



are hard  
to hear:  
Creating  
an audience  
for girls'  
voices

## Chapter 15 Can You Hear US Now?!

# WORKSHOPS

Check back frequently, as workshops get added!

# THURSDAY WORKSHOPS

## “Treatment of Adolescent Girls with Attachment Difficulties”

David Barche, Ph.D.

This presentation will outline major factors influencing adolescent's ability to form healthy attachments with others. A description of research conducted in a residential treatment facility in Oxford, Michigan will be included. This research was designed to explore relationship between past traumatic events and current attachment difficulties. Basic principles of treatment work focused on helping adolescent girls with attachment difficulties will be covered. This workshop will also include case examples of adolescent girls placed at Iowa Juvenile Home who had been struggling in their ability to form secure attachments since infancy.

David's career in the mental health profession started at the age of 19 in Poland, where he started work as a counselor for adolescents placed on probation. Since that time, he has worked in community based programming for adolescent sexual offenders in Detroit, MI, as well as other treatment facilities prior to his move to Iowa. For the past three years, he has worked as a Psychologist at the Iowa Juvenile Home. He received his Doctorate in Psychology from Northcentral University and completed his dissertation while working at Crossroads for Youth through research on the connection with prior trauma and attachment in adolescents.

# “My Beaut ‘I’ ful Self”

LaTasha Massey, MSW

My Beaut “I” Self started as a pilot program for young women to promote self efficacy, self awareness, improve self esteem among young women, especially African American women. This program also focuses on connectivity between community and the school and the barriers young women face as they transition from larger urban areas to smaller cities. Some of the participants are mentees from a program where they have at least one parent that is incarcerated, has been incarcerated, on parole or on probation at some point and our goal is to continue to provide opportunities for these young women to see other successful women share their stories and listen to the youth as they share their experiences as they have transitioned to Johnson County.

# “What About Us? Using the ‘F’ Word Appropriately: Teaching feminist leadership to young women”

Alysa Mozak

This session will provide a base of knowledge in feminism and feminist leadership by combining activities and discussion. The activities and discussion will be centered on the social construction of valued leadership traits in a male-dominated society and how those constructions create a need for a feminist leadership paradigm with the ideals of empowerment, inclusiveness, and voice. It is critical that young women have a voice in leadership to feel the ‘us’ connection with one another. We hope to show that the feminist model of leadership will create this needed change through utilization of egalitarian styles. At the end of this session, participants will have a strong foundation of information on how to utilize these feminist ideals to teach young women how to lead in this style.

# “Speak for Yourself: Empowering young women to use their voice”

Members of the Catherine McAuley Women’s Empowerment Committee  
with Jennifer Tibbetts, MSW and Nicki Ross

We have organized a women’s group to develop activities that help us empower ourselves and the group as a whole. Through this committee, we have learned to take an interest in historical, political, and social issues. We take these issues and create community events and awareness raising activities that empower us and educate the community. This group has been such a success that we think it is important to spread our message of empowerment. We hope to help young women learn to do these same things for themselves and their community.

This session will present ways to empower young female clients to identify issues important to them. Helping them see the importance of community action and create their own platform for sharing a message will be discussed. The session will include hands on activities and will cover these steps to create a successful female empowerment group:

- Step 1: Use of leadership activities to realize individual/collective power
- Step 2: Encourage interest in a topic or cause important to them
- Step 3: Help them create a platform to share their message
- Step 4: Fundraise for an event and develop financial sustainability

# “Different Shades of Mocha”

Brittan Alford and Ambreyana Jones

"I'm not a statistic or a sexual object; I'm a girl , a black girl with goals. You couldn't hear my voice because your judgments were so loud in the media, forever silencing the person who I use to love."

This is the anthem of so many African American girls today; in this workshop we will help increase awareness surrounding cultural differences, challenges, and unique needs which face young African American girls so that their voices can never go unheard again.

