October 23, 2015
Double Tree Hotel
Westborough, MA

19th Annual Wellness Summit

The Wellness Puzzle:
Putting the Pieces Together

MIAA
a program of the Massachusetts Interscholastic Athletic Association
The Wellness Puzzle: Putting the Pieces Together

The Massachusetts Interscholastic Athletic Association (MIAA) and the Partners in Prevention welcome you to the 19th Annual Wellness Summit. Today the efforts, contributions and commitment of wellness coordinators, prevention partners, and school leaders are celebrated and saluted. To our student and adult leaders, thank you for your commitment and dedication to your schools, teams, activity groups and communities.

Our theme for the day is The Wellness Puzzle: Putting The Pieces Together. The workshops and resource exhibits today are centered around this theme, and will provide information on a wide variety of wellness, safety, and prevention topics to help you to make healthy life choices. Workshop topics were selected based on last year’s program evaluation recommendations. All of the presenters and exhibitors are excited to provide valuable resources for you, your schools, and your communities.

Middle and high school students, (as well as adults), are faced with stress, pressure and many difficult decisions. Making the healthy choice is not always the easiest or most popular to make. There is always pressure to conform and be the “best.”

As a leader, you know the choices you make now can greatly impact your school, work, and future. The road you choose will dictate if you are named captain or coach, if you are offered a leadership position in a club, activity group, or at work, and if you are perceived to be a leader by adults and students alike in your school and community.

Today we honor you, and celebrate the positive choices you are making and the significant impact you are having in your communities. Thank you for joining us and we hope you enjoy the day!
# The Wellness Puzzle: Putting the Pieces Together

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Registration, Continental Breakfast</strong></td>
<td>7:30-8:30</td>
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<tr>
<td>Resource Exhibits open until Awards Luncheon. Visit each exhibit,</td>
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<tr>
<td>obtain stamps on your Wellness Puzzle Card to enter door prize</td>
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<td>drawings. Please practice CPR and the use of an AED in the Captains</td>
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<td>Room throughout the day.</td>
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<tr>
<td><strong>General Session– Ballroom</strong></td>
<td>8:30-9:15</td>
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<tr>
<td>National Anthem - Nicholas Giovinazzo, see p. 8 of your program</td>
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<tr>
<td>Welcome – Bill Gaine, MIAA Executive Director</td>
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<td>Conference Logistics – Karen Nardone, MIAA Wellness Coordinator</td>
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<tr>
<td>Keynote – Attorney General Maura Healey, see p. 9 of your program</td>
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<tr>
<td>Award Presentations</td>
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<tr>
<td><strong>Transition to Workshops, Resource Exhibits</strong></td>
<td>9:15-9:30</td>
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<tr>
<td>Visit each exhibit, obtain stamps on your Wellness Puzzle Cards to</td>
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<td>enter door prize drawing.</td>
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<td>*At this time, the Ballroom partitions will be closing! Please keep</td>
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<tr>
<td><strong>Concurrent Workshops Session 1</strong></td>
<td>9:30-10:40</td>
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<td><em>See program pages 4 and 5 for workshop descriptions and locations.</em></td>
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<td>Please assign members of your group to be represented at each of the</td>
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<td>different workshops. If a workshop is full, you will be redirected</td>
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<td>to another session.</td>
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<td><em>Your cooperation is appreciated.</em></td>
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<tr>
<td><strong>Transition to Workshops, Resource Exhibits</strong></td>
<td>10:40-10:50</td>
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<td>Visit each exhibit, obtain stamps on your Wellness Puzzle Card to</td>
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<td>enter door prize drawing.</td>
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<tr>
<td><strong>Concurrent Workshops Session 2</strong></td>
<td>10:50-12:00</td>
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<td><em>See program pages 6 and 7 for workshop descriptions and locations.</em></td>
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<td>Please assign members of your group to be represented at each of the</td>
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<td><em>Your cooperation is appreciated.</em></td>
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<td><strong>Transition to Awards Ceremony, Luncheon, Exhibits</strong></td>
<td>12:00-12:15</td>
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<tr>
<td>We will be collecting Wellness Puzzle Cards and program evaluation</td>
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<td>forms at the Awards Luncheon. Door prize winners will be announced</td>
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<td>during the luncheon.</td>
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<td>*At this time, the Ballroom partitions will be opening! Please keep</td>
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<tr>
<td><strong>Award Ceremony Luncheon -Ballroom</strong></td>
<td>12:15-1:30</td>
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<tr>
<td>Please turn in your program evaluations and Wellness Puzzle Cards</td>
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<td>before the luncheon begins. Door Prize winners will be announced</td>
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<td>during the luncheon.</td>
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<td><strong>Adjourn</strong></td>
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<td>Professional Hours Certificates &amp; Door Prizes will be available at the</td>
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<td>registration desk.</td>
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The Wellness Puzzle: Putting the Pieces Together

