



2019 PREVENTION CONFERENCE

MAY 21 & 22, 2019

BAVARIAN INN LODGE, FRANKENMUTH, MI

TAKE TIME FOR WELLNESS



MSHN
Mid-State Health Network

Northern
Michigan
Regional
Entity

2019 PREVENTION CONFERENCE

6TH ANNUAL REGIONAL CONFERENCE

WELCOME

Materials

Conference presentations and materials can be found at www.preventionconference.weebly.com

Scavenger Hunt

Included in your packet is a Frankenmuth Gnome Scavenger Hunt. Go gnome hunting and write the locations of at least 10 on the back of the form. Turn it in at the registration desk to be included in a prize drawing.

Prev Talks

Prev Talks are mini presentations on areas of interest. Presenters are given five minutes to share information on a project they are working on or updates on an issue. There are four open spots on Tuesday for Prev Talk volunteers. Consider sharing with your peers. Sign up at the registration table.

Door Prizes

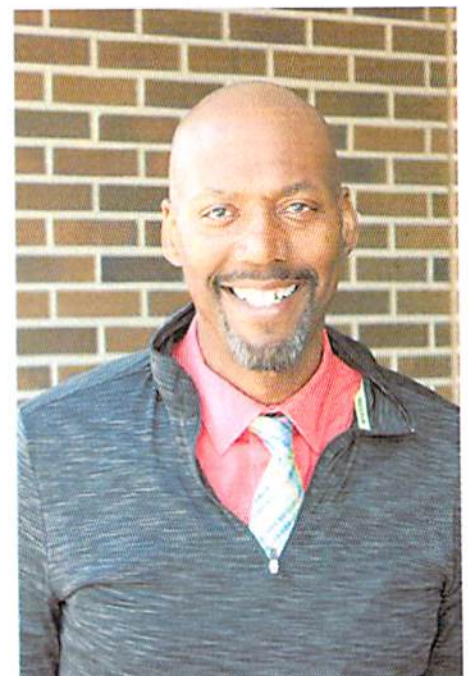
Thank you to everyone who donated a prize basket or other amazing door prize! We will draw for these throughout the event. Must be present to win!

CEU's

Prevention Specific CEU's will be issued for this conference. Please sign in and out each day at the registration desk.

MASTER OF CEREMONIES

Please welcome Warren Lester, the 2019 Master of Ceremonies! CEO of Teambuilding Unlimited. Warren has been working with groups throughout North America for over 25 years to strengthen their ability to work together. As a student, Warren attended Michigan State University where he played football and earned his Bachelor of Science degree in 1986. Warren began his career at Highfields, Inc as a Youth Specialist and later worked in such roles as Residential Counselor for court ordered juvenile delinquents, Family Counselor and Manager of Experiential Programs. In addition, he has worked extensively with other groups, including at-risk youth, parent groups, Fortune 500 companies, sports teams, schools, among others.
www.teambuildingunlimited.net



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CONFERENCE MEAL MENU

- Tuesday Breakfast** Deluxe Breakfast Buffet: Hickory smoked ham, seasonal fruit tray, assorted cheese board, scrambled eggs, oatmeal with nuts & berries, waffles, diced potatoes, assorted baked goods, coffee, tea, milk/almond milk
- Tuesday Lunch** Frankenmuth Chicken Lunch Buffet: Coleslaw, breadsticks, vegetables, whipped potatoes & gravy, Bavarian Inn buttered noodles, Famous Bavarian Inn Frankenmuth chicken, Chef's choice dessert, coffee, tea, milk, and soda
- Film Snacks** Around the World Cheese Board with Assorted Crackers, Bavarian Soft Pretzels with Mustard and Cheddar Ale Sauce, Assorted Jumbo Cookies
- Wednesday Breakfast** Deluxe Breakfast Buffet: Bacon, seasonal fruit tray, assorted cheese board, scrambled eggs, oatmeal with nuts & berries, French toast made with homemade Stollen bread, hash brown patties, assorted baked goods, coffee, tea, milk/almond milk
- Wednesday Lunch** Taco Buffet: Seasoned ground beef, grilled chicken breast, hard and soft taco shells, Mexican rice, black beans, shredded cheese, diced tomatoes, black olives, lettuce, diced onions, jalopenos, guacamole, salsa, sour cream, Chef's choice dessert, coffee, tean, milk, soda

Monday, May 20, 2019

River Room Lobby 5:00 pm - 7:00 pm, **Pre-Registration**

Tuesday, May 21, 2019

River Room Lobby 7:00 am - Throughout day, **Registration and Speaker Check-In**

7:30 am - 9:30 am, **Traveling Photo Booth by Blacktie Productions**

Bach & Beethoven 7:00 am - 8:15 am **Breakfast**

8:15 am - 8:45 am, **Opening Remarks and Ice Breaker**
Master of Ceremonies, Warren Lester

8:45 am - 10:15 am, **Plenary, Multiple Pathways to Recovery**
Tory Werth and Douglass Webb

