

# National Guard Teen Summit Camp March 17-20 2015



For the first time Child and Youth Service will be hosting a

**TEEN ONLY CAMP** for ages 12-17 at

Camp Mokuleia on the north side of the island of Oahu.

*This camp will focus on resiliency of both mind and body.*

Teens will partake in four days of leadership, teambuilding, communication skills and will be part of the National Guards new Teen Resiliency Education Program that will focus on the 17 modules of Master Resiliency Training.

Cost to attend the camp is \$30.00, applications available on the HawaiiGuardOhana.org Website under Child and Youth Services. Please contact Lead Coordinator Michelle Nieves at [michelle.k.nieves.ctr@mail.mil](mailto:michelle.k.nieves.ctr@mail.mil) for more information or to sign up today.



**SIGN UP NOW!! LIMITED SPACE AVAILIABLE !!**

**Deadline for submission March 12, 2015**

***Interisland travel for teens 13 to 17 is available***



**HAWAII NATIONAL GUARD TEEN SUMMIT**  
**17/18/19/20 MARCH 2015**  
**“Resilient Mind and Body”**  
**APPLICATION FORM**  
**DEADLINE: 12 March 2015**

DATA REQUIRED BY THE PRIVACY ACT OF 1974; AUTHORITY: 5 USC 3013, 10 USC 3013. PRINCIPAL PURPOSE: Identification of participants in the 2013 Hawaii National Guard Youth Training. ROUTINE USES: Used to record information pertaining to attendees at the 2013 Hawaii National Guard Youth Training. DISCLOSURE: Disclosure is voluntary. When possible, complete electronically. Please provide your current mailing address and e-mail address. If completing for someone else, please ensure correct spelling.

YOUTH'S NAME: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Social Security #: \_\_\_\_\_ (only is traveling from neighbor islands)

Home Mailing Address: \_\_\_\_\_

**Army or Air Guard Dependent?**

Army Guard	<input type="checkbox"/>	Air Guard	<input type="checkbox"/>
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**FIRST TIMER (never attended a Youth Training Event before)**

YES	<input type="checkbox"/>
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**Age requirements: 12 years to 17 years (18 if you are still in High School)**

GUARD MEMBER PARENT'S

Name: \_\_\_\_\_

Unit: \_\_\_\_\_ Rank: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone # home: \_\_\_\_\_ work: \_\_\_\_\_ cell: \_\_\_\_\_

Email Address: \_\_\_\_\_

EMERGENCY CONTACT:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship to Youth: \_\_\_\_\_

For neighbor island youths only:

Closest relative living on Oahu: \_\_\_\_\_

Phone # home: \_\_\_\_\_ work: \_\_\_\_\_ cell: \_\_\_\_\_

Address: \_\_\_\_\_

**For neighbor island participants, youths will NOT be accompanied on commercial aircraft by a designated Family Program representative.**

**Application Fee: Non- Refundable \$30.00 for each Oahu youth and neighbor island youth.**

**PAYMENT:**

Cash is preferred however you may send a check payable to "Michelle Nieves" please add in the memo area "CYS Teen Summit"

**MAILING ADDRESS:**

CYS Director Michelle Nieves

4354 Pahoia Avenue #10275 Honolulu HI 96816.

If you have any questions call (808) 672-1439 (Oahu).

**IMPORTANT: Application Form MUST be SIGNED and returned with the attached Health and Release Forms and Application Fee.**

**PARENT/ GUARDIAN**

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

# HING FAMILY PROGRAM YOUTH TRAINING 201 HEALTH HISTORY

Youth's Name: \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Sponsor / Parent's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Business Address: \_\_\_\_\_

Telephone #: Day: \_\_\_\_\_ Night: \_\_\_\_\_

If Sponsor/Parent named above is not available in the event of an emergency, notify:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone: \_\_\_\_\_

Family Physician: \_\_\_\_\_

Telephone: \_\_\_\_\_

Personal health/accident insurance carrier: \_\_\_\_\_

Policy No. \_\_\_\_\_

I give permission for full participation in the HING Child and Youth Teen Summit, subject to limitations noted herein.

