

# Cal-HOSA State Leadership Workshop Schedule

## March 28 - Thursday

**9:00 am – 10:00 am**

### **Leadership: It's Mysterious**

**Room 204 SCC**

Join the State Officer Team to solve a HOSA Mystery! This fun, interactive leadership workshop will help you meet other chapter members and learn about the vital skills of problem-solving, communication, and decision-making.

**Presenters:** Amanda GAO, Cal-HOSA State President

**Officers -** Lisa Tang, Makayla Gonzales, William Martinez, Ormina Naveed, Rithik Castelino, Xavier Montes, Megan Chen, Melisa Rivera

**9:00 – 11:30 am**

### **SPECIAL SESSION**

#### **The Anatomage Virtual Dissection Table**

**Room 202 SCC**

The Anatomage Table supports the high school platform of STEM, PLTW, CTE, and HOSA programs to prep for college through our technology as follows: Dissection tools to uncover soft tissue; over 1400 case studies and quiz study guides; and detailed accuracy of real and life-size human anatomy.

**Presenter:** Kingston Yi, Anatomage

**10:30 – 11:30 am**

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**Presenter:** Kingston Yi, Anatomage

**10:30 – 11:30 am**

### **Meditation & Guided Imagery for Peace of Mind**

**Room 204 SCC**

Experience the mental clarity of Theta Brain Wave state with Mindfulness Expert and Guide, Jason Tate, as he takes you into deep states of meditation and guided imagery. This is a hands-on workshop where participants of all ages learn the techniques of meditation and mindfulness. Benefits include decreasing stress, anxiety, and depression as well as improving physical, emotional, and mental health. Employing these techniques before you compete are a great way to do your best!

**Presenter:** Jason Tate, IHS HOSA Advisor, Indio High School

## March 29 – Friday

8:30 – 10:00

### **SPECIAL SESSION**

#### **Nike Tokman Answers Your Questions**

Spent time with last night's Opening Session Speaker, Nick Tokman. Nick will be available to talk to students personally about his experiences and his successes. Nick Tokman, also known as "Sunshine" on Discovery Channel's *Deadliest Catch*, empowers others to overcome all of the distractions and obstacles that get in the way of owning who they are so they achieve THEIR definition of success. Nick is recognized for his constant, upbeat attitude, his unwavering focus on achieving his goals, and his determination in the face of adversity. Don't Miss this opportunity to meet Nick in person!

8:30 – 9:30 am

#### **Texting and Driving, Slim Chance of Surviving**

**Hall A/B SCC**

Alan and Angela Hefter, founders of the Jacob Hefter Foundation, share their personal story about the loss of their son Jacob, a four year HOSA member, due to a choice made to Text while Driving. Participants will get a chance to pledge to be Text Free Drivers and see the many challenges of Texting & Driving through a state-of-the-art simulator.

**Presenter:** Angela Hefter, Founder, Jacob Hefter Foundation, Palmdale High School  
Alan Hefter

8:30 – 9:30 am

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**Presenter:** Jason Tate, IHS HOSA Advisor, Indio High School

8:30 – 10:00 am **ADVISORS ONLY**

#### **Teaching Leadership with Learning Games**

**Golden State Hyatt**

Teaching Leadership with Learning Games is a workshop designed to prepare teachers to teach important 21st Century learning skills in the classroom, and offer leadership development activities for their HOSA chapters. Participants will each receive a book, *Learning Games: Leadership* (\$29 value) and will learn how to use the tool for effective, engaging leadership instruction. Wear comfortable shoes and prepare to be energized!

**Presenter:** Kim Smith, RN, CPLP, **Integrated Loyalty Systems**

10:00 – 11:00 am

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**Presenter:** Angela Hefter, Founder, Jacob Hefter Foundation, Palmdale High School  
Alan Hefter

**10:00 – 11:00 am**

**Building a Successful Community Health Worker Program**

**Room 204 SCC**

The presentation will focus on how a school can implement a successful community health worker (CHW) training program. The presentation will address steps that a school can take to build a CHW training program and identify potential issues that can affect program sustainability.

