

**CASE WESTERN RESERVE UNIVERSITY
EAST CLEVELAND CITY SCHOOLS
PROVOST SCHOLARS
Intensive University Seminar
Session Four – Fall 2017
Thursday, October 19, 2017
2:30 - 5:00pm
Guilford House, 11112 Bellflower Road, Cleveland, OH 44106**

Seminar Title: Helping Others Live Sober

Purpose: The purpose of this seminar is to understand the insides of an adolescent who develops addiction and what behaviors help him or her to live a better life clean and sober from the perspective of a national leader in adolescent addiction.

Presenter Biography:



Dr. Maria Pagano is a nationally acclaimed leader, psychologist, and educator who has conducted research with young adults with addiction in Northeast Ohio. Dr. Pagano is Associate Professor and Addiction Psychiatry Research Training Director at Case Western Reserve University (CWRU) where she has led pioneering research on adolescent addiction for the past 12 years. She has over 100 publications in the area of substance abuse and addictive behaviors, and has co-authored a number of books and guides on the topic of mechanisms of behavioral change in addiction recovery. Her research highlights the characteristics that lead many to develop addiction and the behaviors that help youths stay sober and thrive in recovery.

Objectives: At the end to the session, the Provost Scholars will be able to:

- (1)** Be able to describe common inner feelings of someone who develops addiction and the consequences from using alcohol and drugs to cope with them.
- (2)** Learn that it is “okay to not feel okay” and the benefits to self-growth from tolerating difficult feelings.

Agenda

2:30 p.m. – 2:40 p.m.: Hors d’oeuvres

2:40 p.m. – 3:55 p.m.: Tutoring

3:55 p.m. – 4:00 p.m.: Brief Intermission

4:00 p.m. – 5:00 p.m.: Dr. Maria Pagano, Associate Professor and Addiction Psychiatry Research Training Director, CWRU

Faculty & Staff

- Dr. Faye Gary, Program Director
- Brandon Vu, Graduate Student
- David Van Leer, Volunteer and Retired School Principal
- CWRU Tutors

Word of the Week: Addiction: A compulsive need to use a habit-forming substance such as alcohol or opioids,

Source: Webster’s All-In-One Dictionary & Thesaurus, Second Edition. Springfield: Merriam-Webster.

Sentence: Avoiding the use of drugs and alcohol is the best approach to addiction prevention.

Concierge and Maître’d: Mason Higgins and Aiyanna Appling