Teamwork! and R.I.S.E. Above
Ballroom Edgewood

Teamwork!
Teamwork is defined as the ability to work together to accomplish common goals. Members of the MIAA Student Advisory Committee will conduct group discussions and audience participation exercises that explore the essential elements of teamwork and how captains can encourage their teams to function at higher levels.

Presented by: Peter Smith, MIAA Associate Director and MIAA Student Advisory Committee

R.I.S.E. Above (Respect Individuality and Self Expression)
This interactive workshop includes activities to boost self-confidence! Join national award-winning students from Blackstone Valley Regional Technical High School, as they model tips and tricks to boost self-confidence in one’s appearance, embrace personal abilities, and establish solid support systems and relationships.

Presented by: Hannah Licarie, Samantha Cella, and Mikayla Corda Blackstone Valley RVTHS

Be Happy! Happiness Boosters: Unleashing Your Inner Happy
Ballroom Chandler

Pressure to succeed in school, please your parents, fit in, avoid bullies, and be what everyone wants you to be, has taken a toll on students in middle and high schools. An alarming percentage of students are engaged in risk-taking behaviors. Learning about risks is important, but what if there was a way to teach youth to be happy from within, to feel less stressed and to take on more challenging tasks and enjoy the process? This interactive workshop engages participants in activities to decrease stress and create lasting happiness.

Presented by: Pam Garramone, Positive Life Coach

Improbable Players: Using Applied Theatre in Addiction Prevention
Ballroom Baldwin

Applied theatre is often used to raise awareness of social issues and to generate change. In this interactive workshop participants learn techniques they can use while working with groups of all ages, to devise scenes about conflicts with friends, family, and the community. This technique uses true-to-life stories to teach and practice healthy behaviors around substance abuse prevention, and provides a safe environment to explore issues and try out solutions. Participants will engage in scenes, monologues, journal writing, drawings, photographs, and poetry. Handouts with curriculum lessons and resources will be given.

Presented by: Lynn Bratley, Director, Improbable Players
The Opioid Epidemic and The Mind of An Addict—
This is an Adults Only Workshop
Ballroom Autumn

The Opioid Epidemic and The Mind of An Addict
This workshop will alert educators about the trends, risks and warning signs of opioid abuse among young people, and provide information about what educators, public health experts, law enforcement and the recovery community are doing to both prevent use and intervene with active users. Signs and symptoms of drug use as well as intervention strategies will be provided. A personal story about the workings of the addict's mind, why we do what we do, and hope in recovery is shared.

Presented by: Mary Sullivan, MA Attorney General’s Office and Jon Cabezas, Director of Services Number 16

Supporting Our Youth and Encouraging Life Teammates
This is an Adults Only Workshop
Ballroom Viking

Supporting Our Youth and Encouraging Life Teammates
Two evidenced based suicide awareness, and prevention programs and curricula are featured in this workshop: Supporting Our Youth Developed by Samaritans and Screening for Mental Health’s Signs of Suicide. Both programs are designed for middle and high school faculty and staff, Together adults and students learn to become “Life Teammates” by reducing the stigma around mental health and encouraging each other to get help. Participants learn about suicide prevention, and are introduced to the concept and skills of befriending, gain knowledge about warning signs and risk factors for suicide, protective factors against suicide, and how to obtain help for and communicate with students at risk.

