

D.A.R.E. International Virtual Training Conference

July 7-8, 2021

Day 1: Wednesday, July 7, 2021

7:00 PDT/10:00 EDT	Networking		
7:30 PDT/10:30 EDT	Opening Ceremony Frank Pegueros		
8:00 PDT/11:00 EDT	Keynote Speaker: Social Media Ended Her Son's Life Dr. Laura Berman		
9:15 PDT/12:15 EDT	Networking		
9:30 PDT/12:30 EDT	D.A.R.E. Youth Advocacy Board (YAB) Panel		
10 PDT/1 EDT	Teen Suicide Update Doreen Marshall, AFSP	Smokescreen: What the Marijuana Industry Doesn't Want You to Know Kevin Sabet, SAM	Abastecimiento, estado de ánimo y consumo de marihuana en tiempo de COVID-19 Betzaida García
11:30 PDT/2:30 EDT	Networking		
12:30 PDT/3:30 EDT	Overview of Social Media Safety Marc Berman and Ed Peisner, OFSMS	Understanding and Reducing Substance Use during the COVID-19 Pandemic Sherry Daker and Samantha Gustafson, USPHS	La confianza mata la hombre y embaraza a la mujer Enrique Fernández
2 PDT/5 EDT	Networking		
2:15 PDT/5:15 EDT	Student Mental Health: Pandemic and Beyond Olivia Carter	Vaping in Decline: How to keep it that way Bonnie Halpern-Felsher	Suicidio en Adolescentes, lo que como oficial preventivo debo saber Suhail Villa
3:45 PDT/6:45 EDT	Networking		

Session Details:

7:00 a.m. PDT/10:00 a.m. EDT

Networking Opportunity

Look for Networking Opportunities and Breaks throughout both days of the conference, where you can log on and meet other conference attendees and speakers for conversation.

7:30 a.m. PDT/10:30 a.m. EDT

Opening Ceremony hosted by D.A.R.E. America President and CEO Frank Pegueros

8:00 a.m. PDT/11:00 a.m. EDT

Keynote Speaker Dr. Laura Berman: Social Media Ended Her Son's Life

9:15 a.m. PDT/12:15 p.m. EDT

Networking Opportunity/Break

9:30 a.m. PDT/12:30 p.m. EDT

D.A.R.E. Youth Advocacy Board (YAB) Panel

10:00-11:30 a.m PDT/1:00 p.m.-2:30 p.m. EDT

Teen Suicide Update

Doreen Marshall, Ph.D.

Vice President of Mission Engagement , American Foundation for Suicide Prevention (AFSP)

In an effort to protect our physical health, we've spent an unprecedented amount of time in our homes this year. During lockdown, it is deeply worrying that more than half of all students said they were "moderately," "very," or "extremely" worried about their mental health. More than half of all students reported experiencing stress, and half experienced anxiety since the beginning of the pandemic. Distressingly, the [CDC recently reported](#) that almost a quarter of young adults contemplated suicide during the pandemic. Join this session for an update.

Smokescreen: What the Marijuana Industry Doesn't Want You to Know

Kevin A. Sabet, Ph.D.

President and CEO of SAM (Smart Approaches to Marijuana)

Kevin Sabet will discuss his new book, a remarkable and shocking exposé about how 21st century pot, today's new and highly potent form of the drug, is on the rise, spreading rapidly across America by an industry intent on putting rising profits over public health.

Smokescreen: What the Marijuana Industry Doesn't Want You to Know examines the inside story behind the headlines, containing accounts from Kevin Sabet's time in the Obama administration to stunning revelations from whistleblowers speaking out for the first time. What it finds is how the marijuana industry is running rampant without proper oversight, leaving Americans' health seriously at risk.

Abastecimiento, estado de ánimo y consumo de marihuana en tiempo de COVID-19

(Supply, mood and use of marijuana in time of COVID-19)

Betzaida García

Objetivo: comparar cambios en el abastecimiento, consumo de marihuana y estado de ánimo a partir del confinamiento establecido en México por SARSCoV-2. Se aplicó un cuestionario en línea, (n=75), 66.7% hombres y 33.3% mujeres; 40% cambiaron la forma de abastecimiento; 36% reportó estar ansioso; disminuyó el promedio de "porros" consumidos.

