

Youth Violence and Alcohol, Tobacco and Other  
Drugs

PREVENTION DEVELOPMENT



PREVENTION  
SERVICES, LLC

2014 - 2015

WORKSHOP CATALOG

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Dear Prevention Partner:

Thank you for your interest in FTC Prevention Services, LLC. I am delighted to announce the 2014 catalog of FTC Prevention (FTC) presentation offerings. We are dedicated to creating professional development opportunities that enhance prevention professionals' professional growth and respond to the changing demands of providing high-quality education about our youth in the 21<sup>st</sup> century. This catalog lists all of the workshops that we currently offer. However, we are constantly developing new workshops, and will add them to our website and this catalog as they are ready to be introduced.

FTC Prevention Services, LLC offers a variety of prevention and intervention workshops, keynotes, and comprehensive curriculum programming designed to support youth and adults who work with youth in a host of professions. Take a look at this workshop catalog to find which workshops best support your prevention needs.

FTC develops and delivers training curricula that includes PowerPoint, video vignettes, interactive sessions, question and answer sessions, group activities, and profession and gender-specific information. Together with FTC's professional training staff, our workshops can help you make the most of your prevention efforts.

FTC Prevention's workshops meet a wide variety of prevention needs. Whether you are a youth worker who is looking for innovative prevention strategies while working with young people, a parent who is interested in more effective communication with your teenager, or an individual who is simply interested in investing time and information in today's youth, you'll find that FTC can help you change lives... even if it's one at a time.

**Whether your needs include:**

- Facilitating (meetings, retreats, team building);
- Keynote (openers, luncheons, dinners, fundraisers, event closers); or
- Breakout/concurrent sessions

We will work with you and your organization to develop solutions that meet your needs and get positive results. It is our goal to help you meet your organization's needs as we are working toward a common goal – changing lives...even if it's one at a time. We're waiting on you...

I hope you find a rich selection of workshops inside these pages that inspire and excite you. Prevention professionals are a unique community, and the fact that youth are instrumental in the development of each workshop should ensure their relevance to you and your organization.

I welcome your thoughts, suggestions, and comments.

So, take the next step by visiting our website: [www.marcfomby.com](http://www.marcfomby.com), emailing your inquiry to [ftcprevention@bellsouth.net](mailto:ftcprevention@bellsouth.net) or [ftcsharon@bellsouth.net](mailto:ftcsharon@bellsouth.net) or calling 601-939-0200. We are happy to discuss your prevention needs/concerns with you.

Your Partner in Prevention,

*FTC Prevention Services, LLC CEO and Staff*

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## Across The Line: Young People, Dating, and Unintended Consequences

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This workshop delves into a topic that has remained taboo among adults for decades; however, it is now impacting the lives of our youth even more so than in past times. IPV, in particular, dating violence among teens affects the individual, the relationship, the community, and society. Participants will explore some of the unintended consequences of teen dating and violence, such as, fear, anxiety, low self-esteem, depression, and other mental health disorders. The facilitator will assist participants in identifying the differences between healthy and unhealthy relationships, how they are manifested culturally, and the importance of modeling healthy relationships to help youth identify when they may be in danger of involvement in a negative or toxic relationship. Being intentional about “love” can result in some very unpleasant and unintentional consequences! Being intentional about preventing dating violence can result in changing and saving lives!

### Fighting Winged Monkeys

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In this one-of-a-kind workshop participants are introduced to the concept of battling the “winged monkeys” that swoop down upon them in an attempt to prevent them from effectively accomplishing their goals. The facilitator assists the participants in taking a peek at their journey down the “yellow brick road” and demonstrates how to incorporate 8 self-care practices that can help them fight off the “winged monkeys” in their lives. In this workshop, the facilitator will also demonstrate how participants also sometimes must help others to defend themselves against the “winged monkeys”. During the journey down the “yellow brick road” participants will learn how to identify those individuals, what their role is in getting them back on track and how they can be effective in doing so by taking care of themselves first.

### Games Children Play

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This intriguing workshop is designed to alert parents, healthcare professionals, teachers, physicians, religious leaders, and other gatekeepers to the latest trends in youth behavior that result in prescription drug abuse, alcohol abuse and sexual promiscuity. Emphasis is placed on identification of risk factors and key indicators relative to suicidal thoughts, behaviors, and tendencies. Participants learn their roles in the prevention and intervention process. Scenarios affecting a range of populations are presented in this workshop. This workshop seeks to integrate suicide and accidental death prevention into existing health, mental health, substance abuse, education, and human service activities in a unique manner like never before resulting in more effective responses. FTC’s goal is to promote public awareness, education, reduce the stigma of suicide, and serve as a resource for agencies and individuals who work with kids and families confronted with situations involving improper coping mechanisms.

