

CURRICULUM VITAE

MARY JO PODGURSKI

666 Lemoyne Avenue Extension

Washington, Pennsylvania 15301

(724) 228-7502 Fax: (724) 228-4928

E-mail: podmj@comcast.net or podmj@healthyteens.com

PERSONAL DATA

Date of Birth: March 24, 1950
Place of Birth: Greensburg, Pennsylvania
Citizenship: USA
Marital Status: Married, 1973, three children
Maiden Name: Cirelli
Health: Excellent

BUSINESS ADDRESS

Academy for Adolescent Health, Inc.
410 N. Main Street
Washington, Pa 15301
Phone (724) 222-2311
FAX (724) 222-5406
Toll Free: 1 (888) 301-2311
Website: www.healthyteens.com

PROFESSIONAL DATA

RN Licensure: Pennsylvania, New York
RN Certificate Number: RN180640-L

EDUCATION

<u>INSTITUTION</u>	<u>DEGREE/ DIPLOMA</u>	<u>DATES CONFERRED</u>	<u>FIELD OF STUDY</u>
University of Phoenix Phoenix, Arizona	EdD	2009	Doctor of Education
Liberty University Lynchburg, Virginia	MA	1994	Master of Arts in Counseling
University of California California, Pennsylvania	BS	1975	Education/ Nursing (4.0 QPA)
University of Pittsburgh Pittsburgh, Pennsylvania		1968-1974	Nursing
Westmoreland School of Nursing Greensburg, Pennsylvania	RN	1970	Nursing

CERTIFICATION

American Society for Psychoprophylaxis in Obstetrics (ASPO/Lamaze)	ACCE	1977	Childbirth Educator (Recertified every 3 years)
American Nurses Association	RNC	1987	Maternal Child Health Perinatal Specialist (Recertified every 4 years)
ASPO/Lamaze	FACCE	1989	Fellow in the American College of Childbirth Educators
Lamaze International	LCCE	1997	ASPO/Lamaze changed to Lamaze International
AASECT (American Association of Sexuality Educators, Counselors and Therapists)		2007	Certification as Sexuality Educator
AASECT (American Association of Sexuality Educators, Counselors and Therapists)		2008	Certification as Sexuality Counselor

EMPLOYMENT

<u>DATES</u>	<u>INSTITUTION</u>	<u>POSITION</u>
2010	Washington and Jefferson College	Adjunct Professor, Education
1995 - Present	University of Pittsburgh	Faculty, ASPO/Lamaze Childbirth Educator Certification Program
1991 - 1994	Penn State University	Faculty, ASPO/Lamaze Childbirth Educator Certification Program
1989 - Present	The Washington Hospital	Director - Teen Outreach (Consultant Status)
1981 - Present	The Washington Hospital	Consultant
1977 - Present	Lamaze International (Private Practice)	Childbirth Educator
1985 - 1994	ASPO/Lamaze	State Coordinator

1988 - 1990	Greenbrier Treatment Center Washington, Pennsylvania	Charge Nurse
1983 - 1985	Hospice Care, Inc. Washington, Pennsylvania	On - Call Nurse
1979 - 1980	Washington County Health Center Washington, Pennsylvania	Charge Nurse
1977 - 1979	Mercy Hospital Pittsburgh, Pennsylvania	Staff Nurse
1974 - 1976	Andrew S. Balta, DMD Washington, Pennsylvania	Office Manager/ Scrub Nurse
1973 - 1974	Memorial Sloan - Kettering Cancer Center - New York	Team Leader
1971 - 1973, 1981	Children's Hospital Pittsburgh, Pennsylvania	Staff Nurse - Clinical Studies/Research Unit

INDEPENDENT PROGRAMS/ORIGINAL CURRICULA

<u>DATES</u>	<u>CURRICULUM</u>	<u>ROLE</u>
2010	Inside Out: Your Body is Amazing Inside and Out and Belongs Only to You	Developed Program Director
2008	What's Up as You Grow Up Training	Developed Course Trainer
2007	Ambassador for Respect Program	Developed Program
2004 – 2006	Project TEAM <i>Teaching, Empowering, Advocating and Mentoring</i>	Developed Program Director
...2001 – present	Real Talk Performers	Developed Program Director
2001 – present	Peer Factor Tobacco Prevention	Developed Program Director
1997 - present	POWER Program <i>Positive Options for Waiting through Education for Real Life</i>	Developed Program, Director
1997 - present	ECHO Program <i>Educate Children for Healthy Outcomes</i>	Developed Program, Director

	Early Intervention Program	
1997 - present	Outreach Community Education	Developed Curriculum, Director
1996 - present	ASPO/Lamaze Teen Specialist Program (National Workshop)	Developed Curriculum, Coordinator/Lead Faculty
1995 - present	Hand in Hand Father to Father	Developed Program
1994 - present	Peer Educator Program	Developed Program, Coordinator
1990 - present	Parent - Son Class Boy to Man: Ages 10 - 14 The Washington Hospital	Developed Curriculum, Instructor
1988 - present	Teen Outreach Postpone, Prevent, Prepare SM	Developed Program and Curriculum Director/Faculty
1986 - present	Parent - Daughter Class Reaching for Adulthood Ages 13 - 16 The Washington Hospital	Developed Curriculum, Instructor
1984 - present	Parent - Daughter Class Puberty - Ages 9 - 12 The Washington Hospital	Developed Curriculum, Instructor
1984 - present	Child Care Class	Developed Curriculum, Instructor
1984 - present	Breastfeeding Class	Developed Curriculum,
1983 - present	Prepared Sibling Class, The Washington Hospital	Developed Curriculum,
1983 - 1996	Mother's Forum Postpartum Discussion Group The Washington Hospital	Initiated Program, Discussion Leader
1976 – present	Initiated Pregnant and Parenting Teen Program as a volunteer	Received funding in 1993

PROFESSIONAL EXPERIENCE

DATES

ACTIVITIES

2009	Professional consultant, Observer-Reporter Teen Issues Series
2007 – 2008	Online Youth CHAT facilitator, weekly sessions, Wednesdays, 10 PM to Midnight; online link: http://www.observer-reporter.com/OR/!sandbox/
2005 – present	Lead facilitator, Coordinator, County-wide Youth Forums (annual)
2005 – present	Weekly columnist, Ask Mary Jo column, Observer Reporter (1/2005) Online link: http://www.observer-reporter.com/OR/Columns/MaryJoPodgurski/
2004 – 2010	Developed Bi-weekly Listening Booth, Washington Crown Center
2003 – 2005	Coordinator, Washington County Yellow Ribbon Peer Anti Suicide program
2003 – 2004	Professional consultant, Observer Reporter “Sexuality and Teens” project
2001 – present	Developed, chair, Real Talk Performers teen educational drama troupe
2000	Developed Washington and Greene County Adolescent Advisory Boards
1999 - 2001	Editorial Board, IVillage Lamaze Parents Magazine
1998	Consultant, Birth related dramas, Warner Brothers Studio (Lethal Weapon 4), Twentieth Century Fox (Chicago Hope Episode) and Hudson Productions (Oh Baby Script)
1997	Keynote presenter, World Conference on Childbirth Education in Budapest, Hungary, October, 1997
1997 – present	Board member, SPHS CARE Center
1996 - 2005	Editorial Board, LIFE Family Magazine
1996	Consultant, Washington Prexie Players production <i>Secrets</i>
1995 - present	Member, Washington County Health and Wellness Committee
1993 - present	President and Founder, Academy for Adolescent Health, Inc.
1993 - present	Coordinator, Washington County Annual AIDS Awareness Day Program
1995	Coordinator, Adolescent Pregnancy Forum, October 20, 1995
1995	Faculty Member, Magee Womancare International Outreach to Russia, ASPO/Lamaze Childbirth Education Certification Seminar Moscow and Suzdol, Russia, September 13 - 22, 1995
1995 - 1999	Chair, Washington Greene Community AIDS Task Force
1995	Consultant, Washington High School theatrical presentation <i>Dolls</i> on postponing sexual involvement
1994 - 2003	Co-Chairperson, Southwestern Pennsylvania Coalition for Teen Pregnancy Prevention
1994 - present	Co-Chair, Washington Coalition for Teen Pregnancy Prevention
1994 - present	Member, Healthy Mothers, Healthy Babies (HMHB) Coalition: Adolescent Pregnancy and Related Health Issues Subcommittee
1994	Consultant, <i>The Observer Reporter Newspaper</i> series <i>Teen Sex</i>
1994 - present	Member, Washington County Community Health Assessment Team
1994 - 1999	Member, Family Connection - a Washington County Mult Disciplinary Task Force focusing on educating families and professionals
1994 - 1999	Member, The Washington Hospital Task Force on Women's Health
1993, 1995, 1997	Chair, Washington Youth Connection Booklet Task Force
1999, 2005	
1993 - present	Member, ASPO/Lamaze National Faculty (now Lamaze International)
1993 - 1999	Chair, Children and Teen Committee, Washington AIDS Task Force
1993 - 1999	Member, Washington County Breastfeeding Task Force
1993 - 1994	National Membership Chair, ASPO/Lamaze

