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2009 Prevention Summit



Celebrating 25 Years

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**DREAM IT. DO IT.**  
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## {Prevention Summit Conference Goal}

The goal of the Prevention Summit is to provide an enriching educational and networking opportunity for youth, volunteers and professionals working toward prevention of substance abuse, problem gambling and violence. We want to reach the continuum of individuals - youth and adults - from highly experienced to new in the field and continue to build on our foundation of success in Washington State.



# Celebrating 25 Years

## {SPONSORS / SPECIAL THANKS}

### {Sponsors}

#### Platinum



#### Bronze



### {Supporting Agencies & Partners}



### {Special Thanks}

We would like to give special thanks to the following organizations & individuals for their contributions to the success of the Summit:

- **TOGETHER!** and **Lewis County Social Services** for their sponsorship of the Youth Ice Cream Social on Thursday evening
- **The Youth Committee** for hard work in coordinating the youth track and related activities. Youth Committee members: Curtis Hough, National Guard; Beatriz Mendez, Lewis County Social Services; Sarah Mariani, Division of Behavioral Health and Recovery; Janelle Guthrie, Office of Attorney General; Ivon Urquilla, Division of Behavioral Health and Recovery; Danielle Bock, Center for Human Services; Craig Gocho, National Guard; Jesse Yuckton, TOGETHER!
- **Volunteer/Hospitality Committee** - Cathy Kelley, Carol Holden and Dixie Grunenfelder for coordinating volunteers to assist with registration, host presenters, and for making local connections for the conference
  - **Volunteer Names** - Anna Dahl, Jr. League of Yakima; Anna Marie Dufault, ESD 105; Cathy Kelley, ESD 105; Erin Fishburn, Perry Technical Foundation; Jeremy Allgaier, US Army National Guard; Carol Holden, Citizens For Safe Yakima Communities; Diane Scaquaptewa, Yakima Nation Tobacco Prevention; Nicolle Fleming, Leadership Consultant; John Rendell, FBI Citizen's Academy Alumni Association; Sarah Lane, Attorney General's Office; Brent Campbell, FBI Citizens Academy - Seattle Chapter; Janelle Guthrie, Attorney General's Office; Yakima Explorers; Cheryl Honey, Family Support Network; Lisa Fairburn, Sunnyside Promise; and Eric Hansen, All Nations Center; Page Welsh
- **National Guard** for printing the youth workbook for Youth Leadership track – a valuable tool for teams' project planning
- **WASAVP (Washington Association for Substance Abuse and Violence Prevention)** for their sponsorship of the Prevention Jam!
- **Planning Committee** volunteered over 350 hours in planning and developing the Summit Keynotes, presentations, and program activities
- **The following vendors and committee members** who provided door prizes for youth – Lewis County Social Services, Evergreen Council on Problem Gambling, Youth Leadership Institute, Jan Crossen - Adoptive Mom/Author, Committee for Children, Singing Shaman Traders
- Norm Wold and Gregory "Ross" McDowell for providing security services & Dave Sederberg for providing music and disc jockey services

### {Free Internet Access}

The Yakima Convention Center offers complimentary wireless internet. No password is required; use at your convenience. There is also a computer kiosk near Conference Room 1 for attendees to check e-mail.



# {SUMMIT INTRODUCTION}



## {Introduction to Summit}

This year we are proud to be celebrating 25 years of bringing people together to build partnerships for prevention. We are excited to have you join us for this opportunity to learn from national and local experts, and enhance your relationships and collaborations with others in this field. We hope you enjoy the program!

## {History}

The prevention community in Washington State has been convening annually since the early 1980s. The initial conferences were held in Ellensburg, Washington, on the campus of Central Washington University. The conferences were known as “family focus” meetings, and soon after became known as the annual “Building a Vision” conference. After a few name changes in the late 1990s, the annual conference was renamed in 1999 as the Washington State Prevention Summit.

Despite changes over time in name, location and planning leadership, the spirit of the annual Summit has remained constant. It is the one time during the year when the prevention community can come together, reflect on the past year’s successes, learn new strategies, and network with a variety of people – including parents, children, teachers, law enforcement officials, prevention professionals, treatment providers, policymakers, college faculty, students and dedicated volunteers who are all interested in preventing alcohol, tobacco and other drug abuse in Washington State.

## {Planning Committee Members}

Jim Cooper, TOGETHER!, Washington Association for Substance Abuse & Violence Prevention; Department of Commerce Community Mobilization Program

Pam Darby, Division of Behavioral Health and Recovery (formerly DASA), RUaD

Craig Gocha, National Guard

Linda Graves, Division of Behavioral Health and Recovery (formerly DASA), Problem Gambling

Julia Greeson, Division of Behavioral Health and Recovery (formerly DASA) – Awards Chair

Dixie Grunenfelder, Office of Superintendent of Public Instruction

Janelle Guthrie, Office of the Attorney General

Curtis Hough, National Guard

Paul Davis, Department of Health

Cathy Kelley, Educational Services District 105, Volunteer Subcommittee Chair

Sarah Mariani, Division of Behavioral Health and Recovery (formerly DASA) – Summit Chair

Linda Nelson, Prevention Specialist Certification Board of Washington

Tom Pennella, Washington State Mentors

Megan Azzano, Okanogan County

Jennifer Pock Dorsett, Educational Services District 123

Keith James, Juvenile Rehabilitation Administration

Rhonda Stone, Evergreen Council on Problem Gambling

Ivon Urquilla, Division of Behavioral Health and Recovery (formerly DASA), Youth Subcommittee Chair

Scott Waller, Division of Behavioral Health and Recovery (formerly DASA), SPF-SIG

## {Continuing Education Units (CEUs) Information}

Adult participants can earn up to 12 CEUs for attending the Summit.

