

March 2, 2008

**Section:** Education

**Substance abuse workshop scheduled for March 14**

DURANT -- The Bryan County **Turning Point** Coalition, Durant Public Schools and Southeastern Oklahoma State University's Continuing Education Department are sponsoring a Substance Abuse Workshop: Burning Bridges or Building Bridges, from 8:30 a.m. - 4 p.m. on March 14, in the Southeastern Ballroom in the old Student Union.

Registration is limited and advance registration is required.

Registration is \$10 with lunch on your own. Dining is available in the New Student Union cafeteria with an All-You-Can Eat buffet for \$6.15.

To register or for more information, call (580) 745-2858 or go to [www.sosu.edu/conted](http://www.sosu.edu/conted).

The workshop is designed for mental health professionals and students who are in education or counseling fields, but the public is invited to attend. The purpose is to provide solid information on positive youth development and behavioral problems rather than just fixing them.

The presenter, Cynthia Schiebel, M.Ed., LPC, LCDC, CPS, is an independent consultant, trainer, counselor and personal life coach.

She has spent 28 years in the public education sector, which includes administration, federal programs, prevention, counseling, speech pathology, and class room teaching.

The topic will include the history of prevention, red flags to show warning signs, various risk and protective factors, resiliency and developmental assets, prevention and brain development, plus components of effective programs such as promoting positive relationships with peers, emphasizing youths' strengths and more.

Burning Bridges or Building Bridges will focus on building resiliency, social and emotional competencies, positive self-identity, hope in the future, and developing pro-social norms.

Participants will understand that how adults relate to youth, how adults model for youth, and what skills adults teach to youth significantly support young people's well-being, healthy development and academic success.