

# 2019 OAFCS Conference Schedule

## February 14, 2019 - Pre-Conference Schedule

### "Clothing to Advance Holistic Wellness"

10 a.m. – Noon	View Design Exhibit and Meet Designers	OSU Campus, 4-H Center
Noon	Lunch	OSU Campus, 4-H Center
12:45 p.m.	Load Buses to Campbell Hall	OSU Campus, 4-H Center
1 – 3 p.m.	Historic Costume & Textile Museum	OSU Campus, Campbell Hall
3:15 p.m.	Bus Return to 4-H Center	

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### AAFCS Certification Exam Offered – OSU Campus, 4-H Center

8:30 – 9 a.m.	Registration on Site
9 a.m. – Noon	Exam Administered

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### February 14, 2019 – "Celebrating Our Connections"

5:30 – 7 p.m.	Recognition of Members & Networking	Nationwide Conf. Center
	Hors D' Oeuvre and Beverages	

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## February 15, 2019 – Conference Schedule "Partnering to Advance Holistic Wellness in Ohio" at Nationwide Hotel & Conference Center

8:30-9:00 a.m.	Breakfast/Coffee/Registration – Poster Set up	
9:00 - 9:45 a.m.	Annual Meeting, Opening Remarks, Poster Presenters Introduced	
10:00- 10:50 a.m.	Wellness: It's more than Diet and Exercise!	Deborah Sullivan, Ph.D.
	Family & Consumer Sciences ' Integrative Nature of Wellness	
11:00 - 11:50 a.m.	Adverse Childhood Experiences Study: Implications for Better Practice	Diane Karther, Ed.D.
12:00 - 12:45 p.m.	Networking Lunch/View Posters	
1:00 - 1:50 p.m.	Ignite Presentations	
2:00 -2:30 p.m.	Chair Yoga (physical wellness)	Kelly Schulze, M.Ed.
2:30-3:00 p.m.	Break/Poster Session - Interact with Presenters	
3:00-4:15 p.m.	QPR Certification - Suicide Prevention	David Ross, MA, LPCC-S
4:15 – 4:30 p.m.	Closing Remarks	

## **Please Note**

**All Participants who attend the QPR Class will receive a Personal Certificate Question. Persuade. Refer. Three steps anyone can learn to help prevent suicide.**

### **Abstract:**

QPR is a suicide prevention training proven to save lives and reduce suicidal behaviors. Participants completing the program will be considered trained “gatekeepers,” and will receive a certificate after the session. Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, supervisors, police officers, advisors, caseworkers, firefighters, and many others strategically positioned to recognize and refer someone at risk of suicide.

The goal of gatekeeper training is straightforward: to enhance the probability that a potentially suicidal person is identified and referred for assessment and care *before* an adverse event occurs. As a population-based approach, the greater the percentage of the members of a given community who are trained to successfully recognize and refer its suicidal members, the fewer suicide-related adverse events should occur.

Suicide and self-inflicted injuries represent a significant public health problem. QPR stands for how to Question, Persuade and Refer someone emitting suicide warning signs. Available in face-to-face or on-line training, more than 2.5 million QPR gatekeepers have been trained to date. With further research, QPR may prove a useful recognition-and-referral public health educational intervention in the prevention of suicide and suicide attempts, and may emerge into a more broadly used intervention for non-suicidal persons sending detectable distress signals.

### **QPR Training Objectives:**

1. Participants will learn to recognize the warning signs of suicide.
2. Participants will learn how to offer hope to an individual struggling with thoughts of suicide.
3. Participants will learn the vital steps in getting help for the person struggling with suicide.

## **AAFCS Certification Exam Offered at OAFCS Conference on February 14, 2019**

Paper Based testing registration has been set up for the Ohio AAFCS Affiliate Conference for February 2019. The deadline for candidates to register is January 24, 2019. Candidates are eligible to register for one of the five exams (FCS Composite, HDFS, HNFS, PFFE, and the NWE). Please be advised, candidates testing to qualify for Texas teacher certification/licensure will have their test scores sent directly to Texas Education Agency (TEA) only if they are registered for the following exams:

- 200-Family and Consumer Sciences - Composite Exam
- 201-Hospitality, Nutrition & Food Science Concentration Exam
- 202-Human Development & Family Studies Concentration Exam

Below are the online registration details and link to the test registration form:

### **Online Registration Details:**

**Event:** Ohio AAFCS - 2019 Affiliate Conference (February 14 & 15, 2019)

**Test Administration Date:** Thursday, February 14, 2019

**Location:** OSU Campus, Nationwide & Ohio Farm Bureau 4-H Center, 2201 Fred Taylor Drive, Columbus, Ohio, 43210

**Schedule:** 8:30 – 9 a.m.            Registration  
                  9:00 a.m. – Noon        Certification Exam

**Registration Fee:** \$95

**Registration Deadline:** Thursday, January 24, 2019

**Link to online test registration form:** <http://www.rsvpbook.com/aafcpsbregistration>

**OAFCS Questions:** Contact Susan Shockey, 2019 OAFCS Annual Conference Vice President

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