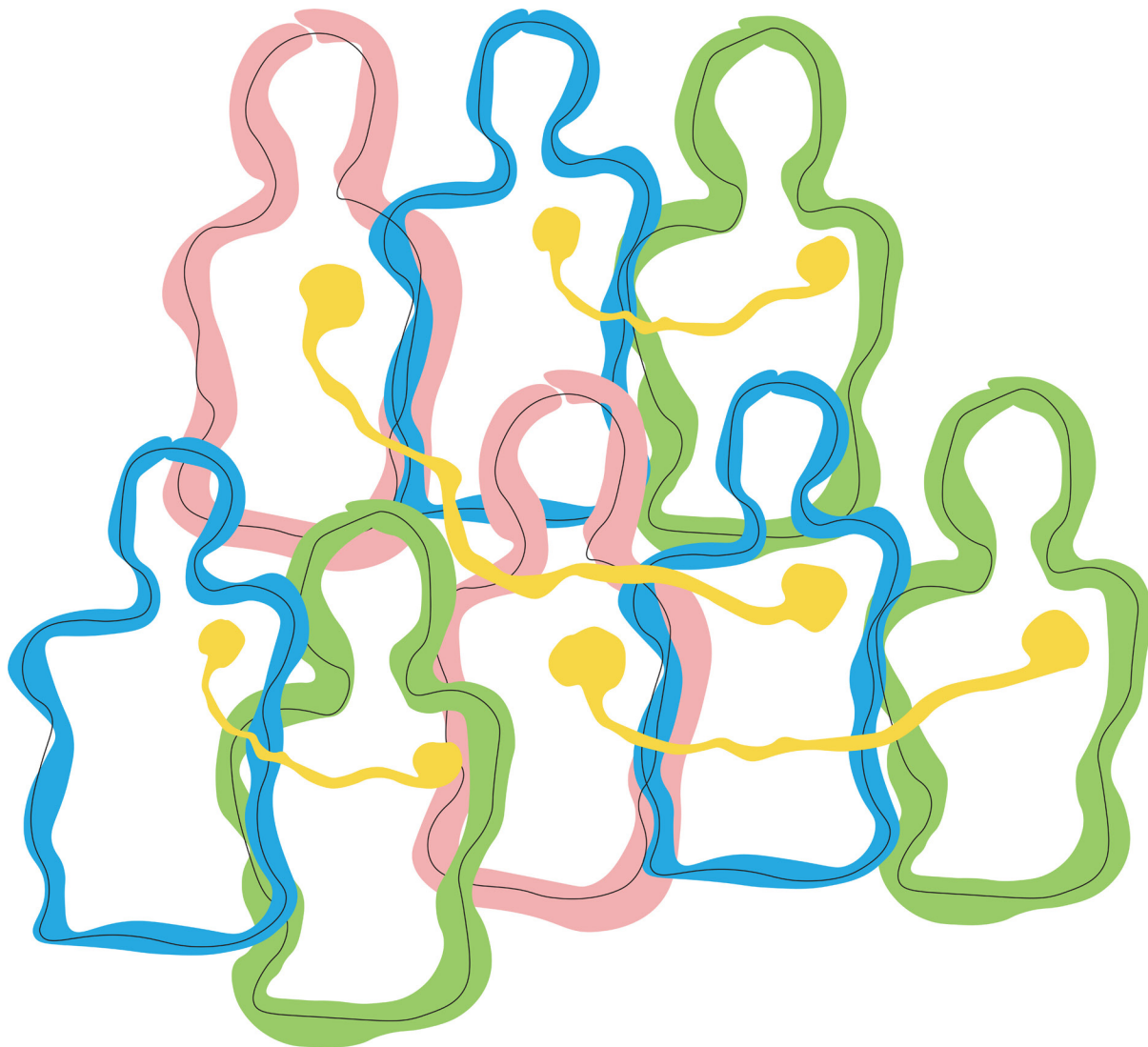


# LINCOLN HIGH SCHOOL WELLNESS FAIR 2019



**WITH EMPATHY WE ARE STRONG**

LINCOLN WELLNESS COMMITTEE

# A NOTE FROM THE WELLNESS COMMITTEE

We are welcoming approximately 50 community partners into our school for Lincoln's first annual Wellness Fair to educate about different aspects of physical, social, sexual and mental wellness as well as lead students in various related activities. Students are required to attend two breakout sessions.