Presented by: Lauren Gablinske, Manager Community Education and Outreach Samaritans, Inc. and Meghan Diamon, Youth Programs Manager, Screening for Mental Health

Conquering Cancer With the Power of Sports and Finishing The Fight Against Cancer
Nugget & Wellington

This workshop will provide background of the local and global impact of cancer on youth and high school students, the importance of living a healthy lifestyle, cancer prevention and how best to support those affected. Learn more about what these two groups are doing to fight the disease and ways that students, sports teams and communities can become involved in the fight.

Presented by Mark ElBach, Dana Farber Cancer Institute and Greg McKeever American Cancer Society
**Intervention: How to Help Those Who Think They Don’t Need It**

*Ballroom Edgewood*

With more than 50 years of experience, the ADAPT team combines school and professional experience in substance abuse prevention and intervention. This interactive session will give participants the necessary information, tips and strategies needed to intervene with a friend who has a substance use/abuse problem.

Presented by: Tom Hermanowski, Executive Director, ADAPT Consultants

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**Healthy and Happy Dating Relationships**

*Ballroom Chandler*

Have fun exploring the elements of healthy and happy relationships. With other adults and students, take part in activities that ask you to think about what you look for in a relationship, how you want to be treated, and how you can help your peers make healthy decisions about relationships.

Presented by: Dr. Kevin Ringhofer, Hazelden Betty Ford Foundation

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**Love Tank™**

*Ballroom Baldwin*

Change the way you see and see the way you change. You can impact an entire culture by modeling and teaching these creative and optimistic approaches to challenging situations. Be the difference maker. Choose your path. It’s the little things that make the biggest difference. Participants will leave with a toolbox that will dramatically improve their quality of life.

Presented by: Aaron Polansky, GeekSox Motivational Speaking

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**What Happened To Being A Princess?**

*Ballroom Autumn*

This workshop is based on the winning Public Service Announcement (PSA) in the Middlesex Partnerships for Youth, Inc.’s annual contest (submitted by the Somerville Public Schools) about teen violence in relationships. This workshop will build on the content in the PSA covering issues surrounding sexting and digital abuse in relationships as well as strategies for fostering healthy teen relationships.

Presented by: Margie Daniels, Executive Director, Middlesex Partnerships For Youth, Inc.
**Promoting Mental Health – The Need, The Vision, and Proven Examples**

**Ballroom Viking**

Discover the talents and expertise of student and adult community leaders sharing the same mission: raising awareness about teen mental illness, depression and its prevention! The workshop includes discussion and activities on the following: asking for help, how to be a supportive caregiver, establishing a healthier classroom and learning environment, making mental illness a topic of mainstream conversation and overcoming stigma, the connection between mental and physical health, coping mechanisms, teen mentoring, and how 8 high school students rewrote MA’s required Health Education curriculum to include mental health and wellness.

**Presented by:** Paul Richard the SHINE Initiative and Kyrah Altman and Jocelyn Mendes
Leominster High LEAD (Let’s Empower, Lead and Do), Bob Anthony, President
Adolescent Wellness, Inc.

**Experience Getting Centered Meditation...And Realize The Benefits**

**Nugget/Wellington**

In this workshop, the current research on the benefits of meditation to physical and psychological health as well as overall well-being are discussed. Participants learn a variety of meditation techniques and experience a guided meditation. Activities include breathing exercises as well as a guided muscle relaxation and a guided visualization. Learn a variety of techniques that can be easily incorporated into daily life.

**Presented by:** Helen Rainoff, Founder and President, Getting Centered Meditation

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At the conclusion of this workshop session, please complete your program evaluations, and return to the Ballrooms. We will be collecting evaluations & Wellness Puzzle Cards as you return for the Awards Luncheon which begins at 12:15.
Nicholas Giovinazzo is a student in the transitions program at Nashoba Regional High School. He is currently working at different job sites throughout the day. Nick loves singing and theatre. He’s been in many community theatre productions...a few favorites are Shrek and Les Misérables. Nick also plays basketball for Special Olympics and is on a wonderful hockey team.

