

2016 Washington State Prevention Summit

Yakima, WA

Washington State
Prevention
summit

November 7 - 8



www.PreventionSummit.org

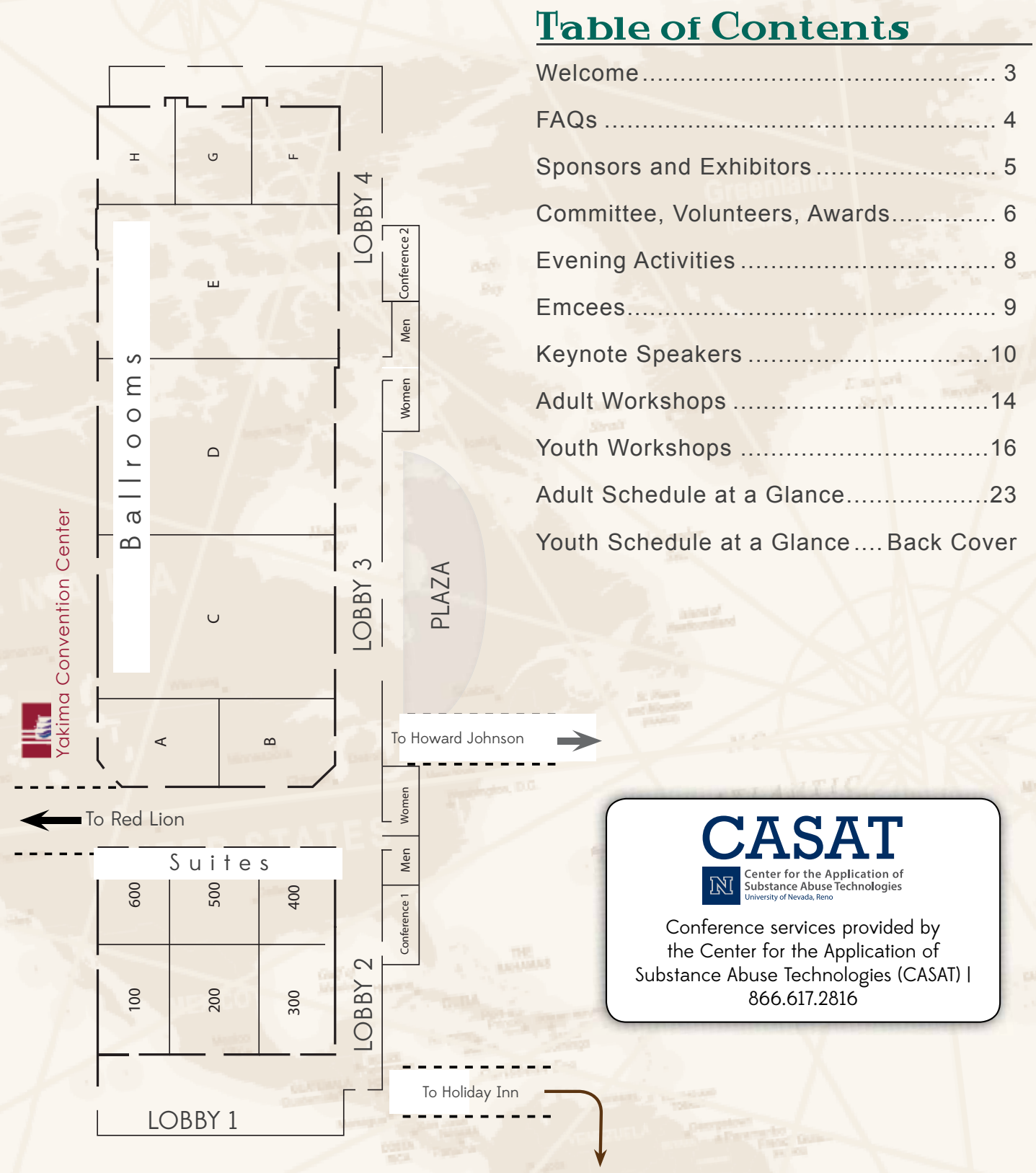


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Substance Abuse Technologies
University of Nevada, Reno

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Washington State
Department of Social
& Health Services

Transforming lives

November 7, 2016

Dear Prevention Professionals and Youth Leaders:

Welcome to the 31st Annual Prevention Summit, “Navigate Your Future!” 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, network with a variety of people, and plan for the future.

The goal of the 2016 Prevention Summit is to provide an enriching and culturally appropriate training and networking opportunity for youth, volunteers and professionals who are working to prevent 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.

Over the next day and a half 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, share and learn from each other’s experience while creating an opportunity to strengthen your prevention efforts.

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. A special thanks to all of the leaders in our state that were and continue to be part of prevention services throughout the past 31 years.

Help us recognize and applaud our prevention workforce as they successfully Navigate Their Future! We hope you enjoy the 2016 program!

Sincerely,



Chris Imhoff, LICSW, Director
Division of Behavioral Health and Recovery

Internet Access

The Yakima Convention Center offers complimentary wireless Internet. The password to access the basic free WiFi is: meetings. The word is lowercase, and without numbers.

Continuing Education Hours (CEHs) and Certificate of Attendance

Adults Sign in Requirement
Adult participants (that is, chaperones and non-chaperone adults) must sign in each day at the registration desk for CEHs.

Adults Certificates
Certificates for adult participants will be received digitally after completing an online evaluation. This includes any adult participant registered as a non-chaperone adult, chaperone or team adult advisor.

Breakdown of CEHs: 14.5
Monday, November 7: 9.75 hours
Tuesday, November 8: 4.75 hours

Youth Certificates
Youth certificates of attendance are provided during check in to the Team Adult Advisors.

