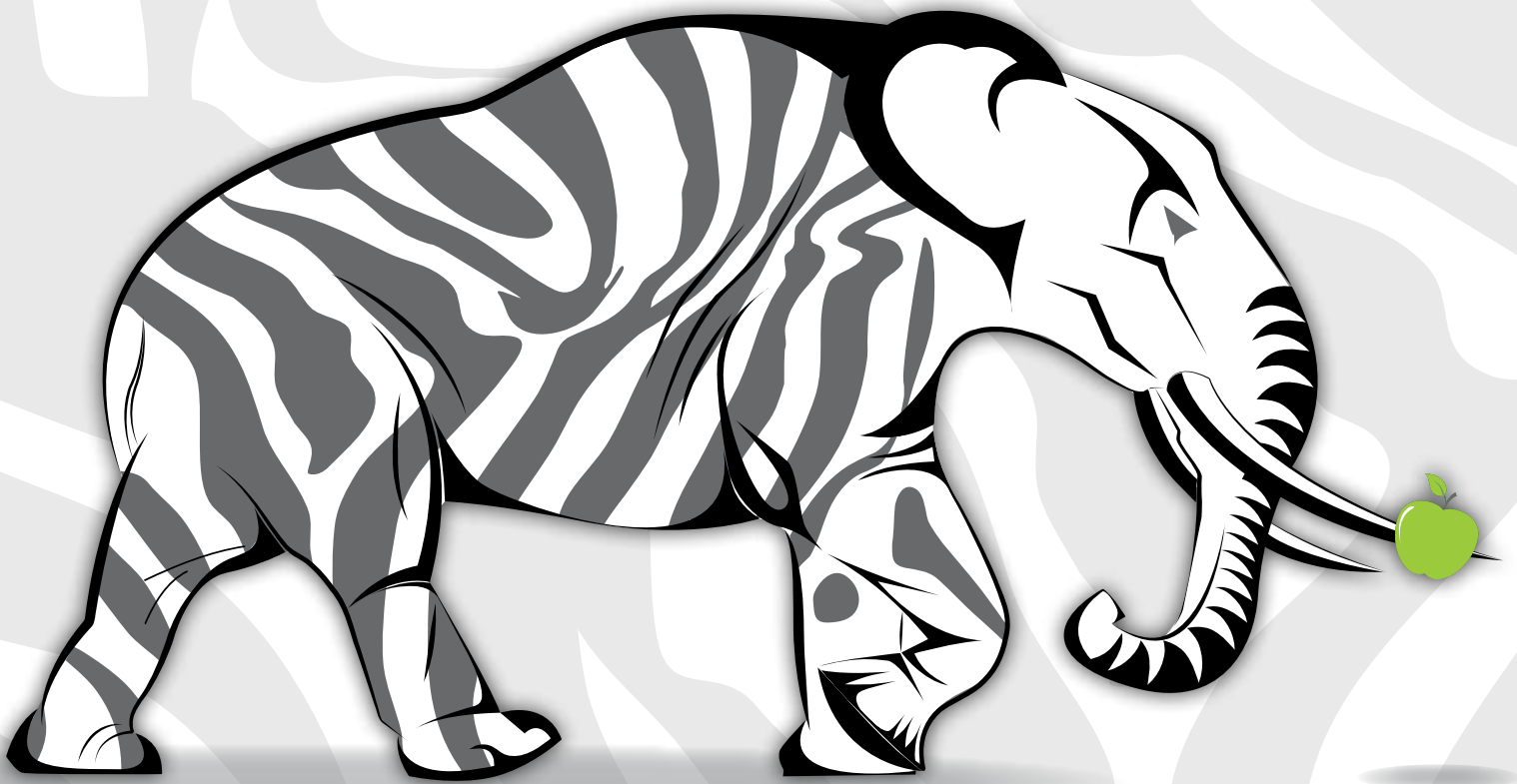


2013 Washington State
Prevention Summit



October 20-22, 2013
Yakima, Wa



Stand Up! Stand Out!
CHOOSE HEALTH

www.PreventionSummit.org

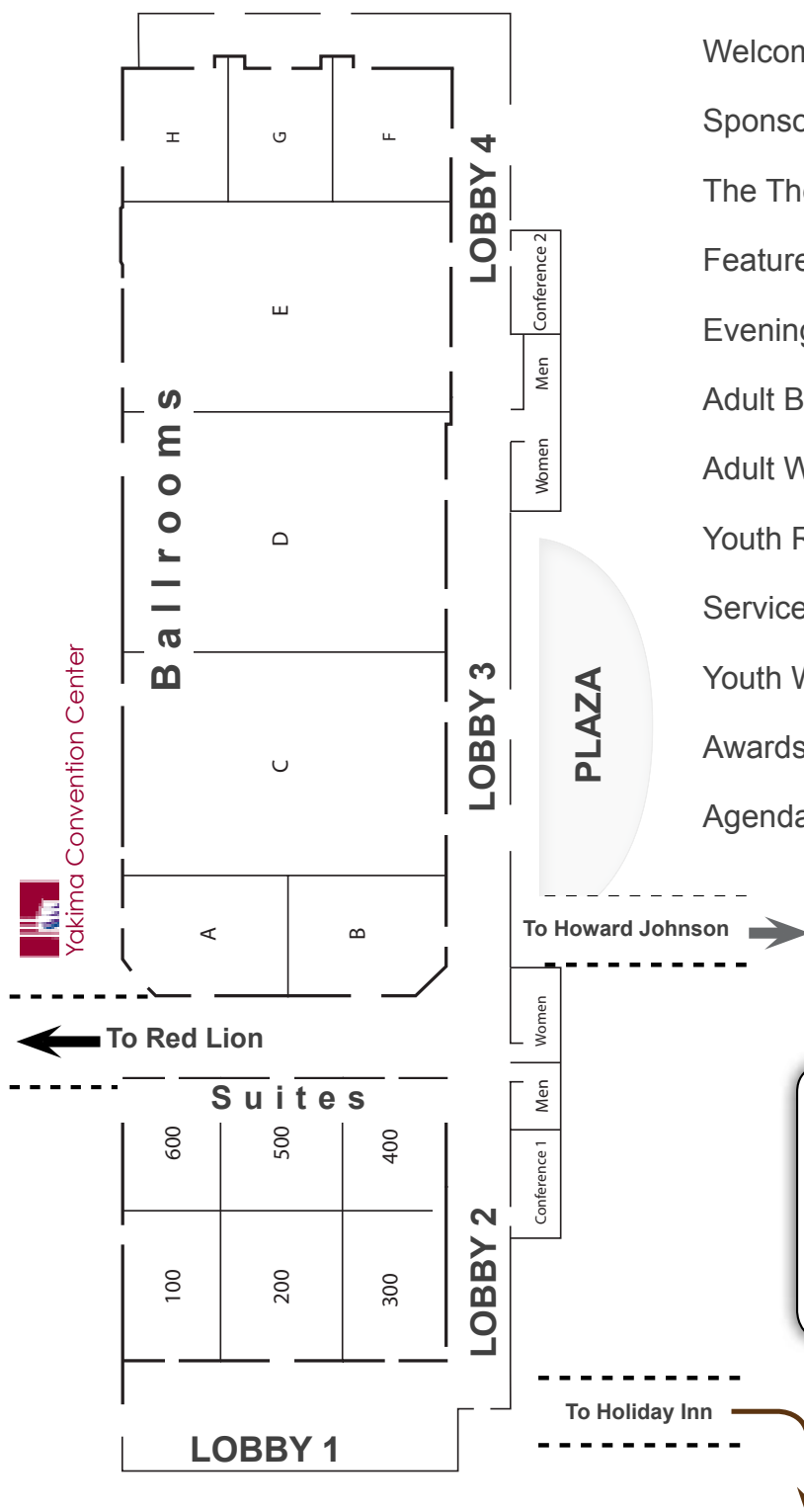



Table of Contents

- Logistics/Planning Committee3
- Welcome.....4
- Sponsors5
- The Theme7
- Featured Speakers8
- Evening Activities.....11
- Adult Bonus Workshops12
- Adult Workshop Sessions.....13
- Youth Revolving Workshops.....18
- Service Learning Projects.....19
- Youth Workshops.....20
- Awards/Exhibitors23
- Agenda at a Glance..... Back Page



