

20th Annual

Prevention Conference

"Leading the Challenge"

www.commonwealthpreventionalliance.org

June 16 - June 18, 2010

Nittany Lion Inn • State College, PA

In Collaboration With:



AGENDA

Wednesday, June 16, 2010

7:30	Registration and Exhibits Open
7:30 – 8:30	<i>Continental Breakfast</i>
8:30 - 10:00	Welcome & Maggie Marcopul Award Presentation Opening Plenary: The Passion Principle
10:00 – 10:30	<i>Break</i>
10:30 - 12:00	Workshop Session #1
12:00 - 1:15	<i>Lunch</i>
1:15 - 2:45	Workshop Session #2
2:45 - 3:00	<i>Break</i>
3:00 - 4:30	Workshop Session #2 (Continued)

Thursday, June 17, 2010

7:30	Registration and Exhibits Open
7:30 - 8:30	<i>Continental Breakfast</i>
8:30 - 10:00	A Prevention Advocate—Who Me?
10:00 - 10:15	<i>Break</i>
10:15 - 11:45	Workshop Session #3
11:45 - 1:15	<i>Lunch</i> & BDAP Update
1:30 - 3:00	Workshop Session #4
3:00 – 3:15	<i>Break</i>
3:15 – 4:45	Workshop Session #4 (Continued)

Friday, June 18, 2010

7:30 - 8:30	<i>Breakfast</i>
8:30 - 9:15	CPA Annual Meeting & Door Prizes
9:30 – 11:30	Workshop Session #5

PCB Credits are provided for all Conference attendees. Act 48 Credits for PA Certified Teachers are provided free of charge to CPA Members. Non-members may receive the Act 48 Credits for a \$15 administrative fee. See registration page for details.

WEDNESDAY, JUNE 16, 2010

8:30 a.m. **Welcome and Presentation of the “Maggie Marcopul Award for Service to the Prevention Field” – Debby Fye, CPA President**

9:00 a.m. **OPENING PLENARY:**
“The Passion Principle”
Presented by: Isabel Burk, Director, The Health Network

Yes, one person makes a difference! Your passion creates power: the power to touch and change people, to make your world a better place. Celebrate your dedication and your inner spark, the passion that spurs you to feel, achieve and succeed! Participants will experience and share feelings of connectedness, competence and purpose, and leave empowered and renewed. At the end of this session, the participant will be able to: discuss a pivotal person in his/her life, describe traits of passion, and relate the passion principle to personal/professional activities.

WEDNESDAY, WORKSHOP SESSION # 1

10:30 a.m. – 12:00 p.m.

1A **Get A Sneak Peak at the Upgraded Performance Based Prevention System (PBPS)**
How long have you been using PBPS? Did you participate in the original pilot? In 1997 PBPS was launched as a PC based prevention data collection software. By 2002 those using PBPS were ready for a new version. The Bureau of Drug and Alcohol Programs once again contracted with KIT Solutions to develop a new web version of PBPS. In July 2003 BDAP launched the web PBPS which added many new features and required data elements. One of the key new features would be the reporting capabilities of the upgraded system. In the first few years, the system continued to evolve as more and more data was being entered. By 2007 the field was becoming frustrated with the inability to generate many of the reports and it seemed as if the system was not able to keep pace with the needed changes. Members of the PBPS Data Users Workgroup requested that BDAP consider looking at other options to improve PBPS. This workshop will focus on the latest enhancements to the PBPS system which will include dashboard reporting, reports that actually work, email communication, state physical address builder, participants being able to enter their own tests and surveys, as well as many other new features. Be one of the first to see the changes as well as have the opportunity to ask questions.

Presented by: Garrison Gladfelter, Director, Division of Prevention, BDAP and Kevin Keegan, Vice President, CRM & Marketing, KIT Solutions, LLC.

Special Considerations: Please remember to bring a sweater or jacket as meeting room temperatures may vary. Also, as some meeting attendees may be sensitive to chemical scents, we ask that you refrain from wearing perfume or cologne.

1B**An Overview: Prevention Specialist Certification & Preparing for the CPS Written Exam**

The purpose of this workshop is to provide an overview of the certification offered by the PA Certification Board (PCB) for the prevention specialist which has been offered through the PCB since 1989. It will provide participants with an overview of the PCB and its purpose and functioning as a credentialing board, along with a brief history of how the organization began and the credentials it offers. Participants will learn about the requirements for the CPS credential including employment, supervision, education and the proper way in which to document these requirements. Participants will be provided with information on the CPS written examination including domains, number of questions in each domain, a reading list and a sample test. Helpful hints for exam preparation will also be provided. Materials including a CPS application and Written Exam Study Guide will be distributed.

