



## Youth Track

# Know Before You Go

NASADAD along with our tri-host state organizations, the Alaska State Department of Health and Social Services, Division of Behavioral Health, the Oregon Health Authority, and the Washington State Department of Social and Health Services/Division of Behavioral Health and Recovery, welcome you to the 28th National Prevention Network Conference in Seattle, Washington. To help you prepare, we've put together this guide so that your team is ready for a successful event. In addition to this document, the [NPN Conference website](#) and printed program are where you'll find all the details you need for everything NPN Conference and so much more!

**We look forward to your participation at the first ever National Prevention Network Conference Youth Track on November 17- 19, 2015!**

## General Information

### Official Hotel and Conference Venue

Sheraton Seattle Hotel  
1400 6th Avenue  
Seattle, Washington, 98101  
Phone: 206-621-9000  
Hotel Reservations: 888-627-7056

[CLICK HERE to view the Venue Map](#)

**Youth Track will be located in the Cirrus Room (35<sup>th</sup> Floor)**

### Time Zone

Seattle is located in the Pacific Time Zone (UTC-08:00).

### Weather in November

Average high: 51 °F  
Average low: 40 °F  
Average precipitation: 5.90 in  
Average rain/snow days in November: 18 days

## What to Pack

For youth, attire is appropriate to formal school code policy for clothing. Please no crop tops, short shorts, short skirts, flip flops, or similar clothing. We do recommend you dress in layers as temperatures in meetings rooms can vary. You will have the opportunity to have join excursions outside, so please be sure to bring appropriate clothing options such as a shawl, light sweater, scarf, hat, and/or rain jacket. It is also suggested that you bring an umbrella.

## Amenities/Hotel Questions:

- The Sheraton Seattle has free baggage check for hotel guests. Please use this for your baggage upon checking out, as you may not have time to break away during scheduled programming. Also, make time to check baggage, as there may be a line.
- The Sheraton Seattle also has a concierge that may assist you with maps and getting around Seattle, as well as recommendations for meals.
- There is a very large lobby on the first floor, which will make gathering with your team easier.
- If you are arriving and/or departing by bus, it is highly recommended that you make arrangements with the Seattle Sheraton in advance by calling the number above.
- CASAT has provided team information to the Sheraton Seattle. The hotel has grouped teams where possible. The conference committee is not responsible for accommodations. Please address all lodging inquiries or comments to the Sheraton Seattle Hotel.

## Wi-Fi at the Seattle Sheraton

There will be **no** complimentary wireless Internet access for conference attendees in the conference area. However, if you book through the group lodging block there is complimentary wireless Internet available in your guest room.

## Social Media



Follow us on [Twitter](#) and join the conversation using the official hashtag [#NPNConference](#).



Like the [NPN Conference Facebook page](#) and share your photos and engage in the conversation.

## Ground Transportation

The Seattle Sheraton is approximately 14 miles from the Seattle Airport and there are a variety of travel options available depending on how you choose to travel.

## Driving Directions

### From South:

- Driving Northbound on Interstate 5, take Seneca Street exit (Exit 165) on your left.
- Turn right immediately onto 6th Avenue.
- Follow 6th Avenue past Union Street.
- The hotel is on the right.

### From East

- Driving Westbound on Interstate 90, proceed on Interstate 90 to Interstate 5 North.

- Take the Madison Street Exit.
- Turn left onto Madison Street.
- Follow Madison and turn right onto 6th Avenue.
- Continue on 6th Avenue for four blocks.
- The hotel will be on the right.

#### **From Seattle-Tacoma International Airport**

- Follow State Route 518 Eastbound to Interstate 5 Northbound (Seattle).
- Take the Seneca Street exit (exit will be on your left).
- Turn right immediately onto 6th Avenue.
- Drive north on 6th Avenue for two blocks.
- The hotel is on the right.
- Turn right into the entrance for valet parking and drop-off.