- The Prevention Specialist Certification Board of Washington has approved up to 12 ATOD Prevention or General Prevention Education hours.
- 12 Chemical Dependency credits in Washington and the National Association of Alcoholism and Drug Abuse Counselors CEUs are approved.
- Application for CHES Category I continuing education contact hours (CECH) has been made to the National Commission for Health Education Credentialing, Inc. (NCHEC). Up to 7.5 continuing education contact hours will be submitted on behalf of Certified Health Education Specialists by the Washington Healthy Communities Resource Center.
- Participants may use the certificate to apply for CEUs from other certification/licensing boards.



# Celebrating 25 Years

## {SUMMIT HIGHLIGHTS}

### {Yakama Nation “Palatisha Miyanashma” Dance Group}

**Friday, October 30, During breakfast**

Enjoy this wonderful performance while you have breakfast with friends. The “Palatisha Miyanashma” dance group has performed before local, state and national organizations and diverse officials to share their culture. Vivian DelaRosa is the Indian Education Parent Committee Chairperson of the Toppenish School District. She has worked diligently with her children and students to preserve and share their rich Yakama heritage through traditional dance performances. As a Yakama tribal member, mother and grandmother, Vivian shares her traditional teachings in the schools by her volunteer work she has provided for almost 30 years. *CC – Ballroom CDE*

### {Opening Session}

**Friday, October 30, 8:00 – 9:00 am**

Welcome to the Annual Prevention Summit — David A. Dickinson, M.A., Director for Division of Behavioral Health & Recovery

Director of the Division of Behavioral Health and Recovery, David Dickinson, a 25-year veteran of substance abuse prevention, treatment and recovery, will share his vision for prevention in the coming years. *CC – Ballroom CDE*

### Presentation of the Colors — Yakama Nation: Yakama Warriors Association

The Yakama Warriors Association, created in 1991, serves local veterans and their families and works to increase awareness and ensure younger generations honor the American flag. The Warriors perform military functions at a variety of conferences, gatherings, schools, and organize events to honor veterans and provide community service. *CC – Ballroom CDE*

### Enjoy Yakima — Sheriff Ken Irwin, Yakima Sheriff’s and NW High Intensity Drug Trafficking Area (HIDTA) Executive Board Chair

*CC – Ballroom CDE*

### Opening Keynote — Tom Malloy, A Vision in Motion

See page 6 for full description. *CC – Ballroom CDE*

### {Awards Luncheon}

**Friday, October 30, 11:45 – 1:00 pm**

*Seating will begin at 11:45 am. The Award Ceremony will commence at 12:00 pm and a pizza lunch will be served following the Award Ceremony at 12:30 pm.*

The Exemplary Substance Abuse Prevention Award Ceremony provides the opportunity to recognize the contributions of youth, coalitions, professionals, and volunteers for their outstanding dedication and substance abuse prevention efforts. This year, five awards will be presented by Lieutenant Governor Brad Owen during the Award Ceremony Luncheon. Please join us in congratulating the awardees. *CC – Ballroom CDE*

### {Prevention Jam!}

**Friday, October 30, 4:45 – 6:00 pm**

*Everyone is welcome to the pre-jam which will begin promptly at 4:00 pm in Suites 100 - 600. It will be a great start to prepare and march the group across the street at 4:40 pm to begin the Prevention Jam!*

Everyone bring your spirit and rally for a common vision! Youth and adults join JAMTOWN, an interactive rhythm experience, for this teambuilding event. Promote and celebrate your prevention work with excitement, hands-on music, adult and youth testimonials and a prevention t-shirt contest! Bring your team t-shirts or your oldest Prevention Summit t-shirts and cheer for your favorite. Don’t miss this dynamic celebration of YOUR prevention efforts! *CC – Parking Lot*

### {Closing Session}

**Saturday, October 31, 11:00 – 12:30 pm**

Keynote — Juana Bordas, Mestiza Leadership International  
See page 6 for full description. *CC – Ballroom CDE*

### Closing Address — Rob McKenna, Washington State Attorney General

AG McKenna will build on the excitement of the conference and challenge us all to carry it forward into our work for the year!  
*CC – Ballroom CDE*

*CC – Convention Center  
RL – Red Lion*





spark  
make your life

Think  
alcohol  
doesn't  
harm a  
teen's  
brain?

Think  
again.

It's a fact. Alcohol can damage your teen's learning and memory forever.

Talk to your kids about the dangers of alcohol, and keep at it through their teens.

For tips on what to say, visit:

**[www.StartTalkingNow.org](http://www.StartTalkingNow.org)**



Celebrating 25 Years

# {ADULT KEYNOTES}

**{Friday, October 30, 2009}**

**Making Positive Choices — Tom Malloy, B.A.**

*8:30 – 9:00 am, CC – Ballroom CDE*

We are excited to bring Tom Malloy to the Prevention Summit this year! Tom's presentation, Making Positive Choices, makes it loud and clear that being drug and alcohol free is a positive choice. Tom takes his audience on a fun and interactive journey. He shares his own personal stories of success and tells how he navigated socially and emotionally to stay drug-free throughout his life.



**A National Perspective: The President's Vision for Prevention — Michael Lowther, M.A., Senior Prevention Advisor, White House Office of National Drug Control Policy**

*9:15 – 10:15 am, CC – Ballroom CDE*

Mr. Lowther will be presenting a general overview of ONDCP's direction for prevention and demand reduction for the coming years. ONDCP's mission is to establish national policies and priorities to assist federal, state and local agencies and organizations to eradicate illicit drug use, manufacturing, and trafficking, drug-related crime and violence, and drug-related health consequences in the U.S.

