

The Center for Health and Learning presents

# Prevention Training Series

## Workshops in “Best Practice” For Prevention Training and 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, mental health workers, counselors, school nurses, coalition and school health advisory council members.

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)**

### HOW TO STAY SANE FACILITATING MEETINGS, TASK FORCES AND COMMITTEES

**Date: October 22 2007 • Location: Killington VT • Trainer: John Udis**

The chief goals of all effective facilitators are to enable groups to do their best thinking out loud, engage in open and respectful conversations, find sustainable solutions to challenges, ensure that each participant feels valued and heard and to work through any and all conflicts in a productive and kind way. During this interactive and fun seminar participants will have the opportunity to learn and practice a range of powerful facilitation strategies including: five tools for promoting active engagement of all participants; skills for eliciting participation from quiet members and skills for responding to dominant members; how to promote 7 key behaviors that increase meeting productivity and satisfaction; supporting dialogue and discussion conversations and knowing the difference between the two types; supporting advocacy and inquiry rather than debate among participants; responding to 6 common but complex facilitation challenges; and applying an agenda-building format that results in productive meetings.

### LEADERSHIP SKILLS

**Date: October 30 2007 • Location: Rutland 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.

### COALITION DEVELOPMENT

**Date: October 31 2007 • Location: Randolph VT • Trainer: Steve Ridini**

Participants will explore readiness factors related to community/coalition development, identify development tasks of teams/coalitions and create strategies to address issues and needs identified by teams. Throughout the training participants will use tools to enhance team/coalition development.

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

**Date: November 5 2007 • 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. At the end of the training participants will be able to: define cultural skills and recognize the significant impact it has on shaping human identity/ies with particular regard to health, help-seeking and coping behaviors; define cultural competency and describe how it relates to the provision of substance abuse prevention and treatment services; identify the major structural components for integrating cultural skills, diversity, and competence in substance abuse prevention programs/agencies; assess their organizational cultural competency needs and; and develop an initial plan for integrating cultural skills, diversity, and competency within their professional skill-sets and program services.

## **ESSENTIAL GRANTS SKILLS**

**Date: November 29 • Location: Rutland VT • Trainer: Chuck Putney**

Success in seeking grants means developing effective program plans, identifying the grant makers who might support those plans, and preparing clear and compelling proposals. This workshop will take an introductory look at those three tasks. Topics include: key elements of a good proposal; talking about your organization; structuring your grant-seeking plan; foundations and why they give money; government grants; and research tools and strategies, including key words.

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

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

Youth development is an ongoing process by which youth gain the personal, social, academic and citizenship competencies necessary for successful adolescence and adult life. It is about more than simply preventing problems. Through youth development, a youth worker designs programs and activities for each youth based on his/her particular capabilities, strengths and formative needs. 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, participants will examine their programs and discuss changes to program design and delivery to reflect the Positive Youth Development approach to engaging young people.

## **PREVENTION ETHICS**

**Date: March 28 2008 • Location: Montpelier VT • Trainer: Sandra Puerini 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. Role playing, discussion and didactic presentations provide participants with better understanding of the role ethics plays in prevention. By the end of the workshop, participants will be able to describe and apply the basic principles of the prevention code of ethics.

## **CONFLICT RESOLUTION**

**Date: April 3 2008 • Location: White River Junction VT • Trainers: 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. Participants will: become familiar with sources of

conflict; learn a basic set of effective communication and conflict resolution tools; and learn how to use questions as an effective listening tool

## **ADOLESCENT BRAIN DEVELOPMENT**

**Date: April 28 2008 • Location: Montpelier • Trainer: TBD**

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 • 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.