



P₃ EER
L₁ EADERSHIP
C₃ ONFERENCE



**Council on
Chemical Abuse**
 Concilio de Abuso de Sustancias Químicas

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THURSDAY, MAY 26TH, 2011
 BCIU - TRAINING CENTER



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A₁ GENDA

TIMELINE OF EVENTS

8:30 AM - 9:00 AM	REGISTRATION AND BREAKFAST
9:00 AM - 10:00 AM	WELCOME & KEYNOTE ADDRESS
10:00 AM - 11:00 AM	MORNING WORKSHOP 1
11:00 AM - NOON	MORNING WORKSHOP 2
NOON - 12:45 PM	BOXED LUNCH
12:45 PM - 1:45 PM	AFTERNOON WORKSHOP
1:45 PM - 2:00 PM	EVALUATION & DEPARTURE

D₂ RUG & ALCOHOL

RESOURCES

Drug and Alcohol Abuse

AL-ANON (answering service) 610-373-5237
 Alcoholics Anonymous 610-373-6500
 Council on Chemical Abuse 610-376-8669
 Narcotics Anonymous 610-374-5944
 Reading Hospital—Drug/Alcohol Hotline 610-988-8186
 Substance Abuse & Referral Hotline (24 hr) 1-800-662-4357
 Alcohol & Drug Abuse Crisis Hotline 1-800-234-0420
 Alcohol & Drug Helpline 1-800-821-4357

Counseling & Referral

Berks Talkline 610-374-8255
 (Toll free) 1-800-472-8255
 Hispanic Center Clinic (Se habla español) 610-376-3748
 Student Assistance Program 610-376-8669
 (Please contact a school counselor or call)

Mental Health Concerns

Berks Co. Mental Health/Mental Retardation 610-478-3271
 Service Access & Management 610-236-0530
 (Emergency services, suicide and other dangerous behaviors)
 Reading Hospital Mental Health 610-988-8070
 National Suicide Hotline 1-800-784-2433

Family Distress

National Runaway Switchboard 1-800-786-2929
 Children of the Night 1-800-551-1300

Self Mutilation

Girls and Boys Town, USA 1-800-448-3000
 Self Abuse Finally Ends 1-800-366-8288

Eating Disorders

Renfrew Foundation 1-800-736-3739
 National Eating Disorders Association 1-800-931-2237

Physical and Sexual Abuse or Assault

To report child abuse:
 PA Child Abuse Hotline 1-800-932-0313
 Berks Co. Children & Youth Services 610-478-6700
 Berks Women in Crisis (abuse, incest, rape, assault)
 English 610-372-9540
 Español 610-372-7463
 Rape, Abuse and Incest National Network 1-800-656-4673
 Prevent Child Abuse America 1-800-244-5373

HIV/AIDS/Sexual Health

Berks AIDS Network 610-375-6523
 Berks Visiting Nurses (free HIV testing) 610-378-0481
 Gay & Lesbian National Hotline 1-888-843-4564
 Lifeline (pregnancy planning) 610-374-8545
 Emergency Hotline 1-800-848-5683
 National AIDS/HIV Hotline 1-800-232-4636
 Planned Parenthood of NE Pennsylvania 610-376-8061
 Real Alternatives Organization 1-888-543-3243
 Sexually Transmitted Disease Hotline 1-800-227-8922

Internet Resources

AL-ANON
www.al-anon.org
 Alcoholics Anonymous
www.alcoholics-anonymous.org
 Council on Chemical Abuse
www.councilonchemicalabuse.org

Narcotics Anonymous
www.na.org

Berks Talkline
www.berks-talkline.org

National Suicide Hotline
www.hopeline.org

National Mental Health Association
www.nmha.org

Girls and Boys Town, USA
www.girlsandboystownusa.org

Renfrew Foundation
www.renfrew.org

National Assoc. of Anorexia Nervosa & Associated Disorders
www.nationaleatingdisorders.org

National Domestic Violence Hotline
www.ndvh.org

Rape, Abuse and Incest National Network
www.rainn.com

Family Support Network
www.familysupport.org

National Runaway Switchboard
www.nrscrisline.org

Real Alternatives Organization
www.realalternatives.org

For Immediate Emergencies - 911

Ambulance, Fire, Police
 Poison Control Center
 Reading Hospital Emergency Care

WORKSHOPS

MIDDLE SCHOOL

C₃ "Character Counts" Sharon Mast, People Under Construction

Handling our emotions and getting along with others are skills now considered as, if not more than, important as intelligence for both school and workplace success. Research shows that building character protects adolescents from problematic drug and alcohol use, early sexual activity, and antisocial behaviors (Search Institute, 2004).

A fun-filled yet thought-provoking workshop on how *Character Counts* leaves students with tips and tools to build character and improve relationships with others.

O₁ "Out of the Shadows" Cheryl Yates, The Reading Hospital & Medical Center

Students often feel sad when they have had a fight with a sister or brother or receive a poor grade, but depression is a strong mood that lasts for weeks, months, or even longer.

Can students recognize the signs of depression in friends, family or in themselves? Depression can be painful, but it's common and it is very treatable. This workshop is for anyone who would like to make a difference in their friends' lives!

K₅ "Know the Laws: Cyberbullying and Sexting" Kate Nadirov & Heather Rhoads, Berks County District Attorney's Office

Cyber safety is a growing issue nationwide, and Berks County is not excluded from this concern. Teens are often unaware of the dangers and implications of their internet use including, but not limited to, social networking.

This workshop will uncover how youth are taken advantage of while utilizing technology. *Know the Laws* will also explore how some youth could face legal ramifications of actions such as cyberbullying and sexting.

WORKSHOPS

HIGH SCHOOL

H₄ "High School Afterlife" Javier Sanchez, R.E.A.C.H. Communications

Many times students leaving high school can experience freedom, loneliness, and stress in ways that they have not been equipped to manage. As a result, they can find themselves in situations for which they are unprepared. By incorporating live entertainment and fun into the learning experience, *High School Afterlife* becomes a safe and interactive event everyone will enjoy. Every student will walk away with a relevant and applicable personal life action plan that will serve as a guide for them as they successfully navigate the important next steps of their life long journey.

V₄ "Vulnerability" Tasha Isaac, Berks Women in Crisis

Two facts: (1) alcohol is the most widely used date rape drug in the United States, and (2) individuals aged 16-24 are most vulnerable to being a victim of sexual assault.

By looking at Pennsylvania Rape Statutes, perceptions of drinking in our culture, and the vulnerability that alcohol can cause, students will explore the link between two common college campus occurrences: drinking alcohol and sexual assault. *Vulnerability* will also explore the mindset of the perpetrator and techniques they often use, including grooming with alcohol and/or other drugs.

C₃ "College 101" Tracey Rudnick & Mike Johnson, Reading Area Community College

Many students have 101 questions about college and this workshop will help answer them! Students will learn about the specific requirements that colleges are looking for and the financial assistance programs that are available. Further, once accepted, the goal is to remain successful within your studies!

College 101 will provide information about the many academic and personal support services that are available to college students. This workshop is designed to alleviate concerns as you embark on your next chapter of life.

WORKSHOP

NOTES



KEYNOTE SPEAKER

JAVIER SANCHEZ

JAVIER SANCHEZ IS A PRODUCT OF EFFECTIVE, CUTTING EDGE YOUTH LEADERSHIP PROGRAMMING. JAVIER WANTS EVERY YOUNG PERSON HE COMES IN CONTACT WITH TO HAVE AN OPPORTUNITY TO EXPERIENCE LIFE TO THE FULLEST.

SINCE 1992, JAVIER HAS BEEN AN ADVOCATE FOR YOUTH. HE ENCOURAGES TEENS TO REALIZE THAT ONCE THEY CATCH A VISION AND A SENSE OF PURPOSE FOR THEIR LIFE, THERE ARE NO LIMITS TO THEIR POTENTIAL. HE BELIEVES THAT POSITIVE CHANGE COMES WHEN PEOPLE GET BEYOND WANTING, WISHING, OR HOPING IT HAPPENS, BUT ACTUALLY TAKE THE STEPS TO MAKE IT HAPPEN.

AFTER BEING EFFECTIVELY MENTORED IN THE YOUTH TO YOUTH INTERNATIONAL PROGRAM, JAVIER MADE A MAJOR MOVE, PACKING HIS BAGS AND HEADING TO THE CAYMAN ISLANDS. THERE HE WORKED FOR A GOVERNMENT SPONSORED YOUTH DEVELOPMENT PROGRAM. THIS WORK KEPT HIM IN FRONT OF YOUNG AUDIENCES AS A MOTIVATIONAL SPEAKER AND PERFORMER. JAVIER NOW HAS THE OPPORTUNITY TO DELIVER POSITIVE MESSAGES TO YOUNG PEOPLE WHILE KEEPING THEM ENTERTAINED WITH STORIES FROM HIS OWN LIFE.

AS A PROFESSIONAL SPOKESPERSON, JAVIER INCORPORATES HIS EXPERTISE IN THE AREA OF EFFECTIVE YOUTH EMPOWERMENT WITH HIS LOVE FOR HIP HOP MUSIC AND COMEDY. HE WRITES, PRODUCES, AND PERFORMS HIS MATERIAL AT SCHOOLS, YOUTH CONFERENCES, CHURCHES, AND COMMUNITY EVENTS ACROSS THE UNITED STATES AND AROUND THE GLOBE.