# Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00AM – 10:50AM</td>
<td>Welcome &amp; Morning Keynote</td>
<td>Scott Kasper/Main Hall</td>
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<tr>
<td>11:00AM – 11:45AM</td>
<td>It’s OK to be Different: The Psychological Basis for Adolescent Challenges with T1D</td>
<td>Miles Lessen/Classroom 15</td>
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<td>Textbook vs Reality: Everyone &amp; Every BODY is Different</td>
<td>Youth Ambassadors/Classroom 14</td>
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<td>PEAK: The Fundamentals of Exercising with T1D</td>
<td>Madison Maloney/Classroom 16</td>
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<tr>
<td>12:00PM – 1:15PM</td>
<td>Lunch &amp; Afternoon Keynote</td>
<td>Dr. Cuttriss/Main Hall</td>
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<tr>
<td>1:30PM – 2:30PM</td>
<td>Caring for the Caregiver: How to Parent a Child with T1D While Nurturing Yourself</td>
<td>Miles Lessen/Classroom 15</td>
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<td>Textbook vs Reality: Everyone &amp; Every BODY is Different (NO PARENTS ALLOWED! Edition)</td>
<td>Youth Ambassadors/Classroom 14, split option Classroom 13</td>
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<tr>
<td>2:40PM – 3:00PM</td>
<td>Closing &amp; Thank You’s</td>
<td>Main Hall</td>
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<td>Vendor Wrap Up</td>
<td>Main Hall</td>
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Breakout Session 1

It’s OK to be Different: The Psychological Basis for Adolescent Challenges with T1D

This presentation is designed to help adolescents and their parents better manage the psychological impacts of having a Diabetes Type 1 diagnosis. Because the age of onset of this disease frequently overlaps with the developmental stage when identity formation and peer acceptance is most important, it can cause unique challenges and distressing emotions. These psychological obstacles can negatively influence self-care behaviors. Because compliance with insulin therapy and corresponding dietary programs is paramount to well-managed glucose levels, it is vital that youth follow medical recommendations. To help influence the best possible health outcomes for adolescents and their families, this presentation will promote an understanding of the psychological impacts of Type 1 on youth. Awareness of these impacts will result in enhanced self-knowledge that can promote feelings of empowerment resulting in long term medical adherence to advance beneficial health outcomes. This seminar will clearly explain the challenges faced by adolescents due to their views of Type 1 Diabetes and how it impacts their social, emotional, and recreational realities in an age-appropriate format accessible to youth and families. It will incorporate both educational lecture format along with group involvement in order to educate and engage participants.

Textbook vs Reality: Everyone & Every BODY Is Different Part 1

Come meet the JDRF New Mexico Chapter Youth Ambassadors and witness their passion for JDRF. This breakout session is for T1D kids, Parents, family members, friends. In this open panel discussion format, the Youth Ambassadors will answer questions and discuss what it’s like growing up with type one diabetes, what “strange encounters” and questions they’ve had about T1D, planning for trips, challenges and coping at school, and being physically and socially active. As well as hot topics like T1D burnout and the emotional management that goes with living with type one diabetes.

PEAK: The Fundamentals of Exercising with T1D

People living with type 1 diabetes (T1D) can and should experience the benefits of exercise. Physical activity is great for your body and has positive effects on your mind—and T1D should not prevent anyone from reaping the benefits. Exercising with T1D does require extra preparation, but by following some guidelines, everyone can incorporate exercise into their life. Join Madison as she shares the benefits of exercising with T1D, and
Breakout Session 2

Caring for the Caregiver: How to Parent a Child with T1D While Nurturing Yourself

While parents are typically fantastic at caring for a child with Type 1 Diabetes, it is much harder for them to care for themselves. Helping to monitor glucose levels, provide medical interventions, meal plan, and offer other actions related to Type 1 compound the already daunting time and energy commitments of childrearing. Without attending to the caregiver, the entire family system can suffer significant distress and dysfunction. This seminar will allow for caregivers to come to terms with the realities of their thoughts, emotions, and family dynamics, identify common areas of difficulty and offer solutions to promote the health and well-being of children, caregivers, and other family members. By the conclusion of this interactive program, participants will be able to identify successful strategies to promote greater states of physical and psychological health for themselves and those they love.

Textbook vs Reality: Everyone & Every BODY is Different Part 2: NO PARENT’S ALLOWED! Edition

Part 2 of “Textbook vs Reality” is a chance for kids to reunite with their peers and the JDRF New Mexico Chapter Youth Ambassadors. Often kids have questions that they just aren’t comfortable asking in front of their parents. This is a time for kids to ask these questions and really listen to their peers about the daily life of living with type one diabetes. They will kick off with a fun group activity, and then break out into gender-specific groups and continue with the open-panel discussions. Each group will have a non-parent adult present who understands what it’s like to live with type one diabetes to help facilitate the discussions.
Scott Kasper, New Mexico Advocacy Chair & Ride to Cure Coach

Scott Kasper graduated from Tufts University with a B.S. in Biology and an M.S. in Environmental Engineering. During his undergraduate and graduate career, he became an EMT and Paramedic. He has worked in fields of Emergency Medical Services (EMS) and Healthcare Administration since 1986.

