

Seventeenth Annual Parenting Awareness Michigan Conferences

Learn about
parenting issues,
programs,
and resources

Kick off Parenting
Awareness Month
2010

October 14, 2009
Marquette, Michigan

November 9, 2009
East Lansing, Michigan

*Two statewide
conferences to
choose from – or
attend both!*

For anyone who
works with parents
and families...

...PAM organizers,
educators, parent
network and
coalition members,
service providers,
school personnel,
parent volunteers,
and anyone
interested in
parenting and
Parenting
Awareness
Month.

OCTOBER 14, 2009

Northern Michigan University,
Marquette

Keynote by
BOB HOWE

Executive Director
Michigan Elementary and Middle
School Principals Association

• • • •

NOVEMBER 9, 2009

Kellogg Hotel & Conference Center
East Lansing

Keynote by
BARBARA FLIS, Founder,
Parent Action for Healthy Kids

Other Highlights for Both Conferences

- Morning and afternoon workshops on issues facing parents and caregivers
- Resources to kick off a successful Parenting Awareness Month in 2010
- Parenting information and resources for year around
- The winning 2010 PAM Poster Contest entries on display



Come alone or bring a team from your community. Connect with other parenting advocates and educators who will talk about a variety of parenting issues. Network with local PAM Organizers. Return home with practical, inspirational, and creative ideas for your local Parenting Awareness Month Activities and for use throughout the year.

The PAM Conferences are sponsored by Prevention Network and the Parenting Awareness Michigan Steering Committee.

*MCBAP Contact Hours and State Board CEUS offered.
Social Work Continuing Education - Pending*



*Michigan's network to support
and expand community
substance abuse prevention.*



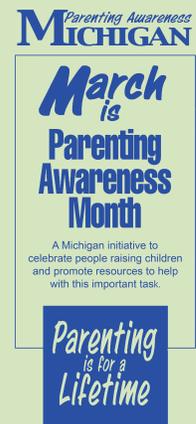
From the Parenting Awareness Michigan Steering Committee:

Each year the Parenting Awareness Michigan Conferences are held to bring together professionals and volunteers who work with families to learn about issues facing today's parents and caregivers, network with other family advocates, and kick off the coming year's Parenting Awareness Month in March. Two statewide conferences are held -- one in the Upper Peninsula and one in the Lower Peninsula.

Participants attending October 14 will hear a keynote by Bob Howe, Executive Director, Michigan Elementary and Middle School Principals Association. On November 9, the keynote will be presented by Barbara Flis, Founder, Parent Action for Healthy Kids. Each conference will feature workshops on a variety of parenting topics, displays showcasing parenting programs and resources, and ideas for local PAM initiatives.

Come and get recharged about the important work of supporting parents and families, learn what others are doing in their work with parents and families, and begin (or continue) to plan for Parenting Awareness Month (March 2010).

We look forward to your participation in one or both of the the Annual PAM Conferences. Thank you for all that you do on behalf of parents, caregivers, and families in Michigan and beyond!



Important Conference Information



Visit www.preventionnetwork.org

For the most up-to-date information about both conferences.



Continuing Education:

- ❖ .5 State Board of Education CEUs. Cost: \$10.
- ❖ Five contact hours through MCBAP (Michigan Certification Board for Addiction Professionals). Cost: \$10.
- ❖ Social Work CE: Application pending (check web for updates)
- ❖ On-site paperwork must be completed by 9 a.m. and following the final workshop session. **Can pre-register or register and pay on site.**



Local PAM Artifacts Needed!

Please bring ideas and samples of your local Parenting Awareness Month activities to share during the closing session. Thank you in advance!



Workshop Key:

EC = Early childhood focus

MC = Middle childhood focus

AD = Adolescent focus

ALL = Focus on parenting issues for all age ranges of children

Wednesday, October 14, 2009, in Marquette



Bob Howe

Executive Director, Michigan Elementary and Middle School Principals Association (MEMSPA)

Yes is a Two-Letter Word

Teaching children to be self-regulating, disciplined and reliant requires today's parents to be part neuroscientist, part psychologist, and part drum major. Learn why it's important to start early with an appropriate NO to get to a lifetime of YES. Through his leadership with MEMSPA, Bob pulled together a coalition of organizations (including PAM) to bring the "Say Yes To No" program to Michigan. He is excited about the parenting conversation amongst adults going on all over our state. He believes the Say Yes to No Program has the potential of changing our culture, in a positive way, one family at a time.

