

FUN...

- *Having fun is essential to a healthy mind and body.
- *Enhances memory, creativity and problem solving.
- *It takes more muscles to frown than to smile.
- *Laughing increases endorphins.
- *When you are interacting with another person, your mind doesn't have time to dwell on negative thoughts.
- *You are more likely to ruminate when your mind isn't occupied with a reasonably engaged activity.
- *Be engaged and have a specific purpose.



INTERACTION...

*Face to face interaction and physical touch releases a neurochemical called oxytocin.

Oxytocin is primarily associated with loving touch and close relationships.

This hormone provides a multiple whammy of warm fuzzies, by stimulating dopamine and serotonin, while reducing anxiety.

*Creates love, bonding and connection.

*Boosts serotonin (happy neurochemical).

*Regulates mood.

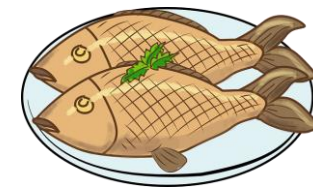
*In order to maintain healthy oxytocin levels everyone needs eight,
8 second hugs per day.



EATING RIGHT...

- *Increases energy levels.
- *Improves overall health and well-being.
- *Your brain is 60% fat, so fat molecules play a crucial role in construction of brain cells.
- *Omega 3 fatty acids are critical building block for brain structure and function.
- *Omega-3s can easily travel through the brain cell membrane and interact with mood-related molecules inside the brain.
- *They also have anti-inflammatory actions that may help relieve depression.
- *Sources of Omega 3's:

(Nuts, Wild game, Fish, Seeds, Leafy vegetables)



*“Don’t wait to feel like it...
Do these things now, watch
the benefits follow!”*



GAMES & FOOD...

Connect Four



Nine Square



Corn Hole



...at TROPIC CITY PARK...

Line Dancing



Chalk Dance



Dinner



CHALK DANCE...



CHALK DANCE...



DAY 2: BREAKOUT SESSIONS

#1 - Mindfulness Activity at the Rim

PRESENTER: Jessica Oakden

What do you SEE... What do you TASTE...
What do you SMELL... What do you HEAR...
What do you TOUCH...

*Practice Gratitude *Listen to your Body *Focus on Breathing

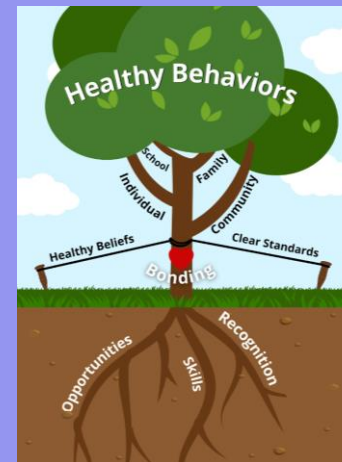
*YOGA and MEDITATION



#2 - Social Development Strategy

PRESENTER: Heidi Baxley

Prevention Heroes Journey...and the importance of Mentors using SDS.



BREAKOUT SESSIONS CONT...

#3 – Shared Risk & Protective Factors

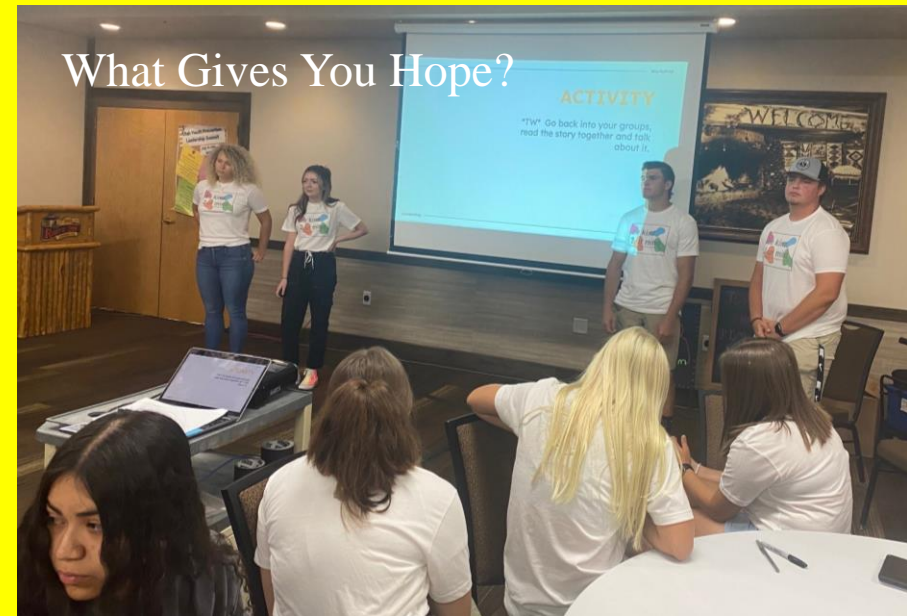
PRESENTER: Rebecca Andreason

“Sources of Strength”



#4 – Inclusiveness / Connectedness

PRESENTERS: Beaver & Milford Youth



BEAUTIFUL EARLY MORNING HIKE...

