

19th Annual
**PREVENTION
CONFERENCE**
"Leading The Challenge"

June 17 - June 19, 2009

Pre-Conference: June 16, 2009

Nittany Lion Inn • State College, PA



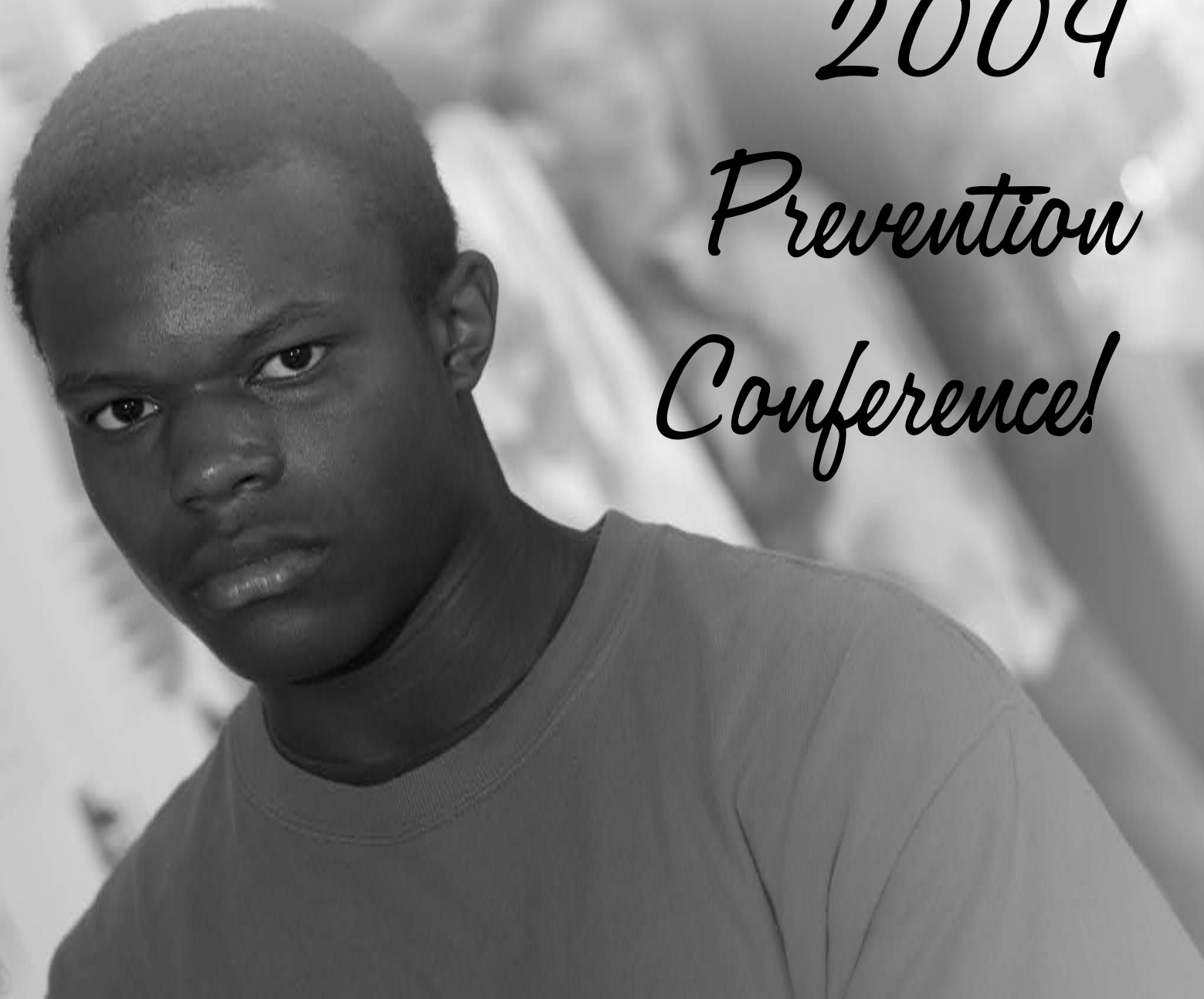
In Collaboration With:

Pennsylvania Liquor
Control Board 
Alcohol Education

DEPARTMENT OF
HEALTH
Edward G. Rendell, Governor
Everett James, Secretary of Health

TEAM DUI
PENNSYLVANIA DUI ASSOCIATION

Accept the Challenge...
Learn to help those in need
at the
2009
Prevention
Conference!