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## GANG AWARENESS RECOGNITION & IDENTIFICATION

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### Gangs 101: The Basics

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This workshop is chocked full of information relative to gang awareness, identification and recognition from an historical perspective and current trends. Participants will leave with a new-found sense of empowerment. Each participant will be presented with tools to help them adequately develop themselves for effective warfare against street gangs within their community keeping in mind that street gangs are extremely fluid and adapt to their environment from area-to-area. The facilitator will cover information on how to identify traditional street gangs by their physical appearance, traditions, activities, etc.; their allies; and/or enemies. This interactive workshop will invite participants to establish and/or become actively involved in strengthening their communities to launch an assault on street gangs causing them to withdraw. Like-minded individuals and/or groups will have a prime opportunity to join the “gang” that is effectively addressing the needs of today’s youth by networking and teaming together to create safer communities.

### Advanced Gangs

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This workshop was developed to provide in-depth follow-up information to Gangs 101: The Basics. It is designed to assist the key stakeholders (parents, teachers, law enforcement, community leaders, etc.) in gang warfare to identify their roles and responsibilities. The facilitator will demonstrate best practices in working with gang members. Participants can expect to identify intervention strategies to assist gang members who desire to discontinue their participation in the gangster lifestyle. This workshop will help community leaders identify critical first steps and alliance during strategic planning of gang prevention and/or intervention programs.

\*\*\* This is one of our most requested workshops! \*\*\*

### How to L.E.T. G.O (Loosen Every Tie to Gang Organizations): A Gang Exit Strategy

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This goal of this workshop is to help participants further develop an understanding of the process of desisting from gangs. This is done by examining the social and emotional ties are formed during participation in the gang lifestyle.

“LET GO” introduces a gang desistance strategy designed for individuals/organizations working with youth who have been identified as having some type of gang affiliation and/or membership. As a secondary prevention program “LET GO” can help communities identify leverage points that may provide opportunities to individuals who become more receptive to alternatives other than the gang lifestyle.

## “I See, You See”: A Teen Perspective Cycle

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In this workshop participants are introduced to the teen thought process relative to critical situations encountered by youth with key stakeholders and peers. Presenters share with participants how youth experiences and perspective creates a cycle that directly or indirectly impacts and shapes their present and future lives. During this workshop, participants will follow along as presenters break down each peer and/or stakeholder group that is a part of the teen perspective cycle.

Participants will explore the theory and how it can help explain youth responses to individuals, programs and administrative policies and procedures that govern youth development in the context of family, home, school and community. It also addresses responses that authority figures may have towards youth as they express themselves in various ways. This workshop is an insight into the views and thought process of today’s youth. Participants will learn how youth may translate what they see and hear into what they “do” resulting in positive or negative behaviors and vice versa.

## Message in the Music

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This informative, fun, interactive, and educational workshop will encourage professionals to explore the music world. Media seek to use certain messages that will draw insight audiences, particularly youth, to purchase certain goods or support certain causes. Today many of the messages contained in the lyrical content of music and portrayed on the big screen communicate acceptance and glorification of crime, violence, drug and alcohol abuse, illicit sexual behavior and degradation. Participants learn how to properly examine the lyrical content within various music genres such as, Hip Hop, Country-Western, Rock-n-Roll, Blues, Heavy Metal, Pop, R&B/Soul, Alternative and more as time permits. In this workshop, participants are introduced to current trends in the youth culture that promote unhealthy lifestyles and have become “acceptable” in society. Participants are also exposed to some of the cultural slang and terminology used by media to directly communicate with youth. The facilitator examines the blatant and subliminal messages in the music that youth are exposed to daily via radio, television, video games, mp3 players and other common entertainment formats. Media literacy and advocacy are promoted as a means of being proactive to protect and teach youth how to make healthy, positive lifestyle choices. This workshop seeks to inform and educate professionals and youth about the ills being presented to youth constantly through various media channels with a focus on music. But, watch out...You just may get caught tapping your feet to the beat!

\*\*\* This is one of our most requested workshops! \*\*\*

## Sugar and Spice

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In this thought-provoking workshop the facilitator will demonstrate how female adolescent thoughts, impulses, and feelings are not so foreign to adults, but have been

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amplified due to added stressors experienced by today's female adolescents. As the younger generation says, "Been there...Done that" and the older generation says, "I've already been where you're trying to go..." The facilitator will present participants with potential scenarios faced by young ladies daily and how some have not learned to properly cope and express themselves. Participants will be presented with negative behaviors that should be viewed as cries for help with hidden issues outside young ladies' control. The workshop also emphasizes the importance of making positive choices and considering consequences in an attempt to re-direct those opportunities for female adolescents to explode (being hi-jacked by anger) into opportunities for wise decision-making. Additionally, participants are encouraged to help each young lady to identify her individual positive ingredient(s) (Chemical X) that makes her uniquely different and adds more "sugar" to her "spice".

## Technology Information for Parents and Service-Providers (T.I.P.S.)

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This enlightening workshop is informative and interactive. It introduces participants to the world of social networking: Twitter, Facebook, Oovoo & others. Participants will have an opportunity to learn how a variety of new and emerging technologies work and how to navigate through them. The benefits and hazards of this new technology society will be demonstrated. Participants will learn to identify potential pitfalls and traps that many youth may encounter while maneuvering through these various sites. Youth are sometimes entangled in the often complex social and cultural technology influences that shape their viewpoints and decision-making abilities. Upon completing this workshop participants should have a keener sense of the impact social media has on today's youth and be able to leverage this knowledge to advance their work in helping youth who may find it difficult to determine the best means to utilize social media.

