

# 2024 OCAM Conference *Amplify & Grow Our Individual Strengths*

## Workshop Descriptions

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### **Unleashing Your Full Potential: Embracing Diversity, Building Resilience, and Cultivating Personal Growth | Domain: P6**

**Tasha Wilkerson, MA**, Director of Operations & Training, *SheRay's & Associates*

**Time/Date:** Thursday, August 1, 9:00am – 10:15am | **Location:** Dublin 3 & 4

This keynote empowers individuals to unlock their full potential by embracing diversity, building resilience, and cultivating personal growth. Participants will engage in discussions highlighting the importance of diversity, teach practical strategies for resilience, and encourage personal development. By the end of this session, participants will be equipped with the knowledge.

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### **Working With Marginalized Populations | Domain: CC**

**Tasha Wilkerson, MA**, Director of Operations & Training, *SheRay's & Associates*

**Time/Date:** Thursday, August 1, 10:30am – 11:45am | **Location:** Dublin 3 & 4

This training session is designed to equip professionals with the knowledge, skills, and sensitivity required to effectively work with marginalized populations. Participants will explore the unique challenges faced by these groups, learn strategies for fostering inclusivity, and develop practical skills for providing equitable support. The session will emphasize the importance of cultural competence, empathy, and advocacy in creating a supportive environment for marginalized individuals.

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### **Organizing Effective Meetings | Domain: P4**

**Jennifer Benson, M.Ed.**, OCPC, President & Owner, *Prevention Across the Ages, LLC*

**Time/Date:** Thursday, August 1, 10:30am – 11:45am | **Location:** Dublin 1 & 2

From Coalition meetings to one-on-one meetings with school personnel to staff meetings, prevention professionals can end up spending a lot of time in meetings. In this course, you will learn about the steps to organizing an effective meeting. No more meetings that could have been an email!

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### **The Business Side of Non-Profit Organizations | Domain: PS2**

**Nicole Schiesler, M.Ed.**, MCHES, OCPC, ICPS, President & CEO, *PreventionFIRST!*

**Julia Kyser, CPA**, Contract CFO, *PreventionFIRST!*

**Time/Date:** Thursday, August 1, 10:30am – 11:45am | **Location:** Dublin 5 & 6

**Time/Date:** Thursday, August 1, 1:15pm – 2:30pm | **Location:** Dublin 5 & 6

Many nonprofit executives and board members rise through the ranks from direct service providers or other outside industries and have little or no financial or accounting training and are now expected to prepare, manage or review financial statements, budgets and grant reports. Even those coming from business management typically do not have training in the unique aspects of nonprofit financials and accounting. This class covers the basics of nonprofit governance and fiscal responsibility including reviewing financial statements and preparing budgets.

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### **A Pop of Trivia | Domain: P6**

**Rachel Miller, LSW**, OCPC, ICPS, Prevention Consultant, *OCAM Network*

**Time/Date:** Thursday, August 1, 12:00pm – 1:00pm | **Location:** Dublin 3 & 4

Flex your Prevention knowledge! Network and collaborate with other prevention professionals around the state! Grab your team and compete to win a prize!

## **Strengths Unleashed: Maximizing Your Professional and Personal Potential | Domain: P6**

**Dedra Perlmutter**, CPCPC, CPRW, PHR, SHRM-CP, Senior Career Coach, *JVS Careers*

**Brian Kerstine**, CPRW, Director of Business Development, *JVS Careers*

**Time/Date:** Thursday, August 1, 1:15pm – 2:30pm | **Location:** Dublin 3 & 4

**Time/Date:** Thursday, August 1, 2:45pm – 4:00pm | **Location:** Dublin 3 & 4

Unlock the full spectrum of your abilities in this dynamic and interactive workshop designed to help you identify, understand, and leverage your unique strengths. Whether you're aiming to boost your career, enhance personal growth, or both, this session will provide you with the tools and strategies to harness your innate talents for maximum impact. Through a combination of insightful discussions, hands-on exercises, and practical applications, you'll learn how to recognize and cultivate your core strengths, apply these strengths to achieve professional excellence and personal fulfillment, and overcome common obstacles that hinder the utilization of your strengths.