**{Saturday, October 31, 2009}**

**The Power of Relationships to Shape Brains and Organizations — Elaine Johnson, Ph.D.**

*8:00 – 9:00 am, CC – Ballroom E*

Brain research shows that the way we treat one another matters more than we had ever imagined. Relationships influence intellectual ability, emotional balance, and personality traits. Discover the power of relationships to strengthen, or damage, the human brain.

**5 Strategies for Making Your Mark - Today and Tomorrow! — Juana Bordas, M.S.W., Mestiza Leadership International**

*11:00 – 12:30 pm, CC – Ballroom CDE*

Get ready - get set - let's GO! Having a successful life begins now - this is the time to prepare yourself for tomorrow. Young people need to have a dream, a team, a plan, and a strong belief that they can make their mark! Together we will explore 5 Strategies for Success and reaffirm our commitment to creating a bright and productive tomorrow.



*CC – Convention Center*

*RL – Red Lion*



# {ADULT CONCURRENT FORUMS}

{Friday, October 30, 2009}

**What's New in the Laws...& So What? —**

**Panel: Rick Garza, Liquor Control Board; Paul Davis, Department of Health; Rhonda Stone, Evergreen Council on Problem Gambling; and Liz Wilhelm, Washington State Association for Substance Abuse and Violence Prevention**

*10:30 – 11:30 am, RL – West Coast Ballroom*

Learn about recent changes in laws and regulations that impact the prevention field and your community! Hear about rules to be adopted in January regulating alcohol advertising; learn about changes in tobacco policy, find out about gambling regulations and fines and get a glimpse of the 2010 Legislative session.

*Novice*

**How to Stop Big Alcohol from Making Its Mark on Our Communities —**

**Sarah Mart, M.S., M.P.H., Marin Institute**

*10:30 – 11:30 am, RL – Garden Terrace*

To be the spark that lights the prevention fire, we must know who we're fighting: Big Alcohol. These multinational alcohol conglomerates market new products to youth and constantly fight our strategies to prevent underage drinking and related harm. Learn who owns the major alcohol brands; how Big Alcohol targets youth and influences regulation; and how to fight back by successfully implementing environmental strategies such as increasing alcohol prices and taxes, and eliminating alcohol advertising.

*Intermediate*

# {ADULT SESSIONS & ACTIVITIES}

{Thursday, October 29}

**Professional Networking Soirée**

Don't miss this opportunity to see your colleagues from across the state and enjoy some light refreshments. Discover new partnerships with some of the field's most seasoned professionals. The Networking Soirée is hosted by the Prevention Specialist Certification Board of Washington.

*Thursday, October 29, 6:30 – 8:30 pm, CC – Rooms F/G*

{Friday, October 30}

**Graphic Note Taking**

You don't have to be an artist to learn how to do this! This session will introduce attendees to graphic recording, a unique way to capture the essence of a meeting or event as it unfolds.

*Friday, October 30, 7:15 – 8:15 pm, RL – Yakima Ballroom*

**How to Become a Certified Prevention Professional Information Session**

Don't miss the opportunity to learn the criteria and process for gaining or maintaining your Prevention Professional certification. This session will take place during dinner on Friday night. Please bring your food to Ballroom B.

*Friday, October 30, 6:00 – 7:00 pm, CC – Ballroom B*

*Yakima, Washington*

{Friday, October 30} (continued)

**Native American Storytelling for Adults & Youth**

Levina has been recognized as the Washington State Indian Education Association "Elder of the Year" for her contributions in education and preservation of the Sahaptin language. In her stories, she shares what she has learned from her elders in her life.

*Friday, October 30, 7:15 – 8:15 pm, RL – West Ballroom*

**Come Learn a Salsa Style Dance Called CASINO RUEDA!**

Learn to dance Salsa the way it's done in Cuba! Stimulating and extremely energetic, learn the fundamentals to a dance that is rich in culture and history. Adults and youth invited. Limited to the first 70 people. *Friday, October 30, 7:15 – 8:15 pm, RL – East Ballroom*

**Dance, Games, Crafts, Movie**

All adults are invited to participate in the Friday evening activities at the Red Lion Hotel. Come and show us your moves on the dance floor. There will also be plenty of games, snacks and activities including a fun and entertaining movie to enjoy.

*See page 16 for full description of activities. RL*



*Celebrating 25 Years*

# FRIDAY, OCTOBER 30, 2009 ADULT WORKSHOP SESSION I 1:15 – 2:45 PM

## **CC – Room F Prescription Drug Abuse Trends & Prevention Strategies**

Caleb Banta-Green, Ph.D., MPH, MSW — University of Washington

Prescription opiate abuse impacts 1 in 10 tenth graders in Washington. Use and abuse trends for Washington State will be reviewed with data used to inform prevention strategies for all segments of the population.

*Novice*

## **CC – Ballroom B Make Your Mark on Big Alcohol Advertising Tactics**

Sarah Mart, M.S., M.P.H. — Marin Institute

Alcohol advertising has significant effects on underage and high-risk drinking behaviors. Advertising tactics such as social networking sites and out of home advertising represent a significant problem with relatively simple solutions. This session will explain research-based responses to common alcohol advertising myths; outline opportunities for policy change including eliminating alcohol advertising; and offer model policy language and successful change processes. We will discuss examples from local communities and social networking sites such as Facebook.

