

Opening Session: Tuesday, September 24, 9:00-10:30

Dr. Robert DuPont: Understanding Addiction

Today as the nation faces an overdose epidemic fueled by opioid use, there is a disconnect between the nature of substance use disorders and their prevention and treatment. The adolescent brain is uniquely vulnerable to addictive drug use. This puts youth at high risk for problems related to substance use including addiction in adolescence and throughout their lives. Nine in 10 adults with substance use disorder initiated their use in the teenage years, emphasizing the importance of effective prevention. Reducing the risk of future substance use problems, including addiction, begins with preventing youth drug use. A straightforward and clear prevention message for youth under age 21 will be presented - One Choice: Do not use any alcohol, nicotine, marijuana or other drugs for reasons of health.

DAY 1 WORKSHOPS: 10:45-11:45

Dr. Robert DuPont: National and Local Youth Drug Trends

Compelling data from two major national surveys of teen substance use behaviors support the One Choice message of no use of any alcohol, nicotine, marijuana or other drugs. This data shows youth use of any drug is associated with the use of other drugs. Further, they show that the percentage of youth making the decision not to use any drug has been steadily increasing for nearly four decades. This presentation will look at these and other national youth drug trends and examine drug use trends among Kentucky youth.

Sara Choate: Fostering Trauma-Sensitive Personal Space with Self, Clients & Families

In this session, participants will explore how Adverse Childhood Experiences (ACEs) negatively influence the behavioral and health outcomes of individuals. Through a trauma-sensitive lens, participants will examine how their professional practices addresses the principles of trauma-informed care, and identify growth areas for improvement in meeting the complex needs of high-need clients and their families. Participants will learn practical mindfulness techniques to weave into regular daily personal and professional practice as a healing response to trauma and secondary stress.

Jennifer Wilson, Mark Hamm & Craig Hammons: Running Towards Change

We are running toward new and exciting approaches to improving health! WellCare and Phoenix Wellness are working together to expand and sustain Phoenix Racing, a primarily youth centered run club in the schools in Pulaski, McCreary and Wayne Counties. During the session, presenters will discuss the partnership, the project, and what each organization hopes to gain from this partnership while also showing how the project relates to both risk and protective factors associated with substance use/misuse.

In addition, presenters will discuss anecdotal and intention-based benefits of elementary cross-country teams within Jefferson County Public Schools (JCPS) over the past 10 years.

General Session: Tuesday, September 24, 12:45-1:45

Maureen Underwood & Patti Clark: There's Not Just One Thing that Can Fix This: Working Together for Suicide Prevention

Despite the thoughtful time and energy that has been spend on youth suicide prevention in Kentucky, the rate in our state has continued to climb over the last five years. So, it's time to expand our vision and think about how to reach the children and teens who are falling through our safety nets. We'll look at current data to get a better picture of who these vulnerable youth are and what they tell us about themselves, then consider a behavioral definition that concretizes our understanding of both suicide and the signals that a youth may be at elevated suicide risk. Using what we know about school safety and trauma informed schools, we'll look at a paradigm that integrates knowledge from diverse sectors to create a coordinated response protocol for all at-risk youth. Finally, we'll consider a case example to review the role caring adults can play in the school reintegration of a student who has been absent because of a suicide attempt.

DAY 1 WORKSHOPS: 2:00-3:00

Josh Judah: Law Enforcement's Changing Response to Substance Use/Misuse

Presentation will include an overview of the recent history of police response to substance abuse in Louisville and how that response has evolved from a strictly enforcement-based strategy to a multi-disciplinary effort with a shifting focus towards diversion from the criminal justice system through coordination with substance abuse treatment and prevention providers.

Elizabeth Hoagland: Updates from the E-Cigarette Epidemic

E-cigarette use is surging among young people with no clear path forward for reducing use. Hear dispatches from across the Commonwealth on community experiences with e-cigarettes, learn what state and federal authorities are attempting to address youth e-cigarette use, and discuss a potential pathway forward.

Maureen Underwood: Changing the Prevention Paradigm: Considering Community Upstream Prevention

Effectively preventing kids from falling through the safety net isn't just the responsibility of the school or parents and guardians, it truly takes a community. And the efforts of that community can't begin in middle school or high school, they need to take advantage of the myriad of upstream prevention possibilities that exist even before children take their first steps. This workshop will explore some of the ways in which your communities are probably already providing upstream prevention and encourage you to expand your vision into action plans you can implement when you return home.