We hope that you enter your sessions with open mindedness and a willingness to learn something new. A tremendous amount of time, work, and love has been put into this event and we really hope you enjoy the experience.

We feel strongly that students remain safe and calm throughout this wellness fair. With that in mind we recognize that many of the topics touch on triggering content like sexual violence, suicide, serious mental illness, and substance abuse.

As students we have seen and experienced in the past how trigger warnings at the beginning of presentations are often othering and don't allow appropriate opportunity to excuse oneself.

To limit this we have created a trigger key allowing students to see beforehand what potentially triggering content will be in each and every presentation. The same symbols will be posted on the doors of every presentation and we will instruct presenters to give a warning before their presentation as well.

We hope that these three layers of defense will limit the number of students who may feel uncomfortable with the content of some of the sessions. We also have made sure that there are just as many if not more presentations that are non triggering so that students have the most ability to protect themselves.

With all of this in mind we want to challenge students to feel discomfort (not be triggered) and participate in difficult conversations about sexual violence, mental illness, and substance abuse in order to drive awareness and advocacy forward.

Only together through empathy, education, and vulnerability can we hope to break taboos, and ultimately create a healthier, happier Lincoln. - Emma Howard

## TRIGGER KEY

- Ableism
- Abortion
- ◆ Abuse
- ❖ Addiction
- ▲ Bullying
- ▼ Death
- △ Domestic Violence
- ▽ Eating Disorders
- ✚ Gun Violence
- ◆ Homophobia
- ★ Mental Illness
- ☆ PTSD
- ♣ Self Harm
- ✱ Sexual Violence
- ✱ Suicide
- ✱ Unhealthy Relationships

PLEASE TAKE THE TIME TO IDENTIFY WHICH TRIGGER WARNINGS ARE LISTED FOR THE BREAK OUT SESSIONS AND KEYNOTE PRESENTATION YOU CHOOSE TO ATTEND.

WE HOPE THAT HAVING THE TRIGGERS CLEARLY ENUMERATED WILL TAKE THE PRESSURE OFF OF STUDENTS TO LEAVE WHEN THEY GET TRIGGERED RATHER THAN PREEMPTIVELY PROTECTING THEMSELVES.

## KEYNOTE SPEAKERS

### MEGAN BLUNK

GYM

9:30-9:55



\* ★ ◆ ❖ ■ \* ☀

An avid athlete from a young age, Blunk competed in soccer, basketball, volleyball, track and softball at Peninsula High School. Barely a month before graduation in 2008, she was a passenger in a motorcycle accident that broke 18 of her bones and paralyzed her from the waist down. Through her local YMCA, she found out about wheelchair basketball at age 19. Three years after her accident, she earned a scholarship to play wheelchair basketball at the University of Illinois at Urbana Champaign. Since college, she has been an integral member of the U.S. women's wheelchair basketball national team, helping them to win Paralympic gold at the Paralympic Games Rio 2016. Her hobbies include volleyball, basketball, kayaking, camping, swimming, go-karting, hanging out with friends, watching movies and documentaries and playing board games. Megan loves animals, especially dog. She competed in Paracanoe for Team USA, winning silver medals at the 2013 Paracanoe World Championships and aspires to be a counselor and motivational speaker for youth.

### HANNA KANE & JAXON BUELL

AUDITORIUM



\* ▼ ❖ ☀ ★

Picture yourself when you were in high school - everyone's experience was so different, complex and exciting. Now picture that while living with severe situational anxiety, and that's what Hanna Kane has gone through. After the death of her grandmother and loss of a close friend within a week of each other, Hanna learned how to live with the rollercoaster that is anxiety. She was fortunate enough to have a support group in place, and get the help she needed, and now speaks up in advocacy for those who haven't been so lucky.

By speaking, Hanna hopes to educate people and begin change for her peer group and future generations. Mental illness disproportionately affects teenagers and young adults, and they also are painfully under-diagnosed, under-served, under listened to. Hanna hopes to end that, and be part of the change for herself, her friends, and her generation.



Many of my friends have suffered with mental health conditions, and I helped them when they couldn't go to an adult and when I was affected they were there for me. Helping others has always been a big part of who I am. At first it was easy but it got harder as I started realizing I was going through many of the same problems I had helped with. Then I entered a toxic relationship and everything got worse until my best friend Hanna helped me out of it. Now things are getting better and I want to help others in any way I can.