1991 - 1993	Co - chair, ASPO/Lamaze 1993 National Conference
1990 - 1992	Exam Evaluator, ASPO/Lamaze Teacher Certification Program
1990, 1992, 1994	Item Writer, ASPO/Lamaze Certifying Exam
1988 - 1994	State Coordinator, ASPO/Lamaze
1988 - 1990	Volunteer Instructor, Prepared Childbirth, Washington High School
1988 - 1991	Volunteer Instructor, Prepared Childbirth, Trinity High School
1989 - 1990	Volunteer Instructor, VISTA Teen Pregnancy Program, Washington Greene Community Action - Ringold Junior Senior High School
1988	Item Writer, American Nurse's Association Certifying Exam
1984 - present	Preceptor, Student Teaching, ASPO/Lamaze Teacher Certification Program Experience
1978, 1979, 1982	Public Relations, Publicity Committees, ASPO/Lamaze of Southwestern Pennsylvania

BOARD OF DIRECTORS

2009 – present	Chair, Washington County Health Partners, Inc.
2007 – present	Board member, Washington County Drug and Alcohol Commission
2006 – 2010	Board member, Highland Ridge Redevelopment Board
...2006 - 2008	Vice-Chair, Washington County Health Partners, Inc.
2006	Member, PA Department of Health state wide Adolescent Health Task Force
2005	Board Advisor, PA Coalition to Prevent Teen Pregnancy
2004 – present	Member, Minority Health Task Force
2004	Invitee, Dr. Satcher's Call to Action on Sexual Health, Washington DC
2003 - present	Board Member, Birthing the Future
2003 - 2005	Chair, PA Coalition to Prevent Teen Pregnancy Board of Directors
2002	Vice-Chair, PA Coalition to Prevent Teen Pregnancy Board
2002 – 2005	Board Member, SPSHS Care Center STARRS Sexual Assault Advisory Board
2002 – 2005	Board Member WashArts Community Youth Arts Foundation
2002 – present	Board Member, Community Action Southwest Head Start/Early Head Start Policy Council
2002 – present	Key Leader, Communities That Care
2002 – 2004	Member, VisionQuest Advisory Board
2002 – present	Member, Washington School District Strategic Planning Board
2002 – 2004	Member, Child Abuse Multi-Disciplinary Task Force
2001 – present	Founder, Co-chair, Teen Wellness Task Force
2001 – 2003	Board Advisor, Lamaze International Board of Directors
2001 – present	Member, Communities that Care Board of Directors
2001 – 2002	Vice President, Juvenile Probation Advisory Board
2000 – present	Board Member, Washington County Health Partners, Inc.
2000 – 2001	Board Advisor, Lamaze International Board of Directors
2000 – 2001	Vice-President, Juvenile Probation Advisory Board
1999 - 2000	Vice-President, Lamaze International Board of Directors
1999 - 2002	Member, Children and Youth Services Multi-Disciplinary Task Force
1998 - present	Member, Juvenile Probation Advisory Board
1997 - 1999	President, Lamaze International (formerly ASPO/Lamaze) - National

1997 - 2000	Second Term, Lamaze International (formerly ASPO/Lamaze) National Board of Directors
1996 - 2006	Board of Directors, The CARE Center
1996 - 1998	Treasurer, Pennsylvania Coalition for Teen Pregnancy Prevention
1995 – present	Chair, Washington/Greene Coalition for Teen Pregnancy Prevention
1995 - present	Board of Directors, Pennsylvania Coalition for Teen Pregnancy Prevention, Member of Executive Council
1996 - 1997	Vice-President, ASPO/Lamaze National Board of Directors
1994 - 1996	Treasurer, member of Executive Committee, ASPO/Lamaze Board
1994 - 1997	Elected to ASPO/Lamaze National Board of Directors- First Term
1994 - 1996	Chair, Washington County AIDS Task Force
1990 - 1994	Vice-President, ASPO/Lamaze of Southwestern Pennsylvania Board
1986 - 1989	Washington County Community Action Teen Assist Program

COMMUNITY ACTIVITIES

2008 – present	Rotary Club Youth Exchange Chairperson
2009	Implemented the third annual Ambassador for Respect Program – focus on self-respect
2008	Implemented the second annual Ambassador for Respect Program in all Washington County school districts (involving over 18,000 students for a week emulating respect for people of all races).
2007	Created and Implemented the Ambassador for Respect Program in all Washington County school districts (involving over 18,000 students for a week emulating respect).
2006	Coordinator, First Washington County Day of Silence, Trinity High School
2006	Chair, Washington and Jefferson College County Youth Conference
2005 – present	Founder and Co-Facilitator, First Washington County GSA (Gay Straight Alliance)
2004	Chair, first Rock the Vote in Washington County
2002	Chair, MusicFest III
2002	Chair, Collaborative three county panel on Abstinence
2002	Adult Coordinator, First Annual Washington County observance of the National Day to Prevent Teen Pregnancy, W & J College, May 8, 2002
2002	Conference Chair, Long Term Ramifications of Sexual Abuse in Males
2001	Chair: MusicFest II – <i>No Sex, No Drugs, Just Music</i> Youth Forum
2001	Chair, Real Talk for Real Parents Youth/Parent Conference, Washington and Jefferson College
2000	Chair, Real Talk about Real Life II Youth Conference, California Univ.
1999 – present	Washington County Health Partnership (formerly Washington County Health and Wellness Leadership Council)
1999	Chair, Real Talk about Real Life Youth Conference, California Univ.
1998	Chair: MusicFest – <i>No Sex, No Drugs, Just Music</i> Youth Forum
1998	Conference Chair, Adolescent Pregnancy Forum II, Holiday Inn
1997	Conference Chair, Adolescent Pregnancy Forum, The Washington Hospital
1996 – 1999	Washington County Health and Wellness Leadership Council
1995 – present	Advisor, Youth to Youth Connection Peer Educator Group

1995 - present	Editor and Advisor, Youth to Youth Connection Newsletter
1993 – present	Coordinator, Annual AIDS Awareness Day, December 1 – Student Run
1991 - 1995	Advisor, Junior Varsity Cheerleaders, John F. Kennedy School
1990 - present	Instructor, Youth Ministry, Immaculate Conception Church Teen Program
1982 - 1994	Girl Scout Leader, John F. Kennedy School, Troop #3532
1986 - 1996	Volunteer Instructor, Washington Hospital's Buckle Up Baby Car Seat Program
1982 - 1983	Publicity Chairperson, John F. Kennedy Parent Teacher Guild

MEMBERSHIPS

AASECT (American Association of Sex Educators, Counselors and Therapists)
 AWOHNN (Association of Women's Health, Obstetrics, and Neonatal Nurses)
 HMHB (Healthy Mothers, Healthy Babies)
 ICEA (International Childbirth Education Association)
 Lamaze International (formerly ASPO/Lamaze)
 Lamaze International of Southwestern Pennsylvania
 HealthyTeens Network (formerly NOAPPP National Organization on Adolescent Pregnancy,
 Parenting, and Prevention)
 NAACP Life Time Member
 PCTPP (Pennsylvania Coalition for Teen Pregnancy Prevention)
 SSSS (Society for the Scientific Study of Sexuality)
 SWPCTPP (Southwest Pa Coalition for Teen Pregnancy Prevention) (Founder and Co- chair)
 Washington Coalition for Teen Pregnancy Prevention (Founder and Chair)
 Washington County AIDS Task Force (Past chair)
 Washington/Greene County Breastfeeding Task Force
 Washington Rotary Club

PRESENTATIONS

"Real Education for Real Birthing Teens", BirthCircle Keynote address, Pittsburgh, PA, June 8, 2010.
 "Navigating Stormy Seas: Real-Life Guidelines for Supporting LGBTQA Teens in a Conservative
 Small Town", AASECT, June 5, 2010.
 "Working with Today's Teens: What you Need to Know" Sole presenter, full day Adagio Health
 professional in-service, Monroeville, PA, March 25, 2010.
 "Real Education for Real Teens", Keynote address, California University, February 23, 2010.
 "Me Too: Sexuality Education for ALL Our Children", Keynote address, Children's Therapy
 Center/Canon McMillan School District, Canonsburg, PA, October 26, 2009.
 "Inside Out: Affirming Sexuality Education for Young Children", Keynote address, South Hills
 School Nurses Cluster Meeting, Pittsburgh, PA, October 29, 2009.
 "Voices to Break the Cycle: Research Supporting Teen Pregnancy Prevention", Keynote address, Erie,
 PA, October 6, 2009.
 "Normal Birth Across Generations", Break out session with Amy Podgurski-Gough, Lamaze
 International National Conference, Orlando, FL, October 3, 2009.
 "Fifteen Again – Towards an Empathic Understanding of Adolescent Culture", Workshop with peer
 educators for Washington Youth Connection, May 20, 2009.
 "Real Talk about Real Teen Issues: Texting, Sexting and Social Networking", Parent and professional
 community program, April 25, 2009.

