



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
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Southland Credit Union Elevate Teen Expo

Los Alamitos, CA – The City of Los Alamitos Recreation & Community Services Department held its 2nd annual Southland Credit Union ELEVATE Teen Expo event on Saturday, April 22, 2023. Local middle and high school age students were invited to the Los Alamitos Community Center from 8:00 a.m. to 3:30 p.m. to participate in this personal development conference.

Elevate Teen Expo was created with the objective to provide local teens with vital knowledge, resources, and experience that will help them elevate their life on a personal and professional level. Organized by the Department's Recreation Coordinator, Samantha Kenny, the event tackled special interest topics including, but not limited to:

- Life Skills
- Self-Confidence
- Self-Care
- Safety and Real-Life Adulting

Educational resources were provided on behalf of the following organizations:

- Casa Youth Shelter
- Orange County Fire Authority
- Orange County Health Department
- Southland Credit Union
- The Youth Center
- Tilly's Life Center
- City of Los Alamitos Recreation & Community Services Department

The Expo was a great success thanks to the title sponsor Southland Credit Union. Their contributions helped make this impactful event possible along with the Board of State and Community Corrections (BSCC) grant. The conference received a total of 44 registrations, which represented an increase of 35% from last year.



The event kicked off with a breakfast followed by the first set of keynote speakers, Chris French and Viviana Mejia, who spoke on behalf of Tilly's Life Center. Chris and Viviana provided an insightful presentation on self-love, self-confidence, motivation, ambition, and celebrating individuality. This was followed by back-to-back breakout sessions focused on the topic of Personal Discovery, Self-Confidence, and Safety. Each session was made up of 3 potential subtopics and participants were allowed to pick and choose the areas that best catered to their interests. Lunch was supplied for all participants, which provided a mental break as well as an opportunity for teens to interact freely. Following lunch, the expo concluded with Special Interests topics, Adulting 101, and a final keynote presentation. Southland Credit Union showcased their "Bite of Reality" mobile application that provides teens with a fun, safe, and interactive opportunity to handle real world financial realities. Subtopics offered can be found on the event program.

Schedule:

8:00AM-8:35AM
Check-in / Breakfast/ Welcome

8:40AM-9:10AM
Keynote Speaker I:

9:30AM-10:10AM
Personal Discovery

10:15AM-10:55AM
Self-Confidence, Worth, Care

11:00AM-11:40AM
Safety

11:45AM-12:15PM LUNCH

12:15PM-12:55PM
Special Interests

1:00PM-2:00PM
Adulting 101

2:05PM-3:20PM
Keynote Speaker II:

3:25PM-3:30PM
Close-Out/ Photo/ Goodie Bag

✂ I am a participant, how do I know what sessions to attend?
With the exception of the special interests session, you can pick your very own sessions to attend! Make sure to look at each title to see how many to pick. Each room has a seat maximum. If the session is full, you must find another session to attend. Recreation staff will assist you throughout the facility. To see what special interest session you are in, check your name tag!

Personal Discovery ✂ Participants: You may pick (1) session to attend.

Establishing Healthy Boundaries	Small Activity Room (Casa Youth Shelter)
Goal Setting	Medium Activity Room (Tilly's Life Center)
Your Leadership Style: True Colors Personality Test	Craft Room (Casa Youth Shelter)

Self-Confidence, Worth, Care ✂ Participants: You may pick (1) session to attend.

Self-Discovery / Self-Awareness / Be True to Yourself	Small Activity Room (Casa Youth Shelter)
Communication	Medium Activity Room (Tilly's Life Center)
Stress Management & Mindfulness	Craft Room (Casa Youth Shelter)

Safety ✂ Participants: You may pick (1) session to attend.

Teamwork, Leadership, Refusal	Small Activity Room (Orange County Health Dept.)
TUPP (Vaping)	Medium Activity Room (Orange County Health Dept.)
Self-Care & Emotional Health	Craft Room (Los Al Rec)

Special Interests ✂ Participants: Check your name tag for pre-assigned session.

Vision Board	Small Activity Room (Los Al Rec)
Digital Photo/ Graphic Design/ Video Editing	Medium Activity Room (Los Al Rec)
Succulent Arrangements	Craft Room (Los Al Rec)
Fitness	Oak Gym (Los Al Rec)

Adulting 101 ✂ Participants: You may pick (3) sessions to attend. You will rotate sessions every 18 minutes.

Basic First Aid — Courtyard (The Youth Center)	Creating Healthy Habits — Courtyard (Los Al Rec)	Engaging with Law Enforcement — Courtyard (LAPD)
Conflict Resolution — Courtyard (The Youth Center)	Success in your Career — Courtyard (OC Fire Authority)	Life Skills — Courtyard (OC Fire Authority)
Emotions — Courtyard (Tilly's Life Center)	Inclusion & Equity — Courtyard (Tilly's Life Center)	



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“We actually had a lot of fun today!” Participants, who were sisters, stated to their mom at pick up. “What do you mean I don’t have enough money to take my whole family to Hawaii whenever I want?” Stated one participant during the Bite of Reality facilitation. In addition, participants were proudly showing their fellow attendees and parents their completed 2023 vision boards, succulent arrangements, personality test results, and other personal accomplishments made throughout the day. Many participants made new friendships on this day as well. A fun, safe, positive environment leads to open minds, open hearts, and a lot of smiles.

Elevate Teen Expo will return next year for its 3rd iteration and aspires to continue being a beacon of fun and exciting experiences for middle school and high school teens. For more information about upcoming events and programs, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

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