CASAT
Center for the Application of
Substance Abuse Technologies
University of Nevada, Reno

Conference services provided by the Center
for the Application of Substance Abuse
Technologies (CASAT) | 866.617.2816

Logistics

Internet Access

The Yakima Convention Center offers complimentary wireless internet. No password is required.

Continuing Education Hours (CEHs)

Adult participants can earn up to 15 CEHs for attending the Summit. Participants must sign in each morning at the registration desk. Certificates will be provided at the registration desk on Tuesday following the last session. Visit www.preventionsummit.org for specific information on Continuing Education Hours.

Name Badge Policy

Please wear your name badge throughout the conference. For security and safety reasons all participants must wear their name badges at all times while participating in the Summit; we cannot admit you to sessions or meals without it. Please do not be offended if staff members or volunteers ask you to show your badge. If you have lost your name badge, you may get a replacement at the registration/check-in desk.

Raffle Prizes

You will have an opportunity to win raffle prizes throughout the conference during plenary sessions. Raffle prizes include gift certificates and other great donations. Please listen for the number on your raffle ticket, located in your name badge, during plenary sessions.

Presentation Handouts and Resources

Participants may download presentation handouts and resources from the conference website. Downloads will be added to the conference website as presenters make them available, in alphabetical order of the last name of the presenter. A link will be made available to handouts from the homepage: www.preventionsummit.org

Security Services

Security at the Summit is provided by Norm Wold and Ross McDowell. An emergency number for security will be placed in your name badge holder.

DJ Services

Music and audio will be provided by DJ Riceman, Owner, All About Music.

Planning Committee Members

Cristal Connelly, Division of Behavioral Health and Recovery, Conference Chair

Ivon Urquilla, Division of Behavioral Health and Recovery, Youth Sub-Committee Chair

Julia Greeson, Division of Behavioral Health and Recovery, Awards Sub-Committee Co-Chair

Kristin Murphy, Division of Behavioral Health and Recovery, Awards Sub-Committee Co-Chair

Gerry Apple, Washington Traffic Safety Education Association

Miae Aramori, Pierce County Health Department

Crystal Church, Kittitas County Community Network and Coalition

Georgeana Cook, Lopez Island Prevention Coalition

Violeta Cortez, Quincy CTC

Paul Davis, Department of Health

Jennifer Dorsett, Prosser CIA/Pasco Discovery Coalitions

Hector Farias, Safe Streets

Nancy Fiander, Mt. Adams High School

Derek Franklin, Washington State Substance Abuse and Violence Prevention Coalition

Gwen Fraser, Healthy Empowered Youth! (HEY!)

Cheryl Golouch, King County Prevention

Dixie Grunfelder, Office of the Superintendent of Public Instruction

Janelle Guthrie, Office of the Attorney General

Peggy Gutierrez, Coalition for Youth and Families, Dayton

Meja Handlen, Educational Service District 113/Handlen Consulting

John Houston, Puget Sound ESD/Garfield High School

Erin James, Coalition Director, Quincy CTC

Cathy Kelley, Educational Service District 105

Jason Lewis, Lakeside Milam Recovery Centers

Beatriz Mendez, Lewis County Public Health and Social Services

Mark Nelson, Department of Social and Health Services, Children's Mental Health Services

Cathy Nguyen, Safe Streets

Roger Rothman, University of Washington

Mary Segawa, Liquor Control Board

Tiana Townsend, Division of Behavioral Health and Recovery, Intern

Rachelle Underwood, Evergreen Council on Problem Gambling

Jonna VanDyk, Washington Traffic Safety Commission

Scott Waller, Division of Behavioral Health and Recovery, RUaD

Liz Wilhelm, Seattle Central Community College

Alan Zeuge, Prevention Specialist Certification Board of Washington



Stay connected on Facebook ■ Washington State Prevention Summit

www.PreventionSummit.org



STATE OF WASHINGTON
 DEPARTMENT OF SOCIAL AND HEALTH SERVICES
 Aging and Disability Services
 Behavioral Health and Service Integration Administration
 Division of Behavioral Health and Recovery
 P.O. Box 45330, Olympia, WA 98504-5330

October 21, 2013

Dear Prevention Professionals and Youth Leaders:

Welcome to the 29th Annual Prevention Summit. "Stand Up... Stand Out... Choose Health!" We are excited to offer this opportunity to gather with those working in our State toward the success and health of youth, families and communities.

The prevention community in Washington State has been meeting annually since the early 1980s. Despite changes over time in name, location and planning leadership, the spirit of the annual Summit remains 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.

The goal of the 2013 Prevention Summit is to provide an enriching and culturally competent training and networking opportunity for youth, volunteers, and professionals who are working toward prevention of substance abuse, violence, and other destructive behaviors. The Summit will also address integration of prevention efforts with primary healthcare and mental health promotion. We want to reach highly experienced youth and adults as well as those who are new to prevention, and continue to build on our foundation of success in Washington State.

At the Summit, you will have the opportunity to hear from youth and adult leaders in our field. You will hear presentations from experts on the challenges they have faced in this work and successful strategies for continuing to create amazing results. We encourage you to take the time to network with one another and learn how you can strengthen your prevention efforts and determine how you will Stand Up... Stand Out... and Choose Health while at the Summit.

We would like to thank those on the Summit Planning Committee who have worked hard all year to create a program that addresses our current challenges, and provides compelling strategies to successfully move into the future through inspiration and innovation.

We hope you enjoy our program!

Sincerely,

Chris Imhoff, LICSW
 Director

The Prevention Summit is presented by the Washington State Division of Behavioral Health and Recovery.

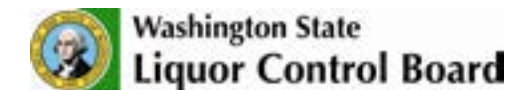


BHSIA Behavioral Health and Service Integration Administration

Platinum Sponsor



Bronze Sponsors



Specific Sponsors

Thank you to Lewis County Public Health and Social Services, Handlen Consulting, Inc. and multiple Washington State Youth Teams for donating towards the youth raffle.