General Session: Tuesday, September 24, 3:15-4:30

Van Ingram & Angela Criswell: Legislative Updates & Civic Engagement

DAY 1 WORKSHOPS: 4:30-5:30

Camille Croweak: DFCs: Meeting Time for Networking of DFCs

Kate Wagoner: Youth Empowerment Specialist Meeting

Shelly Steiner: Collaboration Specialist Meeting

Opening Session: Wednesday, September 25, 8:30-10:00

Allan Barger: Marijuana & Words: Cutting Through the Smoke

Marijuana is one of the most complex subjects facing the prevention and treatment fields today, entailing medical, recreational, and specific risks of dozens of different cannabinoids found in the cannabis plant. This session explores how to refine our language as we discuss these issues for great clarity and accuracy as we address marijuana as a public health issue. Such precision allows us to increase the health educational value and credibility of our work with the public.

DAY 2 WORKSHOPS: 10:30-11:30

Allan Barger: Marijuana & Adolescents: What They Need to Know

Marijuana use in adolescents appears to have risks not associated with later onset of such use. This presentation outlines neurological reasons why marijuana use in this age group is particularly problematic. There follows an exploration research showing negative life outcomes linked to marijuana use at these younger ages, with thoughts on increasing perception of personal risk of THC exposure as a prevention strategy.

Tara Mosely: Reducing Stigma

Talking about recovery should be celebrated. We are in a culture where we have so much misinformation pushed through the media outlets and platforms that it is difficult to know what is real and what is not. Adapting the language of recovery will enable you to discuss, highlight, and empower people that are in recovery and services. By using language that empowers rather than stigmatizes, we change public perception, which then changes how we treat addiction, public policy and improves recovery support services.

Maureen Underwood: Suicide in Elementary School: Sense or Nonsense?

It can be hard to wrap our heads around the fact that there an increasing number of our youngest students are thinking about suicide. This workshop will explore some of the theories to explain this phenomenon , then discuss techniques for engaging these youth and their parents in the assessment and intervention process.

General Session: Wednesday, September 25 12:30-1:30

Raimee Eck: Alcohol and Cancer Link

This workshop will focus on the link of alcohol use and cancer from a prevention perspective, the new research around the link and what are the applications for the prevention field.

DAY 2 WORKSHOPS: 1:45-2:45

Raimee Eck: Adult Drinking, Preventions Role

How to reach this population and what prevention strategies to use with them. Marketing ploys and how to counteract with prevention.

Mike Lemon: Your Future is Now: Social Media's Influence on Your Future

The Save Our Kids Coalition's 2018 survey of our 6th-12th graders shows that IF ASKED 50% of high school students will send a nude picture of themselves to a stranger. This type of behavior is increasing each year and so are the consequences: Victimization by online predators and other students, future harassment, cyber bullying, teen suicide and legal charges.

Our society has fallen behind in comprehensively addressing these issues to ensure that our children's future is brighter because they are making smart decisions today.

Building Cyber Safe Teens serves as a guide for youth-involved organizations such as schools, FRYSC, ASAP, CCC, prevention/treatment organizations and more. Not only will attendees be brought up to speed about the threats facing our children, but they will leave with a plan. A plan to help prevent victimization and quickly respond if a child is victimized online.

Ginger Shouse & Holly Combs: The Pact: Use Of Media to Engage Youth From A Protective Lens

Compelling data shows that among 10th graders, those who began using cigarettes, alcohol, or marijuana by the age of 12 were 12.7 times more likely to misuse prescription drugs, 6.6 times as likely to misuse prescription opioids and 11 times more likely to use heroin than peers that had not used. Early substance use initiators were also more likely to report serious psychological distress and suicide attempt. KIP data has demonstrated that psychological distress has increased in nearly every region in Kentucky with 22.2% of participating Kentucky 10th graders meeting the threshold for serious psychological distress. Youth reporting of suicidal behaviors and thoughts have remained concerning with 15.7% of Kentucky 10th graders reporting having experienced suicidal thoughts within the past year, 12.3%

reporting having a plan, and 8.4% reported attempting suicide within the previous year.

As we discussed these interrelated issues, we identified concerns about the lack of safe messaging in media. Following the release of 13 Reasons Why rates of suicide rose 29.8% on a national level. Previous to this data being released, we were already concerned about the impact of the series content on the youth in our community. Some youth that had experienced sexual violence or presented with a pre-existing history of hopelessness found the content to be particularly disturbing. These concerns led to the creation of the PACT. In the PACT we aspire to harness the power of media to create a 12-episode prevention video series and corresponding curriculums.

CLOSING SESSION: Wednesday, September 25, 3:00-4:15

Jeremy Taylor: Winning with People

Relationships are the foundation of who we are and what we do. The sooner we accept this truth, the better off we will be. We can begin developing ourselves as people who other people want to partner and grow with.

Learning objectives include: (1) developing a greater level of self-awareness, (2) engaging with interpersonal skills and communication practices, (3) creating a plan for initiating and cultivating relationships.