ENGLISH TRANSLATION The objective of this session is to compare changes in the supply, consumption of marijuana and mood from the confinement established in Mexico by SARSCoV-2. An online questionnaire was applied, (n = 75), 66.7% men and 33.3% women; 40% changed the form of supply; 36% reported being anxious; the average number of "joints" consumed decreased.

11:30 a.m – 12:30 p.m. PDT/2:30-3:30 p.m. EDT

Conference Break

12:30-2:00 p.m. PDT/3:30-5:00 p.m. EDT

An Overview of Social Media Safety

Marc Berkman

CEO, Organization for Social Media Safety (OFSMS)

Ed Peisner

National Education Director & Founder, Organization for Social Media Safety (OFSMS)

This session will provide attendees with an overview of the major social media-related dangers that threaten K-12 students including cyberbullying, depression, sexual harassment, and hate speech. Attendees will learn how these threats manifest on social media and how to help prevent or most effectively respond to them.

Understanding and Reducing Substance Use during the COVID-19 Pandemic

LT Sherry Daker, PharmD

United States Public Health Service, Clinical Pharmacist; Red Lake Indian Health Service Hospital

LCDR Samantha Gustafson, PharmD, BCACP

United States Public Health Service, Clinical Pharmacist; Red Lake Indian Health Service Hospital

The opioid crisis and COVID-19 pandemic are intersecting with each other and presenting unprecedented challenges for families and communities. As the U.S. death toll from COVID-19 has taken more than 500,000 lives nationwide, the coronavirus has further exposed vulnerable populations, including those with opioid use disorders. Over 81,000 drug overdose deaths occurred in the United States in the 12 months ending in May 2020, the highest number of overdose deaths ever recorded in a 12-month period. Reports of opioid-fatal and non-fatal overdoses have spiked in some areas across the country since the coronavirus pandemic began, reasons for which are multifaceted and may be in part due to reduced access to health care and recovery support services.

La confianza mata la hombre y embaraza a la mujer
(Confidence kills the man and makes the woman pregnant)
Enrique Fernández

La evolución de la comunicación como actividad que ha permitido que todo suceda.
La comunicación como parte fundamental de que nos entendamos.
Estamos sumergidos en tanta información que se ha ido deformando la comunicación.
Adaptar las formas básicas de la comunicación a los nuevos tiempos y a los nuevos comportamientos.
La confianza es el peor enemigo de la comunicación.

ENGLISH TRANSLATION The evolution of communication as an activity that has allowed everything to happen.
Communication as a fundamental part of our understanding.
We are immersed in so much information that communication has been deformed.
Adapt the basic forms of communication to new times and new behaviors.
Trust is the worst enemy of communication.

2:00p.m. PDT/5:00p.m. EDT
Networking Opportunity/Break

2:15-3:45 p.m. PDT/5:15-6:45 p.m. EDT

Student Mental Health: Pandemic & Beyond

Olivia Carter
ASCA School Counselor of the Year, Jefferson Elementary, Cape Girardeau, MO

2020 has been a rough year for many. Children have been particularly vulnerable to many of the changes we've all experienced. Students from pre-K through college experienced the closure of their schools during the coronavirus. They and their families were challenged to manage remote learning. The resulting technology and content issues were stressful. Students were also separated from school routines and experiences, their friends, their teachers, and the support they received from community. They were managing isolation, fear for their health and safety, their family stress, which may have included job loss or changes, and with no idea how long it would last, a sense of uncertainty and anxiety. Recent analysis shows that up to 43,000 children have lost a parent to COVID – a 20% increase over a typical year. School administrators, teachers, nurses, counselors, and psychologists have all expressed concern for the mental health needs of students as communities return to in-person schooling and “the new normal.” This session will offer perspectives on what we can expect and how we can support young people.

Vaping in Decline – How to keep it that way

Bonnie Halpern-Felsher, PhD, FSAHM
Professor, Division of Adolescent Medicine, Department of Pediatrics, Stanford University
Professor, by courtesy, Psychiatry and Behavioral Sciences and Epidemiology and Population Health

Several recent studies have shown that youth use of e-cigarettes (“vaping”) dropped in 2020. Some of that decline came early in the year, before the new coronavirus changed nearly every aspect of life in the US (see <https://jamanetwork.com/laneproxy.stanford.edu/journals/jamapediatrics/fullarticle/2779444> as well). But a new Stanford University [study in JAMA Network Open](#) finds that, by early May 2020, over half of a sample of adolescents reported that COVID-19 had caused a change in their e-cigarette use: Of those who reported a change, one third quit, one third reduced their use, and the last third switched to other nicotine or cannabis products. In this talk, Dr. Halpern-Felsher will discuss the different vaping products and rates of use among youth, will discuss the health effects of vaping, and will discuss concerns associated with and changes in vaping during the COVID-19 pandemic. Finally, Dr. Halpern-Felsher will discuss several resources to help prevent and stop youth vaping.