Certificate Licensure Approval

The conference has been approved by the Prevention Specialist Certification Board of Washington (PSCBW) and the National Association of Alcoholism and Drug Abuse Counselors (NAADAC) #279.

Evaluations

Adults
Evaluations for adult workshops and the overall conference will be provided via email to the email address in the registration system following the conference. All adult participants will receive an email with a link to an overall evaluation. After completion of the overall evaluation, an email with a link to the certificate will be sent.

Youth
Printed paper evaluations will be available for any participant in a youth workshop. All youth will also have the opportunity to complete the overall evaluation on paper on the final day during the closing session. Please return during this session to volunteers in the general session room.

Nametag Policy

Please wear your nametag throughout the conference. For security and safety reasons, we cannot admit you to sessions or meals without it. If you have lost your nametag, you may get a replacement at the registration/check-in desk. Youth will also be required to wear wristbands at all times.

Lost and Found

The lost and found is located at the main registration desk in the main lobby.

Silence Media Devices Reminder

Please silence all media devices as possible and, as well as courteously vacate a room if a phone call cannot be avoided.

Wear/Bring Layers

Please wear and/or bring layers, as temperatures in large buildings may vary.

Avoid Strong-scented Products

Please keep in mind allergies and sensitivities to others and avoid wearing strong-scented products.

Special Diets

If you have indicated in your registration in advance that you will need to be provided with a special dietary need, the Yakima Convention Center has been notified and has made reasonable accommodations. Please be aware of the fact that the accommodation is devised according to the government per diem pricing, as general meals are. Special meals provided keep in mind various special diets, and no one carrying a special diet coupon may “order” a meal or the ingredients they wish to have in a dish.

Raffle Donations and Sponsored Giveaways

You will have an opportunity to win raffle prizes throughout the conference. Raffle prizes include gift certificates and other great donations. Please listen for your raffle ticket number during plenary sessions. Must be present to win.

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. Please note that some presenters do not provide or have handouts. A link will be made available to the handouts on the website: <http://preventionsummit.org/presentation-downloads/>

Youth Security Services

Security at the Summit is provided by Ross McDowell and Nathan Zoren. An emergency number for security can be found on team nametags.

DJ and Music Services

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

Prevention Summit is presented by:

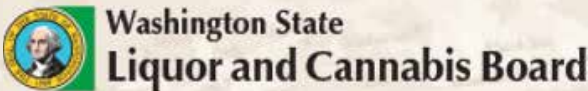


Transforming lives

Platinum Sponsor



Silver Sponsor



Bronze Sponsor



Exhibitor List

Thank you to all of our exhibitors and their representatives for participating in the Prevention Summit!

ADAI Clearinghouse
www.adaiclearinghouse.org

Botvin LifeSkills Training
www.lifeskillstraining.com

Crisis Clinic/WA Recovery Help Line
www.warecoveryhelpline.org

Daybreak Youth Services
<https://daybreakyouthservices.org>

Evergreen Council on Problem Gambling
www.evergreencpg.org

Raquel Eatmon
www.raqueleatmon.com

The Emily Program
www.emilyprogram.com

University of Washington Communities that Care
www.communitiesthatcare.net

Washington State Department of Health
www.doh.wa.gov

Washington State Department of Social & Health Services
www.dshs.wa.gov

Washington State Liquor and Cannabis Board
www.liq.wa.gov

Committee, Volunteers, Awards

Planning Committee Members

- Ivon Urquilla, Department of Social and Health Services, Conference Chair

Julee Christianson, Department of Social and Health Services, Conference Co-Chair

Lisa Stewart, Department of Social and Health Services, Youth Sub-Committee Chair

Gerry Apple, Shelton SADD Club, Youth Advisor

Miae Aramori, Tacoma-Pierce County Health Department

Cristal Connelly, Washington State Department of Health

Jennifer Dorsett, Pasco Discovery Coalitions

Nancy Fiander, Mt. Adams High School

Derek Franklin, Washington State Substance Abuse and Violence Prevention Coalition

Gwen Fraser, Healthy Empowered Youth (HEY!)
- Elizabeth Glavish, Evergreen Council on Problem Gambling

Peggy Gutierrez, Coalition for Youth and Families

Meja Handlen, Lewis County Public Health and Social Services

Erin James, King County Behavioral Health and Recovery Division

Cathy Kelley, Educational Service District 105

Lucilla Mendoza, Department of Social and Health Services

Rita Pinchot, Klickitat-Lyle Against Substance Abuse Coalition

Mary Segawa, Liquor and Cannabis Board

Scott Waller, Department of Social and Health Services

Liz Wilhelm, Seattle Children's Hospital

Conference Volunteers

Thank you to our wonderful volunteers for their time and commitment to the conference!

Dawn Bass, Adam Halverson, Michael Rhine

2016 Washington State Exemplary Substance Abuse Prevention Awards

- Individuals**

Individual awardees are listed in alphabetical order.

Terrie Austin, Exemplary Prevention Professional Award

Rachel Darch, Shelton, Exemplary Youth Leadership Award

Brian Dirks, Outstanding Contribution to Substance abuse Prevention Award

Steven Dorland, Exemplary Tribal Prevention Professional Award

Chris Hendrickson, Exemplary Community Prevention Leader – Media Award

Kelley Matlock, Lifetime Achievement Award

Dianne Swanson, Exemplary Prevention Professional Award
- Organizations**

Organizational awardees are listed in alphabetical order.