Presented by: *Mary Jo Mather, Executive Director, PA Certification Board.*

1C**Alcohol & The Adolescent Brain**

Alcohol is the substance most teens select as their drug of choice. However, recent research on the physiology and neurology of the brain reveals that alcohol can definitely impact brain development. Current research reveals definitive evidence about age of initiation of alcohol use and an individual's later abuse or dependence on alcohol. Explore alcohol's effects on brain development, mental and physical functioning, relationships, cognitive functions and movement. At the end of this session, the participant will be able to: explain the impact of age of initiation as it relates to future alcohol dependence; identify at least 3 behavioral issues related to teen alcohol use; discuss how alcohol use affect relationships, cognitive functions, motor skills, etc.; and outline prevention strategies that utilize brain research.

Presented by: *Isabel Burk, Director, The Health Network.*

1D**Worldview of Underage Alcohol Use**

In the United States, a common myth related to underage alcohol use claims that other countries, specifically in Europe, have lower minimum legal drinking ages (MLDA) and those societies do not suffer the same amount of alcohol-related problems as we do in the U.S. This argument is often used as a reason to lower the MLDA in the U.S. and to advocate for teaching our youth how to drink safely. Is this myth true? Do other societies have better control of their youth drinking rates? This workshop will look at underage drinking rates around the globe and provide information on whether these claims of a lower drinking age equals lower alcohol-related problems are true.

Presented by: *Anthony Ramirez, Program Manager, Alcohol, Policy, & Safety (ALPS) Research Center.*

1E**Adult and Juvenile Drug Courts in PA**

According to the Office of National Drug Control Policy, "Drug court diverts non-violent, substance abusing offenders from prison and jail into treatment. By increasing direct supervision of offenders, coordinating public resources, and expediting case processing, drug court can help break the cycle of criminal behavior, alcohol and drug use, and incarceration. A decade of research indicates that drug court reduces crime by lowering re-arrest and conviction rates, improving substance abuse treatment outcomes, and reuniting families, and also produces measurable cost benefits." This presentation will offer information about the development and implementation of an Adult Drug Court in Cumberland County and a Juvenile Drug Court in Mifflin County.

Presented by: *Judge Rick Williams, Mifflin County Court of Common Pleas, and Paul Polensky, Cumberland County, Criminal Justice Planning and IP Programs.*

Lunch

12:00 – 1:15 p.m.

WEDNESDAY WORKSHOP SESSION #2

1:15 – 4:30 p.m.

2A Prevention 101

This workshop is designed for new prevention specialists and those interested in prevention. It will cover information about the history and development of prevention, federal strategies, Strategic Prevention Framework, evidence-based programs, and other facts about the broad field of prevention. Particular emphasis will be given to information relevant to the Commonwealth of Pennsylvania.

Presented by: *Dawn Housel, Executive Director, Personal Solutions Inc.*

2B Positive Community Norms

Preventing underage drinking is complicated. Several research models discuss factors that influence underage alcohol use, citing environmental variables such as alcohol availability, along with norms and beliefs about drinking. The theory is that if alcohol is easily accessible and young people believe it's okay to drink—and others around them do, too—they're at higher risk. But how exactly does a community tackle its norms? And how do prevention professionals facilitate that process? This workshop will discuss the Montana Institute's Positive Community Norms process. Using examples from communities that have engaged in this effort, we will highlight successes, challenges, and practical implications of the community norms process.

Presented by: *Anu Sharma, S&S Training and Consulting.*

2C Adolescent Brain Development and the Impact of Nicotine

This presentation will focus on the latest research on adolescent brain development and the sensitivity of the brain to the introduction of nicotine. Knowledge of the impact, in terms of addiction and mental illness as a direct result of the use of this substance, is well documented. An overview of the disorders related to nicotine use will be discussed. An outline of an effective policy and response to address use in schools and to make districts a 100% tobacco-free zone will be discussed.