There are a thousand pathways to addiction and there are a thousand pathways out. Recovery is not a one-size-fits-all approach, but for a long time we've treated it that way. We'll explore the many pathways of Recovery that in many instances are left out of our referral network – treatment centers, counseling agencies, hospitals, etc. Mutual aid groups like SMART, LifeRing, Refuge Recovery and Women for Sobriety will be explored to address many recovery options that oftentimes people are unaware of. We'll also discuss the language and images we use in the field, and how it makes a difference on our perception and how we respond to those with substance use disorders. We'll explore the importance of the words we use and how their power can actually make a difference whether or not a person receives help for an SUD – as only 10% of people receive any kind of treatment. The presentation will look at the current recovery movement in the US, with over 23 million people in recovery from a Substance Use Disorder. There are many pathways that people take to attain and sustain their recovery. Depending on an individual's culture, values, beliefs and strengths it should play a role into what pathway a person chooses to engage in. Just like any other medical health issue, all treatment and recovery options should be put on the table and made available to those with a substance use disorder and for their families. Multiple Pathways, which includes a variety of mutual-aid groups, as well as other innovative groups that are beginning to establish themselves in our communities will be presented. Some of these will entail mutual-aid groups, faith-based recovery, medication-assisted recovery, cultural recovery, outpatient/outpatient treatment, bodywork, activity-based therapy and volunteering. Increasing recovery capital in our communities will give people more options and opportunities to engage in connecting with a community that fits their beliefs and values. We'll also specify what words we need to abandon when talking about addiction, as well as what words we need to implement when dealing with this health issue. By incorporating language that destigmatizes substance use disorder, and promoting recovery and the resources that are available, we can inspire and give hope to the millions who are still out there struggling.

10:15 am - 10:30 am, **Break**

10:30 am - 11:30 am. Breakout Sessions

Bach & Beethoven **Prevention 101:** Prevention science and practice has come a LONG way since Nancy Reagan's famous admonition to "Just Say No" in 1986. During Prevention 101, we will have a conversation about where the science is NOW and how we know when we are being successful at measuring "something that doesn't happen." *Ken Dail, Prevention Network*

Danube **Project SUCCESS:** Project Success is an 8-week, evidence-based curriculum for students in grades 7 – 9, focused on substance use prevention. In Montcalm County, Project SUCCESS Coordinators provide this instruction in 5 of 7 County schools. The CADCA leadership model extends Project SUCCESS objectives outside of the classroom where middle and high school leadership teams focus on projects designed to better their communities. In some schools, these leadership teams also teach the objectives of Benice to the elementary students. *Tina McConnell and Chantel Olschanski, Cherry Health*

Brahms **Helping the Helpers:** In a time where we are working diligently to protect our youth, support our families and education our community, are you remembering to take care of yourself? Self care is often overlooked but vastly important. This mini session will explore and identify elements of secondary traumatic stress, vicarious trauma and compassion fatigue, along with providing simple self care techniques and ideas. *Melea Bullock, Eaton RESA, Ingham Substance Awareness Prevention Coalition*

Altmuehl **Youth Engagement with Coalitions:** The role adults play in guiding and developing youth leadership can be the difference between ensuring opportunities for youth to have a strong presence within this coalition or a passive voice. This interactive workshop will focus on coalition development through youth recruitment and effective strategies, which can be implemented to retain youth involvement in community coalition work. *Susan Pulaski, Health Department of Northwest Michigan*

Bach & Beethoven **11:30 am - 12:15 pm. Lunch & Networking**

12:15 pm - 1:15 pm, Plenary: Combating the Opioid Overdose Epidemic

The presentation provides a history of the epidemic and discusses current changes that pose new challenges for providers. Additionally, the talk reviews naloxone and successful measures from a variety of states that have impacted opioid-related mortality.

Tommy Begres, Emergent Biosolutions

1:15 pm- 1:45 pm, Plenary: OK2SAY

Mary Gager Drew, Michigan Department of Attorney General

The goal of OK2SAY is to stop harmful behavior before it occurs by encouraging anyone to report threatening behavior to caring adult authorities who can help. OK2SAY encourages Michigan residents to confidentially submit tips 24/7 using the OK2SAY mobile app, online, email, texting, or by calling trained program technicians. Upon receipt of a tip, specially trained OK2SAY technicians address the immediate need and forward the information to the appropriate responding law enforcement agency or organization. Tips go to schools, local law enforcement agencies, community mental health agencies or the Michigan Department of Health and Human Services.

1:45 - 2:45, Plenary: All You Ever Wanted to Know About E-Cigarettes and Juul

Teresa Wang, PhD, MS ("TE-REE-SA WONG"), Office on Smoking and Health, Center For Disease Control

Tobacco use is the leading cause of preventable disease and death in the United States, and nearly all tobacco product use begins during youth and young adulthood. The tobacco product landscape in the United States is evolving, and e-cigarettes have been the most commonly used form of tobacco among U.S. youths since 2014. This presentation will provide an overview of e-cigarette characteristics, factors related to their use, national prevalence rates, public health implications, and population-based strategies to combat this public health epidemic among U.S. youths.

