Spring 2018
Prevention Training Schedule
January

Overview and Best Practices of the Strategic Prevention Framework
Code: 026
Date: Wednesday, January 10, 2018 Time: 1:00 p.m.—2:00 p.m.
Trainer: Robert Hess
Location: Webinar
Description: This session will provide a detailed overview of the Strategic Prevention Framework as an evidence-based model for prevention. We will describe this SAMHSA model and its effectiveness in creating environmental change in your community. Specific detail will be offered on designing and compiling needs assessments that unearth specific challenges in your community. This dynamic discussion will include opportunities for interaction and collaboration as well as questions and answers.

Bullying Prevention
Code: 027
Date: Thursday, January 18, 2018 Time: 9:00 a.m.—12:00 p.m.
Trainer: Lori Poston
Location: East AR Community College, 1700 New Castle Road, Forrest City, AR 72335 (Region 7)
Description: In this presentation we will review the definition of bullying and discuss traditional attitudes regarding bullying behavior. We will explore the underlying factors motivating the bully and how we, as adults, can address these factors and reduce the behavior. Both strategies and research on bullying prevention efforts will be addressed as well as how the effects of bullying feed into some of the most serious violent situations in our schools and workplaces and what we can do about it.

Drugs—Where We Have Been and Where We Are Going?
Code: 028
Date: Thursday, January 18, 2018 Time: 1:00 p.m.—4:00 p.m.
Trainer: Richard Davies
Location: East AR Community College, 1700 New Castle Rd, Forrest City, AR 72335 (Region 7)
Description: The drug culture is constantly changing. Our “permissive, feel good now” society has led to an abundance and availability of a wide variety of new and more powerful drugs. These drugs are having serious and negative effects on our communities. This course is designed to help officers, school personnel, parents, social workers, and others explore some of the myths, realities, laws, and policies regarding these "trending" drugs.
February

Incorporating Evidence Basis in Planning
Code: 029
Date: Wednesday, February 7, 2018 Time: 1:00 p.m.-2:00 p.m.
Trainer: Robert Hess
Location: Webinar
Description: Defining goals that are specific, measureable, attainable, realistic, and time-bound (S.M.A.R.T.) is a critical component of effectively outlining your activities and monitoring your progress. This session will provide technical skills to develop SMART goals and incorporate them into your strategic plan and logic model in formats that make sense and work at the same time.

Keep a Clear Mind TOT Training
Code: 030
Date: Wednesday, February 21, 2018 Time: 9:00 a.m.-12:00 p.m.
Trainer: Michael Young
Location: MidSOUTH Training Center, 2102 Fowler Avenue, Jonesboro, AR, 72401 (Region 4)
Description: Participants will learn how to implement an evidence based program. Keep a Clear Mind (KACM) is a take-home, alcohol and drug education and prevention program for fourth through sixth-grade students and their parents. KACM was developed in 1988 and is based on a social-skills training model. KACM is designed to help children develop specific skills to refuse and avoid use of “gateway” drugs such as alcohol, tobacco, and marijuana. The take-home format is intended to extend these concepts to the home and incorporate parental involvement. This is an NREPP approved program.

Written Off Documentary and A Forum on Opioid Addiction Prevention
Code: 031
Date: Wednesday, February 21, 2018 Time: 1:00 p.m.-4:00 p.m.
Trainer: Jonathan Aram
Location: MidSOUTH Training Center, 2102 Fowler Avenue, Jonesboro, AR, 72401 (Region 4)
Description: Drug overdose is now the leading cause of injury death in the United States. Opioid analgesics, such as prescription painkillers, account for approximately eighty percent (80%) of those deaths. Overdose rates have increased five-fold since 1990. This presentation will provide a closer look at the epidemic in the form of a documentary film. Following the film, the presenter will provide information on current trends in Arkansas while discussing one of the current prevention tools in Arkansas called the Prescription Drug Monitoring Program (PDMP). The PDMP is being utilized to reduce the number of deaths related to opioid abuse.
March

Marijuana: Big Tobacco 2.0 and Opioids Prevention
Code: 032
Date: Tuesday, March 13, 2018 Time: 9:00 a.m.—12:00 p.m.
Trainer: Captain Kevin Russell
Location: West Side Church of Christ Family Center, 201 North Waco Avenue, Russellville, AR 72801 (Region 6)
Description: A look at the marijuana industry and how they are taking cues from the big tobacco playbook to mislead the public. Also in this workshop participants will learn about the role of Naloxone in opioid overdose prevention.