**Suicidio en Adolescentes, lo que como oficial preventivo debo saber
(Teen Suicide, what a preventive officer should know)**

Suhail Villa

Algunos adolescentes pueden presentar comportamientos o tendencias suicidas debido a múltiples circunstancias de la vida que pueden ir desde un conflicto escolar, una pérdida, hasta el padecimiento de algún trastorno mental o de personalidad.

Ningún adolescente es inmune, existen factores que pueden hacer que algunos sean más vulnerables que otros. Conocer los factores de riesgo, las señales de advertencia y los pasos que puedes seguir para protegerlos, ayudara a muchos jóvenes a mantenerse a salvo.

El suicidio en adolescentes puede prevenirse.

- Que hace a los adolescentes vulnerables al suicidio
- Cuales son los factores de riesgo para el suicidio en adolescentes
- Cuáles son las señales para advertir que un adolescente puede tener comportamiento suicida
- Los antidepresivos en jóvenes
- Qué hacer para prevenir el suicidio en los adolescentes

ENGLISH TRANSLATION Some adolescents may present suicidal behaviors or tendencies due to multiple life circumstances that can range from a school conflict, a loss, to the suffering of a mental or personality disorder. No adolescent is immune, there are factors that can make some more vulnerable than others. Knowing the risk factors, the warning signs, and the steps you can take to protect them will help many young people stay safe.

Teen suicide can be prevented.

- What makes adolescents vulnerable to suicide
- What are the risk factors for suicide in adolescents?
- What are the warning signs that an adolescent may be suicidal?
- Antidepressants in young people
- What to do to prevent suicide in adolescents

3:45 p.m. PDT/6:45 p.m. EDT

Networking Opportunity

Day 2: Thursday, July 8, 2021

7:00 PDT/10:00 EDT	Networking			
8:00 PDT/11 EDT	D.A.R.E. America Curriculum Update Ashley Frazier	NIDA Update on Risk Behavior and the Pandemic Emily Einstein & Judith Lavelle	El Instructor D.A.R.E., ante los nuevos retos de la pandemia Gil Arturo Flores Carranza	Proerd Curriculum & Training Update (Brazil) Maj Karine Pires Soares Brum & TC Cilon Freitas da Silva
9:30 PDT/12:30 EDT	Networking			
9:45 PDT/12:45 EDT	D.A.R.E. Remote and Best Practices for Virtual Delivery Kathie Salas & Barry Wisecup	D.A.R.E. America Training Update Ashley Frazier, Rafael Morales & Mike Casamento	Es preferible curar que prevenir? Luis María Viale	Proerd Community Policing, Relationship Building Maj Karine Pires Soares Brum & TC Cilon Freitas da Silva
11:15 PDT/2:15 EDT	Conference Break			
12:15 PDT/3:15 EDT	Adapt and Overcome D.A.R.E. Officer Panel	Supporting Peaceful Coexistence Worldwide David Wyrick & Heather Ashwill	Relacion de la Prevncion Del Consumo de Drogas y la Seguridad Pública de Una Ciudad Comisario Mario Arturo Romero Escalante	
1:45 PDT/4:45 EDT	Networking			
2 PDT/5 EDT	The Official D.A.R.E Safety & Self-Esteem Buddy Retro Bill			
3:30 PDT/6:30 EDT	Networking			

Session Details:

7:00 a.m. PDT/10:00 a.m. EDT

Networking Opportunity

8:00-9:30 a.m. PDT/11:00 a.m. – 12:30 p.m. EDT

D.A.R.E. America Curriculum Update

Ashley Frazier, Ph.D.

D.A.R.E. America, Director of Curriculum and Training

Attend this session to learn more about new and updated curriculum for Fall 2021, including updated bullying lessons, an additional vaping lesson for elementary students, and new social media safety lessons. Learn about updates to materials, as well as what's available in the password protected, Officers Only section of dare.org - *Available English to Spanish.*

NIDA Update on Risk Behavior and the Pandemic

Emily Einstein, Ph.D.