“The Sex Lady does Stand Up” Comedy act presented at Wash Arts Celebrity Live!, Canonsburg, PA, March 14, 2009.

“Real Games for Real Teens: The Art of Game Playing in Sexuality Education” Advanced Sexuality Educators Training (ASET) Pre-conference, Philadelphia, PA, March 7, 2009.

“My Space or Your Space: Texting, Sexting and Internet”, In-service with peer educators for Washington County Health Partners, Inc., February 3, 2009.

“Reaching Out to the Invisible Child: The Art of Teaching”. Guest Lecturer, Student Teachers, Washington and Jefferson College, January 29, 2009.

“Nurturing Adolescents During the Childbearing Year: Caring, Commitment, Creativity”, Beverly, Massachusetts, October 29, 2008.

“Laughter and Tears: Surviving and Living”, Keynote address to county wide Breast Cancer Luncheon, The Washington Hospital, October 20, 2008.

“Games Educators Play: Lights, Camera, Action”, PA ELECT/PPT/EFI Annual Conference, Harrisburg, PA. October 14 – 15, 2008.

“Nurturing Adolescents During the Childbearing Year: Caring, Commitment, Creativity”, Pittsburgh, Pennsylvania, September 26, 2008.

Lamaze Teen Workshop, Lamaze International Pre-conference workshop, Louisville, Kentucky, September 6, 2008.

“Real Talk about Real Teens: What Health Ministers Need to Know to Reach Youth”, In-service to Washington County Health Partners, Minority Health Task Force, June 21, 2008.

“Navigating Stormy Seas: Real Life Guidelines for Supporting LGBTQA Teens in a Conservative Small Town”, presentation at PA Coalition to Prevent Teen Pregnancy, Penn State University, May 19, 2008.

“Health Care in Beijing, China”, The Washington Hospital Foundation, May 15, 2008.

“Everything Your Child Knows about Sex but You’re Afraid to Ask”, Wilfred R. Cameron Wellness Center, Washington, PA, May 10, 2008.

“Female Sexuality Unwrapped”, Wilfred R. Cameron Wellness Center, Washington, PA, May 10, 2008.

“Growing Health Teens and Young Adults: Tools, Tips and Techniques”, Manhattan Perinatal Regional Conference, New York, NY, April 29, 2008.

Passion for Birth Training; Early Sexuality Education. Beijing, China, April 4 - 11, 2008.

“Real Talk about Real Teens”, The Washington Hospital Obstetric Department, April 2, 2008.

“Navigating Stormy Seas: Real Life Guidelines for Supporting LGBTQA Teens in a Conservative Small Town”, presentation at Healthy Teen Network, Baltimore, Maryland, November 16, 2007.

Passion for Birth Training, Beijing, China, November 5 – 9, 2007.

“Who is an Ambassador for Respect”, Washington and Jefferson College, October 14, 2007.

“Adolescent Brain Development: Implications for Working with Pregnant and Parenting Teens”, Lamaze International, Phoenix, Arizona, September 11, 2007.

“Games Educators Play”, Full day workshop delivered for Answer at Rutgers University, New Jersey, May 18, 2007.

“Adolescent Brain Development: A Work in Progress...or Making Research Real”, Keynote presentation, PA Nurse Family Partnership, Penn State University, April 12, 2007.

Lamaze International Train the Trainer, Monroeville, Pa, March 15 – 16, 2007.

“STIs – Real Talk about “Sexy” Infections”, Presentation to County Professionals, January 23, 2007.

“Sexuality in the Media,” Healthyteens Annual Conference, Anaheim, CA, November 17, 2006.

“Reality Based Techniques for Making it Real for Teens,” Keynote address, Annual Plain Talk Conference, Anaheim, CA, November 14, 2006.

“Adolescent Brain Development”, “Real Talk from Real Teens Teen Panel”, PCPTP Annual Teen Pregnancy Prevention Conference, Penn State University, October 23 – 24, 2006.

“Games Educators Play,” Sole presenter, two day conference for South Carolina Campaign to Prevent Teen Pregnancy,” Columbia and Greenville, S.C., October 18 – 19, 2006.

“Teaching Teens: Making it Real,” Lamaze International Annual Conference, Boston, MA, September 10, 2006.

“Reality Based Education to Really Reach Teens,” sole presenter, one day conference, Indianapolis, IN, April 27, 2006.

“Teaching Teens: Making it Real” Opening Keynote address; “Games Educators Play”, Breakout session, Nurse Family Partnership Annual Conference, Penn State University, April 20, 2006.

“Adolescent Brain Development” Opening Keynote address; “Real Talk from Real Teens Teen Panel”, Luncheon Keynote Address, ELECT/PPT Annual Conference, Harrisburg, PA, April 6, 2006.

“Reality Based Techniques for Dealing with Adolescent Sexuality and Pregnancy”, Perinatal Nursing in Our Changing World March of Dimes Conference, New York City, NY, March 28 – 29, 2006.

“Games Educators Play – Take Four” HealthyTeens Network Annual Conference (formerly NOAPPP), Chicago, Illinois, November 17, 2005.

“Peer Education that Works,” Healthy Kids, Healthy Adults Conference Meadowlands, Pa, November 4, 2005.

“Never Give it up for a Sofa: Laughter and Wisdom from the Front Lines of Sex Ed,” PA Coalition to Prevent Teen Pregnancy Annual Conference, October 26, 2005.

“Innovative Learning that Works,” Governor’s Institute for Education, Department of Education, Slippery Rock University, August 2, 2005

“The Servant Leader,” Keynote address to Washington Leadership Institute graduation, January 27, 2005.

“Games Educators Play – Take Two – Incorporating BDI Logic Models in Interactive Learning Techniques,” Columbia, South Carolina, South Carolina Campaign to Prevent Teen Pregnancy, January 20, and 21, 2005 (sole presenter).

“Games Educators Play, Take Three,” Workshop delivered at NOAPPP’s annual conference, New Orleans, LA, November 19, 2004

Lamaze International Teen Specialist Program, Annapolis, Maryland, November 4 – 5, 2004

“Making Learning Fun,” Sole Presenter, Governor’s Campaign to Reduce Teen Pregnancy, Baltimore, MD, November 3, 2004

“Female Sexuality Unwrapped,” Address to the PA Coalition to Prevent Teen Pregnancy annual state conference, Penn State University, October 25, 2004

“Educational Drama – A Teaching Tool that Rocks”, presentation to the joint NOAPPP and Advocates for Youth Leadership Training, Washington DC, September 10, 2004

“Show Me the Money,” Pre-conference workshop, DONA National Conference, New Orleans, LA, July 22, 2004

“Real Talk about Real Teens,” Breakout workshop, DONA National Conference, New Orleans, LA, July 23, 2004

“Spice it Up – Games that Teach,” Full day presenter, Governor’s Campaign to Reduce Teen Pregnancy/SHIP Conference, University of Maryland, August 3, 2004

“Games Educators Play,” Two day workshop, sole presenter, Governor’s Campaign to Reduce Teen Pregnancy, Baltimore, MD, May 20, 21, 2004.

“Real Talk about Real Teens,” Pre-conference full day and Keynote address, Missouri Teen Pregnancy Prevention Coalition, St. Louis, Missouri, April 14, 15, 2004.

“Steps for Success – First Steps in Sexuality Education for Parents,” Address at Slippery Rock University, April 7, 2004.

“Growing Healthy Teens and Young Adults – Tools, Tips and Techniques,” Sole presenter one day conference for Cornell Extension Education Services, FishKill, New York, March 31, 2004.

“Educating for HIV/AIDS Prevention – Paths to Health,” Keynote for the Southwestern AIDS Planning Commission Spring Conference, Pittsburgh, PA March 26, 2004.

