20th Annual

Wellness Summit

October 28, 2016
Doubletree Hotel
Westborough, MA

Winning Starts
With Wellness

Take the Pledge

MIAA

a program of the Massachusetts Interscholastic Athletic Association
The Massachusetts Interscholastic Athletic Association (MIAA) and the Partners in Prevention, welcome you to the 20th Annual Wellness Summit! Today we celebrate the efforts, contributions and commitment of wellness educators, prevention partners, and school leaders. 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 *Winning Starts With Wellness: Take the Pledge*. 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. Workshop topics were selected based on last year’s program evaluations and recommendations. All of the presenters and exhibitors are excited to provide valuable resources for you, your schools, and your communities. We hope that you will be challenged to take “a pledge” to make positive lifestyle choices.

Middle and high school students (as well as adults) are faced with stress, pressure and many difficult decisions. 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. They will also determine the leadership opportunities you might be offered, whether it be a captain or coach, a leadership position in a club, activity group, or position at work. They will also impact whether or not 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!
**Winning Starts With Wellness: Take The Pledge**

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<tr>
<th>Event</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Registration, Continental Breakfast</strong></td>
<td>7:30-8:30</td>
<td>Resource Exhibits open until Awards Luncheon. Visit each exhibit, obtain stamps on your Wellness Pledge Card to enter door prize drawings. Please practice CPR &amp; the use of an AED in the Captains Room throughout the day.</td>
</tr>
<tr>
<td><strong>General Session – Ballroom</strong></td>
<td>8:30-9:15</td>
<td>National Anthem – Rene Rancourt (see p. 8 of your program) Welcome - Bill Gaine, MIAA Executive Director Conference Logistics – Karen Nardone, MIAA Wellness Coordinator Keynote – Dr. Ruth Potee (see p. 9 of your program) Award Presentations <strong>At this time, the Ballroom partitions will be closing. Please keep clear!</strong></td>
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<tr>
<td><strong>Transition to Workshops, Resource Exhibits</strong></td>
<td>9:15-9:30</td>
<td>Visit each exhibit, obtain stamps on your Wellness Pledge Cards to enter door prize drawing.</td>
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<tr>
<td><strong>Concurrent Workshops Session 1</strong></td>
<td>9:30-10:40</td>
<td>Please assign members of your group to be represented at the different workshops. If a workshop is full, you will be redirected to another session. <strong>Your cooperation is appreciated.</strong></td>
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<td><strong>Transition to Workshops, Resource Exhibits</strong></td>
<td>10:40-10:50</td>
<td>Visit each exhibit, obtain stamps on your Wellness Pledge Cards to enter door prize drawing.</td>
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<td><strong>Concurrent Workshops Session 2</strong></td>
<td>10:50-12:00</td>
<td>Please assign members of your group to be represented at the different workshops. If a workshop is full, you will be redirected to another session. <strong>Your cooperation is appreciated.</strong></td>
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<tr>
<td><strong>Transition to Awards Ceremony, Luncheon, Exhibits</strong></td>
<td>12:00-12:15</td>
<td>We will be collecting Wellness Pledge Cards at the Awards Luncheon. Door prize winners will be announced during the luncheon. <strong>At this time, the Ballroom partitions will be opening! Please keep clear!</strong></td>
</tr>
<tr>
<td><strong>Award Ceremony Luncheon - Ballroom</strong></td>
<td>12:15-1:30</td>
<td>Please turn in your Wellness Pledge Cards before the luncheon begins. <strong>Door Prize winners will be announced during the luncheon.</strong> Adjourn Door Prizes will be available at the registration desk at the conclusion of the luncheon. Professional hours certificates will be mailed.</td>
</tr>
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Understanding Eating Disorders
Ballroom Edgewood
Understanding Eating Disorders is a dynamic and collaborative presentation that will serve to educate those working with youth and adolescents on issues pertaining to eating disorders. This workshop will address the bio-psych-socio-cultural causes of body dissatisfaction and provide concrete tools to help students build a positive body image within themselves and their communities. Topics include media literacy, debunking myths about eating disorders, social media and self objectification, mindful eating and exercise for athletes, intentional language, assertiveness, and youth empowerment. Rachel Benson Monroe will create a respectful environment for participants to feel safe, ask questions, and learn more about these important topics.

