



Massachusetts Interscholastic Athletic Association

LEADERSHIP & WELLNESS

**SPECIAL
EDITION**

e-mail: miaawellness@mail.com • Phone: 508-541-7997 • Fax: 508-541-9888

Wellness Coordinators Meeting Draws Large Crowd

Wellness Coordinator - the title brings both rewards and responsibility. That individual must take charge of a school's entire wellness program, making sure students learn about alcohol, drugs, tobacco, dating violence, anger management, eating disorders, safe athletic training techniques and a wide range of other topics. If a problem arises in the school, the Wellness Coordinator must respond to the need. For a new teacher, it can be intimidating to find resources. For veterans, it can be difficult to keep programs fresh.

The Massachusetts Interscholastic Athletic Association is committed to making your job easier. Twice per year, the organization offers informative Wellness Coordinators meetings at the office in Franklin. On Oct. 25, 40 coordinators attended the first meeting, a workshop that focused on the MIAA Wellness Program, nicotine dependency, National Depression Screening Day, sports nutrition, anger management, and civil rights. During the continental breakfast and lunch, coordinators networked and wandered the new MIAA building. Eight individuals borrowed videos from the Resource Center, and most guests brought home a pile of free pamphlets, books and posters.

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PEDDLING FOR A CAUSE -
Richard Drorbaugh rides into the room during the October Wellness Coordinators meeting

*Building
the Future
through
Athletics*



You Find the Topic, MIAA Will Find Speaker

MIAA speaker Bill Phillips has children coming up to him all the time. After listening to his anti-substance abuse talk, they know the harmful impacts of drugs, alcohol and smoking - and they want help for their loved ones.



"They say what about my little brother? What about my little sister? What about my mom..... It's always 'what about?'" Bill Phillips told the audience at the October Wellness Coordinators meeting.

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TALKING ABOUT TOBACCO - MIAA Anti-Tobacco Consultant Bob Bigelow describes his school speaking program.

Leadership Training Alumni Invited for Reunion

Leadership Trainers Kevin Ringhofer and Martha Harding have designed a special workshop for all graduates of the MIAA Leadership Training Institute.

The event will take place Wednesday, January 24 as part of the 14th Annual Leadership Training Week. It will be held during the school day at the MIAA office in Franklin. The workshop will provide an opportunity for reunion, celebration and information sharing.

Individual invitations will be mailed out shortly to all Leadership Training graduates. Any graduates who do not receive an invitation and would like to attend should call Stacy at 508-541-7997.

The Wellness Department looks forward to welcoming you back.



Coordinators Meeting Draws Crowd

(continued from Page 1)

Bill Gaine, MIAA Deputy Director, welcomed the group and gave a brief PowerPoint presentation. He outlined how the Wellness Department has a staff at no cost to member schools, an advisory committee, and partnerships with organizations such as the Department of Education, Anti-Defamation League and Governor's Alliance Against Drugs. The Wellness Program also distributes a quarterly newsletter and maintains a Resource Center of videos and educational materials.

Over the years, the MIAA has trained more than 400 wellness coordinators in intensive workshops. Upcoming conferences sponsored by the department include the Leadership Training Institute from Jan. 22 to 26 and the Wellness Summit on May 10.

Bill Gaine told the audience members that they will continue receiving invitations to Wellness Coordinators meetings. The next session will be held March 20.

"We'll demonstrate what works, what doesn't work and share some ideas," he said. "We'll keep inviting you, and when you're interested or when you have a need, you're welcome to come."

Any Wellness Coordinator who is not on the MIAA mailing list should call Stacy at 508-541-7997.

Athletic Success Comes From Hard Work, Not Miracles

Serious high school athletes want to improve performance. But with so many promotional claims for foods, drugs and nutrients out there, how can coaches steer young athletes down the right track?

Gordana Bosnic, a clinical dietitian at Milford-Whitinsville Regional Hospital, gave a nutrition overview during the MIAA Wellness Coordinators meeting. She explained about carbohydrates, fats and protein and debunked common nutrition myths.

Here are a few points Gordana made during her presentation.

MYTH: Water during exercise causes an upset stomach and slows you down.