*Intermediate*

## **CC – Room G (NREPP) National Registry of Evidence-based Programs & Practices**

Heriberto Escamilla, Ph.D., Consultant — CSAP's CAPT, Western Regional Expert Team

The National Registry of Evidence-based Programs and Practices (NREPP) is a searchable database of interventions for the prevention and treatment of mental and substance use disorders. SAMHSA developed this resource to help people, agencies, and organizations implement programs and practices in their communities. This presentation will review NREPP's application process for submitting your program or practice for inclusion on NREPP and key considerations about preparing your application for the upcoming open submission period.

*Advanced*

## **CC – Ballroom A Effective Communication with Diverse Families**

Steve Zuber, M.Ed. — Office of the Education Ombudsman

Effective practice means agency goals are being reached. Learn how communication and partnership with parents and with diverse groups are important tools that can help lead to effective practice.

*Intermediate*

## **CC – Room H 7 Strategies for Success: Sustaining Your Efforts Through Partnership Development**

Jan Campain, Partnership Development Director — Red Truck, LLC

Are you facing: Decreased resources and loss of jobs? Increased numbers of youth and families living below the poverty level? Stress on coalition leaders due to budget constraints? As these factors require staff to be more entrepreneurial and your funder breathes down your neck, learn proven practices that lead to better sustainability plans and enable you to increase the value of developing and nurturing private/public partnerships to address needs!

*Intermediate*

*CC – Convention Center  
RL – Red Lion*





# EXTENDED WORKSHOPS

1:15 – 2:45 PM, PART I  
3:00 – 4:30 PM, PART II

## RL – Lower Terrace Coalition Core Competencies Part I & II

Dave Shavel, MBA — CADCA

The Coalition Core Competencies training focus on enhancing participant skills required to build strong coalitions and implement the Strategic Prevention Framework (SPF) including community assessment, logic models, comprehensive strategies and coalition evaluation. Participants will learn about and gain skills critical for coalitions to plan, implement and evaluate their coalition’s community-change efforts to reduce substance abuse.

*Novice*

## RL – East Ballroom ACTUALITY Social Norms Marketing – Change Perception, Change Behavior Part I & II

Jim Campain, LCSW — Red Truck, LLC

Today’s high school social conversation, popular media and attribution theory would lead one to believe that every high school student is drinking heavily, partying and playing it loose with the opposite sex. However, this is not the TRUE NORM and your own school’s data will confirm it. Social norms marketing is an environmental strategy that can be universally applied. ACTUALITY has assisted 60 schools/communities shine the light on the healthy TRUE NORMS that exist.

*Novice*

## RL – West Ballroom Policy Development: Moving from Theory to Action Part I & II

Victor Colman, B.A., JD — Uncommon Solutions

Primary prevention demands attention to policy and systems change processes. This workshop demystifies the often complex and confusing world of policy development. Specific content includes understanding core public health frameworks, utilizing coalitions in policy development, a detailed, yet user-friendly framework for grasping policy development, and a case study. The participant should walk away from the training with a stronger comprehension of the many variables that must be addressed in any policy development process.

*Intermediate*

**Join Washington's newest online community**

**ATHENA** is the latest in Washington State Prevention.

Athena is a new resource that includes:

- **Learning Community**—Join others in the state in conversations to promote your work.
- **Learning Library**— Search the library for answers to your questions from national and local resources and your fellow preventionists.
- And connection to **headlines and announcements**, including trainings and grant opportunities.



Go to [www.theAthenaForum.org](http://www.theAthenaForum.org)

*Celebrating 25 Years*

# FRIDAY, OCTOBER 30, 2009 ADULT WORKSHOP SESSION II 3:00 – 4:30 PM

## **CC – Room F Growing Leaders Training**

Kittitas County Community Network

What is youth culture? How can you bridge the gap between the generations and improve your coalition? Because thriving community outreach depends on successful cultural competency, Growing Leaders Training is developed to help coalitions, boards and organizations understand the culture of today's youth. This training was designed and facilitated by youth and adults with the philosophy that youth are leaders.

*Intermediate*

## **CC – Room H The Community Profile Project: A Community Action Guide**

Cathy Finck, Prevention Specialist – The Cobb Alcohol Taskforce

Upbeat, interactive and focused on successful local replication. See how 21 youth/adult teams were trained to go into their communities and document, map and analyze environmental alcohol and tobacco risk factors. View film clips highlighting youth voice for recommended change based on documented local risk profile. Explore lessons learned, policy and practice outcomes. Use sample tools available in the comprehensive action guide.

*Intermediate*

## **CC – Ballroom B Parenting Skills Training to Reintroduce Teen Behavior Problems via Computer and Online**

Don Gordon, Ph.D. – Family Works, Inc.

The Parenting Wisely is a brief program for parents of teens with disruptive behaviors supported by numerous well-controlled studies. It can be implemented in a variety of settings in group or individual formats, and can be either stand alone or a component of other prevention programs. New revisions to the program extend its use among different cultures, using computers and online and increase skill practice opportunities.

*Intermediate*

## **CC – Ballroom A Working in a Connected World: Leveraging Social Networks for Impact**

Michael Chavez – Duke Corporate Education

In this interactive session, participants will learn how the field of social networks can be adapted to improving the success of community prevention initiatives. Come learn the fundamentals of social networks, how to “see” networks as critical structures operating in the community and how to leverage relationships for greater impact. Then apply this knowledge by rethinking actual community strategies with networks in mind.

*Intermediate*

## **CC – Ballroom G Alcohol Electronic Check-Up to Go for Higher Education**

Gail Farmer, M.A., Director of Wellness – Central Washington University

The Electronic Check-Up-To-Go is a NASPA recognized, evidence-based, on-line alcohol intervention and personalized feedback tool. It is designed to motivate individuals to assess their alcohol consumption using personalized information about their own drinking and risk factors. This session will provide an overview of the program, the research that supports it and how it is being used in Washington State.