Presented by: Rachel Benson Monroe, MEDA

A Mother’s Journey
Ballroom Chandler
This compelling and inspirational workshop drives home the consequences of impaired driving. Lisa and her son Kyle share their story about how their lives were forever changed in a split second, when an impaired driver crashed into their car. Participants will witness tragedy, hardship, survival, death, inspiration, and the challenges they face every day.

Presented by: Lisa and Kyle Brodeur

Dating in a Digital World
Ballroom Baldwin
This hands-on workshop provides an overview of teen dating abuse, with a focus on the digital world. Participants will learn the ways social media and online behavior influence today’s dating relationships, including sexting. The workshop provides activities for educators to bring information on healthy relationships into the classroom. Videos from Middlesex Partnerships for Youth Teen Dating Series will be shown.

Presented by: Camila Barrera, Middlesex Partnerships For Youth
Leadership and Teamwork!
Ballroom Autumn
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 student leaders can encourage their teams to function at higher levels.
Presented by: Peter Smith, MIAA Associate Director and MIAA Student Advisory Committee

Goal Pursuit is a Happiness Booster!
Ballroom Viking
We feel happier when we have a clear, compelling vision of what we want and when we are in pursuit of our goals. Taking little steps every day is the pathway that leads to our destination. In this workshop, learn how to set goals and create a new standard guaranteed to help you take action towards achieving what you want. Pam will lead you through goal setting, a game plan and the secrets to achieving your desired goals.
Presented by: Pam Garramone, Positive Psychology Speaker, Coach

Positive Peer Pressure
Nugget-Wellington
This highly interactive and engaging workshop features this year’s dynamic Student Champions of Wellness honorees, as they take you through icebreakers and activities that focus on positive peer pressure. Learn about this innovative club, their activities, programs, and initiatives.
Presented by: Canton High School Character Crew

Please remember to visit the Resource Exhibit area and get your Pledge Cards stamped during the transition to workshop session 2!

Please also remember to visit the Captain’s Room to practice CPR!
Your Skin Is In
Ballroom Edgewood
The Melanoma Foundation of New England’s signature, award-winning Your Skin Is In program is an educational pledge-based program and contest that encourages teens and young adults to make a personal promise that they will protect the skin they are in. Over the past eight years, MFNE has traveled all over New England, introducing over 500,000 students to this educational program. Participants will learn how to bring Your Skin Is In to their school and why it is important for students to learn about the dangers of melanoma.

Presented by: Meghan Rothschild, Melanoma Foundation of New England

Social Media and the Impact of Digital Footprints
Ballroom Chandler
The District Attorney’s Community Outreach and Education Program offers education for students on the appropriate use of communication technology. Athlete focused, this workshop uses sports-related tools to generate discussion on social media and the impact of their digital footprint on their lives. Attendees will be provided with the knowledge to make positive choices online and lead their peers to do the same.

Presented by: Robert Kinzer, ADA, Berkshire County District Attorney’s Office

Teen Depression
Ballroom Baldwin
This workshop will provide education about mood disorders, dispel stigma around depression, bipolar disorder and mental health conditions, and inspire hope for those living with a mood disorder. A panel of teens and young adults share their stories and experiences of living with depression or bipolar disorder and engage in a question and answer session with the audience.

Presented by: Lori Allinder, Families for Depression Awareness
A Life Interrupted
Ballroom Autumn
Tim Bransfield was the number one ranked high school baseball player in Massachusetts until a devastating car accident left him in a sixty day coma. Sidelined with a traumatic brain injury, Tim had to dig deep to learn how to walk, talk, and care for himself again. His workshop focuses on how his foundation of love for baseball gave him the push he needed to dream another dream, and how the invincibility of star student-athletes can influence dream decisions.
Presented by: Tim Bransfield

SWATTING Stigma Through Student Empowerment
Ballroom Viking
This workshop will highlight the success of Student Wellness Advisory Teams (SWAT) in place at high schools in Central MA, how the teams were formed, and the important role students can play in promoting mental wellness and combatting stigma. SWAT students will speak about the wellness activities they’ve created for their schools and how they have raised awareness of mental wellness.
Presented by: Paul Richard, Executive Director, The SHINE Initiative

