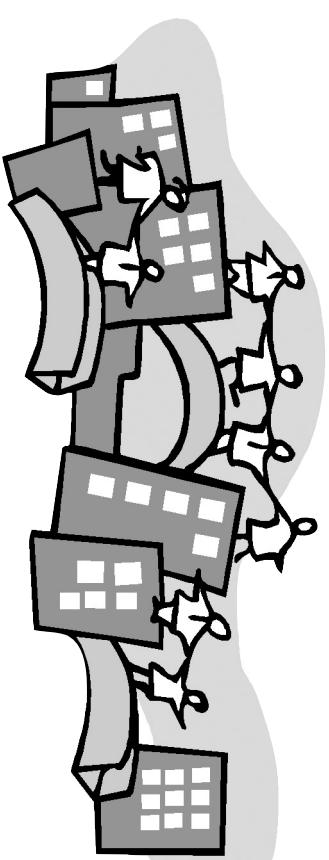


# KEYS for Healthy Kids

If you are committed to prevention education, don't miss this exciting opportunity!



## Making the Link Between Community & Prevention

**K**EYS for Prevention, in partnership with York Hospital and the University of New England, presents "KEYS for Healthy Kids: Making The Link between Community and Prevention." This is a unique learning opportunity, where parents, youth, mental health professionals, law enforcement, and educators unite to provide participants with real, relevant tools to prevent and reduce substance abuse and other juvenile delinquency.

KEYS for Prevention, a project of York Hospital, is a regional substance abuse prevention coalition funded by the Maine Office of Substance Abuse through its One ME-Stand United for Prevention initiative.

**JACK PRANSKY WILL BE SELLING AND SIGNING HIS BOOKS ON PREVENTION, AND BOOKS WILL BE SOLD AT A SPECIAL DISCOUNT RATE. DON'T MISS THIS RARE AND WONDERFUL OPPORTUNITY!**

**OCTOBER 14, 1:00-1:30 P.M.**

**Carole Schwinn  
International Leader for Social  
Change and Director of the  
Berkana Practice**

Carole Schwinn leads a community of talented practitioners who consult with nonprofit organizations, communities-of-place and social change initiatives. She has a background in adult learning and large-scale systems change, and a commitment to creating local places and global spaces for helping others to learn across difference and distance. To learn more about Carole Schwinn and her work, visit [www.berkana.org](http://www.berkana.org).

**REGISTER NOW WHILE  
SPACE IS AVAILABLE!**

**October 13 & 14**  
Village by the Sea  
Wells, ME

### WHO SHOULD ATTEND THESE IMPORTANT WORKSHOPS?

- Parents who are concerned about their children's welfare
- Young people who are interested in learning about effective ways to build healthy, happy, whole lives for themselves
- Mental health professionals who want to learn more about effective strategies that really work
- Law enforcement professionals who are interested in practical methods that truly help
- Educators who want cutting-edge ideas that have been proven to work through solid practice



University of  
NEW ENGLAND

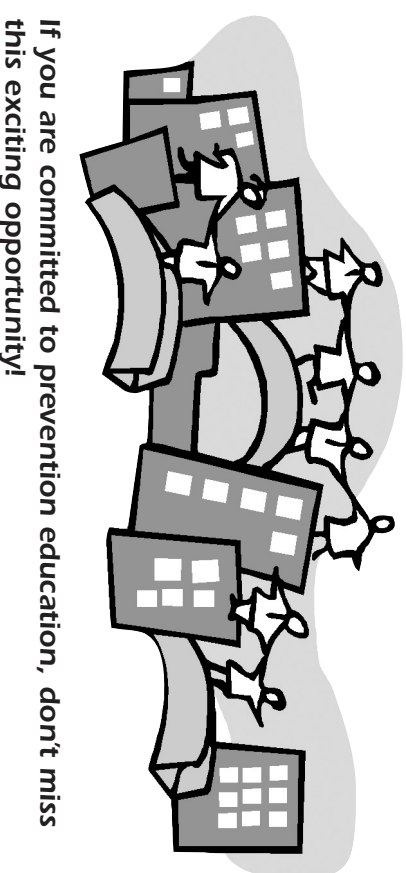
KEYS for Prevention  
c/o York Hospital  
15 Hospital Drive  
York, ME 03909

Non-profit Organization  
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KEYS for Prevention, in partnership with the University of New England and York Hospital, proudly presents:

# KEYS for Healthy Kids

## Making the Link Between Community & Prevention



If you are committed to prevention education, don't miss this exciting opportunity!