2:45 pm - 3:00 pm. Break

3:00 pm - 4:00 pm. Breakout Sessions

- Bach & Beethoven** **Prevention 201:** Following up on the Prevention 101 workshop, we will talk about bring more effective in our prevention efforts and how we can educate and encourage community groups to be more effective in their efforts as well. "Just Say No" was just the beginning. We now have an idea about the risk and protective factors that allow or discourage substance use and misuse. That's where the conversation will be headed during this workshop. *Ken Dail, Prevention Network*
- Danube** **Engaging Students to Create a Local Response to Youth Vaping:** Learn from the experience of working with teens to develop a teen vaping education campaign. The campaign involved a student survey, videos created by the students, posters, flyers, bracelets, candy, and social media. Participants will: understand the value in student-led movements, learn how to empower youth to address controversial issues, learn steps to create a campaign from scratch, and understand some of the potential pitfalls of working with student-led groups and how to work around them. *Katheryn Tate and Barb Swierzbis, The Legacy Center for Community Success and Ten16 Recovery Network*
- Brahms** **Effective Prevention Practices:** What is the Whole Child approach and what does it have to do with Prevention? How does school health fit into the Whole Child approach and how can prevention practitioners collaborate with schools and regional partners to implement effective, comprehensive prevention programming? Participants will learn: who is promoting the Whole Child approach and how practitioners could collaborate with them in their region, about the Whole School, Whole Community, Whole Child model and how it is being implemented in Michigan Schools, the importance of building knowledge and skills in comprehensive health education and how the Michigan Model for Health®, the state's evidence based model PreK - 12 health curriculum, is based on this principle, how coalitions and prevention practitioners can complement the Whole Child approach and school health programs, bringing the missing pieces of effective, comprehensive prevention into schools and communities. *Micki Fuhrman and Christina Holmes, Eaton RESA*
- Altmuehl** **Sweet Six 101:** With multiple dimensions to any wellness model, finding a starting place is not always easy. At the end of this presentation, participants will be able to identify the "Sweet Six" as the most effective areas of beginning a wellness lifestyle. Participants will also be introduced to simple audience engaging presentation tools for use with public presentations. *John Kroneck, Cherry Health*

**Bach & Beethoven
Optional Event**

4:00 pm - 6:00 pm, Facilitated Video: The Fighter

Facilitated by Ty Warzinski

Join us for a showing of *The Fighter*, a 2010 American biographical sports drama film directed by David O. Russell, and starring Mark Wahlberg (who also co-produced), Christian Bale, Amy Adams, and Melissa Leo. The film centers on the lives of professional boxer Micky Ward (Wahlberg) and his older half-brother Dicky Eklund (Bale). Adams plays Micky's girlfriend Charlene Fleming, and Leo portrays Micky and Dicky's mother, Alice Eklund-Ward. The film was inspired by the 1996 documentary that features the Eklund-Ward family, titled *High on Crack Street: Lost Lives in Lowell*. Ty Warzinski will facilitate a discussion around addiction and resilience will follow the film. Snacks will be served to attendees and an additional 2.0 CEU's will be issued.

Wednesday, May 22, 2019

Rhine 6:30 am - 7:30 am, **Yoga by Kathryn** <https://www.yogabykathryn.com/>
Bring your yoga mat or a towel

River Room Lobby 7:30 am - Throughout day, **Registration and Speaker Check-In**

Bach & Beethoven 7:00 am - 8:15 am, **Breakfast**

8:15 am - 8:45 am, **Opening Remarks**
Master of Ceremonies, Warren Lester

8:45 am - 9:00 am, **Prev Talks**

Rachel Uganski - Mapping Overdoses

Barry Schmidt - U Framework

One additional volunteer needed to share 5 minutes of new information, something inspirational, a new partnership, or the best thing they are working on.

9:00 am - 10:00 am, **Plenary: Recreational Marijuana and the Law – An in depth look at the impact of the new marijuana law in Michigan**

DJ Hilson, President of the Prosecuting Attorney's Association of Michigan

This presentation will focus on the evolving changes of marijuana and go through the new recreational law in Michigan. I will walk through what the law allows and does not allow as well as the new penalty provisions. I will always expose and talk about the loopholes that still exist based on some of the vagueness in the new language.

10:00 am - 10:30 am, **Plenary: You Can't Hide Forever: Prevention Lessons of Personal Experience**

Jody Nelson, Community Mental Health, Clinton, Eaton, Ingham Counties

Therapist, educator, and speaker Jody Nelson explores the impact of trauma and the importance of prevention work by taking the audience on a deep emotional dive of personal experience. Jody shares anecdotes of growing up the son of a federal agent in a family that had to disappear overnight and go into hiding, relocate across the nation, and then try to blend in with "normal" kids. He illustrates how we often have no idea of the trauma many youths we encounter carry, how early treatment could have made a significant impact on his life, and why it's so important to support and inform trauma-aware communities. Drawing on the principles of Prevention, Preparedness, and Response, Jody shares how these life experiences have guided the course of his personal and professional development and led to the work he does today.

10:30 am - 10:45 am, Break

10:45 am - 11:45 am, Breakout Sessions

Bach & Beethoven **Hidden in Plain Sight:** The MSP Alpena Post Hidden in Plain Sight Trailer was created to educate the public, especially parents/guardians, teachers and community leaders, about what and where to look when it comes to potential narcotic use and other concerns. Simple household things to look for include logos, pictures, clothing, potential stash compartments, new drugs and simple things that may be related to poor choices. The trailer consists of a full size mock-up teen bedroom, includes items in the room (in plain sight) that COULD indicate drug use or risky behavior. Parents/guardians, teachers, and community leaders are invited to walk through the trailer and try to find the items throughout the bedroom. The goal is to educate people on drug trends and things to be aware of in teens rooms while being able to provide information and sources of help to parents who may recognize there child is at risk. *Donna Hardies, Up North Prevention Catholic Human Services and Ashley Simpson, Michigan State Police Alpena Post*

