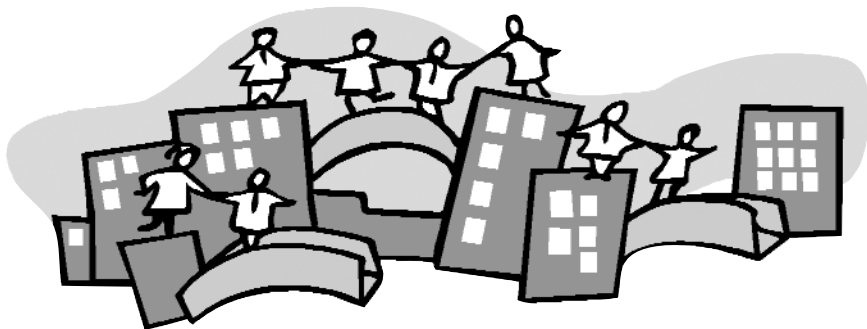


If you are committed to prevention education, don't miss this exciting opportunity!



KEYS for Healthy Kids

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

Making the Link Between Community & Prevention

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

We are so fortunate to provide this conference at low cost, thanks to our funder.

Special thanks to Marshwood High School for hosting this incredible event!

A RARE AND WONDERFUL OPPORTUNITY AT THIS CONFERENCE IS JACK PRANSKY, WHO WILL BE SELLING AND SIGNING BOOKS ON PREVENTION!

DON'T MISS YOUR CHANCE.... REGISTER NOW WHILE SPACE IS AVAILABLE!

June 24 & 25

**Marshwood High School
Route 236
South Berwick, ME**



University of
NEW ENGLAND

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.

-  **PARENT**
-  **YOUTH**
-  **TEACHER, EDUCATOR, YOUTH ADVOCATE**
-  **LAW ENFORCEMENT, JUVENILE JUSTICE**
-  **HEALTH CARE PROFESSIONAL, MENTAL HEALTH PROFESSIONAL**
-  **COMMUNITY MEMBER, VOLUNTEER**

Choose from more than 42 cutting-edge workshops dedicated to prevention education.

Opening Keynote

PREVENTION FROM THE INSIDE OUT

Jack Pransky, Ph.D.

National Author and Leader in Innovative Health Reform Using Prevention Practice

Session One

1-1. I FEEL GOOD

**Jennifer Morton, RN
Eliot Elementary School**

Come learn about "I Feel Good!", a program that teaches children about various prevention and wellness issues with a focus on valuing their bodies. Target audience: elementary school children. ★♥●

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. ■☾▲★♥●

*1-3. 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. ☾▲♥

1-4. 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." ■☾▲★♥●

1-5. WRESTLING WITH MANHOOD

Christine Burgess, 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. ☾★♥●

1-6. INVOLVING, ENGAGING AND CREATING LEADERSHIP OPPORTUNITIES FOR PARENTS

Tania Buck-Ruffen, Parents United for Childcare

Learn how to make parents feel welcome; learn different "types" of family involvement; learn the kinds of information and resources that should be available to parents and families; learn how to begin thinking about parent leadership. ☾▲★♥●

1-7. WHAT LIES BENEATH? WHAT IS BEHIND EVIDENCE-BASED PROGRAMS WORK—OR NOT? A LOOK FROM THE INSIDE OUT

Jack Pransky

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. ☾ ▲ ★ ♥ ●

1-8. 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 comprised 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. ☾ ▲ ★ ♥ ●

Session Two

***2-3. SUBSTANCE ABUSE SCREENING INVENTORY TRAINING (PART TWO OF TWO)**

Jeffery Wedge, Wedge Consulting Services ▲ ♥

***2-9. 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. ■ ☾ ▲ ★ ♥ ●

2-10. 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. ■ ☾ ▲ ★ ♥ ●

2-11. FETAL ALCOHOL SYNDROME: INCREASED PREVALENCE AND STRATEGIES FOR CARE

**Jennifer Morton, RN
Eliot Elementary School**

This workshop discusses the increased prevalence of Fetal Alcohol Syndrome and strategies for long term care. ★ ♥

2-12. BOOMERANG

**Pricilla Guy, Ron Lund
Kittery Community 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. ■ ☾ ▲ ★ ♥ ●

***2-13. STORYTELLING WITH HEART: EXPLORING OUR LIVES THROUGH STORIES (PART ONE OF FOUR)**

Jackie Bromage & 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. ■ ●

***2-6. INVOLVING, ENGAGING AND CREATING LEADERSHIP OPPORTUNITIES FOR PARENTS (PART TWO OF TWO)**

Tania Buck, Parents United for Childcare ☾ ▲ ★ ♥ ●

2-14. 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 comprised

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.



Session Three

***3-9. WORKING WITH SMOKERS: HOW TO HAVE AN IMPACT IN 3-5 MINUTES (PART TWO OF TWO)**

Barbara Perry, Center for Tobacco Independence



3-15. CAPITAL KIDS: COMMUNITIES OF PROMISE Chris Davis

Inovative teen programming attracts youth! Hear about Capital Kids and the programming and planning that take place and that result in a positive, active, engaging environment for youth. Great for those of you working with the teen population!



3-16. TEAMBUILDING 2: FROM PLANNING TO ACTION

Dave Cross

Learn how to put teambuilding into Action and use it as a communication tool. This workshop builds on Teambuilding 1.



***3-13. STORYTELLING WITH HEART: EXPLORING OUR LIVES THROUGH STORIES (PART TWO OF FOUR)**

Jackie Bromage & Cindy Gaudianu, Day One



3-17. TURN BEAUTY INSIDE OUT

Christine Burgess, 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.