Supporting Agencies and Partners

- | | |
|---|---|
| Educational Service District 105, 113, 123 | Safe Streets |
| Evergreen Council on Problem Gambling | Shelton High School Students Against Destructive Decisions (SADD) |
| Handlen Consulting, Inc. | Washington Association for Substance Abuse and Violence Prevention (WASAVP) |
| King County Alcohol and Other Drug Prevention Program | Washington State Department of Health |
| Kittitas County Community Network and Coalition | Washington Drug Free Communities Coalition of Coalitions |
| Lewis County Public Health and Social Services | Washington State Office of the Attorney General |
| Lopez Island Prevention Coalition | Washington Traffic Safety Education Association |
| Mercer Island Communities That Care Coalition | Washington Traffic Safety Commission |
| Office of Superintendent of Public Instruction (OSPI) | University of Washington |
| Pierce County Health Department | |
| Prevention Specialist Certification Board of Washington | |
| Quincy Communities That Care | |

Conference Volunteers

Kathreen Absuelo | Dawn Bass | Airely Beltran | Irene Estrada | Braulio Garcia | Adam Halvorsen | DJ Hammer | Jason Lewis | Ricardo Mendez | Luis Perez | Jennifer Velotta | Mary Wysocki



EVERGREEN
council on problem gambling

CONGRATULATIONS WASHINGTON STATE PREVENTION SUMMIT ON A STAND-OUT EVENT!

The Evergreen Council on Problem Gambling is proud to be a Prevention Summit sponsor and partner in making a difference throughout Washington.

PARTNERSHIPS MAKE PREVENTION PROGRAMS A SUCCESS!

- **STAND UP:** Get involved and make a difference!
- **STAND OUT:** Apply for a Youth Problem Gambling & the Arts Grant and share your best prevention messages with your peers!
- **CHOOSE HEALTH:** Know the real score about gambling and problem gambling.

Visit us online for complete information on all programs and services.

www.evergreencpg.org

HELP STARTS HERE ► 800.547.6133

You Stand Up...Stand Out...and Choose Health

when you talk to kids about making healthy lifelong decisions. You **Stand up...** **Stand Out...and Choose Health** when you associate yourself with friends who don't drink or use drugs. You **Stand Up...Stand Out...and Choose Health** when you encourage younger peers to "do the right thing." You **Stand up...Stand Out...and Choose Health** when _____(fill in the blank)!!!

The theme of the 2013 Prevention Summit is "**Stand Up...Stand Out...Choose Health.**"

The Prevention Summit Committee assisted in creating and developing this theme based on feedback from previous years – from our participants! The Committee is comprised of a number of state, county and community-based professionals who work to address substance abuse prevention. During the brainstorming process, two of the biggest issues came to mind: Initiative 1183 (Alcohol Prioritization) and Initiative 502 (Marijuana Legalization). The Committee wants youth to be empowered to "**Stand Up**" against such issues; "**Stand Out**" and use their voice to advocate; and no matter what the laws say they can always "**Choose Health**" over substances such as alcohol, tobacco and marijuana.



As for the "Zebaphant" with the apple...? The elephant represents the **Stand Up** (standing strong and firm like an elephant), **Stand Out** (zebra stripes on an elephant) and **Choosing Health** (the popular Washington state fruit – the apple). The Zebaphant also represents difference, uniqueness and individuality. These are things that we strongly encourage our Summit attendees to



embrace as well – so **Stand Up, Stand Out and Choose Health.** We hope that you find this theme inspires and motivates you in the next year!

Monday, October 21

Stand Up - Stand Out - Choose Health



Maketa Wilborn Master of Ceremonies

Maketa (pronounced Ma-kay-ta) is a national organizational development consultant, trainer and educator. He has a passion for building intentional and engaged communities through his innovative and integrated approach. Maketa's approach is grounded in appreciative inquiry, experiential learning and visual mapping and he works from the belief that creating and sustaining exceptional relationships is the core of successful outcomes.

Maketa is also the co-founder of the New Wilderness Project, a youth-focused leadership and diversity program. He is also the Northwest Regional Director of X8 Interactive Drumming.



Teddy McCullough Youth Co-Emcee

Teddy has a passion for motivating the youth of our nation, and of other nations, to start making their communities better by addressing the issues that they have found are affecting their communities.

At an early age, Teddy began to realize the impact of drugs and alcohol on his family as well as his community of Lopez Island, Washington. Feeling a need to help other youth with similar experiences, he decided to join a group of citizens to build the Lopez Island Prevention Coalition. As a freshman in high school, Teddy attended the Washington State Prevention Summit where he was empowered to help start a youth coalition called the "Drug Related Education and Awareness Mentors (DREAM) Team." The DREAM Team, a peer leadership organization, is dedicated to the prevention of destructive decisions among teens such as underage drug and alcohol use, impaired driving, teen violence and suicide. He later created the San Juan County Youth Council which works with local, county and state governments to ensure youth voices and ideas are heard.

Currently a Junior at American University, Teddy is serving as an intern at the White House Office of National Drug Control Policy (ONDCP) and is also standing for election for School Board on Lopez Island in Washington State.



Reina Almon, Miss Washington 2013 Youth Co-Emcee

Reina Almon is a 21-year-old Government major at Eastern Washington University. As a state titleholder in the Miss America Organization, Reina's blog is focused around the four points of the Miss America crown: style, scholarship, service and success. Under these categories you will find her experiments with fashion and her DIYs, as well as updates on her volunteer work. She volunteers with a number of organizations, but focuses much of her work on promoting her platform "Sustainability: Impacting Tomorrow, Today," which focuses on revitalizing our environment and living "green" lifestyles. For more information, visit <http://reinas-reign.blogspot.com>.



Adult Keynote | 9:00-10:15 a.m. | Ballroom AB

Jason R. Kilmer

Jason R. Kilmer, Ph.D., Research Assistant Professor, Psychiatry and Behavioral Sciences and Assistant Director, Health and Wellness for Alcohol and Other Drug Education, Division of Student Life, University of Washington

Dr. Jason Kilmer received his Ph.D. in Clinical Psychology from the University of Washington (UW) in 1997, and currently works at UW in both a student affairs and a research capacity. Dr. Kilmer is a Research Assistant Professor in Psychiatry and Behavioral Sciences, and serves as an investigator on several studies evaluating prevention and intervention efforts for alcohol and other drug use by college students. He is also the Assistant Director of Health and Wellness for Alcohol and Other Drug Education in the Division of Student Life, working with different areas across campus (including health, counseling, Greek life, residence life, and athletics) to increase student access to evidence-based approaches. Dr. Kilmer also serves as the chair of the College Coalition for Substance Abuse Prevention.



Adult Keynote | 1:30-2:15 p.m. | Ballroom AB

Leslie R. Walker

Leslie R. Walker, M.D., Chief, Division of Adolescent Medicine; Director, Leadership of Education in Adolescent Health (LEAH) and Professor, Department of Pediatric, University of Washington

Dr. Leslie Walker is a Professor of Pediatrics and Chief of the Division of Adolescent Medicine at the University of Washington and the Seattle Children's Hospital. She is the Co-Director of the Seattle Children's Adolescent Substance Abuse Program (ASAP). Her research has been focused on adolescent risk behaviors spanning adolescent substance abuse and ADHD to adolescent pregnancy prevention. She recently was funded as the Director of the Leadership Education in Adolescent Health interdisciplinary training program, UW LEAH, funded by the Maternal and Child Health Bureau.