# BREAKOUT SESSIONS

## HOW IT WORKS:

You pick one session to go to in the first time slot 10:00-10:25 and a different session to go to in the second time slot 10:30-10:55.

## Sexual Health

National Sexual Assault Hotline: 1-800-656-4673

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|---|---|
| <b>RM 230</b> <b>SEXUAL VIOLENCE AND PTSD:</b> Sexual violence happens more than people think. Join the discussion to learn about the impact of sexual assault, path to healing, and what we can do to change the narrative.  | <b>ASHLEY JOPLING<br/>ADAPT PDX COUNSELING</b><br>☆ ✨ ★ ◆ ★ △ |
| <b>RM 231</b> <b>BREAKING THE STIGMA OF STI'S:</b> Teen Counsel from Planned Parenthood will facilitate a discussion based upon breaking the myths and stigma around STI's and providing useful information on how to protect yourself and others.  | <b>TEEN COUNSEL</b>   |
| <b>RM 232</b> <b>CONTRACEPTION EDUCATION:</b> Teen Counsel from Planned Parenthood will facilitate a discussion surrounding birthcontrol and its various forms.   | <b>TEEN COUNSEL</b><br>●                                      |
| <b>RM 233</b> <b>PERIOD:</b> The PERIOD breakout session will talk about period related illnesses and how common they actually are. Participants will learn through interactive activities, informative discussions and more.   | <b>PERIOD CLUB</b>  |
| <b>RM 124</b> <b>SPEAK UP. SEEK HELP. IT CAN SAVE YOUR LIFE:</b> Hoda wants to share her story to give hope and inspire others to seek help if they need it, and to reach out to someone. The stigma around mental health is slowly changing, which is why Hoda wants to work even harder to end the stigma so that no one ever suffers in silence again. | <b>HODA ABOUEICH</b><br>◆ ★ ☆ ♣ ★ * ✨                         |
| <b>RM 224</b> <b>LET'S TALK ABOUT SEX:</b> Come check out great online resources for learning more about sexual health, healthy communication, and how to engage in healthy communication and sexual relationships. Come ready to ask, answer, and/or listen to student questions on these topics.  | <b>BEN MALBIN</b>   |
| <b>RM 235</b> <b>VICTIM BLAMING:</b> We are a student-led organization known as Students Active for Ending Rape and we will be facilitating a discussion about the impacts of victim blaming on survivors of sexual violence and society as a whole and finally how individuals can combat victim blaming on a personal, systemic, and cultural level.    | <b>SAFER CLUB</b><br>◆ △ ★ ✨                                  |
| <b>RM 229</b> <b>OREGON SEXUAL VIOLENCE LEGISLATION:</b> We are a student-led organization dedicated to reforming the education system by uplifting student voice. We will discuss current sexual violence legislation in Oregon that protects K-12 student survivors.  | <b>CALLA RHODES, ALEXA FUHUER, &amp; DANÁ SMILEY</b><br>★     |

## Drugs and Alcohol

SAMHSA's National Helpline - 1-800-662-HELP (4357)

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|--|---------------------------|
| <b>RM 236</b> <b>COPING WITH FAMILY AND FRIEND ADDICTIONS:</b> Alcoholism is a complex problem, with many related issues. But Al-Anon can help you learn how to cope with the challenges of someone else's drinking. It may be that you could help matters by changing some of your own behaviors that make things worse, and may be possible for you to find a healthier way to respond to these challenges. Again, there are no easy answers. However, Al-Anon meetings offer the opportunity to learn from the experiences of others who have faced similar problems. Come listen to Bill's story and how Al Anon changed his life. | <b>AL-ANON</b><br>❖       |
| <b>RM 152</b> <b>ADDICTION AND THE TEENAGE BRAIN:</b> Come to Room 152 and learn about Addiction on the teenage brain. Learning key strategies to make decisions about substance use to help someone who is struggling with addiction. Supporting yourself, your friends, and our school community with strategies on how to make decisions around substance use.  | <b>BRANDY TAKASH</b><br>❖ |
| <b>RM 212</b> <b>THE DANGERS OF DRUNK DRIVING:</b> Cate wants to share her story to show the terrible effects from drunk driving accidents and to show how resilient a tragedy can make you.   | <b>CATE DUKE</b><br>❖     |