**Presenters:** Rodney Black, Health TECH Academy Coordinator/CTE Teacher,  
Valley High School Health TECH Academy  
Students from Valley High School

**10:00 – 11:00 am**

**Soaring Above Stigma at Southwest High School**

**Room 314 SCC**

SHS HOSA Mental Health Project leaders will share resources, activities, and best practices to engage your campus in addressing the hidden mental health epidemic. Empower your HOSA chapter to make a difference in your community and soar above the mental health stigma.

**Presenters:** Jackie Valadez, Mental Health Project Leaders, Soaring Above Stigma,  
Southwest High School HOSA

**10:00 – 11:00 am**

**Leadership: It's Mysterious**

**Room 315 SCC**

Join the State Officer Team to solve a HOSA Mystery! This fun, interactive leadership workshop will help you meet other chapter members and learn about the vital skills of problem-solving, communication, and decision-making.

**Presenters:** Amanda Gao, Cal-HOSA State President  
Officers - Lisa Tang, Makayla Gonzales, William Martinez, Ormina Naveed,  
Rithik Castelino, Xavier Montes, Megan Chen, Melisa Rivera

**11:30 am – 12:30 pm**

**Learn to Surf – Career Surf!**

**Hall A/B SCC**

The California Career Resource Network (CalCRN) [www.californiacareers.info](http://www.californiacareers.info) provides free career exploration and planning resources to help students assess their career related interests, identify occupational options, and develop post high school plans. Come to this workshop to learn about the California CareerZone and California Career Center web sites, and the Career Surfer mobile application.

**Presenter:** John Merris-Coots, California Department of Education

**11:30 am – 12:30 pm**

**Mental Awareness Group**

**Room 314 SCC**

Peer-to-Peer intervention and prevention of mental illness in our schools and our community.

**Presenters:** Travis Mahan Adviser, Yucca Valley High School  
Browdie Williams, Elyss Montanez, Heather Atkins, Mikayla Nadeau, Cody Riddle

**11:30 am – 12:30 pm**

**Leadership: It's Branded**

**Room 315 SCC**

Nike has the swoosh and “Just do it,” and HOSA has our Core Values but what is YOUR leadership brand. Join Vivian Do, your HOSA President-Elect as well as your state officers) in a high energy interactive activity to discover what you stand for as a leader! Learn more about HOSA history, collaborative leadership, networking, and the importance of a brand.

**Presenter:** Vivian Do, Hosa President Elect

**11:30 am - 12:45 pm** **ADVISORS ONLY**

**Value-Based Healthcare**

**Golden State Hyatt**

The world of healthcare is transforming, right before our eyes. Are you ready to teach your students about the shift toward value-based care and optimizing the patient experience? Participants in this **Value-Based Healthcare** workshop will receive a flash drive with PowerPoint slides and workbook pages - everything you need to teach a 55-minute lesson about improving the patient experience. If you aren't already teaching HCAHPS and patient-centered care, this workshop will give you everything you need to start the conversation.

**Presenter:** Kim Smith, RN, CPLP, **Integrated Loyalty Systems**

**1:00 – 2:00 pm**

**Learn to Surf – Career Surf!**

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**Presenter:** John Merris-Coots, California Department of Education

**1:00 – 2:00 pm**

**Simple Simon Structure - Writing & Presenting for Any Prompt**

**Room 311 SCC**

Writing is the most weighted, least-practiced subject in education. From freshman classes, to AP and SAT exams all the way up to college and scholarship applications, writing matters, yet students don't always produce to proficiency. Learn the Simple Simon Structure Å®. Help them connect to CTE and beyond. This course also covers the three most important practices of public speaking and presenting.

**Presenter:** Simon Moore CEO, Endeavor Programs/Coachella Valley H.S.  
Health Academy & HOSA

**1:00 – 2:00 pm**

**NAMI California**

**Room 312 SCC**

NAMI California is a grassroots organization of families and individuals whose lives have been affected by serious mental illness. This workshop will discuss the importance of quality and respect, without discrimination and stigma, for all our constituents. We provide leadership in advocacy, legislation, policy development, education and support throughout California.

**Presenters:** Jessica Cruz, Chief Executive Officer, NAMI CA;  
Steven Kite, Chief Operating Officer, NAMI CA

**1:00 – 2:00 pm**

**Breakout from Disease**

**Room 314 SCC**

Come use your problem-solving skills to solve puzzles, mysteries, and open the box. Limited to 30 per session.

