

## WHAT IS ADULT PREVENTION?

We often tell adults to “drink responsibly” or “know when to say when” but what does that mean? How many is too many?

With a research based curriculum created specifically for this population and geared to meet the needs of the individuals, adults will be given specifics on how much and how often with regards to alcohol consumption. The goal is to provide adults with the skills needed to make low risk drinking choices. It is our hope that this modeling of responsible behavior will encourage youth to also make low risk choices. We seek to share a common language for adults to use personally, professionally and even with youth (in the none under 21 context). Behavior change (if needed) cannot happen without accurate, quantifiable information that can be easily understood and adaptable to real life.

## ABOUT THE WORKSHOP

Workshop participants will learn about:

- The role of advertising in decision making
- Alcohol and the body
- Standard drinks and Low Risk Drinking Guidelines
- Risky Drinking Decisions and Tolerance
- Integrating the Guidelines into their life

## ABOUT THE PRESENTERS:

**Jennifer Benson**, B.A., OCPS II, Prevention Specialist/Program Coordinator, Alcohol and Chemical Abuse Council

**Christi Valentini**, B.A., Prevention Specialist, Alcohol and Chemical Abuse Council

## Who should attend?

Anyone who would like to know how to change attitudes and social norms surrounding alcohol consumption should plan to attend. This may include professionals and lay people in social work, prevention, education, counseling, ministry, community centers, retirement communities, EAPs/ workplace, coaches, and parent groups.

## Course goals:

1. Experience the Minimize Risk~Maximize Life curriculum first hand
2. To be equipped to share the information and core concepts with others

Mail Registration to  
ASAP Center  
Attn: Lucrezia Taylor  
3805 Edwards Rd. Suite 500  
Cincinnati, OH 45209  
Fax: 513-458-6650

Questions?: Mary Francis  
513-458-6606 or mfrancis@asapcenter.org

To speak with the trainers before the workshop contact Jennifer Benson at 513-868-2100, 222 or Christi Valentini at 513-868-2100, 235.

**REGISTRATION**

Registration begins at 9:00 am. Lunch is provided. There is no charge for this workshop.

[www.lowriskdrinking.com](http://www.lowriskdrinking.com)

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Special dietary needs: \_\_\_\_\_

I understand that I will be charged a **\$20 no-show fee** to cover the costs of food and materials if I do not notify the ASAP Center of my cancellation by 1 week prior to the workshop. (3/4/2011)

This workshop has been approved to offer 4.5 Recognized Clock Hours (RCH) by the State of Ohio Chemical Dependency Professionals Board.

Approved Provider #10-1012-77PVN-PR.

This workshop has been approved to offer 3.25 hours of Continuing Professional Education by the State of Ohio Counselor, Social Worker & Marriage and Family Therapist Board.

Program Approval Number MCS121001.

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MINIMIZE  
RISK ~  
MAXIMIZE  
LIFE

ADULT  
PREVENTION



Rookwood Tower Conference Center  
3805 Edwards Rd.  
7th floor  
Cincinnati, OH 45209

9:30am-3pm

March 11, 2011