Opioid Impact on Mothers and Babies
Code: 033
Date: Tuesday, March 13, 2018 Time: 1:00 p.m.-4:00 p.m.
Trainer: Dr. Alan Mease
Location: West Side Church of Christ Family Center, 201 North Waco Avenue, Russellville, AR 72801 (Region 6)
Description: This workshop addresses the physical and psychological effects of drug use and the importance of prevention in women of child bearing age. The neurobiology of addiction suggests a complex, multifactorial condition. Addiction in pregnancy can lead to neonatal abstinence syndrome (NAS), a constellation of symptoms consistent with dysfunctional regulation of the central and autonomic nervous systems commonly observed after in-utero exposure to opioids.

Technical Assistance and Training Workshop-Key Resources for Prevention Professionals
Code: 034
Date: Wednesday, March 14, 2018 Time: 1:00 p.m. – 2:00 p.m.
Trainers: Robert Hess
Location: Webinar
Description: This session will explore strategies for effective strategic planning, implementation and evaluation to provide technical assistance to help effectively utilize prevention resources.

Cultural Competency and Sustainability
Code: 035
Date: Friday, March 30, 2018 Time: 9:00 a.m.—12:00 p.m.
Trainer: Derrick Newby and Darla Kelsay
Location: Harbor Recovery Institute, 4500 Kelley Highway, AR 72904 (Region 5)
Description: The training provides an introduction to Cultural Competency strategies that consider culture in all aspects of the Strategic Prevention Framework (SPF). Participants engage in practical learning by application of skills and techniques that model strategies to identify and build on cultural assets, as well as for individual and agency action plans that promote sustainability.

Prevention Basics for Schools and the Workplace
Code: 036
Date: Friday, March 30, 2018 Time: 1:00 p.m.-4:00 p.m.
Trainer: Tabitha Fondren and Katelynn Priest
Location: Harbor Recovery Institute, 4500 Kelley Highway, AR 72904 (Region 5)
Description: This workshop discusses the physical and psychological effects of drug use and addresses the importance of prevention in schools and the workplace.
April

The Negative Impact of Marijuana Legalization
Code: 037
Date: Thursday, April 19, 2018  Time: 9:00 a.m.-12:00 p.m.
Trainer: Annette Sharp
Location: McAlester Building, Conference Room 5th Floor, 124 South Jackson, Magnolia, AR 71754 (Region 11)
Description: In the past few years, several states have legalized marijuana with a measure on the ballot box. Addiction specialist Annette Sharp will explain the big problems these new laws could have on our state since Arkansas has legalized medical marijuana.

Cultural Competency
Code: 038
Date: Thursday, April 19, 2018  Time: 1:00 p.m.-4:00 p.m.
Trainer: Derrick Newby
Location: McAlester Building, Conference Room 5th Floor, 124 South Jackson, Magnolia, AR 71754 (Region 11)
Description: The training provides an introduction to Cultural Competency strategies that consider culture in all aspects of the Strategic Prevention Framework (SPF). Participants will understand the SPF and rationale of being culturally competent in coalition building and program management, use of techniques, and to effectively assess community strengths and cultural factors that will help to link with appropriate community resources. Participants engage in practical learning by application of skills and techniques and experience a culturally competent training approach that models strategies to identify and build on cultural assets, as well as for individual and agency action plans.

Confronting The Opioid Epidemic: Including a Screening of the Documentary, Written Off
Code: 039
Date: Wednesday, April 18, 2018  Time: 9:00 a.m.-12:00 p.m.
Trainer: Trena Goings, Johnny Riley, Jr., and Bonnie Garrett
Location: Jefferson Professional Building, 4425 Jefferson Avenue, Conference Room, Texarkana, AR 71854 (Region 10)
Description: In response to the national opiate addiction crisis, UA Little Rock/MidSOUTH Center for Prevention and Training will host a screening of Written Off, a feature documentary. It will be followed by an interactive panel discussion with the audience, facilitated by a prevention specialist.