- “Sexuality and the Middle Schooler,” Keynote address to the PMSA – Pennsylvania Middle School Association, Penn State University, March 14 – 15, 2004.
- “Games Educators Play,” Two day workshop, sole presenter, SC Campaign to Prevent Teen Pregnancy Columbia, SC, March 2 and 2, 2004
- “Female Intimacy – Unwrapped,” Keynote presentation, Magee Women’s Hospital, BWHOLE (Black Women’s Health Organization for Life and Empowerment), February 28, 2004
- “Youth Unity – Tomorrow’s Leaders,” creator and main facilitator, county wide youth conference for 120 teens, February 18, 2004
- “The Real Love Story,” Address to tri countywide Student Forum, IU, California, PA, February 11, 2004
- “Understanding Teens,” Trinity Methodist Church Parent Series, February 4, 2004
- “Games Educators Play 2,” NOAPPP (National Organization for Adolescent Pregnancy, Prevention, Parenting) presentation, Crystal City, Va., November 12, 2003
- “Teen Specialty Training,” Louisville, KY, November 8, 9, 2003
- “You’re in Charge,” address to full student body Mapletown High School, Southeastern Greene District regional meeting, Mapletown, PA., November 7, 2003
- “Reclaiming the Sexuality of Birth,” PA Coalition to Prevent Teen Pregnancy Annual Conference, Penn State University, October 21, 2003
- “Real Talk about STD’s”, Address to tri countywide Student Forum, IU, California, PA, October 14, 2003
- “Real Talk about Real Teens,” Keynote address, concurrent session, AWHONN regional meeting, Pittsburgh, PA, October 7, 2003
- “Games Educators Play to Promote Normal Birth,” Lamaze International Annual Conference, Albuquerque, NM, October 2-4, 2003
- “Developing a Peer Education Program,” Full day address to Ukrainian Physicians, Magee Womancare International, September 26, 2003
- “Teen Specialist Training,” Sole presenter, Scranton, Pennsylvania, September 18, 19, 2003
- “Real Talk for Real Parents”, Keynote address to community along with two day peer education training/facilitator training, Sayre, Pa, August 8 – 9, 2003
- “Real Talk about Real Teens,” DONA Annual Conference, San Francisco, CA, July 24, 2003
- “Labor Support for Teens,” Pre-conference workshop, DONA (Douglas of North America) Annual Conference, San Francisco, Ca, July 23, 2003
- “The Invisible Wound: Sexual Abuse as an Antecedent to Early Childbearing,” AASECT (American Association for Sexuality Educators, Counselors and Therapists) Annual Conference, Las Vegas, Nevada, June 6 – 7, 2003
- “Sexuality Education – European Perspectives vs. American,” Teen Pregnancy Professional Conference, Magee Woman’s Hospital, May 1, 2003
- “Lamaze International Teen Specialist Training,” Sole presenter, San Antonio, Texas, March 28, 29, 2003
- “Learning Stations for Interactive Education,” ASET Retreat, Philadelphia, PA, February, 28, 2003
- “Games Educators Play,” NOAPPP (National Organization for Adolescent Pregnancy, Prevention and Parenting) Annual Conference, San Diego, California, November 23, 2002
- “Interactive Education and Learning Styles,” New York City Chapter of Lamaze International, New York City, October 31, 2002
- “The Invisible Wound: Sexual Abuse as an Antecedent to Early Childbearing,” PA Coalition to Prevent Teen Pregnancy Annual Conference, Penn State University, October 22, 2002
- “Teen Specialist Training,” Lamaze International Teacher Training, Raleigh Durham, North Carolina, October 18 – 19, 2002
- “Real Talk about Real Pregnant Teens,” Lamaze International Annual Conference, Pittsburgh, PA, September 28, 2002

- “Sexual Issues,” Mental Health Association of Washington County Professional Training, May 13, 2002
- “Teen Specialist Training, Lamaze International, Evanston, Illinois, May 2 – 3., 2002.
- “Diversity in Childbirth Education: Pregnant and Parenting Teens *and* Interactive Teaching Techniques,” Lincoln, Nebraska, April 12, 2002.
- Invited participant, ASET (Advanced Sexuality Educator Training) Retreat, Philadelphia, PA, March 1 – 3, 2002,
- “Real Talk about Real Teens,” Building a Bright Future Day Two, Keynote address, University of Missouri – St. Louis Teen Pregnancy Prevention Conference, February 20, 2002.
- “Putting a Face on the Numbers: Humanizing Teen Pregnancy Statistics,” Keynote address to Building a Bright Future, University of Missouri-St. Louis Teen Pregnancy Prevention Conference along with Dr. Doug Kirby, February 19, 2002.
- “Making Sense out of Sex: A Faith Based Perspective,” Address to Youth Ministry Leaders, First Presbyterian Church, February 10, 2002.
- “The European Experience,” Address to tri countywide Student Forum, IU, California, PA December 11, 2001.
- “Reaching Out to All our Teens,” Address to PFLAG, November 27, 2001
- “Birth Advocacy for the Future,” New York City Chapter of Lamaze International, New York City, November 1, 2001
- “Reaching Out to Teens,” Facilitator and presenter, State of PA I Am Your Child Professional Workshops, Penn State University, October 24, 2001 and Pittsburgh, PA October 31, 2001.
- “Making it Real – Inspiring Coalitions to Work Together,” address to Pennsylvania Coalition for Teen Pregnancy Prevention Annual Conference, Penn State University, October 23, 2001
- Invited Participant, Advocates for Youth European Study Tour, June 9 to 24, 2001.
- Lamaze International Teen Specialist Program, sole presenter at two day workshop, Williamsport, Pa, May 16, 17, 2001.
- “Making it Happen – Creating Community for Teens and Parents,” sole presenter at two-day workshop, Gettysburg, Pa May 14, 15, 2001.
- Lamaze International Teen Specialist Program, two day workshop, Chicago, Illinois, April 23, 24, 2001..
- “Games Educators Play VI”, presented at the Lamaze International Annual Conference, Minneapolis, Minnesota, October 7, 2001
- “Real Talk for Real Professionals,” address to Pennsylvania Middle School Association Western Region Conference, January 15, 2001
- “Real Talk about Sex and Teens,” Poster presentation at NOAPPP (National Organization on Adolescent Pregnancy, Parenting and Prevention, November 17, 2000.
- Lamaze International Teen Specialist Program, sole presenter at two day workshop, St.Louis, Mo, October 20, 21, 2000.
- “Games Educators Play V,” presented at the Lamaze International Annual Conference, Memphis, Tennessee, September 21, 2000
- “Teenagers and Breastfeeding,” Western Pennsylvania Lactation Consultant’s Association, Shadyside Hospital, September 11, 2000.
- “Games Educators Play,” presented at the ICEA Annual Conference (International Childbirth Education Association), St. Louis, MO, August 11, 2000
- “Forum on Sexual Abuse and Teen Pregnancy,” Panel Participant Child Welfare League of America Annual Conference, August 3, 2000
- “Real Talk about Real Teens,” presented to resident medical students and faculty, West Penn Hospital, Pittsburgh, PA, May 23, 2000
- “What People Need is a Good Listening To,” Facilitator Training, presented to Department Heads, Supervisors and Managers, The Washington Hospital, Washington, PA, April 23, 2000

- “Birth of a Dream: Teen Outreach,” presentation to the Annual Meeting of the Washington Hospital Foundation, Inc. Board of Directors, April 19, 2000
- “What People Need is a Good Listening To,” Facilitator Training, presented to Graduate Students in Social Work, California University of Pennsylvania, April 4, 2000
- “Empathy is Your Pain in My Heart,” Mentoring Training, presented to Department Heads and Nurse Managers, The Washington Hospital, Washington, PA, March 21, 2000
- “How to Reach Teens,” presented twice, Allegheny General Hospital Obstetric Provider’s Conference, Pittsburgh, PA, February 27, 2000
- “Mentoring Our Past, Mentoring Our Future,” Keynote address to Lamaze International Annual Conference, Toronto, Ontario, Canada, October 9, 1999
- “Games Educators Play IV,” Lamaze International Annual Conference, Toronto, Ontario, Canada, October 9, 1999
- “Initiating a Peer Education Program,” One-day workshop presented in Sayre, PA, September 24, 1999
- “Teen Pregnancy Prevention: Strategies that Work,” Presentation to the Allegheny Intermediate Unit’s Annual School Nurse Conference, Pittsburgh, PA, August 14, 1999
- “Finding your Path: The Health Care Professional as Entrepreneur,” Address to Pennsylvania Governor’s School for Health Care, University of Pittsburgh, Pittsburgh, PA July 1, 1999
- “Reaching Out to Kids,” Address to California University Graduate School of Social Work, California, PA, July 1, 1999
- “Sexuality and Youth: A Parent’s Role in Education,” Address to Foster Parent’s Association of Washington County, May 24, 1999
- Lamaze International Teen Specialist Program, Lead Faculty, Kansas City, Missouri, May 21, 22, 1999
- “Postpone, Prevent, Prepare,” Sole presenter at Community Forum, Kansas City, Missouri, May 20, 1999
- “Listen to Teens: Real Talk about Real Life,” Coordinator and Opening Keynote for Bi-County Youth Conference, California University of Pennsylvania, May 13, 1999
- “The Role of Teens in Decreasing Teen Pregnancy,” Keynote address to the student body, Iroquois School District Awareness Day, Erie, Pennsylvania, May 12, 1999
- “Reaching for Adulthood – Making Sense of Sex,” Interactive session, grades 11 and 12, Iroquois School District Awareness Day, Erie, Pennsylvania, May 12, 1999
- “Peer Education,” Keynote address, Pennsylvania Coalition for Teen Pregnancy Prevention State Youth Conference, April 29, 1999
- Lamaze International Teen Specialist Program, Lead Faculty, Baltimore Maryland, April 24, 25, 1999
- “Developing a Peer Education Program,” “Train the Trainer Peer Education Program,” Keynote address to Johnston Area Coalition for Teen Pregnancy Prevention Youth Conference, April 14, 1999
- “When the Student is Ready, a Teacher Appears: Peer Education as the Catalyst for Reality Based Sexuality Education,” Keynote address to the 1998 Pennsylvania Teen Pregnancy Conference: Teen Pregnancy, Public Issue, Personal Challenge, November 19, 1998.
- “Peer Education,” Keynote address to 500 students, AAA Safe Kids Conference, California University of PA, November 4, 1998.
- “Building Resiliency in Children: Helping Children Survive in a Challenging World,” Celebrate the Family Workshop, Uniontown, PA, October 14, 1998.
- “Games Educators Play III,” presentation at Lamaze International’s annual conference, Denver, Colorado, October 2, 1998.
- “Helping Kids “Own” the Message: Reality Based Sexuality Education,” Sole presenter at day long March of Dimes regional conference, Erie, PA, September 23, 1998
- “Reality Based Education: Make it Happen in Your Community.” Sole presenter at daylong seminar, Sayre, Pa, August 21, 1998.
- “The Changing Roles of Women into the Millennium,” Keynote address, Washington County Women’s Retreat, George Washington Hotel, May 14, 1998