Mary Walker, School District Mid-School Washington Drug Free Youth Group, Exemplary Youth Leadership – Group Award

PREVENT Coalition, Exemplary Community Coalition Award

SE Seattle P.E.A.C.E. Coalition, Exemplary Community Coalition Award

SEND IN
YOUR SELFIE
AND WIN A GoPro!

WHAT ARE YOU
PASSIONATE ABOUT?

WHAT GETS
YOU OUT OF BED IN
THE MORNING?

WHATEVER IT IS,
WE WANT TO KNOW!

Send in a selfie video answering the question, "What's important to you and why?" and you could win a free Selfie Stick, appear in a Listen2YourSelfie video, or win a GoPro!

HOW TO ENTER:

- 1) Record a short video (under a minute) of yourself telling us what's important to you and why.
- 2) Go to **Listen2YourSelfie.org/contest** and upload your video.
- 3) Then follow prompts to complete your registration.

Go to **LISTEN2YOURSELFIE.ORG/CONTEST** to get prize information, full contest rules, and see what others have shared!

LAST DAY TO
ENTER IS
DECEMBER 22, 2016

Brought to you by the Washington State Department of Health



Please note that nametags are required for entrance to all activities. Enjoy the events!

Sunday, November 6, 2016

Networking and Ice Cream Social

7:30 – 9:30 p.m. | Yakima Convention Center (Ballroom C)

Enjoy some after-dinner ice cream novelties and music with DJ Riceman! Spend some time with other teams and get to know your fellow prevention community ambassadors.

Monday, November 7, 2016

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

YMCA

7:30 – 9:00 p.m. | 5 North Naches Avenue Yakima, WA 98901

Basketball, Dance Dance Revolution, foosball, pool, ping pong, air hockey, and two Wii stations! Please signup at registration desk to attend YMCA activities and meet in Lobby 2 near Suite 400 in the hallway. Volunteers will be available to walk groups to/from the YMCA, if needed.

Arts and Crafts

7:30 – 9:30 p.m. | Yakima Convention Center (Suite 400)

Enjoy working with all types of arts & crafts.

Popcorn and a Movie

8:00 – 9:30 p.m. | Yakima Convention Center (Ballroom C)

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

Dance! Dance! Dance!

8:00 – 9:30 p.m. | Yakima Convention Center (Suites 500-600)

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, bands, and glow in the dark necklaces! This will be a dance you don't want to miss!



@ Washington State Prevention Summit

Stay connected!

#navigateyourfuture

Adult Emcee



Raquel Eatmon

Raquel Eatmon, CEO, Rising Media LLC, Founder of WoP Conference & ProjectHeard.com, Huffington Post Writer, Former CBS anchorwoman

Entrepreneur, author, and possibility broker, Raquel Eatmon is CEO of the communications company Rising Media LLC and founder of the Woman of Power Leadership Conference in Cleveland, Ohio. Starting out with a promising career in television, she quickly climbed the ranks as an anchor/reporter in top markets. But over time she grew disillusioned with the broadcast news business and left her high-profile position in search of deeper purpose. That purpose became women's empowerment. Eatmon documented her own struggle to overcome rejection and give meaning to her work in Strut Your Stuff: Principles in Purpose, Power, and Position, a resource guide for women seeking to change their lives. She continues to deliver her motivational messages in a national newspaper column, Be Inspired with Raquel, and is a regular contributor to the Huffington Post. Eatmon's latest work includes a digital magazine for achieving women where bloggers explore topics in Leadership, STEM, Entrepreneurship, Wellness and Lifestyle topics. Visit ProjectHeard.com and join in on the conversation.

Youth Emcee



Vincent Perez

Vincent D. Perez, Latinx Leadership, Juvenile Justice, Culturally Responsive Pedagogy, Trauma-Informed Multitiered System of Supports

Vincent Perez has served as the Latino outreach coordinator for Association of Washington Student Leaders' (a division of the Association of Washington School Principals) student leadership program since January 2012, although his involvement began in 1993 when he attended Mt. Baker leadership camp at Cispus representing Kennewick High as senior class president. Vincent has dedicated his vocational life to the art and skill of facilitation. Quality learning experiences that honor the dignity of participants is his first priority. From 2001-2006, he served as Cispus challenge course manager, and for five years he worked in Louisiana in juvenile court mentoring and diversion programs. Vincent earned an AAS in photographic communications at Northwest College and his undergraduate degree from the University of Idaho. He is currently enrolled in the MPA program at The Evergreen State College.

Vincent has practiced experiential education and training for more than 20 years with a focus on student engagement and staff development in the areas of leadership, juvenile justice, trauma-informed care and Latino/a empowerment. In 2004, he founded La Cima (the Summit), a bilingual leadership program. This later led to the middle school program ¡La Chispa! (The Spark!). In partnership with the Office of Superintendent of Public Instruction's Migrant Ed division, he co-founded the credit-bearing Dare to Dream Academies serving high school, migrant youth for a week-long experience in a university setting. Currently, Vincent is organizing partnerships with XITO (Xican@ Institute for Teaching and Organizing) to inform Washinton's conversation on ethnic studies, leading a cross-sector collective impact effort in Lewis County and serving at Green Hill School (state juvenile rehabilitation facility) every Monday as the Latino culture group leader of Group Ollin. Grupo Ollin is exploring Indigenous knowledge and healing ceremonies, examining the impact of toxic masculinity and violence on our lives, and developing a critical thinking approach to criminal justice reform. Vincent and his wife, Kim Jansen, have three teenage sons. In his free time, he enjoys running, playing guitar and practicing yoga nidra.