Danube **Engaging Authentic Youth Voice for Prevention:** MOASH's work is founded in the effort to amplify the voices of youth at disproportionate risk of poor sexual health outcomes, this includes informing all of MOASH's initiatives and programming. MOASH coordinates multiple statewide youth advisory councils to cultivate leadership and personal advocacy among members while providing a platform for youth voices to inform statewide sexual health resources, programming, and policy. This interactive session will include discussion about the importance of youth voice, as well as strategies to build youth coalitions in a way that is authentic and valuable for all involved. Personal experiences will be shared about successes and challenges in working alongside youth coalitions. *Michigan Organization for Adolescent Sexual Health. Stephanie DiPonio, Natasha Thomas - Jackson, Dominique Cooper, Monday MacDonald, Xander Bailey, Lexi Raymond*

Brahms **Social Media & Youth Mental Health:** This presentation focuses on current research on the impact of social media use, specifically on youth. Popular social media apps and uses are detailed, including statistics on texting and gaming. The presentation includes social media use and the link between feelings of social isolation, loneliness, and lack of social engagement. The internet paradox is reviewed, including its foundation study. Up-to-date mental health statistics related to youth is covered, specifically between the ages of 12- 17 years old. Additionally, an overview on youth substance use and increased risk factors related to mental health and social media use is given. A discussion around ways to have healthy social media use among youth takes place. *Kristi Pretzer, Prevention Network*

Altmuehl

The Truth About Electronic Nicotine Delivery Devices from the Michigan Tobacco Section: The U.S. Surgeon General has declared a public health epidemic around the youth use of electronic nicotine delivery systems/devices. In many Michigan counties, we are seeing 2017-18 increases in high school youth use of these products at rates far higher than the national average of 78%. This presentation will discuss how electronic devices work, why youth are so attracted to them and tell the story of how these products are addicting a new generation of tobacco users. *Elaine Lyon, Michigan Department of Health and Human Services, Tobacco Section*

Mosel

Resourcing Resilience: Join us for a deeply nourishing session focussed on tuning into your body's inherent wisdom and resilience. We will engage in a bit of energization warm ups followed by deep relaxation through a resting meditation (done sitting or lying down). For those who want to experience auricular (ear) acupuncture, you will have the option of receiving tiny needles inserted into your ears during the resting meditation. The object of the ear acupuncture protocol is to bring into play a resourcefulness previously unavailable to the recipient, which is often quite relaxing.

** Notes: If you would like to lie down during the session, please bring a yoga mat or blanket of your own. Safety precautions: come hydrated and having eaten breakfast that morning.*

Holly Makimaa, Eaton RESA

Bach & Beethoven

11:45 am - 12:30 pm, Lunch & Networking

12:30 pm - 12:45 pm, Prev Talks

Three volunteers needed to share 5 minutes of new information, something inspirational, a new partnership, or the best thing they are working on.

12:45 pm - 1:45 pm, Plenary: Trauma and Resilience

Heather Samkowiak, Michigan Department of Health and Human Services, MA/LPC, NCC

Over the past several years the science of trauma has grown to become a vast and widely knowledge base, accessible to consumers in multiple disciplines. The common message - trauma does not discriminate and the impacts can be devastating to those impacted. Addressing these impacts takes multi-disciplinary collaboration where everyone works to identify barriers, teams together to provide reasonable solutions and openly works to build resilience from a multi-faceted approach. This presentation will focus on practical ways in which all providers can build resilience into every interaction in an effort to improve outcomes across generations.

1:45 pm - 2:00 pm. Break

2:00 pm - 3:00 pm. Breakout Sessions

- Bach & Beethoven** **Hidden in Plain Sight:** The MSP Alpena Post Hidden in Plain Sight Trailer was created to educate the public, especially parents/guardians, teachers and community leaders, about what and where to look when it comes to potential narcotic use and other concerns. Simple household things to look for include logos, pictures, clothing, potential stash compartments, new drugs and simple things that may be related to poor choices. The trailer consists of a full size mock-up teen bedroom, includes items in the room (in plain sight) that COULD indicate drug use or risky behavior. Parents/guardians, teachers, and community leaders are invited to walk through the trailer and try to find the items throughout the bedroom. The goal is to educate people on drug trends and things to be aware of in teens rooms while being able to provide information and sources of help to parents who may recognize there child is at risk.
*Donna Hardies, Up North Prevention Catholic Human Services and Ashley Simpson, Michigan State Police Alpena Post * Repeat Session*
- Danube** **Engaging Authentic Youth Voice for Prevention:** MOASH's work is founded in the effort to amplify the voices of youth at disproportionate risk of poor sexual health outcomes, this includes informing all of MOASH's initiatives and programming. MOASH coordinates multiple statewide youth advisory councils to cultivate leadership and personal advocacy among members while providing a platform for youth voices to inform statewide sexual health resources, programming, and policy. This interactive session will include discussion about the importance of youth voice, as well as strategies to build youth coalitions in a way that is authentic and valuable for all involved. Personal experiences will be shared about successes and challenges in working alongside youth coalitions. *Michigan Organization for Adolescent Sexual Health. Stephanie DiPonio, Natasha Thomas - Jackson, Dominique Cooper, Monday MacDonald, Xander Bailey, Lexi Raymond * Repeat Session*
- Brahms** **Sweet Six 201:** As a follow up to Sweet Six 101, participants will further explore multiple dimensions to any wellness model, will cover the basics of the "Sweet Six" and feature different audience engaging tools *John Kroneck, Cherry Health*
- Bach & Beethoven** 3:00 pm - 3:30 pm, **Wrap Up!**
Master of Ceremonies, Warren Leste
- River Room Lobby** 3:30 pm, **CEU Pick-Up**

MEET THE PRESENTERS!