# Mental Health

National Suicide Hotline: 1-800-273-8255

**RM 144 CHILDHOOD, MENTAL ILLNESS, AND MUSIC:** Mrs. Tasha Joy Miller. Her first name means Hope and her middle name is Joy. She is a professional artist (singersongwriter, photographer, poet, writer) and has been a two time featured artist on stage at the Armory for the Portland Creative Conference. She has also been a two time storyteller and performer for the ASHA Grit and Grace Mental Health conference. In her presentation, Tasha will detail her childhood and current experiences with mental health, as well as how her music coincides with her mental wellness.

TASHA JOY MILLER

★ \*

**RM 145 A TEST? UGH! MINIMIZING TEST ANXIETY:** An interactive workshop with proven techniques you can use both before and during tests, or to perform at your best in other high stress situations.

NAOMI VEAK

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**RM 146 RECOGNIZING AND COPING WITH TRAUMA:** With school shootings, drug overdoses, and deportations, students are frequently exposed to trauma. What is trauma? How do you know if you've been traumatized? And what can you do about it if you have? Come hear an expert on traumatic stress talk about these issues and learn more about the aspects of your life that may have impacted you in significant ways without even knowing it.

SUSAN BRAVERMAN

◆ ★

**RM 147 SUPPORTING OTHERS:** Shannon is the volunteer coordinator for YouthLine. She will talk about what YouthLine is, who can get support from YouthLine, and how to become a volunteer. YouthLine is a teen to teen crisis line where teenagers can reach out to other teenagers for support. A crisis can be anything from being suicidal, having relationship problems, getting a bad grade on a test, etc. YouthLine offers support to youth ages 11-20 - sometimes that can change, but generally it is within that age range.

SHANNON - TEENLINE

★ ♣ \*

**RM 5 HEALING INTO WHOLENESS:** Caroline's philosophy as a therapist is primarily focused on core transformation rather than merely symptom management, and needless to say, she strongly believes in the centrality of the therapeutic relationship as a significant healing agent. She will speak about the importance and value of therapy as well as resources for teens.

CAROLINE SABI

★ \*

**RM 6 SUICIDE PREVENTION AT LINCOLN AND PPS:** Learn about the resources for suicide prevention at Lincoln High School, programs that are in place and things you can do to keep your friends safe.

AMY ROUNA

◆ ★ \*

**RM 7 TEEN DEPRESSION:** Come join for a chat about the things we tend to keep secret: depression, suicidal thoughts, and LGBTQ issues. We will talk about ways to identify depression, ways to ask for and provide support, and how we can find hope through the struggle. Trigger warning- topics of discussion may include: depression, suicide, self-harm, abuse/trauma, and substance abuse.

CRYSTAL LORENZO

◆ ◆ ★ ♣ \*

**RM 10 TEEN ANXIETY:** Individuals who identify as part of the LGBTQ+ community report higher than average levels of anxiety compared to the population as a whole. Being LGBTQ+ does not cause anxiety, but the way our culture treats LGBTQ+ people can lead to it. Join me for a discussion about what leads to higher anxiety in the LGBTQ+ community and what we can do to lower or mitigate some of that anxiety for ourselves or for people we know who are a part of the community.

ALYSSA MOORE

◆ ◆ ★ ✨

**RM 123 THE POWER OF A SINGLE STORY:** Hear keynote presentors Hanna Kane and Jaxon Buells powerful stories of highschool and mental illness, and partake in a discussion of supporting friends in their mental health journeys and coping strategies.

HANNA KANE AND JAXON BUELL

★ \*

**RM 9 ANXIETY:** The sessions will provide a brief overview of the skills group, some basic information on anxiety and stress, and then a few coping skills and a mindfulness exercise will be covered.

CHRIS REIGELUTH

▼ ★

**LIBRARY BOOK TALKS ABOUT MENTAL ILLNESS:** Come to the library to experience a Book Tasting of YA books about mental health. You'll get to preview books about addiction, eating disorders, depression, schizophrenia, and more, as experienced by teen main characters. As always, books are a means of fostering understanding, compassion, and a language with which to speak about mental health and illness.