TRUTH: Drinking a half cup of water every 10-15 minutes during exercise helps to replace body fluids lost as sweat.

MYTH: Muscle cramps are caused by inadequate salt intake.

TRUTH: Cramps are caused by severe water loss through sweating. Athletes should not use salt tablets as this may worsen cramps.

MYTH: Eating honey, sugar, sweets or a soft drink before competition will provide a burst of quick energy.

TRUTH: This may make the athlete feel tired or weak.

MYTH: The more protein and protein supplements you eat, the more muscle you will have.

TRUTH: There is no evidence to prove this. Excess protein will be stored as fat, put more stress on the kidneys and liver, cause dehydration, and decrease performance. The typical American diet provides more than enough protein to meet an athlete's needs.

Teenagers Easily Addicted to Nicotine



Dr. Joseph DiFranza remembers the day he examined a 14-year-old girl who had taken up smoking. She had started the habit two months earlier, and said she couldn't quit. At the time, research indicated that addiction built up over two years in teenagers. But this young patient told a different story.

To investigate this discrepancy,

Dr. DiFranza designed a study of addiction and adolescents. He shared his findings during the Oct. 25 Wellness Coordinators meeting at MIAA headquarters.

The study followed 681 seventh graders from Central Massachusetts. According to the results, even casual smokers who didn't light up daily reported nicotine dependence symptoms.

"There is no minimum amount to smoke to be addicted," said Dr. DiFranza, lead author and professor of family medicine at University of Massachusetts Medical School. "As soon as kids realize they're hooked, they try to quit. Adults can go to their doctor or to an acupuncturist, but seventh graders aren't going to ask their parents for help."

Research has shown that people who pick up the habit in junior high tend to smoke heavier as adults and have a stronger addiction. Dr. DiFranza suggests that the first signs of dependency can appear within days to weeks. His new studies will compare adolescents with rapid and slow onset of addiction.

"My definition of addiction means you've lost your free will," Dr. DiFranza said.

NICOTINE STUDY - Dr. Joseph DiFranza of University of Massachusetts Medical School makes a presentation at the MIAA Wellness Coordinators meeting

ARE YOU HOOKED?

- **Have you ever failed in an attempt to stop smoking or use chewing tobacco?**
- **Have you ever felt addicted to tobacco?**
- **Do you ever have strong cravings to smoke or use chewing tobacco?**
- **Have you ever felt like you really needed to smoke or chew?**
- **Is it hard to keep from smoking in places where you are not supposed to, like school?**
- **When you tried to stop smoking (or when you haven't used tobacco for awhile...) did you:**
Find it hard to concentrate? Feel more irritable?
Feel a strong need to smoke or chew tobacco?
Feel nervous, restless or anxious?

ADDICTION CAN START WITH THE FIRST CIGARETTE. If you answered yes to any of these questions, you are addicted to nicotine.

Reprinted with the permission of Dr. Joseph DiFranza, UMass Medical School

Depression Screening Could Save Lives



DETECTING DEPRESSION - Mary Brant, program manager for National Depression Screening Day, shares her program with Wellness Coordinators.

Adolescence can be a turbulent time. According to the American Psychiatric Association, suicide is the second leading cause of death among young people ages 15 to 19.

But schools can make a difference during this rollercoaster ride of emotions. Mary Brant, program manager for National Depression Screening Day, told Wellness Coordinators how they can help prevent tragedies in their schools.

Schools that sign up for the national outreach program receive a procedure manual, depression screening forms for students, a suicide prevention training video, educational materials and community resources. Most schools involve the nurse, guidance counselors, teachers, coaches, administrative staff and local community health practitioners in implementing the event.

Although National Depression Screening Day was held Oct. 5 this year during Mental Illness Awareness Week, schools can conduct programs anytime during October or November.

Mary Brant described the ACT technique: acknowledgment of the problem, caring, and telling a responsible adult.

"It's a technique that we want to make as familiar as the Heimlich Maneuver or CPR," Mary said. "Most people know what to do if a person is choking, but not if a friend tells you he's thinking of taking his own life."

