

Multi-Track Courses
Track ABC – 21.25 Hour Course

The following workshops are scheduled for Track A, B, and C: Monday from 2 pm - 5 pm and Tuesday through Thursday

Prevention School Course(s):

151.ABC Prevention and Health Promotion: The Basics You Need to Know

Sandra Puerini Del Sesto, M.Ed. (RI)

This course addresses the core knowledge and skill areas needed for those working in all areas of prevention and health promotion. The coursework will include: * An introduction to the science and art of prevention and health promotion * Current prevention theory and research findings * Basic elements of strategic program planning and the Strategic Prevention Framework * Assessing prevention needs, resources and readiness * Selecting prevention/health promotion strategies * Evaluating prevention programs and developing logic models *The cultural context of prevention *The basic of social marketing * Prevention ethics * The competent prevention provider: Applying all you have learned. It is based on the Substance Abuse Prevention Specialist curriculum developed by CSAP's Centers for the Application of Prevention Technologies (CAPT) and covers content areas needed by those seeking prevention specialist certification.

OBJECTIVES:

Participants will be able to

1. Review the building blocks of successful prevention
2. Define evidence-based prevention
3. Describe the risk factors/protective factors theory, the resiliency approach, and the Developmental Assets framework
4. Describe the five steps of the strategic prevention framework
5. Explain and apply the principles of prevention
6. Describe the key components of evaluation

7. Develop a logic model as a guide to create an evaluation plan
8. Discuss dimensions and elements of culture and diversity and their relationship to prevention planning
9. Describe how changes occurring throughout people's lives have implications for prevention strategies
10. Apply knowledge of the transformation of the adolescent brain to plan prevention programs
11. Describe environmental prevention strategies and their role in community-based prevention
12. Examine a sample code of ethical conduct for prevention professionals
13. Apply their lessons learned in the curriculum to a case study

TARGET AUDIENCE: This course is designed for prevention professionals with 1 to 5 years of experience who wish to obtain core prevention skills.

CONTENT LEVEL: Core to Intermediate

NOTE: Participants taking this course (151.ABC) MUST also sign up to take this course during all 3 course tracks (A, B, and C).

Multi-Track Courses
Track AB – 15.75 Hour Course

The following workshops are scheduled for Track A: Monday from 2 pm - 5 pm and Tuesday from 9:30 am - 5 pm.

Treatment School Course(s):

201.AB Evidence-Based Practice: Motivational Interviewing Intensive (BC/RC)

Thomas Broffman, PhD, LICSW, LCDP, LCDS, CEAP (RI)

This evidence-based, training is intended to provide information about: stages of readiness to change, motivational interviewing and utilizing MI techniques to more effectively assist in the rehabilitation of persons with co-occurring disorders. MI is client-centered, based on dual expertise and is an alternative to the confrontation of denial technique. MI is an evidence-

based practice consistent with the recovery model and a strengths-based practice perspective. MI is assisting people to resolve their ambivalence to change, while not increasing their resistance to change. The class is interactional and experiential so participants should be prepared to role play.

OBJECTIVES: Participants will be able to:



1. Describe the stages of change model
2. Identify 2 Effective Pre-contemplation Stage Strategies
3. Identify 2 Effective Contemplation Stage Strategies
4. Identify 2 Effective Preparation/Determination Stage Strategies
5. Complete a Decisional Balance
6. Complete a Change Plan

NOTE: This is a skill-based course, so participation in group exercises and experiential interactive activities (role-plays) are expected of all participants.

CONTENT LEVEL: Core to Intermediate

202.AB Spirituality for the Hard Times

Patricia Mulready, M.D. (CT)

Our clients depend on us to help them through their difficult times. How can we assist our clients when we feel frightened, discouraged or hopeless by the circumstances of our lives and our world? Spirituality is a way of living that comes into its own during hard times as a way to keep us centered, balanced, productive and full of hope. This is not "pie in the sky" spirituality but the use of principles and practices that have withstood the test of time - centuries of time. All of the concepts and skills provided in this workshop are designed for participants to take home to use with clients, colleagues and supervisees to

bring stability and empowerment back into their lives. From a spiritual base, it is possible to know that good work will continue during these hard times so clients will recover, new opportunities to provide services will arise and professionals will not only survive but thrive until the pendulum swings toward easier times.

OBJECTIVES: The participant will be able to:

1. Define the components of spirituality and understand how they differ from religion;
2. Describe time-tested principles leading to clarity of thought, access to inner resources, resiliency, empowerment, collaboration and prosperity;
3. Become proficient in centering, feelings management, goal setting, realistic action planning, networking and use of spiritual tools; and
4. Integrate spiritual principles and practices into conventional behavior-oriented treatment plans.

TARGET AUDIENCE: Individuals interested in learning empowerment skills to bring back to the workplace to positively affect the environment

CONTENT LEVEL: Core to Advanced

203.AB Addiction Biology and Psychopharmacology for Co-occurring Disorders (BC/RC)

Nick Ruf, MA, LADC (ME)

Substance use dependencies and other addictions involve changes to biological systems (“hardware” changes) that begin to reprogram those systems to increase and automate the addictive behaviors. These changes, in turn, promote the recruitment of collateral and associated cognitive, emotional, and behavioral systems and resources (“software” changes) to support and reinforce the disorder. This workshop will describe the substances, mechanisms, systems, and processes by which addictive disorders are acquired, maintained, and extinguished. In addition, we will look at some of the more common co-occurring disorders and the medications used to treat them.

OBJECTIVES: Participants will be able to:

1. Describe the structural components and process of neurotransmission;
2. List the major drugs of abuse and psychotropic medications and their effects on neurotransmission;
3. Relate the biological effects of drugs to psychological, emotional, and behavioral symptoms of these disorders;
4. Devise strategies to sort symptoms of the substance disorder from those of a co-occurring disorder in order to treat the client comprehensively and appropriately (including referral for psychotropic medications as necessary); and
5. Evaluate, prioritize, and address symptoms of dually diagnosed clients to maximize stability, symptom relief, function, and quality of life.

TARGET AUDIENCE: Clinicians dealing with substance abuse and co-occurring disorders.

CONTENT LEVEL: Core to Advanced. No special scientific knowledge is required for this workshop.

Prevention School Course(s):

251.AB Sustaining Your Coalition's Prevention Efforts

Steven Ridini, Ed.D. (MA), Gail Taylor, M.Ed (VA)

This workshop will offer participants a focused opportunity to explore and reflect on sustainability, particularly within the context of SAMHSA's Strategic Prevention Framework (SPF) planning process. Key elements of sustainability will be described and discussed. Participants will have the opportunity to effectively utilize theory and practical strategies as they identify sustainability strengths, challenges, and ways to address these challenges.

OBJECTIVES: Participants will:

1. Define the key elements of sustainability;
2. Define these elements as they relate to the SPF and prevention coalitions;
3. Identify their own coalition's sustainability strengths, challenges, and solutions; and

4. Have the opportunity to apply theory and practical strategies to sustain local prevention efforts.

TARGET AUDIENCE: Participants should be prevention practitioners working with community groups

CONTENT LEVEL: Core - Advanced