Monday, November 9, 2009, in East Lansing

Barbara Flis

Founder, Parent Action for Healthy Kids

Love Your Path: You Were Made For This

Parents are a powerful influence in their child's life. There is unquestionable passion among those who want to help parents realize that power and put it into action. The work, however, to connect and engage parents is not always easy. In this session, Ms. Flis will share her personal story of how, as a parent, she recognized this disconnect, and what motivated her to stay involved and advocate for parents on a local, state, and national level. Her story will inspire you to be fully present in your life, value the journey as much as the destination, and champion the power of partnerships with parents.





**DIRECTIONS TO
NORTHERN MICHIGAN
UNIVERSITY**

1401 Presque Isle Avenue
Don H. Bottum
University Center
Marquette, MI 49855

FROM THE WEST:

US-41/M-28 merges onto Washington Street. Washington to Fourth Street (left). Fourth Street to Kaye Avenue (left). NMU/Bottum University Center on the right.

FROM THE EAST:

Follow downtown Marquette signs, US Business 41 becomes Front Street. Front Street to Washington Street (left). Washington to Fourth Street (right). Fourth Street to Kaye Avenue (left). NMU/Bottum University Center on the right.

**FOR OVERNIGHT
ACCOMMODATIONS:**

A block of sleeping rooms has been reserved at the Holiday Inn in Marquette for a special rate of \$65 plus tax for single or double occupancy.

Refer to Prevention Network when making reservations. The hotel must receive your reservation by October 1, 2009.

Holiday Inn
1915 U.S. 41 West
Marquette, MI
906-225-1351
www.holidayinn.com



Wednesday, October 14, 2009

**BOTTUM UNIVERSITY CENTER
NORTHERN MICHIGAN UNIVERSITY, MARQUETTE**

CONFERENCE AGENDA

- 8:15 a.m. **Registration, Exhibits, Refreshments**
Continuing Education Sign-in (ends 9:15 a.m.)
- 9:00 a.m. **Welcome**
- 9:15 a.m. **Keynote Presentation:**
Yes is a Two Letter Word
- 10:45 a.m. **Session I Workshops**
1. Grandparents Teach, Too: Get grandparents, parents and other caregivers educated and involved!
 2. What Everyone (Yes! Everyone) Can Do to Prevent and Reduce Underage Drinking
 3. Understanding Children's Temperament and Managing Difficult Times
 4. Where Do the Children Play—No Child Left Inside
 5. Baby Field Trips as a Therapeutic Tool
- 12:00 noon **Lunch and Displays**
- 1:00 p.m. **Session II Workshops**
6. Adolescent Brain: Time of Risk and Opportunity
 7. Keeping Tribal Youth Alive: Sault Tribe Alive Youth (STAY) Project
 8. Don't Worry, But Don't Wait
 9. Making the Connection: Working with Male Parents
 10. Implementing Conscious Discipline
- 2:30 p.m. **Session III Workshops**
11. Working with Teen Parents in a Rural Community
 12. A Great Start for a Promising Future
 13. Healthy Food = Happy, Healthy Kids!
 14. Will It Hurt? The Painless Truth of Helping a Child Through a Doctor Visit
- 3:45 p.m. **PAM in Action: Parenting Awareness Month 2010 Planning**
Continuing Education Sign-out (ends 4:15 p.m.)
- 4:15 p.m. **Conference Adjourns**

Workshop Descriptions

October 14, 2009, Marquette

Session I 10:45 a.m. — 12:00 noon

1. Grandparents Teach, Too: Grandparents, parents and other caregivers educated and involved! Involved grandparents, parents, and other home caregivers prepare preschool students for success in school and lifelong learning. This workshop provides brain compatible, easy playtime activities using materials found in the home and community. Supported by the NMU Economics Center, NMU School of Education, and the UP Children's Museum. **[EC]** *Iris Katers, Elementary Teacher and Reading Specialist, Grandparents Teach Too*

2. What Everyone (Yes! Everyone) Can Do to Prevent and Reduce Underage Drinking. Come away from this workshop with a head full of ideas, a heart full of inspiration, and a handful of resources that can be used by anyone, in any community, to help prevent underage drinking. Resources will include curriculums for different age groups, web-based information, resources for classrooms and community events, and information that may help parents understand the impact of alcohol on their teens, and help teens understand the risks associated with alcohol use. **[AD]** *Ken Dail, Executive Director, Prevention Network*

