

14th Annual Prevention Conference

www.commonwealthpreventionalliance.org

"Leading the Challenge"



Wednesday, June 9 through Friday, June 11, 2004

Nittany Lion Inn - State College, PA

AGENDA

Wednesday, June 9, 2004:

10:30 a.m.	Registration and Exhibits Open
11:30 a.m.	Lunch
12:30-2:00 p.m.	Plenary Session: What is Evidence-Based Prevention?
2:15-3:30 p.m.	Workshop Session #1
3:30-3:45 p.m.	Break
3:45-5:30 p.m.	Workshop Session #1 continued

Thursday, June 10, 2004:

7:30 a.m.	Registration and Exhibits Open
7:30 – 8:30 a.m.	Breakfast
8:30 – 10:00 a.m.	Workshop Session #2
10:00 - 10:15 a.m.	Break
10:15 – 11:45a.m.	Workshop Session #2 continued
12:00 – 12:45 p.m.	Lunch
12:45-2:00 p.m.	Keynote Session: Dr. Robert Ackerman
2:15 – 5:30 p.m.	Workshop Session #3

Friday, June 11, 2004:

7:30 a.m.	Breakfast
8:30 – 9:45 a.m.	CPA Plenary Session
9:45 - 10:00 a.m.	Break
10:00-11:30 a.m.	Workshop Session #4
Noon	Evaluation & Adjournment

Please pick **ONE** workshop from each Session that you wish to attend.
PCB credit is approved for the Conference.

PLENARY SESSION

Wednesday, June 9, 2004 12:30 p.m. - 2:00 p.m.

DR. PAUL J. BROUNSTEIN: *What is Evidence-Based Prevention?*

This session will focus on SAMHSA's efforts to develop acceptable definitions of evidence-based programs by developing a process – the National Registry of Effective Programs (NREP) – to identify:

- such programs,
- the supports required for communities and local practitioners to plan for, adapt, implement, monitor and evaluate effective prevention and treatment efforts, and
- the policy decisions affecting the development and growth of the evidence-based movement.

This workshop is sponsored by the Center for Mental Health Services, Substance Abuse Mental Health Services Administration

WORKSHOP SESSION #1

Wednesday: 2:15-5:30 p.m.

Ethics: General Track

This workshop encompasses the many complex elements that determine “right action” for substance abuse professionals. As such, it provides the definitive formula for the determination of behaviors that maintain a vision of maximum benefit for client outcome within the context of legal and ethical guidelines. Participants are encouraged to bring ethical problems associated with workplace issues to the workshop for discussion and theoretical resolution. The workshop will focus on ethical sensitivity as well as professional boundaries.

Presented by: Maggie Marcopul, Prevention Coordinator, Today, Inc.

Prevention 101: Beginner Track

This workshop is designed for new preventionists and those interested in prevention. It will cover information about the federal strategies, risk and protective factors and evidence-based programs. Rosemary Adiletto, recipient of the Governor's Award for her work in crime prevention, will be the presenter for this workshop. As a grand finale, we will attempt to unravel the “acronymical” mysteries that surround us all.

Presented by: Rosemary Adiletto, C.P.S., Director of Prevention Services, Today Inc.

Measuring What Matters: Selecting Instruments to Assess Program Outcomes: Intermediate/Advanced Tracks

You have selected prevention programs to implement after performing a needs assessment. From that, you probably wrote goals, objectives and outcomes that seemed to be viable targets. Maybe now you're collecting data, but is that data telling you what you need to know? The focus of this workshop will be on employing effective instruments and measurement tools to assist you in gathering the types of information you need for analysis from the interventions you're implementing. The primary objectives of this workshop are to help you identify effective instruments to track participant outcomes and to examine the usefulness of these tools with regard to collecting data on outcomes specific to your programs and services being delivered. **This workshop is sponsored by the Pennsylvania Commission on Crime and Delinquency (PCCD).**

Presented by: Ray Moneta, Center for Research, Evaluation and Statistical Analysis, PCCD.

Selecting Evidence-Based Prevention Programs to Meet Local Needs: Intermediate/Advanced Tracks

Prevention programs are like pants – the fit is everything! This interactive workshop will help practitioners and community partners identify and work with a set of criteria to guide the selection of appropriate programs from the range of evidence-based possibilities. Participants will receive tools to help insure local success from the researched outcomes of a number of programs to details such as initial and recurring costs, organizational capacity requirements, replication standards, and level of community buy-in needed. **This workshop is sponsored by CSAP's Northeast Center for the Application of Prevention Technologies.**

Presented by: Judy Ekman, NE CAPT Training Association, Director of Prevention Council.

Thursday, June 10, 2004

WORKSHOP SESSION #2

Thursday: 8:30 – 11:45 a.m.

An Overview: Prevention Specialist Certification & Preparing for the CPS Written Exam: Beginner Track

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

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

“Unload Your Overload” A Stress Management Workshop: General Track

This workshop will discuss all of the many factors of stress. Topics to be included are: what is stress, how to identify the causes, what to do about it, how to make the appropriate changes and practicing the techniques of stress interruption.