Suicide Signals Source: American Psychiatric Association

- **Depressed mood**
- **Substance abuse**
- **Running away**
- **Family loss or instability**
- **Suicidal thoughts**
- **Talk of death or afterlife**
- **Withdrawal from friends and family**
- **Difficulty dealing with sexual orientation**
- **Impulsive, aggressive behavior**
- **Loss of interest in activities**

Anyone who would like information about National Depression Screening Day can visit www.mentalhealth-screening.org, or contact Screening for Mental Health, One Washington St., Suite 304, Wellesley Hills, MA 02481. The phone number is 781-239-0071.

Biking the Extra Mile to Defuse Anger

When Richard Drorbaugh speaks, the room falls silent. He bicycled into the conference room during the MIAA Wellness Coordinators meeting, and shared his heartfelt story.

Richard, today an author and motivational speaker, lost his mother to cancer when he was six years old. A few years after Richard finished high school, his father died of cancer. His sister has also developed pre-cancerous cells.

"Society had taught me to be a big boy, don't cry, tough it out," he said. "I didn't know what to do with these feelings. It was like I was turning into a volcano."

Tired of suppressing the anger, he decided to use his emotions for positive, healthy action. His losses led him to explode around the world on a bicycle, raising more than \$35,000 for cancer research. Richard wrote a book about his global crusade and created the "Go the Extra Mile" anger management program.

"The bicycle has been my freedom machine, something I could go to when I felt like I was out of control," he said. "I can decide how fast to go and when to put on the brakes."

Over the past school year, his presentation has reached more than 25,000 students in 10 states. Richard explained to the MIAA audience that all middle and high school students experience loss, whether it is a death in the family, divorce, a move or plummeting of self esteem.

He suggests that students talk out their feelings, ask for help, and find a hobby such as art, drama, or sports. Other healthy outlets include writing in a journal and going for a walk.

"We don't have to take the losses out on ourselves through drugs or substance abuse," he said.

Anyone who would like information on Richard Drorbaugh's anger management program can visit www.gotheextramile.org, or call the MIAA at 508-541-7997. The MIAA will cover the cost of a one hour Go the Extra Mile program.



Managing Anger - During Richard Drorbaugh's presentation, audience members rise if they know someone who has fought cancer.



Hate Crimes Can Strike In Any School

Every hour, someone commits a hate crime. Every week, a cross is burned.

Even small high schools aren't immune to hate crimes. During the Wellness Coordinators meeting, three students from Monson Jr.-Sr. High School urged the audience to explore this important issue.

Assistant Principal Jessica Bethoney introduced Civil Rights Team members Bill Lemon, Roberto Martinez and Katie Czarniecki. This fall, Monson High School sent delegates to Brewster for the Student Civil Rights Project. The Governor's Task Force on Hate Crimes initiated the project with the aim of developing ways to combat prejudice and hate-motivated violence in Massachusetts schools.

The Monson group underwent two days of intense training and will work to build a civil rights program within the school.

Brochures are Available For Martin Luther King Day

The Martin Luther King Jr. Freedom Trail Project invites schools to request a free brochure outlining the leader's principles and steps of non-violence.

According to the organization, the publication can supplement peer mediation and conflict resolution programs. Posters and additional brochures are available for a cost.

Any principal interested in receiving the non-violence brochure may write to the Freedom Trail Project, P.O. Box 1501, Columbia, MD 21044, or call 1-800-488-8329.

Further ordering information can be obtained at www.jimhrc.com.

Bill, Roberto and Katie told Wellness Coordinators the program was well worth the \$500 cost.

"When I went to the training, I didn't think Monson had that many problems," said Bill Lemon. "It really hit me hard. I didn't realize there were so many people with adversity, or of different races and religions. It made me feel bad."

His teammates echoed his views, and described the strength they gained from the conference.

"We want people to know that we're not going to tolerate it and that we shouldn't have to," said Katie Czarniecki.

Anyone who would like information about the statewide Student Civil Rights Project can visit www.stopthehate.org.



FIGHTING HATRED - Monson High School students Bill Lemon, Roberto Martinez and Katie Czarniecki, from left, make a civil rights presentation to Wellness Coordinators.

