

# Prevention ROCKS!

## **JULIE STEVENS, MPS, ACPS, C-I**

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Julie Stevens is an energetic and enthusiastic trainer and advocate of science-validated substance abuse prevention strategies, programs and practices.

- Recognized as the Texas Association of Addictions Professionals Terry Hale Addiction Professional of the year in 2009 for her contributions to the advancement of the profession.
- Awarded the 2011 Presidential Leadership Award from the International Certification and Reciprocity Consortium in recognition of her passion and commitment to creating healthy and safe communities,
- Presented the 2012 Master's Academic Achievement Award from the College of Liberal Studies of the University of Oklahoma, which recognizes the outstanding master's graduate for exemplary achievement.

## **WHAT PEOPLE ARE SAYING...**

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Facilitating more than 250 3-hour to 5-day workshops so far in her career, Julie Stevens has trained over 5000 people to make a positive impact on the prevention of substance abuse. Here is a sample of their experiences with her:

- “The presenter is highly knowledgeable and passionate about the Ethics of Prevention Specialists. She makes a dry topic very interesting and humorous.”
- “Julie has confidence and knowledge of what’s going on. Great presentation.”
- “Julie was outstanding – knowledgeable, funny, personable, able to deliver info.”
- “Julie is very knowledgeable, excellent presenter and facilitator and very passionate.”
- “Julie kept me entertained but also made me want to learn.”
- “Great presenter, dynamic, makes topic very interesting and exciting

## **SERVICES AND WORKSHOPS OFFERED**

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### **PREVENTION ROCKS! (PLENARY)**

Prevention has often been referred to as “fluff,” ineffective, and unnecessary. There are assumptions about prevention, both positive and negative. This session will discuss the importance of prevention as an integral part of the spectrum of addiction and mental health services. Objectives include: 1) defining prevention and behavioral health promotion, 2) discussing the role of prevention in addiction services, and 3) discussing the importance of prevention certification and a competent prevention workforce.

### **SUPERVISION OF THE PREVENTION SPECIALIST (3 HOURS)**

As an advancing field of professional service, substance abuse prevention is expanding through levels of certification and through concurrent initiatives with behavioral health. As the certification process advances in states, jurisdictions and tribes, there is little to no training specifically for supervising prevention staff. The basic goals of supervision of the prevention specialist are to assure the delivery of high quality interventions, create a positive work environment, and develop staff professional and administrative skills. This session will discuss characteristics of effective supervisors, the prevention supervisor job description, and supervision tools.

The objectives of this workshop are:

- to identify supervision roles, tasks, and outcomes;
- to increase the skills and knowledge of the prevention supervisor, and
- to increase the ability of the supervisor to guide, monitor and evaluate performance of the prevention specialist.

### **ETHICS FOR THE PREVENTION PROFESSIONAL (6 HOURS)**

“Ethics for the Prevention Professional” is designed specifically for the behavioral health promotion and substance abuse prevention professional and fulfills the Prevention Specialist credential ethics requirement. This workshop will improve the understanding of and ability to apply a set of accepted standards/principles that guide the behaviors and actions of both individuals and organizations working in the prevention profession. The principles in the Prevention Think Tank Code of Ethical Conduct articulate the prevention professional’s recognition of responsibilities to the public, to service recipients, and to colleagues. This workshop will introduce a decision-making model which will assist the prevention professional in making difficult ethical decisions.

### **CERTIFIED PREVENTION SPECIALIST EXAM PREPARATION COURSE (6 HOURS)**

The Prevention Specialist Exam Preparation Course will assist in preparing participants to study for and subsequently take the prevention specialist exam. This course covers the requirements and application process to become a Certified Prevention Specialist. The workshop presenter will discuss the International Certification and Reciprocity Consortium (IC&RC), authors of the exam, how the exam was developed, and how it is conducted. The workshop presenters will identify the domains and tasks covered in the new exam, study resources, the types of questions that are on the exam and tips for studying and taking the exam. There will be an opportunity to establish a study group. This course will NOT cover exam content.