Presented by: Linda Dellaripa, B.S., CMT, CHT.

Tobacco Prevention in PA 101: Best Practices for a Comprehensive Tobacco Control Program”: Beginner Track

This workshop will explore the Centers for Disease Control and Prevention’s Best Practices for a Comprehensive Tobacco Control Program in Pennsylvania. Historically, drug and alcohol prevention specialists have included tobacco in prevention programs. What we did before the Master Settlement dollars is being enhanced with funding from the PA Department of Health’s division of Tobacco Prevention and Control. The workshop will assist in bridging the gap between “before and after” with resources and sound practices.

Presented by: Vivian I. Morris, Tobacco Prevention/Control Program, Carbon-Monroe-Pike Drug and Alcohol Commission, Inc.

Introduction to HIV: General Track

This course will provide the participant with a working definition of HIV and the progression of the disease. It will also identify the current methods of testing and treatment for individuals infected with HIV. This course is designed to educate the participant in HIV. It will provide the participant with a working definition of HIV and the progression of the disease. This course will also identify the current methods of testing and treatment for individuals infected with HIV. **This workshop is sponsored by the Pennsylvania Department of Health, Division of HIV/AIDS.**

Presented by: Karen L. Reddick, MSW.

Making Model Programs Work for You: Intermediate Track

This interactive workshop will examine research and lessons learned from practice in order to guide the implementation of model programs. Participants will share their experience in the use of evidence-based programs in schools and communities. Using case examples and small group work, we will examine how logic models, action plans, and fidelity tools are used to track, implementation and manage adaptations that are made throughout the life of a program. This workshop will be beneficial to those seeking to effectively balance fidelity and adaptation for maximum, local prevention effectiveness. **This workshop is sponsored by CSAP’s Northeast Center for the Application of Prevention Technologies.**

Presented by: Judy Ekman, NE CAPT Training Association, Director of Prevention Council.

LUNCHEON KEYNOTE

Thursday: 12:45 p.m. – 2:00 p.m.

DR. ROBERT ACKERMAN

Thank God it's Monday – Sanity Maintenance

WORKSHOP SESSION #3

Thursday: 2:15 – 5:30 p.m.

Alcohol & the Adolescent Brain: Intermediate Track

Alcohol is the substance most teens select as their drug of choice. However, recent research on the physiology and neurology of the brain reveals that alcohol can definitely impact brain development. Current research reveals definitive evidence about age of initiation of alcohol use and an individual's later abuse or dependence on alcohol. This session will explore alcohol's effects on brain development, mental and physical functioning, relationships, cognitive functions and other issues. We will also discuss how brain research can be used within a prevention framework. **This workshop is sponsored by the Pennsylvania Liquor Control Board, Alcohol Education.**

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

Empowerment for Change in Legislation: General Track

This workshop will teach you how "grassroots" advocating works and show you examples of how to do it. You will learn how a law is made and how to talk to your legislators to educate them on the drug and alcohol issues that affect your community. You will also learn how to advocate for positive change in policy regarding drug and alcohol issues.

Presented by: Sharon Smith, President of Momstell, and Deb Fowler of Remembering Adam.

How does Your Prevention Program Become a Model?: Advanced Track

This session will address the escalating emphasis on connecting research with practice and the way in which programs can navigate the sea of science. First, we will discuss the continuum of science-based prevention and levels of scientific rigor. Next, we will review the organizations, both federal and private, that rate the effectiveness of prevention programs. This will be followed by an in-depth discussion of the National Registry of Effective Programs (NREP), including substantive focus areas, sources of candidate programs, the application process, the review process, scoring procedures and definitions, program distinctions, and program expectations upon review. The session will provide recommendations and resources for programs as they advance along the science-based continuum. **This workshop is sponsored by CSAP's Northeast Center for the Application of Prevention Technologies.**

Presented by: Bob Apsler, Ph.D., Social Science Research and Evaluation, Inc.

Building Coalitions: Beginner Track

This course is designed for community members and prevention specialists who are starting a coalition or are interested in starting a coalition in their community to address the issues involved with substance abuse. Topics include reviewing the history of the coalition movement, community mobilization, risk and protective factors, seven steps to starting a coalition, developing a strategic plan, building organizational structure, recruiting volunteers, and sustaining coalitions. The course includes both facilitator instruction and interactive exercises. **This workshop is sponsored by Community Anti-Drug Coalitions of America.**

Presented by: Mark Yanick, CADCA.

Media Education and Drug Prevention: General Track

We live in a media saturated society. We are bombarded by images that glamorize and may actually encourage drug and alcohol abuse. Media education is a tool to teach young people to think critically about the influence and affect the media may have on their behaviors and attitudes toward drug and alcohol use. This workshop will provide an overview of media education, explain how it may help prevention efforts, and provide resources for classroom use.

This workshop is sponsored by Pennsylvania Liquor Control Board, Alcohol Education.