Speakers to Match Your Needs Continued from Page 1

During the introductory session, MIAA Wellness Coordinator Michael Kane gave the guests an overview of the association's speaker program. Through a state grant, member schools may request a school visit at no charge. Subsequent visits during the year may require a fee.

The MIAA schedules several presenters for school workshops, including Bill Phillips and anti-tobacco consultant Bob Bigelow. The wellness staff can also recommend other organizations that provide speakers.

Bill Phillips, an alcohol/drug adjustment counselor and statewide motivational speaker, explained the partnership between the MIAA and his program, New Beginnings. Although he also speaks at high schools, he has been placing greater emphasis on the middle level this year. Younger children may have learned negative behavior from their parents, and need a positive influence early in their development.

To meet the growing need, the MIAA and New Beginnings embarked on an extensive Middle Level Wellness Initiative in January 2000. The presentations include discussions, facts, videos, speakers, role-playing and student panels. Among the topics are healthy vs. unhealthy alcohol use, prescription vs. over-the-counter drugs, anger and aggression, and how to

help a friend. The program educates students as well as faculty.

MIAA anti-tobacco consultant Bob Bigelow also gears his workshops for high school and middle school audiences. Since 1995, Bob has made more than 1,300 presentations and spoken to over 100,000 students, faculty members, coaches, administrators and parents. His presentations generally last about 45 minutes and feature graphic slides. A former NBA first-round draft choice, Bob played in the National Basketball Association for four years during the 1970s. His pro athletic career featured a stint with the Boston Celtics.

Wellness Coordinator Michael Kane, retired principal of Monson Jr.-Sr. High School, joined the MIAA over the summer. He told the group that his goals include updating the database of wellness coordinators, informing the media about school wellness activities, and working with schools to determine their needs.

"If you find the topic, we'll try very hard to find the right person to come to your school," he said. "Just let us know what we can do."

Anyone who would like information on booking Bill Phillips, Bob Bigelow or other MIAA speakers should contact Stacy at 508-541-7997.

Best Practice Highlight

Valley Tech Opens Health Center

Whether they need a throat culture, prescription, counseling or nutritional guidance, students at Blackstone Valley Regional Vocational Technical High School don't have to travel far.

In October, a rural school-based health center opened at the Upton vocational school. Typically, school-based health centers have been built in urban settings. However, with enrollment rising, Valley Tech officials saw a need in their own 13-town district.

Teenagers often miss routine visits with their pediatricians, creating a gap in medical care. Possible issues include transportation, confidentiality concerns and insurance.

"The whole philosophy is to provide access to treatment," said Program Manager Jean Vazza.

Funded through tobacco settlements, Massachusetts school-based health centers promote positive health behaviors such as tobacco prevention and cessation. At Valley Tech, Jean says it took two and a half years to turn the idea into reality. Interested staff members and officials conducted needs assessment surveys, visited other school-based health centers and developed a partnership with Milford-Whitinsville Regional Hospital.

In 1999, Valley Tech students and faculty built the center to meet Department of Public Health requirements. A state grant of close to \$180,000 will help cover operating expenses for the 2000-2001 school year. The school district also obtained grants and donations from sources such as the Fallon Foundation Community Benefits Program and American National Power in Milford.

A satellite of Milford Hospital, the Valley Tech school-based health center has a medical director, program manager/case manager, medical assistant, nutritionist, two nurse practitioners and an advisory board.

"Ever mindful of the financial constraints of our member communities, we're pleased to have secured outside funding to support this very important addition to our system," said Valley Tech Superintendent-Director Dr. Michael F. Fitzpatrick. "We're confident that having direct access to health care will have a positive impact on the overall educational experience of our student population."

MIAA to Host Respect Workshop

The Massachusetts Interscholastic Athletic Association and A World of Difference Institute will hold the Fourth Annual Respect Workshop Feb. 16, 2001 from 8:30 a.m. to 3:30 p.m. at the MIAA office in Franklin.

Designed for athletic directors, principals and coaches, the workshop will focus on the keys to sportsmanship and respect. Topics will include the implications of bias, racial diversity and integrity on athletic competition. Through case studies, the facilitators will offer strategies to deal with these issues.