Adult Keynote | 9:00 – 10:15 a.m. | Ballroom E



Rodney Wambeam

Rodney Wambeam, Ph.D., Senior Research Scientist, Wyoming Survey and Analysis Center, University of Wyoming

Rodney Wambeam, Ph.D. is a Senior Research Scientist at the Wyoming Survey & Analysis Center of the University of Wyoming. Dr. Wambeam was principle investigator of Wyoming's Strategic Prevention Framework State Incentive Grant evaluations and is currently principle investigator of Wyoming's Prevention Block Grant and Partners for Success (PFS) Grant evaluations as well as Oregon's PFS evaluation. He is author of "The Community Needs Assessment Workbook" from Oxford University Press. In his free time, Rodney coaches short track speed skating, organizes Muggle Quidditch games, and acts in his son's movies.

Boomers, Xers, and Millennials: How New Research on Generations Can Inform the Future of Prevention

By 2025, three of four workers worldwide will be members of the Millennial generation. At the same time, most prevention efforts target the young people that make up this generation. Those born between 1982 and 2002 are the largest, most diverse, and potentially most influential generation in American history. This plenary will detail the surprising research on Millennials, contrasting them with previous generations. It will then discuss how these differences can inform prevention efforts in two important ways. First, how does understanding Millennials change how we approach preventing substance abuse, and related problems among them? Second, how will Millennials impact the prevention workforce and how can the prevention community utilize their uniqueness toward better outcomes?

Combined Keynote | 12:30 – 1:15 p.m. | Ballroom CDE



Virginia L. Johnson

Virginia L. Johnson, CSAPC, Co-Founder & Managing Partner, Empowered Ideas

Speaker, Marketing Communications Professional, & Nonprofit Advocate
Virginia is a Certified Substance Abuse Prevention Consultant with a passion for facilitation. She has expertise in strategic planning, organizational development, targeted messaging, communications, and nonprofit sustainability. Virginia also serves on the Board of Directors for the North Carolina Foundation for Alcohol and Drug Studies.



James C. Wong

James C. Wong, Co-Founder & Managing Partner, Empowered Ideas

Speaker, Marketing Communications Professional, Nonprofit Advocate & Social Entrepreneur
James is an instructor, communications strategist, and passionate social entrepreneur. He has pioneered digital strategies and been recognized for his commitment to diversity in leadership. James has served in leadership roles in the National Association of Asian American Professionals and the Triangle Association of Black Journalists.

Social Media Next Practices: Navigating the Everchanging Digital Landscape

Navigating today's digital landscape can be intimidating and challenging, but with the right insight, tools, and understanding of the benefits of social media; organizations, schools, and coalitions across Washington State can empower themselves to effectively reach and serve their communities.

Adult Keynote 1:30 – 2:15 p.m. | Ballroom E



Nancy Fiander

Nancy Fiander, BSN, M.Ed Professional Development, Director of School and Community Programs

Nancy Fiander has spent her life living and working on the Yakama Indian Reservation. Her educational background includes a Bachelor of Science in Nursing and a Master's Degree in Education. She has worked for the Mt. Adams School District for the past 40 years as a School Nurse, Community Coordinator, and currently as the Director of School and Community Programs. Since 2010 she has worked as a PAX Partner Coach at Harrah Elementary working with K-6th grade students and staff on the implementation of PAX in the school, with parents, and in the community. In 2016, Nancy began collaborating with PAXIS Institute on implementing PAX in other Native Communities from the United States and Canada.

PAX...I Better My World, I Better Myself

The PAX Good Behavior Game is a set of trauma-informed prevention strategies that, when employed in the classroom, school, and community teach our children the valuable skill set of behavior and self-regulation. At Harrah Elementary we are implementing PAX K-6th grade including the resource. Come and hear our story.



AnaMaria Martinez

AnaMaria Diaz Martinez, MED, Assistant Professor/Human Development Regional Specialist; Washington State University Extension

AnaMaria Diaz Martinez is an Assistant Professor and Human Development Regional Specialist with Washington State University Extension in the Youth and Families Department. Her office is located in down-town Pasco in Franklin County—one of two minority-majority counties in Washington State. Her research focuses on the development of the family domain through the course of the life span which includes--healthy youth and families, literacy-personal-professional development, teen fathers and parenting, and community engagement and advocacy. She is a state lead for SFP (10-14)'s culturally adapted Spanish language program—Fortaleciendo Familias. She is currently working on two research study grants: a Federal USDA and AFRI research study focused on childhood obesity prevention through energy regulation of Latino preschool children and their mother's parental feeding preferences; and the development and evaluation of a program for low-income, Latina mothers of eight - 12-year-old children to help their children cope with stress. AnaMaria is active in her community and enjoys engaging with her families, she serves to strengthen her connections with community partners and stakeholders, and the research-academic community.

Strengthening Families Program for Parents and Youth 10-14: Impact of Evidence-Based Programming Focused on Prevention and Building Family Strengths

Participants will learn about the award winning and evidence-based Strengthening Families Program for Parents and Youth 10-14 (SFP 10-14) which has made a difference in families in all 50 states and in over 25 countries. SFP 10-14 has been recognized as an exemplary program by the Office of Juvenile Justice and Delinquency Prevention and the US Department of Education and as a model program by the Center for Substance Abuse Prevention and the Substance Abuse & Mental Health Services Administration. Organizations and agencies considering implementation will learn about facilitator training requirements, recruiting families, securing funding, sustainability planning, and the importance of program outcome evaluation reports which show personal and family gains and growth as a result of participation in the program. SFP 10-14 is a parent, youth, and family skills-building curriculum that focuses on strengthening parenting skills, building family strengths, and preventing teen substance abuse and other behavioral problems. Families participating in SFP 10-14 strive to improve parental nurturing, limit-setting skills, communications for parents and youth, and encourage youth pro-social skills development. SFP 10-14 parents learn and rehearse best-practice parenting skills; youth learn peer-resistance skills, and how to understand and empathize with their parents' concerns.



