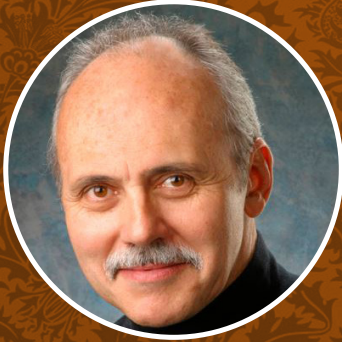


5<sup>th</sup> International Conference and Exhibition on

# Addiction Research & Therapy

October 03-05, 2016 Atlanta, USA



## Stephen R Sroka

Case Western Reserve University, USA

### The new Rx for Addiction: Relationships-The power of one to make a difference

This is a high-energy, motivational, multimedia presentation that is research-driven and reality-based. It integrates cutting-edge research and humor and inspiring real-life stories to facilitate learning about the importance of relationships and addiction research and therapy. The program is filled with "tips from the trenches", practical strategies, to help addiction professionals help keep people safe and healthy so that they can live drug free.

This session addresses the four challenges of building relationships: communication, collaboration, culture competency, and caring. It explores the role of social-emotional learning, mental health, the whole person concept, and teambuilding. It offers honesty, humor and hope that everyone can make a difference.

The addiction professionals will leave with an unforgettable message filled with an incredible sense of hope and joy that with education, helping one another and believing in yourself, you can change lives.

Change is inevitable, growth is optional. You have the to change the future. Let's start today!

### Teens and Heroin: Workshop Description

The U. S. Attorney General has called the rise in overdose deaths from heroin and prescription painkillers an "urgent public health crisis." According to the CDC, one in five high school students has taken prescription drugs without a doctor's prescription. And heroin abusers often report that their foray into heroin began with prescription drug abuse. Despite what people think, heroin is an equal opportunity destroyer. Addiction to heroin and other opiates (such as oxycodone, Oxycotin, Percocet and Vicodin) impacts Americans in urban cities, the suburbs and rural areas in every state. Heroin overdose deaths quadrupled from 2002 to 2013 in the US.

Many people hold a misconception that drug dependence is a voluntary behavior and moral failure. However, addiction is actually a complex medical issue, not a moral issue. In fact, addiction is a brain disease that can be diagnosed and treated, and treatment makes a difference.

Prevention begins with education. Professionals must become informed and then teach teens about the devastating effects of prescription drugs and heroin. As children grow, turn "Just Say NO" into "Just say KNOW." At my education programs, the most frequently asked question is, "What can I do to protect our young? Here are 7 tips.

### Biography

Stephen Sroka is an internationally recognized speaker, trainer, author, teacher and educational consultant on drug education and prevention.

He is an Adjunct Assistant Professor, School of Medicine, Department of Family Medicine and Community Health, Case Western Reserve University, and President of his company, Health Education Consultants. Dr. Sroka speaks in schools (K-college) and professional conferences around the world and often on Native American reservations.

He keyed the First International Swine Flu Conference in Washington, DC, which was featured live on C-SPAN. She spirited presentations stressing the Power of One have resulted in guest appearances on many TV programs, including the Oprah Winfrey Show, as well as coverage in many newspapers including USA Today. He received the Outstanding School Health Educator Award from the American School Health Association, was selected the Disney Outstanding Health Teacher of the Year, and was inducted into the National Teachers Hall of Fame.

[drssroka@aol.com](mailto:drssroka@aol.com)