3. Understanding Children's Temperament and Managing Difficult Traits. This workshop will provide information to help parents understand why temperament is important, identify the temperament traits of their child, and offer ideas for managing difficult temperament traits. Participants will be able to share this information with parents so discipline can be tailored to the needs of their children. **[ALL]** *Elizabeth Moberg, LMSW, QCSW, CAAC, CPS-M, Behavioral Health Clinician, Catholic Charities of the U.P.*

4. Where Do the Children Play—No Child Left Inside. The goal of this presentation is to reconnect children and nature. We will discuss a growing problem in America, Nature Deficit

Disorder. Children today spend most of their free time inside rather than the traditional, spontaneous, free-range play that existed before the development of TVs, computers, and video games. Learn how children of today play and what needs to be done to change their play patterns for optimal growth and development. **[ALL]** *Charlie Yeager, Education Consultant, Marquette-Alger RESA*

5. Baby Field Trips as a Therapeutic Tool. Baby Field Trips are an innovative way of strengthening the relationship between clients and therapists or volunteers, as well as a fun and educational tool to reinforce parent/child bonding, social skills, and the use of educational moments in everyday life. **[EC]** *Linda Storey, LCSW, and Gillian Olgivie, MA, LLPC, Starfish Family Services/Lifespan Clinical Services*

Session II 1:00 p.m. — 2:15 p.m.

6. Adolescent Brain: Time of Risk and Opportunity. This session will provide a brief overview of neurology and adolescent brain development. Learn why adolescence is a time of increased risk-taking and strategies designed to help youth and the caring adults in their lives navigate these critical years. **[AD]** *Dee Lindenberger, MA, Impact Learning Associate, Optimal Learning LLC*

7. Keeping Tribal Youth Alive: Sault Tribe Alive Youth (STAY) Project. Suicide is a preventable tragedy which has impacted our tribal community across the eastern and central Upper Peninsula of Michigan. We have experienced suicide clusters among our young people. Our Tribe recognizes the need to work with tribal and non-tribal stakeholders to develop and implement a broad-based, culturally competent suicide prevention and early intervention program. This workshop will include a presentation on the STAY Project and how it may affect families across the Upper Peninsula, and include a facilitated discussion on accessing suicide and mental health resources. **[AD]** *Sue Stiver-*





Paulsen, and Elizabeth Carr, Sault Ste. Marie Tribe of Chippewa Indians STAY Project

8. Don't Worry, But Don't Wait. Are you concerned about an infant or toddler in your care? Is his or her development a little behind? Learn about Early On Michigan and when you should make a referral. This session will address red flags across developmental domains. Some attention will be given to discussing your concerns with parents prior to generating a referral. Target audience includes child care providers, parents, parent educators/home visitors, and teachers.

[EC] *Stefanie Rathburn, Early On Trainer & Technical Assistance Specialist, Clinton County RESA, Early On® Training & TA*

9. Making the Connection: Working with Male Parents. As we look across the spectrum of human services, it's a fact that the male parent is often not fully engaged in services that are provided to families. Because positively involved fathers can improve outcomes for children, this interactive workshop will provide attendees with strategies to more fully engage male parents.

[ALL] *Michigan Fatherhood Coalition*

10. Implementing Conscious Discipline. Conscious Discipline is an emotional intelligence program that teaches us to respond rather than react to life events. Learn Brain Smart Strategies while focusing on the positive to build stronger relationships, which will boost self esteem and glean higher academic scores. Conscious Discipline is research based and has been proven to work with every age group. **[ALL]** *Lesa Rice, Certified Conscious Discipline Instructor, Northwest Michigan Community Action Agency*

Session III 2:30 p.m. — 3:45 p.m.

11. Working with Teen Parents in a Rural Community. This workshop will give participants background on the teen parent programs in our county. We will describe how we promote participation, how we include teen fathers and

families of teen parents, and what activities and goals we work towards in our programs **[AD]** *Holly Pavloski, Adolescent Health Coordinator, Betsy Little, Family Support Educator, Marquette County Health Department, and Robbie Jo Fezatt, Infant Mental Health Specialist, Pathways to Healthy Living.*

12. A Great Start for a Promising Future. Learn how Great Start Collaboratives and Great Start Parent Coalitions are working towards a great start for every child in Michigan. All ISDs/RESAs have a GSC that look at 0-5 needs in their communities and develop a comprehensive strategic plan to meet those needs. Parents play a huge part in this process as a voice for their young children. Learn how they are empowered to make a difference. **[EC]** *Kathryn Lammi, LSCP, Director, Great Start Collaborative, Marquette and Alger Counties, and Tara Weaver, Director, Great Start Collaborative, Delta and Schoolcraft Counties*