Keynote Speakers

Tuesday, November 8

Adult Keynote | 8:00 – 9:30 a.m. | Ballroom E



Anthony Biglan

Anthony Biglan, PhD, Senior Scientist, Oregon Research Institute

Anthony Biglan, PhD, is a Senior Scientist at Oregon Research Institute. His research over the past 30 years has helped to identify effective family, school, and community interventions to prevent the most common and costly problems of childhood and adolescence. Dr. Biglan is a former president of the Society for Prevention Research. He was a member of the Institute of Medicine Committee on Prevention, which released its report in 2009 documenting numerous evidence-based preventive interventions that can prevent multiple problems. His recent review of preventive interventions concluded that diverse psychological, behavioral, and health problems can be prevented through the promotion of nurturing families, schools, and communities. Dr. Biglan's book, *The Nurture Effect: How the science of human behavior can improve our lives and our world* (New Harbinger Publications) describes the progress that behavioral science has made in the past fifty years in improving human well-being.

Workshop

Over the past 100 years we have accumulated more practical information about how to create a nurturing society than we did in the prior 10,000 years. We have the knowledge to ensure that virtually every young person arrives at adulthood with the skills, interests, values, and health habits needed to live a productive life in caring relationships with others. Dr. Biglan will describe how much we have learned about what people need to thrive and how all over the world communities, schools, families, human service organizations, and health care providers are putting this knowledge into practical use.

Closing Keynote | 11:30 – 12:45 p.m. | Ballroom CDE



Luis Ortega

Luis Ortega, Director & Founder, Speaker & Education/Leadership Consultant, Storytellers for Change

Luis Ortega is a professional storyteller, youth advocate, and the founder and director of Storytellers for Change. He has been featured as a speaker and presenter at over 1,000 events and conferences.

Your Choice, Your Story

Too often our lives, and our stories, are shaped by the constraints others put upon ourselves. How many times have you heard “you can’t,” “this is not for you,” or “you are not good enough”? However, as Luis will remind us, the most difficult barriers to overcome are the ones we ourselves carry within us. How do we overcome self-doubt, anger, or grief as we navigate through our lives? These are the questions Luis will answer as he shares his journey, his values, and his story for change.

They are listening . . .



Alcohol has no place in a healthy childhood.

Parents are the #1 influence on whether teens choose to drink.
Start talking before they start drinking.

Visit www.StartTalkingNow.org

 Washington State
Liquor and Cannabis Board
lcb.wa.gov



Adult Workshop Session 1

Monday, November 7, 2016 | 10:30 – 12:00 p.m.

The Power of Mentoring in the 21st Century Ballroom H
Pamila Gant, Sr. Program Officer for Training and Outreach, Mentoring Works Washington and Tom Pennella, Dept. Director, Mentoring Works Washington

In this workshop, we will look at mentoring as a strategy to keep students engaged in education and in their communities. We will also visit how the cultural landscape is changing; attitudes and beliefs of young people are shifting, and what strategy helps to foster respectful and authentic relationships.

Help! Which Direction Am I Heading? Ballroom F
Michele Rastovich, Facilitator, Bring Your Best Self

Join us to discover your personal leadership style within the framework of the Leadership Compass. When the four directions of the Compass, representing workstyles, are blended poorly, we find tension and confusion, but when they are blended well, our coalitions can be their most productive and creative. Find out why we work the way we do, how to build your skills in all four directions, and how to enhance your leadership style to best support your coalition or team.

Cultural Competency Ballroom G
Rudy Garza, CPP, Coalition Coordinator
Introduction to how Cultural Competence is linked to Capacity Building. Explores different kinds of “cultures” and identifies levels of cultural competence and awareness.

Tobacco 21 Panel Ballroom B
David Horn, Senior Counsel, Washington State Attorney General’s Office, Lindsay Hovind, Senior Director, Government Relations, American Heart Association, Drew Bouton, Director, Policy and Legislative Relations, Washington Dept. of Health
State and nonprofit officials discuss the growing, statewide movement to raise the legal sales age for tobacco to 21. As prevention efforts lose funding, vapor products gain popularity, and youth tobacco use creeps upward again, health advocates have seized upon this simple tool to reduce youth access to tobacco products. Hear how advocates hope to make Washington the third state to raise its tobacco sales age to 21, and how you can help.

Adult Workshop Session II

Monday, November 7, 2016 | 2:30 – 4:00 p.m.

You Have the Power: Achieving Success through Effective Community Strategy and Communication with Policymakers Ballroom F
Julie Peterson, Senior Director of Policy, Foundation for Healthy Generations, Mary Segawa, Public Health Education Liaison, Washington State Liquor and Cannabis Board

Community members and coalitions have powerful voices in advocacy, especially when working in alignment. In this workshop you will work in strategically in teams on an issue. You will also learn about effective communication in a regulatory process.

E-Cigarettes and Marijuana Ballroom G
Whitney Pennington, MPH, Education and Communications Specialist, Washington Poison Center

Are you looking to expand your baseline knowledge of vapor products, how they are used, and the research on health impacts? This session is intended to be a general introduction and provide up to date review of current health research with a focus on youth use.

