

DEAR FRIENDS of the Ohio Association of Family & Consumer Sciences

This year's conference is designed to help all attendees "Feel Better, Think Better, & Live Better!"

Since our origin in the late 1800s to present day, the Family & Consumer Sciences (aka, Home Economics) profession's purpose is to help individuals, families, and communities: feel, think and live better. Given the constant new exposures of societal concerns, daily tensions continue to threaten the wellbeing of Ohio individuals, families, and communities. Therefore, the Ohio Association of Family & Consumer Sciences Board selected this year's conference to focus on "**Partnering to Advance Holistic Wellness in Ohio**". All of the invited speakers have a national reputation with a practical approach that will address Ohioans needs. The overall goal of this year's conference is to educate and introduce attendees to know how to collectively "Advance Holistic Wellness in Ohio."

2019 Conference Featured Speakers – February 15th are:

1. Deborah Sullivan, PhD will give an overview and introduce the Dimension of Wellness. Dr. Sullivan is the University of Ashland, Wellness Director. She has implemented this integrative Wellness Model at her University and will share her experiences and thoughts about how to put the model into practice.
2. Diane Karter, EdD will provide attendees with the findings of the Adverse Childhood Experiences (ACE) Study. This presentation will help participants understand the impact of trauma to children, i.e. separation from their parents, death, abuse. She will explain how this trauma affects life outcomes. She will provide professionals how to use a "trauma-informed lens" to improve practice methods that promotes success.
3. Kelly M. Schulze will lead the group through Arm Chair Yoga "Together in Motion". This gentle yoga with the support of a chair; will help individuals explore the physical, emotional, and mental body. Kelly states, "Yoga is an ideal instrument, to explore these components and discover the interconnectedness of each layer of our True Self.
4. David C. Ross an independently licensed clinical counselor in Ohio will provide the "Question - Persuade - Refer." Certification program to attendees. These three steps can be learned by anyone to help prevent suicide. QPR Institute will certify all participants who attend this program in OPR.
5. "Ignite" and/or poster session presenters will address "Holistic Wellness" topics.

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.

Offered on February 14th - Announcing the OAFCS Pre-Conference - AAFCS Certification Exam & “Celebrating Our Connections”

In addition to this year’s conference, the day before on February 14th, the **AAFCS Certification Exam** will be offered at the Ohio 4-H Center. On the same day at the Ohio 4-H Center, a pre-conference entitled, **“Clothing to Advance Holistic Wellness”** will feature a **“Design Contest Exhibit”** and a **Tour of the Ohio State University Historic Costume & Texture Museum** located at Campbell Hall. For more information about the tour go to this website:

<https://costume.osu.edu/2018/06/05/sports-wear-to-sportswear-an-evolution/>

“Celebrating Our Connections” is a time to socially recognize and network with OAFCS members, especially the Ohio 50-year members, collegiate scholarship, and OAFCS member award winners. This event will be held at the Nationwide Hotel & Conference Center on February 14th from 5:30-7: p.m.

Conference Objectives:

1. Increase knowledge/skills of improving health and wellness through policy, system, and environment change.
2. Promote a holistic culture of health and wellness in the communities we serve by engaging in community-based strategies and striving for health equity.
3. Provide effective tools and resources that help individuals and families manage the dimensions of holistic wellness, which includes physical, social, mental, emotional, environmental, and financial relations at major life stages.
4. Discuss Family & Consumer Sciences knowledge areas of food and nutrition choices, financial practices, family relations, textile and apparel, and interior design decisions,
5. Engage in professional networks that develop collaborative relationships to advance the mission of Family & Consumer Sciences.
6. Showcase Family & Consumer Sciences best practices and relevant research, which contribute to advancing holistic wellness in Ohio.

Our Family & Consumer Sciences professionals deserve the best! The OAFCS Board and Conference Committee had this in mind when planning this year’s conference.

We hope you will be able to join us to attend this year’s outstanding event.

Sincerely,

Susan S. Shockey, PhD, CFCS, CPFPE
OAFCS 2019 Vice President, Annual Conference Chair