Sober Thoughts
Nugget-Wellington
A highly interactive presentation with a different perspective on substance awareness. Students often already know many of the dangers of substance use and abuse, but still choose to use and abuse. This presentation focuses on the power of perception and influence, how we make decisions based on misperceptions, and how to stay on course making the best decisions for you.
Presented by: Robert Hackenson, Dynamic Influence

At the conclusion of this workshop session, please return to the Ballrooms. We will be collecting Pledge Cards as you enter for the Awards Luncheon, which begins at 12:15.
Rene Rancourt’s musical career is extensive. He performed with the U.S. Army Special Services Entertainment Unit from 1963-1965, where he received first place award recognition. In 1969, he won first place in the New England Opera auditions. In 1975, he replaced Kate Smith singing the National Anthem during game six of the World Series.

Perhaps best known as our own beloved Boston Bruins soloist, Mr. Rancourt has performed the National Anthem at home games since 1976.

Mr. Rancourt received a BFA from Boston University and a Master’s Degree from the Boston Conservatory.
Dr. Ruth Potee is a board certified Family Physician and Addiction Medicine physician at Valley Medical Group in Greenfield, MA. She is a native of western Massachusetts and attended public schools in the North Quabbin region. Ruth attended Wellesley College, Yale University School of Medicine and did her residency at Boston University, where she remained as an assistant professor of Family Medicine for eight years. In addition to practicing full-scope family medicine, she is currently the Medical Director for the Franklin County House of Corrections and the Pioneer Valley Regional School District, as well as the Chair of the Healthcare Solutions Opioid Taskforce of Franklin County. Ruth was named Franklin County Doctor of the Year by the Massachusetts Medical Society and is the Chair of the Department of Medicine at Baystate-Franklin Medical Center. She was also recently named the Medical Director of the new Franklin First Step Recovery and Treatment Center in Greenfield.
Captain’s Room

CPR Anytime and AED Demonstration

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 hands-on 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 and Jamie Aspenson, American Heart Association

Stop in and learn or practice life-saving skills!

**Please note, this is not a certification opportunity.**
Canton High School Character Crew

The Canton Character Crew (CCC) is comprised of high school students who are motivated and determined to make the school environment positive, and promote good acts of character within Canton High School. The CCC is a group filled with students who are looking to make a difference and set a positive example. Students in the CCC become role models for peers and promote hard work, character, leadership, and healthy decision-making. They strive to make themselves and other students at CHS reach their full potential and become the best possible version of who they are. The group works to make the culture at CHS one that focuses on hard work while also having fun. The CCC creates and assists in many school and community events and is determined to make school spirit inclusive to all students. This group believes that with a positive attitude and peer leadership, they can make a difference. The high school experience is something they are passionate about, and the CCC is a platform to help students maximize their potential as individuals and the school as a whole.
Michael J. Kane Wellness Award

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.
Ed began working for the Hampden County Sheriff’s Department in 1994, as a Residential Supervisor at the Minimum/Pre-Release Center and was promoted to Shift Supervisor in March 1996. In 2006, he started running a High Risk Re-Entry Program, and oversees neighborhood watch initiatives in Springfield and Holyoke. In 2011, through the Sheriff’s office, Ed partnered with law enforcement, service providers and faith agencies to pilot a safe neighborhood program. Now called the Holyoke Safe Neighborhood Initiative, the pilot has expanded to four additional areas.

A former boxer, Ed started the Official’s Club Boxing Program to teach 5th-8th grade students at the Boys and Girls Club how to box. He has also helped kids become involved in basketball, rowing, table tennis, and other after-school activities.

Ed and his wife Jennifer have a great passion for people, and volunteer twenty hours per week in the Holyoke community.
2016 MIAA Wellness Coordinator of the Year
Aphrodite Tzetzas Purdy, Mashpee Public Schools

A decorated former United States Air Force Captain who served as an intelligence officer during Desert Shield and Desert Storm, Aphrodite has dedicated herself to teaching children the value of good personal wellness for the past 15 years. Her passion for children’s wellness is reflected in her tireless attention to keeping her health curriculum current and meaningful for her students. She is unfailingly positive with her students, and always leads them to their strengths, no matter how challenging their lives are. It is no exaggeration to say that she is truly adored by all of those who have been fortunate enough to have her as a teacher over the past 15 years.
Traci Wojciechowski has been with Caron Treatment Centers since 2002 and is responsible for ensuring that quality education, prevention and early intervention services are provided to school systems and youth-serving agencies throughout the Northeast. Her areas of expertise include adolescent drug and alcohol trends, nicotine cessation, psycho-educational support group and prevention program facilitation, curriculum development, implementation fidelity, leadership skill development, as well as the delivery of parent and professional trainings.