LORI LIBERMAN

★ \*

**RM 216 BUBBLE WRAP FOR SENIORS:** College Decision Day, the day after, and what's next. Keeping your head and helping your friends...this is a reality talk about surviving and creating YOUR reality— "this college stuff" is about to get real.

SUZIE KAHLILI

■ \*

**COUNSELING PSYCHIATRIC SERVICE DOGS:** Ms. Fletcher will give a presentation on how and why she trains psychiatric service dogs.

KAYSE FLETCHER

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# Mindfulness

YOGA ROOM

**MINDFULNESS:** Research shows that mindfulness supports academic and athletic success by providing skills to work with stress and strong emotions. Mindfulness builds self-awareness and compassion, strengthens relationships, and empowers us to begin the process of knowing who we really are. Come learn about the elective Mindful Studies class offered here at Lincoln!

**RM 71C YOGA 1:** Alessandra will lead a 25 minute basic yoga session with some calm music.

**RM 71D YOGA 2:** Kristen will lead students through a basic yoga session.

**RM 108 PRACTICING MINDFULNESS OUTSIDE OF YOGA:** Ms. Burke will lead a 25 minute experience for students who are interested in tools to decrease mental and physical tension. Breath work, progressive muscle relaxation, and some simple on-the-go yoga and stretching options will be covered.

**RM 47 ART THERAPY:** A clinical Art Therapist from Legacy Randall Children's Hospital will lead two hands on art activities to experience what art therapy is and how art can be used to support mental and physical health.

**RM 121 POSITIVE THINKING:** Students will learn 11 principles for developing an extraordinary mindset and a positive attitude towards the past, the present, and the future. Students will understand how the personal choices we make, the attitudes we carry, and the rules we choose to live by, determine the outcome of our lives.

**RM 169 SINGING SOOTHES THE SOUL:** 42.6 million Americans regularly sing in a choir, making it the most popular form of participation in the performing arts for both adults and children. Why do humans love to sing? There are many reasons, but studies find that singing uplifts the spirit and calms the mind. Only 10:30-10:55

**RM 21 KNITTING AS A RELAXATION TECHNIQUE:** The repetitive and rhythmic motions that make up knitting could be the key to relaxation. It is said that performing a repetitive motions trigger a release of serotonin, the neurotransmitter associated with calmness and well-being. Come to this breakout session and learn how to knit to relax!

SARAH RARICK

ALESSANDRA REUGGER

KRISTEN MILLER

MS. BURKE

KATIE DUNN



MICHAEL IVANOV

MS. RIFFEL

MS. WADKINS AND  
MS. LENNOX

# Physical Health

**RM 105 NUTRITION:** Shannon Berry is a functional nutritional therapist who heals chronic diseases and health issues through nutrition and lifestyle.

**RM 106 PRESSURES OF SPORTS:** What are the essential skills of preparation for game or race day in order to produce optimal results? We'll go over positive self talk, loving your teammates, and being the best version of yourself.

**RM 120 PHYSICAL THERAPY:** Vince will speak about his own wellness journey, how it led to working in physical therapy, and how it has positively impacted his overall health.

**RM 109 HOLISTIC MEDICINE: HEALING AND ARTIFACTS:** Jennifer Strait is a KaTaSee Shamanic Practitioner who works within an ancient healing modality to restore health, amp up awareness, heal trauma, and reclaim true self to her clients. She teaches people how to remember magic, recognize unwanted cultural programming and beliefs, and restore ease and flow where it feels impossible

**RM GYM Q&A WITH MEGAN BLUNK:** Come hear Megan answer questions on her resilient experience with mental illness and overcoming tragedy.

**RM 107 GUN CONTROL IN THE HOME:** A very common myth pushed by the gun lobby is that gun violence towards others is caused by people who are mentally ill. In fact, only about 4% of all violent crime is committed by those who would be considered mentally ill. While we must do all we can to help people who suffer from mental illness, the truth is that they are far more likely to be victims of crime rather than perpetrators of crime. Suicide, however, is Oregon largest gun violence issue.

**RM 115 HORMONAL BALANCE:** Dr. Lindsey Nelson will talk about her role as a naturopath in treating mental health issues and improving wellness for teenagers.