## A.S.K. (ATTITUDE, SKILLS, KNOWLEDGE) What You Need To Be Successful

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A leader combines the vision and curiosity of a dreamer with the practical engineering of a builder with the energy of youth. A leader is ambitious, looking forward with anticipation toward the attainment of goals. Goals give meaning and purpose to life and serve as a continuous source of motivation in the pursuit of all activities. The capacity for leadership exists in everyone, but most people, particularly youth; never take the time to develop it. Leadership is determination, courage, confidence and the ability to view a situation and response to it correctly. Positive leadership assumes that goals can be accomplished, the job can be done, the problem can be solved and obstacles can be overcome. Leaders create their own future because they have faith in themselves. In this workshop participants are taken on a self-exploration to identify individual aspirations, goals, weaknesses, and strengths. The presenter uses attention-getting techniques to help participants "think" about how they can improve their own character



to better influence the direction of their life and the lives of their peers. Participants will hopefully leave “ASK”ing what is needed for personal growth and success!

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### T.E.A.M. Work: The Importance of Working Together

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Every employee is dependent on his fellow employees to work together and contribute efficiently to the organization. No employee can work alone; he has to depend on help from his colleagues to accomplish tasks efficiently. It has been observed that the outcomes are far better when employees work in a team rather than individually as every individual can contribute in his best possible way. In organizations, individuals having a similar interest and specializations come together on a common platform and form a team. This workshop provides the opportunity to develop skills and practice techniques through a variety of training methods, including workshop, discussion, exercises, and demonstrations.

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### Your “Response Ability” in Understanding Youth Culture<sup>3</sup>: Concerns, Challenges and Coping Mechanisms

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Increasingly, more communities are feeling the impact of youth who have little or no support system - no village. It is important that more individuals understand and comprehend their role in the village's future, particularly the young who will eventually grow up to make a contribution. It makes the entire village stronger when youth have the proper tools and support to be successful at home, in school and in life. Whatever their role everyone desires safer neighborhoods, good educational opportunities, and brighter futures for our children. Youth should know that adults are there for them as much as possible. However, to have a positive impact on the lives of our youngest villagers, individuals need to develop their “response ability” by better understanding youth culture<sup>3</sup> and what influences it. This workshop engages participants in the exploration of the youth culture through language, music and trends to develop a working knowledge base of how to better serve their young villagers. Youth culture is identified as a viable resource to affect a solution versus being seen as a problem. This fun, interactive and inspiring workshop can equip willing participants with valuable, practical information that can be combined with other community and organizational prevention and intervention efforts. Recognizing and identifying your “response ability” can help get everyone one more step closer to making a difference!

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### “YOU”TH Can Make a Difference: Changing Attitudes, Changes Behaviors

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This presentation discusses the science and logic behind the school-based prevention curriculum Changing Attitudes, Changes Behaviors (CACB). CACB is designed to help adolescent youth at risk of experiencing or participating in acts of violence reduce their chances of demonstrating negative behaviors that lead to violent and unacceptable

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behaviors that result in negative consequences. CACB also identifies how adults who work with youth can help affect a positive change in youths' behavior. The primary program goals of CACB are to 1) decrease incidents of violence involving youth at school and in the community, 2) increase parent participation, and 3) increase school and student performance. The program curriculum addresses issues such as, but not limited to, disproportionate minority contact (DMC), bullying, gang involvement, conflict resolution, and anger management by encouraging the acquisition of violence prevention skill sets and the implementation of strategies that enhance the development of strong, healthy relationships between youth and adults. Youth are helped to strengthen protective factors and reduce risk factors relative to violence in the primary areas of school, community, peers, family, and individual. Adults are shown how to create new cultures and systems to empower youth by helping them to develop self-awareness and positive decision-making skills.

## Youth Suicide Awareness

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This workshop educates participants, specifically gatekeepers, on the facts about youth/teen suicide and their roles in suicide prevention and intervention. Professionals and lay-persons can use the information gained to help reduce the likelihood of suicide among adolescents. Participants can learn how to see, hear and respond to youths' invitations for help through suicidal gestures, subtle and not-so-subtle behavior recognition skills identified in this workshop. It is stimulated by audio-visuals, small group interactions and a unique workshop methodology. Some content in this workshop may be difficult to deal with if you are feeling emotionally vulnerable. If you have suicidal thoughts, have recently suffered a loss (particularly through suicide), are pregnant, or may be pregnant you may wish to delay taking part in this workshop until you're feeling emotionally stronger.

*"Changing Lives... Even if it's One at a Time!"*

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**Contact's Name** \_\_\_\_\_

**Organization Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City, State, Zip Code** \_\_\_\_\_

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**Telephone Number** \_\_\_\_\_

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