

# Adolescent Sexual Health:

A TRAUMA-INFORMED  
APPROACH USING  
PRACTICE SELF-REGULATION™



Tuesday, September 27, 2016 • 9 am to 4 pm • Auburn, ME

**Healthy concepts and behaviors regarding sexuality, reproductive health and peer relationships are issues faced by many adolescents who are trauma survivors.** Youth who have experienced trauma are more likely to experience unplanned pregnancy and other poor sexual health outcomes than other young adults. An understanding of the thoughts and reactions that result in sexual responses allows providers to create interventions that can help youth to achieve healthy coping skills and positive outcomes.

**Practice Self-Regulation™** is an approach for helping adolescents explore healthy ways to deal with distressing events that they've experienced.

### Training Participants will learn:

- The importance of providing medically accurate sexual health information
- How to identify multiple strategies for integrating a trauma informed approach into a variety of youth-serving settings
- How to use SAMHSA's *Six Principles of a Trauma-Informed Approach* with all youth

**Youth serving agencies and alternative school staff are invited to register for this training sponsored by New Beginnings and the Maine Dept. of Education.**

**The training is provided at NO COST to participants, and includes continental breakfast and lunch.**

**SPACE IS LIMITED, APPLY FOR A SPOT ONLINE:  
[www.newbeginmaine.org](http://www.newbeginmaine.org)**

**REGISTRATION REQUEST DEADLINE: Sept. 14, 2016**

**QUESTIONS?** Call 207-795-6048 to speak with Jody Pierce Glover, New Beginnings Prevention Educator

### Training Facilitator:

**Joann Schladale, MS, LMFT**  
*Resources for Resolving Violence, Inc.*  
Freeport, ME

Joann is a therapist who has specialized in positive youth development, sexual health and behaviors, trauma, violence prevention and pregnancy prevention since 1981. Joann provides consultation and training nationally for empirically-based services and is the author of *The T.O.P. Workbook for Sexual Health (2010)*.



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