Agenda

Tuesday, June 16, 2009

9:00 – 9:30 a.m.	Registration
9:30 a.m. – 5:00 p.m.	Pre-Conference Workshop “I Help Others, but Can I Help Myself?”

Wednesday, June 17, 2009

7:30 a.m.	Registration and Exhibits Open
7:30 – 8:30 a.m.	Continental Breakfast
8:30 – 10:00 a.m.	Opening Remarks and Plenary – “A Hero’s Journey”
10:00 – 10:30 a.m.	Break
10:30 a.m. – 12:00 p.m.	Workshop Session #1
12:00 – 1:00 p.m.	Lunch
1:15 – 2:45 p.m.	Workshop Session #2
2:45 – 3:00 p.m.	Break & Exhibits
3:00 – 4:30 p.m.	Workshop Session #2 (Continued)

Thursday, June 18, 2009

7:30 a.m.	Registration and Exhibits Open
7:30 – 8:30 a.m.	Continental Breakfast
8:30 – 10:00 a.m.	Plenary Session – “Addiction: A Bad Case of Good Memory”
10:00 – 10:30 a.m.	Break & Exhibits
10:30 a.m. – 12:00 p.m.	Regional Workshop Session #3
12:00 – 1:00 p.m.	Lunch
1:15 – 2:45 p.m.	Workshop Session #4
2:45 – 3:00 p.m.	Break
3:00 – 4:30 p.m.	Workshop Session #4 (Continued)

Friday, June 19, 2009

7:30 – 8:30 a.m.	Breakfast
8:30 – 9:15 a.m.	Annual CPA Meeting and Door Prizes
9:30 – 11:30 a.m.	Workshop Session #5

PCB Credits and Act 48 credits are approved for the Conference.

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.*

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.

Tuesday, June 16 - Pre-Conference

9:30 a.m. - 5:00 p.m.: “I Help Others but Can I Help Myself?”

There’s no doubt about it! People working in the human service field have a difficult job today. It is relatively easy for us to develop the view that the stress, pressures, and challenges that we face are not within the realm of our control. This one-day seminar was developed to demonstrate that indeed, many of these factors are manageable. The morning session will concentrate on stress management. The afternoon session will deal with the issues of self-esteem.

Stress is inherent in our jobs and personal lives. Unfortunately, few of us were taught a wide variety of coping techniques. Most of us learned one or two strategies that seem to be effective some of the time. With the amount of stress that we face daily, we need to expand our repertoire of techniques to cope with differing types of stress. In this program, we will examine sources of stress and investigate effective methods to deal with these “stressors.” Included are both immediate “helps” and longer-term stress relievers.

Many theorists believe that self-esteem is the foundation of our coping mechanisms. In this portion of the seminar we will describe self-esteem, determine its sources, examine our individual level, and learn how to build or replenish our own “supplies” of self-esteem. This session will also assist professionals in enhancing the self-esteem and self-concept of the people they serve.

The objective of this seminar is to assist the human service professional in developing an array of self-management techniques that will enable him/her to maximize both professional and personal effectiveness.

Presented by: Robert Truscello, Supervisor of Special Education, ARIN IU 28; and Sandy Shertz, RN, Staff Development Specialist Supervisor, TLC-Training and Learning Consultants.

Wednesday, June 17 - Conference

8:30 a.m. - 10:00 a.m. : Welcome & Opening Plenaries

Welcome and Presentation of “The Maggie Marcopul Award For Service to the Prevention Field”
- Debby Fye, CPA President

Opening Remarks

- Peggy Quigg, Director of Division of Community Programs, Center for Substance Abuse Prevention

Opening Plenary “A Hero’s Journey”

- Presented by: John Amato, Director-Training and Consultation, FamilyLinks

The plenary session will motivate participants by drawing comparisons between working in Prevention Services, as well as Social Services, in such a fiscally challenging time to a common metaphor used in literature and movies known as “The Hero’s Journey.”

Workshop Session # 1

Wednesday, June 17: 10:30 a.m. - 12:00 p.m.

1A: Youth Gambling Issues in Pennsylvania – Majoring in Wagering? – (Beginner Track)

Gambling and youth is a problem combination that more of our schools and communities are experiencing. Listen and learn about youth gambling issues, outlining the problem, detailing the warning signs and discussing prevention techniques.

