

Session 4  
Room 2760

## Helping Teenagers in Distress

**Christina LeCluyse**, *LCSW, University of Utah Counseling Center*

Youth serving programs have seen an increase in the number of children needing support with mental health challenges or crises. A therapist from the University Counseling Center will provide tools to identify, report, and respond to young people experiencing distress. There will also be discussion of responding to concerns of abuse or a disclosure of abuse.

**Christina Kelly LeCluyse** is a licensed clinical social worker and Outreach Coordinator at the University of Utah's Counseling Center (UCC). Christina received her Bachelor of Science in Psychology from Oberlin College and her Master of Science in Social Work from the University of Texas at Austin. At the UCC, she conducts initial intakes, provides individual, couples and group therapy, supervises Master level social work interns and runs the Outreach Program. Christina has worked in the field of social work for the past twenty-five years in a variety of settings, including domestic violence shelters, foster care, community mental health and college counseling centers.

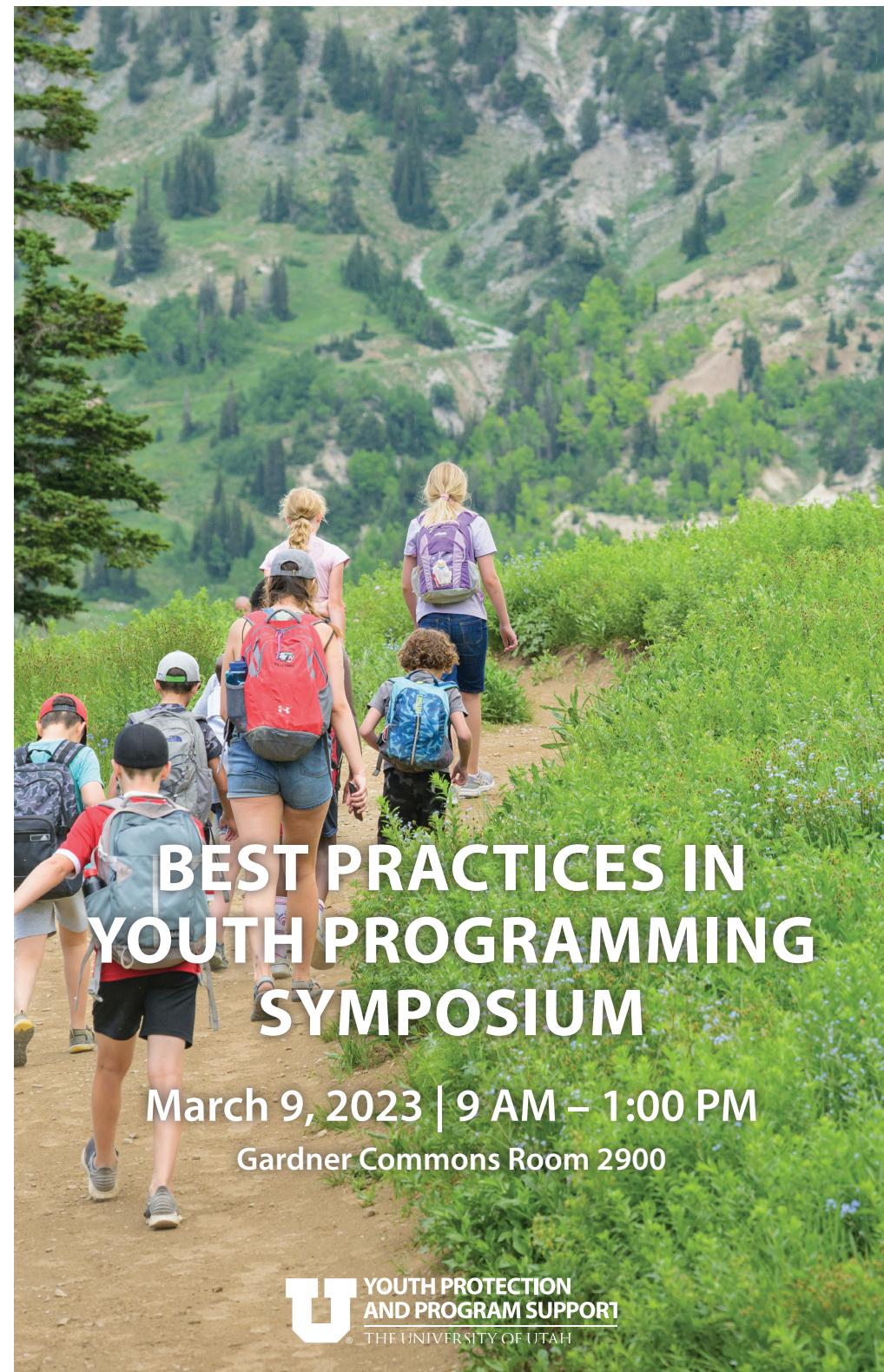
Christina identifies as a "Gringa-Chapina" as she was born in the U.S and was raised in Guatemala where her mother is from. She has found a great sense of purpose and meaning in working with the Latino community in the United States in various professional and volunteer positions. She also loves all things animal-related and benefits from spending time with her corgi, Bonnie, finds personal satisfaction in relationships with friends and family, and recharges mind, body and soul by eating good food and being out in nature.

