



ROCKBRIDGE
AREA
PREVENTION
COALITION

**ANNUAL
PREVENTION
FORUM**

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ROCKBRIDGE AREA PREVENTION COALITION

OUR MISSION:

To reduce substance use among youth and build resilient youth and families through evidence-based strategies to achieve community-level change.

OUR VISION:

A Rockbridge community with resilient youth and families that are physically and mentally healthy.

MEET THE SPEAKERS

We are honored and excited to collaborate with this outstanding group of speakers, whose expertise, insights, and passion will elevate the quality and impact of the Prevention Forum.



Dr. Elizabeth Jones
Senior Technical Advisor, CDC



Lauren Yerkes
Senior Epidemiologist, VDH



Keith Cartwright
Trauma Educator



Nic Sheff
Author, Screenwriter, Person in Recovery



Dr. Elizabeth Jones



Senior Technical Advisor, CDC

Bio

Elizabeth L. Seaman Jones is the Senior Technical Advisor for the Monitoring Tobacco Product Use Among Youth and Young Adults in the United States project at the CDC Foundation. Dr. Seaman Jones has been at the Foundation since the project's start in 2019. Prior, Dr. Seaman Jones worked at Westat, researching tobacco use behaviors among youth and young adults and at the National Cancer Institute as a Cancer Research Training Award (CRTA) fellow in the Tobacco Control Research Branch. Dr. Seaman Jones has over ten years of experience in tobacco control research and is the co-author of more than 30 peer-reviewed publications and several reports."

Presentation Time: 9:30-10:30am

Youth and Nicotine Products: What are they using? Why are they using?

**Lauren
Yerkes**



Senior Epidemiologist, VDH

Bio

Lauren Yerkes is a senior epidemiologist with over 13 years of applied epidemiology experience in public health surveillance, data analysis and dissemination, health communication, and prevention strategy development. She is the Injury and Violence Senior Epidemiologist at the Virginia Department of Health, where she leads statewide surveillance and analytic efforts focused on injury, violence, substance use, and mental health outcomes to inform strategic state policy and program planning and implementation.

Presentation Time: 10:40-12:00pm

Substance Use Trends in Virginia Youth

Keith Cartwright



Trauma Educator

Bio

Keith Cartwright is a nationally recognized speaker and trauma educator specializing in Adverse Childhood Experiences (ACEs), resilience, and healing-centered relationships. As a Virginia ACE Interface Master Trainer, he has trained over 600 facilitators and reached more than 50,000 participants. A 2024 CRI Resilience Champion Award recipient, Keith blends science, story, and lived experience to help communities understand adversity and build connection.

Presentation Time: 1:00-1:50pm

**Back Together: Restoring Connection in
a Disconnected World**

Nic Sheff



Author, Screenwriter, Person in Recovery

Bio

Sober since 2011, Nic continues to write and travel the country speaking about substance abuse, mental health, bipolar disorder and recovery. His talks cover areas ranging from prevention and talking effectively to teens to using prayer and meditation to quiet the unquiet mind. His talks cover areas ranging from prevention and talking effectively to teens to using prayer and meditation to quiet the unquiet mind. Nic is also the author of four books on these subjects: *High: Everything You Want to Know About Drugs, Alcohol, and Addiction*, *Tweak: Growing Up on Methamphetamines*, *We All Fall Down: Living with Addiction*, and *Schizo*, his critically acclaimed novel about a teen's downward spiral into mental illness. Nic drew upon his own history of self-harm and attempted suicide as a writer for Netflix's controversial series, *13 Reasons Why* and upon his experiences in rehab as a writer for ABC Family/Freeform's series *Recovery Road*. Nic was also a writer on AMC's crime drama *The Killing* and has written several features and developed TV series with Warner Brothers, USA, Amazon, and Paramount Television. He has also appeared on *The Oprah Winfrey Show*, *The Today Show*, *Fresh Air* with Terry Gross and on CNN with Sanjay Gupta and ABC with Diane Sawyer.

Presentation Time: 2:00-3:00pm

**Tweak: A Harrowing, But Hopeful
Portrait of Addiction**

PREVENTION FORUM

Thank you for helping to make our
community a healthier and safer place!



ROCKBRIDGE AREA
PREVENTION COALITION

WE'VE GOT YOU COVERED!