Funded in part by a grant from the Massachusetts Department of Public Health



HEALTHY LEARNING - Program Director Jean Vazza, Nurse Practitioner Robin Brooke and Medical Assistant Cathy Ross, from left, admire the new health center at Blackstone Valley Regional Vocational Technical High School.

Wellness Coordinators Honor Roll

Thank you to the following individuals for attending the Oct. 25 Wellness Coordinators meeting.

Linda Beatson	Abington High
Scott Biron	Acton Boxboro R.J. Grey Jr. High
Cindy Bouvier	Arlington High
Brian Conroy	Blue Hills Regional High
Ron Corcoran	Triton Regional High
Karen Costa	Medfield High
Paul Costello	Boston Latin
Judy Cox	Bourne High
Brian Cullen	Douglas High
Cynthia DeCosta	Mansfield High
Sharon Dupre	Blackstone-Millville Regional High
Keith Farley	Xaverian Brothers High
Kathleen Forry	Archbishop Williams High
Jenna Gallagher	King Philip Regional High
Bill Garneau	Auburn High
Gary Gilardi	O'Donnell Middle School
Donna Gildersleeve	Winchester High
Mike Ginolfi	Saugus High
Jim Girotti	Minnechaug Regional High
Julie Gosselin	Mt. Alvernia High
Tricia Graham	Stoneham Public Schools
Mary Grant	Rogers Middle School
Mark Guido	Bishop Fenwick High
Debbie Hirtle	South Shore Christian Academy
Bill Johnson	Silver Lake Regional High
Joe Llodra	Chicopee Public Schools
Russell MacDonald	Martha's Vineyard Regional High
Alice MacInnis	Melrose Public Schools
Brenda Markham	Falmouth High
Bill McInnis	Nipmuc Regional High
Patty Misiuk	Hoosac Valley High
Caitlin Murphy	Norwood Public Schools
Joan Pacheco	Rockland High
Dan Patenaude	Mashpee High
Corinne Pridham	Dighton-Rehoboth High
Noel Vigue	Quabbin Regional High
Julie Warnock	Silver Lake Regional High
Mary Duggan Watson	Rockland High
Scot Wenzel	Mashpee High
Lynne Wotzak	St. Mary's High

Participants who attend the entire workshop and complete a three-hour follow-up action plan will receive 10 Professional Development Points.

Cost is \$50 per person, including luncheon and continental breakfast. Anyone interested in receiving an application should call Stacy at 508-541-7997.



Last Chance for Leadership Training

This is your last chance to sign up for the **14th Annual Leadership Training Institute**, which will take place Jan. 22-26 at the MIAA Franklin headquarters.

The program is filling up fast but still has slots available. A maximum of 30 individuals will be accepted. Residency for the five-day event will be at the Radisson Hotel in Milford. All educators are welcome, including athletic directors, principals, coaches, health coordinators, nurses and teachers.

The MIAA will cover the cost of professional development, hotel, meals and materials. The conference will focus on promoting healthy choices. Participants will learn practical strategies for working with coaches, student-athletes and parents.

Kevin Ringhofer and Martha Harding, well-known authors and experts in the health promotion field, will facilitate the program. Active with the Minnesota Institute of Public Health, they have also worked with the National Federation of State High School Associations and other organizations to develop national satellite teleconferences.

Anyone interested in receiving an application for the Leadership Training Institute should call Stacy at 508-541-7997. A detailed application form is also available at www.miaawellness.net.

Partnering for Wellness

The MIAA works with many partners to fulfill its wellness goals. Organizations and agencies include:

- **Addiction Prevention Inc.**
- **The Anti-Defamation League**
- **Boston University School of Education**
- **Department of Education**
- **Department of Public Health (Mass. Tobacco Control Program)**
- **Drug Enforcement Administration**
- **Governor's Alliance Against Drugs**
- **Harvard/Pilgrim Healthcare**
- **Massachusetts Association of School Committees**
- **Massachusetts Association of School Superintendents**
- **Massachusetts Athletic Directors' Association**
- **Massachusetts Council on Compulsive Gambling**
- **Massachusetts Eating Disorders**
- **Massachusetts Medical Society**
- **Massachusetts Peer Helpers**
- **Massachusetts Secondary School Administrators Association**
- **National Consortium for Academics & Sports/
Center for the Study of Sport in Society**
- **National Federation of High School Associations**
- **New Beginnings**

Coaches and Captains Set The Tone For Whole Team



Coaches have a unique relationship with young people. They help athletes to improve playing skills, celebrate victories and accept defeat.