### **\*NEW!\* VAPING: THE NEW SOCIAL PHENOMENON (1.5 HOURS)**

Recent research has found that the use of e-cigarettes among youth surpasses the use of tobacco cigarettes for the first time, and that teens who use e-cigarettes are more likely to initiate the use of combustible tobacco. Youth are exposed to e-cigarette advertising from multiple sources, including advertising in retail stores, the internet, movies, and newspapers and magazines. Policies have been enacted by airlines, city governments, the State of Texas, and the FDA regulating the use of e-cigarettes. This workshop discusses the mechanics of electronic cigarettes, various e-liquids and the comparison of toxicants emitted by smoking combustible tobacco versus e-cigarette aerosol. Perceived benefits of vaping such as use as an aid to quit smoking, adverse effects of vaping, and risk of fires, explosions and other battery-related malfunctions will be discussed.

Finally, the emergence of electronic cigarettes have given marijuana smokers a new method of inhaling cannabinoids and other types of psychoactive drugs. The workshop will discuss perceived benefits of vaping over smoking marijuana, and the methods of vaping ground marijuana head tops, cannabis wax (BHO) or cannabis e-liquid.

The new culture of vaping can weaken the efficiency of anti-smoking campaigns. New technology can attract young people and thwart cannabis prevention efforts. Prevention specialists must encounter this new social phenomenon with eyes wide open.

### **\*NEW!\* MARIJUANA: THE SCIENCE AND SOCIETY (1.5 HOURS)**

With the decriminalization and legalization of possession of medicinal and retail marijuana in many jurisdictions, our society's norms are more tolerant and permissive of its use. Research is being conducted that is documenting the harmful short term and long term effects on the brain and behavior. This workshop will discuss the basic structure and development of the human brain, the effects of marijuana on the brain, and the risk of mental illness with early and chronic marijuana use. Media messages and their influence regarding the normalization of marijuana use will be discussed, as well as issues of the legalization of medical and recreational marijuana.

Objectives:

1. Participants will learn about effects of marijuana on the developing brain.
2. Participants will increase knowledge of the risk of mental illness with early and chronic marijuana use.
3. Participants will become aware of media messages influences regarding the normalization of use of marijuana.
4. Participants will discover the truth about legalization of medical and retail marijuana

### **PREVENTION ACROSS THE LIFESPAN (3 HOURS)**

Unlike many public health issues, the prevention of substance use and abuse has been funded in silos, leading to gaps and duplication of services. This workshop examines the issues related to altering the "silo" approach so that "conception-to-grave" substance abuse prevention can be implemented.

### **TRUE COLORS (3 OR 6 HOURS)**

True Colors™ was created as a metaphor to translate complicated personality and learning theory into practical information we can all understand and use. It is an easy and entertaining way to become competent in understanding others and ourselves. By valuing our diversity, we can create unity. This workshop requires purchase of the Keys to Success booklet.

The benefits of this knowledge are incredible!

- It provides us with an opportunity to open our hearts and minds to our own potential.
- It helps us recognize and encourage potential in others.
- It teaches us to bridge the gaps in communications, leading to respect and compassion for others and ourselves
- It opens doors to successful relationships and a climate for effective teamwork.

### **KEEPING UP WITH CHANGE: THE EVOLVING ROLE OF THE PREVENTION SPECIALIST (1.5 - 3 HOURS)**

The International Certification and Reciprocity Consortium (IC&RC) recently introduced the new 2013 Prevention Specialist Job Task Analysis (JTA), including the six domains, tasks associated with those domains, and references utilized to create a new exam. A new set of minimum standards was adopted, based on a survey of over 600 prevention specialists. This workshop will discuss the new JTA and will provide an overview of the inclusion of Behavioral Health Promotion in the scope of services provided by substance abuse prevention specialists. Learning objectives include: 1) becoming familiar with the new Prevention Specialist Job Task Analysis, minimum standards and exam, 2) discussing the core competencies required of Certified Prevention Specialists, and 3) understanding how Behavioral Health Promotion is now included in the scope of services provided by substance abuse prevention specialists.