- “Making Sense Out of Sex,” Keynote address to 200 students at area Youth Conference, University of Pittsburgh at Johnston, May 6, 1998
- Lamaze International Teen Specialist Program, Lead Faculty, Pittsburgh, PA April 23, 24, 1998
- “Let’s Do It: Community Building” Opening address, Adolescent Pregnancy Forum II: Responding to the Reality of Adolescent Sexuality, Holiday Inn, Meadowlands, PA April 22, 1998
- Lamaze International Teen Specialist Program, Lead Faculty, Springfield, Missouri, March 8,9, 1998
- “Adolescent Pregnancy,” ANIPP Conference, Mexico City, Mexico, February 24 - 27, 1998
- “Parenting and Treasuring our Teens: Setting Limits and Letting Go,” Parenting series, Church of the Covenant, Washington, PA February 1, 1998 - February 8, 1998
- “First Do No Harm: Teaching an Abstinence Message with Empowerment,” Sole presenter, Gettysburg, PA. November 20, 1997.
- ASPO/Lamaze Teen Specialist Program, Lead Faculty, Indianapolis, Indiana, December 3, 4, 1997
- “Helping Kids Own the Message,” Address to the Pennsylvania Coalition for Teen Pregnancy Prevention State Conference: Teen Pregnancy, An Issue for Everyone, Penn State University, State College, PA, November 12 - 13, 1997
- “Education for Real Life: Helping Kids Own the Message,” Keynote presentation to the March of Dimes State Conference: Turn the Beat Around, Erie, Pa, October 22, 1997
- “Sexuality Education and the Family,” Opening Keynote, the World Conference on Childbirth Education, Budapest, Hungary, October 21, 1997
- “Adolescent Sexuality and the Drug/Alcohol Connection” Panel Presenter, Juvenile Court Inservice, Holiday Inn, Meadowlands, PA, October 10, 1997
- “Setting Limits and Letting Go: Mother/Daughter Communication During Adolescence,” WomenFest, The Washington Hospital, September 20, 1997
- “What’s Up as You Grow Up? - Teaching Parent/Youth Early Sexuality Programs,” ASPO/Lamaze Annual Conference, September 13, 1997, Orlando, Florida
- “Games Educators Play II,” ASPO/Lamaze Annual Conference, September 12, 1997, Orlando, Florida
- “Adolescent Sexuality Education: Helping Kids Own the Message,” Keynote and opening address to state wide March of Dimes two day conference, Madison, Wisconsin, July 21, 1997
- ASPO/Lamaze Teen Specialist Program, Burbank, California, co-presented with Teri Shilling, June 26, 27, 1997
- “Let’s Talk: Talking with Your Son or Daughter about Sexuality,” Community Update, The Washington Hospital, May 21, 1997.
- “Reality Based Parenting: Introducing Sexuality Information - When, Where, How, and Why?” Keynote address to PACT conference, Greensburg, Pa, May 8, 1997
- “Does it Affect YOU: HIV/AIDS Awareness,” Presentation to Jefferson Morgan student body (approximately 1,000 students) April 15, 1997
- ASPO/Lamaze Teen Specialist Program: Sole Presenter - Two Day Workshop on Adolescent Pregnancy and Sexuality, Atlanta, Georgia, April 11 - 12, 1997, Lead Faculty, Boston, MA, May 15 - 16, 1997
- “Making it Happen: Establishing an Adolescent Sexuality Program” Keynote address to Cambria County Adolescent Update, April 8, 1997
- “Peer Educators - Young People Reaching Out.” Address to Intermediate Unit #1 Student Forum, March 11, 1997
- “Developing Classes for Today,” Sole Presenter, All day Annual REACHE Childbirth Educators Conference, February 7, 1997, Seattle, Washington
- ASPO/Lamaze Teen Specialist Program: Two-Day Workshop on Adolescent Pregnancy and Sexuality; November 7-8, 1996, Orlando Florida; December 8-9, 1996, Austin, Texas.
- “Sexuality Education: Who, What, Where, and When?” Panel Presentation to CAOG (Central Association of Obstetricians and Gynecologists) Annual Conference, October 19, 1996, Houston, Texas.
- “Games Educators Play”, Concurrent Session, ASPO/Lamaze National Conference, Dallas,

Texas, October 4, 1996.

"Postpone, Prevent, Prepare" Pennsylvania Public Health Conference, Station Square, Pittsburgh, September 30, 1996.

"Sexuality Across the Life Span" Address to WomanFest, The Washington Hospital, September 28, 1996.

"Teen Pregnancy and Sexuality - the Educator's Role," Address to West Liberty College undergraduate education majors, August 29, 1996.

"Making it Happen," Keynote address to the Fayette County Coalition for Teen Pregnancy Prevention, June 24, 1996.

"Sex, Drugs and Alcohol - the Teen Connection," A Community Seminar - Identifying Substance Abuse and Rural Gang Violence, Mon Valley Drug and Alcohol, May 10, 1996

"Parenting by Heart: Making a Difference in Your Children's Lives," Keynote address to the Westmoreland County Task Force on Teen Parenting Seminar - Taking Care of Baby and Me, May 9, 1996

"Teaching Sexuality in the Nineties: Helping Kids "Own" the Message," Keynote address to the Family Health Council Annual Conference, Station Square, Pittsburgh, April 22, 1996

"The Woman's Body Knows: Preparing Women to be Assertive in Labor and Birth, ASPO/Lamaze Educational Update, Magee Woman's Hospital, April 20, 1996.

"Educational Outreach to Russia," Zonta International, April 3, 1996.

"Sexuality and Sexual Responsibility," Keynote Address, Intermediate Unit I Student Forum, California, Pa, March 11, 1996

"Teen Pregnancy and Sexuality: Postpone, Prevent, Prepare: A Multi-Disciplinary Approach" Workshop presented in Seattle, Washington, for the Overlake Hospital Medical Center and the Seattle-King county Public Health Center, February 10, 1996.

"Setting Limits and Letting Go as Hormones Rage," Address to Washington School District Parent Organization, January 24, 1996

"Sexuality in the Nineties - the Role of the School" Address to Canonsburg School District Parent Coalition, December 15, 1995

"Sexuality and the College Student" Evening Lecture at Washington & Jefferson College, December 7, 1995

"Adolescent Development" "Family Dynamics" Presentations as part of VISION Student Assistance Program (SAP) Training, Holiday Inn, Meadowlands, November 13, 1995

"Fostering Self-Esteem in Young Women - the Sexuality Connection" Address to Washington County Girl Scout Leaders Training Session, Citizen's Library, November 9, 1995

"HIV/AIDS Education - Making it Happen" Featured speaker, Thomas Jefferson Hospital, Philadelphia, November 6, 1995.

Guest Lecturer, Education Psychology Class, Washington & Jefferson University, October 26, 1995

"Overview of Adolescent Pregnancy and Sexuality" "Fatherless in America" and Teen Panel Moderator,

Adolescent Pregnancy Forum, The Washington Hospital, October 20, 1995 (Coordinator)

"HIV/AIDS Education - A Mandate to our Schools." Washington County Superintendent's meeting, October 19, 1995

"Sexuality in the Nineties: Where do our Children go from here?" Address to the California University Nurses Honor Society, California University, October 18, 1995

"Developing an Action Plan" and "Breastfeeding and Teens" Keynote address and breakout session at Educational Update: Issues for the Nineties, Magee Womens Hospital, Pittsburgh, October 14, 1995

"Adult Learning, Teaching Strategies and Methodology, Expulsion, Role Play, Labor Support", presented as part of ASPO/Lamaze faculty in Russia for Womancare International's Outreach to Russia, Moscow and Suzdol, Russia, September 18 - 22, 1995.