Nick kicked off the New England Student Leadership Conference this past July, with his enthusiastic rendition of the National Anthem, winning the hearts of everyone there. His positive and joyful approach to life is contagious.
Since taking office on January 21, 2015, Maura Healey has tackled issues touching the lives of residents across Massachusetts including the heroin and prescription drug abuse epidemic, escalating health care costs, worker’s rights and student loan costs. She has focused on strengthening consumer protections and improving our criminal justice system.

Maura Healey grew up in N.H. and is the oldest of five brothers and sisters. Her mother worked as a school nurse, her father was a civil engineer and military captain, and her stepfather taught history and coached high school sports. Her family roots are on the MA North Shore. From her family, she learned the values of hard work, discipline, and the importance of taking care of others. She graduated from Harvard in 1992 and was the captain of the basketball team. She played professional basketball in Europe before returning to MA to attend Northeastern University School of Law. She was inducted into the New England Basketball Hall of Fame in 2006.

Attorney General Healey has been recognized by a number of organizations for her leadership on civil rights including: the American Constitution Society’s Award for Public Service, the Boston Bar Association, and the Equal Justice Coalition’s Award for Legal Aid.
CPR Anytime and AED Demo’s
Captains Room

Anyone can give CPR in an emergency situation. This exhibit helps folks feel more comfortable doing so. Hands-on CPR Anytime demonstration and instruction will allow anyone to learn, or refresh their skills in three minutes. Dummies will be set up for practice. This Exhibit is available for conference participants to stop in and learn/practice during transition times between workshops. Dummies will be available to practice CPR and AED defibrillator techniques.

Presented by: Mary Blake, American Heart Association

Please stop in and learn or practice life-saving skills!

**Please note, this is not a certification opportunity.**

The Champions of Wellness Award, honors a high school student or student group, who exemplify healthy life choices, and demonstrate leadership by promoting wellness in their school community.

These student leaders have done what their group name suggests, “rising above”; taking on the important issue of self-image and promoting respect in their school and community. Notable activities include a school-wide Wellness Fair, and an awareness campaign which promoted their positive messages on bookmarks, posters, and pamphlets within the school, to local medical offices, and to other schools in the region.

The Blackstone Valley Tech R.I.S.E. Above group exhibited at the MIAA statewide Teen Mental Health Conference on April 8, in Milford, MA. They were dynamic, energetic and engaging. Their efforts have been recognized in MA as well as nationally.
This prestigious award has been established in memory of the late Michael Kane. Michael's legacy is significant. Following his retirement from the Monson Schools, Michael became the Director of Student Services for the MIAA, a position that he held for ten years.

Michael's leadership and service over decades clearly impacted both the MIAA and MSSAA families. He served as President of the MSSAA during the 1986-87 academic year. He is a former MSSAA Assistant Principal of the Year, MIAA Distinguished Service Award recipient, and was honored in 1998 with the MIAA Sherman A. Kinney Award for outstanding contributions to high school basketball. He was also a long-standing member of the MIAA Board of Directors and Chair of the MIAA Basketball Committee.

Michael's passion and great achievement was providing guidance and programs to the students of Massachusetts, particularly in helping them make healthy life choices. The MIAA Student Services initiative grew substantially under Michael's leadership, creating several innovative wellness and student leadership programs.

In the spring of 2010, Mike lost a valiant battle with cancer. He will always be remembered for the compassion, kindness and care that he displayed for others. This award honors Michael's legacy and seeks to recognize those who share his motivation for making a difference in the lives of others.
2015 Michael J. Kane Wellness Award Recipients
Leominster High L.E.A.D. (Let’s Empower, Advocate, and Do)

Lucas Cardwell, Kyrah Altman, Lauren Wilkins, Megghan Duffy, Kayla Kenney, Jocelyn Mendes, Plamedi Makelela, Alex Buchman

L.E.A.D., founded in the wake of the Newtown, CT tragedy in 2011 hit the ground running and never looked back! They are the recipient of numerous awards including: The United Way Youth Venture, Tyco SymplexGrinnell, the prestigious Changemaker of the Year Award from United Way Youth Venture the Leominster Mayor’s Community Service Award, and the LUK Exemplary Youth Leader Award.

