

# 34TH Annual SLS HIGH SCHOOL CONFERENCE

## NOVEMBER 2-3, 2019

SHANTY CREEK RESORT (Bellaire, MI)

## BOOT CAMP... PUT YOUR MIND IN LINE

**2019-2020**

### STUDENT ADVISORY BOARD

**Back Row:**  
**Sonya Liggins, Senior**  
**Warren Mott HS**  
**Colleen Drake, Senior**  
**Lakeland HS**  
**Camryn Jackson, Senior**  
**Warren Mott HS**



**Front Row:**  
**Makenzie Ryder, Senior**  
**Walled Lake Northern HS**  
**Niah Holsey, Senior**  
**Warren Mott HS**

**Technology Coordinator**  
**Jillian Davis, Sophomore**  
**Marian HS**

# Workshops

Choice of 9 Concurrent Workshops/3 Sessions

**Thank You...Next (Step)**  
 By: Niah Holsey, SAB, Warren Mott HS

**Alternate Earth (Sustainability)**  
 By: Camryn Jackson, SAB, Warren Mott HS

**Who Am I?**  
 By: Makenzie Ryder, SAB, Walled Lake Northern HS

**Game of Choice**  
 By: Jillian Davis, Marian HS

**In The Balance of Life (Time Management)**  
 By: Colleen Drake, SAB, Lakeland HS  
 Sonya Liggins, SAB, Warren Mott HS

**"Who To Call When You Fall"  
 Teen Mental Health First Aid**  
 By: Elizabeth Kurkowski, SLS

**Speakers**  
**Whistle Stops**  
**Friendship & Belonging**

### Conference Registration:

Early (before 10/1) \$65 pp Regular (after 10/2) \$90 pp  
**Hotel Rates (incl. meals)**

*Rates are per person based on room occupancy*  
 Quad \$78; Triple \$86; Double \$102; Single (adults only) \$151

**Early Boot Camp Arrivals Welcome!**

Early Arrival (Friday) room only \$98

### Prizes

### Awards

Registration, Agenda, Workshop Proposals and Award Nominations at [www.SLStoday.org](http://www.SLStoday.org)

**Early Arrival**  
**Special Event**  
**Obstacle Course**  
**Dance**





## STUDENTS LEADING STUDENTS (SLS) DEVELOPS EXECUTIVE FUNCTIONING SKILLS

### Rudyard HS



### Freeland HS



### Safe Driving Projects

**Response Inhibition-** Safe drivers must understand how to be assertive and efficient when making quick decisions.

**Working Memory-** Safe driving involves the ability to remember directions, road signs, and signals of other drivers.

**Flexibility-** Drivers must be flexible to stay safe and calm in times of traffic, construction, etc. and find alternative routes quickly.

**Time Management-** Safe drivers plan to leave early so they are not speeding causing mistakes and accidents.

**Planning and Prioritizing-** Safe drivers must decide what task is more important such as: keeping hands on the wheel or changing the radio station and the repercussions of that decision.

**Emotional Control-** Safe driving teaches students to gauge their emotions and know when not to drive when upset.

**Sustained Attention-** Safe drivers must always have attention on the road with eyes straight ahead.

**Task Initiation-** Safe drivers recognize when their peers may need a safe ride and can organize pick up/drop off routes appropriately.

*SLS safe drivers do not drink alcohol, use drugs or vape while driving or planning to drive. SLS students save lives.*



### Garber HS



### John Glenn HS



## John Glenn High School SLS

SLS students said, "SLS gives students the skills to have power, strength, connection and order."

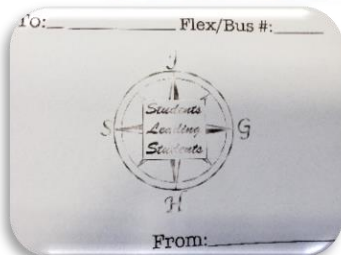


500 Compliment Cards were given out in one week!



## IGHS SLS FOCUS: RESPECT & INCLUSIVNESS

Thank you, Darcy Nicholas, John Glenn Advisor.



**Response Inhibition-** SLS teaches assertiveness skills, resistance skills, and decision making skills.

**Working Memory** – Retaining information, learn something and teach their peers.

**Task Initiation-** SLS facilitates students identifying their passion, talents and a concrete plan with specific timeline to accomplish them.

**Planning and Prioritizing** – SLS Students identify a goal with specific objectives each year.

**Time Management** – Deadlines, recognizing how long something will take and monitoring tasks.

**Goal Directed** – SLS teaches/models persistence with celebrations at the end.





## SLS Strengthens Families

SLS provides **Executive Functioning Skills (EFS)** training for students, parents and families. SLS facilitated a seven series program called Strengthening Families Program (SFP) at Royal Oak Middle School. SLS chose Royal Oak because of long-time SLS supporter, Kathy Knapp, Counselor. Kathy received the PGVP SLS Lifetime Achievement Award in 2018. The SFP program is designed to: Help parents/caregivers learn nurturing skills that support their children (*Working Memory; Emotional Control*); Teach parents/caregivers how to effectively discipline and guide their student (*Emotional Control*); Give students a healthy future orientation (*Planning and Prioritizing*) and an increased appreciation of their parents/caregivers (*Meta-Cognition*); Teach students skills for dealing with stress and peer pressure (*Response Inhibition*).

