

# 2025 OCAM Conference *Realign, Refresh, & Refine Your Professional Skills*

## Workshop Descriptions

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### **Smart & Sustainable Social Media Tactics for Prevention Professionals | Domain: P3**

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

**Workshop Description:** Developing and maintaining a social media presence can be overwhelming, especially with limited time, staff, and competing priorities. This session will focus on sustainable, realistic strategies for planning and implementing social media plans that support your prevention goals. Learn a team approach to content creation, scheduling, and management. Build a capacity for using social media as a meaningful prevention strategy.

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### **Bridges, Not Barriers: Conflict Management & Trust Building in Prevention Workplaces | Domain: PS1**

**Amy Hamilton**, MPA, OCPS, Behavioral Health Consultant, *You Thrive Training & Consulting*

**Workshop Description:** Prevention professionals are no strangers to the challenges of collaboration, whether working across agencies, within diverse teams, or navigating community partnerships. This interactive session explores practical strategies for managing conflict and fostering trust in the workplace. Participants will learn how to recognize common sources of tension, engage in healthy communication, and create a culture of psychological safety where trust can thrive. Attendees will leave with a stronger foundation for navigating tough conversations and strengthening their professional relationships.

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### **Letting Go of Control: Effective Delegation | Domain: PS1**

**Rachel Miller**, M.Ed., LSW, OCPC, ICPS, Prevention Services Supervisor, *Greene County ESC*

**Workshop Description:** This training is designed for prevention supervisors, coalition leaders, and youth-led providers who want to delegate more effectively, build more trust within their teams, and increase team member engagement.

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### **Refreshing Supervision Practices: Setting your Employees up for Success | Domain: PS1**

**Ryley Jones**, BS, CHES, OCPS, ICPS, Program Manager, *PreventionFIRST!*

**Sarah Sawmiller**, MPH, MCHES, OCPC, Senior Director of Data Integration, *PreventionFIRST!*

**Workshop Description:** We know that everyone has different strengths, weaknesses, and personalities so would it not make sense that different people have different supervision needs? During this session, participants will have time to reflect on their personal strengths and how those strengths show up in their supervision practices. Effective onboarding is the first step in setting your employees up for success. We know onboarding employees can sometimes be difficult, especially in a multidisciplinary field like Prevention. During this session, we will share several onboarding tools as well as strategies you can use to better understand your employee's strengths, personalities, and supervision needs.

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### **Time Management & Prioritizing Tasks | Domain: P6**

**Miyohnna Terry**, M.Ed., Senior Project Manager, *Cincinnati Children's Hospital Medical Center*

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

**Workshop Description:** This course is designed to assist participants with skills to maximize productivity, reduce stress, and achieve work-life balance. Participants will explore key concepts such as goal setting, identifying priorities, overcoming procrastination, and using tools and techniques for efficient time management. Through interactive activities and real-world examples, this course will provide actionable insights tailored to each individual's unique challenges.

# Workshop Descriptions

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## **The Courage to Push Back: Advocacy, Boundaries, and the Power of “No” | Domain: P4**

**Andrea Hoff**, MPA, GPC, OCPC, ICPS, Owner/ President, *You Thrive Training & Consulting*

**Workshop Description:** In the world of behavioral health prevention, professionals are often passionate, compassionate—and overwhelmed. This interactive training is designed to help prevention leaders build the confidence to advocate boldly, establish healthy boundaries, and professionally push back when needed. Participants will explore how to assess which battles are worth fighting, learn strategies for saying “no” without guilt, and challenge the culture of people-pleasing that can lead to burnout. Walk away with practical tools to strengthen your voice, preserve your energy, and lead with both heart and backbone.

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## **When Youth Lead: P.A.R.T.S, Prevention, Peer Pulse, & the Peer | Domain: P2**

**Honey Bell-Bey**, BA, OCPS, Founder & Director, *Distinguished Gentlemen of Spoken Word*

**Workshop Description:** This session explores the transformative power of peer-led drug prevention, where youth not only drive the car, but they help to build it. Examine how to train, identify, and elevate youth leaders, while learning strategies to follow the pulse of change led by Ohio youth.

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## **Prevention Retention: Keeping People in the Field | Domain: P5**

**Jim Ryan**, BA, OCPC, ICPS, Prevention Consultant, *Ryan Training & Consultation*

**Workshop Description:** Prevention is a noble career. It can also be exhilarating, dynamic, and fulfilling. But challenges with public funding, other career options, and, sometimes, a deficiency in recognition among the larger behavioral field, other systems, and communities can stifle prevention growth -- and prevention professionals. Explore with us both simple and complex ways we can grow the profession in ways that keep our people in the field and thriving in their work.

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## **From Passion to Progress: Planning Professional Growth in Prevention | Domain: PS1**

**Katie Wolf**, MS, CHES, OCPS, Behavioral Health Consultant, *You Thrive Training & Consulting*

**Workshop Description:** In the ever-evolving field of prevention, continuous growth and intentional career planning are key to long term success and impact. This workshop is designed to help prevention professionals take charge of their professional journey and empower leaders in prevention departments to help their staff plan out their path to professional growth. Participants will explore the purpose and benefits of creating a professional development plan, learn a six-step process to build one effectively, and apply the SMART goal framework to set meaningful and achievable professional development goals. Whether you are looking to grow in your current role or figuring out how you can support the professional development of others, this training provides the tools and structure to create a personalized roadmap for professional growth in the prevention field.

# Workshop Descriptions

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## **Making Trainings Interactive & Engaging Learning Styles | Domain: P2**

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

**Workshop Description:** This session will build individuals skills to create engaging presentations that meet the needs of your population. Using the INTERACT Model, participants will discuss eight levels of engagement that can take your presentation to the next level. We will also identify the top learning styles, and how we can purposefully include these styles in our instruction. We will work through the following strategies for engagement with the INTERACT Model: Involvement, Networking, Tell a Story, E-Learning, Role Playing/Scenarios, Adaptability, Curation of Content, Takeaways This will be a highly interactive session - come prepared to share, engage in activities, and discuss. For participants who have seen the INTERACT Model through OCAM's Making Training Interactive session, this session will teach new material.

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## **Expand Your Professional Network: Speed Networking | Domain: P6**

**Christi Valentini-Lackner**, BS, OCPC, Chief Program Officer, *PreventionFIRST!*

**Workshop Description:** While we reflect on today's conference, this session will give participants an opportunity to network with other prevention professionals in a "speed dating" style. Participants will partner up with individuals for several rounds discussing questions including the following: their favorite workshop and what they took away from it, how they plan to expand their professional development network, as well as the next steps they will take to reach their professional development goals.