

Name _____

School _____

August 5, 2011

NCADA Prevention Leadership Conference

You will be attending 4 breakout sessions at the Conference. Please place a 1 or 2 on the line to the left of the workshop titles to let us know what your first and second choice for each session. Return this form right away so we can do our best to place you in the breakout session you prefer.

BREAKOUT SESSIONS

Breakout Session 1	Breakout Session 2	Breakout Session 3	Breakout Session 4
___ Diseased Organs	___ Examining the Overlap Of Intimate Partner Violence and Substance Abuse	___ Alcohol and the Brain	___ Escape School
___ Tune-In	___ Driving Safety	___ Tobacco: What is that? What's the big deal? And some facts to chew on!	___ Understanding Marijuana
___ Hero on Duty	___ What's Private, What's Not?	___ The Skin Your In-Body Image Basics	___ We're All Different Managing Diversity
___ Heroin-It's Back.... It Never Left	___ What's In Your Medicine Cabinet	___ My Voice is "Mad" Important	___ Think Outside the Backpack
ADULT SESSION	ADULT SESSION	ADULT SESSION	ADULT SESSION
___ Science of Addiction	___ Burnout to Breakthrough	___ What Students Know, That You Should Too	___ Networking/Activities

- **Diseased Organs:** Through this interactive program with human organs, participants will learn about the benefits of healthy lifestyle habits, and the consequences of using tobacco, alcohol and other drugs.
 - **Tune-In:** - Does that media influence your decisions about alcohol, tobacco, and other drugs? Explore the strategies that companies use to entice you to buy and consume their products. Learn how to separate the truth from the lies.
 - **Hero on Duty:** Webster's Dictionary defines a Hero as any person admired for courage, nobility, and regarded as an ideal role model. It is hard to be a Hero but heroes are what we need to change our schools, our communities and our world. Are you up for the challenge? In this session, participants will learn how to create a dream map, set goals and make an action plan to achieve their goals, and 3 simple actions every student can take to make a difference.
- Heroin-It's Back... It Never Left:** This workshop will help students understand what this dangerous drug is and what it does to the body. Participants will talk about what they can do to recognize if a friend is in trouble with this drug as well as how to keep themselves healthy and drug free.
- **Examining the Overlap Of Intimate Partner Violence and Substance Abuse:** This session will illustrate the commonalities among domestic violence and substance abuse, as well as the compounded impact of experiencing both issues. Using an interactive simulation (story) style activity, participants will be encouraged to gain knowledge and increase empathy. In addition, they will have an opportunity to increase their awareness of the dynamics of domestic violence and substance abuse, in effort to improve prevention strategies.
 - **Driving Safety:** Each year approximately 7,000 brain and spinal cord injuries occur in the state of Missouri. This session will provide a motivation and safety precautions one can take while driving, or in the car with a friend to avoid accidents.
 - **What's Private, What's Not?** Do you love your Facebook, Myspace or Twitter account? Ever wonder if your profile is really private or how much information is TMI? This workshop will explore some benefits and pitfalls of social networking and give you tips for staying sager on line.
 - **What's In Your Medicine Cabinet:** This Breakout session will cover the various aspects of prescription and over the counter drug abuse. This includes why prescription and over the counter drug abuse has grown, what types of medications are being abused, how the medications are being abused, the signs of recognizing abuse, ways to prevent the abuse and information about take back events.
 - **Alcohol and the Brain:** We've all heard that alcohol can cause a lot of problems; from drunk driving accidents to embarrassing behaviors, to hangovers. Did you also know that it can also cause permanent damage to the teen brain? Get the facts about how alcohol affects a young brain.

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- **Tobacco: What is that? What's the big deal? And facts to chew on!** This presentation will educate individuals on new products the tobacco industry has come up with. It will also take a look at the teen usage rate and how tobacco impacts the teen brain. The information learned will be then used to play an interactive game about Tobacco.
- **The Skin You're In-The Basics of Body Image:** This session aims to educate youth about how to keep a positive body image. Participants will discuss how the media pressures people into desiring unrealistic looks, which can lead to eating disorders. It will cover some real life stories of teenagers struggling with body image.
- **My Voice is "Mad" Important:** This interactive training on effective ways to advocate. FOR REAL has learned many advocacy tips over the years and has developed this training module with those findings. This training is geared towards youth as they often don't know how to approach a legislator nor do they feel as if their voice counts. This training will provide participants with knowledge/tools necessary to be effective while speaking with legislators and how to be organized as a group (large or small) and provoke change.
- **Escape School:** This session will cover how to handle oneself in potentially dangerous situations, plus a variety of self-defense techniques that can be used when no other option is available.
- **Understanding Marijuana:** This presentation will be an interactive lesson that helps people understand marijuana's effects, dangers and facts.
- **We're All Different, Managing Diversity:** We're each unique and sometimes our differences can cause conflict and misunderstanding. We'll explore the importance of appreciating our difference in order to have better relationships.
- **Think Outside the Backpack:** Every teenager has plenty to worry about, from relationships, grades, and popularity to money, college, and jobs. With a high-energy mix of magic, mentalism, and motivational stories, this interactive talk emphasizes appreciating the big picture: people and opportunities around us that lead to new experiences, clear goals, and a successful future.

ADULT BREAKOUT SESSIONS

- **The Science of Addiction:** Based on data provided by the National Institute on Drug Abuse and the Faces of Recovery, this session will review the basic neurobiology of addiction and recovery, and help participants to understand why the "brain science" information is so important to understand. This presentation also outlines the definition of recovery, and offers insight into understanding the disease of addiction and the stigma that often surrounds it.
- **Burnout to Breakthrough:** Being an educator, counselor or youth advocate is one of the most rewarding occupations in the world. However, it is also one of the most challenging, underappreciated, and exhausting jobs one can possibly take on. If you have ever lost your focus, lost your passion or simply felt burnout by the enormous task of being all things to all people, then this workshop will be just what the doctor ordered. Get ready to be rejuvenated, refocused and fired up to make a difference once again!!!
- **What Students Know, That You Should Too:** This course will inform the participants of some of the issues that are observed with students in the schools. Some topics covered will include bullying, cyber bullying, internet/cell phone codes used, prescription drugs, energy drinks, energy drinks with alcohol, hidden compartments, and areas of resources adults can go to.
- **Networking/Activities:** This interactive workshop will allow sponsors to share experiences they have had working with youth, what's worked and what hasn't. Sponsors will be encouraged to bring their ideas and even handouts of activities that have been successful.