Juvenile Drug Court– What’s Happening in Arkansas
Code: 040
Date: Wednesday, April 18, 2018  Time: 1:00 p.m.-4:00 p.m.
Trainer: Representative of the Juvenile Drug Court System in Arkansas
Location: Jefferson Professional Building, 4425 Jefferson Avenue, Conference Room, Texarkana, AR 71854 (Region 10)
Description: The speaker will discuss drug courts, the difference between drug and regular courts, as well as the effectiveness of drug courts. The speaker will also describe their own experience working in the county drug court. The drug courts have an enthusiasm to solve problems plaguing our communities. Regular courts often overlook important concerns of individual defendants including their rights to due process of law and zealous representation.
April Continued

Inputs, Process Outputs, Outcomes: Designing Implementation Plans that Work for You (Not Against You)
Code: 041
Date: Wednesday, April 11, 2018 Time: 1:00 p.m. – 2:00 p.m.
Trainers: Robert Hess
Location: Webinar
Description: The Strategic Prevention Framework (SPF) is an evidence-based model for guiding community change for prevention. This session will explore strategies for effective strategic planning, implementation, and evaluation to ensure you effectively create change within budget, on time, and with the highest quality possible.

May

Measuring Performance: Process, Outcome, and Impact Measures
Code: 042
Date: Wednesday, May 9, 2018 Time: 1:00 p.m.—2:00 p.m.
Trainer: Robert Hess
Location: Webinar
Description: Outcomes and impact evaluation are how we verify the success of our efforts. In prevention, this can be daunting and at times seem impossible to measure. This session will provide concrete, evidence-based tools and techniques to measure the outcomes of and impact of our efforts and ensure you have the data you need to tell your story.

Sexual Orientation and Gender Identity: A Conceptual Framework for Providing Culturally Competent Prevention Services
Code: 043
Date: Wednesday, May 23, 2018 Time: 1:00 p.m.—2:00 p.m.
Trainer: Robert Hess
Location: Webinar
Description: Outreach to the lesbian, gay, bisexual, and transgender communities continues to provide its own unique considerations and challenges. This webinar will provide a brief review of these identities, health disparities, and prevention issues they face, along with in-depth insight into how this ‘invisible-population’ can be engaged in the prevention work of our coalitions.
**Presenters**

**Jonathan Aram** is an Epidemiologist at the Arkansas Department of Health. He is responsible for analyzing data collected by the Arkansas Prescription Monitoring Program and disseminating findings to government policy makers and professional medical organizations. Jonathan is a graduate of Wheaton College, Wheaton, Illinois and is a graduate student at the UAMS College of Public Health. Prior to joining the Arkansas Department of Health, Jonathan served for three years in the Peace Corps and completed an internship at the San Francisco, California Department of Public Health.

**Richard Davies** is a certified law enforcement instructor. He trains officers, teachers, and school administrators, preparing them to be more effective in working with the School Resource Officer programs in the public school system. He specializes in awareness, intervention, and prevention programs involving juvenile crime, gangs, drugs, and other law related education programs. He was also involved in the Police Exploring Program, supervised the Neighborhood Watch Program, coordinated the bi-annual (8-week) Citizen's Police Academy and the yearly National Night Out event.

**Tabitha Fondren** is the Prevention Coordinator for Harbor House, Inc. and is based out of Gateway Recovery Center. She has worked in the field of prevention for three years and is involved with numerous community coalitions and school prevention efforts. She has a background in substance abuse treatment and has worked in the field for the last ten years. Tabitha is a certified alcohol and drug counselor, child passenger safety technician, and is in the process to become a certified prevention consultant.

**Trena Goings** is the Regional Prevention Provider for Region 10 with Harbor House Recovery Center. Trena has a BS degree in Criminal Justice and Communications from UALR. Trena is a Licensed Alcohol and Drug Counselor and a Certified Prevention Consultant. Trena has worked in both inpatient and outpatient services over the past 20 years and has recently gone through the Recovery Coaching process and will soon be certified to deliver services. Trena’s primary focus has been and continues to be delivering prevention across the lifespan in order to make environmental changes in Arkansas.

**Darla Kelsay** is the Substance Abuse Prevention Coordinator for UA Little Rock/MidSOUTH Center for Prevention and Training. She worked as a Regional Prevention Provider for six years, educating and organizing communities in five counties to prevent and reduce substance abuse among youth and adults. A Certified Prevention Specialist, she serves on the board of the Arkansas Prevention Network and holds a Bachelor’s Degree in Journalism from Ball State University.
Presenters

Bonnie Garrett has a BS in Human Services and a Minor in Addictions Counseling. She is currently a Counselor in Training (CIT) in Texas and Arkansas. She is working on her masters graduate degree in Clinical Psychology and a Masters in Clinical Counseling and Sex Therapy. She has worked for Arkansas Treatment Center for 3 years while also managing a multi million dollar banking center for 11 years. She also volunteers her extra time as an intern for Ohana Ministries out of Duncanville, Texas where she helps adoptive and foster parents with behavioral issues and parental support.