**Presenter:** Cynthia Kline, Ramona Health Careers Academy Instructor

**1:00 – 2:15 pm – ADVISORS ONLY**

**Value-Based Healthcare**

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The world of healthcare is transforming, right before our eyes. Are you ready to teach your students about the shift toward value-based care and optimizing the patient experience? Participants in this **Value-Based Healthcare** workshop will receive a flash drive with PowerPoint slides and workbook pages - everything you need to teach a 55-minute lesson about improving the patient experience. If you aren't already teaching HCAHPS and patient-centered care, this workshop will give you everything you need to start the conversation.

**Presenter:** Kim Smith, RN, CPLP, **Integrated Loyalty Systems**

**2:00 – 3:00 pm**

**The Future is NOW! Prepare, Enhance and Learn**

**Room 315 SCC**

This workshop provides FREE cutting-edge assessment software program and world-class content designed to accelerate student learning for state assessment testing, SAT, ACT practice and preparation while enhancing math, science, English and STEM skills.

**Presenter:** Staff Sergeant Jeffrey Walter, Assistant Station Commander, USARMY USAREC

**2:30 – 3:00 pm**

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**Presenter:** Simon Moore CEO, Endeavor Programs/Coachella Valley H.S. Health Academy & HOSA

**2:30 – 3:00 pm**

**Develop Life Skills and Make an Impact Through Service Travel**

**Room 312 SCC**

Squads Abroad, the official travel partner of Key Club, will present how Key Clubbers can gain valuable life skills while making an impact through volunteer travel programs. We'll discuss how service programs build important future skills such as leadership, problem-solving, teamwork, communication, and adaptability. We'll provide specific examples and visuals from student programs around the world in Honduras, Guatemala, Costa Rica, Panama, Peru, Morocco, Ghana, and Greece. There may even be a short geography competition! We'll present on how Key Clubbers can make an impact improving health and educational impact around the world through small construction projects and educational support in under resourced schools and communities around the world. Finally we'll discuss our upcoming Summer Leadership Institutes in Panama and how Key Clubs can organize, promote, and fundraise to make these affordable volunteer travel programs a reality!

**Presenter:** Kait Tuculet, Volunteer Engagement Associate, Squads Abroad

**2:30 – 3:00 pm**

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**Presenter:** Cynthia Kline, Ramona Health Careers Academy Instructor

**2:30 – 4:00 ADVISORS ONLY**

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**Presenter:** Kim Smith, RN, CPLP, Integrated Loyalty Systems

## March 30 - Saturday

9:00 – 11:30 am

### **FEATURED SESSION**

#### **Camp Cal-HOSA - SECTION 1, 42 PARTICIPANTS**

**Room 315 SCC**

Camp Cal-HOSA is designed to offer a challenging leadership development opportunity for HOSA members at the 2019 Cal-HOSA State Leadership Conference. Participants who arrive on time, actively participate in the entire workshop, and earn a score of 80% or higher on the post-assessment will be recognized for their achievement.

**Presenter:** Kim Smith, RN, CPLP, Integrated Loyalty Systems

8:30 – 9:30 am

#### **Yoga for Beginners & Intermediate**

**Hall C SCC**

Bring a towel (or yoga mat) to this hands-on experience of Yoga as Mindfulness Expert and Yogi, Jason Tate, leads you through a beautiful Vinyasa class. This class is for beginners and intermediate yoga students and is for all ages. Attendees can expect to feel more flexible, happier, and ready to perform their best at the SLC after this beautiful Yoga practice. \*bring a water, large towel, and dress for the gym.

**Presenter:** Jason Tate, IHS HOSA Advisor, Indio High School

8:30 – 9:30 am

#### **Decision Skills: Central to Any Leader's Success**

##### **Have you ever struggled with a decision?**

**Room 202 SCC**

We all face important decisions and decision skills are central to our success in life, as leaders, and in health careers. Have fun learning to make better decisions with a proven framework for what is accessible, relevant, and applicable to you in your life now and valuable for your future.