Tuesday, October 22



Youth Keynote | 8:00-9:00 a.m. | Ballroom C

Jason Roberts

Jason Roberts, Co-Creator, The Better Block

Jason Roberts is a musician, restaurant owner, community activist and urban quality consultant from Dallas, Texas. In 2006, Jason formed the non-profit Oak Cliff Transit Authority which returned a long shuttered streetcar to the southern sector of Dallas. In 2010, he began developing a series of "urban acupuncture" projects called The Better Block, which took blighted and vacant blocks in his community and began rapidly transforming them with cafes, flower shops, book stores, art galleries, bike lanes, outdoor seating and street life over a weekend. The Better Block book has gone on to become an international movement occurring everywhere from Sydney, Australia to Tehran, Iran. His work has been featured in the New York Times, Dwell magazine, TED Talks and National Public Radio, and in 2012, Jason's consulting firm, Team Better Block, was showcased in the U.S. Pavilion at the 2012 Venice Biennale.

Adult Keynote | 8:15-9:30 a.m. | Ballroom D



David Dickinson

David Dickinson, M.A., SAMHSA Regional Administrator

David A. Dickinson, M.A., has over 30 years experience in the field of behavioral health, working in clinical service delivery as a counselor, program manager, and agency director, as well as serving in leadership positions in state government in Kansas and Washington. His clinical career also included service delivery in California, Colorado, and Oregon. Prior to his position as Regional Administrator for Region X, David served as the Director of the Division of Behavioral Health and Recovery (DBHR) in the Department of Social and Health Services, State of Washington, where he had been posted since April 2009. David has held positions as the First Vice President of the National Association of State Alcohol and Drug Abuse Directors (NASADAD), as well as being an at-large member of the Board of Directors of the National Association of State Mental Health Program Directors (NASMHPD).

Closing Keynote | 11:30 a.m.-12:45 p.m. | Ballroom CD



Jennifer Lynn Adams

Jennifer Lynn Adams, Ms. Wheelchair America and Miss Wheelchair Washington

Platform Focus: To spread the message of acceptance and awareness to businesses, schools and legislators in America and demonstrate to everyone that having a disability is cool!

Jennifer is an accomplished woman. She has a B.A. in Psychology from Pacific Lutheran University, a certification in Radio Broadcasting, and a Master's degree in counseling from Faith Seminary. While she went to school, she worked in corporate settings. After receiving her Master's degree, she worked at the Tacoma School of the Arts as an advocate for students with disabilities.

"I (or We) Stand Up...Stand Out... and Choose Health when

Prevention Specialist Certification Board of Washington

Become an
APP or CPP
Today!

As the field of prevention expands, Associate Prevention Professionals and Certified Prevention Professionals are increasingly in demand. Obtaining the APP or CPP credential may help with gaining access into the field of prevention and advancing professionally in the field.

-
-
-

Contact us for more information about becoming an APP or CPP!

www.psebw.com

Sunday, October 20, 2013

Team Building Session (Youth Teams)

Ballroom D - 6:30-7:30 p.m.

You will begin the Summit with the Eastern Washington University PEHR Challenge Course, where adults and youth share in the exhilaration of building stronger teams.

Documentary and Discussion:

The BULLY Project (All)

Suites 400/500/600 - 7:30-10:00 p.m.

BULLY is a beautifully cinematic, character-driven documentary. At its heart are those with huge stakes in this issue whose stories each represent a different facet of America's bullying crisis. Filmed over the course of the 2009/2010 school year, BULLY opens a window onto the pained and often endangered lives of bullied kids, revealing a problem that transcends geographic, racial, ethnic and economic borders. It documents the responses of teachers and administrators to aggressive behaviors that defy "kids will be kids" clichés, and it captures a growing movement among parents and youths to change how bullying is handled in schools, in communities and in society as a whole. There will be a facilitated discussion during this viewing.

Monday, October 21, 2013

All activities, except YMCA, will be held at the Yakima Convention Center.

ZUMBA! Come Learn this Latin Style Dance (All)

Suite 500 - 7:30-8:30 p.m.

A fusion of Latin and International music that creates a dynamic, exciting and effective aerobic fitness party without feeling like a workout. This class will blow you away! Learn Meringue, Salsa, Samba, Flamenco, and more in a fun-packed, easy-to-learn choreographed class.

Dancing with the Summit Stars (All)

Ballroom G - 7:30-8:30 p.m.

You, too, could be "Dancing with the Stars!" Come learn the basics of ballroom dancing and how to apply traditional dance to everyday, contemporary music. Paul and Pollie, owners of Mousai Studios in Tacoma, Washington, will guide you in learning some of the basic steps of Swing, Rumba, Salsa, Cha Cha and more!!!

Monday, October 21, 2013

Crafts & Games (Youth Teams)

Suite 400 - 7:30-10:00 p.m.

Enjoy working with crafts in general, as well as specific art and style. Miss Washington, Reina Almon, will host a "Back to School Room Decorating DIY session" from 7:30-8:30 p.m. Following this, Kathreen Absuelo will illustrate the art of origami.

Professional Networking Soirée (Adults)

Ballroom F/G - 7:30-9:30 p.m.

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 with support from the Prevention Specialist Certification Board of Washington.

YMCA (Youth Teams)

5 North Naches Avenue Yakima, WA 98901

7:30-9:00 p.m.

Basketball, Dance Dance Revolution, foosball, pool, ping-pong, air hockey, and Wii! Please sign up at the Service Learning Station to attend YMCA activities and meet in Lobby 2 near Suite 400 in the hallway. Security will be available to walk groups to/from the YMCA, if desired.

Popcorn and a Movie (All)

Ballroom C - 7:45-10:00 p.m.

What a great way to end a long and fun-filled day. Yummy popcorn and a movie with friends.

Dance! Dance! Dance! (Youth Teams)

Suite 500/600 - 8:30-10:00 p.m.

After a long day of learning, you deserve a dance break! Join DJ Riceman to end the day with the latest music and exciting show full of black lights, bubbles and glow in the dark necklaces! This will be a dance you don't want to miss!

Do You Want to Be a Rockstar? (All)

Ballroom A/B - 8:30-10:00 p.m.

Musical jam session and training on production lighting equipment with Kevin Gutierrez.



Sunday, October 20, 2013 / 1:15-4:00 p.m.

The Realm of Media: From Broadcast to Social Media (Part I) Suites 100-600

LaDonna Coy, MHR, CPS, CDLA, Owner/Founder, Learning Chi, Inc.; Beth Wilson, CEO, B Here Today

What does "media" mean these days? We have traditional media sources, for example, television, newspapers, magazines, and newsletters. Then we have the plethora of social media platforms and apps from Facebook to Google+ and Twitter to Foursquare. What does each have to offer and why are both so often important? How do we choose, use and leverage these tools effectively? Moreover, how do we think about these forms of media and use them appropriately to meet our goals and outcomes? This workshop will explore these questions and provide the primary keys (actions) to exercising influence in an increasingly networked world.

The Realm of Media: From Broadcast to Social Media (Part II) Suites 100-600

LaDonna Coy, MHR, CPS, CDLA, Owner/Founder, Learning Chi, Inc.; Beth Wilson, CEO, B Here Today

Social media is participatory media and provides a method for developing relationships, making connections and exercising influence as you network for change. In this half of the workshop participants will apply the formula for influence that helps with the choice and use the realm of media to meet goals and outcomes. Participants will also consider how and where to connect, engage and build a network. Lastly, participants will leave with a few lightly sketched ideas ready for planning and development.