Chief of Science Policy at the National Institute on Drug Abuse (NIDA)

Judith Lavelle

Content Management Team Lead at The National Institute on Drug Abuse (NIDA)

Dr. Einstein will summarize what NIDA has learned about teen substance use during the pandemic and give an overview of the current science on substance use and the adolescent brain.

El Instructor D.A.R.E., ante los nuevos retos de la pandemia
(D.A.R.E. Instructor, faced with the new challenges of the pandemic)

Gil Arturo Flores Carranza

Concientizar a los Instructores D.A.R.E. de los retos que se presentan por la Pandemia del COVID-19 y la implementación de las medidas de seguridad como la sana distancia, el distanciamiento social y el aprendizaje a distancia; lo cual nos trae nuevos planteamientos de enseñanza y las herramientas que se requieren para lograr superar exitosamente estos retos y seguir siendo eficaces en la implementación de las lecciones D.A.R.E.

ENGLISH TRANSLATION Raise D.A.R.E. of the challenges presented by the COVID-19 Pandemic and the implementation of security measures such as healthy distance, social distancing and distance learning; which brings us new teaching approaches and the tools that are required to successfully overcome these challenges and continue to be effective in the implementation of D.A.R.E lessons.

Proerd Curriculum & Training Update (Brazil)

Maj Karine Pires Soares Brum

TC Cilon Freitas da Silva

Update of curriculum and training in times of pandemic of COVID-19. Workshop will be conducted by the PROERD RS Training Center with the aim of demonstrating the PROERD curriculum Falling into REAL for 5th grade, with the necessary adaptations for development in schools in a hybrid version of teaching and presenting the results of applied research to students, teachers and instructors about it.

9:30 a.m. PDT/12:30 p.m. EDT

Networking Opportunity/Break

9:45 – 11:15 a.m. PDT/12:45-2:15 p.m. EDT

D.A.R.E. Remote and Best Practices for Virtual Delivery

Kathie Salas

DARE Remote Director of Education and Training

Co-Founder, Contrast Media Agency

Barry Wisecup

In this session, Kathie Salas will present a step-by-step overview of D.A.R.E. Remote and share how D.A.R.E. Instructors can use this tool to reach students in the classroom, at home, and beyond. D.A.R.E. Officer Barry Wisecup will share his experiences and lessons learned. Bring your questions and challenges to the conversation to learn how D.A.R.E. Remote can best serve you and your students in the post-pandemic learning environment.

D.A.R.E. America Training Update

Ashley Frazier, Ph.D.

D.A.R.E. America, Director of Curriculum and Training

Rafael Morales

D.A.R.E. America Regional Director, Northeast

Mike Casamento

Regional D.A.R.E. Coordinator, Maryland Police and Correctional Training Commissions

Attend this session to learn more about the expansion of our training program support, including a sneak peek into the online D.A.R.E. University. Ashley and Rafael will discuss the development and piloting of the DOT Enrichment Project. Mike Casamento will share about adaptations made in Maryland to continue inservice training for D.A.R.E. Instructors during the pandemic restrictions. All STCs, facilitators, educators, mentors, and other interested parties welcome.

**Es preferible curar que prevenir?
(Is cure better than prevention?)**

Luis María Viale

Carecemos en nuestra sociedad de una cultura preventiva: los desastres sanitarios, sociales, ambientales nos toman por sorpresa y malgastamos todos nuestros esfuerzos en reparar lo que ya está afectado. Actuamos cuando el daño, y el sufrimiento, ya son una realidad. La (falta de) prevención del consumo de drogas no escapa a esta generalidad: dedicamos nuestros esfuerzos en los tratamientos, y no en acciones concretas que reducirían notablemente la necesidad de esos tratamientos- por no decir nada de que evitarían el sufrimiento personal, familiar y social que provocan el consumo de drogas. No hemos realizado el esfuerzo suficiente que implica adquirir el conocimiento que nos permitiría anticiparnos a estas catástrofes. La vieja consigna de la 'La imaginación al poder' brilla por su ausencia en el accionar preventivo.

A problemas inéditos respuestas inéditas; las soluciones que se siguen proponiendo son aquellas que ya han sido vencidas por el tiempo y derrotadas por la realidad. Es tiempo de comenzar a prevenir más y curar menos.