SLS will be offering the SFP again in September 2019 for Royal Oak families. The SFP program is funded by Oakland Community Health Network.



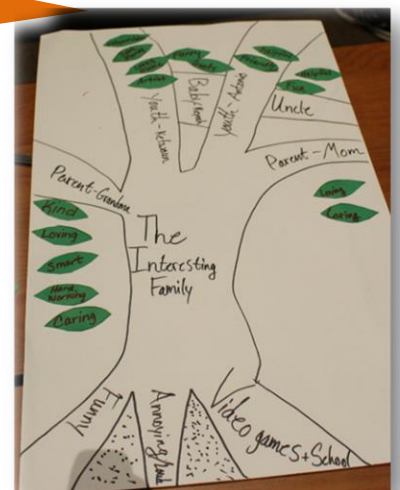
- + Family time.
- + Family games.
- + Family dinner.



- + Family Celebrations.
- + Family projects.
- + Family problem solving.



- + Family meetings.
- + Start with compliments.
- + Love your family.



Call SLS to learn how you can offer this excellent program in your community. Strengthen YOUR family!

## Atherton SLS

Atherton SLS Chapter has an Annual SLS Awards Banquet for SLS Members and their families.

What a great idea for chapter recognition!



## SUMMER VIBES & SCHOOL SUPPLIES



"Summer Vibes and School Supplies Drive" was initiated by SLS Prevention Specialist, Elizabeth Kurkowski. Shortly after returning home from her first trip to Belize, Elizabeth was grateful to have met the amazing students who shared the same goals and needs of the students in Michigan. After seeing firsthand the struggles that students in Belize experienced, Elizabeth wanted to find a way to help while still maintaining the same effectiveness of a student-led experience Liz sees while teaching Life Skills to middle school students. With only a few weeks left of the school year, Elizabeth quickly formed the "Summer Vibes and School Supplies Drive" to connect Michigan Students with Belizean students. The drive created an international ripple effect of belonging, purpose, and gratitude from students and teachers in Michigan all the way to Belize. Participating Oakland and Macomb County Schools included Mason Middle School, Pierce Middle School, and Warren Mott High School. Elizabeth hand delivered 5 suitcases of school supplies (July 2019) which impacted 400 staff and students in Seine Bight, Belize.





## STUDENT LEADERSHIP SERVICES

# SETTING A GOOD EXAMPLE

Setting a good example is important, especially if you want your employers and peers to respect you more.



### PRACTICE WHAT YOU PREACH

Everyone has heard it- "If you practice what you preach, people will respect you more and maybe learn by example." They may think you are mature and they will end up looking up to you as a role model.



### HAVE INTEGRITY

Make sure to be a good person while others are not watching. It is not cool to be a two-faced person and people will not respect you for that.



## Student Leadership Services

Changing thoughts. Challenging behavior.

[www.SLStoday.org](http://www.SLStoday.org)

Sources: [www.slstoday.org](http://www.slstoday.org); Jillian Davis, Marian High School

## Thank You!



PETITPREN

JCT Foundation



Thomas P. Bingman Memorial  
Dawn & Craig Sylvester  
Found Objects (Laurie & Zachary)  
Voss Taylor Steel  
Sign Fabricators  
Brad Simmons  
Larry Rotta  
Nikki and Alan Motes  
Pamela Voss-Page



#### SLS Board of Directors

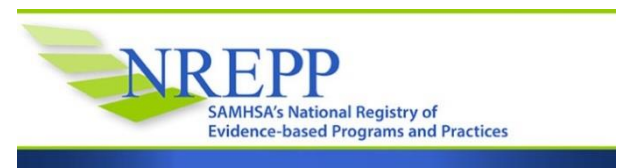
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Dawn Flood, Program Director and Master Trainer  
Elizabeth Kurkowski, Prevention Specialist  
Rochelle Winstead, Bookkeeper  
Jillian Davis, Technology Co-Op, Marian High School  
Volunteer Alumni Throughout the World!

## National SLS Awards

*SLS is the only Michigan developed student-led program with national validation.*



"Federal, State, and/or County funding has been provided through the Oakland Community Health Network Substance Use Disorder Services to support the project costs".

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[www.SLSToday.org](http://www.SLSToday.org); [www.Facebook.com/SLSToday](https://www.facebook.com/SLSToday); [www.Twitter.com/SLSToday](https://www.twitter.com/SLSToday); [www.Instagram.com/SLSToday](https://www.instagram.com/SLSToday)