Presented by: *Margie Modro, M.S., C.P.S., Clinical Educator, UPMC/WPIC, Addiction Medicine Services.*

2D Reclaiming Youth at Risk

Traditional approaches to working with youth at-risk and their families frequently fall short of promoting a sense of hope and encouragement. This workshop will provide an understanding of our need to look at the youth we work with, from a multifaceted approach. This seminar will focus on major issues that youth experience today. Factors that influence the onset of these issues will be discussed. Intervention strategies utilizing a needs-based approach for working with youth will be explored.

Presented by: *John Amato, Director of Training and Consultation Services, FamilyLinks.*

2E The Medicine Wheel: A Guide to Your World Approach

The Medicine Wheel is an interactive group activity, which involves a 5000 year-old Native American leadership philosophy that defines characteristic styles of approaching the world. Participants will identify their characteristic style and reflect on the strengths and weaknesses associated with the style. Using a series of questions, individuals work in groups to examine the value and costs of their place on the Medicine Wheel. Areas of improvement are targeted; the goal is for participants to realize that team members with varying styles can support and complement each other by working together. This is a dynamic, informative and fun workshop!

Presented by: *Shaver's Creek Environmental Center, An Outreach Resource, Penn State University.*

THURSDAY, JUNE 17, 2010

8:30 – 10:00 a.m.

A Prevention Advocate—Who Me?????

Presented by: Sharon Smith, President, MOMSTELL, Inc.

Your voice is crucial in improving the substance abuse prevention budgets, policies and legislation here in the Commonwealth. Learn what advocacy is, the essential difference between educating and lobbying, what you can and cannot do, as well as how to contact, address, educate, network and participate in pertinent legislative issues. Find out what is happening in Pennsylvania regarding the state and federal budget cuts, key issues facing the prevention field and current bills that need your attention and action. At the end of the session, you will be equipped to make a difference in our political process. You can become a prevention advocate by applying these lesson learned and taking action!

THURSDAY WORKSHOP SESSION #3

10:15 – 11:45 a.m.

Action Alert Regional Workshops

Presented by: CPA Regional Coordinators and Advocacy Committee Members

Here is your opportunity to put words into action! We possess the drug and alcohol knowledge needed by our legislators for them to make wise decisions regarding funding and legislation at the local, state and federal levels. These regional workshops will help you develop your dialog and talking points to use with your legislators. No matter what hat you wear in your community, you'll find that this workshop will give you the confidence and skills needed to approach your representatives and senators with the information they need to make informed decisions which impact the drug and alcohol prevention and treatment fields.

3A

Region 1 – Includes all conference participants from Bucks, Chester, Delaware, Lancaster, Montgomery, and Philadelphia counties.

3B

Region 2 – Includes all conference participants from Berks, Bradford, Carbon, Lackawanna, Lehigh, Luzerne, Monroe, Northampton, Pike, Schuylkill, Sullivan, Susquehanna, Tioga, Wayne, and Wyoming counties.

3C

Region 3 – Includes all conference participants from Adams, Bedford, Blair, Cambria, Centre, Clinton, Columbia, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Juniata, Lebanon, Lycoming, Mifflin, Montour, Northumberland, Perry, Snyder, Somerset, Union, and York counties.

3D

Region 4 – Includes all conference participants from Allegheny, Armstrong, Beaver, Butler, Cameron, Clarion, Clearfield, Crawford, Elk, Erie, Fayette, Forest, Greene, Indiana, Jefferson, Lawrence, McKean, Mercer, Potter, Venango, Warren, Washington, and Westmoreland counties.

Lunch and Luncheon Speaker

11:45 – 1:15 p.m.

BDAP Update

Presented by: *Robin Rothermel, Director, Bureau of Drug and Alcohol Programs*

THURSDAY WORKSHOP SESSION #4

1:30 – 4:45 p.m.

4A Ethics

This workshop encompasses the many complex elements that determine the “right action” for substance abuse professionals. It provides the definitive formulae for the determination of behaviors that maintain a vision of maximum benefit for client outcome within the context of legal and ethical guidelines. Participants are encouraged to bring ethical problems associated with workplace issues to the workshop for discussion and theoretical resolution. The workshop will focus on ethical sensitivity as well as professional boundaries. In addition, a brief overview of the PCB Code of Ethics and discussion of the process in which ethics violations are handled by the Certification Board will be discussed.

Presented by: *Vincent Mercuri, Executive Director, The Open Door Alcohol & Other Drug Treatment Center.*

4B Presentation Skills for Human Service Professionals

Many human service professionals have the opportunity, or obligation, to make presentations as an integral part of their duties. While the topics and audience size may vary, their needs in all cases place demands upon them that aren't usually inherent in their fields of expertise. This workshop will equip them with many of the skills that are valuable in both the planning and delivery of their presentations.