13. Healthy Food = Happy, Healthy Kids! Participants will learn how children's diets affect their behavior and moods. This session will include practice in label reading, identifying unhealthy ingredients commonly found in children's food as well as healthy alternatives. Participants will receive recipes that are both delicious and nutritious, to use and to share! **[ALL]** *Sarah Monte, Education and Programs Coordinator, Marquette Food Co-op*

14. Will it Hurt? The Painless Truth of Helping a Child Through a Doctor Visit. This workshop will detail a child's stress and trauma involved in hospitalization, illness, and injury. Also highlighted will be ideas and coping strategies to use in order to be the best possible advocate for a child during routine hospital visits, doctor office visits, immunizations, etc. **[ALL]** *Sarah Harnett, CCLS, Marquette General Health System*



17th Annual PAM Conference, October 14 2009, Marquette

REGISTRATION FEE (per person)

Note: space not guaranteed with on site registration.

Registration fee includes morning refreshments, lunch, and materials.

	Postmarked by 10/5/09	Postmarked after 10/5/09
Registration fee	\$49	\$65

Cancellation Policy: Cancellation must be received seven business days prior to conference for a full refund.

Please print clearly or type:

Name: _____ Phone: (_____) _____
 (as it should appear on name tag)

Agency: _____ E-mail: _____
 (as it should appear on name tag-if applicable)

Address: _____ County: _____
 (address, street, P.O. box)

City: _____ State: _____ Zip: _____

If registering for a group, indicate name of Contact Person: _____

Billing address if different than above: _____

Please check all that apply:

- Will be present for lunch
- Vegetarian lunch
- Special needs, please specify: _____
- Do not** share my contact information on participant list
- Want to apply for Social Work CE (our application pending)
- State Board CEUs \$10.00
- MCBAP Contact Hours \$10.00

- Workshop Presenter
- Display Host

Workshop Selections: Workshop choices cannot be guaranteed and will be assigned in date order received.

Session I (circle one)	1	2	3	4	5
Second Choice (circle one)	1	2	3	4	5
Session II (circle one)	6	7	8	9	10
Second Choice (circle one)	6	7	8	9	10
Session III (circle one)	11	12	13	14	
Second Choice (circle one)	11	12	13	14	

Workshop presenters and monitors:
 Circle the workshop you are presenting and/or monitoring

PAYMENT METHOD	
<input type="checkbox"/> Check(s) enclosed	<input type="checkbox"/> Conference fee
Payable to Prevention Network	<input type="checkbox"/> Contin. Ed. fee
<input type="checkbox"/> Purchase order attached	
<input type="checkbox"/> Purchase order coming	

TWO WAYS TO REGISTER	
By Mail: PAM Conference — Marquette Prevention Network, P.O. Box 4458 East Lansing, MI 48826-4458	By Fax: 517/393-6931 <input type="checkbox"/> Check being mailed <input type="checkbox"/> Purchase order being mailed

Questions? Call 800/968-4968. Also visit www.preventionnetwork.org

OFFICE USE ONLY

Date received: _____ Paid: Yes No Notes: _____ PO# _____
 After postmark date _____ Follow up: Yes No Comments: _____ Database entry: _____



**DIRECTIONS TO
THE KELLOGG HOTEL
& CONFERENCE CENTER**

55 S. Harrison Rd.,
East Lansing - 800-875-5090
www.kelloggcenter.com

**FROM TRAVERSE CITY OR POINTS
NORTH:**

I-75 to US-127 South. Take Trowbridge Rd. Exit and turn left onto Harrison Rd. Hotel parking will be .7 miles on your right.

FROM DETROIT OR POINTS EAST:

I-96 West to US-127 North. Take Trowbridge Rd. Exit and turn left onto Harrison Rd. Hotel parking will be .7 miles on your right.

FROM FLINT OR POINTS EAST:

I-69 Southwest to US-127 South. Take the Trowbridge Rd. Exit and turn left onto Harrison Rd. Hotel parking will be .7 miles on your right.

**FROM KALAMAZOO OR POINTS
SOUTH:**

I-94 East to I-69 North. Take I-496 East to Trowbridge Rd. Exit. and turn left onto Harrison Rd. Hotel parking will .7 miles on your right.