Presented by: Sgt. James A. Jones Jr., District Office Commander of the Bureau of Liquor Control Enforcement, Pennsylvania State Police.

1B: An Overview: Prevention Specialist Certification & Preparing for the CPS Written Exam - (General Track)

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: Resource Center for Evidence-Based Prevention and Intervention Programs and Practices - (General Track)

The Resource Center seeks to support the proliferation of quality prevention and intervention programs aimed at promoting positive youth development while preventing violence, delinquency, substance abuse, and other problem behaviors in children and adolescents. Funding for the Resource Center is provided by the PA Department of Public Welfare, Office of Children Youth and Families, and Pennsylvania Commission on Crime and Delinquency (PCCD). The Resource Center is a collaborative effort that includes the Department of Public Welfare, the Juvenile Court Judges' Commission, the Pennsylvania Council of Chief Juvenile Probation Officers, the Departments of Education and Health, as well as, grantees and community-based and residential service providers. PCCD will manage the operations of the Center in conjunction with Pennsylvania's State Advisory Group, the Juvenile Justice and Delinquency Prevention Committee.

Presented by: Michael Pennington, Director, Office of Juvenile Justice and Delinquency Prevention, PA Commission on Crime and Delinquency.

1D: PBPS: 10 Years Later - (General Track)

Ten years ago, KIT Solutions and the Commonwealth partnered to design and develop the Performance Based Prevention System (PBPS) to collect and report on prevention data. From this beginning, PBPS has evolved to a fully functional web-based prevention information management service that now has 17 states contributing to system evolution through the Prevention Learning

Community. This presentation will illustrate how the service has expanded to be a state-wide communication tool, education tool, and decision-making tool as well as adapting to the changing federal reporting requirements. In addition, we will present an overview of CSAP's Data Information Technology Infrastructure Contract (DITIC), which is the portal developed and maintained by KIT Solutions. This portal provides unified access for three distinct but related types of services at the federal level: information and knowledge dissemination, data collection and management, and a reporting engine.

Presented by: Kevin Keegan, Vice President of Customer Relations Management, KIT Solutions.

1E: Be A Bridge – Working to Address Tobacco-Related Chronic Disease Disparities! – (General Track)

This workshop provides an overview of “Bringing Evidence Based Research Initiatives to Disparate Groups with Evaluation (BE A BRIDGE)” project and the capacity building model used to address disparities.

Presented by: Marlin Williams, Disparities Manager, Health Promotions Council.

Workshop Session # 2

Wednesday, June 17: 1:15 p.m. – 4:30 p.m.

2A: Gangs in Our Community – (General Track)

Considering everything from a fraternity to a church group, it is better to be in than out. Animals and human beings alike are social and influenced by group norms, values, and activities. From the outside looking in, mainstream America frequently questions why our youth are drawn to gangs and criminal behavior. This presentation is designed to develop a fundamental knowledge of the origins, development, and continued prosperity of gangs and criminal behavior. Attendees will receive a broad overview of the major gang influences in today's culture and why gangs, despite our best efforts, continue to adapt and evolve while maintaining surprising influences on our youth and adults. This introduction to gangs will serve as a foundation of knowledge upon which local themes and trends will be discussed.

Presented by: Todd Negola, Psy.D., Vice President of Pennsylvania Gang Investigator's Association.

2B: Prevention 101 – (Beginner Track)

This workshop is designed for new preventionists and those interested in prevention. It will cover information about the history and development of prevention, federal strategies, risk and protective factors, 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: Linda Chicka, Certified Prevention Specialist, ARIN Intermediate Unit 28.

2C: Co-Occurring Substance Use and Mental Health Disorders in Adolescents – (Beginner/Intermediate Track)

Young persons who have developed mental disorders during their prepubescent or early adolescent years are at increased risk for developing co-occurring substance use disorders. Also, adolescents

who develop substance use disorders are at risk of developing other mental disorders. This presentation will provide an overview of developmental and psychological factors that contribute to this issue. A review of current information regarding neurochemistry and teens will also be discussed. The importance of integrated approaches, differential diagnosis, and the risks of the use of medication early in treatment will also be presented.


Presented by: John Amato, Director-Training and Consultation, FamilyLinks.