Kendon L. Gray Sr. has been a Regional Prevention Representative with Crowley’s Ridge Development Council since 2006, and a Certified Prevention Specialist. Prior to starting his career in prevention, Kendon spent several years working in local government as the Mayor’s Assistant in his hometown of Marianna; he also held the position of Program Coordinator for two youth serving programs. Passionate about Prevention and its possibilities, Kendon takes every opportunity to raise awareness, educate, empower communities and preach the Power of Prevention.

Robert Hess III, PMP, CPHQ, SSGB is the founder and Chief Executive Officer of Hess III Consulting, Inc. Robert has more than 15 years of executive business development, project management and quality improvement experience. Robert has used his skills and expertise to define agency strategy, optimize processes and quality management systems, implement over $2 billion in new business, and manage multi-million dollar mergers/acquisitions. Robert’s work has been recognized and solicited nationally as well as internationally including successful projects for two Fortune 500 companies and work in Kenya, Tanzania, the Republic of the Philippines, Mexico, India, and Costa Rica.

Alan D. Mease, M.D. is a pediatrician with a strong developmental and public health perspective. He received his MD cum laude from the University of Missouri School of Medicine (Columbia) and completed a Pediatric Residency and Pediatric Hematology Oncology Fellowship in the Army. He has practiced in numerous environments since 1977 including academic military medicine, private practice (U.S.) and international practices (Abu Dhabi, Bahrain, Russia and China). Dr. Mease is also an experienced physician executive who has functioned in such key leadership positions as Commander and Deputy Commander of military hospitals, Director of Telemedicine and Advanced Technology Research Center South (Ft. Gordon, Georgia), Chairman of an international Department of Pediatrics and Chief Medical Officer (Beijing United Family Hospital, China). Currently, he and his wife live in Little Rock, Arkansas and he works for the Arkansas Department of Health, Family Branch, as the Medical Director of Child and Adolescent Health. Dr. Mease is passionate about early intervention and support of parenting for at risk children to prevent numerous future mental, behavioral and chronic health problems.

Derrick Newby is the Prevention Specialist at UA Little Rock/MidSOUTH Center for Prevention and Training. For the past twenty years, Derrick has worked in the private and public sector, in fields affecting public health, family enrichment, community development, and prevention. He graduated from the University of Arkansas at Pine Bluff with a degree in Psychology in 1999 and the University of Arkansas at Little Rock in 2004 with a Master Degree in Public Administration with a focus in Nonprofit Management. He served as vice-chairman on the Communities Against Drugs Coalition in Pine Bluff Arkansas for two years. He is a certified cultural competency trainer and a certified suicide prevention counselor.
**Presenters**

**Lori Poston** is the Director of Children’s Services for Mid South Health Systems. She oversees programs that serve children in a 13 county area. She develops programs needed to serve children/families, and works to improve existing programs. She also represents Community Mental Health Centers at the state-level, serving on Mental Health Council of AR subcommittee, as well as, governor-appointed DCFS Advocacy Panel.

**Katie Priest** graduated Summa Cum Laude from the University of Arkansas- Fort Smith with a Bachelor of Arts degree in Psychology. Upon graduation she accepted a position with Harbor House, Inc. as a recovery coach. In addition to her position as a recovery coach, Katie also serves as the Region 5 prevention assistant. Her passion has always centered around helping the youth in her local community. As a regional prevention provider, Katie is able to impact young lives and promote healthy lifestyles.

**Johnny Riley, Jr.** is the President of Bridging the GAPS, an international non-profit group focused on leadership development and Bridging The GAPS of Arkansas focused on youth leadership development. He is a principle of J Riley Consulting Group LLC, a multinational consulting firm focused on leadership, business & community development and marketplace ministry to foster community self-sufficiency. He is a recipient of the U.S. Presidential 2016 Lifetime Achievement Award and the author of four books.

**Kevin Russell** is a certified law enforcement instructor who holds a Bachelor’s Degree in Criminal Justice through the University of Arkansas at Little Rock. He is a graduate of the School of Law Enforcement Supervision (SLES) through the Criminal Justice Institute and is a graduate of the 263rd session of the prestigious FBI National Academy.