### TWO INTERNATIONAL, INNOVATIVE KEYNOTE SPEAKERS!

**Jack Pransky, Ph.D.**

International Leader in Innovative Health Reform

**Carole Schwinn**

International Leader for Social Change and Director of the Berkana Practice



**October 13 & 14, 2004**  
Village by the Sea  
Wells, ME

Each workshop is coded for your convenience to ensure that each session you choose is designed for your needs. Please see the key below to help you find your track. Each workshop description is followed by the appropriate symbol. NOTE: A \* means you MUST attend the prior or following session.

### Session One

#### 1-2. TEAMBUILDING 1 Dave Cross, Maine Youth Voices

Why teambuilding? Learn how teambuilding strategies and skills can help you and your program. This workshop is the foundation for Teambuilding 2 in Session 3. ■ ◀ ▲ ★ ▼ ●

#### \*1-2. SUBSTANCE ABUSE SCREENING INVENTORY TRAINING (PART ONE OF TWO)

**Jeffery Wedge, Wedge Consulting Services**  
Learn this innovative Substance Abuse Screening Inventory (SASSI), an easily administered psychological screening measure that helps to identify individuals who may be substance dependent. Participants MUST attend both sessions 1 and 2. ◀ ▲ ★ ▼ ●

#### 1-3. WHAT LIES BENEATH? WHAT IS BEHIND EVIDENCE-BASED PROGRAMS WORK—OR NOT? A LOOK FROM THE INSIDE OUT

**Jack Pransky, Ph.D.**  
The time has come to take a look at evidence-based programs and look at the fundamental essence of what makes any program work—or not—in preventing problem behaviors. This workshop will examine these factors and how it is possible to build them into any evidence-based or other program to enhance effectiveness and improve results. ◀ ▲ ★ ▼ ●

#### \*1-4. COMMUNICATION AND PREVENTION (PART ONE OF TWO)

**Tania Buck-Ruffen, Parents United for Childcare**

Learn how you as an individual communicate with others; learn effective communication techniques to use in all situations. How to use teambuilding techniques at home and work. Learn about cooperative communication; this is hands on and interactive. ◀ ▲ ★ ▼ ●

#### \*1-5. STORYTELLING WITH HEART: EXPLORING OUR LIVES THROUGH STORIES (PART ONE OF TWO)

**Cindy Gaudianu and Margaret Jones, Director of Prevention Services, Day One**

Stories help us make sense of the world and make connections with others. In this three-hour workshop, parents and youth will listen to personal and fictional stories shared by the facilitators. Group members will participate in discussion and have opportunities to develop and share their own stories. ■ ●

**Choose from a wealth of cutting-edge workshops dedicated to prevention education.**

### 3 easy ways to register:

■ **By Phone**  
(207) 797-7688 x 4413

■ **By Fax**  
(207) 878-4899

■ **By Mail**

Complete and mail registration form to:  
University of New England  
Office of Conference Services  
716 Stevens Avenue  
Portland, Maine 04103  
Payment must be received at the time of registration.

## Registration Information

**Cost** is \$30.00 for one day or \$50.00 for both days—no exceptions. Includes breakfast, lunch and CEUs for both days, paid for in part by a local grant from ONE Maine KEYS for Prevention: Office of Substance Abuse. Note: You must attend ALL sessions to receive CEUs.

**Refunds.** Workshop participants who withdraw more than 10 business days prior to the conference will receive a refund less a \$10.00 processing fee. Those who cancel 10 or fewer business days prior are not eligible for a refund.

**Conference Facilities.** If you require special services to fully participate in this program, contact the Office of Conference Services at (207) 797-7688 X4413 in advance.