L.E.A.D. hosted the 26 Angels Benefit event to honor the lives of the Sandy Hook tragedy victims, raise mental health and gun violence awareness and raised $1000 for child-advocacy organizations in the community. To date they have provided over $8000 worth of donations and services to the community, working to alleviate mental illness, substance abuse, domestic violence and poverty. They designed a Holiday Gift Program for the Orchard St. Family Treatment Program in Leominster, delivering gifts on Christmas Eve morning every year. They partnered with the Alexander Academy of Cosmetology hosting monthly Community Spa Days, which provide free salon services to over forty displaced families living in Leominster, MA.

L.E.A.D. has testified at a public gun violence hearing at the Massachusetts State House, taught a community advocacy and fundraising seminar to youth at the Let Us Know (LUK) Leadership Conference, and was the keynote speaker of Leominster’s Mental Health night, speaking about the need for mental health advocacy in schools and the effects mental illness has on teenagers in their community. They are also the student voting representatives for Leominster Crime Stoppers, a local nonprofit that works to reduce crime in the community.

Their crowning achievement was writing the Mental Health Promotion curriculum. They hope to implement the curriculum on a state, and eventually, national level. They unveiled the Mental Health Promotion curriculum on WCVB Chronicle in July 2015.

The original L.E.A.D. officers plan to create chapters at the colleges they attend as well as recruit members to sustain the organization at Leominster High School.
Kristin Letendre Cerce, Director of Health & Physical Education for the Franklin Public Schools since 2010, began teaching health, physical education, and biology at Franklin High School in 2005. Kristin earned a BS in Health Education, M. Ed. in Health Promotion, and CAGS in Educational Leadership from Bridgewater State University. Kristin holds the prestigious Masters Certified Health Education Specialist (MCHES) certification, is a National Yoga Alliance certified yoga instructor, and a CPR instructor.

Kristin has been instrumental in implementing health education at the elementary level and growing the health and physical education elective program at Franklin High School. The health and P.E. elective offerings have more than tripled in enrollment the past five years, many with a wait-list. In collaboration with the science department and under her leadership Franklin is developing an exercise physiology program and health science course for students interested in careers in the field of health science.

Kristin is the SADD and Peer Mentoring advisor, Anti-Bullying Coordinator for grades 6-12, member of the Anti-Bullying Task Force, member of the Franklin Community Coalition on Opioid Abuse, member of the Norfolk County District Attorney’s School Partnership, and member of the Franklin School Wellness Advisory Council (SWAC). She has played an integral role on SWAC and has overseen the Physical Activity SMART Goals developed by the committee. Kristin, along with the Franklin YMCA, has helped bring the BOKS Program to the elementary level, helped develop an elementary “Fit and Lit” Program, which challenged students to get fit and read during the winter months, and worked to implement new before and after school physical activities/intramurals to the middle school and high school.

Kristin is the founding Director of the High School Transition program for incoming freshmen students. The program allows students to experience a day in the life of a high school student prior to the start of the school year.
Bob Anthony worked in the technical business world for 20 years. His second career is in the non-profit sector, where he is president of Adolescent Wellness, Inc. (AWI). The AWI goal is to keep youth healthy, surviving adolescence without developing symptoms of anxiety or depression. Bob promotes the use of activities that build problem-solving and coping skills. More than 20% of cases of depression are wholly preventable.

Under Bob’s leadership, AWI has initiated innovation and collaboration among providers, educators, parents and peer leaders. He has facilitated several pilot programs:

- Peer Leader workshops using the Break Free From Depression curriculum by Boston Children’s Hospital, a resource now listed in the national best practices registry for suicide prevention
- The Virtual Wellness Center within Whyville, a popular game site for youth ages 8-14 with resilience building activities designed by William James College
- Earlier diagnosis and referral with school nurses and pediatricians in collaboration with McLean Southeast

This year, Bob hopes to pilot workshops (in collaboration with community hospitals) for Parent / Teacher / Student organizations about emotional wellness.
Mary Maguire is a legislative advocate for AAA’s traffic safety and automotive concerns at the Massachusetts State House, and a spokesperson for the Club in the Bay State. As a member of the Public Affairs team, Maguire often speaks to teens and seniors on the subject of safe driving, and is working hard to pass a primary seat belt bill in MA. She also helped pass the Slow Down, Move Over Law, as well as the texting-while-driving ban in Massachusetts.