In order of presentations

**Warren Lester,
Master of
Ceremonies**

Warren Lester is the CEO of Teambuilding Unlimited. Warren has been working with groups throughout North America for over 25 years to strengthen their ability to work together. As a student, Warren attended Michigan State University where he played football and earned his Bachelor of Science degree in 1986. Warren began his career at Highfields, Inc as a Youth Specialist and later worked in such roles as Residential Counselor for court ordered juvenile delinquents, Family Counselor and Manager of Experiential Programs. In addition, he has worked extensively with other groups, including at-risk youth, parent groups, Fortune 500 companies, sports teams, schools, among others. www.teambuildingunlimited.net

**Tory Werth,
Multiple
Pathways to
Recovery**

Tory Werth as been the Recovery Supports Coordinator at NMSAS Recovery Center for the past two years. He is a person in long-term recovery, which means he has not used drugs or alcohol in over 24 years. Tory got into recovery at a young age and has worked in the field of addiction for over 20 years. He volunteered and then worked at a non-profit agency for eighteen years working with adolescents and adults in many capacities. Tory is a certified alcohol and drug counselor, has a bachelor's degree in social work, is currently finishing up his master's degree in social work, and is a trainer for the CCAR Academy. He is also involved in several groups in northern Michigan helping others to attain and sustain their recovery. Tory, his wife, and two sons live in Petoskey, MI.

**Douglas Webb,
Multiple
Pathways to
Recovery**

Douglas M. Webb Graduated from Fordson HS, Dearborn MI, Spring Arbor University BA, Organization Development. US Army serving as a Combat Medic from 1973-1993 and completed three European deployments, and two combat deployments to Southwest Asia, retiring as Sergeant First Class. Post retirement, he pursued a Nursing career and graduated from Spring Arbor University with BA Organization Development. He began recovery in VA Hospital, Detroit, Mi in 1997, NA/AA primary pathways. He joined NMSAS as Recovery Coach 2014, Advocacy Team 2015.

**Ken Dail,
Prevention 101 &
201**

Ken Dail is the Executive Director of Prevention Network Michigan. A lifelong prevention advocate, Ken worked from 1998 – 2010, at Prevention Network as the Coordinator for the Michigan Coalition to Reduce Underage Drinking, or MCRUD. As the Coordinator, it was his job to assist community groups throughout the state in their efforts to identify and address issues related to underage drinking prevention. In January of 2008, the Prevention Network Board of Trustees promoted Ken to Executive Director. Prior to his time at Prevention Network, he provided community-based prevention services in Genesee County, Northern Michigan, and Ingham County. In his free time, Ken enjoys spending time with his wife, Jodi, and his two teenage sons. They are very active across the state with their friends and extended families of grandparents, aunts, uncles, and cousins. As a family, they enjoy being outdoors and love to visit Michigan's many beaches, campgrounds and parks. They are active at Impact Church, River's Edge Church, and Lansing Campus Life. kend@preventionnetwork.org

**Tina McConnell,
Project Success**

Tina McConnel: After 21 years in education, serving as both a teacher and administrator in Montcalm County schools, Tina joined the world of corporate IT, living for 12 years with one foot in the city and one foot on the farm. This past February she joined the Cherry Health Health Promotion staff, where she is happy to again be working in Montcalm County.

**Chantel
Olschanski,
Project Success**

Prior to joining Cherry Health, Chantel worked in substance abuse rehabilitation. She is currently pursuing her LMSW at MSU.

**Susan Pulaski,
Youth
Engagement with
Coalitions**

Susan Pulaski is a Community Health Supervisor for the Health Department of Northwest Michigan and also the Project Coordinator for the SAFE in Northern Michigan coalition. Susan has a Master of Arts in Professional Counseling from Central Michigan University and is also a Certified Prevention Consultant. Susan has been doing substance use prevention for 28 years.

**Melea Bullock,
Helping the
Helpers**

Melea Bullock has been the Coordinator of the Ingham Substance Awareness and Prevention Coalition since 2015. Prior to that, Melea worked as a clinician providing trauma services to at risk populations in a variety of settings, including foster care and residential substance use disorder treatment. Currently she serves as a Certified Prevention Specialist for Eaton RESA, where she focuses on mental health awareness and trauma informed practices. Melea holds a Masters of Arts in Family Studies and a Masters of Science in Counseling in Clinical Health Psychology from Philadelphia College of Osteopathic Medicine. She is currently completing her doctoral studies in Trauma Focused International Psychology at the Chicago School of Professional Psychology.

