

Youth Development CONFERENCE

CIVIL AIR PATROL'S PREMIER FORUM FOR CADET PROGRAMS OFFICERS

SNEAK PEEK! 2024

TODAY'S CADETS

It's easy to say, "When I was a cadet..." and expect today's cadets to respond the same ways that we did when we were their age. But I think we all can agree that the world today is a very different place than when we were teenagers.

The 2024 Youth Development Conference will focus on *Today's Cadets*. We will help you clearly understand the challenges faced by this generation of cadets, how to help them succeed, what their strengths are and where their passions lie. There will be a focus on the importance of mental health and how we can support cadets in crisis, and we'll examine the youth voice in today's culture. We'll also take a look at today's parents and how to create relationships that promote positive cadet experiences.

Fundamentally, some things about growing up are timeless. However, many things are a result of culture, upbringing, and personal experiences. We are excited to examine, "Just how different *are* Today's Cadets" and how we can best support them.

FRIDAY

12 January 2024, 7:00-9:00 PM

OPENING RECEPTION & WELCOME REMARKS

Maj Gen Edward Phelka, National Commander, CAP

Curt LaFond, Director of Cadet Programs, CAP

Hors d'oeuvres and light refreshments will be served.



YDC 2024

SATURDAY

13 January 2024, 8:30 AM–5:30 PM

UNDERSTANDING TODAY'S CADETS

Corey Seemiller, Ph.D., Author of *Generation Z Leads*

Today's cadets had experienced many different things than we did when we were their age. Dr. Seemiller will help us understand "who are today's cadets?" What are their characteristics, motivations, perspectives, and behaviors? What makes them so different than when we were cadets and how can we take what we know about this generation and apply it to Cadet Programs delivery?

HANGAR

National Cadet Team

If you have questions, we have answers! Spend unstructured time engaging with the National Cadet Team, volunteers and staff, and get your questions answered and your voice heard on any topic you like. This is also an excellent time to engage with other conference participants and pick their brains. Have a questions about NCSAs, Cadet Wings, Great Start, Encampment, TLC, Cadet Protection, etc. This is the time. Engage in those conversations!

EMPOWERING TODAY'S CADETS

Curt LaFond, Director of Cadet Programs

What does youth voice look like for this generation of teens? Youth programs say they want to empower youth to have a hand in running their programs, but what does that really entail, from the perspective of adolescent development in today's cadets? Strong evidence indicates that few programs empower youth consistently. Curt will share his research into this problem of practice and will invite YDC participants to help shape an agenda for experimentation.

ENCAMPMENT ENHANCEMENTS

Joanna Lee, Cadet Curriculum Program Manager

The National Cadet Team is seeking input on how to continue to enhance the encampment program. Get a preview of some of the planned updates and enhancements coming up for 2024. Be part of the conversation and share your valuable insights on the specific challenges your wing faces and the supports you'd most like to see in the future.

OPTIONAL: EVENING SOCIAL GATHERING

SNEAK PEEK!



YDC 2024

SUNDAY

14 January 2024, 8:30 AM–5:30 PM

SUPPORTING TODAY'S CADETS THROUGH CRISIS

Omar Guessous, National Director, Research, Evaluation & Insights at
Boys & Girls Clubs of America

Young people today struggle with more mental health and anxiety issues than we've seen before. This session will help us understand what's driving the mental health crisis, how trauma impacts youth and how we can employ trauma-informed practices to counterbalance the challenges youth face in today's world.

QUESTION. PERSUADE. REFER.

Meghan O'Meara, LPC, NCC, Director, Student Counseling Center
Dr. Emily Lisco, MD, Director, Emotional Health & Wellness Program
Thomas Jefferson University

The warning signs of cadets in crisis are there, but what are they, and what do you do when you recognize them? QPR is a simple and effective three-step process to help you recognize the warning signs of a suicide crisis and to then *question, persuade, and refer* someone to help. Similar to CPR, QPR is an emergency health intervention that will teach you how to talk to youth about these challenging issues. Participants will walk away from this session with a QPR certification.

WHAT NEXT? TAKING IT TO YOUR WING

Lt Col Heather Weaver, DCP Development Coordinator

It's important that the topics discussed at YDC make it into the hands of the adults who work directly with youth. This session will discuss how we can take the information we learned this weekend and bring it to our wings.

SMALL GROUP SESSIONS

Throughout the weekend participants will work with small groups and a professional facilitator to dive deeper into the concepts delivered by the guest speakers, helping us to reflect on how we can apply it specifically to CAP.

TODAY'S CADETS