Using Focus Groups to Inform Prevention Evaluation Ballroom H
Rebecca Sero, Evaluation Specialist, Washington State University

Focus groups can be a useful way to gather detailed and in-depth information from your audience. This workshop will discuss how to effectively prepare and conduct focus groups, including such topics as when you should use one and how to be culturally aware. Understanding these details will help you to get the results you need. Finally, you’ll have the opportunity to see a mock focus group in action at the end of the session.

Take the Floor Workshop (Part 1) Ballroom B
Raquel Eatmon, CEO, Rising Media LLC, Founder of WoP Conference & ProjectHeard.com, Huffington Post Writer, Former CBS anchorwoman

A healthy confidence level drives success. Success in the workforce, personal and professional relationships and how you see yourself. Identify behaviors of effective, efficient confident people while measuring your current level of confidence. Experience an insightful look into the relationship between confidence, your career and discover what’s holding you back and preventing your from taking.

Adult Workshop Session III

Monday, November 7, 2016 | 4:15 – 5:45 p.m.

Identify, Understand & Engage: Effective Marketing Through Story Telling Ballroom F
Virginia L. Johnson, CSAPC, Empowered Ideas & Fuquay Coworking, James C. Wong, Empowered Ideas & Fuquay Coworking

As more and more diverse generations of individuals flock to social media as a preferred communications medium, so too has the marketing, communications, and public relations industries, feverishly adapting to engage the public on such mediums. Learn how to identify your target audiences and the engagement strategies that will enable your organization to better connect with them. Re-imagine and discover new ways to tell your story using digital mediums – quickly, easily, and in measurable ways.

Motivational Interviewing Ballroom G
Heidi Henson, M.A., Dance/Movement Therapy; Mayo Clinic Certified Tobacco Treatment Specialist; Health Educator, Henson & Associates

Learn to elicit a client’s intrinsic motivation through the four tenants of MI: Engaging, focusing, evoking and planning. Practice this non-judgmental, goal-directed, client-centered approach that awakens behavior change through intentional exploration and resolution of ambivalence. This counseling model is useful in a variety of settings.

Expanding Your Understanding of Coalition Work! Ballroom H
Jennifer Dorsett, CDP, Community Coordinator, Kristi Sharpe, CPP, Community Coordinator

Working with communities is a complex task! This workshop will provide the opportunity to see the expanded work of coalitions in WA State around Capacity Building and Strategy Implementation and ask those questions you have been excited to get answers to. Panel presentation will be followed with Cafe style group work around “where do we go next?” and “how do we get there?” Join us!

Take the Floor Workshop (Part 2) Ballroom B
Raquel Eatmon, CEO, Rising Media LLC, Founder of WoP Conference & ProjectHeard.com, Huffington Post Writer, Former CBS anchorwoman

Very often we our confidence thrives or dies based on the stories we tell ourselves. Our inner dialogue is the gatekeeper of it all. Peel back the layers of those “stories” and discover what keeps you playing small. Discover what’s really holding your ambition, talents and skills hostage. Develop a personal plan for success- one that you can put into action today.

Adult Workshop Session IV

Tuesday, November 8, 2016 | 9:45 – 11:15 a.m.

Developing LGBTQ Support Programs in Your Community Ballroom FG
Erin Honseler, M.S. Cultural Foundations of Education, Executive Director Pizza Klatch; Tracy Gage, Rainier Community Cares Coalition; Greg Myers, Tenino B-THAT Coalition

Thurston County’s Pizza Klatch was developed out of one mother’s concern for the well-being of LGBTQ+ youth in the area after several suicides rocked the community. Ten years later, Pizza Klatch now serves 300+ youth in nearly every high school in Thurston County. This presentation will highlight the history, process, challenges, and triumphs of developing in-school lunch time support groups in urban and rural settings, as well as answer any questions you have been wanting to ask!

Youth Development and Cultural Competency Ballroom B
Deepa Bhandaru, Lead Teacher and Coordinator, Youth Development Program, Refugee Women’s Alliance (ReWA)

Finding Home Again: Positive Youth Development and Refugee/Immigrant Youth
How do we as youth workers design programming that enhances protective factors for youth whose home cultures differ from the mainstream? This workshop will introduce participants to the framework of positive youth development and discuss some of the challenges confronting youth from refugee/immigrant backgrounds. Participants will walk away with strategies to better include and support refugee/immigrant youth as they develop new understandings of home.



Youth Bonus Workshops

Sunday, November 6, 2016 | 1:00 – 4:00 p.m.

Fight Back! Stop Being a Media Target Ballroom C

Miss Washington, Alicia Cooper

Annually, more than 100 million dollars is spent by youth in the United States. And they influence spending of at least that much more. Think about presents, going on dates or to dances or whatever recreation interests you. Advertisers want the money that youth have. And they want the parents’ money too. The average youth is exposed to 5,000 advertising messages each day.

This workshop will teach youth teams to push back against media targeting by using an established curriculum developed in Washington State to teach other youth to resist advertising messages. Miss Washington, Alicia Cooper, will first present the entire interactive and engaging curriculum. Then, students from Shelton’s Students against Destructive Decisions (SADD) club will talk about how they have used the curriculum in their community and what impacts the curriculum has had. Finally – and most important – each participating youth team will prepare and present a portion of the curriculum. There will be a discussion about how to implement the curriculum in your school district.

When the workshop is done, you’ll feel confident about helping other youth and you’ll feel confident about presenting the curriculum.

3:00 – 4:00 p.m.

Skills for Supporting Youth! Ballroom AB

Vincent Perez, MPA, Director, RethinkManhood

Responding to student disclosure of abuse, suicidal ideation, poverty or identity issues can often catch us off guard. What do you say? What does it mean to be a mandated reporter? Learn trauma-informed practices to respond well when students reach out in trust.