Monday, October 21, 2013 / 10:30 a.m.-12:00 p.m.

Practical Enforcement of Underage

Room A/B

Drinking Laws in Rural Communities

Erin James, Coalition Director, Quincy Communities That Care; Stacey Okland, Program Coordinator, Okanogan County Community Coalition; Carolyn Pence, Prevention Specialist, Grant County Prevention and Recovery Center; Juliette Pia, Community Coalition Coordinator, Rainier Community Cares and Tenino/Bucoda Healthy Action Team; Jessika Roe, Community Coalition Coordinator, Cascade Prevention Coalition; Melissa Sexton, Program Specialist, Pacific County Health and Human Services; Dianne Swanson, Community Coalition Coordinator, Castle Rock CARE Coalition; Officer Jennifer Yzaguirre, Community Service Officer, Oak Harbor Police Department

This workshop will be of interest to coalitions in rural communities that are looking to implement enforcement-based environmental strategies. This energizing, interactive workshop features representatives from eight communities that will share their experiences with using multiple prevention strategies involving law enforcement, media, and local policy. Attendees will leave with tangible information on available resources and tools; as well lessons learned that you can apply in your own community. If interested in enforcement-based environmental strategies, this workshop is for you.

Effective Communication:

Room F

A Key to Successful Collaboration

Clinton Taylor, Life Skill Professional, Associate Prevention Professional, Speaker, Right State of Mind

After completing this workshop participants will be able to: describe the importance of positive, effective communication and collaborations; list and describe the five major steps involved in effective communication to establish collaboration; determine if collaborations are necessary; and, learn about the basic principles that will make them successful.

Social Media and Free Range Learning:

Room G

Empowered Communications

LaDonna Coy, MHR, CPS, CDLA, Owner/Founder, Learning Chi, Inc.

From whom do you learn, and where do you share what you have learned? This workshop provides an opportunity for you to consider establishing a strategic personal and professional online presence, tap into the free range learning environment, as well as use connections with others via social media to enhance your knowledge, skills and overall work in the community.

Risk and Protective Factors for Optimal Mental Health:

Room H

Perspectives of a Neuroscientist and Neuroepidemiologist Gone Woo Woo

Tina Huang, Ph.D., Holistic Healer for a Happy and Healthy Brain, LifeLong EnerJoy

What risk factors are the most common for substance abuse, violence and other risk seeking behaviors? Is it all due to emotional abuse and neglect, poverty and the influence of peers? Or are there other factors that affect the behavior of an individual? This workshop will discuss the ecological model of risk factors that predispose a person to risk seeking behaviors as defined by SAMHSA, relatively unknown risk factors at the individual level that interfere with our mental health, our brain development and our ability to function optimally, as well as the latest perspective on inherited risk factors and their relevance to prevention. Lastly, this workshop will cover ways to integrate what participants have learned about prevention strategies.



LAKESIDE-MILAM RECOVERY CENTERS

**Effective, Affordable Alcohol & Drug Treatment
Inpatient & Outpatient Programs**

NATIONALLY RECOGNIZED & UNIQUE PROGRAMS FOR:

- **Adults**
- **Adolescents**
- **Family Members**

- Free services to assess the problem
- State licensed and CARF accredited
- 24-hour admitting and counseling
- Covered by most health insurance
- Gender specific groups
- Medical detoxification

800-231-4303

www.lakesidemilam.com

**Nine outpatient centers, adolescent and adult detox, residential,
and long-term care in the Puget Sound area since 1983**

Monday, October 21, 2013 / 2:30-4:00 p.m.

Seattle Children's Hospital's Adolescent Substance Abuse Program: A Comprehensive Approach to Youth Substance Abuse Room A/B

Kelly Kerby, LMHC, CDP, Adolescent Substance Abuse Program, Division of Adolescent Medicine Seattle Children's Hospital; Inga Manskopf, B.S., Prevention WINS Coordinator, Seattle Children's Hospital, Division of Adolescent Substance Abuse Program; Leslie Walker, M.D., Co-Director, Adolescent Substance Abuse Program Chief, Seattle Children's Hospital, Division of Adolescent Medicine

An integrated model of community youth substance abuse prevention, early intervention in a middle school, and outpatient treatment will be described as individual programs, as well as coordinated models of care. Evidence of successful outcomes at the community, school and hospital levels for prevention, intervention and treatment will be presented.

Carousels for Coalitions: Strategies for Using Data to Inform Decisions Room H

Wendi Gilreath, CPP, Program Manager, PSESD

Participants will participate in a "data carousel" and hear how this protocol is being used by OSTOP (Orting Standing Together On Prevention) to guide the process of program planning and decision making.

Power of Parents Training – A Training for Facilitators Room F

Mary Segawa, M.S., Program Manager, Washington State Liquor Control Board

Are you looking for a short program that you can provide for parents that would give them tools on how to talk with their teens about alcohol? We all know that parents are the number one influence on a young person's decision whether or not to drink, but how do we help parents do this without having them attend a lengthy parent education course? The "Power of Parents, It's Your Influence," developed as a joint effort of MADD and Dr. Robert Turisi, is a 30-minute program that can easily be inserted into town hall meetings, PTA events, and other activities where parents gather. The program includes a comprehensive handbook to take home. This workshop will serve as a training for facilitators who will then be authorized to present the 30-minute session in their communities.

Thanks to funding from the Washington Traffic Safety Commission, facilitator guides, as well as course materials, will be available for trained facilitators.

Strategies and Solutions to Effectively Addressing Youth Access and Availability of Alcohol (and Cannabis) Room G

Darin Erickson, Ph.D., Assistant Professor, University of Minnesota

As alcohol becomes more available to youth, use and problems increase. Fortunately, there are a number of effective policies and strategies for reducing access and problems. Participants will hear highlights of this research in this workshop, focusing on specific strategies and how to implement them in a community. Finally, there will be the opportunity to discuss the application to the changing cannabis environment.

Monday, October 21, 2013 / 4:15-5:45 p.m.

Strengthening Communities from the Inside Out Room H

Daniel Webster, M.S., Training and Development Manager, Discover U

This workshop is meant to empower the listening group collectively as part of the prevention movement. Webster will cover a brief historical background and clear definition, and a deep sense of how/where kids get lost and how they can find their innate health and the foundation of good decision making and sound judgments. Exercises included give a taste of the intervention used by Discover U.

Win More Grants: How To Sustain and Grow Your Prevention Program Room G

Martina Coordes, M.B.A., CPP, Drug Free Communities (DFC) Grant Program Coordinator, Pend Oreille County

The purpose of this workshop session is to empower participants to sustain and grow their prevention programs and to provide new techniques and strategies for finding new sources of funding. Key learning objectives will include: one hundred places to research prevention grants; the top five ways to access new prevention funding; tools to use to track opportunities and deadlines; four requirements for an effective Problem Statement; and, how to create the WOW factor to Win More Grants.