(Sunrise Point)



Photos by Jeff Hunt

MOSSY CAVE HIKE / GAMES...



Board Game Drawing
/ Games & Activities

CANCELLED
"On Your Own"



SUNRISE POINT - WALL STREET HIKE...

(Monticello High School & Carbon County Youth)



Before...



After...

DAY 3: YOUTH PANELS...

(Evidence-Based Strategies)

OUTRAGE



Washington County Youth Coalition





Resiliency

*Father shot himself when she was 10 years old.

*Oldest of 4 children? (*brothers still struggle with substance abuse*). She chose to cope with it in a different way.

*In high school, Jenny served on the Governor's Youth Council (GYC) a prevention youth group. With all the risk factors in her life, this was a great protective factor.

*Jenny met her future husband, Brent Taylor, at BYU – both shared a great love for patriotism. He enrolled in the National guard 3 weeks after they were engaged.



Jenny Taylor

CLOSING KEYNOTE SPEAKER



*Brent Taylor
was elected as
Mayor of
Ogden City
and served
until his death
in November
of 2018.*



“God, family
and Country”

Deployed four times...
twice to Iraq and
twice to Afghanistan



© Jennie Ashworth Taylor/Facebook



Afghanistan - 2018

Killed by an inside trainee,
Brent Taylor's body returns to
American soil – taken off a
plane at Dover Air Force Base
in Delaware on November 6,
2018.





“Ask HOW instead of WHY?”

“Resilience exists in all of us if we just tap into it.”

“It’s okay to be strong and struggle and to struggle and be strong.”

Final
Deployment...

Afghanistan – January 2018

Killed Nov. 3, 2018





*“Life is a **Labryinth** and sometimes - the turns you take seem like dead ends or bring us unexpected things!”*



*“Life is like putting together a big **puzzle**. Sometimes we have to put aside the pieces that don't fit so they will make sense later.”*

“My biggest worry is raising my children on my own. Then I realize that I am not on my own because so many are there to help me.”



“Sometimes instead of trying to ‘fix’ the problem, we need to ask... what can I do to help you ‘face’ the problem.”

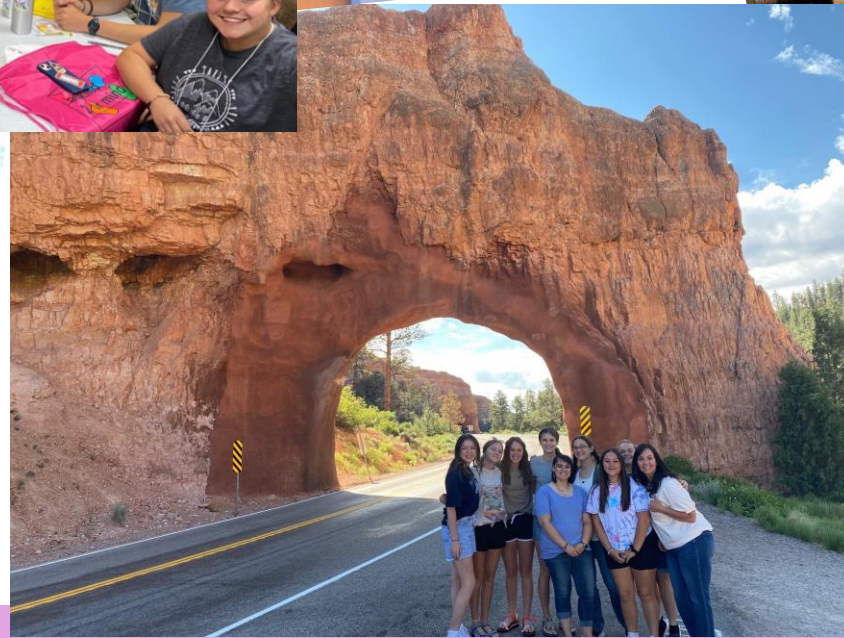
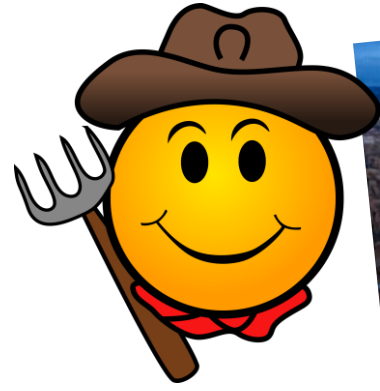


MOSSY CAVE HIKE...



Just before heading back home on Wednesday.

MISC....





SJCYC (*San Juan County Youth Coalition*) TRAINING ATTENDEES



Advisors: *Ophelia Holiday & Jeff Hunt*

(Back Row)

Jesse Pettit – MHS

Aaron Peterson – MHS

David Gillette – MHS

Thomas Lyman – SJHS

(Middle Row)

Curtis Bunker – MHS

Kamora Mitchell – SJHS

Lyrell Primeaux – WHS

Izaya Bob – WHS

(Front Row)

Dawnae Yazzie – MVHS

Sloane Sheppard – MVHS

Ayla Carling – MHS

Marah Long - MHS



The way to get started is to quit talking and begin doing.

Walt Disney