4:30 – 5:30 p.m.

ACEs and the Youth Power in Building Resilience Ballroom C

Facilitators: Dayton High School SHEO and Peggy Gutierrez, BS, Drug Free Communities Program Director

This workshop is designed to introduce youth to the Adverse Childhood Experiences research and demonstrate the power of building resilience in themselves and their peers.

Youth Workshops

(Repeated 80 minutes each)

Monday, November 7, 2016

Session I: 9:00 – 10:20 a.m.

Session II: 10:30 – 11:50 a.m.

Upping the Resilience Factor Suite 300

Steven Dorland, Outreach Prevention Specialist, Squaxin Island Tribe and Meja Handlen, Public Health & Social Services Coordinator, Lewis County

In a world of immediate gratification, you either live up or down to the expectations that are set for you, resiliency matters. As youth attempting to engage others in positive culturally relevant activities it is important to understand how resiliency works and what you can do to increase it. By utilizing interactive and hands on techniques participants will gain a better understanding of what resiliency is and how to increase it in themselves, their peers and their communities.

Barnga – A Game about Inter-Cultural Awareness Suite 600

Jeff Ruscoe, Ed.M., CPS, former Prevention Team Lead, former NPN Representative, Oregon Health Authority

Barnga helps participants experience realization that despite many similarities, people of differing cultures perceive and understand things differently. Players learn that they must understand and reconcile these differences if they want to function effectively in a cross-cultural group.

Suicide Prevention Suite 500

Susan Martin

The Youth Suicide Prevention Project envisions a state where youth suicide is a rare event. Have you ever wondered what to do or say to a friend that was sad, lonely, or thinking about suicide? This is the presentation will give you tools to break the taboo and silence around talking about youth suicide. You will learn what to do and say and leave with potential resources should you or anyone you meet need help.

Youth Leadership Suite 400

Joe Koffel, STAR Youth Coalition

Teens will gain skills and strategies to successfully communicate with parents, elected leaders, and everyone in between. With public speaking as your compass, youth will be able to navigate the seemingly complicated maze of talking to adults, whether it’s getting a homework extension or passing local legislation. Speak up and be heard!

Gambling Prevention Suite 200

Elizabeth Glavish, Communications and Outreach Specialist, Evergreen Council on Problem Gambling and James D. Leingang, BA CDP, WSCGC II, The Evergreen Council on Problem Gambling

Join the Evergreen Council on Problem Gambling (ECPG) and learn how problem gambling and gaming effect Washington state youth. Get to know the signs and symptoms of problem gambling and gaming as well as the resources available to Washington State residents. Finally, learn how you can make a difference in your community through youth prevention programs developed by ECPG.

Cultural Competency Ballroom A

Vincent Perez, Director, RethinkManhood

“Reach all people.” That is the simple message of culturally responsive approaches, ethnic studies and diversity awareness. How we do that really depends on how we historicize our lives.



Youth Leadership & Networking Workshop

Suites 100-600

Monday, November 7, 2016 | 1:30 - 5:45 p.m.

Workshop Includes:

Keynote – Looking Glass

Vincent Perez, MPA, Director, RethinkManhood

What lenses are you using to navigating your life?

What Works in Prevention (Evidence-Based Strategies)

Joe Neigel, Coalition Coordinator, Monroe Community Coalition

Are you wondering whether or not your coalition’s activities are making a difference in your community? The practice of preventing substance abuse has evolved significantly since the days of “Just Say No” and “This is your brain on drugs,” yet many communities still embrace ineffective and counterproductive techniques researchers have long ago put to rest.

This workshop will review evidence for what works, and what doesn’t, to equip participants with the knowledge they need to know they are making a difference.

Networking

Vincent Perez, MPA, Director, RethinkManhood

What You Know/What You Do. Who Knows You. Who You Know.

Boomers, Xers, and Millennials: How New Research on Generations Can Inform the Future of Prevention

Rodney Wambeam, Ph.D., Senior Research Scientist, Wyoming Survey and Analysis Center, University of Wyoming

By 2025, three of four workers worldwide will be members of the Millennial generation. At the same time, most prevention efforts target the young people that make up this generation. Those born between 1982 and 2002 are the largest, most diverse, and potentially most influential generation in American history. This plenary will detail the surprising research on Millennials, contrasting them with previous generations. It will then discuss how these differences can inform prevention efforts in two important ways. First, how does understanding Millennials change how we approach preventing substance abuse, and related problems among them? Second, how will Millennials impact the prevention workforce and how can the prevention community utilize their uniqueness toward better outcomes?

So . . . You Think You Got What It Takes to Be a Leader?

Michele Rastovich, Facilitator, Bring Your Best Self

If you answered, “Yes!”, you are exactly right! If you answered, “No!”, this workshop will change your mind! We will use the Leadership Compass to discover your personal leadership style, or “direction”, how to build your skills in each direction, and how to support your team by using the strengths of each direction. Go back to your community prepared to be a Leader!

Project Challenge

Vincent Perez, MPA, Director, RethinkManhood

Youth Workshops

(Repeated 50 minutes each)

Tuesday November 8, 2016

Session III: 9:10 - 10:00 a.m.

Session IV: 10:10 am - 11:00 a.m.

Reputation Management: Maintaining A Diverse & Responsible

Suite 200

Digital Footprint

Virginia L. Johnson, CSAPC, Empowered Ideas & Fuquay Coworking, James C. Wong, Empowered Ideas & Fuquay Coworking

Digital privacy is an urban myth. However, harnessing a positive and diversified digital footprint can be an invaluable tool for nonprofit advocacy, college admissions, career advancement, and to highlight your knowledge leadership. Learn about the importance of having a robust digital footprint, while maintaining a responsible personal brand online (and in the real world).