3-18. TEEN PREGNANCY

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.



3-19 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 service and Department of Behavioral and Developmental Services to assist youth in feeling more supported as they live through difficult transitions.



Session Four

***4-20. 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.



4-19. CREATIVITY: AN EMPOWERMENT TOOL

Laura Jauays, 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 empowerment tools in their prevention supplies box.



***4-23. STORYTELLING WITH HEART (PART THREE OF FOUR)**

Jackie Bromage & Cindy Gaudianu, Day One



***4-21. JUVENILE TREATMENT NETWORK AND DRUG TREATMENT COURT (PART ONE OF TWO)**

Annie Pelletier and Elaine Curtis, Day One

Maine's Juvenile Drug Treatment Courts goals are to provide substance abuse treatment for adole-

cents in the criminal justice system as a means to increase their accountability and aid them into becoming responsible community members. Understand the Maine Juvenile Corrections Substance Abuse Treatment Network that provides timely referral of juveniles for JASAEs (Juvenile Automated Substance Abuse Evaluation). This workshop will be interactive and informational. (★♥●)

***4-22. COMMUNICATION AND PREVENTION (PART ONE OF TWO)**

Tania Buck-Ruffen, Parents United for Child Care

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.

(▲♥)

Session Five

***5-20. 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

■(▲★♥●)

***5-24. CLINICAL INTERPRETATION OF SUBSTANCE ABUSE SCREENING TRAINING (PART TWO OF TWO)**

Jeffery Wedge, Wedge Consulting Services

Learn this innovative Substance Abuse Screening Inventory (SASSI), an easily administered psychologi-

cal screening measure that helps to identify individuals who may be substance dependent. Participants MUST attend both sessions 1 and 2.

▲♥

5-25. UNITED WAY LOGIC MODEL AND OUTCOMES MEASUREMENT

Alison Pyott Director of Community Impact, United Way of the Greater Seacoast

Successful programs have measured outcomes. How can outcomes help your program? Learn about United Way logic models and outcome measurements, how to measure and why to measure. Hands on and informative! Great for those who are trying to get moving on building programmatic structure.

(★♥)

***5-23. STORYTELLING WITH HEART: EXPLORING OUR LIVES THROUGH STORIES (PART FOUR OF FOUR)**

Jackie Bromage & Cindy Gaudianu, Day One

■●

***5-28. MEDIA LITERACY (PART ONE OF TWO)**
Chistine Burgess: 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. Lets talk about Media Literacy and learn skills to be a critical consumer of media.

(▲★♥●)

***5-21. JUVENILE TREATMENT NETWORK AND DRUG TREATMENT COURT (PART TWO OF TWO)**

Annie Pelletier and Elaine Curtis, Day One

(★♥)

***5-22. COMMUNICATION AND PREVENTION (PART TWO OF TWO)**

Tania Buck-Ruffen, Parents United for Child Care

(★♥)

Session Six

***6-24. CLINICAL INTERPRETATION OF SUBSTANCE ABUSE SUBTLE SCREENING, CONTINUED**

Jeffrey Wedge, Wedge Consulting Services

▲♥

6-26. 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.

■(▲★♥●)

6-27. PARTNERING FOR FUNDING: A GRANT WRITER'S OVERVIEW
Barbara Wentworth, Director of Community Building, United Way of York County

Learn the key elements that produce a targeted, A solid grant proposal includes many key parts. This

session provides an overview of the research, planning and organizing that produces a quality proposal. From finding the right match to providing what is requested, learn how to focus your efforts for best results. ☾ ▲ ♥

***6-28 MEDIA LITERACY (PART TWO OF TWO)**
 Chistine Burgess: University of Maine Cooperative Extension ☾ ▲ ★ ♥ ●

6-31. MY ATTITUDE SAVES KIDS: HOW TO DEVELOP AN ACTION PLAN FOR YOUTH
 Tony Wild, Assistant Director, KEYS for Prevention
 Learn best practices in youth development and action planning in the KEYS region. Tony will highlight lessons learned from MASK (My Attitude Saves Kids), where kids plan and implement large-scale events that promote healthy habits and healthy living. ■ ☾ ▲ ★ ♥ ●

6-32. MAKING A WELLNESS JOURNAL
 Laura Jauays, 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. ■ ▲ ★ ♥ ●

SCHEDULE

June 24 Day One

- 8:00-9:00 am Arrive/registration/info packets/goodie bags/continental breakfast
- 9:00-9:15 Welcome/introduction of keynote speaker
- 9:15-10:15 Jack Pransky, 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

June 25 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
- Raffle winners and remarks

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

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 \$50.00 for both days—no exceptions. Includes breakfast, lunch and CEU's for both days, paid for in part by a local grant from ONE Maine KEYS for Prevention: Office of Substance Abuse

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 June 14, 2004

Please provide the following information

YES, I can't wait to attend ...

PLEASE note that an * means that this is a two-session workshop and both sessions MUST be attended. Please choose 2 options using the workshop number.

Session 1

First Choice _____ Second Choice _____

Session 2

First Choice _____ Second Choice _____

Session 3

First Choice _____ Second Choice _____

Session 4

First Choice _____ Second Choice _____

Session 5

First Choice _____ Second Choice _____

Session 6

First Choice _____ Second Choice _____

Please print or type:

Name and Title

SSN (Needed if you apply for CEU's)

Position

Organization/Agency

Address

City, State, Zip

Telephone Number

Fax Number

Email address

Will you be applying for CEU's _____ 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 _____