#### **From North**

- Driving Southbound on Interstate 5, exit the interstate at Union Street.
- Proceed for one block to 6th Avenue.
- Turn right onto 6th Avenue.
- Continue one block.
- The hotel entrance will be on your right.

#### **Link Light Rail**

Link light rail connects downtown Seattle with Sea-Tac International Airport, making stops in Seattle's southeast neighborhoods along the way, including six stops in downtown Seattle from SODO to Westlake Center. One-way tickets are \$3 for adults and \$2 for youth and free for children six and under. Visit [soundtransit.org](http://soundtransit.org) for a route map and hours of operation.

The Link Light Rail averages 45 minutes to arrive at Westlake Center Station from the SEA TAC airport, which is a 5-minute walk to the Seattle Sheraton upon departing the station. This is an economical way to arrive to the hotel if a short walk is agreeable and possible.

#### **Shuttle Express**

Please visit the link accessible here to view the portal set up for airport transfers. Attendees may use this option to quickly and easily book rides between SeaTac Airport and the Sheraton, [Click Here](#) to access. A roundtrip discounted rate is \$31 from the SeaTac Airport to the Seattle Sheraton. This is a \$5 discount for NPN Conference participants for those who book online.

#### **Monorail**

The nation's first full-scale commercial monorail system provides a fun, quick and convenient link from downtown Seattle to Seattle Center daily. Departing every 10 minutes, the one-mile trip takes just two minutes. In downtown Seattle, hop on the monorail at Westlake Center at 5th Avenue and Pine Street. The Seattle Center station is located near the Space Needle. Visit [seattlemonorail.com](http://seattlemonorail.com) for more information.

#### **Metro Buses**

The "Metro" public bus system, which operates throughout Seattle and King County, is one of the most extensive and highly praised in the nation. In addition to service on downtown's

surface streets, Metro operates a 1.3-mile bus tunnel underneath downtown Seattle, making stops at Convention Place, Westlake, University Street, Pioneer Square and Chinatown-International District. Plus, riding Metro buses is free in the downtown ride free zone (extending from Battery Street on the north to South Jackson Street on the south, 6th Avenue on the east and to the Seattle waterfront on the west) from 6 a.m. to 7 p.m. To find a route, maps and fare information for travel throughout and into downtown Seattle, visit Metro online at [metro.kingcounty.gov](http://metro.kingcounty.gov).

## Parking

### Valet Parking

Valet Parking is available at the Sheraton Seattle for \$50.00 per day.

### Downtown Parking Map

[Click Here](#) for an interactive, online parking map of downtown Seattle for other parking options that are near the venue.

### Washington State Convention Center Parking Garage

Washington State Convention Center is conveniently located in downtown Seattle with our main entrance on Eighth Avenue between Pike and Seneca. [Click here](#) for parking rates at the Washington State Convention Center.

## Conference Schedule and Check-in

### Registration

Registration must be completed online for ALL youth and chaperones attending.

### Youth Track On-site Check-in

Monday, November 16, 2015	11:30 am – 6:00 pm	Diamond Room (1 <sup>st</sup> Floor)
Tuesday, November 17, 2015	Opens at 7:30 am*	Grand Ballroom (2 <sup>nd</sup> Floor)

\*Due to the tight schedule of the youth track, teams checking in on Tuesday, November 17 should plan to arrive no later than 7:30 am. Breakfast will conclude strictly at 8:15 am in order for the scheduled training to begin on time. Please also plan for up to a 20 min wait time at the Pike Street Tower elevators due to the number of people attending the training at the same time.

### Conference Schedule

Please see the conference website for all information related to the youth track schedule times, [www.npnconference.org/youth](http://www.npnconference.org/youth). The youth track training is located in the Cirrus Room, 35th Floor, accessible by the Pike Street Tower elevators. The elevators are at the north end of the first floor, near the escalators. Take the elevator to the 35th floor and exit, you will see the training room directly in front of the doors.