Prevention on a Shoestring Budget: Creating a Response to ACEs in My Community Room A/B

Joe Neigel, Prevention Coordinator, Snohomish County Human Services and Monroe Community Coalition

Spend a workshop learning how to provide an engaging, entry-level Adverse Childhood Experiences Study (ACES) presentation in your community. In this workshop, participants will pair the ACES research of Dr. Robert Anda and Dr. Vincent Felitti with the Evidence-Based Prevention Kernels research of Dr. Tony Biglan and Dr. Dennis Embry in order to create custom presentations that inform and empower an audience – whichever audience you're trying to reach! This presentation will review ACES research, show how you can demonstrate the impacts of a known ACE score of 1 using Healthy Youth Survey data, and explore low or no cost research-based prevention strategies you can advocate for to interrupt the ACE trajectory at all levels of the community.

Building Better Blocks Room F

Jason Roberts, Co-Creator, The Better Block

The "Better Block" project is a demonstration tool that rebuilds an area using grassroots efforts to show the potential to create a great walkable, vibrant neighborhood center. The project acts as a living charrette so that communities can actively engage in the "complete streets" build out process and develop pop-up businesses to show the potential for revitalized economic activity in an area. Better Blocks are now being performed around the world, and have helped cities rapidly implement infrastructure and policy changes.

Tuesday, October 22, 2013 / 9:45-11:30 a.m.

The landscape has changed in Washington, and we need to “up our game” to meet the challenges brought on by deregulation and greater availability of alcohol in our communities and the legalization of marijuana. During these forum discussions panel members representing communities within rural, as well as urban settings, will discuss their experience in addressing these tough issues and help to empower communities to find meaningful solutions to addressing such within their communities. Attend one Forum and have a partner from your community attend the other, so you don't miss the opportunity to hear from these innovative “movers” and “shakers” of Prevention Communities throughout Washington State!

Topics include, but are not limited to: Community assessments, working with retailers, social host ordinances, advocacy efforts, awareness and education initiatives, engaging hard to reach sectors, strategic partnerships with policy makers and community leaders, innovative collaborations, and successful examples of meaningful partner engagements.

Forum I: I-1183

Room B

Addressing Alcohol Issues Within Our Communities

Moderator: Meghan Sullivan, Acting Executive Director, Thurston TOGETHER!

Panel Members: Mary Segawa, Alcohol Awareness Program Manager, Liquor Control Board; Andi Ervin, Co-Program Director, Okanogan County Community Coalition; Liz Wilhelm, Professor, Seattle Central Community College/University of Washington; Anna Marie Dufault, Drug Free Communities and Community Prevention and Wellness Initiative Coordinator, Safe Yakima Valley

Forum II: I-502

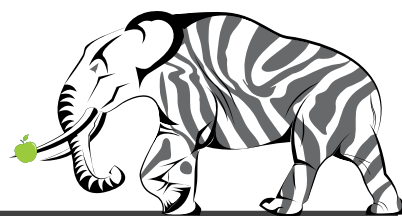
Room F/G

The Prevention Communities Response to Marijuana Legalization

Moderator: Derek Franklin, Project Director, Mercer Island Communities That Care Coalition

Panel Members: Steve Freng, Prevention and Treatment Manager, NW HIDTA; Inga Manskopf, Prevention WINS Coalition, Seattle; Ramona Leber, Washington Association for Substance Abuse and Violence Prevention; Mike Graham-Squire, Manager Youth and Health Services, Seattle Neighborhood House

“I (or We) Stand Up...**Stand Out**...and Choose Health when _____.”



3 Reasons...

...why you must stop by the RUaD table:

1
LDTL



Learn more about what's planned for "Let's Draw the Line" in 2014.

Complete a short feedback survey to help shape the campaign.



2
Bookmarks



Brochures are also available.

3
Tools*



Resources for you and your group:

- ⇒ Social Host Ordinances
- ⇒ Alcohol Poisoning Good Samaritan Law
- ⇒ Advertising Awareness

Plus...
Communication Toolkits to help you involve faith community, retailers and service clubs.

* Sorry. No actual toolboxes will be given away.

Monday, October 21, 2013 / 9:00 a.m.-12:00 p.m.

**Each workshop repeated at the following times:
9:00-9:50 a.m., 10:00-10:50 a.m., 11:00-11:50 a.m.**

All youth will attend the following three workshops.
Each team will decide in which order they wish to participate.

Understanding Marijuana Inside and Out

Suite 400

Jerry Blackburn, B.A., CDP, Director of Early Recovery Services, Lakeside-Milam Recovery Centers

Is it a medication? Is it a recreation drug? Is it legal? Who can sell it? Who can use it? Is it harmful? With recent legalization of marijuana for recreational use and discussion of its use as a medication, who wouldn't be confused? Let's explore these questions together and gain an idea of how cannabis use affects an individual holistically.

Media Workshop

Suite 500

*Annemarie Michaels-Plumpe, M.A., Health Teacher/Career and Technical Education, Seattle School District/
Nathan Hale High School*

Did you know??? There are 33 million teenagers in the U.S., the largest generation ever! Did you know??? Teens are exposed to an estimated 3,000 advertisements per day - 10 million by the time they are 18! Did you know??? Each year U.S. teens spend an estimated \$100 billion and have influenced others to spend an additional \$50 billion. There is a larger teen population today than ever before, and due to the significant increase of media outlets, teens are exposed to many more media influences than in previous years. There are many entities that encourage youth, and even try to manipulate them, to buy into their products. Some are positive, but others can have serious life-long consequences. This workshop will help increase participants' awareness regarding advertising and strategies used to "get youth to do what 'they' want them to do!"

Youth Taking Charge!

Suite 600

Racie McKee, M.B.A., Project Director/Grant Writer, Omak School District

Learn to identify problems that need new solutions, find adults to help navigate the process, develop and present your message or proposal, and persevere to a conclusion. You CAN be the change!

"I (or We) Stand Up...**Stand Out**...and Choose Health when _____."

 Stay connected on Facebook ■ Washington State Prevention Summit
www.PreventionSummit.org

Monday, October 21, 2013

1:15-3:05 p.m. - Green Group / 3:15-5:05 p.m. Gray Group

Board buses outside Lobby 4 to travel to project site. Be there 10 minutes earlier than departure time!

On Monday, October 21, youth teams will be going out into the Yakima community to have a great time participating in a variety of service learning projects, a hands-on approach that teaches and integrates service to the community. 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 onsite during registration. Service project sign-up will be located at the Service Project Station, near the registration/check-in desk. There are four sites to choose from, described below. Please come prepared with your first and second choices as projects will fill up quickly. The sign-up will take place on a first-come, first-served basis.

Only the Team Adult Advisor and Youth should attend the project due to space limitations on buses and at project sites. However, if there is room, any additional chaperones for that group may attend. Youth and Chaperones are advised to wear comfortable clothing and closed-toed shoes for all project sites. Wear clothing that may become soiled or ripped, as you could be working outside and/or with paint! Please load buses with your entire team and be early to load so buses can leave on time.

Northwest Harvest Food Bank

Is your team organized and motivated? If so, this may be the spot for your team! Get a sneak peak at what it takes to run a food bank, and see how much you are helping local families receive nutritious food. Monthly deliveries are made to the Northwest Harvest Food Bank warehouse with products from all over Washington. Teams that choose this site will help serve the local and regional customers by cataloging all the products the food bank has received.