**Tommy Begres,
Combating the
Opioid Overdose
Epidemic**

Tommy Begres, FNP/MSN/EMTP-IC serves as Sr. Director of Clinical Affairs for Emergent BioSolutions and has spent the last seven years working to combat the opioid-epidemic. Additionally, Dir. Begres has over 20 years in Emergency Department, Fire/EMS service and continues active duties as a Firefighter/Paramedic with a fulltime department located in the Detroit suburbs. In November of 2018, Dir. Begres received the Homeland Security Investigations Partnership Award for his work identifying countermeasures to mitigate risk and protect field operatives on the front line fighting to curb the trafficking of illicit drugs throughout the United States. Before leading the Clinical Affairs Division Dir. Begres worked in Biologic Clinical Access at Johnson & Johnson, Bristol-Myers Squibb, and Glaxo Smith Kline. Dir. Begres holds a Masters of Science in Nursing-Family Nurse Practitioner from Walden University and a Bachelor of Science in Nursing from Madonna University.

**Mary Gager Drew,
Ok2Say - Help
End the Violence**

Mary Gager Drew is the Consumer Programs Administrator for the Michigan Department of Attorney General. In this role, she is responsible for managing OK2SAY, Michigan's Student Safety Program. Prior to working for the state, she had 15 years of experience in school safety while working for Michigan State University School of Criminal Justice and as a consultant on school safety for the Michigan State Police. In addition, Ms. Drew worked in the Michigan State Senate and the Executive Branch specializing in children's issues and victim related issues. Ms. Drew also served as an investigator on a multi-disciplinary team for the Children's Ombudsman's Office. Ms. Drew graduated with a Master's in Public Administration from Western Michigan and a Bachelor's in Education from Hope College. Ms. Drew is happily married to her beloved husband. They have a daughter and a double doodle dog.

**Teresa Wang,
PhD, MS, All You
Ever Wanted to
Know About
E-Cigarettes and
Juil: Implications
for Public Health
Policy, Planning,
and Practice**

**Teresa Wang, PhD, MS:
("TE-REE-SA WONG")**
Office on Smoking and Health, Centers for Disease Control and Prevention Teresa Wang is an Epidemiologist in CDC's Office on Smoking and Health, the lead federal agency for comprehensive tobacco prevention and control. In this capacity, she serves as a subject matter expert on tobacco product use surveillance among U.S. youth and adults. Dr. Wang's scientific publications and collaborations have informed multiple dimensions of tobacco control policy, planning and practice, including the Department of Housing and Urban Development's Smoke-Free Housing Rule, national Healthy People objectives, tobacco-free pharmacy sales, and tobacco-free policies in colleges and universities. Dr. Wang joined the CDC in 2015 as an Epidemic Intelligence Service Officer, before which she studied the effects of inhaled toxicants, including e-cigarette aerosol, on the human airway at Boston University. Dr. Wang is also a Lieutenant in the U.S. Public Health Service Commissioned Corps, one of the seven uniformed services in the United States. In this capacity, she has served in CDC's Emergency Operations Center, and deploys for public health emergencies both domestically and abroad. Dr. Wang holds a PhD and Master's in Bioinformatics from Boston University, and a Bachelor's in Biomedical Engineering from the University of Michigan, Ann Arbor.

**Kathryn Tate,
Engaging
Students to
Create a Local
Response to
Youth Vaping**

Kathryn Tate: Is a Certified Prevention Specialist current in the role of Community Integration Leader, a role shared by The Legacy Center for Community Success and Ten16 Recovery Network. Under this partnership, Kathryn has taken the lead in the community's response to the opioid epidemic by coordinating substance use disorder coalitions and their efforts around substance misuse, addressing issues across the continuum of care, and building partnerships throughout the community.

**Barb Swierzbin,
Engaging
Students to
Create a Local
Response to
Youth Vaping**

Barb Swierzbin currently serves as the Prevention Services Coordinator for The Legacy Center for community Success. She is the DYTUR (Designated Youth Tobacco Use Representative) for Midland County and coordinates tobacco and ENDS related education and events. Barb also coordinates local drug take back education and events through their Dump Your Drugs! initiative with local law enforcement. She assists with coordination of other Coalition objectives and activities.

**Micki Fuhrman,
Effective
Prevention
Practices**

Micki Fuhrman: Is a Certified Prevention Consultant and the Regional School Health Coordinator, and Michigan Model Trainer. She has over 20 years experience in prevention.

**Christina Holmes,
Effective
Prevention
Practices**

Christina Holmes taught in the middle and high school classroom for eight years before moving to Eaton Regional Education Service Agency (RESA) as the Positive Behavior Intervention Supports (PBIS) Consultant. She currently works in Prevention Program Services department and is a certified Prevention Specialist, working on the SHIFT Mid - Michigan, Coordinated School Health, and TPIP programs. Holding a Bachelors of Secondary Education and a Masters of Teaching, she believes in the power of education and has a passion for ensuring young people have the knowledge and skills to lead a healthy life.