Presented by: *Bob Truscello, Supervisor of Special Education, IU28.*

4C It's an Up, Up, Up World

Extreme! Ultra! The product descriptors tell the story. Stimulants are very trendy now, particularly for young people, who drink Red Bull, Adrenaline Rush, Crunk and more. Prescription stimulant drugs such as Ritalin and energy/diet products are in the news as well as methamphetamine. Discuss the products and learn about stimulants' effects on the body, impulsiveness, and behavior. We will discuss implications for law enforcement, sports and relationships. At the end of this session, the participant will be able to analyze and explain data related to youth stimulant use, including caffeine, OTCs, energy drinks, and more; describe effects of stimulants on the body, including consequences of two or more stimulant ingredients; and identify trends in stimulant ingredients, products, and beverages.

Presented by: *Isabel Burk, Director, The Health Network.*

4D Common Unity—In Your Community:

This workshop will look at how to bring the community together through collaborating, calculating, communicating, cheerleading and celebrating with your community. It will offer the information and experiences of two communities in their mobilization efforts. Adult and youth speakers will share their experience in; identifying who to work with; how to team build and engage a variety of sectors in the community; and identifying what activities to engage in working both with innovative and evidence-based programs. Through this workshop participants will learn; how to engage and build successful youth programs; the importance of documenting and marketing your success; and ideas for sustaining programs and projects.

Presented by: *Bonnie Kent, Dauphin County Human Services; Kathy Pepper, Lower Dauphin Communities That Care; Heather Crook, Halifax Communities That Care and Youth Representatives.*

4E Beyond the Blues - A Look at Depression and Anxiety in Our Youth

This interactive workshop will explore the mitigating factors that impact mental health issues among teens. After reviewing various types and treatments for teen depression and anxiety, participants will examine the prevention and intervention of suicidal behavior among youth. Participants will also have an opportunity to practice skill-based techniques to assist youth and themselves with distress tolerance and emotional regulation. Resources and recommendations for supporting youth and their families will be shared.

Presented by: *Paula McCommons, Ed.D., Mental Health Liaison, STAR Center.*

FRIDAY, JUNE 18, 2010

7:30 – 8:30 a.m. Breakfast

8:30 – 9:15 a.m. CPA Annual Meeting and Door Prizes

FRIDAY WORKSHOP SESSION #5

9:30 – 11:30 a.m.

5A Addiction and the Family

Chemical dependency, including alcohol and prescription medications, has a severe impact on families, loved ones, and other individuals close to the person who is chemically dependent. The most effective way for family members to be responsive and supportive of their loved ones is to develop a strong understanding of the disease and recovery processes. Addiction and the Family provides an understanding of the consequences of addiction, family dynamics and techniques that promote self-care.

Presented by: *Barbara J. Genna, MHS, Training Program Manager, Pennsylvania Recovery Organizations Alliance (PRO-A).*

5B Marijuana – Palliative or Poison

Palliative substances are those which are used to alleviate pain, anxiety or other unwanted bodily or mental symptoms without respect for curing or improving the actual underlying condition. Palliative care in general is considered an approach that is used in an attempt to improve quality of life for those with life-threatening illnesses. These substances are also used in conjunction with curative treatments to lessen side effects. The primary purpose is to reduce symptoms rather than treat the illness. The medical implementation of palliative care is not dependent upon prognosis. A poison is any substance that when administered to a living creature, causes death or injury. So, where does marijuana fall? There are now many states allowing the use of "medical marijuana." The Federal government's guidelines, through the office of the President of the United States, states that it will not seek arrest of medical marijuana users and suppliers as long as they conform to state laws. So what is marijuana and what are the issues that create such definite combative positions that seem to make a common plant an angel of mercy or a devil of death and misery?

This workshop will survey the broad areas of production, marketing, pricing, distribution and use of marijuana —both medical and non-medical. Topics include chemical ingredients, potency, methods of use, body retention, symptoms of use and abuse, issues of addiction and withdrawal, motivations of use, connections with other illegal drugs, and the various acute and long-term effects of use. The medical marijuana controversy will be discussed, with emphasis on the comparison of Marinol with marijuana, the dangers of marijuana as a "medicine", the "medical" treatment of children and adolescents, and the issue of drugged driving and marijuana use.