- "Sensible about Sex", Burgettstown Parent Organization, August 25, 1995.
- "Children Having Children", United Way Training, Washington & Jefferson College, August 23, 1995.
- "Making it Happen: HIV/AIDS Education - The Childbirth Educator's Role", ASPO/Lamaze National Summit, Washington DC, August 19, 1995.
- "Reality Based Parenting for the Nineties," District 9 Parent Teacher Association General Conference, Holiday Inn, Meadowlands, April 2, 1995.
- "Sexual Issues in the Classroom," Allegheny Intermediate Unit Spring Conference, Station Square, Pittsburgh, Pa. March 29, 1995.
- "A Childbirth Challenge: Teaching Teens," Featured speaker, Thomas Jefferson Hospital, Philadelphia, Pa. March 17, 1995
- "Update on Teen Outreach," Address at Washington County Superintendent's Meeting, March 16, 1995
- "Parenting for Now: Talking with your Kids about Sex," Trinity West Parents Group, March 14, 1995
- "Sexuality Education: Where do We Go from Here?" Address to Genesis, March 13, 1995
- "Peer Leadership Program," Address to McGuffey School Board, March 13, 1995
- "Parenting for the Nineties: Preparing Kids for the Real World," Address to the Daughters of Current Events, March 9, 1995
- "Sexual Harassment", Secondary school assembly, Chartiers Houston Junior Senior High School February 21, 1995
- "Sexual Harassment and the Educator - What is Your Role?" Presentation to faculty, Chartiers Houston Junior Senior High School, February 21, 1995
- "Parenting for the Real World" John F. Kennedy Parent Teacher Guild, February 13, 1995
- "Reaching Out - Games Educators Play", Full day seminar presented at Wake Forrest University for childbirth educators, nurses, educators, Winston-Salem, North Carolina, February 1, 1995
- "Update on Teen Pregnancy in Washington County - Where do we go from here?" presentation to the Washington Rotary Club, January 31, 1995
- "Sexual Issues in the Classroom" Workshop at Keeping Kids Safe: A Non-Violent Approach to Non-Violence Conference, Holiday Inn, Meadowlands, November 18, 1994
- "Adolescent Development" "Family Dynamics" Presentations as part of VISION Student Assistance Program (SAP) Training, Holiday Inn, Meadowlands, November 14, 1994
- "Teen Pregnancy", Mercy Hospital Continuing Education Series, Mercy Hospital, Pittsburgh, Pa. October 24, 1994
- "Developing Comprehensive Programs for Teens: Pregnancy, Parenting, Sexuality." Coordinator and Speaker of full day seminar at Childbirth Institute, ASPO/Lamaze Summit, Chicago, Illinois, October 14, 1994.
- "The 90's Woman and Sexuality" Presentation to The Washington Hospital WomanFest, The Washington Hospital, Washington, Pa, September 24, 1994.
- "AIDS 101", Beaver County Community College Prevention Project, Beaver County Community College, June 11, 1994.
- "Vision - HIV/AIDS Update - HIV/AIDS Education Kids Respond To." Presentation to County Wide Student Assistance Program Professionals, Holiday Inn, Meadowlands, May 4, 1994.
- "Teens and Sex", Mapletown High School Kids That Care Forum, April 29, 1993.
- "Teen Pregnancy" Keynote speaker - Beaver County Community College Prevention Project Conference, Beaver County Holiday Inn, April 19, 1994
- "Breastfeeding and the Teen" Presentation to the Breastfeeding- Economic Challenge of the 90's Conference, Holiday Inn, Meadowlands, April 9, 1994
- "Presenting Sexuality in a Christian Environment - the Education You Can't Afford to Ignore." Lecture to Parent/Educator group - Gospel Treasures, March 10, 1994.
- "Parenting in the 1990s: Talking to your Children about Sex & AIDS," Seminar to the community, The Washington Hospital, January 29, 1994

- "Incorporating Sexuality Education in Your Practice" Lecture to The Washington Hospital Residents, October 22, 1993
- "Do you Know Whom you are Teaching: The Challenge of Cultural Diversity." Coordinator and Co-Presenter of full day seminar at Childbirth Institute, October 7, 1993
- "Postpone, Prevent, Prepare: An Educational Answer to Teen Pregnancy/Sexuality" ASPO/Lamaze National Conference, Pittsburgh, Pa, October 8, 1993
- "Adolescent Pregnancy" Round Table Discussion Leader, ASPO/Lamaze National Conference, October 9, 1993
- "Adolescent Pregnancy," Guest Lecturer, The Washington Hospital School of Nursing, July 6, 1993
- "Workshop on Adolescent Sexuality", Fox Chapel School District, Sole presenter for two day seminar to faculty and administration, June 23, 24, 1993
- "Helping Students Postpone, Prevent, and Prepare for the Future," Fifth Annual Alternative Education Consortium Meeting Allegheny Intermediate Unit, Pittsburgh, Pa May 7, 1993
- "Making it Happen: Teaching AIDS Education with Ease." Washington-Greene County AIDS Task Force Seminar, April 29, 1993
- "Pre Menstrual Syndrome." Citizen's Library, April 26, 1993
- "Talking to your Child about Sexual Issues." Avella School District Parent Teacher Organization, April 19, 1993
- "Teen Sexuality." Teen Forum Speaker, Mapletown High School, April 16, 1993
- "Why Sexuality Education?" Peters Township School District Parent Teacher Group, April 14, 1993
- "Adolescent Pregnancy and Sexuality - Issues for the Nineties." AAWOHN (formerly NAACOG) Five-hour seminar for nurses and educators, Magee Women's Hospital, March 27, 1993
- "Reaching our Teenagers: the Challenge of Educators in the 90's." McGuffey School District Wide Celebration and Inservice, February 11, 1993
- "The Role of Women in Adolescent Sexuality Education." AAUW, February 13, 1993
- "Initiating a Program on Sexuality," Fox Chapel High School, January 28, 1993
- "Sexuality and Adolescents," Avella School District Faculty, December 17, 1992
- "Don't Touch That Dial: Keeping the MTV Generation Tuned In." ASPO/Lamaze Childbirth Institute X Los Angeles, California, October 15, 1992
- "Postpone, Prevent, Prepare: An Educational Answer to Teen Pregnancy/Sexuality," ASPO/Lamaze National Conference: Los Angeles, California, October 16, 1992
- "Teen Pregnancy," Round Table Discussion Leader, ASPO/Lamaze National Conference: Los Angeles, California, October 17, 1992
- "Approaching Sexuality in a Christian Environment," Inservice to John F. Kennedy School Faculty, September 25, 1992
- "The Role of the School Nurse in Adolescent Sexuality Education," Washington Greene County School Nurses Association Annual Meeting, September 29, 1992
- "Sex, Drugs, and AIDS," Womanfest: The Washington Hospital, September 19, 1992.
- "Women's Role in Adolescent Sexuality Education," Luncheon Address to the Pennsylvania Association of Chiropractic Auxiliary Annual Conference, Pittsburgh, Pennsylvania, August 29, 1992
- "Your Role in Sexual Decision Making," Three County Wide Inservice Conference - Student Government, McGuffey High School, May 13, 1992
- "Adolescent Pregnancy," Zonta International, Washington Chapter, May 6, 1992
- "Teen Outreach: Postpone, Prevent, Prepare and Parent." Presentation to the Pennsylvania State Counselor's Association, Hershey, Pennsylvania, April 9 - 10, 1992
- "How to Talk with Your Child About Sexuality," Windsor Elementary Parent Teacher's Organization, March 18, 1992
- "Teen Outreach: An Answer to Adolescent Pregnancy," 1.0 CEU for ASPO/Lamaze of Southwestern Pennsylvania Continuing Education Meeting, March 4, 1992