Two of Scott’s three sons, his mother, sister-in-law and her first cousin all have type 1 diabetes (T1D), and he is passionately committed to helping fund a cure for the disease. He became first involved with JDRF in 2005 by participating in the JDRF Walk. In 2007, he became the JDRF South Jersey Chapter Vice President of Fundraising and Strategic Planning. In 2011, he completed his first JDRF Ride to Cure Diabetes, where he received the honor of wearing the green jersey as the top fundraiser for that ride. In 2012, he became a Ride Coach and in 2014, he was honored as the recipient of the Rose Promise Jersey for his tireless efforts at raising awareness of T1D and funds for JDRF. Scott served as the Chapter Board President of the JDRF South Jersey Chapter starting in 2013. He has also spoken on behalf of JDRF as the Fund-a-Cure speaker for the South Jersey Chapter. Scott has since relocated to Albuquerque, NM, where he looks forward to getting involved. Scott is comfortable speaking about T1D and JDRF in any venue, and to audiences of all sizes.
Trained as a pediatric endocrinologist and public health professional, Dr. Cuttriss has a unique dedication to improving the quality of life of people living with diabetes and chronic pediatric endocrine conditions and to training the next generation of leaders and global citizens. Dr. Cuttriss' leadership in the conceptual design and implementation of grass-roots health outreach and training programs has gained international attention through his role as co-founder and Chairman of AYUDA (American Youth Understanding Diabetes Abroad), in which he has supported diabetes outreach initiatives in over 10 countries and trained over 650 students. Dr. Cuttriss served as the first pediatric endocrinologist for University of New Mexico Project ECHO Institute ENDO teleECHO clinic to democratize specialty knowledge and expand patients' access to critical care and services in rural and underserved communities. He joined Stanford University to further evaluate and scale the model to type one diabetes and now serves as Director of Stanford Project ECHO T1D Clinic. Dr. Cuttriss received his bachelor's degree in International Relations from the University of Pennsylvania and his medical and public health degrees from the George Washington University School of Medicine. He completed his pediatric residency at Harbor-UCLA Medical Center and his fellowship in pediatric endocrinology at the Jackson Memorial Hospital-University of Miami Miller School of Medicine Program where he also served on faculty in public health sciences at the University of Miami Miller School of Medicine during and after his training. Dr. Cuttriss is a board-certified pediatrician and pediatric endocrinologist, Dr. Cuttriss supports underserved communities in the United States and globally.
Miles Lessen is a Psychiatric Mental Health Nurse Practitioner, in which capacity he assesses, diagnoses, treatment plans, conducts individual and group therapy, and prescribes psychotropic medications. Currently, he practices emergency and urgent care psychiatry for veterans at the VA Hospital. Miles has medical experience on various inpatient units as well as working with four rural communities throughout New Mexico. Prior to specializing in psychiatry, Miles earned a M.Ed. and taught for nine years in schools around the United States as well as Venezuela and Spain. Miles educated students ranging from immigrant youth in California, Native Americans on a reservation, high risk Hispanics in New Mexico, impoverished African Americans in New Jersey, to a wealthy private school. As an adjunct faculty member with the University of New Mexico, Miles trains new psychiatric nurse practitioners. Miles has volunteered continuously throughout his adult life in fulfillment of his desire to help others to the greatest possible extent. He enjoys combining his academic and professional knowledge of education with his proficiency in psychiatry to assist others in improving their lives to promote greater states of happiness. Miles is the father of a child who was diagnosed with Type 1 Diabetes at nine-months of age. His personal experience relating to type 1 diabetes as well as his professional background in education and psychiatry provide a unique opportunity for others to learn from his expertise.
JDRF New Mexico, Youth Ambassadors

The JDRF New Mexico Youth Ambassador program since 2013. Initially started as a Gala program, two moms saw so much more potential and built a program based on peer support and bringing together kids with T1D to form bonds with their peers. The Youth Ambassador program offers opportunities to educate, advocate, and empower our T1D youth. Through this program youth are given the opportunity to talk to the public about type one diabetes through various venues, meet with top state legislative officials, and learning about ways to manage their diabetes through nutrition, exercise, and working with their support network.

Madison Maloney, PEAK Presenter

Since Maddie Maloney’s diagnosis with T1D at age thirteen, she has centered her life around thriving with diabetes, athletics, and advocacy. Maddie grew up a competitive tennis player in Idaho and didn’t let her diagnosis of T1D stop her from perusing her dreams of division 1 tennis at Seattle University. While attending Seattle U, Maddie was a team captain, all WAC conference athlete, President and Founder of SU’s College Diabetes Network Chapter, a JDRF and adidas intern, and a Lyfebulb and Diabetes Sports Project Ambassador. Since college, Maddie has pursued a career in the diabetes space. When not working or managing her T1D, Maddie enjoys yoga, hiking, playing tennis, making friends, and cooking yummy vegan treats!
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Upcoming Events

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