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12:30 – 1:00 PM Lunch Provided

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*Thank you for attending!*



# BEST PRACTICES IN YOUTH PROGRAMMING SYMPOSIUM

March 9, 2023 | 9 AM – 1:00 PM

Gardner Commons Room 2900

# SCHEDULE

**9:00 – 10:10 AM**  
**Opening Session**  
*Coffee Provided*

## Welcome

**Nate Friedman**, *Associate Dean, University Connected Learning and YPPS Senior Director*

**Marci Hutchinson**, *Coordinator, Youth Protection and Program Support*

## Keynote Address

### Providing Quality Summer Experiences that Youth Want and Parents Value

**Jim Sibthorp, PhD**, *Professor, Parks, Recreation, & Tourism*

Jim Sibthorp, PhD is a Professor at the University of Utah in the Department of Parks, Recreation, and Tourism. He primarily teaches courses in outdoor recreation, experiential education, youth development, and research design and analysis. His lab group studies the impacts of outdoor education and recreation on youth and emerging adults.

Most of his research involves youth in recreation settings including outdoor expeditions, summer programs, and camps. He has been involved in measurement projects, interventions, and research on transfer and mechanisms of change. Current projects focus on family use of summertime. Much of his research has been collaborative projects with the National Outdoor Leadership School and the American Camp Association.

**10:10 – 10:20 AM** **Break**

**10:20 – 11:20 AM** **1<sup>st</sup> Breakout Sessions**

**Session 1**  
**Room 2900**

## University of Utah Campus Experts Panel

**Katie Carreau**, *Associate General Counsel, Office of General Counsel*

**Kristin Phillips**, *Sr. Manager, Risk & Insurance Services*

**Erin Sullivan**, *Associate Director, Office of Equal Opportunity and Affirmative Action*

**Matthew Tuttle**, *Manager, Risk & Insurance Services*

As a youth program administrator frequent communication and consultation with University resources can be a vital part of ensuring a safe, quality experience for everyone involved in your program. The Campus Experts Panel will discuss services they provide to youth-serving programs, when and how to engage their services, and answer some common questions related to youth programs. There will be time given for Q & A.

**Session 2**  
**Room 2760**

## University of Utah Camp Directors Panel

**Shelli Campbell**, *Summer Camp Director, Natural History Museum of Utah*

**Elliott Fraughton**, *Director, Youth Education at the University of Utah*

**Kristen Quinn**, *Psychosocial Program Coordinator, Burn Camp Programs, University of Utah Health*

Whether you are thinking of starting a summer camp or have years of experience you will benefit from hearing from the summer camp experts on the Camp Directors Panel. Come learn about best practices beyond the Safety of Minors Policy. They will discuss other policies to consider, ways to train and prepare staff for the challenges and rewards of camp, and other considerations that you may not have thought about. There will be time given for Q & A.

**11:20 – 11:30 AM** **Break**

**11:30 AM–12:30 PM** **2<sup>nd</sup> Breakout Sessions**

**Session 3**  
**Room 2675**

## Social-Emotional All Stars

**Lisa Foley**, *PsyD Huntsman Mental Health Institute*

**Jessica Holzbauer**, *LCSW Huntsman Mental Health Institute*

This training will provide practical tips and tricks for staff to use to create an environment in which campers can increase their flexible thinking, independently problem solve and regulate their emotions. This session will be geared towards staff working with children ages 5-12 years old.

**Lisa Foley**, PsyD is a child psychologist and the Program Specialist for the Kidstar day treatment programs at the Huntsman Mental Health Institute. She has worked in a variety of settings across the country with children and families, including summer camps, hospitals, community mental health centers, and schools. Lisa approaches therapy with children through the use of play and behavioral intervention and has an additional focus on parent/caregiver training and support.

**Jessica Holzbauer**, LCSW is the Program Manager for the Kidstar and Teen-scope day treatment programs at the Huntsman Mental Health Institute. Her enthusiasm for working with children and adolescents first started when she was a camp counselor, and the strategies she currently uses to help young people grow have been tried and tested. She has been a therapist for over 15 years and takes delight in seeing kids and adolescents learn and grow through play.

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