**In case of emergency**, I understand every effort will be made to contact me (if participant is an adult, my spouse or next of kin). In the event I cannot be reached, I hereby give my permission to the licensed health-care practitioner selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child (or for me, if participant is an adult).

Date \_\_\_\_\_ Signature of Sponsor/Parent \_\_\_\_\_

Check all items that apply, **past or present**, to your health history. Explain any "Yes" answers.

**ALLERGIES:** Food, medicines, insects, plants: Yes No

Explain: \_\_\_\_\_

Please list **ALL** medications taken in the 30 days **prior** to arrival:

\_\_\_\_\_

List any medications to be taken on site:

\_\_\_\_\_

List any physical or behavioral conditions that may affect or limit full participation in swimming, backpacking, hiking long distances, or playing strenuous physical games:

\_\_\_\_\_

List equipment needed such as wheelchair, braces, glasses, contact lenses, etc.:

**Immunizations:** (Give date of last inoculation.)

Tetanus toxoid:		Measles:		Polio:	
Diphtheria:		Mumps:			
Pertussis:		Rubella:			

**CONSENT AND HOLD HARMLESS AGREEMENT AND  
RELEASE OF LIABILITY FORM for CHILD**

This is an important document. Please read it carefully before you sign and return it.  
If you have any questions about signing the document, please consult with your personal attorney.

The undersigned, parent(s) or legal guardian(s) of \_\_\_\_\_,  
a minor child, do hereby consent to the participation of said child in the following  
activities of the Hawaii National Guard Family Program Youth Training, which may be in  
conjunction with other agencies, organizations or sponsors:

**HAWAII NATIONAL GUARD CHILD AND YOUTH TEEN SUMMIT  
17 MAR to 20 MAR 2015**

Camp Mokule`ia  
68-729 Farrington Hwy  
Waialua, HI 96791  
808-637-6241

I (we) understand the nature and scope of these activities.

Said child is to abide by all reasonable rules and requirements of appropriate  
cooperation and conduct. Upon violation, said child may be sent home at my (our)  
expense.

If there is illness or injury, I hereby consent to whatever medical treatment is deemed  
necessary by a licensed physician, surgeon or dentist for said child, and I agree to pay  
the expenses related hereto.

I (we) agree to not hold the United States of America, the State of Hawaii, the Hawaii  
National Guard, any other organization, agency or sponsor of these activities, or their  
officers, members, agents, employees, contractor's or volunteers, responsible for any  
harm or injury, from any cause, which may befall said minor child related to or arising  
out of participation in these activities, and hereby release said entities and persons from  
liability relating hereto. I (we) further agree to indemnify and hold said entities and  
persons harmless from the the claims for causes of action asserted by any other  
persons on behalf of said child, or in their own right, arising out of said participation. I  
(we) similiarly agree to hold said entities and person harmless from the claims of other  
persons arising out of any acts of said minor child. I (we) agree that these conditions  
and agreements are binding on all (our) heirs, executors, administrators,  
representatives, assignees, and successors in action.

I (we) have read and fully understand the language above, and willingly and voluntarily  
agree to said terms and conditions of this agreement.

Signature of Parent/ Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

## PACKING LIST

- BEDDING:** Provided (You may bring an extra pillow if you want)
- TOILETRIES:** towels, (1 beach, 1 bath), soap, toothpaste, toothbrush, shampoo, deodorant, etc
- CLOTHING:** for the entire stay, sports clothes, swimsuit, jacket, rain gear, sweatshirt, hat (nothing with vulgar or derogative designs or wording) No washing machine is provided for youth's use.
- APPROPRIATE SHOES:** Walking, running, tennis shoes. Slippers for beach, pool, shower area. Closed shoes are highly recommended for both male & female. **(Required for all camp activities)**
- ADDITIONAL ITEMS:** Sunscreen, flashlight