Sunrise Outreach Center

The Sunrise Outreach Center is a Christian humanitarian non-profit organization committed to applying best-practice solutions for hunger, homelessness, and apathy through community mobilization, neighborhood involvement and networked information exchange. The Center serves roughly 1200 weekly food allotments per month and the Clothing Bank is one of the largest in town. At this service site, students will have the opportunity to learn and help organize the Pantry and Clothing Bank that provide services and donations to many people at no cost.

Yakima YWCA

The YWCA is about empowering women and girls - building self-sufficient women, eliminating family violence, embracing diversity and maximizing partnerships. The YWCA is a busy and giving agency that provide many services to the community. The Yakima YWCA has recently gone through some remodeling and youth teams participating at this site will help with projects that give this location an enhanced look and feel!

Barge Lincoln Elementary

This site has a little bit of everything! There will be painting, playing, reading, and landscaping! This is your opportunity to show off your skills in a variety of areas. This site promises to be a fun and rewarding experience. You will be making an elementary school brighter and nicer for little kids to enjoy and play in!



Monday, October 21, 2013

Gray Group - Session I: 1:15-2:05 p.m., Session II: 2:15-3:05 p.m.

Green Group - Session I: 3:15-4:05 p.m., Session II: 4:15-5:05 p.m.

Youth leadership track participants will have the opportunity to participate in two of the three workshops listed below.

ABCs of Life on Communication Suite 400

Clinton Taylor, B.S., Life Skill Professional, Associate Prevention Professional, Speaker, Right State of Mind
At the conclusion of this workshop participants will discover ways on how to communicate effectively with others and also understand how our ABCs (Attitudes, Beliefs, and Choices) play a major role in how well we communicate with others.

What's Your Leadership Style? Suite 500

Jason Lewis, Clinical Coordinator and Counselor Supervisor, Lakeside-Milam Recovery Center
What are your True Colors? How does your color define you? The True Colors Leadership Style workshop provides an enjoyable and easy-to-remember way for youth to explore their own, as well as their peer's distinctive personality traits and leadership styles. Participants will learn to respect and appreciate differences and the ways people function. This translates into better relationships, improved teamwork and more effective communication.

Hooked: Engaging Your Audience Suite 600

Yvette Avila, CHES, Youth Development Specialist, Planned Parenthood of the Great Northwest and Becky George, Community Outreach Educator, Snohomish County
Learn how to become a dynamic presenter with the skills and ability to effectively communicate prevention messages to your audience!

Conference Highlights and Leadership Discussion

October 21, 2013 - 5:15-5:45 p.m.



Bringing It All Together Suites 100-600

Teddy McCullough, Prevention Advocate, Lopez Island; Student, American University
Teddy McCullough will lead a discussion highlighting the importance of serving your community, being a leader, and promoting change in your community.

"I (or We) Stand Up...**Stand Out**...and Choose Health when _____."

Stand Up - Stand Out - Choose Health

Tuesday, October 22, 2013

Session I: 9:10-10:00 a.m., Session II: 10:10-11:00 a.m.

Youth track participants will have the opportunity to participate in two of the six workshops.

College, Life, and Career in the Clear: Suite 400

How to Stay on Track After High School
Janet Estrada, Manager, Pacsun and Meja Handlen, Transition Specialist, ESD 113

Through humor and frank conversation, you will learn some "outside of the box" options to stay sane and sober during your college age years. The idea is for you to have real life knowledge on how to navigate a substance free path after high school ends. Your guides on this mini journey are a high school transition specialist and a store manager for a major fashion retailer. They have seen the good, the bad, and – oh yes – the ugly! Remember, life is all about the choices you make - so get some knowledge before heading to work and college!

Networks for Life: A Peer's Role in Youth Suicide Prevention Suite 500

Celisa Hopkins, Field Coordinator, Youth Suicide Prevention Program
This workshop will showcase the peer-to-peer program and will teach workshop participants how they can get involved in their community to educate and raise awareness of suicide prevention. It will offer practical ideas and strategies to get your school in action!

Prevention from Discovery to Recovery Suite 100

Marcos Sauri, Substance Abuse and High Risk Youth Program Manager, Consejo Counseling and Referral Services; Lensy Cordova, Seattle Youth Violence Prevention Initiative Case Manager, Consejo Counseling and Referral Services; Shane Elmendorf, High Risk Youth Program Case Manager, Consejo Counseling and Referral Services; Oscar Villagomez, High Risk Youth Program Case Manager, Consejo Counseling and Referral Services; Juan Penaloza, High Risk Youth Program Case Manager, Consejo Counseling and Referral Services
This workshop will address identification of the signs of youth gang involvement, touching on aspects pertaining to recruitment and engagement. We will also cover risk factors found in the community, school, home, family, and group peer, as well a description of prevention elements found in the Social Development Strategy (SDS) Model (UW Hawkins and Catalano). Lastly, to close the workshop, there will be an interactive exercise that will allow some of the audience to participate in an illustration/analogy on how the presented risk factors and the preventive elements influence our youth to go in either direction.

Riding Life's Rollercoaster into Adulthood with Resiliency Suite 600

Dan Webster, M.S., Training and Development Manager, Discover U
The purpose of this workshop is to share how understanding about our "state of mind" can easily point us back toward our innate health and resiliency. Exercises and discussions challenge common assumptions in today's culture, assumptions that often have us hold on to habitual thinking that generate stress and anxiety in our daily lives.

Tuesday, October 22, 2013

Session I: 9:10-10:00 a.m., Session II: 10:10-11:00 a.m.

Dream Big! Putting Your Ideas Into Action Suite 300

Georgeana Cook, Executive Director, Lopez Island Prevention Coalition; Della McCullough, Youth Coordinator, Lopez Island Prevention Coalition; Teddy McCullough, Prevention Advocate, Lopez Island; Student, American University

Discover why it is important to dream bigger than you've ever been told, especially when planning a project that promotes prevention in your community. Teddy McCullough, along with others from the Lopez Island Prevention Coalition, will share their success stories and will present successful methods for planning and implementing a community project to participants.

When the News is YOU! Suite 200

Kathy Droke, Assistant Program Manager, Washington Traffic Safety Commission; Mark Medalen, Program Manager, Washington Traffic Safety Commission; Erica Stineman, Communications Specialist, Washington Traffic Safety Commission; Jonna VanDyk, M.A., Program Manager, Washington Traffic Safety Commission

The communications and grant team from the Washington Traffic Safety Commission (WTSC) will conduct a training on how to interact with the news media and recruit media exposure for your prevention projects. The aim of the workshop is to help teens generate publicity in their communities about the important work they are doing to promote prevention and healthy lifestyles. Teens are engaged in many wonderful prevention projects and their larger communities should be made aware of this great work! This workshop will provide participants with the skills to get their message out through their local media. What does it take to sell the media on covering YOUR story? Come and learn.

Adult Team Leader Workshop

Tuesday, October 22, 2013 - 9:15-10:50 a.m.

Motivate Youth to Stand Up...Stand Out...and Choose Health! Room A

Maketa Wilborn, Co-Founder, New Wilderness Project; Northwest Regional Director, X8 Interactive Drumming

In this interactive and engaging adult ally space, we will explore and share best practices for how to motivate youth to live healthy lifestyles and become leaders among their peers. Through an inquiry-based approach that is enlivened by fun, experiential exploration and visual mapping, we will look at the "push/pull" model of engagement and identify the core "pull" strategies that effectively move youth toward healthy choices. Participants will gain new tools for leading groups and new strategies to support the prevention work in their school or organization.