*Intermediate*

*CC – Convention Center*

*RL – Red Lion*



# SATURDAY, OCTOBER 31, 2009

## ADULT WORKSHOP SESSION III

### 9:15 – 10:45 AM

**RL – East Ballroom From Faxes to Facebook: Emergent Social Media Tools for Prevention**

LaDonna Coy, MHR, CPS, CDLA – Learning for Change, Inc.

Have you joined Facebook? Did you “digg” that article? Aren’t you going to “tweet” that? While we’ve all had our heads down working in the content of prevention, a remarkable shift happened. In this workshop you’ll have the opportunity to explore what’s changed, learn about the thinking and tools shaking things up and where and how you can join the social media revolution.

*Novice*

**RL – West Ballroom Creating Community Level Change Through Policy & Advocacy**

Kelly Lieupo, M.A. – CADCA

Learn how to break through to the next level of coalition work by effectively advocating for environmental change and substance abuse prevention issues at all levels of government. Through active participation and role playing, participants will learn how, when and to whom to make their advocacy case. Participants also will learn how to most effectively communicate with elected officials, policy-makers and their staff to create better policies and more funding opportunities for substance abuse prevention programs.

*Novice*

**CC – Room F Healing of the Canoe: the Community Pulling Together, the Strong People Pulling Together**

Dennis Donovan, Ph.D. & Lisa Thomas, Ph.D. – University of Washington, Alcohol and Drug Abuse Institute with co-presenters, Albie Lawrence, B.A. & Kelly Baze, B.S.

American Indian and Alaska Native communities have always had the knowledge and the expertise to keep their communities healthy. The Healing of the Canoe project is a partnership between the Suquamish Tribe, the Port Gamble S’Klallam Tribe, and the Alcohol and Drug Abuse Institute at the University of Washington that builds on this knowledge by blending conventional and traditional science to develop community based and culturally grounded prevention and intervention programs that promote good health.

*Intermediate*

**CC – Room H Students “Be(ing) the Spark”: Using Music for Prevention**

Linda Graves, M.S., NGCG-II & Rhonda Stone, B.A.

We will share the amazing outcomes of three groups of students that were challenged to use the arts to create prevention awareness messages that described the risks associated with youth gambling. Additionally, music from a second project, The Tribal Youth Music Academy, will be performed. The Music Academy gave tribal youth an opportunity to use music for positive messaging about prevention of risky behaviors. Fifty tribal and nontribal youth learned how to use their voice, form a rap song, perform it, and have it recorded.

*Novice*

**CC – Room G Is Society Raising Violent Brains?**

Elaine Johnson, Ph.D.

Experience changes the brain’s physical structure. When young people’s brains are immersed in violent images, words, and behavior, their brain cells form new connections. Should we care?

*Intermediate*

# Celebrating 25 Years

## { SCHEDULE AT-A-GLANCE ADULT PROFESSIONAL TRACK }

### {Thursday, October 29}

6:30 – 8:30 pm

#### Event

Early Registration & Check-in

#### Location

CC – Lobby 3

6:30 – 8:30 pm

Prevention Professional Networking Soirée

CC – Room F/G

8:30 – 9:30 pm

Chaperones & Team Adult Advisors Meeting

CC – Suite 300

### {Friday, October 30}

7:15 – 8:00 am

#### Event

Registration & Check-in/Breakfast

#### Location

CC – Lobby 3

7:15 – 8:00 am

Chaperones & Team Adult Advisors Meeting

CC – Suite 300

8:00 – 9:00 am

Opening Session/ Keynote: *Tom Malloy*

CC – Ballroom CDE

9:15 – 10:15 am

Adult Keynote: *Michael Lowther*

CC – Ballroom CDE

10:30 – 11:30 am

Concurrent Forums

See Pg 7

11:45 – 1:00 pm

Awards Ceremony Luncheon

CC – Ballroom CDE

1:15 – 2:45 pm

Workshop Session I

See Pg 8 – 9

2:45 – 3:00 pm

Break

Lobby

3:00 – 4:30 pm

Workshop Session II

See Pg 10

4:45 – 6:00 pm

Prevention Jam!