Ambreyana Jones is currently a Music Instructor/ Youth Counselor at Life Line Youth Foundation. She will be attending Drake University next fall majoring in Music and English with a minor in Business. She also works with youth at Cornerstone Family Church

Brittan Alford works as a Girl's Group Instructor at Life Line Youth Foundation. She has organized and facilitated an afterschool program (Culture Incorporated), and provided remedial reading and language tutoring as part of The Foster Aunt and Uncle Project. Brittan is head cheerleading coach for girls 6-18 in conjunction with the Shooting Stars intramural basketball team. She plans to pursue Business at AIB.

# “Reconnecting After Jail: It’s not about the phone calls and letters anymore”

Amy Holbrook and Anthony Barrett

"I haven't talked to my Dad. I tried time the last time he was out of the joint, and he just kept screwing up, so I'm done talking."

"I cried myself to sleep every night, wondering how I could get it through his head I was on his side. He didn't want to hear that. "

This workshop illuminates the barriers of reuniting men with their families as they leave correctional and treatment facilities. Participants will engage in open and introspective discussion about cultural bias, system prejudice, and the harsh realities of incarceration. Professionals will learn tools for helping young women build communication and trust. Skills they need to re-establish their relationships.

Anthony Barrett, author and owner of Pantha Publications/Productions, is a community activist and Beyond Welfare board member. As an ex-gang member, he educates about the traps of sub-cultures that attract young people, the realities of gang involvement, and manageable steps communities can take to address risky group affiliations and attitudes of young people.

Amy Holbrook has been a coordinator for Empowerment, Community Partnership for Protecting Children, Decategorization and has provided intervention and education to families and teens. She challenges participants to examine their beliefs and prejudices about at-risk populations and to find a way to provide services on the client’s level that address the client’s priorities.

# “The Color of Trauma: Associative art as a voice for empowerment”

Kate Jobe

Specific associative art activities that are not difficult to facilitate will be presented and discussed. These activities have proven to be successful tools in assisting young people in trauma, or with mental health issues, to voice their pain and/or thoughts that they are unable to adequately formulate into words. Case studies will be included in discussion, with examples of work produced by clients. Included in these activities will be Color Mapping; Mandalas, Focused Doodling & Meditation. Workshop participants will have interactive involvement during this presentation and will be provided with a bibliography of resource books & websites, as well as significant CD's for effective meditation sessions.

Kate Jobe received a degree in Art & Design & Professional Studies from ISU and has been artist for over 40 years. For the last 15 years, Kate has studied and focused on art as a tool for healing, with intensive study and research into soul loss, as well as the significance of symbolism. One of her most significant achievements was coining the name, “Kid-Ability”, and creating the workbook design/illustrations, as well as assisting with the development of program activities for the original “Kid-Ability” Sexual Abuse Prevention Program from the Omaha Girls ,Inc. She has been at Children’s Square U.S.A. since 2003 and has successfully incorporated associative art techniques into her family conflict mediation sessions to assist her clients to find their voice.

# “The Language of Trauma: Creating a pathway through boundaries of pain”

Kate Jobe

Dreams are a significant tool for understanding and decoding personal conflict. Workshop participants will receive information on methods to use to help de-mystify this process. Included in this discussion will be the use of a simplified form of poetry that provides a powerful avenue for expression of deep emotions, with an additional step for reframing this expression to provide awareness of personal growth during therapeutic work. Participants will be shown how to incorporate associate art techniques discussed in the previous workshop into focused processing tools for clients dream work. Workshop participants will have interactive involvement during this presentation and will be provided with a bibliography of resource books & websites, as well as a worksheet that can be used with clients to assist them to decode the language and symbolism of their dreams and nightmares.

# “Coaching Girls to Take Charge”

Martha McCormick

“Coaching Girls to Take Charge” introduces practical tools for supporting girls’ development into independent, happy women. Participants will learn to help girls develop self-confidence through mastery, self-expression and generosity. Participants will explore outcomes associated with involving girls as partners—planning and leading their own groups and programs. McCormick will examine evaluation and research associated with safe, supportive environments, interaction and engagement. Participants will leave the workshop with tools and resources to build their own framework for quality gender specific programming.

