

Referral & Program Information

Al-Anon/Al-Ateen

888-944-5678

WellSpring Prevention

732-254-3344

UBHC Access Center

800-969-5300

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2018

YOUNG MEN'S
CONFERENCE



**Boys Come to Play.....
Men Come to Train**



Friday, January 12, 2018

**The Professional Center at DCF
30 Van Dyke Avenue CC #967
New Brunswick, NJ 08901**

8:30 AM—2:30 PM

Boys Come to Play.... Men Come to Train

The Young Men's Conference is intended to provide a full array of workshops on drug and alcohol prevention, wellness and leadership in a context that is relevant to young men. The interactive workshops are designed to provide students with valuable knowledge, resources and tools that can be shared with their peers. Workshop presenters will aim to highlight and provide clarity on the varying topics that are key elements in encouraging young men on their journey to becoming productive young men and citizens.

KEYNOTE: George Scott, EdS, LMFT **Boys Come to Play, Men Come to Train**

1. Leadership: Living, Leading and Loving

Keywuan J. Caulk, M.Ed, Assistant Director, Center for Social Justice Education & LGBT Communities will discuss how the awareness of ones identities can shape how and who you lead in any setting. We will discuss your part in diversity and inclusion while using passion and privilege to fully engage in your community and society at large.

2. Like a Boss

Bayshawn Davis trains participants to be aware of their thoughts and thinking patterns, develop an ability to proactively choose thinking patterns that enhance their lives—essentially learning how to THINK and therefore behave like a boss.

3. The Heart of a Pearl Diver: The Deep Dive

Keith Jones II goal of this workshop is to educate and empower young men. Mr. Jones points out the history of pearl divers and how it relates to the current state of young men. By the end of the workshop, we're identifying "Pearls" and how deep we're willing to dive to possess it.

4. Emotional First Aid

Ryan Englestad will discuss emotional conflict in our lives which is inevitable, but how we cope with that conflict goes a long way towards being able to succeed despite what gets in the way. Learn what you can do in the moment of emotional stress, specifically to deal with strong negative emotions like anger/rage, sadness, grief/loss, anxiety/panic, and loneliness. We will also discuss the importance of building a strong support system to help you get through a moment of stress.

5. Interact with the Law and Know Your Rights

Detective Jamaal James from the New Brunswick Police Department will discuss strategies dedicated to improving police/youth interactions through community engagement, police training, outreach programs for youth, and proactive use of multi-disciplinary approaches to problem solve and build relationships between police and youth.

6. I Only Do It on the Weekends

Al-Karim Campbell will provide students with the clear and concise truth about the process of addiction. Students will be provided with tools that can dismantle the myth of weekend use.

7. Changing Faces, Places and Laws: The Criminal Justice System and How Reforms Effect You

Jorge Sanchez, Pretrial Services Manager, Middlesex County Courthouse will discuss a new direction that will increase public safety and nurture the successful transition of youth into adulthood.

8. Fitness with Xbox

Tom Incognito will run a presentation demonstrating the use of Xbox for fitness activities. Students will be able to play and compete against other students in track and field events.

9. Overcoming Obstacles: Our Personal Stories of Perseverance

Democracy House students from Middlesex County College will tell their own stories of overcoming difficult times to attain their education.

10. Man Up! : It's all in your head

Manuel Casteneda discusses stigma as it applies to mental health and men. Society teaches us to "be tough," "be a man," and be quiet about what is happening. Men need healthy outlets to express their mental health needs. This workshop will discuss how to get the help you need and still be a "man."

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Should Could Dream Tour

The tour brings a fun-filled hour of motivation, entertainment, and musical performances, to schools and campuses around the nation. The core of the tour is a motivational and educational stage production, which inspires students to accomplish extraordinary success. The 90-minute performance incorporates acting, motivational speaking, music, comedy and entertainment into an electrifying show.

CHAPERONE INFORMATION

All chaperones are expected to monitor students during the day. Chaperones are encouraged to ensure students are in workshops and safe while in the building.

**For updates to the 2018 Young
Men's Conference, please visit
our website.**

<https://2018ymc.wikispaces.com>