### **A QUALIFIED WORKFORCE: CORE COMPETENCIES FOR PREVENTION SPECIALISTS (1.5 - 3 HOURS)**

A profession arises when the trade or occupation transforms itself through the development of formal qualifications based upon education, apprenticeship, and examinations. This workshop is designed to accomplish four objectives: understand how a field professionalizes its workforce, understand the type and value of competency standards in the substance abuse prevention field, understand what constitutes a prevention specialist's scope of work, and identify additional professional development opportunities including prevention certification and graduate degree programs for prevention practitioners.

### **SUBSTANCE ABUSE PREVENTION: STRATEGIES FOR LIVING IN THE WORLD OF BEHAVIORAL HEALTH (1.5 - 3 HOURS)**

Behavioral health must be a part of effective community prevention and treatment service systems that seek to produce positive health outcomes. Behavioral health promotion is the focus of federal agencies, which face budget deficits and need to maximize the effect of funding dollars in the face of existing and emerging factors that impact health care. This workshop will define key terms inherent in the new health care initiatives, describe the six 2015-2018 SAMHSA Strategic Initiatives, their prevention implications and their relationship to prevention of substance abuse, and outline the key concepts of the 2010 Institute of Medicine Report, Preventing Mental, Emotional and Behavioral Disorders Among Young People, and its implications for prevention practice. Participants will be able to identify three possible outcomes for prevention in a health care reform environment, and list three actions to take to prepare for the changing environment of behavioral health.

### **AGEISM IN AMERICA (1.5 HOURS)**

The first wave of Baby Boomers is now entering retirement age and for the next twenty years, the United States will have a major shift in population demographics. This workshop defines ageism and discusses the stereotyping and history of the treatment of older adults. It also discusses the growing demographic of older adults in America, elder abuse issues, protective legislation, and the future financial situation of retirees.

### **CHANGING COMMUNITY CONDITIONS THROUGH PUBLIC POLICY (1.5 - 3 HOURS)**

Public policy and environmental conditions conducive to health and well-being are fundamental components of substance abuse prevention. Prevention Specialists should advocate for environmental strategies that empower individuals and systems to create conditions that promote healthy lifestyles and behaviors. Public Policy and Environmental Change is one of the IC&RC Prevention Specialist domains and comprises approximately 12% of the questions on the Certified Prevention Specialist exam. This workshop will discuss the tasks associated with advocating for effective public policy and environmental change and resources for study. Learning objectives include: 1) becoming familiar with resources, training and consultation that promote environmental change, 2) learning how to use media strategies to support policy change efforts in the community, and 3) learning about enforcement initiatives that affect environmental change.

### **ORGANIZING THE COMMUNITY FOR PREVENTION (1.5 - 3 HOURS)**

An understanding of community organizing is something that every Prevention Specialist should possess. Effective prevention requires the support of the target community, knowledge of the demographics and norms of the community, and formation of strategic alliances. Community organizing is one of the IC&RC Prevention Specialist domains and comprises approximately 15% of the questions on the Certified Prevention Specialist exam. This workshop will discuss the tasks associated with community organizing and resources for study. Learning objectives include: 1) becoming familiar with tasks associated with community organizing, 2) learning how to engage a diverse group of stakeholders in prevention planning activities, and 3) learning how to build community ownership of activities by collaborating in planning, implementing and evaluating prevention strategies.

### **DRUG EFFECTS ON THE BRAIN (1.5 ATOD-SPECIFIC HOURS)**

This workshop examines the basic structure and function of the human brain, how stimulants, opioids, hallucinogens and marijuana intoxicate the brain, how stimulants, opioids, hallucinogens and marijuana affect the brain long-term, and the behavioral correlates of these different drugs.