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## **Burnout Prevention | Domain: P6**

**Mary Francis**, OCPC, LSW, LICDC, Private Consultant

**Time/Date:** Thursday, August 1, 1:15pm – 2:30pm | **Location:** Dublin 1 & 2

People who are attracted to the prevention field often are highly motivated, have natural people skills, a pioneering spirit, and an affinity for engagement with others. The work hours can be long, including nights and weekends. Non-service staff may be unaware of our community commitments and begin to pressure us to be available during the traditional workday. We make compromises to be a positive team member and our personal life begins to suffer. Or we quietly withdraw from peer interactions because there just isn't enough time for carrying out our job and socializing. Or perhaps we've been forewarned by the person we replaced, and we are eager to put in place ways to prevent burnout before it happens to us. This workshop defines burnout and its opposite. It also discusses this type of pressure and examines self-care practices that encourage healthy work routines using brief written cues for self-discovery and fostering wellbeing.

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## **Conflict Resolution | Domain: PS1**

**Mary Francis**, OCPC, LSW, LICDC, Private Consultant

**Time/Date:** Thursday, August 1, 2:45pm – 4:00pm | **Location:** Dublin 1 & 2

Our ability to manage conflict as it arises has the potential to improve or erode our effectiveness as leaders and as service providers. A person can be consumed by conflict, avoid conflict at all costs, seek others to manage conflict, or accept conflict as a pathway to achieving stronger relationships. The way we perceive and manage conflict can change as we build skills to resolve conflicts with others. This workshop examines common causes and types of conflict in the workplace and explores ways to view and resolve conflict. Discussion will include how creative interpersonal friction can propel us to new solutions and greater potential in our work.

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## **Trending Now: Sustainable, Realistic Social Media Strategies | Domain: P3**

**Jen Bierer**, BA, RA, Director, Communications, *PreventionFIRST!*

**Time/Date:** Thursday, August 1, 2:45pm – 4:00pm | **Location:** Dublin 5 & 6

**Time/Date:** Friday, August 2, 10:30am – 11:45am | **Location:** Dublin 5 & 6

Social media is an important part of an information dissemination prevention strategy. Often prevention professionals have limited resources available to implement social media plans effectively. Competing priorities, minimal staff time, and limited knowledge can make social media planning feel like a tremendous task. This session will address ways to navigate these challenges and how to develop and implement manageable and effective social media plans. This is an opportunity to learn how to build capacity, create social media teams, and use templates, checklists, mini-plans, and collaborations to broaden reach and increase engagement. We'll take a deeper look at using curated content, creating content, and how to best utilize social media advertising, scheduling, and insights.

## **Strengths-Based Leadership: Utilizing Your Natural Talents to Maximize Your Prevention Leadership Potential | Domain: P6**

**Andrea Hoff, MPA, GPC, OCPC, ICPS, Owner & President, YouThrive LLC.**

**Time/Date:** Friday, August 2, 9:00am – 10:15am | **Location:** Dublin 3 & 4

Ohio's prevention professionals work diligently in their local communities to provide education, awareness, and advocacy that promote healthier individuals and communities. To fulfill their vital missions, prevention professionals are expected to have the ability to communicate well, motivate individuals and teams, handle and delegate responsibilities, and solve problems. However, many prevention professionals lack specific leadership training, thereby inadvertently employing a weakness-based leadership approach, when just the opposite - a strengths-based leadership approach - is backed by an undeniable amount of research demonstrating its benefits. Utilizing CliftonStrengths as a framework, this session will help prevention professionals learn how to use a strengths-based approach to name, claim, and aim their natural talents to advance their leadership potential while also assessing the strengths of their team members and collaborative partners in order to capitalize on their skillsets and get more done in less time! Participants will walk away with new information that will not only advance their ability to function more effectively as a prevention professional, but they will also be able to apply this knowledge to other areas of their personal and professional development.