Martha McCormick founded Next Step Inc. in 2006 after retiring from youth development work at ISU. Next Step Adventure provides training, evaluation, & program development that multiplies impact and helps people think beyond daily details. She uses creative techniques such as adventure education, teambuilding, storytelling and mind mapping to reflect on the past, gain insight and define the future. Martha has provided guidance and evaluation for the Chrysalis Foundation’s after-school program for girls, the Iowa Department of Education, Polk County Conservation and Keep Iowa Beautiful. She established the Adventure Learning Center in 2004 as part of an initiative targeted to decrease childhood obesity and connect youth with nature. She holds Bachelor’s and Master’s degrees in Education from the U of I and ISU.

# FRIDAY WORKSHOPS

## “Oh The Pictures You Will See: The dangers of sexting”

Alexa Hach , BA

Sexting is a common part of youth culture and the impact can be seen all over the nation. A frequent question on a cell phone used to be “can you hear me now” and now it is also “can you see me now.” This workshop will address the correlation of sexting and youth, how sexting affects adolescent girls of color, the consequences, and what steps can be taken to protect oneself.

Alexa has been with Planned Parenthood of the Heartland team since October 2010 as a Health Educator in the Des Moines Public School system and at colleges in the Des Moines area. Before joining PPH, she was a nurse working in long term care. Alexa has an associate's degree in nursing from Hawkeye Community College and a Health Promotion degree with a Women's Health Emphasis from UNI. She is currently a member of the Community Adolescent Pregnancy Prevention coalition, Domestic Abuse Coordinating Counsel coalition, and the Iowa Task Force for Young Women.

# “Beauty Mark: How media affects young women’s self esteem, body image & identity”

Rhonda Ruby, RN, BA, MBA/MSM

This upbeat and interactive workshop will take a fresh look at how advertisers distort and destruct ideals of young women’s body images, particularly for young women of color. It will focus on media literacy issues and will address the effects and impacts on image and diversity. This lively session will also examine a range of media outlets to show a pattern of gender stereotypes that reinforce unrealistic perceptions of beauty and perfection, and how we can empower young women from all backgrounds to reject these ideals.

Rhonda Ruby is Health Education Manager & HIV Project Coordinator at Planned Parenthood of the Heartland, in Des Moines, IA. She has been a RN for over 20 years working in both the public and private sector of healthcare and education/prevention. Her background includes hospital and public health nursing, but her real passion is empowering young people through information. She has worked with Planned Parenthood for 4 years, and has extensive experience in dealing with youth in a variety of areas, including health education. Rhonda earned her BA in Business and Human Services from BVU in 2002, and recently completed her Master’s Degree in Business and Healthcare Management in March 2011.

# “Road Rage: An appropriate outcome of human trafficking”

Ruth Buckels, LMSW , Susannah Cook and Brittany Phillips

What do you get when you mix traveling, sex, drugs, victims, intimidation and violence? Road Rage with a whole new meaning and one we can do something about. Come, listen and learn so that you can educate and protect others that need someone to advocate for them.

Susannah Cook is the Board Chair for the Network Against Human Trafficking. She came to the issue of human trafficking after living and working for several years in Russia, Thailand, Spain, and Iceland. After witnessing first hand how human trafficking can be so pervasive and destructive, she teamed up with the NAHT and now presents to audiences statewide. She is the Tutor Coordinator Grand View University and Manager of International Experiences for the College of Human Sciences at Iowa State University.

Ruth Buckels, LMSW is the Project Manager for the Children & Families of Iowa's *elevate* Program. She has been a foster-adoptive parent since 1988 and transitioned over 70 teens into permanency. In 2008 she adopted her first system alumni and since then has added seven more adopted kids to her family (twelve children and counting). She has worked in policy-making, therapy, in-home counseling, residential/PMIC therapy and recruitment/licensing/retention/support of Resource Families in Iowa. She also teaches for DMACC or develops trainings for professionals, parents and youth.

Brittany Phillips, *elevate* youth and Sophomore at Simpson College in Indianola, IA. Her current program of interest is Juvenile Justice.