



TEXAS HHSC PREVENTION AND BEHAVIORAL HEALTH PROMOTION'S

# Annual Prevention Providers' Meeting: Prevention- The Greatest Investment Forward (T.G.I.F.)

## Session Recordings & Slides

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**June 26-29, 2023**

# Monday, June 26

## Welcome & State of Prevention Plenary

Leadership from the Texas Health and Human Services Commission (HHSC) kicked off APPM 2023 with welcoming remarks and updates on the state of prevention in Texas.



Presented by:

**Sonja Gaines, MBA**, Deputy Executive Commissioner- Behavioral Health Services (HHSC)

**Chris Laguna, PhD**, Director of Substance Use Programs Planning and Policy (SUPPP)

**Kasey Strey, ACPS**, Director of Texas Targeted Opioid Response (HHSC)

**Ricardo Aleman, LMSW, ACPS, LCDC-I**, Programs Manager (HHSC)

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## Opening Keynote Reflective Prevention Specialists are Effective Prevention Specialists

Self-reflection is a humbling process. It's essential to find out why we think, say, and do certain things...then better ourselves. Self-reflection and self-correction are the highest forms of self-learning and healing, thus, to change the world around us, we must first change the world within us.



Presented by:

**Dr. Adolph Brown, III**

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## The 411!? On the effects of the Alcohol-To-Go Law on Underage Youth Access to Alcohol



Texans for a Safe and Drug-Free Youth studied the effects of the Alcohol-to-Go law expansion during the pandemic. Participants in this session will learn about the new law and compliance findings related to identification checks and the delivery of beverages in tamper-proof containers. There will be a discussion about the study's findings as it relates to underage youth access to alcohol and a discussion about future research.

Presented by:

**Kyle Barrington, PhD.** - Zajonc Corporation & **Nicole Holt** - Texans for Safe and Drug-Free Youth (TxSDY)

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## Storytelling in the Digital Age - How Your Provider Stories Can Create Social Impact



Storytelling is the fuel in the communication engine of mission-driven organizations. Compelling storytelling has the power and potential to change hearts and minds around complex, difficult issues. All nonprofit professionals and volunteers need to start thinking of themselves as storytellers if they want to convert their stakeholders from passive participants to passionate advocates.

Presented by:

**Julia Campbell, MPA** – J Campbell Social Marketing

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## Turning Crickets into Chorus: Engaging Teens in Group Activities & Keeping the Conversation Alive



Learn facilitation practices to engage pre-teen and teen youth in group activities and open discussion. In the ever-changing landscape of prevention and the Generation Z era creating youth engagement can be a challenge. Preventionists will discover or rediscover techniques they can take to increase participation and create an atmosphere that promotes wellness.

Presented by:

**Sasha Guzman, BS, ACPS** – San Antonio Council on Alcohol and Drug Awareness (SACADA)

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## Implementing Trauma Informed Care into Daily Practice



This workshop will train prevention specialists on trauma informed care (TIC). Then we will transition from knowing about TIC to having the skills to implement it into daily practice. Case examples from prevention activities will be used to help participants understand how to implement TIC concepts in difficult situations.

Presented by:

**Sherry Bobo, LCSW-S** – UTA School of Social Work, Center for Addiction and Recovery Studies

Recording: [View here](#)

# Tuesday, June 27

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## Oh Snap! How The 90s Saved My Life to Save Others

In this interactive keynote Sade Jones will utilize narrative and nostalgia to illustrate the agency of art and culture in prevention. As we reflect on the music, fashion, and pop culture of the 90s, we'll discuss the ways in which these cultural tools became protective factors that built resiliency, agency, and empowerment. Have fun, tune in, and move your body a little as you journey with Sade through Brooklyn, NY in the 90s.



Presented by:

**Sade Jones, BS, MA, MFA, RYT-200**

**Recording: [View here](#)**

**Slides: [View here](#)**



## How did I Miss *All That*?



A deep dive into the world of drug and alcohol diversion. This session will be an interactive look at how to spot diversion items as well as how to address what caregivers find with their youth. Come hang out in our bedroom.

Presented by:

**Cindy Frazier, CPS & Trisha Bos - Abilene Recovery Council**

**Slides: [View here](#)**



## That's What it's Made For: Arts and Culture as Factors for Prevention + Wellness



In the society we live, self-cultivation is a crucial factor of moving from surviving to thriving. It is an anchor in a world of turmoil and uncertainty. It gives youth a base to explore who they are as people, the world and how they will move in it. Research has proven that the arts are beneficial to youth but it's always had this ambiguous explanation as to how. In this session, we will discuss, model and experience how arts + culture acts as a healing tool and preventative measure.

Presented by:

**Sade Jones, BS, MA, MFA, RYT-200**

**Slides: [View here](#)**



## Alternative Activities for Youth Engagement

Prevention Specialists will share the top 4-5 most popular activities they have facilitated with program participants. Presenters will provide instructions, model the activity to attendees, and provide space for attendees to practice the activities themselves as well as, allow time for questions.