Tuesday, November 17

7:30 – 8:15 am – Breakfast

8:15 – 9:00 am – Prepare for Day/Clean up

9:00 – 4:15 pm – General Program  
4:30 – 6:00 pm – Conference Reception (all)  
7:30 – 9:30 pm – Optional Night Activities

Wednesday, November 18

7:30 – 8:15 am – Breakfast  
8:15 – 9:00 am – Prepare for Day/Clean up  
9:00 – 5:15 pm – General Program  
7:30 – 9:30 pm – Optional Night Activities

Thursday, November 19

7:30 – 8:15 am – Breakfast  
8:15 – 9:00 am – Prepare for Day/Clean up  
9:00 – 1:30 pm – General Program

**Substitution, Refund, No Show, and Cancellation Policy\***

The last day to cancel your registration and receive a full refund was Monday, September 14, 2015 by 5:00pm PDT. Additionally, for no shows, refunds will not be made possible.

Substitutions are allowed up until the conference for youth teams due to the sellout of the conference.

*\*It is the registrant's responsibility to follow up with CASAT within two (2) months after the conference in the event a refund is not received. If a registrant does not follow up on a refund and it is not received, no refund will be possible following this deadline.*

**Certificates**

Team Adult Advisors will pick up certificates for their entire team upon check-in at the conference. These may be handed out to team members at the conclusions of the event. For advisors and chaperones wanting to receive continuing education hours for their participation, please contact us at [youth@npnconference.org](mailto:youth@npnconference.org) and a digital certificate will be sent to you via email following the conference.

**CADCA's National Youth Leadership Initiative (NYLI)**

Young people have what it takes to make a positive difference in their communities, showing that they are leaders of today, not just tomorrow. That's why CADCA designed the National Youth Leadership Initiative (NYLI), a training that equips youth and their adult advisors with the essential knowledge and skills needed to make significant community-level change. Using a youth-led, team-teaching approach, the NYLI builds capacity to foster youth leadership in design, implementation, and evaluation of action strategies addressing community problems through "Youth in Action" Projects. Seven evidence-based behavioral change strategies emphasizing environmental modifications are employed to effectively alter local conditions that contribute to substance use and its correlates.

In 2014, CADCA's National Youth Leadership Initiative (NYLI) trained more than 1,700 teens and adult advisors from across the country and globe. The model uses a public health approach to prevention. It is built on the framework of science-based community problem-solving processes researched and documented by the World Health Organization Collaborating Centre Workgroup for Community Health and Development at University of Kansas. The NYLI is embraced by the White House Office of National Drug Control Policy (ONDCP), states and local



communities. An independent evaluation conducted by Michigan State University found that participants trained by the NYLI experienced an increase in leadership competencies, community organizing, problem-solving abilities, current and future civic activism, and civic and political engagement. For more information about this impactful training, visit the CADCA website: <http://www.cadca.org/about-nyli>

[Follow this link to view biographies of CADCA's Trainers.](#)

### **Congressional Award**

The Congressional Award is the United States Congress' award for young Americans. It is non-partisan, voluntary, and non-competitive. The program is open to all 14- to 23-year-olds; young people may register when they turn 13 1/2 years old and must complete their activities before their 24th birthday. Participants earn Bronze, Silver and Gold Congressional Award Certificates and Bronze, Silver and Gold Congressional Award Medals. Each level has youth involved in setting goals for themselves in four program areas; Volunteer Public Service, Personal Development, Physical Fitness, and Expedition/Exploration.

Regardless of the youth's situation, they can earn the Congressional Award. The Congressional Award has no minimum grade point average requirements. It accommodates young people with special needs or disabilities who are willing to take the challenge. The award also provides access to scholarship opportunities described on the website. For more information, visit [www.congressionalaward.org](http://www.congressionalaward.org).