**Confirmation.** Registration will be confirmed by mail within one week of receiving payment.

**Registrations must be received no later than 4:00pm on October 5, 2004**

### Please provide the following information

**Please print or type:**

Name and Title \_\_\_\_\_

SSN (Needed if you apply for CEUs) \_\_\_\_\_

Position \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

Email address \_\_\_\_\_

Will you be applying for CEUs? YES \_\_\_ NO \_\_\_

**Payment Information** (please pay before the workshop)

Personal or business check or money order (Payable to "University of New England")

MasterCard/VISA/Discover (Must include credit card #, expiration date, Vin#, and name exactly as it appears on the card)

**Charge to (Circle one):**

MasterCard

VISA

Discover

Full Name on Card \_\_\_\_\_

Card # \_\_\_\_\_ Vin# on back of card \_\_\_\_\_

Signature \_\_\_\_\_ Expiration Date \_\_\_\_\_

**PARENT**

**YOUTH**

**TEACHER,  
EDUCATOR,  
YOUTH ADVOCATE**

**LAW ENFORCEMENT,  
JUVENILE JUSTICE**

**HEALTH CARE  
PROFESSIONAL,  
MENTAL HEALTH  
PROFESSIONAL**

**COMMUNITY  
MEMBER,  
VOLUNTEER**

## SCHEDULE

October 13	Day One
8:00-9:00 am	Arrive/registration/info packets/ continental breakfast
9:00-9:15	Welcome/introduction of keynote speaker
9:15-10:15	Jack Pransky, Ph.D., Keynote Speaker
10:15-10:30	Break
10:30-Noon	Session One
Noon-1:00	Lunch
	Book signing with Jack Pransky
1:15-2:45	Session Two
2:45-3:00	Break
3:00-4:30	Session Three
4:30	Closing Remarks
4:45-5:00	Networking/refreshments
October 14	Day Two
8:00 am	Arrive/registration/networking/ continental breakfast
8:15-8:30	Welcome
8:40-10:05	Session Four
10:05-10:15	Break
10:15-11:45	Session Five
11:45-12:45	Lunch/networking
12:50-1:30	Carol Schwinn, Closing Keynote Speaker
1:30-3:00	Raffle winners and remarks Session Six

### Session Two

#### \*2-2. SUBSTANCE ABUSE SCREENING INVENTORY TRAINING (PART TWO OF TWO)

Jeffery Wedge, Wedge Consulting Services ◀ ▲ ★ ▼ ●

#### \*2-6. WORKING WITH SMOKERS: HOW TO HAVE AN IMPACT IN 3-5 MINUTES (PART ONE OF TWO)

Barbara Perry, Center for Tobacco Independence

This basic training provides education about tobacco dependence and instruction on how to deliver brief intervention to a tobacco user. Simple messages tailored to individuals can increase motivation and success to stop tobacco use. ■ ◀ ▲ ★ ▼ ●

#### 2-7. DEVELOPING CONFIDENCE AND SELF-ACCEPTANCE

Donna Packard, Full Circle Celebrations

Discover how your own sense of self-esteem gets passed on to our children. Learn ways to nurture each child's unique gifts. Gain self-empowerment tools designed to build confidence and motivate from the inside out. ■ ◀ ▲ ★ ▼ ●

#### \*2-4. COMMUNICATION AND PREVENTION (PART TWO OF TWO)

Tania Buck-Ruffen  
Parents United for Child Care ◀ ▲ ▼

### \*2-8. MEDIA LITERACY (PART ONE OF TWO)

Aileen Fortune,  
University of Maine  
Cooperative Extension

Are you concerned with how much children watch TV? Did you know that more households in the United States have five televisions than have one? Through songs on the radio, Internet access, television and movies, our kids are learning to live in an adult world long before they are ready. Let's talk about Media Literacy and learn skills to be a critical consumer of media. ◀ ▲ ★ ▼ ●

#### 2-9. KEEPING MAINE'S CHILDREN CONNECTED: AN INTEGRATED APPROACH TO HELP CHILDREN AND YOUTH WHO EXPERIENCE SCHOOL DISRUPTION

Susan Liberman, Psychiatric Facility & School Transition Initiative

Come hear about a collaborative effort among Department of Corrections, Department of Education, Muskie School of Public Service, Department of Health and Human Services, and Department of Behavioral and Developmental Services to assist youth in feeling more supported as they live through difficult transitions. ▲ ★ ▼

#### \*2-5. STORYTELLING WITH HEART: EXPLORING OUR LIVES THROUGH STORIES FOR PARENTS AND YOUTH (PART TWO OF TWO)

Margaret Jones & Cindy Gaudiannu, Day One ■

### Session Three

#### \*3-8. MEDIA LITERACY (PART TWO OF TWO)

Aileen Fortune: University of Maine Cooperative Extension ◀ ▲ ★ ▼ ●

#### 3-10. BOOMERANG Pricilla Guy, Ron Lund Kittery Chemical Action Program

Come learn about this innovative program that works with youth and parents, explores peer pressure, and provides insight on relationships and consequences. This program has had astronomical success at working with youth with substance abuse issues. ■ ◀ ▲ ★ ▼ ●

#### \*3-6. WORKING WITH SMOKERS: HOW TO HAVE AN IMPACT IN 3-5 MINUTES (PART ONE OF TWO)

Barbara Perry, Center for Tobacco Independence

This basic training provides education about tobacco dependence and instruction on how to deliver brief intervention to a tobacco user. Simple messages tailored to individuals can increase motivation and success to stop tobacco use. ■ ◀ ▲ ★ ▼ ●

#### 3-11. TEAMBUILDING 2: FROM PLANNING TO ACTION

Dave Cross, Maine Youth Voices

Learn how to put teambuilding into Action and use it as a communication tool. This workshop builds on Teambuilding 1. ■ ◀ ▲ ★ ▼ ●

**For questions on workshops or to learn more about KEYS for Prevention, contact Melissa Boyd, Project Director, at (207) 439-6504 or email [keys-4-prevention@comcast.net](mailto:keys-4-prevention@comcast.net).**

### **3-12. CREATING PEACE, TRANSFORMING STRESS** **Donna Packard, Full Circle Celebrations**

Come learn techniques to recognize and reduce stress, including guided imagery, breathing exercises, and meditation. Recognize that when adolescents do not have a healthy toolkit on hand for reducing stress, they may turn to drugs and alcohol to relieve their pain or to “feel good again.”

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#### **Session Four**

### **4-13. TEEN PREGNANCY & SUBSTANCE ABUSE**

**Dana Sinisgalli and Suzanne Wade, Avis Goodwin Community Health Center**

Participants will learn statistics regarding the correlation between teen pregnancy and substance use, learn new research regarding teen brain development, and learn strategies for parents, schools, and communities to empower teens to make healthy choices.

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### **4-14. CREATIVITY: AN EMPOWERMENT TOOL**

**Laura Jaquays, Artist**

This workshop will explore how creativity can serve to prevent negative behavior in youth through expressive arts programs that are more accessible, on-going, and community-based. These programs offer leadership skill-building opportunity for participants. Participants will walk away with empower-

ment tools in their prevention supplies box.

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### **4-15. CLINICAL INTERPRETATION OF SUBSTANCE ABUSE SCREENING TRAINING (PART ONE OF TWO)**

**Jeffery Wedge, Wedge Consulting Services**

Learn this innovative Substance Abuse Screening Inventory (SASSI), an easily administered psychological screening measure that helps to identify individuals who may be substance dependent. Participants MUST attend both sessions 1 and 2.

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### **4-16. WRESTLING WITH MANHOOD**

**Alinee Fortune, University of Maine: Cooperative Extension**

Wrestling with Manhood is the first educational program to pay attention to the enormous popularity of professional wrestling among male youth, addressing relationship to real-life violence and probing social values that sustain it as a powerful force.

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### **\*4-17. STORYTELLING WITH HEART: EXPLORING OUR LIVES THROUGH STORIES FOR COMMUNITY VOLUNTEERS AND PRACTITIONERS (PART ONE OF TWO)**

**Margaret Jones & Cindy Gaudianu, Day One**

Stories help us make sense of the world and make connections with others. In this three-

hour workshop, parents and youth will listen to personal and fictional stories shared by the facilitators. Group members will participate in discussion and have opportunities to develop and share their own stories.

■ ●

#### **Session Five**

### **\*5-18. CLINICAL INTERPRETATION OF SUBSTANCE ABUSE SCREENING TRAINING (PART ONE OF TWO)**

**Jeffery Wedge, Wedge Consulting Services**

Learn this innovative Substance Abuse Screening Inventory (SASSI), an easily administered psychological screening measure that helps to identify individuals who may be substance dependent. Participants MUST attend both sessions 1 and 2.

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### **\*5-19. CHILD ABUSE: WHAT IS IT AND WHAT CAN YOU DO ABOUT IT? (PART ONE OF TWO)**

**Kate Stern, York County Child Abuse and Neglect Council**

This workshop will assist professionals in supporting children who are being physically, emotionally, or sexually abused or neglected. Participants will learn how to recognize signs of abuse and neglect while gaining an understanding of how to report abuse to the Human Services Department. We will also explore how to support a young person who may be a victim of child abuse.

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### **5-20. YOGA FOR PREVENTION**

**Anne Kay, Yoga Play**

This workshop includes stress management techniques for professionals and counselors as well as sharing the benefits of yoga with teens to help them cope with their daily challenges through simple yogic techniques. You will learn about yoga

through discussions about lifestyle balance and why the yoga “craze” today. In addition you will participate in an experiential component comprising of a gentle adult yoga series (simple stretching), breathing exercises, and a meditation exercise. Handouts will be given for similar exercises to use with teens. You will gain an understanding of the benefits of yoga which include relaxation, better concentration, increased energy and much more. Note: Participants will be doing exercises on a mat so dress comfortably.

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### **\*5-17. STORYTELLING WITH HEART: EXPLORING OUR LIVES THROUGH STORIES FOR COMMUNITY VOLUNTEERS AND PRACTITIONERS (PART TWO OF TWO)**

**Margaret Jones & Cindy Gaudianu, Day One**

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#### **Session Six**

### **6-21. TURN BEAUTY INSIDE OUT**

**Alinee Fortune, University of Maine Cooperative Extension**

Come learn about Turn Beauty Inside Out, Maine, and The

Gender Project’s collaborative educational and community development program focusing on girls, women, media literacy and self-esteem. Our vision is to support girls to be fully themselves and to live in healthy and safe communities by changing the cultural definition of beauty to Good Hearts, Great Works and Activism.

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### **\*4-19. CHILD ABUSE: WHAT IS IT AND WHAT CAN YOU DO ABOUT IT? (PART TWO OF TWO)**

**Kate Stern, York County Child Abuse and Neglect Council**

This workshop will assist professionals in supporting children who are being physically, emotionally, or sexually abused or neglected. Participants will learn how to recognize signs of abuse and neglect while gaining an understanding of how to report abuse to the Human Services Department. We will also explore how to support a young person who may be a victim of child abuse.

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### **6-22. YOGA FOR PREVENTION**

**Anne Kay, Yoga Play**

This workshop includes stress management techniques for teens and their families through fun group oriented yoga exercises. You will learn about yoga through discussions about lifestyle balance and why yoga has become popular for all ages. You will participate in an experiential component comprising of simple stretching, breathing exercises, and a meditation exercise. You will gain an

understanding of the benefits of yoga which include relaxation, better concentration, increased energy and even improved family relationships. Note: Participants will be doing exercises on a mat so dress comfortably.

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### **6-23. MAKING A WELLNESS JOURNAL**

**Laura Jaquays, Artist**

This workshop will explore how and why to make a wellness journal. Wellness journals capture our creative selves and our need to focus on the positives and nurturing side of ourselves. This is a fabulous tool that can be used in groups to promote wellness.

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### **6-24. FULL CELEBRATIONS**

**Donna L. Packard, M.ED., High on Life**

Did you know that 80% of people are breathing barely enough to stay alive? Most disease is related to not enough oxygen in the cells. Stress, emotional repression and cultural conditioning can lead to restricted breathing. Bring comfortable clothing to discuss and practice being high on life.

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### **6-25. HOW TO SUPPORT CHILDREN WITH FETAL ALCOHOL SYNDROME IN SCHOOL**

**Jennifer Morton**

This workshop looks at the ways in which practitioners can support children with Fetal Alcohol Syndrome in School and strategies for care.

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