CC – Parking Lot

6:00 – 7:00 pm

Dinner for All

CC – Ballroom CDE

6:00 – 7:00 pm

How to Become a CPP Session

CC – Ballroom B

7:00 – 10:30 pm

Evening Sessions & Activities for All

See Pg 7

### {Saturday, October 31}

7:15 – 8:00 am

#### Event

Registration & Check-in/Breakfast

#### Location

CC – Lobby 3

8:00 – 9:00 am

Adult Keynote: *Elaine Johnson*

CC – Ballroom E

9:15 – 10:45 am

Workshop Session III

See Pg 11

11:00 – 12:30 pm

Lunch & Closing Keynote: *Juana Bordas*

CC – Ballroom CDE

12:30 pm

Conference Adjourned & Certificate Pick Up

CC – Convention Center

RL – Red Lion



# { SCHEDULE AT-A-GLANCE }

## { YOUTH LEADERSHIP TRACK }

### { Thursday, October 29 }

6:30 – 8:30 pm

**Event**

Early Registration & Check-in

**Location**

CC – Lobby 3

6:30 – 8:30 pm

Ropes Course Challenge, Games & Crafts

See Pg 16

8:30 – 9:30 pm

Ice Cream Social

CC – Ballroom C

8:30 – 9:30 pm

Chaperones & Team Adult Advisors Meeting

CC – Suite 300

### { Friday, October 30 }

7:15 – 8:00 am

**Event**

Registration & Check-in/Breakfast

**Location**

CC – Lobby 3

7:15 – 8:00 am

Chaperones & Team Adult Advisors Meeting

CC – Suite 300

8:00 – 9:00 am

Opening Session/ Keynote: *Tom Malloy*

CC – Ballroom CDE

9:10 – 11:45 am

{Red Group} Leadership Training

CC – Suites 100-600

{Yellow Group} Service Learning Projects

See Pg 15

11:45 – 1:00 pm

Awards Ceremony Luncheon

CC – Ballroom CDE

1:10 – 4:00 pm

{Red Group} Service Learning Projects

See Pg 15

{Yellow Group} Leadership Training

CC – Suites 100-600

4:00 – 4:30 pm

Prep for Prevention Jam! & Snacks

CC – Suites 100-600

4:45 – 6:00 pm

Prevention Jam!

CC – Parking Lot

6:00 – 7:00 pm

Dinner for All

CC – Ballroom CDE

7:00 – 10:30 pm

Evening Sessions & Activities for All

See Pg 16

### { Saturday, October 31 }

7:15 – 8:00 am

**Event**

Registration & Check-in/Breakfast

**Location**

CC – Lobby 3

8:00 – 9:00 am

Youth Keynote: *Tom Malloy*

CC – Ballroom CD

9:15 – 10:00 am

\*Youth Workshop Session I

See Pg 18 - 19

10:15 – 11:00 am

\*Youth Workshop Session II

See Pg 18 - 19

11:00 – 12:30 pm

Lunch & Closing Keynote: *Juana Bordas*

CC – Ballroom CDE

12:30 pm

Conference Adjourned & Certificate Pick Up

*\*Both Red & Yellow groups attend workshops at this time.*

Celebrating 25 Years

# {YOUTH KEYNOTES}

**{Friday, October 30, 2009}**

**Making Positive Choices (Part I) — Tom Malloy, B.A.**

*8:30 – 9:00 am, CC – Ballroom CDE*

Tom's presentation, Making Positive Choices, makes it loud and clear that being drug and alcohol free is a positive choice. Tom takes his audience on a fun and interactive journey. He shares his own personal stories of success and tells how he navigated socially and emotionally to stay drug-free throughout his life. He offers ideas and suggestions through fun, interactive games that people can use to help make positive and healthy choices and achieve success in your life. You will be encouraged and excited and walk away feeling like you can do anything in life!



**Youth Leadership Training**

*9:10 – 11:45 am (RED GROUP), CC – Suites 100-600*

*1:15 – 4:00 pm (YELLOW GROUP), CC – Suites 100-600*

**How to Make the Most of the Conference —  
Devanni Partridge, B.S., Miss Washington**

We are pleased to have this year's Miss Washington, Devanni Partridge. She is a young woman dedicated to informing people how to help save a life by being an organ or tissue donor. As a young leader herself, she understands the time and energy it takes to focus and follow through with a strategic plan. Devanni will assist in leading our youth teams through an intense and exciting conference track by providing an overview of the conference, and the process to complete a team project plan.



**CADCA National Youth Leadership Initiative SPF Training — Nigel Wrangham,  
CADC II, CPS, Community Anti-Drug Coalitions of America (CADCA)**

You want to create a better future for your community. You want CHANGE. But how do you go about it? That's what this training is all about! CADCA has developed a fun, step-by-step way for young people to take the lead in confronting social problems. Don't just imagine change; make it happen!

**{Saturday, October 31, 2009}**

**Making Positive Choices (Part II) — Tom Malloy, B.A.**

*8:00 – 9:00 am, CC – Ballroom CD*

*See keynote description above*

**5 Strategies for Making Your Mark - Today and Tomorrow! —  
Juana Bordas, M.S.W., Mestiza Leadership International**

*11:00 – 12:30 pm, CC – Ballroom CDE*

Get ready - get set - let's GO! Having a successful life begins now - this is the time to prepare yourself for tomorrow. Young people need to have a dream, a team, a plan, and a strong belief that they can make their mark! Together we will explore 5 Strategies for Success and reaffirm our commitment to creating a bright and productive tomorrow.



*CC – Convention Center  
RL – Red Lion*



# {YOUTH SERVICE LEARNING PROJECTS}

**{Yellow Group} 9:10 – 11:00 am**

**{Red Group} 1:10 – 4:00 pm**

**Board buses outside Lobby 3 to travel to project site.**

On Friday, October 30, youth teams will be going out into the Yakima community to have a great time participating in a variety of service learning projects, an approach that teaches and integrates service to the community with a hands-on approach. Students address community needs while learning civic responsibility and developing meaningful leadership and workplace skills. Service learning can encourage youth to become active participants in their own communities. Plus, it's a great way for teams to interact and build networks with other Washington youth.

Youth Teams will sign up for service projects on-site, as part of registration, at the Service Project Station. Only the Team Adult Advisor and Youth should attend the project due to space on buses and at project sites. Please come prepared with your first and second choice as projects will fill up quickly. The sign-up will take place on a first come, first serve basis.

**Youth and Team Adult Advisors are advised to wear comfortable clothing and tennis shoes for all project sites. Wear clothing that you don't mind getting dirty, as you could be working outside and/or with paint! Please load buses with your entire team and be prompt so buses can leave on time.**

## **Barge Lincoln Elementary**

Painting, planting and more opportunities to help beautify this elementary school! If you're creative and want a fun day of painting and landscaping, this is the place to be. There will be lots of projects and plenty of time to be an inspired artist.