**Annette Sharp** is a native of Texarkana, TX. She obtained a Bachelor of Applied Arts and Sciences degree in 2005, with an emphasis in Behavioral Science. From 2006 to 2012, she worked in mental health as an outreach worker for the Katrina Recovery Project. She became a Counselor in Training for Southwest AR Community Corrections in 2014 before going to work as the Regional Prevention Provider for Harbor House, Inc., where she completed her certification for Alcohol/Drug Counselor in Arkansas.

**Dr. Michael Young** received his Ph. D. from UNH in experiential/outdoor education in 2010. He worked as an Educator for Rockingham County and has worked in the field of experiential education and counseling for 15 years. He played a pivotal role in the development of the NATSAP Research Database.
Looking for Continuing Education hours online?
The following online substance use/misuse Continuing Education Classes have been added to the MidSOUTH website.

**SUBSTANCE USE AND THE MILITARY**
- ALCOHOL
- TOBACCO
- MARIJUANA AND OTHER DRUGS
- HEROIN, COCAINE AND OTHER DRUGS
- PRESCRIPTION DRUG MISUSE AND ABUSE

Training will include six modules with 2 CEUs for each module completed. Participants can earn up to 12 CEUs.

These courses can be found at: https://www.midsouth.ualr.edu/onlinesap/

Note: You will have to create an account to complete these courses.
In response to the National Opiate Addiction crisis, UA Little Rock MidSOUTH / Center for Prevention and Training will host the documentary February 21, 2018 in Jonesboro and April 18, 2018 in Texarkana.
Register online at www.midsouth.ualr.edu
OR
Fax registration forms to Derrick Newby: (501) 569-3364 or scan and email your registration to:
dlnewby@midsouth.ualr.edu

Mail registration form to:
University of Arkansas at Little Rock
MidSOUTH Center for Prevention and Training
2801 S. University Avenue, DSKN-620
Little Rock, AR 72204-1099

REGISTRATION FORM

Name: __________________________________________________________________________

Organization: __________________________________________________________________

Title: ___________________________________________________________________________

Address: ________________________________________________________________________

City/State/Zip: ___________________________________________________________________

Home Phone: _________________________ Work Phone: _______________________________

Fax: _________________________________ Email: _____________________________________

Workshop Information: Please write down the name of the workshop(s) you wish to attend.

____________________________________________________
____________________________________________________
____________________________________________________

Gender:  __ Male  __ Female  __ Prefer not to disclose

Race
  __ African American
  __ Asian
  __ Caucasian
  __ Native American
  __ Pacific Islander
  __ Prefer not to disclose

Ethnicity
  __ Hispanic or Latino
  __ Non Hispanic or Latino
  __ Prefer not to disclose

Date of Birth  ___/___/______  __Prefer not to disclose
Save The Date!

June 13 – 15, 2018
Hilton Garden Inn
1325 N Palak Dr
Fayetteville, AR 72704

Featured Topics Include: Prevention Ethics; Marijuana; Alcohol; Tobacco; Opioids & Other Drug Prevention; and Adverse Childhood Experiences (ACES).
The Summit will include a prevention track for youth. It will also include a screening of the documentary film “Written Off”.

Arkansas Prevention Summit
Prevention is the Key
A Summit for Prevention Professionals, Advocates, Policy Makers, Health Professionals and other Prevention Stakeholders.

For additional information contact Derrick Newby. dlnewby@midsouth.ualr.edu

PREVENTION WORKS AR.org

DHS Division of Behavioral Health Services
MidSOUTH CENTER FOR PREVENTION AND TRAINING UNIVERSITY OF ARKANSAS AT LITTLE ROCK
**PLEASE NOTE**

Please check our website for upcoming workshops that may be added throughout the year.

To Register you will need your email address and your Access Key Password to sign up for workshops. If you do not remember your password, click on the “Login” link and then click on “forgot my password” and it will prompt you to enter your email address. Go to your email and retrieve your password and then login to register. If you register for a workshop and find that you are unable to attend, please notify the MidSOUTH Center for Prevention and Training as soon as possible.

MidSOUTH will issue continuing education certificates upon completion of the entire training. Participants must attend the entire training to receive credit. No partial credit is awarded.

Persons with disabilities: UA Little Rock and MidSOUTH will accommodate participants with disabilities, pursuant to federal and state law. Any person with a disability who needs accommodations, should inform MidSOUTH prior to the event by calling (501)569-3071 or faxing a request to (501)569-3364.

In the event of inclement weather, please call (501) 569-3071 to find out if a workshop has been canceled.

For additional information, please contact Derrick Newby at (501) 859-0362 or dlnewby@midsouth.ualr.edu