Mary is a long-time journalist who reported and anchored for four television stations, and spent thirteen years at NBC-10 in Providence as an Investigative Consumer Reporter. She won seven Associated Press Awards and earned six Emmy nominations. Following her tenure at NBC-10, Maguire co-founded Public Eye Media Production, Inc., a video production and media training company. As President of Public Eye, Maguire won three Telly awards, and has produced hundreds of features for The Food Network, Home and Garden Television, the Style Network, and other national shows along with dozens of commercials and educational videos.

A native of Baltimore, MD, Maguire earned her English and American Literature Degree from Brown University, and a Masters Degree in Broadcast Journalism from Northwestern University. She is married to Providence Attorney Tom Noel, and is the proud mother of three children—the youngest of whom just went off to college!
The Winning Ways of Wellness

The MIAA Partners In Prevention (PIP)

On September 19, 1985, the Massachusetts Interscholastic Athletic Association held a press conference to address the Association’s commitment to a long-term, comprehensive program to promote the chemical health of the student athlete. Learning from the successful models of pre-season meetings, and coaches and captains workshops, the Association’s commitment expanded in 1994, beyond student-athletes, to partner with MSSAA to help schools create programs and educational strategies for all constituents to address any matter that might embrace or improve the well-being of the student.

During the last decade, MIAA and MSSAA founded “Partners in Prevention”, a powerful collaboration of public and private prevention agencies/initiatives, many of whom are featured at today’s summit. These agencies provide magnanimous support, resources, and expertise in our associations delivery of wellness services and programs.

MIAA Partners in Prevention

Mission Statement

*Partners in Prevention is a coalition of organizations committed to safety, wellness and prevention. We strive to celebrate youth who make positive lifestyle choices.*

Partners in Prevention Initiatives

Wellness Summit
Wellness Workshop Series
Position Papers
Speaker Bureau
Talking Phone Book *
Webinars and Webcasts

*The Talking Phone Book, is an interactive resource directory of programs, speakers, and information. The Talking Phone Book will be located on the MIAA website at www.miaa.net. Look for it this fall!*
Past Award Recipients

MIAA Wellness Coordinator of the Year Award
2002  Corinne Pridham, Dighton–Rehoboth Regional High
2003  Theresa Hotaling, Westfield Middle School
2004  Dr. Marie Claire Gerety, Norwell High School
2005  Mardi Donovan, Franklin High School
2006  Cynthia Knight, Bishop Feehan High School
2007  Kevin Murphy, Foxborough High School
2008  Jill Leach, Hopkinton High School
2009  Susan Shields, Lincoln-Sudbury Regional High School
2010  Gregory Ranieri, Scituate High School
2011  Peter Boucher, Canton Public Schools
2012  Cindy Bouvier, Arlington Public Schools
2013  Ashley Gustafson, Shepherd Hill Regional Schools
2014  Nancy Dunn, Easthampton High School

Michael J. Kane Wellness Award
2010  Marty Harding and Kevin Ringhofer
2011  Roberta Doering
2012  William N. Gaine, MIAA Deputy Director Emeritus
2013  John and Magi Bish, Molly Bish Foundation
2014  Sean Gilrein, Shepherd Hill Regional High School

Champions of Wellness Student Award
2012  Peabody HS Health Advisory Council/Healthy Peabody Collaborative
2013  Burlington HS Peer Alcohol Education Program
2014  Jacob LaPrade, Bryan Delaney, Easthampton High School
Congratulations to all of our award recipients!

Past Award Recipients

Making A Difference Award
2007 Shonda Shilling, SHADE Foundation
2008 Amy Whitney, MADD Massachusetts
2009 Kathi Meyer, Taylor Meyer Friends for Life Foundation
2010 Dr. Greg Parkinson, EDDY
2011 Linda Lacke, Mass General Hospital
2012 Gerald Leone, Middlesex County District Attorney
2013 Jonathan Blodgett, Essex County District Attorney
2014 Margie Daniels, Middlesex Partnerships for Youth, Inc.