## **Adult Team Advisor/Chaperone Information**

### **Youth Permission Forms**

Please bring one (1) original and two (2) copies of the Youth Guidelines/Permission Forms packet for each youth. Bring the signed form to the NPN Youth Track to be submitted during team check in.

[Downloadable Printable Team Adult Advisor Guidelines](#)

[Downloadable Printable Youth Permission Packet](#)

### **Mandatory Chaperone Meeting**

All Chaperones and Team Adult Advisors are required to attend one of the two mandatory Team Adult Advisor/Chaperone Meetings. If you were unable to attend either conference call/webinar on 11/3 or 11/12, please be sure to attend the onsite meeting which will be held in person on 11/16 from 7:00-8:00 pm at the Sheraton Seattle, Aspen Room, 2nd Floor.

### **Safety and Security**

Security at the Summit is provided by Ross McDowell (c: 360-751-2961). An emergency number for security can be found in on the back of your nametag as well. Erin James, Youth Track Chair, (c: 360-688-6190) may also provide assistance or answer any questions. To ensure the safety of yourself and your youth, please remember to always travel in groups and let someone know where you are going.

### **Lodging, Travel and Meals**

Registration fees and scholarships do not include lodging, travel, per diem or any other costs associated with participation.

Youth will have a hot breakfast, lunches and small breaks offered inside the Youth Track room (located in the Cirrus Room, 35th Floor) throughout all days. Breaks are long enough to be able

to eat, relax, network, or relax for a bit in your lodging room. Dinner is not provided by the conference on any day. For a list of local dining options, please visit the concierge desk located in the hotel lobby (1<sup>st</sup> floor).

### ***Special Dietary Needs & Food Allergies***

By now you have indicated on the registration form if a participant has a food allergy (i.e. nuts, gluten, etc.) or a special diet (vegetarian, dairy free, vegan). This information will be used to order food and beverage onsite. Service will be plated/seated and all types of diets and allergies will be taken into consideration from the registration data. The conference center will make every effort to accommodate what is needed.

***As a reminder, please remember to bring food with you for the trip while traveling and when youth are on breaks, but remember that outside food and beverage are not allowed in the conference area or breakout rooms.***

### **Families and Guests**

While families are extremely important to us, we are unable to accommodate extra guests, including family members and children at the official event. Guests will not be allowed in the main sessions, meals or in breakouts. However, please feel free to bring guests to accompany your family or team members as your discretion to enjoy the facilities at the Sheraton Seattle Hotel.

## **Hospitality and Evening Activities**

### **Hospitality Desk Hours (Grand Ballroom Foyer, 2<sup>nd</sup> Floor)**

Monday, November 16, 2015	11:30 am – 6:00 pm
Tuesday, November 17, 2015	8:00 am – 6:00 pm
Wednesday, November 18, 2015	8:00 am – 5:30 pm
Thursday, November 19, 2015	8:00 am – 1:45 pm

### **Hosted Networking Reception (All Adults and Youth)**

Tuesday, November 17, 2015  
4:30 – 6:00 pm

Grand Ballroom Foyer (2<sup>nd</sup> Floor)

All conference participants are invited to attend a hosted reception for an early evening of delicious appetizers, amazing music, and great opportunities to network with fellow conference delegates and exhibitors!

### **Optional Evening Activities**

On the evening of Tuesday, November 17 and Wednesday, November 18 the NPN Youth Track will be hosting several optional evening activities for your entertainment and enjoyment. *Note: Nametags are required for entrance into all evening activities.*

Tuesday, November 17, 2015

#### **Movie**

7:00 – 9:30 pm  
Willow (2<sup>nd</sup> Floor)

Relax at the end a long, fun-filled training day! Come and watch a movie with all your new friends!

### **Dance, Dance, Dance!\***

7:00 – 9:30 pm

Grand Ballroom BC (2<sup>nd</sup> Floor)

Join DJ Rice to end the day with the latest music and an exciting show! This will be a dance you don't want to miss! DJ Services Music and audio are provided by DJ Rice, Owner, All About Music.