Presented by:

**Adriana Jaramillo, APS; Elizabeth Davis, ACPS; Joseph Ibarra, Prevention Specialist/HYPE Specialist A.M, ACPS and Sandra Ramos, CPS** - San Antonio Council on Alcohol & Drug Awareness (SACADA)

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## Sensory Enhanced Seeking Safety: An Adapted Intervention for PTSD and Complex Concurrent Disorders

This session will cover the gaps in treatment for youth with childhood adversity, current PTSD, other mental health diagnosis and concurrent substance use disorders. An adapted cognitive behavioral therapy intervention (Seeking Safety) will be presented. This adaptation incorporates art activities into the curriculum to enhance engagement, self-regulation, meaning, and cultural specificity. Participants will have an opportunity to experience examples of the activity and results from a pilot study will be presented.

Presented by:

**Laura Dosanjh, PhD, MSSW** - University of Texas Steve Hicks School of Social Work

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## Sup With Your Self-Care and Wellness?

Join us for an engaging and interactive conference workshop as we dive into the realm of wellness and self-care through the lens of the eight dimensions of wellness. In this workshop, participants will gain a comprehensive understanding of each dimension and discover practical strategies to enhance their well-being in each area. Through a combination of informative presentations, group discussions, and experiential activities, attendees will leave with a renewed sense of self and a personalized self-care plan to foster a balanced and fulfilling life.

Presented by:

**Kathy Daley, B.F.A., ACPS, ICPS**

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## Spice Up Your Life: Hope, Empathy and Life Skills



The session focused on infusing hope and empathy from a person-centered standpoint into drug prevention programming. The session aimed to define what hope and empathy are and how they impact the community and development of youth.

Presented by:

**Jonathan Edwards, MEd, LPC, CPS** and **Cindy Garza, ACPS** - Hub City Outreach Center

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## Stop! Collaborate: The Mission-The Importance of Collaboration in Prevention



Evolving from pre-pandemic practices in prevention to collaborative-centered implementation to work smarter not harder to serve more individuals and communities by utilizing a variety of community-based organizations.

Presented by:

**Mindy Robertson, BA, ACPS, ICPS** - East Texas Council on Alcoholism and Drug Abuse (ETCADA)

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## This Is How We Do It: A Panel Discussion on Tobacco Prevention and Control in Texas



This moderated panel highlights the state's tobacco prevention and enforcement landscape. Our state's top experts will be asked questions and deliver solution-based answers around tobacco prevention and control issues.

Moderated by:

**Victoria Moreno, MPH, CHES, APS** - Texas Health and Human Services Commission (HHSC)

Panelists:

**Megan Moran, MPH** - Department of State Health Services, **Daniel Rodriguez, BSW, CPS** - Behavioral Health Solutions of South Texas, **Mollie Vega** - Permian Basin Regional Council of Alcohol and Drug Abuse, **Jennifer Steele** - Texas State University Tobacco Prevention and Enforcement, **Joshua Thigpen** - Texas State Comptroller's Office and **Jose Minjarez** - Aliviane.

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## The Role of Prevention in Harm Reduction



Harm reduction is increasingly emphasized as an important approach when working across the continuum of care. While many in the prevention field remain focused on primary prevention, opportunities exist for preventionists to support and augment local harm reduction efforts. This workshop will focus on steps prevention practitioners can take to support harm reduction efforts, address substance use disorder-related stigma, and link harm reduction efforts to more "upstream" efforts while galvanizing individuals across disciplines to play a role in prevention, response, harm reduction, and treatment.

Presented by:

**Chuck Klevgaard, BSW, CSPS** - Education Development Center

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## What Doesn't Work in Prevention



Many trainings and resources focus on what research has shown to be effective at preventing substance misuse. However, we also know through research what is NOT effective in preventing substance misuse and in some cases is harmful. Yet communities across the nation continue to implement these ineffective and sometimes counterproductive strategies. The focus of this session is on identifying these ineffective approaches.

Presented by:

**Erin Ficker, MPAFF, CSPS** - Education Development Center

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# Wednesday, June 28

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## Supporting Grand families as Caregivers in the Opioid Crisis



With the rise in heroin and other opioid use, more relatives are raising children because the parents have died, are incarcerated, are using drugs, are in treatment or are otherwise unable to take care of their children. We understand that these children experience physical and cognitive health challenges as their caregiver's face hurdles with housing, school enrollment, health, and legal issues as they struggle with their own grief. This workshop presents evidence-based interventions designed to strengthen the resilience of these children.

