

# LIFESTYLE RISK REDUCTION: TALKING ABOUT ALCOHOL AND OTHER DRUGS - PART 2

**FRIDAY,  
NOVEMBER 18, 2011**

Deadline for registration is November 11, 2011.

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

ASAP Center  
Attn: Lucrezia Taylor  
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 November 11, 2011.

## ABOUT THE PRESENTERS

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

**Amy Phillips, CPP** has earned her prevention professional certification from the Indiana Association of Prevention Professionals. She 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 Citizens Against Substance Abuse (CASA).

# LIFESTYLE RISK REDUCTION



## Talking About Alcohol and Other Drugs - Part 2

**Friday,  
November 18, 2011**

**9:00 a.m.–4:30 p.m.**

*Registration begins at 8:30 a.m.*

Lawrenceburg Firehouse  
300 West Tate Street  
Lawrenceburg, IN 47025

## 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

## CONTINUING EDUCATION

5.5 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. Training hours are approved for Indiana foster parents.

## 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.

To attend, workshop attendees MUST complete Lifestyle Risk Reduction - Part 1. Attendees should bring their *Prime for Life Workbook* to this workshop.

Lifestyle Risk Reduction - Part 2 will examine the phases of alcohol and drug use, and how to determine one's own trigger level. Presenters will share stories of people whose lives have been impacted by the high-risk choices of themselves and others. The workshop will discuss why those caught in addiction struggle even to recognize their problem. Participants are encouraged to look within themselves and to plan how to inform and empower others to make low-risk substance choices.

## LOCATION

Lawrenceburg Firehouse  
300 West Tate Street  
Lawrenceburg, IN 47025

## 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 November 11, 2011. 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 November 11, 2011.

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

## FOR MORE INFORMATION

For more information, contact:

Lucrezia Taylor, ASAP Center  
toll-free 888.310.4904 or  
ltaylor@healthfoundation.org