ENGLISH TRANSLATION We lack in our society a preventive culture: health, social and environmental disasters take us by surprise and we waste all our efforts in repairing what is already affected. We act when damage and suffering are already a reality. The (lack of) prevention of drug use does not escape this generality: we dedicate our efforts to treatments, and not to concrete actions that would significantly reduce the need for these treatments - to say nothing that would prevent personal, family and that cause drug use. We have not made enough effort to acquire the knowledge that would allow us to anticipate these catastrophes. The old slogan of 'Imagination to power' is conspicuous by its absence in preventive action.

To unpublished problems, unpublished answers; the solutions that continue to be proposed are those that have already been defeated by time and defeated by reality. It is time to start preventing more and curing less.

Proerd Community Policing, Relationship Building

Maj Karine Pires Soares Brum & TC Cilon Freitas da Silva

The workshop will address the importance of various community policing strategies, including PROERD, for improving people's quality of life. It aims to provide reflection and understanding on how police practices, designed with the Community Police philosophy, enable the development of effective, dynamic and consistent relationships to build health and safety promotion in society.

11:15 a.m – 12:15 p.m. PDT/2:15-3:15 p.m. EDT

Conference Break

12:15-1:45 p.m. PDT/3:15-4:45 p.m. EDT

Adapt and Overcome: Lessons from the Pandemic

D.A.R.E. Officer Panel

When schools closed in March 2020, many D.A.R.E. Officers didn't know how they'd stay connected to their students. The knowledge of how to stay safe and healthy in the presence of risk seemed more important than ever, and we soon learned that many students were languishing without the resources, structure, or support system provided through school. D.A.R.E. Officers rose to the challenge! This session will spotlight some of the stories that will inform and delight you – as well as inspire you to adopt new ideas to incorporate in your own school communities. The pandemic's effect on schools and students are just beginning to be explored, but the resilience of our D.A.R.E. Officers to find new ways to reach students is a theme we want to celebrate.

Supporting Peaceful Coexistence Worldwide

David L. Wyrick, Ph.D.

D.A.R.E. Scientific Advisory Board, co-chair

Professor of Public Health Education and the Founding Director of the Institute to Promote Athlete Health & Wellness at the University of North Carolina Greensboro

Heather Ashwill

Dr. Wyrick leads the Prevention Strategies team that is evaluating an innovative lesson enhancement series developed by Ma'an - the D.A.R.E. program in Bahrain. These lessons target Middle and High School student attitudes and skills that support peaceful co-existence

and anti-extremism. The evaluation will take place over the next three years, and this session will introduce the intervention and the process of working collaboratively across many time zones to support this international program. Officer Heather Ashwill, of Central Point, Oregon, will also share her story about traveling to Bangladesh to support efforts in preventing extremism on the ground.

**Relacion de la Prevencion Del Consumo de Drogas y la Seguridad Pública de Una Ciudad
(Relationship of the Prevention of Drug Use and The Public Safety of a City)**

Comisario Mario Arturo Romero Escalante

Esta ponencia se presenta con apoyo estadístico sobre la relación que existe entre la prevención del consumo de drogas en la población estudiantil y los padres de familia, y la incidencia delictiva registrada en el mismo municipio, desde la óptica de una administración municipal que ha operado el programa DARE por 13 años y se encuentra actualmente con la menor tasa de delitos de alto impacto en nuestro país.

ENGLISH TRANSLATION This presentation is presented with statistical support on the relationship between the prevention of drug use in the student population and parents, and the crime incidence registered in the same municipality, from the perspective of a municipal administration that has operated the DARE program for 13 years and currently has the lowest high-impact crime rate in our country.

1:45 p.m. PDT/4:45 p.m. EDT

Networking Opportunity/Break

2:00-3:30 p.m. PDT/5:00-6:30 p.m. EDT

Retro Bill - The Official D.A.R.E Safety & Self-Esteem Buddy

Retro Bill's Conference Presentations include "Improving Your Ability to Keep Kids Safe," "Connecting with Kids," to "Your Kids are Your Customers" and "Creative Ways to provide an Exceptional D.A.R.E Program!" Retro Bill's highly sought K-8th grade school programs "connect with, inspire, inform and empower" Elementary, Middle and High School Students on a variety of themes and topics effecting today's youth (including bullying, peer pressure, social media, gangs, and alcohol, tobacco & drug abuse).

3:30 p.m. PDT/6:30 p.m. EDT

Closing Ceremony hosted by D.A.R.E. America President and CEO Frank Pegueros