Presented by:

**Chuck Klevgaard, BSW, CSPS** – Education Development Center

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## Smells Like Team Spirit: Successes in Prevention Panel



This workshop brought together a panel of CCP, YP, and PRC providers to share details about their implementation of successful prevention initiatives. The panelists will discuss their experiences in planning, implementing, and evaluating their prevention efforts. Participants will have the opportunity to ask questions and learn from our panelists' experiences.

Panelists:

**Tiger Burton** - BVCASA, **Carie Fletcher** - BACODA, **Torrance Sephus** – SACADA

**Recording:** [View here](#)

## I Don't Want No Scrubs! Building Effective Partnerships with External Service Providers to Build a Robust Prevention Program



Participants will learn and develop a greater understanding of youths who have experienced trauma. Participants will gain a greater understanding of how to empathize with individuals who have experienced traumas, in an authentic way. Participants will gain a greater understanding of the dangers of hyper-focusing on a youths negative experiences, instead of identifying their areas of strength.

Presented by:

**Christopher Gomez** – Ysleta del Sur Pueblo

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## Engaging Community Pharmacies to Promote Safe Controlled Substance Dispensing and Environmental Change



Educate Before You Medicate (EBYM) was developed when the Texas Health and Human Services Commission (THHSC) was awarded the Strategic Prevention Framework for Prescription Drugs (SPF-Rx) grant in September 2016. In this presentation, we will discuss this Texas Health and Human Services Commission approved prevention activity and evidence-based approach to educating the pharmacy workforce on safe controlled substance dispensing. We will describe the availability of training and drug disposal resources from the University of Houston College of Pharmacy and help you learn more about preventing unsafe controlled substance dispensing in your community.

Presented by:

**Audiel Perez Negrón PharmD, and Tyler Varisco, PhD** - Prescription Drug Misuse Education and Research Center, University of Houston College of Pharmacy

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## Everybody! Planning for the Life Cycle of Your Career in Prevention



From education to retirement, careers tend to follow a life cycle. These cycles will vary depending on the person, and life changes outside of work, such as having a family or making a long-distance move, can affect the path forward. Planning your career's life cycle and using your leadership to intentionally build a diverse workforce, are part of contributing to an equitable and sustainable field of prevention. In this webinar, we will discuss how you can plan your career life cycle from wherever you are now, so moving forward you can support the growth and continued institutional knowledge of the prevention workforce.

Presented by:

**Chuck Klevgaard, BSW, CSPS** - Education Development Center

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## Check Yourself! Applying Continuous Quality Improvement in Prevention Strategy Implementation



This workshop will focus on how prevention practitioners can use the Continuous Quality Improvement (CQI) models and tools to increase the implementation of prevention processes and strategies. The workshop will provide CQI tools that can be used to implement more efficient and effective prevention strategies.

Presented by:

**Erin Ficker, MPAFF, CSPS** - Education Development Center

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## How Texas is Addressing the Opioid Crisis



The opioid crisis is a significant public health concern with 1 in 4 Texans reporting they have experienced an overdose or know someone who has. Join this session to learn about how the Texas Targeted Opioid Response is tackling this issue through a comprehensive effort to expand access to prevention, integrated, treatment and recovery support services. Gain valuable insights and discover how you can get involved in combating the opioid crisis in your community.

Presented by:

**CheVun Lane, Jose Flores, Kaleigh Becker, MPH, Kasey Strey, ACPS** - Texas Health and Human Services Commission

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## You Do You! Risking Self Compassion



Calling all professional compassion givers! You bravely serve others and yet might feel yourself wearing down, or amping up in response to ongoing stressors from various sources. Give yourself permission to exercise compassion towards yourself. Join us for a presentation that includes both research and practices as we explore simple ways to weave self-care into our day-to-day lives.

Presented by:

**Fawn Colburn, LPC-S** - HCA Healthcare

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## Understanding Group Dynamics- Interactive Training and Role Play



This session will teach prevention educators about group dynamics and how to effectively facilitate small groups and alternative activities. The presentation will also cover the internal and external forces that affect processes and outcomes in groups. The goal is to teach prevention educators how to be strong facilitators who effectively structure small groups and alternative activities in a productive direction. This presentation will address how to work with special populations, clients with behavioral issues as well as outcries. Participants will also learn comprehensive and exciting ways to incorporate current drug trend education with fun, interactive alternative activity groups to engage youth and adult groups in prevention education.

Presented by:

**Michelle Young, LMSW, ACPS, ICPS, CTTS**

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## Keynote - Real Love. We're Searching for Real Love (& a Healthy, Meaningful Life)

In this inspiring keynote, Chloe Hakim Moore will delve into the importance of focusing on wellness in order to achieve success in both personal and professional life. Drawing from her own experiences as a wellness coach and entrepreneur, she will share practical tips and techniques to manage stress and improve resilience, while emphasizing the link between wellness and productivity, creativity, and job satisfaction.



Presented by:

**Chloe Hakim-Moore**

**Recording:** [View here](#)