Presented by: Gina M. Serafin

PLENARY SESSION

Friday, June 11, 2004 8:30 a.m. - 9:45 a.m.

CPA ANNUAL MEETING AND DOOR PRIZES

Evidence-based programs, training, legislative issues, BDAP initiatives, funding...how can we keep up with all the changes and demands of the prevention field? Staying connected is critical, and the Commonwealth Prevention Alliance can help you do just that. Find out what CPA is doing to help you keep up with all the changes. Meet the prevention specialists, CPA Board members, and Regional Coordinator from your region. Participants will have the opportunity to discuss areas of need for their region and plan for their next regional meeting.

Presenters for this workshop will be Debra Fye, CPS, President of CPA, and Linda Chicka, CPS, Vice President of CPA

WORKSHOP SESSION #4

Friday: 10:00 – 11:30 a.m.

Faith Based Approaches to Prevention and Intervention Programs for Youth: Beginner/Intermediate Tracks

The workshop will discuss how faith communities can become actively involved in providing relevant and creative programs that successfully impact and engage children, youth and families. It will also show how faith communities can work to reduce and prevent substance usage as well as to help ensure safe and healthy environments for communities.

Presented by: Rev. Darnell O. Leonard

How to Publish Your Program as a Model: Advanced Track

This session consists of two parts. The first part will discuss reasons for wanting to publish and the process of determining whether you have something to say that others might want to hear. We will describe different types of manuscripts; raise the issue of assessing the quality of your contribution, and talk about potential target audiences. The second part of the session covers selecting an outlet for your manuscript and preparing the manuscript appropriately. This involves investigating journals likely to appeal to your target audience and learning about the requirements and standards of those journals. We will discuss writing style requirements, obtaining informal feedback, and the peer review process used by many journals in deciding whether or not to publish your work. **This workshop is sponsored by CSAP's Northeast Center for the Application of Prevention Technologies.**

Presented by: Bob Apsler, Ph.D., Social Science Research and Evaluation, Inc.

Huffing, Sniffing, Bagging: The Invisible Threat, Inhalants: Beginner Track

The secret: kids as young as 7 use household products to get high. Twenty percent have tried inhalants-but even once can be fatal! Kids huff because it's cheap, legal, available, and *unrecognized* by adults. Learn about prevalence, inhalable products, methods and paraphernalia, signs/symptoms, short-and long-term effects, and adverse health consequences. Caveats for intervention and treatment issues and specific guidelines and ideas for prevention resources will be discussed.

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

Reducing Underage Drinking: Implementing Local Environmental Strategies: General Track

Underage drinking continues to be in the national and local news. Advertising and marketing seem to be directed at the under-21 population and many local stories detail alcohol-related tragedies among young people. This session will describe the research-based environmental approach to prevention that includes changing the norms/culture, reducing access to alcohol and increasing the effectiveness of enforcement. These three strategies are the framework the Pennsylvania Liquor Control Board uses to provide assistance to communities to prevent high risk drinking. Examples of programs and projects that target each of the three strategies will be presented. Resources will be provided that can assist communities in the implementation of these strategies. **This workshop is sponsored by the Pennsylvania Liquor Control Board, Alcohol Education.**

Presented by: Steve Schmidt, Director, Pennsylvania Liquor Control Board Alcohol Education.

Coalition Sustainability: Keeping the Momentum: Intermediate Track

This workshop is designed for Coalition participants, community leaders, prevention specialists, volunteers and concerned citizens. It will focus on the 10 keys to sustaining the efforts of your coalition in the community. Some of these topics include maintaining volunteer recruitment, resource development, sustaining a healthy work environment, ongoing accountability and evaluation of coalition programs, leadership and commitment, and sustaining support from key leaders in the community. The course includes both facilitator instruction and interactive exercises. **This workshop is sponsored by Community Anti-Drug Coalitions of America.**

Presented by: Mark Yanick, CADCA.

RESERVATION INFORMATION

**Commonwealth Prevention Alliance's 14th Annual Conference
Nittany Lion Inn, State College
Wednesday, June 9 - Friday, June 11, 2004**

Reservation Procedures

Hotel Reservations must be made via **Individual Call-In**.

Reservations must be received by 5/8/04.

ROOM RATES

**\$91.00 per night, single occupancy - \$101.00 per night, double occupancy
\$111.00 per night, triple occupancy - \$121.00 per night, quadruple occupancy**

The above rates DO NOT include the 6% PA Sales Tax, or the 2% County Occupations Tax.

- To receive the rate listed above, identify yourself as part of the CPA Conference. The **reservation code** is **PAD0608**.
- **The cut off date for reservations is May 8, 2004.** All reservations made after this date will be made on a space available basis, at the current rate.
- A deposit in the amount of one nights lodging on a credit card is required to confirm this reservation.
- Forty-eight hours notice is required for cancellations or deposit refunds.
- Check in time is 3:00 p.m. and check out time is 12:00 p.m.
- To make your reservations, call the Nittany Lion Inn directly at **(814) 863-5000** or **(800) 233-7505**.

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



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