**\*Dance and Reception Attire Policy – In order to maintain a safe and enjoyable environment for all participants the following policy will apply:**

- Clothes must be decent and appropriate in nature and content.
- No masks may be worn.
- It is understood that the chaperones, in consultation with the conference staff, may restrict appearance and attire with special consideration for safety, health or other issues that may create a disruption to other conference participants.
- Participants in violation of the policy will be asked to correct the problem before returning to the dance or reception.
- Nametags are required to be worn at all times and for entrance to the dance.

Wednesday, November 18, 2015

### **Elevator Speech Training – So What's Your Point?**

7:00 – 8:00 pm

Willow (2<sup>nd</sup> Floor)

Why should people listen to you and why should they care about what you have to say? Lorrin Gehring, Youth Engagement and Community Development Specialist, will teach youth the tools they need to be effective public speakers and strategic in telling their story. Young people will learn how to think about their audience and to structure their presentation to gain attention and buy-in.

### **Jet City Improv**

8:30 – 9:30 pm

Grand Ballroom BC (2<sup>nd</sup> Floor)

Jet City Improv is one of the longest running theatrical events in the Northwest! Since 1992 Jet City Improv has been performing improvisational comedy in Seattle and around the Northwest at corporations, colleges, universities, conventions, schools and other organizations. Come laugh and join the fun with this interactive improv comedy show at NPN!



## Sightseeing & Entertainment Discounts



### Chihuly Garden and Glass

305 Harrison St.  
Seattle, WA 98109  
Phone: (206) 753-4940  
Price: \$18 (reg. \$22)  
Package (Chihuly + Space  
Needle): \$32 (reg. \$36)  
[Click Here to Purchase](#)  
Promotional Code: NPN2015

*Note Special Event Closure Tue  
11/17: The Glasshouse will close at  
2pm. The last entry to the Exhibition  
and Garden will be at 4pm.*



### Seattle Space Needle

400 Broad Street  
Seattle, WA 98109  
Phone: (206) 905-2100  
Price: \$18 (reg. \$22)  
Package (Chihuly + Space  
Needle): \$32 (reg. \$36)  
[Click Here to Purchase](#)  
Promotional Code: NPN2015

*Note: You must click the "Promotional  
Code" tab at the top of the page and  
enter the discount code to.*



### EMP Museum

325 5th Avenue N  
Seattle, WA 98109  
Phone: (206) 770-2700  
Price: \$10 (reg. \$25)  
Promotion: **Monday,  
November 16, 2015 ONLY**,  
mention the "NPN Conference"  
in order to receive the  
discounted price.

*\*\*\*For other discounts and promotions offered to NPN Conference attendees, please stop by the  
hospitality desk located in the Seattle Sheraton's Grand Ballroom Foyer, 2nd Floor.*

## Youth Track Sponsors

Thank you to these youth track sponsors:



# Contact Us

## Contact Information

Throughout the NPN Youth Track, chaperone support is available to answer questions and provide guidance as needed. Please contact the check-in desk to request support or contact us at the information provided below.

Email: [youth@npnconference.org](mailto:youth@npnconference.org)

Telephone: (844) 204-0909

Ross McDowell, Conference Security: (360) 751-2961

Erin James, Youth Track Chair: (360) 688-6190

## Helpful Links

[NPN Youth Track Schedule](#)

Please visit the conference website to view the schedule of events.

[Travel Page](#)

Please visit the travel page to see what all Seattle has to offer.

[FAQ's](#)

Please visit the Frequently Asked Questions Page.

Youth Permission Forms

[Downloadable Printable Team Adult Advisor Guidelines](#)

[Downloadable Printable Youth Permission Packet](#)

The 28<sup>th</sup> National Prevention Network Conference has been brought to you by:

