



# Upcoming Fall Trainings!



For any questions or for more information, please contact us  
Southeastern Regional Action Council on Substance Abuse, Inc:

Website: [www.sectrac.org](http://www.sectrac.org)

Phone: (860) 848-2800

Fax: (860) 848-2801

Brought to you by:  
Southeastern Regional Action Council

The Southeastern Regional Action Council  
Located in Uncasville, Ct is one of 14  
Regional Action Councils created by the  
Connecticut Legislature in 1989 to help  
local communities' reduce the impact of  
substance abuse and other addictive  
behaviors.

We serve the following 20 communities in  
Southeastern Connecticut:

Bozrah, Colchester, East Lyme, Franklin,  
Griswold, Groton, Ledyard, Lisbon, Lyme,  
Montville, New London, North Stonington,  
Norwich, Old Lyme, Preston, Salem,  
Sprague, Stonington, Voluntown and  
Waterford.

**Directions to SERAC Office**

**620 Norwich/NL TPKE**

**Uncasville, CT 06382**

**Directions from 395 north:**

**Exit 79 (Montville)**

**End of ramp-left at light (Rt. 163)**

**Left at first light (Norw./ NL Tnpk)**

**Proceed to first light-take left (office). Across from Beit Brothers**

**Bottom floor, door to the left.**

**Direction from 395 South**

**Exit 79 (Montville)**

**End of ramp-Left (Rt. 163)**

**Second light take left (Norw./NL Tnpk)**

**Proceed to first light-take left (Office). Across from Beit Brothers**

**Bottom floor, door to the left**

## Come Join Us

To Sign up for the offered training contact us at:

Phone: (860) 848-2800      Fax: (860) 848-2801

Email: Michele Devine [serac.ed@sbcglobal.net](mailto:serac.ed@sbcglobal.net)

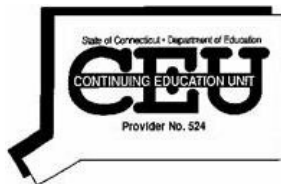
Website: [www.sectrac.org](http://www.sectrac.org)

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CEU's are now available through Southeastern Regional

Action Council at the minimal fee of \$15.00 with

notification ahead of time.



## **Bridges and Barriers: Working with Sexual and Gender Minority Youth in School Settings**

**Robin P. McHaelen, MSW – True Colors, Inc.**

Lesbian, Gay, Bisexual, Transgender and Intersex Youth are coming out earlier and earlier – a reality that has significant ramifications for educators, administrators, and school support personnel. Often, youth-serving professionals — however open and accepting they might be — feel little prepared to deal with the issues associated with sexual and gender minority status in our culture – or in their classroom. This lively, interactive discussion will offer participants the opportunity to explore the issues; differentiate between personal values and cultural myths or stereotypes which, if unexplored, can significantly impact one's ability to work effectively with sexual minority populations; assess their own and their school's readiness to effectively serve this population, and develop strategies for providing affirming, culturally competent programs and services to LGBTI youth and families.

September 30, 2008    9am - 12pm    SERAC Office

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## **Courageous Parenting 101: Train the Trainer**

**Michele Devine, Executive Director SERAC**

**Susan Radway, Director Waterford Youth Services**

Topics will include:

Teen drug trends and party culture; Drug and Alcohol abuse, and it's physiological effects; Protective, psychological and developmental guidance to help reduce the risk of substance abuse; Dangers of enabling and/or hands off parenting; Communication and listening strategies; Warning signs; The power of denial; Practical steps if use or abuse is suspected; Parenting styles; Sources of help and more...

You will be given all the training materials to conduct this workshop for your organization.

October 7<sup>th</sup> 2008                      5:30pm - 8:30pm                      SERAC Office

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## **Ignorance Isn't Bliss: The disturbing magnitude of violence in teen relationships**

**Darcie C. Folsom – Women's Center of Southeastern CT**

Topics will include:

Learn about trends in dating violence, violence towards family and friends and what we can do to intervene, including:

- \* An introduction to Healthy/Unhealthy Relationships.
- \* What leaders in the community can do if they suspect a student is in a violent relationship.
- \* What resources are available?

Learn about the newest Women's Center initiative, the STAAR\* Corps, an AmeriCorps program whose mission is to provide support and information specifically designed for and targeted at adolescents in our community about dating violence and healthy relationships. Additionally, STAAR\* Corps will engage youth and other community members in volunteer activities that raise awareness about intimate partner abuse and increase the capacity of the Women's Center to serve victims of domestic violence and sexual assault.

October 10, 2008                      9:30am – 12pm                      SERAC Office

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## **Courage to Speak**

**Ginger Katz, President of Courage to Speak Foundation**

Topics will include:

The Courage to Speak Foundation, Inc. is dedicated to fulfilling its mission of "saving lives by empowering youth to be drug free." The organization was founded in 1997, shortly after Ginger and Larry Katz lost their son, Ian, to a drug overdose. Since then, The Courage to Speak Foundation, Inc. has been dedicated to fulfilling a promise Ginger made to him: she promised to do everything in her power to prevent this tragedy from happening to another family.

October 14, 2008                      7 pm                      East Lyme High School

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## **Courageous Parenting 101: Free 5 Week Session**

**Michele Devine, Executive Director SERAC**

**Susan Radway, Director Waterford Youth Services**

Topics will include:

Teen drug trends and party culture; Drug and Alcohol abuse, and it's physiological effects; Protective, psychological and developmental guidance to help reduce the risk of substance abuse; Dangers of enabling and/or hands off parenting; Communication and listening strategies; Warning signs; The power of denial; Practical steps if use or abuse is suspected; Parenting styles; Sources of help and more...

October 22, 29, Nov. 5, 12, 19th 2008

6:30pm – 8:30pm                      SERAC Office

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## **Social Norms Marketing: Lessons Learned**

**Janice Kessler, ATOD Coordinator- Sacred Heart University**

Do you want to know more about the Social Norms Theory and how to use it for your marketing campaigns? This workshop is for you!

Social Norms is based on the theory that people's behavior is influenced by the way in which they perceive their peers behaving. Therefore, if students perceive that most of their peers are engaging in a particular behavior (i.e. drinking alcohol, smoking tobacco, smoking pot, binge drinking), they are more likely to engage in this behavior. However, research suggests that what students perceive and what they actually report are two different things. Therefore, youth typically mis-perceive the behaviors of their peers. Social Norms Marketing informs students about the facts, challenging their misperceptions. Over time, those engaging in high risk behaviors begin to change their behaviors. By delivering the message that most youth, students make healthy choices (with the DATA to support the statement) youth, will more like choose healthier choices.

Workshop sponsored by Ledge Light Health District.

October 21, 2008      9am – 11am      SERAC Office

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## **STRESS REDUCTION FOR PROFESSIONALS**

**Kathy Cutiera- United Services**

How do you deal with stress? Is it healthy? Learn how stress might be impacting your personal and professional life. Walk away with tools to change those patterns and live a more stress-free life. Humor is a big part of this workshop.

October 24, 2008      9am – 11am      SERAC Office

## **CT Drug Threats and Drug Identification**

**Mr. Wayne E. Kowal – Trainer/Coordinator of Public Education Statewide Narcotics Task Force**

Topics will include:

A detailed presentation on current CT Drug Threats, Identification of each drug, including information of each drug: effects, how the drug is packaged, and the associated drug paraphernalia.

October 28, 2008      9am – 11:30am      SERAC Office

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## **Implementing Strategies for a Positive School Environment**

**Jo Ann Freiberg - CT Department of Education**

Topics will include:

This workshop will explore the essential elements necessary to create, assess and maintain school-wide physical, emotional and intellectually safe learning environments. Action planning for school climate improvement will be the focus. School climate survey documents will be disseminated and shared. Emphasis will be on learning about and assessing what respectful and inclusive climates look, feel, and sound like.\*\*

As a result of attending this session, attendees will:

- Acquire a set of user friendly school climate assessment instruments
- Learn the process for school climate improvement action planning
- Understand the important of assessing and planning for school climate improvement

November 14, 2008 9am – 12pm TBA

*The Cyberbullying Workshop is in the afternoon following the Implementing Strategies Workshop. Please feel free to attend one or both.*

### **Cyberbullying-**

**Jo Ann Freiberg - CT Department of Education**

Topics will include:

This workshop will explore the essential elements necessary to create, assess and maintain school-wide physical, emotional and intellectually safe learning environments. Action planning for school climate improvement will be the focus. School climate survey documents will be disseminated and shared. Emphasis will be on learning about and assessing what respectful and inclusive climates look, feel, and sound like.\*\*

As a result of attending this session, attendees will:

- Acquire a set of user friendly school climate assessment instruments
- Learn the process for school climate improvement action planning
- Understand the important of assessing and planning for school climate improvement

\*\* Note: This workshop is a “stand alone” and does not require any prerequisites to attend. However, IF you attended the workshop last year, this is intended to be a follow-up workshop and will not be a repeat of that session.

November 14, 2008 1pm – 4pm TBA

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### **Introduction to Problem Gambling Across the Lifespan**

**Cheryl Molina – The Better Choice Treatment**

**Susan McLaughlin – CT Problem Gambling Services**

Topics will include:

How has gambling impacted our communities, families and youth? This workshop will provide you with many answers to this question. Participants will learn the stages of gambling addiction, concerns around the impact on youth, regional data on the prevalence and what resources are in our area for those that may need it.

December 9, 2008 9am – 12pm SERAC Office

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**Feel free to pass this along to anyone that might be interested.**

**If you have ideas for future trainings please contact us.**

**Thank you for your continued support!**