## Prohibited Items

- Do not bring pets or items considered contraband will be allowed at camp (i.e. alcoholic beverages, shaving cream, gas, flammable substances, knives, power tools, firearms, ammunition, explosives, or poisonous substances)
- Do not bring any money or valuables
- Do not bring any electrical devices (cell phones, mp3 players, iPad)

## **PHOTO/MEDIA RELEASE**

By checking this box I agree to the following provision:

I understand that the Hawaii National Guard Family Program is developing photographic and multimedia materials which will illustrate activities of the Hawaii National Guard Teen Summit. I grant to the Hawaii National Guard, or any of its subordinate entities, the right to take, use, reproduce, assign, and/or distribute photographs, films, videotapes and sound recordings of the participant, for use in any such materials the Hawaii National Guard or the National Guard Bureau agencies plus bona fide civilian news media organizations may create, without any payment to or future approval by me. I concur that there shall be no payment for such use.

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SIGNATURE OF PARENT OR GUARDIAN

DATE

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TYPED OR PRINTED NAME OF CHILD

RELATIONSHIP OF SIGNATORY TO CHILD

### PRIVACY ACT STATEMENT

AUTHORITY: U.S.C. 301, 10 U.S.C. 8012 and EO 9397

PRINCIPAL PURPOSE: To prepare photographs for news stories written by military civilian news media reporters to recognize the achievements of participants, members of the Army and Air National Guard, and the Hawaii National Guard Family Program.

ROUTINE USE: Information may be disclosed to Hawaii National Guard and National Guard Bureau agencies plus bona fide civilian news media organizations, once published information is considered public domain.

DISCLOSURE IS VOLUNTARY: Releases of this nature are used, not only to recognize achievements of members, participants, and the Family Program but to act as a catalyst for enhancing public understanding of the military in general as a vital part of our free society.

# Hawaii National Guard Youth Training Event

## Code of Conduct

To ensure that the Hawaii National Guard Youth Training Event is a positive and enjoyable experience for all participants, it is necessary to establish and enforce high standards of behavior. Please read the following and sign below.

I, \_\_\_\_\_, a Youth Training Event participant, will uphold the following conduct and behavior standards:

### Section One:

- I will be courteous and respectful to others at all times.
- I agree to value and respect others' ideas regardless of whether they are the same as my own.
- I agree to respect authority and comply with the requests of the facilitators, State Youth Coordinators, chaperones, event personnel, and National Guardsmen while attending the Event.
- I will take full responsibility for any damage to personal or public property due to my actions.
- I will actively participate in all sessions and activities during the Event.
- I will conduct myself in a professional manner at all times.
- I will dress appropriately at all times. **See Dress Code**
- I will be in my room at the prescribed curfew time unless scheduled activities extend beyond that time.
- I will take seriously the safety of myself as well as my fellow delegates.
- I will not take anything that does not belong to me.

### Section Two:

- I understand discrimination of any type that will not be tolerated.
- I will not use alcohol, tobacco, or other drugs.
- I will not engage in any behavior of a sexual nature at any time during the Event.
- I will not engage in unsafe behavior at the Summit.
- I understand that I am only allowed in my room and common areas during camp.

### Dress Code

For the entire stay, sports clothes, swimsuit, jacket, rain gear, sweatshirt, hat (nothing with vulgar or derogative designs or wording) T-shirts may be provided and must be worn. Shorts are appropriate but must be no shorter than six inches above the knee.

### Pool-side: Bathing suits are required

- Boys: board shorts or swim short
- Girls: One piece or two piece with cover-up

### **General Guidelines:**

1. Hair must be neat, clean and worn in a manner which does not interfere with vision or cause a disturbance.
2. No article of clothing (including off site hats) that pertains to or depicts the following will be acceptable: Substances or activities illegal by law for minors; alcohol, drugs, tobacco, gambling, no profane, suggestive or violent or other inappropriate language, no derogatory symbols; remarks directed to any ethnic group, gender, nationality, color, race or religion
3. Tank tops, tube tops, muscle shirts, spaghetti straps, thin straps, tops that expose the midriff, bust, excessive part of the back, are excessively tight or distracting are not permitted.
4. No spandex articles of clothing are allowed.
5. All pants must be worn fitted at the waist with or without a belt.
6. No distracting tattoos or piercings.
7. Hats, caps, or other head coverings are not to be worn during training. They are permitted for off-site activities.