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## **Empowerment and Productivity | Domain: P6**

**James A. White Sr., CEO, Performance Consulting Services**

**Time/Date:** Friday, August 2, 9:00am – 10:15am | **Location:** Dublin 1 & 2

**Workshop Description:** This workshop is designed to identify and increase the awareness of the four distinct behavioral empowerment levels; victim, passive, active and highly active and how they work and affect behaviors, relationships, and employees interactions that impact creativity, efficiency, and the synergy of workplace productivity. An understanding of these distinct empowerment levels will allow participants to select the appropriate behavior when interacting with co-workers to obtain optimum results.

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## **Beyond Compliance: Leveraging Best Practices in Prevention Supervision | Domain: PS1**

**Lake Miller, OCPC, ICPS, Director of Education, National Conference for Community & Justice of Greater Dayton**

**Time/Date:** Friday, August 2, 9:00am – 10:15am | **Location:** Dublin 5 & 6

**Workshop Description:** Take your prevention supervision to the next level! This workshop explores some best practices in empowering your prevention team while ensuring you are sticking to program fidelity. Learn to effectively supervise, develop, and motivate preventionists, to foster a culture of safety and maximize program impact. We will discuss day-to-day supervision, supervision meetings, quality improvement, employee reviews, and more!

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## **Leading Beyond Authority: Empowering Prevention Professionals to Lead from Any Position | Domain: PS1**

**Amy Hamilton, MPA, OCPS, Behavioral Health Consultant, YouThrive LLC.**

**Time/Date:** Friday, August 2, 10:30am – 11:45am | **Location:** Dublin 3 & 4

**Workshop Description:** This session will delve into the intricacies of leading without traditional power structures, offering participants a toolkit of strategies to influence and inspire change regardless of their formal authority. Through insightful discussions, attendees will learn how to navigate complex organizational dynamics, build strong relationships, and cultivate trust, essential ingredients for effective leadership in prevention work. Join us for an enlightening exploration of leadership beyond authority, where you gain practical insights and actionable techniques to enhance your leadership skills and drive positive impact within your organization and community.

**Emotional Intelligence | Domain: PS1**

**James A. White Sr.**, CEO, *Performance Consulting Services*

**Time/Date:** Friday, August 2, 10:30am – 11:45am | **Location:** Dublin 1 & 2

**Workshop Description:** Emotional Intelligence Our ability to deal effectively with our emotions in the workplace is critical to our success as leaders, managers, and service providers. As the pace of the world increases and our environment demands more and more of our cognitive, emotional, and physical resources, emotional intelligence is increasingly critical as a skill set. Emotional Intelligence strategies combined with native intelligence increase our ability to successfully manage the constant challenges from customers and our business associates. Emotional Intelligence is the capacity for recognizing our own and other's feelings and for managing emotions effectively, including motivating ourselves and others. This course will provide participants with the opportunity to build their EQ skills through the development of four key pillars: self-awareness, self-management, social awareness, and relationship management. It is also one of the defining characteristics of success in the workplace.

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**Soaring for Success Panel | Domain: P6**

Panelist: **Andrea Hoff**, MPA, GPC, OCPC, ICPS, Owner & President, *YouThrive LLC*.

Panelist: **Lake Miller**, OCPC, ICPS, Director of Education, *NCCJ*

Panelist: **Jennifer Benson**, M.Ed., OCPC, President & Owner, *Prevention Across the Ages, LLC*

Panelist: **Takiyah Anderson**, BA, OCPC, Project Director, *Youngstown UMADAOP*

Panelist: **Jayla Lee**, BS, OCPSA, Program Coordinator, *PreventionFIRST!*

Moderator: **Rachel Miller**, LSW, OCPC, ICPS, Prevention Consultant, *OCAM Network*

**Time/Date:** Friday, August 2, 12:30pm – 1:45pm | **Location:** Dublin 3 & 4

**Workshop Description:** Do you have burning questions about the prevention field that you have been rattling your brain and endlessly searching to find answers for, only to end up with more questions than you started with? Well search no more, it is time to get your questions answered! Join us and five of our OCAM coaches for an engaging and interactive panel to finally get those questions answered. Our coaches are subject matter experts and will share their expertise, best practices, and provide attendees with the tools and resources needed to soar for success in supervision, credentialing, and growing your career in the prevention field. Get your questions ready, we can't wait to see you there!