

The Center for Health and Learning presents

# “Best Practice” Workshops

## *For Prevention Training and Health Education*

*Offered under a grant from the VT Dept of Health, Division of Alcohol and Drug Abuse Programs*

This series of trainings is designed for the Vermont prevention workforce: prevention consultants, community and youth development workers, health educators, counselors, school nurses, and coalition and school health advisory council members. Our trainers are well known to Vermonters, some are known nationally, and all enjoy outstanding reputations and professional recognition in their fields.

There is a \$35 fee for each workshop, which includes materials and a continental breakfast. Participants should bring a bag lunch. Unless otherwise noted, the times for all trainings are:

**8:00-8:30am Registration & Refreshments • 8:30am-3:30pm Training**

**For more information or to register for the trainings below, visit our web site at [www.healthandlearning.org](http://www.healthandlearning.org)**

### **INTEGRATING CULTURAL SKILLS AND COMPETENCE INTO SUBSTANCE ABUSE PREVENTION PROGRAMS**

**Date: February 4 2008 • Location: Randolph VT • Trainer: Deoshore Haig**

This training program has been designed to help substance abuse administrators and prevention workers integrate cultural competence into their substance abuse prevention services. Participants will have the opportunity to explore and evaluate diversity issues and characteristics that are essential for developing and sustaining cultural skills, diversity, and competency within their service delivery systems.

### **POSITIVE YOUTH DEVELOPMENT APPROACH TO SUBSTANCE ABUSE PREVENTION**

**Date: March 3 2008 • Location: Montpelier VT • Trainer: Cindy Carraway-Wilson**

This training provides participants with a broad overview of Positive Youth Development theory and practice. Participants will examine their own assumptions about young people and begin to challenge those assumptions. In the afternoon, they will examine their programs and discuss changes to program design and delivery to reflect the Positive Youth Development approach to engaging young people.

### **LEADERSHIP SKILLS**

**Date: March 11 2008 • Location: Killington VT • Trainer: Steve Ridini**

Participants will consider dimensions of leadership and identify leadership styles and how they influence working relationships. Basic leadership skills in managing, planning and implementing community process will be addressed. Participants will also be introduced to approaches for evaluating effectiveness in leadership ability.

### **PREVENTION ETHICS**

**Date: March 28 2008 • Location: Montpelier VT • Trainer: Sandra Peurini del Sesto**

Many times people who work in prevention are confronted with ethical dilemmas and are not aware that there is an established set of rules for prevention professionals. Using guidelines established by the International Certification & Reciprocity Consortium, the international body that certifies prevention professionals, this workshop explores ethical principles and issues of confidentiality that apply specifically to persons working this field.

*More trainings on reverse side!*

## CONFLICT RESOLUTION

**Date: April 3 2008 • Location: White River Junction VT • Trainer: Susanne Terry and Alice Estey**

Conflict is part of the fabric of human interaction and is often the result of misunderstanding. When we communicate we know what we are trying to convey to the listener but we spend too little energy attempting to understand what the other is trying to convey. The inevitable effect of each person talking, but not listening, is conflict. This workshop will give participants three key skills and a theoretical framework that will foster healthy and productive conversations, relieve the stress of conflict, and break the cycle of misunderstanding.

## ADOLESCENT BRAIN DEVELOPMENT

**Date: April 22 2008 • Location: Montpelier VT • Trainer: Michael Nerney**

This training features the latest research on the structure and neuro-chemistry of the adolescent brain, explores the psychological and social motivations for drug use and reveals the signs and symptoms of at-risk youth. Participants will explore prevention and intervention strategies and make applications to their community work setting.

## PREVENTION 101

**Date: May 1 2008 • Location: Montpelier VT • Trainers: Michelle Salvador and Sarah Oudekerk**

This training is designed to be an introduction to current substance abuse prevention practice. Participants will examine the current culture of drug use in Vermont, explore attitudes toward substance use, review the public health and community development models of prevention, examine a comprehensive substance abuse prevention plan using risk and protective factors and become familiar with prevention resources.

To register for these trainings visit our web site at  
**[www.healthandlearning.org](http://www.healthandlearning.org)**

For more information:  
**[info@healthandlearning.org](mailto:info@healthandlearning.org)**  
**802.254.6590**



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*Prevention Training  
Series Inside!*