MIAA Wellness Partner of the Year Award
2001 Ralph Fucillo, Harvard Pilgrim
2002 William Keating, Norfolk County District Attorney
2002 Bill Phillips, New Beginnings Program
2003 Northeastern University Center, Sport in Society
2005 Jim Wuelfing, Massachusetts Council Compulsive Gambling
2005 Doreen Iovanna, MA DESE
2006 Phil Fogelman, Anti-Defamation League, PSF Associates
2007 Outside the Classroom
2008 Tom Hermanowski, ADAPT Consultants
2009 Richard Campbell, Campbell Campbell Edwards & Conroy
2010 Massachusetts Army National Guard
2011 Dan Strollo, In Control Crash Prevention
2012 Cheryl M. Bailey, J.D.
2013 Jane Biagi
2014 B.J. Williams, Brain Injury Association of MA

Partners in Prevention Lifetime Achievement Award
2008 Dr. Barbara Rockett, Massachusetts Medical Society
2014 Dr. Alan Ashare, St. Elizabeth’s Medical Center
# The Wellness Puzzle: Putting the Pieces Together

## Educational Athletics Programs - Save the Dates!

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Wellness Educator Showcase</td>
<td>November 4, 2015</td>
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<td>MIAA Sportsmanship Summit</td>
<td>November 20, 2015</td>
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<td>Nutrition, Fitness, Eating Disorders, Body Image</td>
<td>January 12, 2016</td>
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<td>Leadership Training Institute</td>
<td>January 25-29, 2016</td>
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<td>Teen Sexuality Series</td>
<td>February 5, 2016</td>
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<td>First Aid, CPR, AED Certification</td>
<td>February 8, 2016</td>
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<td>Faces of Addiction: The Opioid Crisis</td>
<td>March 21, 2016</td>
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<td>Supporting Trans Students</td>
<td>April 1, 2016</td>
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<tr>
<td>First Aid, CPR, AED Certification</td>
<td>June 8, 2016</td>
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<tr>
<td>2nd Teen Mental Health; Stress, Anxiety Depression &amp; Suicide Prevention Conference (Location TBD)</td>
<td>May 20, 2016</td>
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<td>New England Student Leadership Conference</td>
<td>July 2016</td>
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The Winning Ways of Wellness

Educational Athletics Programs - Save the Dates!

The YOU LEAD Program has been updated and is now designed for middle school students and adult leaders. New topics and activities!

The 2015-2016 YOU LEAD Conference Schedule:
- Dec. 18, 2015 at MIAA Conference Center
- Jan. 8, 2016 at Lasell College– Sponsored by MPY
- Mar. 18, 2016 at MIAA Conference Center
- Apr. 6, 2016 at MIAA Conference Center

Check the website for additional dates. To schedule a Conference in your region, please contact Karen Nardone, YOU LEAD Coordinator!

So You’re A Leader...Now What?! Program for high school students and adult leaders. Curriculum has been updated. New topics and activities!

The 2015-2016 So You’re A Leader...Now What?! Conference Schedule
- Oct. 30 at MIAA Conference Center
- Jan. 15 at MIAA Conference Center
- Apr. 29 at MIAA Conference Center
- May 16 at MIAA Conference Center

Check the website for additional dates. To schedule a Conference in your region, please contact Karen Nardone, Coordinator!
# The Wellness Puzzle: Putting the Pieces Together