Presented by: *Gene Stull, Manager, STAC Associates.*

5C Tobacco Control - Changing Policy in Pennsylvania

Tobacco control issues span a variety of topics. From taxes to cessation coverage, advocates in Pennsylvania are trying to change policies at the federal, state, and local levels. This workshop will focus on how policies were changed and why some policies have not been addressed. Items of discussion will include master settlement agreement funds, excise taxes, cessation coverage, clean indoor air, preemption, and FDA legislation.

Presented by: Joy Blankley Meyer, Executive Director, Pennsylvania Alliance to Control Tobacco (PACT).

5D Starting a Conversation about Responsible Adult Drinking

Adults have historically been reluctant to talk about alcohol use and nonuse with other adults and young people. Sometimes we have concerns about the appropriate role of alcohol in our own home and in social settings. Sometimes we wonder if we can ask young people to refrain from doing something we did in our youth or continue to do ourselves. This session will assist participants with creating a healthy, productive dialog about alcohol use and nonuse.

Presented by: Roger Svendsen, S&S Training and Consulting.



Photographs taken during the conference will be used in CPA publications only.
If you have any objections to having your photograph in publications contact Liane Petras (717) 238-4354.

Our Collaborating Partners

CPA would like to acknowledge the following state organizations for their invaluable contributions to this conference:

PA Attorney General's Office – Provision of a grant to furnish 18 tuition scholarships.

PA Certification Board - Advertising and provision of workshop speakers.

PA Department of Health, Bureau of Drug and Alcohol Programs – Dissemination of conference brochure and provision of workshop speakers.

PA DUI Association – Conference coordination, logistics, and registration.

PA Liquor Control Board – Formatting and printing of conference brochure, and provision of workshop speaker.

HOTEL RESERVATION INFORMATION

Commonwealth Prevention Alliance's 20th Annual Conference

Nittany Lion Inn, State College

Wednesday, June 16 - Friday, June 18, 2010

Reservation Procedures

- Hotel Reservations must be made via **Individual Call-In**.
- Reservations must be received by **May 16, 2010 at 12:01 a.m.**

ROOM RATES

\$106.00 per night, single occupancy

\$116.00 per night, double occupancy

\$126.00 per night, triple occupancy

\$136.00 per night, quadruple occupancy

All rates are subject to applicable sales and occupancy tax.

- To receive the rate listed above, identify yourself as part of the CPA Conference.
The reservation identification number is CPA0615.
- The cut off date for reservations is May 16, 2010.** All reservations made after this date will be made on a space available basis, at the current rate.
- A deposit in the amount of one night's lodging on a credit card is required to confirm this reservation.
- Forty-eight hours notice is required for cancellations or deposit refunds.
- Check in time is 3:00 p.m. and check out time is 12:00 p.m.
- To make your reservations, call the Nittany Lion Inn directly at (814) 865-8500 or (800) 233-7505.

CPA Conference Registration Form

REGISTRATION DEADLINE: June 10, 2010

Name _____

Organization _____

Address _____

City/State/Zip _____

Phone () _____ Fax: _____

E-mail: _____

CPA Membership Number: _____

REGISTRATION Fees (Please check which days you are attending)

	CPA Members	Nonmembers
___ Full Conference (Wed. – Fri.)	\$225	\$265
___ Wednesday	\$100	\$110
___ Thursday	\$100	\$110
___ Friday	\$ 50	\$ 60
___ Act 48 Credits*	\$ 0	\$ 15

*Act 48 Credits for Pennsylvania Certified Teachers are provided free of charge to CPA Members. Nonmembers may receive the Act 48 Credits for the minimal administrative fee. Please list your Professional Personnel ID Number: _____
(Credits provided by ARIN IU 28.)

WORKSHOP Selections (Please write the letter of the workshop you wish to attend)

Workshop Session #1: _____ #2: _____ #3: _____ #4: _____ #5: _____

- Check enclosed payable to PA DUI Association
 Charge to credit card (complete information below)

Credit Card Type: _____ Name on Card: _____

Card number: _____ Exp. Date: _____

Security Code: _____ (3 digit number on back of card)

Return your registration and fee to: PA DUI Association
2413 North Front Street
Harrisburg, PA 17110
Phone (717) 238-4354
FAX (717) 238-6211

Cancellations for a full refund must be received in writing within two (2) weeks of the conference.

Pennsylvania Driving Under the Influence Association
2413 North Front Street
Harrisburg, PA 17110

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