FROM JACKSON OR POINTS SOUTH:

US-127 North to the Trowbridge Rd. Exit and turn left onto Harrison Rd. Hotel parking will be .7 miles on your right.

**FROM GRAND RAPIDS OR POINTS
WEST:**

I-96 East to I-69 East to US-127 South. Take the Trowbridge Rd. Exit and turn left onto Harrison Rd. Hotel parking will be .7 miles on your right.

OVERNIGHT ACCOMMODATIONS:

A block of sleeping rooms has been reserved at the Kellogg Hotel & Conference Center for a rate of \$65 plus tax for single or double occupancy. Refer to Parenting Awareness Michigan to receive this rate. The hotel must receive your reservation by October 9, 2009, 800-875-5090. Parking \$5, unless hotel guest.



Monday, November 9, 2009

**THE KELLOGG HOTEL & CONFERENCE CENTER
CONFERENCE AGENDA**

- 7:30 a.m. **Registration, Exhibits, Refreshments**
Continuing Education Sign-in (ends 9:00 a.m.)
- 8:30 a.m. **Welcome**
- 9:00 a.m. **Keynote: Love Your Path: You Were Made For This**
- 10:45 - **Session I Workshops**
- 12:05 p.m. **1. Challenges of Parenting in Hispanic Families**
2. Greening Your Home: Creating Healthy and Earth Friendly Environments
3. What Everyone (Yes! Everyone) Can Do to Prevent and Reduce Underage Drinking
4. Adolescents: What Are They Thinking?
5. Preventing Child Abuse and Neglect: An Eco-social Framework
6. Reflections: A Celebration of Womanhood, A Pathway to Empowerment
7. Partnering with Parents
8. Implementing Conscious Discipline
- 12:05 p.m. **Lunch and Displays**
- 1:05 - **Session II Workshops**
- 2:25 p.m. **9. Money Smart from the Start**
10. Pre-reading Skill Development: Supporting Parent/Child Interactions
11. Teens, Alcohol, and Drugs: Trends in the New Millennium
12. Enjoying Your Teenager
13. Setting Local Parenting Priorities for Prevention
14. Children's Experience of Military Deployment
15. No, I Won't and You Can't Make Me
16. Working with Same Sex Parents and Their Children: Myths vs. Facts
- 2:40 - **Session III Workshops**
- 4:00 p.m. **17. Healthy Attachment in the First Year**
18. Learning Through Moving
19. Bridging the Gap: Understanding and Addressing Teenage Sex and Sexuality
20. Youth Problem Gambling is a Parenting Matter
21. Bullying and Harassment: Ending the Ostrich Principle
22. Parenting and Teaching with NO!
23. It's Time for a P.E.P. Talk (Parent Education for Prevention)
24. Nurturing Parenting/STEP Program for Non Custodial Parents
- 4:00 p.m. **PAM in Action: Parenting Awareness Month 2010 Planning**
Continuing Education Sign-out (ends 4:30 p.m.)
- 4:30 p.m. **Conference Adjourns**

Workshop Descriptions

November 9, 2009, East Lansing

Session I 10:45 a.m. — 12:05 noon

1. Challenges of Parenting in Hispanic Families. This session will create an awareness for professionals and volunteers who work with Hispanic families about the challenges that face this specific population in their parent-child relationships. Issues to be discussed include acculturation problems, power reversal, family structure, etc. **[ALL]** *Luz Gayon-Telleria, Director, and Gabriela Mendez, Parenting Coordinator, Catholic Social Services of Oakland County, Hispanic Outreach Program*

2. Greening Your Home: Creating Healthy & Earth Friendly Environments. Going “green” isn’t just good for the environment; it’s good for families and doesn’t have to cost a fortune! You may be surprised by the dangers lurking in the back yard and the kitchen cupboard. Find out the truth about antibacterial claims; learn about safe vs. dangerous plastics; discover alternatives to dangerous chemicals; and much more. This session will focus on easy, affordable ways to make your home a greener, safer place to play and live. **[ALL]** *Jennifer Nottingham, BS, Program Assistant, Michigan 4C Association*

3. What Everyone (Yes! Everyone) Can Do to Prevent and Reduce Underage Drinking. Come away from this workshop with a head full of ideas, a heart full of inspiration, and a handful of resources that can be used by anyone, in any community, to help prevent underage drinking. Resources will include curriculums for different age groups, web-based information, resources for classrooms and community events, and information that may help parents understand the impact of alcohol on their teens, and help teens understand the risks associated with alcohol use. **[AD]** *Ken Dail, Executive Director, Prevention Network*