## **Garfield Elementary School**

Garfield Elementary needs your help painting murals! Their ideas are fun and ready to make a mark! This elementary school will have plenty to do with the painting and tidying up their playgroup, but the main concern is the gravel pit. Yep, a gravel pit! This is where they play marbles, but you can't play when it's uneven. So get your team together and help this school get ready to play!

## **Harmon Senior Center**

Bring your cup full of energy to this site! The active seniors at the Harmon Senior Center will be ready to greet you and guide the fun projects that are planned for the day. Teams will be doing some light landscaping that will include fun times while raking leaves, making great memories with friends and new acquaintances.

## **Northwest Harvest Food Bank**

Is your team organized and motivated? If so, this may be the spot for your team! Monthly deliveries are made to the Northwest Harvest Food Bank warehouse with products from all over WA. Teams that choose this site will help serve the local and regional customers by cataloging of all the products the food bank has received.

## **Rod's House Drop-in Center for Homeless Youth**

A house is always in need of something! Rod's House is new to Yakima and is always looking for friendly and interested volunteers to come help with the basic needs of a house. Rod's House is an idea turned into reality for the Homeless Youth Workgroup of Yakima County. It provides meals, laundry, shower facilities, clothing, personal hygiene supplies, and computer access along with referrals to education options, health care, employment, and social services to youth in need. At this site you'll have the opportunity to use your organizational skills and assist in revitalizing this home for its community members.

## **Union Gospel Mission Homeless Shelter**

Come help make a difference and give to an agency that is the refuge for many youth and families. This downtown Yakima shelter provides hot meals and a safe place for its community members. For youth, families, and individuals in recovery the Mission's short- and long-term programs give hope and a bridge to self-sufficiency. At this site you'll get a chance to give your time and talents and help the agency revamp their location. Your time here will be refreshing and energizing, and you'll enjoy meeting new friends.

Celebrating 25 Years

# {YOUTH EVENING ACTIVITIES}

## {Thursday, October 29}

### **National Guard Ropes Course Challenge**

The Ropes Course Challenge provides an exciting and fun way to develop effective teamwork, build relationships, and sharpen problem solving skills. This ropes course is ground-based, low obstacle course event.. It's an exciting event you don't want to miss! 6:30 – 8:30 pm, CC – Ballroom A/B

### **Games & Crafts**

Enjoy board games like Monopoly, Checkers, Cranium and get creative with Halloween crafts!!! 6:30 – 8:30 pm, CC – Ballroom C

### **Ice Cream Social**

You scream, I scream, we all scream for ice cream! Come meet new friends, listen to great music and enjoy some sweet treats! 8:30 – 9:30 pm, CC – Ballroom C

## {Friday, October 30}

### **Basketball and Other Games at YMCA**

Need to get some b-ball in? Head to the YMCA! — There's fun for everyone! If basketball is not what you're looking for, enjoy Dance Dance Revolution, foosball, pool, ping pong, and air hockey! Whatever you do, you'll have fun! Don't be left behind wishing you would have played, go get out and play!! Please sign-up at registration desk to attend YMCA activities. **Please meet in Lobby 3 near registration desk. Escorts will be available to walk groups to/from the YMCA.** 7:00 – 9:00 pm, YMCA

### **Native American Storytelling for Adults & Youth**

Levina has been recognized as the Washington State Indian Education Association "Elder of the Year" for her contributions in education and preservation of the Sahaptin language. In her stories, she shares what she has learned from her elders in her life. Friday, October 30, 7:15 – 8:15 pm, RL – West Ballroom

## {Costume Policy}

Since Halloween is Saturday, and in order to maintain a safe and enjoyable environment for all participants, **costumes will only be allowed during the dance.** The following policy will apply:

- Costumes must be decent and appropriate in nature and content. Costumes that carry a sexual, vulgar or offensive message, or reference the use of alcohol, tobacco, drugs, gambling, or gang affiliation will not be permitted.
- Masks that cover all or part of the face are not to be worn.
- It is understood that the chaperones, in consultation with the conference staff, may restrict appearance and attire with special consideration for safety, health or other issues that may create a disruption to other conference participants.
- Entrance will be refused until the participant corrects the problem.

CC – Convention Center

RL – Red Lion

## {Friday, October 30} (continued)

### **Come Learn a Salsa Style Dance Called CASINO RUEDA!**

Learn to dance Salsa the way it's done in Cuba! Stimulating and extremely energetic, learn the fundamentals to a dance that is rich in culture and history. Adults and youth invited. Limited to the first 70 people. Friday, October 30, 7:15 – 8:15 pm, RL – East Ballroom

### **Dance-Dance-Dance!**

Sad you haven't made it to "So You Think You Can Dance Show"? Well this is your chance to get your dance on and show everyone what you've got! Come show off your style! The night's not quite over until you get your dance on! The youth dance will be poppin' so don't miss it! Costumes may be worn to the dance, but please review costume policy. 8:15 – 10:30 pm, RL – Garden Terrace

### **Hanging with Friends: Beading, Games, Henna Tattoos & Crafts**

Relax and get to know your new friends; enjoy board games like Monopoly, Checkers, Cranium. Get creative and make a pretty necklace that you can wear. Have fun making Halloween crafts; or get a Henna tattoo. The choice is yours in this entertainment room. 8:15 – 10:30 pm, RL – Upper Terrace

### **Popcorn and a Movie**

What a great way to end a long and fun-filled day. Yummy popcorn and a surprise movie! 8:15 – 10:30 pm, RL – Veranda Room



# SAVE THE DATE!

*Prevention rocks on!*

## Prevention Advocacy Day Monday, January 18, 2010 in Olympia

*Sponsored by the Washington Association for Substance Abuse & Violence Prevention (WASAVP)*