Leadership 201: Written Communication

Suite 600

Vincent Perez, Director, RethinkManhood

Grow your skills and influence through the power of the written word. Most of the action that happens in life is a result of the written word. Make things happen for you and your communities. We’ll review accomplishment sheets, mentor connection, letters of recommendation, press releases, donation letters and thank you cards.

Retailer Education (Tobacco)

Suite 300

Wendy Brzezny, MN, RN, Youth Tobacco Prevention Coordinator, Grant County Health District and Angie Castro, Youth Tobacco Prevention, Grant County Health District

This session seeks to train youth on how to conduct tobacco and e-cigarette intent to sell checks, followed by retailer education. Participants will gain knowledge of the Washington State Law, RCW 70.155.080, while understanding the information all tobacco and e-cigarette retailers should be aware of and practice. In this session students will have the opportunity to role play intent to sell scenarios.

You Have the Power: Achieving Success Through Effective Community with Policymakers

Suite 400

Julie Peterson, Senior Director of Policy, Foundation for Healthy Generations; Hannah Stewart, Student

Youth have powerful voices in advocacy. In this workshop you will learn to use your voice and skills to work on an issue that will be introduced in the 2017 Washington State Legislative Session, Tobacco 21. Why should you care about this important issue? Come and find out!

Healthy Choices in The Current Climate of Prescription Drug Abuse

Suite 500

P. Scott McCarty, Behavioral Health Organization Program Manager, Department of Social and Health Services, Division of Behavioral Health and Recovery

This program is geared toward addressing the increased use and abuse of prescription drugs in America’s youth to treat symptoms of stress, anxiety, and depression. During this session you will learn the common prescription drugs of abuse and their effects. You will also be introduced to the concept of healthy living that looks at dietary changes and exercise to mitigate common stressors of being a young adult. This will be great information for anyone or for anyone who knows of someone who is looking for more information on how to reduce stress, anxiety, and depressive symptoms.

Mindfulness & Gratitude = Bullying Prevention

Ballroom A

Luis Ortega, storyteller, youth advocate, and the founder and director of Storytellers for Change

Why do we bully others? It’s estimated that almost all people engage in some form of bullying throughout their lives; however, people also say bullying is completely wrong. Bullying happens mostly because we don’t have other tools to help us cope with negative feelings or encounters. In this workshop, Luis will share with you stories, strategies, and fun activities to better understand how to prevent bullying.



A map of North America is shown in the background, with horizontal lines for writing. The map includes labels for various countries and regions, such as Canada, United States, Mexico, Greenland (Denmark), and parts of Central America. Specific cities and locations marked include Washington, D.C., New York, Los Angeles, San Francisco, Mexico City, and others. The lines are evenly spaced and cover the entire width of the page, providing a template for writing.



Youth Schedule At A Glance

Please see pages 9-19 for descriptions and locations.



Sunday, November 6, 2016

1:00 - 4:00 p.m.	Media Education with Miss Washington, Alicia Cooper	Ballroom C
2:00 - 8:00 p.m.	Early Registration/Check-in (Dinner on your own)	
3:00 - 4:00 p.m.	Skills for Supporting Youth, Vincent Perez, Youth Emcee	Ballroom AB
4:30 - 5:30 p.m.	ACEs & the Youth Power in Building Resilience, Peggy Gutierrez, Youth Advisor and Committee Member	Ballroom C
5:30 - 7:30 p.m.	No-host Dinner (Break/Free Time)	
6:30 - 7:30 p.m.	Volunteer Meeting	Suites 400-600
7:30 - 8:30 p.m.	Chaperone Meeting	Suites 400-600
7:30 - 9:30 p.m.	Networking & Ice Cream Social	Ballroom C
9:30 p.m.	Youth Curfew	

Monday, November 7, 2016

7:15 - 8:00 a.m.	Registration & Breakfast (Provided)	Ballroom CDE
8:00 - 8:45 a.m.	Welcome, Chris Imhoff, Director, DSHS	
9:00 - 11:50 a.m.	Youth Workshops Session I - 9:00 - 10:20 a.m. Session II - 10:30 - 11:50 a.m.	(see pg. 17)
11:50 - 1:15 p.m.	Lunch (Provided) Empowered Ideas: Social Media 101 (12:30 - 1:15 p.m.)	Ballroom CDE
1:15 - 1:30 p.m.	Stretch Break	
1:30 - 5:45 p.m.	Youth Leadership & Networking Workshop	Suites 100-600
5:45 - 6:00 p.m.	Stretch Break	
6:00 - 7:15 p.m.	Awards Ceremony & Banquet Dinner	Ballroom CDE
7:15 - 7:30 p.m.	Stretch Break	
7:30 - 9:30 p.m.	Evening Activities (Optional; No CEHs for Adults)	(see pg. 8)
9:30 p.m.	Youth Curfew	

Tuesday, November 8, 2016

7:15 - 8:00 a.m.	Registration & Breakfast (Provided)	Ballroom CD
8:00 - 9:00 a.m.	Raquel Eatmon, Conference Emcee	Ballroom CD
9:10 - 11:00 a.m.	Youth Workshops Session III - 9:10 - 10:00 a.m. Session IV - 10:10 - 11:00 a.m.	(see pg. 19)
11:30 - 12:45 p.m.	Lunch (Provided) Closing Keynote: (12:00 - 12:50 p.m.) Luis Ortega, Storytelling for Change	Ballroom CDE
12:50 - 1:00 p.m.	Conference Closing and Final Raffles	