**Presenter:** Chris Spetzler, Executive Director, Decision Education Foundation

8:30 – 9:30 am

#### **If I Only had a Brain**

**Room 204 SCC**

In this fun workshop you will discuss function and design of the intricate parts of the human brain and spinal cord and build it with the ANATOMY IN CLAY Â® Learning Systems. Learn how this engaging method of learning can help your students retain what they have learned about the human body. And, you will get to keep the brain you create!

**Presenter:** Isabella Roethel, Anatomy Physiology Department Coordinator, Huntington Beach High School, Anatomy in Clay Learning Systems

9:30 – 10:00 am **MIDDLE SCHOOL ONLY**

#### **Bridging activities from Middle School to High School**

**Tahoe Hyatt**

Manteca High school has created a partnership with our local middle school to create activities for helping the middle school transition into high school

**Presenter:** Cheryl Behler CTE Teacher/ Health Science Coordinator  
Students from Manteca High School

**10:00 – 11:00 am**

**Get Your Wellness On.....**

**Room 202 SCC**

This workshop is offering fun hands-on activities to take back to your school to promote health and wellness. Example...helping youth problem-solve. Depression can interrupt the flow of thinking, lower reasoning, and cause the child to be distracted. Games that can challenge young children and help sharpen cognitive skills.

**Presenters:** Jennifer J Hunt, CTE Allied Health Instructor Granite Hills (PEI Mental Health Prevention and Intervention Pilot School)  
Angelina Alvarado, Angelina Babka, Makayla Robles, Cristal Flores, Angelina Lozoya, David Laponis, Jordan Hand, Jade Sanchez, Brianna Navarette, Ibonie Collins, Randy Garcia, Josko Kahkosko, Marilyn Romero, Ameiry Fallago, Jimmie Perry

**10:00 – 11:00 am**

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**Presenter:** Isabella Roethel, Anatomy Physiology Department Coordinator, Huntington Beach High School, Anatomy in Clay Learning Systems

**10:30 – 11:30 am**

**You've Got a Friend in ME!**

**Hall D SCC**

Will you be the one difference in someone's life? This session will provide each participant with an overview of mental health, both crisis and non-crisis situations. You will learn how to identify, understand, and respond to signs of mental illness and substance use disorders. One in five teens and young adult lives with a mental health condition. Suicide is the second leading cause of death in young people between 10 and 24. Will you HELP?

**Presenter:** Leia Reddy, Sato Mental Health Commissioner, Sato Academy of Math and Science  
Eileen Theng, Frida A-T, Khelynn Nou, Gerard Legaspi, Irish Perez, Matt Austria, Andrea Asher, Shirlynn Cheam, Clarisse Hokia, Pedro Reyes



**10:30 – 11:30 am**

**Raising Awareness of School's Role in Mental Wellness among Youth** **Hall E SCC**

This workshop will provide young people an understanding of school-based mental health programs that address the needs of underserved children, youth, and families. Led by the federally funded National-Hispanic-Latino Mental Health Technology Transfer Center, Cal-HOSA participants will gain knowledge about the most vulnerable and hardest to reach populations and key characteristics of a well-trained workforce. Especially valuable for participants interested in a career path in mental/behavioral health.

**Presenter:** Teresa Chapa, PhD, MPA, Senior Clinical Consultant and Liaison for School Based Mental Health National Hispanic and Latino Mental Health Technology Transfer Center (NHL-MHTTC)

**11:00 am – 12:00 pm**

**Leadership: It's JUMPing** **MIDDLE SCHOOL ONLY** **Tahoe Hyatt**

Join Vivian Do, your HOSA President-Elect and JUMP into an interactive leadership activity where you will use your arms and leg, but not eyes to navigate through obstacles and learn to BALANCE your role as leaders. Learn about leadership styles, SMART goals, network with fellow JUMP members, and overcome obstacles even when you don't see EYE to EYE.

**Presenter:** Vivian Do, HOSA President Elect

**11:30 am – 12:30 pm**

**Pacific PharmD: A Prescription for Success** **Exhibit Hall C SCC**

Enjoy an engaging and informative session to learn more about careers, admission pathways, volunteer opportunities, and more in pharmacy. Hear directly from a doctor of pharmacy alumnus how University of the Pacific and a career in pharmacy can be the best fit for you. Bring your questions and test your knowledge about the profession to see how you can become a part of one of the fastest growing fields in health care.