- "AIDS and Sexually Transmitted Diseases," Guest Lecturer, Washington and Jefferson College students, March 3, 1992
- "The Teacher's Role in Sexuality Education," County Wide Inservice, McGuffey High School, February 14, 1992
- "What can Parents Do? Teen Sex" Presentation to Mothers of Twins, Citizen's Library, Washington, 14, 1992
- "One Answer to Teen Pregnancy," Forum II, Inservice for Nine School Districts, January 28, 1992
- "Bridging the Gap at Puberty," Chartiers Houston Parent Teachers Organization, August 5, 1991
- "Sexually Transmitted Diseases," Guest Speaker, Washington High School, April, 1991
- "How to Establish a Teen Outreach," Presented to ASPO/Lamaze of Southwestern Pennsylvania Continuing Education Meeting, April, 1991
- "How to Talk with Your Child About Sexuality," John F. Kennedy Parent Teacher Guild, March 13, 1991
- "Adolescent Pregnancy Programs," Round Table Discussion Leader, ASPO/ Lamaze National Conference, St. Louis, Mo. October 19, 1991
- "Sexually Transmitted Diseases," Canonsburg Senior High Assembly, February 24, 1991
- "Talking with your Adolescent about Sexuality," The Washington Hospital Community Update Series, October 29, 1990 and November 1, 1990
- "Establishing a Teen Outreach," McGuffey School District Administrators, August 30, 1990
- "Postpone, Prevent, Prepare - What does it Mean?" Trinity High School, October 4, 1990
- "Establishing a Teen Outreach," Round Table Discussion Leader, ASPO/Lamaze National Conference, Atlanta, Georgia, October 18, 1990
- "Helping Adolescents Postpone Sexual Involvement," Inservice, Administrators, Counselors and Teachers, Trinity School District, September 24, 1990
- "Postponing Sexual Involvement," Immaculate Conception Church Youth Ministry, September 11, 1990
- "Establishing a Teen Outreach," McGuffey School District Administrators and School Board, August 30, 1990
- "Adolescent Pregnancy and Postponing Sexual Involvement," Washington Hospital School of Nursing Guest Lecturer, Maternal Child Nursing, July 30, 1990; July 8, 1991; July 9, 1992
- "First Aid and Emergencies in Children," Happy Face Day Care Center, April 23, 1990
- "Imagery, Expulsion and Teaching Methods," Segments of ASPO/Lamaze Teacher Training Seminar Presentations, March 23 - 25, 1990
- "Relaxation for Stress," John F. Kennedy students K - 8, January, 1987
- "Reaching Puberty," John F. Kennedy Middle School students and parents, December 10, 1986
- "Lamaze Breathing Update," Washington Hospital School of Nursing - Guest Lecturer, Maternal Child Nursing Students, January 8, 1984
- "Teaching about Loss in Childbirth Classes," West Virginia SHARE and Childbirth Education Association, West Virginia University, Perinatal Loss Conference, November 12, 1984
- "Death and Children," Washington Hospice Care, Inc. Inservice presented to nursing staff, January, 1983
- "Relaxation and Labor," Washington Hospital School of Nursing, Maternal Child Nursing Students, January, 1982
- "Importance of Early Breastfeeding," Washington County La Leche League, February, 1982
- "Lamaze Breathing Skills," Inservice Update, The Washington Hospital Obstetric Unit, March, 1981
- "Teaching First Aid Skills to Parents," University of California Paramedic Class, February, 1974
- "Grief Stages - Adjusting to the Loss of a Child," Memorial Sloan Kettering Cancer Center Parent Support Group, August, 1974
- "Teaching Diabetic Education to Parents," Children's Hospital Clinical Studies Unit November, 1972

RADIO/TV TALK SHOWS

Auditioned for MTV's Sex with Mom and Dad, 2007-2008
 Channel 22, "In Our Neighborhood" talk show, July, 2000
 WJPA, December 12, 1999, "Parents, Talk with your Kids about Sex!"
 WJPA, August 20, 1999, "United Way and You"
 WJPA, December 23, 1997, "Teen Outreach and Kids in Need"
 Director, Student Run Public Service Announcements, WJPA, May 27, 1997
 WJPA, March 23, 1997, "United Way and You"
 WJPA, November 18, 1996, "Teen Outreach: Kids in Need"
 WJPA, January 20, 1996 "Pulse of Washington Show" Parents - Talk about Sex with your Kids
 B-94, November 3, 1994: Interview with Shelly Duffy - "Pittsburgh's Listening"
 WJPA, November, 1994: Two airings - "What is AIDS Awareness Day?"
 WPXI, December, 1990: Live hour call in show on Sexuality Education with phone responses
 WEZE, September, 1991: "Postpone, Prevent, Prepare," Three Airings
 B- 94, September, 1991 interview with Shelly Duffy: "Postpone, Prevent, Prepare," Three Airings
 WJPA, October, 1991: "Postpone, Prevent, Prepare," Two Airings

VIDEOS

"Lamaze Baby Video" Breastfeeding Segment, produced by Lamaze Institute for Family Education, 1996/97, 1997/98, 1998/99 and 1999/2000 Editions
 "Voices: The Reality of Early Childbearing - Transcending the Myths" author/producer, September, 1998
 In Production: "Real Talk about Real Life: Diversity" Peer Education video
 Adolescent Health Care Communication Project: STOP: What's Wrong with This?

SAMPLE OF GRANTS PREPARED AND AWARDED (THROUGH 2006)

GRANT

RESULT

Note: The TeenOutreach is 100% grant funded and Ms. Podgurski is the sole grantwriter; grants are too numerous to list and can be obtained by request.

Anonymous Foundation II	Received, 2006
Eden Hall Foundation	Received, 2006
Washington County Hospital Association	Received, 2005
Grable Foundation	Renewed and expanded, 2005
SHIP Grant	Received, 2004
Washington Community Foundation	Received, 2004
Grable Foundation	Received, 2004
Laurel Foundation	Received, 2004, renewed 2006
FISA Foundation	Received, 2003, renewed 2004
Staunton Farms Foundation	Received, 2003, renewed 2006
Anonymous Foundation	Received, 2003
United Way Proposal, 2003, 2004, 2005, 2006	Received for ECHO and Peer Education
Tobacco Cessation Grant	Received, 2002, 2003, 2004, 2005, 2006
ATOD Mini Grant	Received, April, 2004 – April, 2005
ATOD Mini Grant	Received, April, 2001 – April, 2002
United Way Proposal 2001, 2002	Received for Peer Education, ECHO and Fathering Programs

PPT Grant	Received, July, 2001, \$11,000.00 – increased By \$40,000.00 2/2003; renewed thru 2006
EFI Grant	Received, 2001, renewed yearly 2002 – 2006 \$48,000.00
ELECT Grant	Received, 2001, renewed yearly 2002 – 2006 \$256,000.00
State PA PPT (Pregnant and Parenting Teen) Grant	Received July, 2000, \$11,000.00
State Pa Mentoring Proposal (Dept of Education)	Received June, 2000, \$20,000.00
State EFI (Elect Fatherhood Initiative) Grant	Received June, 2000, \$20,000.00
501 (C) 3 Status for Noah’s Ark, A Safe Place, Inc.	Received, 2000
Washington County Drug and Alcohol Mini Grant	Received, 1999, 2000; 2002, 2003, 2004
United Way Proposal, 2001	Received for Peer Education and ECHO
United Way Proposal, 2000	Received for Peer Education and Fathering Programs
United Way Proposal, 1999	Received for Fathering Program
United Way Proposal, 1998	Received for Peer Education Program
United Way Proposal, 1997	Received for Peer Educator, Youth to Youth
United Way Proposal, 1996	Received for Fathering Program
United Way Proposal, 1995	Received for Youth Programs
State ELECT Grant for Pregnancy/Parenting Teens	Received, \$244,000 2001 2000
State ELECT Grant for Pregnant/Parenting Teens	Received, \$120,000.00 9/1/00
State ELECT Grant for Pregnant/Parenting Teens	Renewed, \$122,000.00, 9/1/99
State ELECT Grant for Pregnant/Parenting Teens	Received, \$75,000.00, 9/1/98
State ELECT Grant for Pregnant/Parenting Teens	Received, \$37,000.00, 4/1/98
State EFI (Fathering Grant)	Received, \$48,000.00 2001 - present
March of Dimes 1999	Received, for Smoking Cessation Program

RESEARCH

Longitudinal study in three high schools 1997 – 2002, data compilation in conjunction with the Graduate Nurse Practitioner Programs of Slippery Rock, Clarion and Edinboro Universities

In progress, Mental Model of Decision Making with Carnegie Mellon University

Doctoral Dissertation: Voices to Break the Cycle: A Phenomenological Inquiry into Generational Teen Pregnancy and Parental Leadership

VITAL STATISTICS IN COMMUNITY SINCE INITIATION OF TEEN OUTREACH

- Decrease in Washington County Teen Pregnancy in the 15 – 17 year old group from 36/1000 in 1989 to 15.6/1000 in 2007. Overall Washington County teen pregnancy rates (Staff reaches over 20,000 young people per year in three county in school sexuality education program)
- Less than 5% repeat pregnancy rate in teens mentored in Pregnant/Parenting Teen Program over the last five years (3% in 2002, 2003, 2005 when over 150 young mothers were mentored)
- 85 - 90% matriculation from high school among parenting teens in population above (92% in 2004)