Captains can impact whether the team gathers at a pizza place after the game, or at a keg party in the woods.

However, many coaches and captains don't realize their significance in shaping young lives. To educate these two groups, the MIAA and the Governor's Alliance Against Drugs co-sponsored five district-wide workshops titled **"Coaches and Captains for Healthy Choices."**

The Governor's Alliance Against Drugs supported the program through a state grant. Workshops were held Nov. 27-Dec. 1 in Cambridge, West Springfield, the Berkshires, Worcester and Lynn.

Kevin Ringhofer and Martha Harding, who will also facilitate the MIAA Leadership Institute in January, provided the training. Kevin is program development coordinator for the Minnesota Institute of Public Health, the parent organization of Health Promotion Resources and the Central Center for the Application of Prevention Technologies. Martha is a consultant for Health Promotion Resources and other programs at the Minnesota Institute of Public Health.

Both have worked with the National Federation of State High School Associations to provide training and develop national satellite teleconferences.

Kevin believes that coaches and captains have the perfect opportunity to be positive role models. "Young people are making a conscious choice to be there for an activity, which often gives them a different relationship with a coach than with a teacher in a classroom," he said.

He has observed that most teenagers over-estimate the number of peers involved in drugs and alcohol, and may need help seeing that this behavior is not so cool after all.

"They think everybody's doing it, when in fact, that's not the case," Kevin said. "By what they choose to do and what they choose to say, captains can often set the tone for the whole team."

Future "Coaches and Captains" workshops will be contingent upon grant money.

WE WANT YOUR NEWS!

If you'd like to highlight a wellness program in your school, submit a press release to:

Best Practice

Fax: 508-541-9888 or mail to:

MIAA

33 Forge Parkway, Franklin, MA 02038
miaawellness@mail.com • Attn: Stacy

Student Leadership Teams Wanted For National Conference



The MIAA seeks participants for a **Student Leadership Conference** sponsored by the National Federation of State High School Associations. Following the theme “**Leading Together**,” the event will be held July 13 to 15 at the downtown Marriott Hotel in Indianapolis, home of the National Federation and the NCAA.

“Leading Together” will feature large and small group instruction, a city-wide community service project, speakers and recreational activities. Topics include respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyle and self-evaluation. Counselors will interact with students all weekend as friends and mentors.

The conference is open to high school students entering eleventh and twelfth grades. Adult advisors, teachers and coaches will oversee student delegates from their state.

The MIAA plans to participate by accepting four teams of four students, each accompanied by an adult from the school district. In 2001-2002, the student leaders will form a MIAA Student Wellness Advisory Committee.

High school principals and wellness coordinators received a brochure and application form in the September mailing packet.

Anyone interested in applying or in obtaining information should contact the MIAA at 508-541-7997.

Prevention Centers Bring People Together

The Massachusetts Regional Prevention Center System acts as a key link between individuals, schools, health providers, community agencies and other organizations. The MPC focuses on issues such as alcohol, drugs, tobacco, HIV/AIDS, teen pregnancy, chronic disease, osteoporosis, prostate cancer, violence, diversity and youth-adult collaboration.