**Presenter:** Stephanie Anderson-Barroso, Recruiting Specialist, University of the Pacific  
Thomas J. Long School of Pharmacy and Health Sciences, Utsav Patel, PharmD

**11:30 am – 12:30 pm**

**Foundation for the International Medical Relief of Children:**

**Serving Globally** **Room 204 SCC**

The Foundation for International Medical Relief of Children (FIMRC) works to provide access to medical care for underprivileged and medically underserved families around the world. We work in nine different countries around the world focusing on access, education, and partnerships through innovative and sustainable health programs. Come learn how you can get involved in global health through volunteering, internships, chapters, and so much more!

**Presenter:** Jessica Southern, RN, Key Relations Manager, Foundation for the International Medical Relief of Children (FIMRC)

**11:30 am – 12:30 pm**

**Turning Pain & Difficulty into Success** **Room 202 SCC**

Ever wonder why your relationships don't go how you had hoped, even though you gave it your all? Ever had a friend feel extremely sad without explanation? Perhaps you/your friend thought about whether life is even worth it? Did you know that brain trauma as simple as being insulted or humiliated can affect your physical health? Whatever the trauma, the brain can begin to heal with the right environment and relationships. Come learn ho

**Presenter:** Joseph Coppola, CTE Teacher, Madera South High School  
Monice Lopez, Jessica Gonzalez-Garcia, and Ivan Villafan

**12:00 – 1:00 pm**

**Pathways and Career Technical Education Standards ADVISORS ONLY Exhibit Hall D SCC**

Join in the informal conversation of current pathways and the Career Technical Education (CTE) Health Science Medical Technology Model Curriculum Standards. This session will give Advisors the opportunity to suggest revision to the current pathways and standards and other curriculum suggestions as California prepares to develop a new State Plan for CTE in California.

**Facilitator:** Cindy Beck, Health Scoedcne and Medical Technology Lead,  
California Department of Education

**12:00 – 1:00 pm**

**Raising Awareness of School's Role in Mental Wellness among Youth Exhibit Hall E SCC**

This workshop will provide young people an understanding of school-based mental health programs that address the needs of underserved children, youth, and families. Led by the federally funded National-Hispanic-Latino Mental Health Technology Transfer Center, Cal-HOSA participants will gain knowledge about the most vulnerable and hardest to reach populations and key characteristics of a well-trained workforce. Especially valuable for participants interested in a career path in mental/behavioral health.

**Presenter:** Teresa Chapa, PhD, MPA, Senior Clinical Consultant and Liaison for School Based Mental Health National Hispanic and Latino Mental Health Technology Transfer Center (NHL-MHTTC)

**12:00 – 2:30 pm**

**FEATURED SESSION**

**Camp Cal-HOSA SECTION 2 – 42 PARTICIPANTS**

**Room 315 SCC**

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**Presenter:** Kim Smith, RN, CPLP, Integrated Loyalty Systems

**12:30 – 1:30 pm – MIDDLE SCHOOL ONLY**

**Build Your Team JUMP**

**Tahoe Hyatt**

Learn activities to help build a team and get everyone working together. Team-building and debrief strategies to get groups working together.

**Presenter:** Kelly Hazen, HOSA Advisor, Venture Academy  
Venture Academy Students

**1:00 – 2:00 pm**

**Pacific PharmD: A Prescription for Success**

**Exhibit Hall C SCC**

Enjoy an engaging and informative session to learn more about careers, admission pathways, volunteer opportunities, and more in pharmacy. Hear directly from a doctor of pharmacy alumnus how University of the Pacific and a career in pharmacy can be the best fit for you. Bring your questions and test your knowledge about the profession to see how you can become a part of one of the fastest growing fields in health care.

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Thomas J. Long School of Pharmacy and Health Sciences  
Utsav Patel, PharmD

**1:00 – 2:00 pm**

**Build Your Team**

**Room 202 SCC**

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**Presenters:** Tracey Bidwell, Cal-HOSA Region 1 Board Representative, Venture Academy  
Students from Venture Academy

**1:00 – 2:00 pm**

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**Presenter:** Jessica Southern, RN, Key Relations Manager, Foundation for the International Medical Relief of Children (FIMRC)