2D: Tell Me a Story: Using Data Effectively to Increase Awareness and Buy-In – (Intermediate Track)

Attendees will learn specific strategies to gather and use public data such as student surveys, crime and health data, in formats that have successfully increased awareness and buy-in from schools, parent groups, and state agencies in Delaware by personalizing the approach. Expected outcomes include raised awareness and community mobilization.

Presented by: Roberta Gealt, Associate Scientist with the Center for Drug and Alcohol Studies, University of Delaware.

2E: An Inside Look at Drug & Alcohol Intervention – (Beginner/Intermediate Track)



Many people will ask, “How do I get him/her to stop using?” There is no simple answer. This workshop lends guidance to understanding and breaking down the denial that often stands in the way of individuals who need addiction treatment services in order to recover. It gives attendees an understanding of what drug and alcohol services are available and how to access those services. There is also an opportunity for team building and group exercise that assists in understanding the concept of intervention services. At the conclusion of the training you will be able to: define intervention services and know their purpose, list components necessary to do a family-based intervention, understand techniques that break through denial, perform a mock intervention, and define appropriate drug and alcohol treatment services.

Presented by: BJ Genna, Training Coordinator, Pennsylvania Recovery Organizations Alliance (PRO-A).

*Do you know someone that
needs help?*

*Learn about drug and alcohol
treatment services and how to
help those in need.*

Thursday, June 18

8:30 a.m. - 10:00 a.m. Plenary Session Addiction: A Bad Case of Good Memory

Presented by: Kyung-An Han, Ph.D., Penn State University of Pennsylvania

Dr. Han will discuss various effects of addictive drugs on the brain. In particular, she will focus on the drugs that are commonly abused and discuss how animal models and human studies help understand the drug-induced changes in brain activities and behavior. Finally, she will discuss how this information can be used for prevention and intervention.

Workshop Session #3

Thursday, June 18: 10:30 a.m. – 12:00 p.m.

A Regional Exploration into Environmental and Evidence-based Programs – What Works and What Doesn't Work

(General Track)

This is a participant oriented workshop that will allow preventionists from neighboring counties to investigate a number of evidence-based and environmental programs which are being used in their CPA region. Facilitated by CPA Regional coordinators and BDAP staff, participants will be asked to share their experiences with the programs they are using and reporting into the PBPS database. This is an opportunity to share “the good, the bad, and the ugly” of the programs we are using, as well as, to gain insights from others on their best practices and methods of implementation and evaluation for various programs.

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.

Workshop Session #4

Thursday, June 18: 1:15 p.m. – 4:30 p.m.

4A: Environmental Strategies & Communities Mobilizing for Change on Alcohol (CMCA) - (General Track)

CMCA is a community organizing effort designed to change policies and practices of major community institutions in ways that reduce access to alcohol by teenagers. After a brief overview of Environmental Strategies relating to alcohol, representatives from four Pennsylvania communities will discuss their efforts in implementing CMCA. Following the presentation, participants will have the opportunity to interact with the speakers in group discussion regarding their CMCA projects.

Moderator: Felicity DeBacco-Erni, Executive Director, Pennsylvanians Against Underage Drinking and Pennsylvania SADD, Presenters: Tammy Spevak, Schuylkill County; Claire Lunburg, Lebanon County; Yvonne Stroman, Berks County; Nancy Records, Mifflin County.

4B: Ethics for the Addiction Professional – (General Track)

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: Ted Williams, CAC.

4C: Two Sides of the Prevention Coin: Addressing Fetal Alcohol Spectrum Disorders - (General Track)

When women drink during pregnancy, they not only affect their health, but they put their unborn child at risk of having a wide range of physical, cognitive, and behavioral difficulties due to the prenatal exposure to alcohol. As the most common teratogen that is used during pregnancy, and the most damaging to the fetus, the effects of prenatal alcohol exposure will affect the individual throughout his/her life. Fetal alcohol spectrum disorders (FASD) are one of the few 100% preventable birth defects. They are more common than Autism and the cost of raising an individual with an FASD over a lifetime averages approximately \$2,000,000. The prevention of FASD is extremely important, and prevention efforts must encompass all women at risk, which includes those of childbearing age who drink. This session focuses on the prevention of FASD. It presents an overview

of issues in the prevention of FASD and highlights three evidence based practices that have been tested in the prevention of FASD. In addition, the session examines the importance of recognizing a possible FASD in women at risk and the need to adapt approaches for those women to improve outcomes.