**John Kroneck,
Sweet Six 101
and 201**

John has served his community as a Certified Prevention Consultant (CPC-R) since 1985. Originally hired by Project Rehab, his company has undergone many transitions including the latest merger with Cherry Health Services, a Federally Qualified Health Service. Their corporate headquarters is located in Grand Rapids, although, throughout his career, John considers it a blessing to have and still be working in Montcalm County. Many changes have taken place during John's tenure. With programming inclusive of classroom education, specific population groups at schools, training community volunteers, and developing community coalitions; the field of prevention and John's involvement has been in constant evolution. Currently, in addition to the prevention focus, John utilizes prevention skills to assist the recovery community through involvement with the Montcalm Recovery and Integrated Systems of Care (RISC). Further, John serves on the Michigan Prevention Association (MPA) Board as Treasurer, the administrator of the MPA Advocacy Blast email communication, and the Marijuana Task Force chairperson. Additionally, he serves on the Michigan Certification Board for Addiction Professionals – Prevention Committee. In November of 2012, John was named the Michigan Prevention Association Preventionist of the Year. John's training includes two Master Degrees from Central Michigan University. The first is in Public Health Education with an emphasis in Patient Education and Substance Abuse Prevention and the second in Counseling and Personal Development. Previous work has seen John as a part time faculty at Central Michigan University; Counseling and Special Education Department from 1990 to 1998. Also, John worked as a Public Health Educator with the Mid-Michigan District Health Department from 1978 to 1984.

**DJ Hilson,
Recreational
Marijuana and the
Law – An in depth
look at the impact
of the new
marijuana law in
Michigan**

DJ Hilson has been a member of the Muskegon County Prosecutor's Office for almost 20 years. In the first 13 years of his career, he has spent time in District, Family and Circuit Court. During that time frame he also was part of the Drug Team, working closely with local law enforcement as well as the county's state drug concept team. Mr. Hilson has tried several felony cases, including cases involving, drugs, gangs, criminal sexual conduct, and murder. DJ has been the elected prosecutor for Muskegon County since 2012. In that role, he has been able to speak on the topic of medical and recreational marijuana all over the State of Michigan. DJ Hilson is the current President of the Prosecuting Attorney's Association of Michigan (PAAM). As a member of PAAM, DJ has been tasked to work with the legislators and other state and nationwide stakeholders in the area of criminal justice reform policies. Along with the several local community boards he serves on, DJ also represents county prosecutors on the State Criminal Justice Policy Commission and on Attorney General Dana Nessel's Marijuana Work Group.

**Jody Nelson, You
Can't Hide
Forever:
Prevention
Lessons of
Personal
Experience**

Jody Nelson, LMSW has spent nearly 20 years as a child and family therapist at Community Mental Health Authority of Clinton, Eaton, Ingham counties. The past ten of those years have been spent in Children's Emergency Services where he is Clinical Coordinator for Mobile Crisis and Urgent Care services, and also oversees the Families Forward Prevention and Parent Peer Support programs. Jody helped co-found the Tri County Lifesavers youth suicide prevention coalition, which he coordinates and chairs. He also coordinates his agency's Critical Incident Stress Management (CISM) team. Jody is a frequent speaker on topics of suicide prevention and crisis intervention in the community. He teaches courses for Michigan State University's School of Social Work as well as instructs for its Office of Continuing Education.

**Stephanie
DiPonio,
Engaging
Authentic Youth
Voice for
Prevention**

Stephanie DiPonio is the Program and Outreach Manager for MOASH. Stephanie graduated from Michigan State University with a BA degree in Anthropology, minor in Women and Gender Studies, and a specialization in Peace and Justice Studies. Thereafter, Stephanie received a MSW from the University of Michigan focusing on Community Organizing. In addition, she has a strong background in gender and sexuality issues, women's health, as well as sexual and interpersonal violence issues.

**Natasha
Thomas-Jackson,
Engaging
Authentic Youth
Voice for
Prevention**

Natasha Thomas-Jackson is a writer, youth advocate, and artist-activist. From 2009-2018, she served as co-founder and Executive Director of RAISE IT UP! Youth Arts & Awareness (RIU), an award-winning organization that promoted youth engagement, expression, and empowerment through performance, literary art, and social activism. RIU has been featured in Teen Vogue, National Public Radio (NPR), PBS, NowThis, Huffington Post, Blavity, NYMag, Mashable, Yahoo, BuzzFeed and more. In 2018, she became a Regional Organizing Director for NextGen America's *NextGen Rising* initiative, the youth organizing and voter mobilization and of NextGen America. Her writing has been featured in digital publications and academic journals such as the Hollywood Reporter, The Body is Not an Apology (TBINAA), AlterNet, and Kalfou: A Journal of Comparative and Relational Ethnic Studies. She also wrote the foreword for IMAGN – Increasing Minority Awareness of Genetics Now, a report co-sponsored by the Black Congressional Caucus and John Hopkins University Genetics and Public Policy Center. Natasha has performed/presented at various venues, conferences, and festivals including Harry Belafonte's inaugural Many Rivers to Cross Music and Social Justice Festival in Atlanta, at the African-American Policy Forum's (AAPF) Breaking the Silence Retreat at Vassar College, and for the #SayHerName Campaign at the African American Women and the Law Conference in Washington, DC. As an poet and speaker, she has had the honor of sharing the stage with artists and activists such as Stevie Wonder, Kimberle' Crenshaw, bell hooks, Janelle Monae, Barbara Smith, Ryan Coogler, Sonia Sanchez, Jessie Williams, John Legend and more. Natasha is featured artist on AMP: grassroots², a "new story-driven platform for fundraising and connection with grassroots activists and artists of color who are fighting for the world of our dreams. AMP is about the stories and voices behind people powered change."