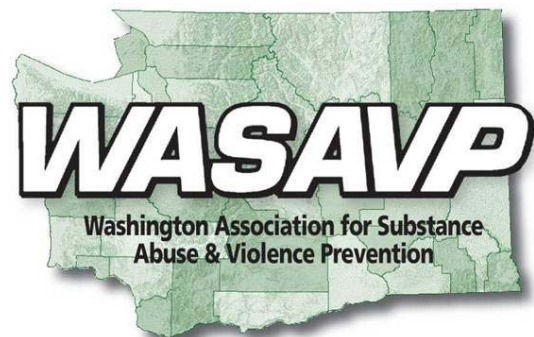
Visit [www.WASAVP.org](http://www.WASAVP.org) for information about:

- Prevention Advocacy Day
- How to join WASAVP
- Advocacy Action Alerts

Become an advocate for  
prevention . . .

*Become a WASAVP  
member today!*

[www.WASAVP.org](http://www.WASAVP.org)



8104 East Sprague Street  
Spokane Valley, WA 99212

*Celebrating 25 Years*

# SATURDAY, OCTOBER 31, 2009 YOUTH WORKSHOP SESSIONS I & II 9:15 – 11:00 AM

**Workshop Session I — 9:15 – 10:00am**

**Workshop Session II — 10:15 – 11:00am**

***Both RED AND YELLOW groups attend workshops during this time and all 8 workshops will be offered for Session I and Session II.***

**CC –  
Ballroom A**

**Dream It. Do It.**

Jack Knellinger, B.S. — Youth Venture Seattle

Want to address poverty through basketball, fight hunger through art, combat drug addiction through dance? Join us to explore the ways that you can think outside the box and develop new solutions to problems that you see in your community. By tapping into YOUR passions and skills, Youth Venture will help you develop plans that you WANT to create, change what you WANT to see happen. Your idea, your power, your passion! Start creating change TODAY!

*Intermediate*

**CC – Suite 100**

**The Ryan's Solution Foundation "The Gold Standard Pledge"**

Scott DePuy & Charlene DePuy — Ryan's Solution Foundation

Teens take "The Pledge" to stay drug and alcohol free. The pledge's foundation comes from three different platforms. The first is a personal commitment to yourself to stay drug and alcohol free. The second is taking the pledge with a friend and being supportive of each other in times of trouble and temptation to use. The third is to help identify the silent majority of teens that do not use drugs.

*Intermediate*

**CC – Suite 200**

**Project to Reduce Alcohol & Tobacco Ads**

Sondra Storm, B.A, Angela McKinney, M.S.W. & the Clark County Peer Educators — PREVENT! Coalition/STATSHA

Are you tired of alcohol and tobacco ads in your community? This interactive workshop will teach you how to bring your community together to reduce ads through collaboration and fun! The PREVENT! Coalition along with representatives from Strong Teens Against Substance Hazards and Abuse (STASHA) will share their accomplishments with Ads and Subtract a project to reduce alcohol and tobacco ads in Clark County. Participants can expect concrete tools, opportunities to get involved, and games and prizes!

*Intermediate*

**CC – Suite 500 Alternative to "Drugs"**

WAPI Leadership Council — Washington Asian Pacific Islanders Community Services

Youth leaders from WAPI Community Services will present how to choose alternative ways to doing drugs by using music, spoken word poetry and games.

*Novice*

*CC – Convention Center*

*RL – Red Lion*





**CC –  
Ballroom B**

**Youth Leaders Making Positive Choices**

Paul Figueora — Peace Enforcement, LLC

When you are yourself, or create change in the world, others may feel uncomfortable. This is normal and doesn't mean you need to change you! I'll provide you with tools to help you stay solid in who you are and remember that you're awesome. You'll see how to stay on track, not take other's reactions personally and navigate through challenges in life! This workshop is FUN and based on your needs - yours if you'd like!

*Intermediate*

**CC – Suite 600** **Advocacy for Youth by Youth**

Jim Cooper — TOGETHER! &

Kimberly Vivian – 2009 Thurston County Youth Philanthropist of the Year

Workshop participants will learn skills and examples of practical ways to achieve social change in their communities. We will focus on real examples of youth making change in Washington State both at the community and the policy level. The differences between lobbying and advocacy will also be highlighted. This interactive and exciting workshop will also include a real world advocacy effort right here in Yakima!

*Novice*

**CC – Suite 300** **Youth Action Team — Youth Involved in Reducing Underage Drinking**

Bob Richey — Othello RUaD

The Youth Action Team from the Othello Community Coalition, recognized by peers at the 2009 Youth Spring Forum, has been trained nationally on substance abuse issues. Through their training and understanding of youth behaviors and beliefs, they have developed a creative way to present to their peers on reducing underage drinking. Their presentation creates awareness; gets people talking and thinking about why this topic is important; and what others can do to reduce underage drinking.

*Intermediate*

**CC – Suite 400** **How to Work as One**

Wapato SADD

Wapato SADD was awarded the Best Collaboration/Partnership Team at the WA State Spring Forum 2009. The students have been involved in a number of projects in their community including a adopting families for the holidays, Health fairs, Community Gang Awareness Night, Community Beautification Project, Alcohol & Drug Awareness Week, Alcohol & Drug Classroom Presentations, Teens Against Tobacco Use presentations at the Elementary and Middle School. During their presentations they will be providing tips to others on how to build positive relationships with staff, students and community members to make projects in their community successful.

*Novice*

**{NOTES}**



**{PEOPLE I MET}**