## 2015 Resource Exhibitors

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<tr>
<th>AAA Southern New England</th>
<th>Green Schools &amp; National Green Schools Society</th>
<th>Boston Children’s Hospital Micheli Center</th>
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<td><a href="mailto:mmaguire@aaasne.com">mmaguire@aaasne.com</a></td>
<td><a href="mailto:robin.organ@projectgreenschools.org">robin.organ@projectgreenschools.org</a></td>
<td><a href="mailto:jenniferago@themichelicenter.com">jenniferago@themichelicenter.com</a></td>
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<th>ADAPT</th>
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<td><a href="mailto:kevin.ringhofer@gmail.com">kevin.ringhofer@gmail.com</a></td>
<td><a href="mailto:Marge.Daniels@state.ma.us">Marge.Daniels@state.ma.us</a></td>
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<td><a href="http://www.aadapt.com">www.aadapt.com</a></td>
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<th>American Heart Association</th>
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<th>Number 16</th>
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<td><a href="mailto:Mary.Blake@heart.org">Mary.Blake@heart.org</a></td>
<td><a href="mailto:players@improbableplayers.org">players@improbableplayers.org</a></td>
<td><a href="mailto:Jon@Number16.org">Jon@Number16.org</a></td>
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<th>A Mother’s Journey</th>
<th>In Control Crash Prevention</th>
<th>Pam Garramone, M.Ed., LLP</th>
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<td><a href="mailto:lisaabrodi@charter.net">lisaabrodi@charter.net</a></td>
<td><a href="mailto:Dan@DriveInControl.org">Dan@DriveInControl.org</a></td>
<td><a href="mailto:pamela.m.garramone@gmail.com">pamela.m.garramone@gmail.com</a></td>
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<tr>
<td>lisabrodeur.com</td>
<td><a href="http://www.DriveInControl.org">www.DriveInControl.org</a></td>
<td><a href="http://www.valleylearningcenter.k12.ma.us">www.valleylearningcenter.k12.ma.us</a></td>
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<th>Adolescent Wellness, Inc.</th>
<th>LEAD</th>
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<tr>
<td><a href="mailto:BobAnthony@AdolescentWellness.org">BobAnthony@AdolescentWellness.org</a></td>
<td><a href="mailto:kyrahaltman@gmail.com">kyrahaltman@gmail.com</a></td>
<td><a href="mailto:jpetty@valleylearningcenter.k12.ma.us">jpetty@valleylearningcenter.k12.ma.us</a></td>
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<th>Coaches vs. Cancer</th>
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<tr>
<td><a href="mailto:greg.mckeever@cancer.org">greg.mckeever@cancer.org</a></td>
<td><a href="mailto:awomer@luk.org">awomer@luk.org</a></td>
<td><a href="mailto:greg.stein@makeitasafehome.org">greg.stein@makeitasafehome.org</a></td>
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<td><a href="http://www.cancer.org">www.cancer.org</a></td>
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<th>Dana-Farber Cancer Institute/Jimmy Fund</th>
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<th>Samaritans, Inc.</th>
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<td><a href="mailto:mark_elbach@dfci.harvard.edu">mark_elbach@dfci.harvard.edu</a></td>
<td><a href="mailto:Mary.T.Sullivan@state.ma.us">Mary.T.Sullivan@state.ma.us</a></td>
<td><a href="mailto:lgablinske@samaritanshope.org">lgablinske@samaritanshope.org</a></td>
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<td><a href="http://www.jimmyfund.org">www.jimmyfund.org</a></td>
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<td><a href="mailto:emstein30@gmail.com">emstein30@gmail.com</a></td>
<td><a href="mailto:amanda@masscompulsivegambling.org">amanda@masscompulsivegambling.org</a></td>
<td><a href="mailto:info@scottmaloney.com">info@scottmaloney.com</a></td>
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<th>MA Dept. of Elemen. &amp; Second. Ed</th>
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<tr>
<td><a href="mailto:thatguy@GeekSox.com">thatguy@GeekSox.com</a></td>
<td><a href="mailto:diovanna@doe.mass.edu">diovanna@doe.mass.edu</a></td>
<td><a href="mailto:mdiamon@mentalhealthscreening.org">mdiamon@mentalhealthscreening.org</a></td>
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<th>The SHINE Initiative</th>
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<td><a href="mailto:helen@gettingcenteredmeditation.com">helen@gettingcenteredmeditation.com</a></td>
<td><a href="mailto:psmith@miaa.net">psmith@miaa.net</a></td>
<td><a href="mailto:prichard@fidelitybankonline.com">prichard@fidelitybankonline.com</a></td>
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<td><a href="mailto:programs@gbpflag.org">programs@gbpflag.org</a></td>
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<td><a href="http://www.mfne.org">www.mfne.org</a></td>
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## Workshop Session 1

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