### **ALCOHOL EFFECTS ON THE HUMAN BRAIN (1.5 ATOD-SPECIFIC HOURS)**

Alcohol use and abuse affects the brain by changing blood flow patterns. Small doses of alcohol incite cerebral activation, while higher doses decrease brain activity by constricting blood flow. This workshop discusses the possible retrograde amnesia, anterograde amnesia, confabulation, and other effects on the brain resulting from excessive alcohol use.

### **IT'S TIME TO TALK...AGAIN: BEHAVIORS OF CONCERN FOR OLDER ADULTS (1.5 - 3 HOURS)**

When people think about getting older, many things come to mind: retirement, grandchildren and hobbies. But we don't think of risky behaviors and activities. As a result, many of these behaviors go unnoticed by family, friends, doctors and caretakers. This workshop is grounded in evidence-based practices and discusses problems involving alcohol and substance abuse, risk and protective factors for older adults, and what to say and do when you see a behavior that concerns you.

**MEDIA AS A RISK FACTOR (3 HOURS)**

Using humor and drama, this workshop demonstrates how media condition people from birth to adopt reactive, compulsive behaviors that can lead to risky lifestyles and use of drugs. Three media techniques which can be used to prevent alcohol, tobacco and other drug use among young people will be discussed: media literacy, media advocacy, and social marketing.

**STRATEGIC PREVENTION FRAMEWORK (3 HOURS)**

The Strategic Prevention Framework (SPF) uses a five-step process known to promote youth development, reduce risk-taking behaviors, build assets and resilience, and prevent problem behaviors across the life span. The SPF is built on a community-based risk and protective factors approach to prevention and a series of guiding principles that can be utilized at the federal, State/tribal and community levels.

**SUBSTANCE ABUSE PREVENTION SKILLS TRAINING (CSAP, 2012) (4 DAYS, TWO TRAINERS)**

The Substance Abuse Prevention Skills Training is the foundational course of study in substance abuse prevention intended for entry-level prevention practitioners working in states, jurisdictions, tribes and communities. The training is grounded in current prevention research, and provides knowledge and skills to implement effective, data-driven prevention programs, practices, and policies that reduce behavioral health disparities and improve wellness.

## **EDUCATION**

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Masters of Prevention Science, University of Oklahoma  
15 post-graduate hours, clinical psychology, Sam Houston State University  
Bachelor of Arts Degree in Psychology, Baylor University

## **LICENSES AND CERTIFICATIONS**

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International Certified Prevention Specialist # 701504 (1997 – present)  
Advanced Certified Prevention Specialist (Texas) # 1191-1197 (2008 -present)  
Licensed Chemical Dependency Counselor (Texas) #886 (1988-2007)  
Licensed Chemical Dependency Counselor Intern (Texas) # 20922 (2013-present)

## **CURRENT PROFESSIONAL ACTIVITIES**

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Board Member, Texas Certification Board of Addictions Professionals, and Prevention Committee Chair, 2006 – present  
Board Delegate, International Certification and Reciprocity Consortium, and Prevention Committee Chair, 2007 – present  
Member, CSAP's Prevention Core Competencies Work Group, 2009 – present.  
Adjunct Professor, University of Oklahoma, 2013 – present  
Advisory Committee Member, Austin Community College Human Services, 2014-present  
Member, Board of Directors, LifeSteps Council on Alcohol and Drugs, 2016-present