Contact information is as follows:

- Greater Western MA****Jeff Harness****413-584-3880** ext. 113
- Central MA****Vanne Lee****508-752-8083** ext. 21
- MetroWest West****Mike Devlin****508-875-5419**
- MetroWest East****Judi Foley****617-441-0700** ext. 206
- Merrimack Valley****Jim Ryan****978-688-2323** ext. 519
- West Suburban/North Shore****Carol Lee Oliver****978-524-0561** ext. 222
- Greater Boston****Margie Henderson** ..**617-423-4337** ext. 210
- Southeast Coastal MA**.....**Gary Malmon****508-994-5084** ext. 202
- Metro/Southeast MA**.....**Tracy Desovich****508-583-2350** ext.226
- Prevention Center Support Services** ..**Peter Lee****617-451-0049** ext. 260

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For submissions or mail and label changes, write to:

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Attn: Stacy Juba Writer/Editor

New MIAA Web Site!

www.miaawellness.net



Subscribe to Yankee Magazine and Support MIAA

The Massachusetts Interscholastic Athletic Association and *Yankee Magazine* have teamed up in a special fundraiser to support the MIAA student leadership and wellness program.

Through the Community Partners Program, each subscription will include one year of *Yankee Magazine*, a free Yankee cookbook, and a \$10 donation to the MIAA.

If you would like to support the MIAA, please fill out the form and mail it to Yankee Magazine. Funds received this year will help defray the cost of sending students and advisers to the National Federation of State High School Associations “**Leading Together**” conference in Indianapolis next summer.



YES! Please enter my subscription to *Yankee* right away at the low price of \$20 (*Yankee* alone regularly costs \$24) and send my **FREE Yankee Church Supper Cookbook**. I understand that for each paid subscription, the MIAA will receive a \$10 donation.

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Upcoming Events

January 22-26
Leadership Training

January 25
Captains' Training

February 16
Respect Workshop

March 20
Wellness Coordinators

May 10
Wellness Summit

June 25
Wellness Golf Tourney

**The MIAA Wellness
Department Wishes
You and
Yours...**



We Look Forward to Working With You in 2001!

MIAA to Take Lead on "You Lead" Campaign

The MIAA will have increased involvement in the You Lead campaign to support substance-free youth. Addiction Prevention Inc. developed the program in partnership with the MIAA. Over the past five years, the campaign has grown dramatically.

Due to the growth and need for the resources of a larger, more well-established organization, the MIAA will assume administrative and programmatic responsibilities for this important effort.

All the conferences in the You Lead brochures will be offered as planned. Addiction Prevention will continue to provide the curriculum and facilitators for the You Lead conferences so that there will be little change programatically or from the participants' point of view. More than 140 high school students registered for the Dec. 8 workshop at Holy Cross in Worcester.

Over the coming months, the MIAA and Addiction Prevention will evaluate the possibility of going forward with plans for a statewide summit scheduled for the Reggie Lewis Center on April 25, 2001.

Please check the MIAA wellness web site for updates on this and other You Lead campaign events. The address is www.miaawellness.net.

"New Beginnings" Has Positive Response

The New Beginnings Program held several wellness events in October and November with emphasis on middle school student awareness.

Bill Phillips, director and founder, believes that the demand for his programs in the middle level schools is a sign of positive change and acceptance of educating adolescents at a younger age.

"This first ever four-day event was a tremendous success and brought to light a key issue for our students," said Richard W. Medeiros, principal of Somerset Junior High. "The 500 students and parents in attendance during the evening session walked out of our building with the highest compliments and plenty of issues to discuss with their children."

Anyone who would like information on the New Beginnings middle school program may contact New Beginnings, 750 Winter Street, Framingham, MA 01702; Phone, (508) 416-2115/Fax (508) 879-1059 or e-mail, bphillips@newbeginningsprograms.com.

Celebrating A Drug-Free Lifestyle

The MIAA/You Lead program will host four conferences in 2001. You Lead, or Youth Leading Everywhere Abstaining From Drugs, supports young people who have chosen a lifestyle free of alcohol, tobacco or other drug use.

Each conference reinforces decision-making skills and helps participants to develop a safe social network. Highlights include motivational speakers, youth mentors, small group discussions, role-playing and action planning.

All conferences will be held from 8:15 a.m. to 1:30 p.m. The schedule is as follows:

- **January 26, MetroWest Medical Center, Framingham.**
- **February 2, Northeastern University, Burlington.**
- **March 9, MIAA office, Franklin.**
- **March 30, Knights of Columbus Hall, Buzzards Bay, Bourne.**

For a brochure and information about fees, call the MIAA at 508-541-7997.