2013 Washington State Exemplary Substance Abuse Prevention Awards

Individuals

- Katie Albaugh**, Exemplary Youth Leadership Award
- Dwight and Janie Ballestrasse**, Substance Abuse Prevention Award
- Ramona Leber**, Lifetime Achievement Award
- Carol Owens**, Lifetime Achievement Award
- Inga Manskopf**, Substance Abuse Prevention Award
- Vicky Marques**, Substance Abuse Prevention Award
- Cathy Schindler**, Substance Abuse Prevention Award

Organizations

- King County Board of Health Subcommittee on Secure Medicine Return**, Substance Abuse Prevention Award
- Reardan-Edwall Communities Alliance for Prevention Coalition RECAP**, Substance Abuse Prevention Award
- Students Helping Each Other (SHEO) Dayton High School**, Exemplary Youth Leadership Award



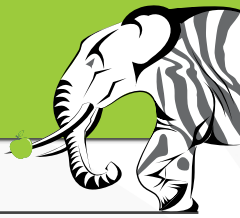
Athena Forum, the website for Prevention Professionals. FREE online trainings! Go to www.theAthenaForum.org.

Exhibitor List

- ADAI Clearinghouse**
www.adaiclearinghouse.org
- Crisis Clinic/Washington Recovery Help Line**
www.warecoveryhelpline.org
- Department of Social and Health Services/Behavioral Health and Service Integration Administration/Division of Behavioral Health and Recovery**
www.dshs.wa.gov/dbhr
- Evergreen Council on Problem Gambling**
www.evergreencpg.org
- Family Works**
www.familyworksinc.com
- Prevention Specialist Certification Board of Washington**
www.pscbw.com
- Lakeside-Milam Recovery Centers**
www.lakesidemilam.com
- Singing Shaman**
www.singingshamantraders.com
- The Brain Injury Association of Washington**
www.braininjurywa.org
- The Moore Center**
www.moorecenterclinic.com
- Tina Huang, Holistic Healer for a Happy & Healthy Brain, LifeLong EnerJoy**
lifelongenerjoy.com
- TOGETHER/Washington Association for Substance Abuse and Violence Prevention (WASAVP)**
www.ThurstonTOGETHER.org
- University of Washington School of Social Work**
<http://socialwork.uw.edu>
- Washington State Coalition to Reduce Underage Drinking (RUaD)**
www.letsdrawtheline.org
- Washington State Liquor Control Board**
www.liq.wa.gov

Schedule At A Glance

Please see pages 8-22 for more information about and location of sessions.



Adult Agenda

SUNDAY, OCTOBER 20, 2013

- 1:15-4:00 p.m. Bonus Workshops
- 4:00-8:30 p.m. Early Registration and dinner on your own
- 4:30-6:30 p.m. DFC/CoC Meeting - Room F/G (Invite only)
- 7:30-9:30 p.m. EUDL Meeting - Room F/G (Invite only)
- 7:30-10:00 p.m. Documentary and Discussion

MONDAY, OCTOBER 21, 2013

- 7:00-8:00 a.m. WASAVP Meeting - Suite 400 (Invite only)
- 7:15-8:00 a.m. Breakfast and Registration
- 8:00-8:45 a.m. Welcome
- 9:00-10:15 a.m. Adult Keynote, Jason R. Kilmer, Ph.D.
- 10:30-12:00 p.m. Adult Workshops Session I
- 12:15-1:15 p.m. Lunch: Movie and Remarks
- 12:15-1:15 p.m. CPP Information Session - Suite 400
- 1:30-2:15 p.m. Adult Keynote: Leslie R. Walker, M.D.
- 2:30-4:00 p.m. Adult Workshops Session II
- 4:15-5:45 p.m. Adult Workshops Session III
- 6:00-7:15 p.m. Awards Ceremony Banquet Dinner
Lieutenant Governor Brad Owen
- 7:30-10:00 p.m. Evening Activities/PSCBW Soiree

TUESDAY, OCTOBER 22, 2013

- 7:15-8:00 a.m. Breakfast and Registration
- 8:15-9:30 a.m. Adult Keynote, David Dickinson
- 9:45-11:30 a.m. Empowerment Forums
- 11:30-12:45 p.m. Lunch and Closing,
Jennifer Lynn Adams, Ms. Wheelchair
America 2014 & Ms. Wheelchair
Washington 2013
- 12:45-1:00 p.m. Evaluations and Certificates
- 1:00 p.m. Conference Adjourned - Drive home safely!

Youth Agenda

SUNDAY, OCTOBER 20, 2013

- 4:00-8:30 p.m. Early Registration and dinner on your own
- 6:30-7:30 p.m. Team Adult Advisor and Chaperone
Meeting (Not necessary if attended conference call)
- 6:30-7:30 p.m. Youth Team Building Activity
- 7:30-10:00 p.m. Documentary and Discussion
- 10:30 p.m. Youth Curfew

MONDAY, OCTOBER 21, 2013

- 7:15-8:00 a.m. Breakfast and Registration
- 8:00-8:45 a.m. Welcome
- 9:00-12:00 p.m. Youth Revolving Workshops
 - 9:00-9:50 a.m. Workshop Session I (Marijuana)
 - 10:00-10:50 a.m. Workshop Session II (Media)
 - 11:00-11:50 a.m. Workshop Session III (Advocacy)
- 12:00-1:00 p.m. Lunch: Movie and Remarks
- 1:15-3:05 p.m. **Service Learning Projects (Green)**
Youth Training Sessions (3) (Gray)
- 1:15-2:05 p.m. Youth Leadership Workshop Session I
- 2:15-3:05 p.m. Youth Leadership Workshop Session II
- 3:15-5:05 p.m. **Service Learning Projects (Gray)**
Youth Training Sessions (3) (Green)
- 3:15-4:05 p.m. Youth Leadership Workshop Session I
- 4:15-5:05 p.m. Youth Leadership Workshop Session II
- 5:15-5:45 p.m. Conference Highlights and Leadership
Discussion, Teddy McCullough
- 6:00-7:15 p.m. Awards Ceremony Banquet Dinner
Lieutenant Governor Brad Owen
- 7:30-10:00 p.m. Evening Activities
- 10:30 p.m. Youth Curfew

TUESDAY, OCTOBER 22, 2013

- 7:15-8:00 a.m. Breakfast
- 8:00-9:00 a.m. Youth Keynote, Jason Roberts,
The Better Block
- 9:10-10:00 a.m. Youth Workshop Session I (6)
- 10:10-11:00 a.m. Youth Workshop Sessions II (6) (Repeated)
- 9:15-10:50 a.m. Adult Team Leader Workshop,
Maketa Wilborn, New Wilderness Project
and X8 Interactive Drumming
- 11:15-12:45 p.m. Lunch and Closing, Jennifer Lynn Adams,
Ms. Wheelchair America 2014 & Ms.
Wheelchair Washington 2013
- 12:45-1:00 p.m. Evaluations and Certificates
- 1:00 p.m. Conference Adjourned - Drive home safely!

Stand Up! Stand Out!
CHOOSE HEALTH