**Xander Bailey,
Engaging
Authentic Youth
Voice for
Prevention**

Xander Bailey is a freshman at Michigan State University majoring in the History, Philosophy, and Sociology of Science at Lyman Briggs College. He is heavily involved with speaking to education professionals on how to be more accommodating and responsive to trans youth. He became involved with MOASH in 2017. Along with advocacy, his interests include public speaking, reading, and cooking.

**Lexi Raymond,
Engaging
Authentic Youth
Voice for
Prevention**

Lexi Raymond is a senior at Rockford High School in the Kent County area. She is a transgender activist with a focus on creating policy increasing and defining students rights. Lexi comes from a life of being discriminated by their transgender status. She refuses to be talked down to and responds to problems with actions. The more work she has to do the better. She has been educated in Spanish fluently from Rogue Wood Elementary. She is additionally a student of Kent Innovation High, a excellent project-based learning school. She is a natural leader and is trained to work in groups in norms of collaboration. She plans to have a life in transgender activism or political running. On another note, Lexi is part of an eSports team called Team AKWA. She enjoys video games and the theatrical arts. She has written 3 plays and attends the Michigan Thespian Festival. She performed at 20 Monroe Live with the show Zombie Prom. She loves to make paper airplanes. When she needs to relax she goes to the park and skip stones and fly kites while listening to podcasts. Lexi is excited to be the MY Trans Voice liaison to MY Voice and looks forward to being involved with the groups work. You can find contact info on most social media platforms @DuarfS

**Elaine Lyon, The
Truth About
Electronic
Nicotine Delivery
Devices from the
Michigan Tobacco
Section**

Elaine has a B.A. from Allegheny College in Meadville, PA and a M.A. from John Carroll University in Cleveland, Ohio. Elaine has worked on tobacco issues since 2003 when she joined the American Lung Association. She has spent the last thirteen years in the Tobacco Section at the Michigan Department of Health and Human Services. Her current responsibilities include implementing strategic policy initiatives designed to prevent tobacco related disease and death, providing guidance and technical assistance to local health departments, community based organizations and public health partners and establishing partnerships to further training and policy work in the area of tobacco prevention and treatment. Prior to working in public health, Elaine worked for Key Bank in training and development, Xerox Corporation and in Student Development for John Carroll University.

**Holly Makimaa,
Resourcing
Resilience**

Holly Makimaa is a certified Acu-Detox Specialist through the National Acupuncture Detox Association (NADA), a holistic life coach, journaling instructor and certified Prevention Specialist. Holly loves to share empowering tools with individuals and communities to help them live more connected to their deepest sense of resourcefulness and empowerment through effective and time-tested mind/body/spirit tools.

**Kristi Pretzer,
Social Media &
Youth Mental
Health**

Kristi Pretzer: Graduated from Pennsylvania State University with a Bachelor's degree in Human Development and Family Studies in 2006 and Boston University School of Medicine with a Master's degree in Mental Health Counseling and Behavioral Medicine in 2008. Kristi worked in an innovative HIV/AIDS harm reduction and prevention research study during her time at Boston University, which greatly shaped her clinical practices and beliefs. Kristi worked in outpatient therapy for several years after graduating from Boston University, focusing on the treatment of substance use, child and adolescent behavioral disorders, and families with multi-systemic involvement. She also spent time working within the education system, as a school liaison for homeless families. She later transitioned into a role as the special education school counselor, specializing in designing and implementing behavioral and therapeutic support programs for students, as well targeting increasing parent involvement. Additionally, she has co-facilitated and supported CHOICES, the youth substance use prevention program in Eaton County, and is currently the Drug Free Community Grant coordinator for Ingham County. She maintains her Massachusetts School Adjustment Counselor license.

**Donna Hardies,
Hidden in Plain
Sight**

Donna Hardies is the Prevention Supervisor and Certified Prevention Specialist-Community Educator on the Opioid Epidemic and Prescription Drug Abuse; knowledge and understanding of substance abuse prevention and delivery of evidence based programs. Delivery of prevention education to reduce underage drinking, youth marijuana use and abuse, vaping and prescription drug abuse in northern communities.

**Ashley Simpson,
Hidden in Plain
Sight**

Michigan State Police Trooper, Ashley Simpson is a graduate of Lake Superior State University with a Bachelor's Degree in Public Safety. She graduated from the 121st Trooper Recruit School in December 2008 and was assigned to the Newberry Post. She transferred to the Alpena Post in Sept 2012 and became the Community Service Trooper in May 2013.

**Heather
Samkowiak,
Trauma and
Resilience**

Heather Samkowiak, MA/LPC, NCC is employed through the Department of Health and Human Services as a Quality Assurance Analyst, where she has worked for the past 8 years in a variety of programs including CPS, FC and MiTEAM Specialist. Prior to this, she was employed as a Families First worker. She is a Licensed Professional Counselor in the State of Michigan and has spent her career working to serve at-risk families and children. Samkowiak's personal mission is to help families and professionals in understanding how their experiences can impact and shape circumstances today. By helping to create empathy through understanding, she believes that we can raise and sustain resilience to promote improved outcomes in the future.

2019 PREVENTION CONFERENCE

6TH ANNUAL REGIONAL CONFERENCE

THANK YOU!

Many people contribute to the success of this conference. If you put together a presentation, an activity, helped coordinate speakers, attended planning meetings, made copies, ordered supplies, stapled things, took phone calls, collected fees, made people feel welcome, or lent a supportive hand - your efforts are so appreciated!



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