## **RECENT PRESENTATIONS**

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- February 19, 2016 - "Ethics for the Prevention Specialist" Corpus Christi, TX, "CPS Exam Preparation Course," Bryan/College Station, TX
- March 4, 2016 - "CPS Exam Preparation Course," Dallas, TX, March 7, 2016
- March 11, 2016 - "Supervision of the Prevention Specialist" and "Keeping Up with Change: The Evolving Role of the Prevention Specialist," San Antonio, TX
- March 18, 2016 - "Changing Community Conditions through Public Policy," "Drug Effects on the Brain," and "Prevention Rocks!" Little Rock, Arkansas
- April 5 & 6, 2016 – "CPS Exam Preparation Course," and "Ethics for the Prevention Specialist" El Paso, TX
- April 20-21, 2016 - "Marijuana: The Science of Society," "Drug Effects on the Brain," "Marijuana Effects on the Human Body," and "Alcohol Effects on the Human Brain," Austin, Texas
- April 25 – 27, 2016 - "CPS Exam Preparation Course," "Marijuana: The Science of Society," "Media As a Risk Factor," and "Organizing the Community for Prevention." Odessa, Texas
- May 6, 2016 - "Marijuana: The Science and Society." San Antonio, TX
- May 12 & 13, 2016 - "CPS Exam Preparation Course," and "Ethics for the Prevention Specialist" San Antonio, TX
- June 2 & 3 2016 - "When the Grant Goes Away," and "Prevention Rocks!" Little Rock AR
- June 8-10, 2016 - "Keeping Up With Change: Evolving Role of the Prevention Specialist," "Substance Abuse Prevention: Strategies for Living in the World of Behavioral Health," "Drug Effects on the Brain," "Media as a Risk Factor," "Marijuana: The Science and Society." Fort Worth, TX
- June 15 & 16, 2016 - "Marijuana: The Science and Society," "Drug Effects on the Brain," and "Alcohol Effects on the Brain." San Marcos, TX

- June 23 – 24, 2016 - “Keeping Up With Change: The Evolving Role of the Prevention Specialist,” “Media as a Risk Factor,” “Strategies for Living in the World of Behavioral Health,” and “Marijuana: The Science and Society.” Corpus Christi, TX
- July 7 & 8, 2016 - “Changing Community Conditions Through Public Policy,” “Drug Effects on the Brain,” “Organizing the Community for Prevention,” and “Media as a Risk Factor.” San Antonio, TX
- July 11-12, 2016 - “Prevention Ethics” and “Prevention Rocks!” Texas Behavioral Health Conference, Austin, TX
- July 13, 2016 - “The Certified Prevention Specialist Credential.” Integrating Primary Care and Behavioral Health through the Lens of Substance Abuse Prevention Conference, New Orleans, LA
- July 20-21, 2016 - “Drugs Effects on the Brain,” “Media as a Risk Factor,” “Substance Abuse Prevention: Strategies for Living in the World of Behavioral Health,” and “Organizing the Community for Prevention.” Abilene, TX
- Aug. 9, 2016 - “True Colors” Drug Enforcement Administration, San Antonio, TX
- August 13, 2016 - “Marijuana: The Science and Society.” Texas Association of Addictions Professionals Annual Conference
- August 16, 2016 - “CPS Exam Prep Course,” Gulf Coast Behavioral Health Center, Alvin, TX
- August 24, 2016 - “Marijuana: The Science and Society” and “Drug and Alcohol Effects on the Human Body,” Austin, TX
- August 23, 2016 - “CPS Exam Prep Course,” Austin, TX
- August 31, 2016 - “Prevention Ethics,” Abilene, TX
- September 15, 2016 - “Supervision of the Prevention Specialist,” National Prevention Network Conference, Buffalo, NY
- September 21, 2016 – “University of Oklahoma Master of Prevention Science Degree Overview,” SAMHSA Workforce Seminar, Baton Rouge, LA
- September 26, 2016 – “Prevention Rocks!” and “Supervision of the Prevention Specialist,” Texas Prevention Fall Meeting, Austin, TX
- September 28 – 29, 2016 – “Faith as a Protective Factor,” Substance Abuse Prevention Faith-Based Summit, Hamilton, Bermuda
- December 6 – 9, 2016 – “Substance Abuse Prevention Specialist Skills Training.” Longview, TX
- January 6, 2017 – “Prevention Ethics” and “Cultural Competency.” Bryan/College Station, TX
- January 12, 2017 – “Marijuana: The Science and Society.” Round Rock, TX