Traci earned her Bachelor of Science degree in Psychology from Bridgewater State University. She is the developer of Caron’s adolescent nicotine cessation program, Project CONNECT® and has written articles, presented at regional and national conferences and provided numerous trainings for school staff and student assistance professionals on the topic of adolescent nicotine cessation and other substance abuse issues.
After 39 years and one day, Bill Stewart recently retired from the Dorchester District Court, where he served as a Probation Officer, Assistant and Acting Chief Probation Officer. Over the course of his career, Mr. Stewart has lectured nationally and internationally on the issues of youth violence. He co-created and founded Reality Check, a program designed to illustrate how the choices and decisions you make can affect the rest of your life. Bill also co-founded Operation NiteLite, an award-winning collaborative approach with the Boston Police to reduce gang and gun violence. Following the success of NiteLite, came Operation Cease Fire, a multijurisdictional juvenile violence prevention program also co-founded by Bill. Operation Cease Fire was recognized by the Ford Foundation as the most successful program of its kind in the country. Bill has been involved as a high school and college football, hockey, and baseball official, and has served on the MIAA Educational Athletics Committee. He boasts a winning record as the head hockey coach at Tufts University, Curry College and U Mass Boston. Bill was inducted into the Curry College Hall of Fame in 1997. He has two children, Will and Bonnie Jeanne, and is married to Dolores, a cardiac critical care nurse.
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, in 1994, the Association’s commitment expanded 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.

In a call to action, 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 programs.

**MIAA Partners in Prevention Mission**

*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
- Webinars and Webcasts
- Talking Phone Book
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
2015 Kristin Letendre Cerce, Franklin Public Schools

**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
2015 Leominster High School L.E.A.D.

**Champions of Wellness Student Award**
2012 Peabody HS Health Advisory/Healthy Peabody Collab.
2013 Burlington HS Peer Alcohol Education Program
2014 Jacob LaPrade, Bryan Delaney, Easthampton High
2015 Blackstone Valley Tech R.I.S.E. Above

**Partners in Prevention Lifetime Achievement Award**
2008 Dr. Barbara Rockett, Massachusetts Medical Society
2014 Dr. Alan Ashare, St. Elizabeth’s Medical Center
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.  
2015  Mary Maguire, AAA Northeast

**MIAA Wellness Partner of the Year Award**

2001  Ralph Fucillo, Harvard Pilgrim  
2001  Tina Murphy, DEA  
2002  William Keating, Norfolk County District Attorney  
2002  Bill Phillips, New Beginnings Program  
2003  Northeastern University Center, Sport in Society  
2005  Jim Wuelfing, MA Council on Compulsive Gambling  
2005  Doreen Iovanna, MA DESE  
2006  Phil Fogelman, Anti-Defamation League, PSF Assoc.  
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  
2015  Bob Anthony, Adolescent Wellness, Inc.
Winning Starts With Wellness: Take The Pledge

Wellness Programs - Save the Dates!

Wellness Workshop Series– MIAA Conference Center
Wellness Educator Showcase December 5, 2016
Helping Students Cope With Violence February 10, 2017
Typical or Troubled and Hidden In Plain Sight March 6, 2017
Supporting Trans & Gender Non-Conforming Students April 3, 2017
Mindfulness and Positivity May 12, 2017

Conferences– Doubletree Hotel, Westborough
Faces of Addiction: The Opioid Crisis Conference March 24, 2017
3rd Annual Teen Behavioral Health Conference April 28, 2017

SBIRT Training– MIAA Conference Center
March 10 and May 22 (Two part training)

YOU LEAD Middle School Student/Adult Conferences
Jan. 20, 2017 at Nashoba Valley Technical High School, Westford
Sponsored by Middlesex Partnerships for Youth
Mar. 29, 2017 at Greenfield Community College
Sponsored by Northwestern District Attorney’s Office

So You’re A Leader...Now What?! High School Student/Adult Conferences
Jan. 13, 2017 at Lasell College, Newton
Sponsored by Middlesex Partnerships for Youth
May 15, 2017 MIAA Conference Center

Additional programs will be scheduled. Please check the MIAA website frequently for new postings.
Resources and Initiatives

The Talking Phone Book
The Talking Phone Book is an interactive resource directory of programs, speakers, and information. The Talking Phone Book is located on the MIAA website at www.miaa.net, under the Educational Athletics tab, click on Wellness and Speaker Listing. Click on the photos for a short video and learn more about the organization’s resources, programs, and presentations.