Presented by: Dan Dubovsky, FASD Specialist, SAMHSA Fetal Alcohol Spectrum Disorders Center for Excellence.



4D: An Environmental Approach to Address the Prevention of Prescription and Over-the-Counter Drug Abuse – (Intermediate Track)

Unique partnerships can and are being developed to address various substance abuse issues. Cumberland County has developed a “Medicine/Drug Take-Back Program” as a community-based, multi-faceted environmental approach to reduce access to prescription and over-the-counter drugs. In this presentation, county representatives will address the following: an overview of the scope of the abuse of prescription and over-the-counter drugs; the legal aspects of the abuse and the involvement of law enforcement agencies in the Take-Back program; and issues related to the proper disposal of medications.

Presented by: Justin Miller, Recycling Coordinator, Cumberland County; Corporal Brian Barrick, Coordinator of Training and Community Events, Cumberland County Sheriff’s Office; Linda Doty, Prevention Specialist, Cumberland-Perry D&A Commission.

4E: Can You Nerf? Can You Surf? Can You Sing Like A Smurf? - (General Track)

Have you ever been to a boring workshop? Well, this will not be one of them. Be prepared to be in and out of your seat! Come find out if you can “nerf, surf, and sing like a smurf” in this interactive workshop. Come participate in silly games, pop some balloons, and sing crazy songs. Each participant will receive an Idea Booklet and walk away refreshed with new ideas for energizing groups including: Energizers and Cheers, Name Games, Ice Breakers and De-Inhibitizers, Problem Solving Initiatives, Facilitated Group Discussions, and Closing Activities. (Don’t tell the students you work with, but there is a purpose to all these games!) In fact, this workshop will lead you through the purpose of these energizers, best ways to engage groups in your activities, and a debriefing guideline for processing the lesson with your group. So, are you ready to sing like a smurf? La..La....La..La..La..La....La.La....La..La..La!

Presented by: Anna Messina, Prevention Specialist, Mercer County Behavioral Health Commission.

Friday, June 19

8:30 a.m. - 9:15 a.m. CPA Annual Meeting and Door prizes

Workshop Session #5

Friday, June 19: 9:30 a.m. – 11:30 a.m.

5A: Cyber Bullying – (General Track)

Cyber Bullying is not a “New” activity but, a long time meanness that has escalated to an all time, all encompassing past time for our youth. This seminar will define cyber bullying and look at the forms it takes through a multitude of electronic means. We’ll look at the physical, emotional and psychological makeup of “Bullies” and their victims. We will conclude with how to motivate our children online, a variety of solutions to help our children recognize bullying, and techniques to encourage dialog and assistance.

Presented by: Elaine Surma, Sr. Supervisory Narcotics Agent, PA Attorney General’s Office.

5B: Techniques for Optimizing Success: Identifying and Working with Individuals with Fetal Alcohol Spectrum Disorders (FASD) – (Intermediate/Advanced Track)

Fetal Alcohol Spectrum Disorders can occur in any community where women drink during pregnancy. Individuals affected by pre-natal exposure to alcohol often have cognitive and behavioral difficulties due to the effects of prenatal alcohol exposure on the developing brain. The effects of this prenatal exposure to alcohol are reflected in most aspects of the person's every day life. These individuals often become involved in our systems of care, including the behavioral health and justice systems. Their behavior often appears to be purposeful and they often repeatedly fail with our typical approaches. They are often labeled "non-compliant" or "treatment failures." This session presents an overview of behaviors of people with an FASD that are often misconstrued. It focuses on strategies for improving outcomes with individuals who have been prenatally exposed to alcohol. By the end of this session, participants will be able to: identify common misdiagnosis for individuals with FASD; describe a paradigm shift in working with these individuals; discuss interventions that can potentially increase positive outcomes.

Presented by: Dan Dubovsky, FASD Specialist, SAMHSA Fetal Alcohol Spectrum Disorders Center for Excellence.

5C: Engaging Youth For Positive Change (Political Advocacy for Prevention) – (Intermediate Track)

The presentation (developed at the University of Illinois) trains facilitators to direct groups of 8-12 youth through a series of "Modules" in order to have them take an active role in their community's government. The youth are to make decisions, do the research and complete activities on the following modules: Policy Development; How Government Works; Community Interactions; Data; Presentation; and Evaluation. Ideally, twenty activities can be completed in five sessions. The goal is to prepare youth to create and present their own developed policy at a town council meeting or at a town hall meeting. The facilitator helps to coordinate details, but does not lecture or present to the youth.