4. Adolescents: What Are They Thinking? This workshop will explore current research about the development of teen brains, including new discoveries that offer insight into the choices and behaviors that can baffle adults. Implications of the research for parents, as well as for service providers and policy-makers, will be explored. **[AD]** *Pat Crum, Parent Educator, Helen DeVos Children’s Hospital*

5. Preventing Child Abuse and Neglect: An Eco-social Framework. This session will explore how child abuse and neglect spring up from broad eco-social contexts. Understanding how such risk is nested in the community and in families is important for prevention. Seeing risk markers emerge before abuse has occurred is crucial in stemming the expression of abuse in families. The presenter will provide summaries of some of the research, and apply findings to specific cases and examples generated by workshop participants. **[ALL]** *Laura McCloskey, PhD, Professor of Public Health, College of Applied Sciences, University of Illinois, Dept. of Community Health*

6. Reflections: A Celebration of Womanhood, A Pathway to Empowerment. In our society, the female usually manages and keeps the family connected...talk about STRESS! Discover how family relationships can impact our self esteem. Develop plans to make sure your health isn’t sacrificed for the needs of others. Help parents apply this

information to their daily lives. **[ALL]** *Sharon Rogers, MEd, Community Resource Manager, and Gwen Philpott-Brunson, Project Specialist CACS Head Start*

7. Partnering with Parents. How do you get parents interested in coming to your programs? Planning family fun activities and engaging already-stretched parents is the key. Learn what has worked, what hasn’t, and how to create a strong family advocacy group with parents of all age children. Activities and ideas are discussed from agency and parent perspectives. Both presenters are parents of young children and know how difficult it is to be an engaged, active, and knowledgeable parent while maintaining strong family bonds. **[ALL]** *Kristina Beers, Parent Liaison, and Denise Allen, Parent Representative, Mecosta-Osceola Great Start Collaborative*

8. Implementing Conscious Discipline. Conscious Discipline is an emotional intelligence program that teaches us to respond rather than react to life events. Learn Brain Smart Strategies while focusing on the positive to build stronger relationships, which will boost self esteem and glean higher academic scores. Conscious Discipline is research-based and has been proven to work with every age group. **[ALL]** *Lesa Rice, Certified Conscious Discipline Instructor, Northwest Michigan Community Action Agency*

Session II 1:05 p.m. — 2:25 p.m.

9. Money Smart from the Start. Children form attitudes and opinions about money at an early age. This session will provide parents and other professionals with ways to teach children ages 3-8 good financial habits. The session developed from the research based curriculum “Right On the Money” by the University of Pennsylvania Extension teaches parents how to be their child’s first financial educator. **[EC]** *Jean Lakin, Extension Educator, Family Programs, Macomb Co. MSU Extension*

10. Pre-reading Skill Development: Supporting Parent/Child Interactions. This workshop will provide targeted strategies to share with parents to support the development of pre-reading skills. Giving young children daily opportunities to practice emerging literacy skills is essential. Parent/child interactions can be the key to providing these practice opportunities. **[EC]** *Pattie Walter, MA, Professional Development, Program Design, and Management Specialist, MI Head Start State Based Technical Assistance Office*

11. Teens, Alcohol, and Drugs: Trends in the New Millennium. This session will review Substance Use Disorders in general and discuss the differences between Chemical Dependence and Substance Abuse. Substance use among adolescents will be detailed, including trends and substances used, teen alcohol use, and risk factors as well as protective factors. **[AD]** *Mark Menestrina, MD, FASAM, Medical Director of Detox Unit, Brighton Hospital*

12. Enjoying Your Teenager. Participants will learn about the need for adolescent independence and how to help parents facilitate this while still maintaining good family ties. We discuss positive communication skills, family activities, appropriate discipline, and how to help teens choose positive,

Continued on next page

future goals. **[AD]** *Kathy Walton, ACSW, Grand Haven Area Public Schools, and Diane Kopp, MA, Licensed Counselor, Good Samaritan Center*

13. Setting Local Parenting Priorities for Prevention.

Learn steps to conduct a needs assessment that helps clarify “what” problems exist in your community regarding youth alcohol, tobacco, and other drug use, but also “why” they exist and “how” to address them. Emphasis will be placed upon needs and programs targeting parent education, involvement, and engagement. **[ALL]** *Jim O’Neill, Ph.D, Madonna University, and Angie O’Neill, O’Neill Consulting*