**NOTE:** The Child & Youth State Program Coordinator & Staff reserve the right to determine the meaning of appropriate.

Consequences for a **Section One** violation include removal from training and/or removal from off-site activities. Further disruption will warrant a parent phone call by the State Family Program Director/Wing Family Program Coordinator. If it is determined a behavior warrants dismissal from the Training Event, parents will be notified and the youth representative will be sent home. Government funds will be recovered from the family.

Violations of **Section Two** will result in immediate dismissal from the Training Event. Parents will be notified and the youth representative will be sent home. Government funds will be recovered from the family.

As a youth participant at the 2015 Hawaii National Guard Teen Summit Event, I represent not only myself, but also the Hawaii National Guard Youths and I pledge to uphold this commitment. I understand if I am not able to remain in good standing during the Event and with the commitments set forth above, I will be required to leave:

\_\_\_\_\_  
Youth Signature

\_\_\_\_\_  
Date

I have witnessed the pledge made by my son/daughter and will support him/her in carrying out the Teen Summit expectations. I understand if my son/daughter violates the codes of conduct appropriate consequences will be administered to include immediate dismissal from the 2015 Hawaii National Guard Youth Training Event.

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date



**Appendix C~ Army National Guard Teen Resilience Program Pilot: Parental Consent (only required of the parents for those youth that will attend all 14 resilience skills).**

Throughout the course of the **1 OCT 2014- 30 SEP 2015**, your child will have the opportunity to participate in a program of skills based training to increase their individual resilience and performance, called Resilience and Performance Training for Teens. This program is targeted for adolescents, and is based upon a state of the art adult program delivered to U.S. Army Soldiers and their spouses.

When faced with stress and/or adversity, resilience is the key factor in mental, emotional, and behavioral ability to cope with and recover from the experience, achieve positive outcomes, adapt to change, stay healthy, and grow from the experience. Performance enhancement engages the mental, emotional, physical skills, learning skills and health that generate optimal human performance, empowering individuals to perform at their best when it matters most.

The Army's Comprehensive Soldier & Family Fitness (CSF2) team has been delivering performance enhancement, and resilience skills based training to Soldiers and spouses since 2010, with significant positive results in improving the lives of countless individuals. Technical reports on the outcomes of this adult training can be found at <http://csf2.army.mil/metrics-evaluation.html>. Highlights from the outcomes of these technical reports include the following data points:

- Individuals who are trained on resilience skills demonstrate higher levels of resilience post training.
- Resilience and psychological health are linked to important behavioral outcomes, such as individual self assessments of emotional and social health, and reductions in depression, anxiety related illnesses, and substance abuse.

Based upon these outcomes, Soldiers and their spouses have requested that the CSF2 team translate the training delivered to adults for adolescents, providing families with a common language and approach to resilience (increasing self-awareness, self-regulation, optimism, mental agility, identifying strengths of character, and connection), and performance enhancement (energy management and goal setting). During this training, students will be encouraged to "bring home" what they have learned and to discuss and practice skills with their family; we ask parents to participate in these conversations so that your entire family can share in this learning experience. The CSF2 Teen curriculum will be delivered to your child over the course of **1 OCT 2014- 30 SEP 2015**. Your parental permission is required in order for your teen to participate in this training. Please contact Michelle **Nieves CYS Lead Coordinator** for additional information about this program. Your signature below, granting your consent, must be received by **06 MAR 2015**

**PARENTAL CONSENT OF CSF2 TEEN DELIVERY AT HING Child and Youth Program**

I, \_\_\_\_\_, grant my parental consent for

\_\_\_\_\_ to participate in the CSF2 Resilience and Performance Training for Teen Curriculum.

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date