

LIFESTYLE RISK REDUCTION



ABOUT THE PRESENTERS

Both presenters are trained by Prevention Research Institute as PRIME for Life instructors.

Amy Phillips is currently the Program Coordinator for Youth Encouragement Services. She has spent the last 15 years working with youth and families, both in her career and at home as a foster and adoptive parent. Her desire is to see families heal from the destruction caused by drugs and alcohol and to equip youth with the tools to avoid the pitfalls of addiction. Amy is a graduate of Taylor University with a BA in Communication Studies.

Laura A. Rolf is the Community Development Director for Big Brothers Big Sisters (BBBS) of Greater Cincinnati. Prior to her work with BBBS, Laura had over 30 years in community mental health in Kentucky and Indiana. She provided treatment, training, and consultation for youth and adults and specialized in programming for youth. She has training and experience in presenting materials on a variety of topics including development assets and substance use and abuse issues. Laura is a graduate of Tulane University School of Social Work and has ACSW, LCSW, and LISW-S licenses. Laura's current passion is prevention.

SPONSORS

This workshop is presented by the Assistance for Substance Abuse Prevention (ASAP) Center in collaboration with the Ripley County Local Coordinating Council.

An Introduction to
PRIME for Life

Friday,
August 6, 2010

8:30 a.m. – 4:00 p.m.

Registration begins at 8:00 a.m.

Osgood Town Hall
147 W. Ripley Street
Osgood, IN 47037

LIFESTYLE RISK REDUCTION: TALKING ABOUT ALCOHOL AND OTHER DRUGS

**FRIDAY,
AUGUST 6, 2010**

Deadline for registration is July 26, 2010.

Please fill out and submit a separate form for each person attending and mail it to the ASAP Center, Attn: Mary Francis, 3805 Edwards Road, Suite 500, Cincinnati, OH 45209-1948.

Name: _____

Organization: _____

Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

Fax: _____

E-mail: _____

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 August 3, 2010.

ABOUT LIFESTYLE RISK REDUCTION

Setting boundaries and expectations is one of the developmental assets most closely associated with alcohol and other drug use. The Lifestyle Risk Reduction approach shows people how to talk about alcohol and other drugs and to set boundaries and expectations. Lifestyle Risk Reduction is useful at any age and can be used with youth, college-aged students, adults, and older adults.



Lifestyle Risk Reduction is a research-based approach that teaches persuasion techniques to change attitudes and behaviors about alcohol and other drug choices. This workshop gives participants a non-judgmental way of talking about these choices.

The Lifestyle Risk Reduction model specifies three equally important and measurable behavioral goals:

- ◊ Increase abstinence for a lifetime
- ◊ Delay the age of first use of alcohol
- ◊ Reduce high-risk choices

ABOUT THE WORKSHOP

Workshop participants will learn the roles that biological, psychological, and social factors play in the development of addictions and other problems. They will see the Five-Step Risk Reduction Process and will have the opportunity to practice applying the steps to different scenarios.

This one-day workshop provides information that can be used immediately. Presenters will also provide information to people who want to be trained to implement PRIME for Life, a Lifestyle Risk Reduction curriculum.

CEUs and counselor and social work CEUs are available for attendees. 7.5 CEUs will be offered.

FOR MORE INFORMATION

For more information, contact:

- ◊ Paula Goodpastor, Ripley County Coordinating Council, 812.212.8406
- ◊ Mary Francis, ASAP Center, toll-free 888.310.4904

Osgood Town Hall is located at 147 W. Ripley Street in Osgood, Indiana, 47037.

WHO SHOULD ATTEND?

We encourage anyone who is looking for a way to talk about alcohol and other drug use choices with people of any age and anyone who is interested in doing his or her part in preventing alcohol and other drug problems to attend. This includes social workers, educators, school counselors, parents, youth leaders, police officers, probation officers, professionals, and volunteers.

REGISTRATION

The deadline for registration is **July 26, 2010**. Space is limited to 30 people. Fax and walk-in registrations will not be accepted.

Lunch and refreshments are 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 August 3, 2010.

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

Mary Francis
ASAP Center
3805 Edwards Road, Suite 500
Cincinnati, OH 45209-1948

LOCATION