

# Minimize Risk – Maximize Life:

A Low-Risk Drinking Course for Adults

Adult Prevention

Friday, May 4, 2012

**Deadline for registration is April 27, 2012.**

Please fill out a separate form for each person attending and mail them to:

**ASAP Center  
Attn: Lucrezia Taylor  
3805 Edwards Road, Suite 500  
Cincinnati, OH 45209-1948**

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Special dietary needs: \_\_\_\_\_

I understand that I will be charged a \$20 no-show fee to cover the costs of food and materials if I do not notify the ASAP Center of my cancellation by April 27, 2012.

## About the Presenters

**Lori Higgins, M.Ed.**, is an Ohio Certified Prevention Specialist and a licensed social worker who has devoted her career to the substance abuse prevention field. She manages a workforce of five full-time and seven part-time employees. For five years she served on the Alcohol and Drug Abuse Prevention Association of Ohio Board, and for eight years she was the editor of its newsletter, for which she won an award. She has written three courses in the Addictions Studies-Prevention program at the University of Cincinnati and has taught as adjunct faculty. She serves the community by being a seasoned trainer and speaker in the region and state and as a certified Trainer of Trainers in many model prevention programs. She received a Bachelor of Science degree in communication from Ohio University, and earned a Master of Education in personnel training and development from Xavier University.

**Jennifer Benson** received a Bachelor of Arts degree in psychology from Florida State University. She is an Ohio Prevention Specialist II, and has dedicated her career to working with children and families in the field of alcohol and drug treatment and prevention. It is her desire that, through this curriculum, adults can gain the knowledge needed to make low-risk choices.

**Christi Valentini** graduated with a Bachelor of Arts degree in psychology from Ohio University. She has worked in the substance abuse prevention field since 2002. Currently, she facilitates early intervention programs, with a focus on middle school, high school, and college-aged students. She strives not only to be a positive role model but also to support and empower youths.

All three presenters were authors of the curriculum *Minimize Risk–Maximize Life: A Low-Risk Drinking Course for Adults*.

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A Low-Risk Drinking Course for Adults

Adult Prevention



Friday, May 4, 2012

9:30 a.m.-3 p.m.

*Registration begins at 9 a.m.*

The Health Foundation of Greater Cincinnati  
Conference Facility  
3805 Edwards Road  
Suite 500  
Cincinnati, OH 45209

## What is Adult Prevention?

We often tell adults to “drink responsibly” or “know when to say when,” but what does that mean?

A research-based curriculum, created specifically for adults and geared toward individuals’ needs, will teach adults how much is too much and how often is too often in regard to alcohol consumption. The goal is to provide adults with the skills needed to make low-risk drinking choices. We hope that this modeling of responsible behavior will encourage youths to make low-risk choices also.

We seek to share a common language for adults to use personally, professionally, and even with youths (in the “none under 21” context). Behavior change (if needed) cannot happen without accurate, quantifiable information that can be easily understood and adapted to real life.

## Continuing Education

3.75 hours of Continuing Professional Education (CPE) for Ohio social workers. RSX070501, State of Ohio Counselor, Social Worker & Marriage and Family Therapist Board.

5.0 Recognized Clock Hours (RCH) for Ohio chemical dependency counselors and prevention specialists. Approved Provider Number 10-1012-77PVN-PR, State of Ohio Chemical Dependency Professionals Board.

## About the Workshop

Workshop participants will learn about:

- The role of advertising in decision-making
- Alcohol and the body
- Standard drinks and low-risk drinking guidelines
- Risky drinking decisions and tolerance
- Integrating the guidelines into their lives

## Course Goals

- Experience the *Minimize Risk–Maximize Life* curriculum firsthand
- Be equipped to share the information and core concepts with others

## Who Should Attend?

Anyone who would like to know how to change attitudes and social norms about alcohol consumption should attend. This may include professionals and laypeople in social work, prevention, education, counseling, ministry, community centers, retirement communities, EAPs/workplaces, coaching, and parenting groups.

## Sponsor

This workshop is presented free of charge by the Assistance for Substance Abuse Prevention (ASAP) Center. The ASAP Center, an operating program of The Health Foundation of Greater Cincinnati, helps grassroots community organizations do prevention.

## Location

**The Health Foundation of Greater Cincinnati  
Conference Facility  
3805 Edwards Road  
Suite 500  
Cincinnati, OH 45209**

## Registration

**Deadline for registration is Friday, April 27, 2012. Space is limited to 30 people.**

Walk-in registrations will not be accepted.

Lunch is included. Your space is not reserved until we receive a completed registration form. People who register but do not attend will be charged a \$20 no-show fee if they do not cancel by April 27, 2012.

To register, complete the form on the back and mail it to:

**ASAP Center  
Attn: Lucrezia Taylor  
3805 Edwards Road, Suite 500  
Cincinnati, OH 45209-1948**

Or register online at:

**<http://register.healthfoundation.org>**

## For More Information

For more information, contact:

**Lucrezia Taylor, ASAP Center  
Phone: 513-458-6640  
Fax: 513-458-6650  
Toll-free: 888-310-4904  
Email: [ltaylor@healthfoundation.org](mailto:ltaylor@healthfoundation.org)**