14. Children’s Experience of Military Deployment. This workshop will address the experience of children when a parent is deployed. Soldiers who have been and continue to participate in Operation Iraq Freedom and Operation Enduring Freedom have frequently been deployed for a year at a time. Learn about the emotional experience of children when their parents prepare to deploy, their reactions while parents are away, and their responses to reuniting. **[ALL]** *Karen Smith, LMSW, Infant Mental Health Specialist (III), U of M, Welcome Back Veterans, and Maritza Rodriguez-Arseneau, LPC, Military Family Life Consultant, Joint Family Assistance Program*

15. No, I Won’t and You Can’t Make Me. Parents get tired of arguing with their children over everything. Discover what’s behind the power struggles and strategies that help children comply without defiance. Learn tips on preventing power struggles. Steps will be included for helping children develop free will without stepping over the boundaries of others. **[ALL]** *Gloria J. Sherman, MA, MEd, LPC, Lapeer Community Schools; Parenting and Teaching with GLO; and Parenting Partnership.*

16. Working with Same-Sex Parents and Their Children: Myths vs. Facts. Participants will learn basic facts about same-sex parenting in order to dispel common myths and stereotypes, as well as learn how to create a welcoming environment in their workplace with same-sex headed families. We will also have a question and answer period. **[ALL]** *Penny Gardner, Ph.D, Community Organizer, and Beverly Davidson, LMSW, IMH-E (III), CARE: Coalition for Adoption Rights Equality, Inc., and Lisa Garcia, LMSW, IMH-E (III), Michigan Association for Infant Mental Health*

Session III 2:40 p.m. — 4:00 p.m.

17. Healthy Attachment in the First Years. Science increasingly shows that from infancy, the quality of a child’s attachments affects his or her brain development, school readiness, academic success, and social relationships throughout life. Gain more tools for your toolkit: fun ways to promote healthy parent-child attachments, and to strengthen bonds in families experiencing separation. **[EC]** *Kathy Grappin, LMSW, and Joanne Mitchell, MS, Head Start State Based Office of Training and Technical Assistance*

18. Learning Through Moving. Being physically fit fosters healthy early childhood development which translates into successful learning. This session will provide an overview of I Am Moving, I AM Learning (IMIL), a research-based project reinforcing the importance of the mind-body connection. IMIL is a proactive approach that focuses on prevention targeting children under the age of 5. Early childhood staff and parents

will understand how movement and learning can be integrated into classroom and family routine. **[EC]** *Jyl Bosone, BA-Public Health, Health/Oral Health Head Start Specialist, Michigan Head Start State-Based Training and Technical Assistance*

19. Bridging the Gap: Understanding and Addressing Issues Surrounding Teenage Sex and Sexuality. This interactive workshop will give participants tools to better understand adolescent and teen sexuality. We will talk about how teens receive messages about sex, discuss trends and statistics, and outline helpful tips on how parents and adults can talk to teens about this sometimes difficult topic. **[AD]** *Chloe Manor, Training Manager, Jenny Murphy, Talia Horan-Block, Planned Parenthood Mid and South Michigan*

20. Youth Problem Gambling is a Parenting Matter. Problem gambling is growing as is its impact on individuals and families. Problem gambling disrupts family functioning and is a family problem that affects everyone. Youth gambling is becoming more widespread as the rite of passage and has developed from a start drinking issue to a start gambling one. **[AD]** *LaNeice Jones, LMSW, Vice President of Programs, Neighborhood Service Organization, and Michael Burke, Compulsive Gambler*

21. Bullying & Harassment: Ending the Ostrich Principle. Hear Kevin Epling share his personal story of loss and growth and how he implemented changes on a community-wide level on the attitudes and culture surrounding bullying, hazing, and harassment in local schools. Kevin has worked with local and state law enforcement, state agencies, and school districts on anti-bullying awareness and passing anti-bullying legislation in Michigan. The session will outline developing a home-grown anti-bullying initiative. “Cyberbullying” and “bullycide” will also be examined. **[ALL]** *Kevin M. Epling, Co-Director Bully Police USA*

