

Spring 2018  
Prevention  
Training Schedule

## January

### **Overview and best practices of the strategic prevention framework**

**Code:** 026

**Date:** *Postponed* (new date is June 6, 2018)

**Time:** 1:00 p.m.— 2:00 p.m.

**Trainer:** Robert Hess

**Location:** Webinar

**Description:** This session will provide 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 is dynamic discussion will include opportunities for interaction, collaboration and Q&A.

### **Bullying Prevention**

**Code:** 027

**Date:** Postponed (new date is February 12, 2018)

**Time:** 9:00 a.m.-12:00 p.m.

**Trainer:** Lori Poston

**Location:** Mid-South Health Systems, 4451 N. Washington St. , 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:** Postponed (new date is February 12, 2018)

**Time:** 1:00 p.m.-4:00 p.m.

**Trainer:** Richard Davies

**Location:** Mid-South Health Systems, 4451 N. Washington St. , 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:** This session will provide practical strategies and approaches to identifying evidence-based practices for prevention and how to best apply them within your strategic planning process. We will provide a process framework for identifying and disseminating evidence-based practices to your community-based coalition to inform strategic planning as well as facilitation strategies to engage your community in the planning process.

### **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.

### **Developing a Sustainability Plan (By invitation only)**

**Code:** 044

**Date:** Thursday, February 22, 2018

**Time:** 9:00 a.m.-4:00 p.m.

**Trainer:** SAMHSA's CAPT Southwest Resource Team

**Location:** Farm Bureau office, room 1A and 1B, 10720 Kanis Road, Little Rock, AR 72211

**Description:** Developing a Plan walks participants through the steps of drafting a sustainability plan focused on sustaining outcomes and the Strategic Prevention Framework planning process.

## March

### **Marijuana: Big Tobacco 2.0 and Opioid Prevention**

**Code:** 032

**Date:** Tuesday, March 13, 2018

**Time:** 9:00 a.m.—12:00 p.m.

**Trainer:** Capt. Kevin Russel

**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:** Ava Titsworth

**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:** We will review and provide an overview of key resources available to community-based prevention providers, including data warehouses, repositories, funding opportunities and strategies to un-lock local resources to support your coalition's efforts. This interactive workshop will include asset-mapping techniques as well as provide a composite of known resources available to Arkansas-based community prevention professionals.

## April

### **Cultural Competency and Sustainability**

**Code:** 035

**Date:** Friday, April 6, 2018

**Time:** 9:00 a.m.—12:00 p.m.

**Trainer:** Derrick Newby and Darla Kelsay

**Location:** Harbor Recovery Institute, 4500 Kelley Highway, Fort Smith, 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.

## April

### **Prevention Basics for Schools and the Workplace**

**Code:** 036

**Date:** Friday, April 6, 2018

**Time:** 1:00 p.m.-4:00 p.m.

**Trainer:** Tabitha Fondren and Katelynn Priest

**Location:** Harbor Recovery Institute, 4500 Kelley Highway, Fort Smith, 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.

### **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:** This session will introduce and analyze implementation planning strategies that streamline process and outcomes monitoring. Our proprietary model integrated logic models, process monitoring and outcomes evaluation to document your coalition's impact and to help craft your community-impact narrative.

### **Prevention Plus Wellness Evidenced Based TOT Training**

**Code:** 047

**Date:** Wednesday, April 12, 2018

**Time:** 9:00 a.m.-4:00 p.m.

**Trainer:** Chudley Edward Werch, PHD

**Location:** 415 N. McKinley, Suite900, Little Rock, AR 72205 (Region 9)

**Description:** Workshop participants will gain knowledge, skills and confidence to implement, and/or train others to implement SPORT PPW. These programs are Evidence-Based and can be found on the NREPP website. Participants may include prevention and health professionals, as well as youth leaders who might provide these programs to their younger peers.

### **Confronting The Opioid Epidemic: Including a Screening of Written Off the Documentary**

**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 Bldg., 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 Bldg., 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 a zeal 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**

### **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 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.

## **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:** This session will provide an overview of strategies to help community-based providers identify measures that best tell their story and convey their community impact. We will focus on strategies for unlocking 'golden-nuggets' of success and provide examples of how to emphasize the significance of your programs to community stakeholders, donors and funders.

### **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:** Outreaching 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, instructor for Mental Health First Aid for Adolescents, child passenger safety technician, and in the process of becoming a certified prevention specialist.

**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.

**Trena Goings** is the Regional Prevention Provider for Region 10 with Harbor House, Inc. 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**

**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.

**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.

**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.



## **Presenters**

**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.

**Ava Titsworth** received her BA in Christian Ministries, Psychology/Religious Education from Williams Baptist College in Walnut Ridge, Arkansas in 1991. She became a Certified Alcohol Drug Abuse Counselor in 2010. She earned her certification as a License Associate Alcohol and Drug Abuse Counselor in 2016. She as worked at the CATAR Clinic in North Little Rock since 2003. She is an experienced trainer who has presented 44th annual behavioral health Institute and other well respected conferences.

**Chudley Edward Werch, PhD**, has over 30 years of experience in health, education and substance abuse prevention program development, evaluation, training, and writing. He founded Prevention Plus Wellness, LLC to provide single-session evidence-based and evidence-informed substance use prevention programs that promote physical activity, healthy habits, and positive self-identity among all youth and young adults in all settings; and now marijuana awareness training programs.

**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.**

# WRITTEN OFF

"THE JOURNALS WILL EXPLAIN EVERYTHING"

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](http://www.midsouth.ualr.edu)

OR

Fax registration forms to Derrick Newby: (501) 569-3364 or scan and email your registration to:  
[dnewby@midsouth.ualr.edu](mailto:dnewby@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 and code of the workshop(s) you wish to attend.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Gender:**     Male     Female     Prefer not to disclose

<u>Race</u>	<u>Ethnicity</u>	<u>Date of Birth</u>
<input type="checkbox"/> African American	<input type="checkbox"/> Hispanic or Latino	___/___/____
<input type="checkbox"/> Asian	<input type="checkbox"/> Non Hispanic or Latino	<input type="checkbox"/> Prefer not to disclose
<input type="checkbox"/> Caucasian	<input type="checkbox"/> Prefer not to disclose	
<input type="checkbox"/> Native American		
<input type="checkbox"/> Pacific Islander		
<input type="checkbox"/> 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. [dnewby@midsouth.ualr.edu](mailto:dnewby@midsouth.ualr.edu)

**PREVENTION**  
**WORKS** AR.org





**\*\*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 check your email and/or call (501) 951-8924 to find out if a workshop has been canceled.**

**For additional information, please contact Derrick Newby at (501) 859-0362 or [dnewby@midsouth.ualr.edu](mailto:dnewby@midsouth.ualr.edu)**