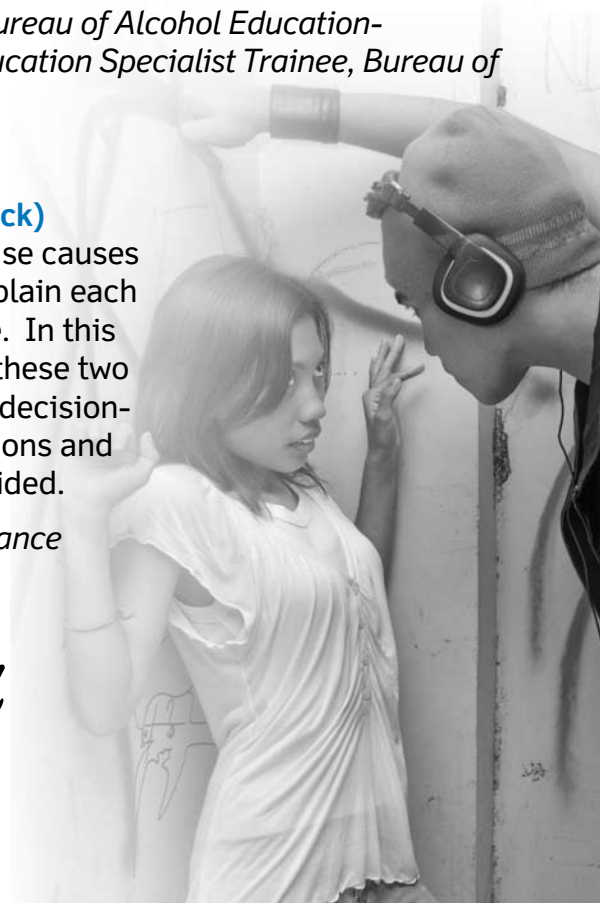
Presented by: Mary Beth Wolfe, Alcohol Education Specialist, Bureau of Alcohol Education-Pennsylvania Liquor Control Board and Mary E. Fry, Alcohol Education Specialist Trainee, Bureau of Alcohol Education-Pennsylvania Liquor Control Board.

5D: Intersections: Domestic Violence and Substance Abuse – (Beginner/Intermediate Track)

"Domestic violence causes substance abuse." "Substance abuse causes domestic violence." – two statements that are often used to explain each other. In fact, neither statement is totally true, nor totally false. In this session participants will learn about the relationship between these two complex issues and learn about their impact on the safety and decision-making of victims. Information about safety-focused interventions and the resources available in the Commonwealth will also be provided.

Presented by: Jacqueline J. Stutts, Training and Technical Assistance Specialist, PA Coalition Against Domestic Violence.

All too often, substance abuse and domestic abuse go hand-in-hand.



Reservation Information

Commonwealth Prevention Alliance's 19th Annual Conference

Wednesday, June 17 - Friday, June 19, 2009
Pre-Conference June 16, 2009

Nittany Lion Inn, State College

Reservation Procedures

Hotel Reservations must be made via **Individual Call-In**.
Reservations must be received by 5/17/09 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 CPA0616.

The cut off date for reservations is May 17, 2009.

- 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 8, 2009

Name _____

Organization _____

Address _____

City/State/Zip _____ Phone (____) _____

Fax (____) _____ E-mail _____

Registration Type:

CPA Membership Number: _____

_____ Pre-Conference Training (Tuesday only)

_____ Wednesday only

_____ Full Conference (Wednesday, Thursday, & Friday)

_____ Thursday only

_____ Friday only

Conference Fees:

CPA Members

Nonmembers

Pre-Conference (Tues.)

\$ 75

\$ 85

Full Conference (Wed. – Fri.)

\$225

\$265

Wednesday or Thursday Only

\$100

\$110

Friday Only

\$ 50

\$ 60

Pennsylvania Certified Teachers interested in Act 48 Credits,
please list your Personal Professional ID Number: _____

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

Phone (717) 238-4354

Harrisburg, PA 17110

FAX (717) 238-6211

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



In Collaboration With:



Edward G. Rendell, Governor
Everett James, Secretary of Health



www.commonwealthpreventionalliance.org

*They might not say thank-you,
but they will know you care!*



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



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