22. Parenting and Teaching with NO! Research shows that self-discipline is twice as strong a predictor of school and life successes than intelligence. Powerful tips on helping children develop self-discipline. Tips on ways to say NO without creating power struggles. Learn and practice proven Say Yes to No parenting strategies. Teach children strategies on how to say yes to no to themselves. Gloria trained with Dr. David Walsh in Minnesota to present this powerful program. **[ALL]** *Gloria J. Sherman, MA, MEd, LPC, Lapeer Community Schools*

23. It’s Time for a P.E.P. Talk (Parent Education for Prevention). This workshop will discuss ways in which an ATOD prevention message can be delivered directly to parents in places where parents are. Presenters will highlight and give examples from campaigns, visual displays, newsletters, and other activities, of specific ways to provide this awareness and education. **[ALL]** *Kris Nelson, MEd, LMSW, CPS-M, Key Development Center, Inc., and Karen Bergbower, LMSW, CAAC, CPC-M, Karen Bergbower & Associates*

24. Nurturing Parenting/Step Program for Non-Custodial Parents. This workshop provides an overview of a parenting program for parents who have lost custody or are in danger of losing custody of their children. Learn how to better understand this high-risk group, how addiction affects family dynamics, and how self-worth affects behavior in children. **[ALL]** *Teresa Sandner, CPC-M, and Victoria Music, CPC-M, CARE of Macomb County*



17th Annual PAM Conference, November 9, 2009, East Lansing

REGISTRATION FEE (per person)

Note: space not guaranteed with on site registration.

Registration fee includes morning refreshments, lunch, and materials.

	Postmarked by 10/30/09	Postmarked after 10/30/09
Registration fee	\$49	\$65

Cancellation Policy: Cancellation must be received seven business days prior to conference for a full refund.

Please print clearly or type:

Name: _____ Phone: (_____) _____
(as it should appear on name tag)

Agency: _____ E-mail: _____
(as it should appear on name tag-if applicable)

Address: _____ County: _____
(address, street, P.O. box)

City: _____ State: _____ Zip: _____

If registering for a group, indicate name of Contact Person: _____

Billing address if different than above: _____

Please check all that apply:

- Will be present for lunch
- Vegetarian lunch
- Special needs, please specify: _____
- Do not** share my contact information on participant list
- Want to apply for Social Work CE (our application pending)
- State Board CEUs \$10.00
- MCBAP Contact Hours \$10.00

- Workshop Presenter
- Display Host

Workshop Selections: Workshop choices cannot be guaranteed and will be assigned in date order received.

- Session I** (circle one) 1 2 3 4 5 6 7 8
 Second Choice (circle one) 1 2 3 4 5 6 7 8
- Session II** (circle one) 9 10 11 12 13 14 15 16
 Second Choice (circle one) 9 10 11 12 13 14 15 16
- Session III** (circle one) 17 18 19 20 21 22 23 24
 Second Choice (circle one) 17 16 19 20 21 22 23 24

Workshop presenters and monitors:
 Circle the workshop you are presenting and/or monitoring

PAYMENT METHOD	
<input type="checkbox"/> Check(s) enclosed	<input type="checkbox"/> Conference fee
Payable to Prevention Network	<input type="checkbox"/> Contin. Ed. fee
<input type="checkbox"/> Purchase order attached	<input type="checkbox"/> Purchase order coming

TWO WAYS TO REGISTER	
By Mail: PAM Conference — East Lansing Prevention Network, P.O. Box 4458 East Lansing, MI 48826-4458	By Fax: 517/393-6931 <input type="checkbox"/> Check being mailed <input type="checkbox"/> Purchase order being mailed

Questions? Call 800/968-4968. Also visit www.preventionnetwork.org

OFFICE USE ONLY

Date received: _____ Paid: Yes No Notes: _____ PO# _____
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Michigan's network to support and expand
community substance abuse prevention.

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Prevention Michigan, Inc.
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Parenting Awareness
MICHIGAN

March
is
**Parenting
Awareness
Month**

A Michigan initiative to
celebrate people raising children
and promote resources to help
with this important task.

**Parenting
is for a
Lifetime**

Dated Material

REGISTRATION BROCHURE

Seventeenth Annual Parenting Awareness Michigan Conferences and 2010 Parenting Awareness Month Kickoffs

Professionals and volunteers coming together to learn about issues facing parents and caregivers, network with other family advocates, and kick off the coming year's Michigan Parenting Awareness Month in March.

Sponsored by Prevention Network and Parenting Awareness Michigan

Wednesday, October 14, 2009  Marquette, Michigan

Monday, November 9, 2009  East Lansing, Michigan