SHANNON BERRY

COACH ERIC DETTMAN

VINCE BLANEY

JENNIFER STRAIT

MEGAN BLUNK



CEASEFIRE OREGON



DR. LINDSEY NELSON

**RM 116** **INTERESTED IN A PROFESSION IN HEALTHCARE?** Our school nurse Mary Johnson will be available to answer all your questions about entering the medical field.

MARY JOHNSON

**RM 117** **BENEFITS OF CYCLING ON HEALTH AND LONGEVITY:** Why drive when you can cycle? There are multiple reasons to integrate cycling into your daily life, psecifically as an alternative to driving!

CHRIS LACARRUBBA

# Social Health

**RM 140** **RESTORATIVE JUSTICE:** You may have heard of the “school to prison pipeline” but what is it and how does it work? And, more importantly, how can we break this pipeline in order to create resilient, accountable, and strong communities? Come learn about Restorative Justice in an informative and interactive workshop.

PATRICK MAGEE JENKS

**RM 141** **ANTI-BULLYING:** Bullying shows up in a variety of ways, whether that’s through the internet, physically, mentally, or emotionally. Come listen to Lincoln High Schools very own Anti-Bullying team present on this topic and how it impacts and shows up not only in this school environment, but in our personal lives as well. Only 10:00-10:25

HUDSON LONGAKER,  
MIA KANE, AND ALEX  
HADDON

**RM 122** **BYSTANDER INTERVENTION: THE POWER OF US:** It teaches students to overcome their resistance of checking in and helping out when the need arise. The workshop is heavily conversational and tend to provoke a lot of discussions around whatever outcome we want to achieve. At the end, student learn the knowledge, skills and confidence require to take on personal responsibility and take action to prevent a potential problematic situation from happening or escalating, in a manner that is safe, timely and effective.

OBASI KALU

**RM 234** **LIVING UNDER THE RAINBOW:** A look at different LGBTQ identities and how living under the rainbow effects youth in America and in Portland. Opportunities to ask questions about experiences adults have had living under the rainbow and how we can support our LGBTQIA2S+ community at Lincoln High School and in our surrounding neighborhood.

LAUREN BOUBEL  
AND DOUG SIEGEL

**RM 125** **NO ONE EATS ALONE:** Beyond Differences inspires students to end social isolation. As an organization, we believe that every student should feel accepted, included, and valued by their peers. Beyond Differences works directly with middle and high school students, on campuses and online, to help them promote social inclusivity within their schools. We will be talking about our 3 National programs and teens will share their own stories of how they felt socially isolated in middle school.how individuals can combat victim blaming on a personal, systemic, and cultural level.

BEYOND DIFFERENCES

**RM 135** **TRANSLANDIA:** An opportunity to hear one man’s history dealing with gender dysphoria, depression, and chronic pain. After you hear his story, please bring on the questions and let’s start a dialogue about gender, mental health, and invisible disabilities. All questions are welcome, however, responses may or may not be what you’d expect!

SAMUEL GRAY

**COUNSELING** **A FOSTER CARE EXPERIENCE:** Come watch a short film about one girl’s experience in foster care, discuss the assumptions and myths about youth in foster care, and learn about local resources.

MICHELLE HARDAWAY  
& REBECCA GRIFFIN

**COUNSELING** **COUNSELOR AVAILABLE:** Counselors are available to provide students with support and a safe space. Therapy dogs will be in the counselling office.

COUNSELORS

**RM 142** **GRIEF:** The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. Through our Pathways Program we provide a safe place for families living with an advanced serious illness. In this presentation we’ll talk about our peer support groups and how you can join our program. We’ll also talk about how grief shows up in our day to day lives and tips for what to say - and not say - to a grieving friend or family member.

THE DOUGY CENTER

**RM 143** **THE INDUSTRY DOESN’T PLAY FAIR- MEDIA TACTICS THAT KEEP US DOWN:** Media is everywhere. How do we best equip ourselves to make the best decisions for our bodies when industries profit from us making us unhealthy? Learn the advertising tricks throughout history and share your thoughts on what we’re seeing now.

CLAIR RAUJOL

**AUDITORIUM** **LAUGHTER IS THE BEST MEDICINE:** Have you heard of mirror neurons? Did you know that when you see people having happy emotions, it can bring up happy emotions in you? Members of the Lincoln Theatre Department will be inviting you to laugh through improvisation at this participation-based workshop where you will learn several improvisational games focused on humor.

JIM PEERENBOOM