Opioid & Substance Mis-Use Prevention Resources Toolkit
In collaboration and partnership with a number of organizations, we have assembled this Toolkit of resources and materials for use in your prevention efforts, pre-season meetings, parent programs, pre-prom assemblies, or other community events. We would ask that you please acknowledge the sources, and provide us with feedback following your events.

Follow us on Twitter #miaa033
# Winning Starts With Wellness: Take The Pledge

## 2016 Resource Exhibitors

<table>
<thead>
<tr>
<th>AAA Southern New England</th>
<th>Dana-Farber Cancer Institute/Jimmy Fund</th>
<th>MA Dept. ofElemen. &amp; Second. Ed</th>
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<td>A Life Interrupted</td>
<td>Families for Depression Awareness</td>
<td>MEDA Inc.</td>
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<td>American Heart Association</td>
<td>Green Schools &amp; National Green Schools Society</td>
<td><a href="http://www.medainc.org">www.medainc.org</a></td>
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<td>Boston Children’s Hospital &amp; The Micheli Center</td>
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<td>Canton High School Character Crew</td>
<td>MA Army National Guard</td>
<td>Scott Maloney</td>
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<td>Coaches vs. Cancer</td>
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<td>The SHINE Initiative</td>
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### Workshop Session 1

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<td>Understanding Eating Disorders</td>
<td>Rachel Benson Monroe, MEDA, Inc.</td>
<td><a href="mailto:rbmonroe@medainc.org">rbmonroe@medainc.org</a></td>
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<tr>
<td>Dating in a Digital World</td>
<td>Camila Barrera</td>
<td><a href="mailto:camila.barerra@state.ma.us">camila.barerra@state.ma.us</a></td>
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<tr>
<td>A Mother’s Journey</td>
<td>Lisa and Kyle Brodeur</td>
<td><a href="mailto:lisaabrod@charter.net">lisaabrod@charter.net</a></td>
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<td>Goal Pursuit is a Happiness Booster!</td>
<td>Pam Garramone</td>
<td><a href="mailto:pamela.m.garramone@gmail.com">pamela.m.garramone@gmail.com</a></td>
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<td>Leadership!</td>
<td>MIAA Student Advisory Committee</td>
<td><a href="mailto:psmith@miaa.net">psmith@miaa.net</a></td>
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<td>Positive Peer Pressure</td>
<td>Canton High School Character Crew</td>
<td><a href="mailto:gordyr@cantonma.org">gordyr@cantonma.org</a></td>
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### Workshop Session 2

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<th>Email(s)</th>
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<td>Your Skin Is In</td>
<td>Meghan Rothschild, Melanoma Foundation NE</td>
<td><a href="mailto:mrothschild@mfne.org">mrothschild@mfne.org</a></td>
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<td>Social Media and the Impact of Digital Footprints</td>
<td>Robert Kinzer, ADA, Berkshire County DA’s Office</td>
<td><a href="mailto:robert.kinzer@state.ma.us">robert.kinzer@state.ma.us</a></td>
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<td>Teen Depression Speakers</td>
<td>Lori Allinder, Families for Depression Awareness</td>
<td><a href="mailto:lori@familyaware.org">lori@familyaware.org</a></td>
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<td>A Life Interrupted</td>
<td>Tim Bransfield</td>
<td><a href="mailto:alifeinterrupted236@gmail.com">alifeinterrupted236@gmail.com</a></td>
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<tr>
<td>SWATTING Stigma Through Student Empowerment</td>
<td>Paul Richard, The SHINE Initiative</td>
<td><a href="mailto:prichard@shineinitiative.org">prichard@shineinitiative.org</a></td>
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<tr>
<td>Sober Thoughts</td>
<td>Robert Hackenson</td>
<td><a href="mailto:Robert@dynamicinfluence.com">Robert@dynamicinfluence.com</a></td>
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