JOURNALISM

- “Reality of Teen Sex” series collaboration with the Observer Reporter, 1993
- “Teens and Sex” collaboration with the Observer Reporter, Summer, 2004 (received state wide award for excellence)
- “Ask Mary Jo” weekly column for teens and parents, original concept initiated January, 2005

PUBLICATIONS

- "Inside Out: Your Body is Amazing Inside and Out and Belongs Only to You", original child abuse prevention education program, AcademyPress, 2010
- "Diary of a Teen Label", original educational drama focusing on teen stereotypes, March, 2010
- “Voices to Break the Cycle: A Phenomenological Inquiry into Generational Teen Pregnancy and Parental Leadership”, publication pending, ProQuest Publishing, 2009
- “Follow the Yellow Brick Road” original educational drama where Dorothy searches for reproductive health in America, May, 2009
- “Ask Mary Jo: What Teens Really Want to Know”, original educational drama about the Ask Mary Jo Column, May, 2008
- “Unheard Voices” original educational drama about the adolescent experience of coming out in America, November, 2007
- “Colors, Shadows and Lines” original play about stereotypes and diversity, April, 2007
- “Ain’t I a Woman” original play about womanhood in American Culture, Academypress, 2006
- “Teachable Moments; Using Educational Drama for Real Life Education,” PA Coalition to Prevent Teen Pregnancy spring newsletter, April, 2005
- “The Measure of a Man,” original play about manhood in American culture, Academypress, 2005
- “American Kid, European Kid,” Interactive learning activity, Academypress, 2005
- “Deck of Life Cards,” Academypress, 2004
- “Communication – The Real Talk Series,” Academypress, 2003
- “The Real Love Story,” original play about love and sex, Academypress, 2003
- “Gonorrhea Monologues,” original play about STI’s, Academypress, 2003 (Winner, First Place, PA Coalition to Prevent Teen Pregnancy Youth Conference, April 29, 2003, Harrisburg, PA)
- “What’s Up as You Grow Up,” Revised Co-Ed Edition, Academypress, 2002
- “Games Educators Play II,” Academypress, 2002
- “Guideline Cards,” Academypress, 2002
- “POWER Cards,” Academypress, 2002
- “Voices Behind the Masks,” original play, Academypress, May 2002
- “It’s Normal in Holland,” original play, Academypress, 2002 (Winner, First Place Pennsylvania Coalition to Prevent Teen Pregnancy Theatre Day, April 30, 2002, Harrisburg, PA)
- Faces: A Photoessay of Young Parents, 2002
- “Two to Listen: The European Experience with Sexuality Education,” Cover article, Pennsylvania Coalition for Teen Pregnancy Prevention, 2001.
- “Reaching Out to Teens,” PPT Express Cover Story, January, 2001
- “First Do No Harm,” Cover articles, 1.) Pennsylvania Coalition for Teen Pregnancy Prevention and 2.) Center for Sexuality and Religion newsletters, November, 2000
- “Tools for Teaching – Empowering Teens: Real Talk about Real Life,” Journal of Perinatal Education, Volume 9, Number 4, 2000
- “Lunch Table,” original play, Academypress, 2001 (Winner, First Place Pennsylvania Coalition to Prevent Teen Pregnancy Theatre Day, April 29, 2001, Harrisburg, PA)

- “Tools for Teaching – Presenting Relaxation to Teens,” *Journal of Perinatal Education*, Volume 9, Number 3, 2000
- Peer Educator Manual, Academy Press, 1998
- “Helping Kids “Own” the Message: Using the Voice of Peer Educators as a Shout in Sexuality Education,” *Taking Charge Newsletter*, cover story, Spring, 1998
- “Teaching Teens,” Author of textbook chapter on adolescent Pregnancy, *Childbirth Education, Research, Theory and Practice, Second Edition*, Nichols and Humenick, W.B. Saunders Publishers, February, 2000
- “What’s Up as You Grow Up” An Interactive Workbook for Girls ages 9 - 13, Academy Press, 1997
- “What’s Up as You Grow Up: An Interactive Workbook for Boys ages 9 - 13, Academy Press, 1997
- “Parent & Youth Growing Up Curriculum” Academy Press, 1997
- “Adolescent Pregnancy and Sexuality,” Co-author with Francine Nichols, RN, PhD, Textbook chapter, *Maternal Newborn Nursing, Theory and Practice*, W.B.Saunders Publishers, 1997
- “Games Educators Play” - Interactive Games and Role Plays for use in Childbirth Education, Sexuality Education, Parenting Education, Breastfeeding Education, and Professional Workshops, Academy Press, 1996
- “Fire and Sex” - Cover story of the Pennsylvania Coalition to Prevent Teen Pregnancy Spring 1996 Newsletter
- “Till Human Voices Wake Us,” A one act play on adolescent pregnancy, copyright, 1996
- “Teen Pregnancy - What We Can Do,” *Childbirth Instructor*, Third Quarter, 1996
- “Peer Programs - Making it Happen,” *Pennsylvania Peer Support Network State Wide Newsletter* cover story, January, 1996
- “Approaching School Boards: Navigating the Waters - A Key to your Program’s Survival,” *The Pennsylvania Coalition to Prevent Teen Pregnancy* Fall 1995 issue of *Taking Charge* cover story
- “Washington Youth Connection,” Helpline booklet written and distributed to 15,000 school students in the Washington county area
- “Supporting the Breastfeeding Teen,” *Journal of Perinatal Education*, Volume 4, Number 2, June/July, 1995
- “What is a Teen Specialist?” *Genesis*, ASPO/Lamaze, Summer, 1995
- “Parenting Styles,” *Lamaze Baby Magazine*, 1994, 1995, 1996, 1997 Editions
- “First Person,” *Genesis*, Issue 2, May 1993
- “School Based Adolescent Pregnancy Programs,” *NAACOG Clinical Update Series*, Lippincott, Inc., March, 1993
- “Project Future: Teen Pregnancy, Childbirth and Parenting, Vida Health Communications,” *The Journal of Perinatal Education*, Volume 1, Number 1, Spring, 1992
- Reviewer, Book and Video Reviews, *Genesis*, ASPO/Lamaze, 1984, 1986

IN HOUSE PUBLICATIONS

- “Outreach Community Education”
- “Saying ‘No for Now’ - Hints on Postponing Sexual Involvement for Youth”
- “Reality Based Parenting - Sexuality Education”
- "Growing up in the Nineties: Parent/Daughter Manual"
- "Growing up in the Nineties: Parent/Son Manual"
- "How to Talk with your Child about Sexuality and HIV/AIDS"
- "Introducing Sexuality to your Little One"
- "AIDS Awareness Day Program" - County Wide
- "AIDS Awareness Day Program" - In School Version

"Teacher's Guide - AIDS Awareness Day"

AWARDS

- * Recipient, Three Rivers Community Foundation Social Justice Award, October 26, 2009
- * Recipient, Washington County Children and Youth Champion for Children Award, April 22, 2009
- * Nominee, by the Board of Commissioners of Washington County – PA 2008 Youth Development Advocate of the Year Award, July, 2008
- * Recipient, NAACP Human Rights Award, May 2, 2008.
- * Rotary Community Service Award and Paul Harris Fellowship, June 26, 2006.
- * Recipient, Girl Scout Trillium 2006 Women and Girls of Distinction Math Technology and Sciences Award, Hilton, Pittsburgh, PA, April 25, 2006.
- * Life Time Achievement Award, PA Coalition to Prevent Teen Pregnancy, Penn State University, October 26, 2005
- * Teen Wellness Coalition Outstanding Coalition Award from the PA Coalition to Prevent Teen Pregnancy, October 26, 2005
- * Zonta Rose Leadership Award, April 6, 2005
- * Communities That Care – Outstanding Caring Agency Award, March 17, 2005
- * NOAPPP (National Organization on Adolescent Pregnancy, Prevention and Parenting) Outstanding Professional Award, awarded NOAPPP National Conference, New Orleans, LA, November 19, 2004
- * Athena Woman of Wisdom Award, Washington County Recipient, October 1, 2004
- * Athena Woman of Wisdom Award, one of five finalists, October, 2003
- * PA Coalition Youth Service Award for Real Talk Performers, October, 2003
- * Elisabeth Bing Award for “Dedication to Pregnant and Parenting Teens,” Lamaze International, September, 2003
- * Health Care Hero of the Year finalist, Pittsburgh Business Times, 2002
- * Honorable Mention for *Voices* Video – National Family Relations Board, 2000
- * 1999 Eckerd 100: National Awardee for the Eckerd Salute to Woman Program, August, 1999
- * AAA Safe Kids “Key” Award for Devotion to Youth, November, 1998
- * Recipient, League of Women Voters Social Services Award, October 2, 1997
- * Acknowledgment, Postpone, Prevent, PrepareSM Governor Ridge State Wide Publication “Project for Community Building -Success Stories” (Two programs acknowledged in Pennsylvania) for Teen Pregnancy Prevention,”
- * Recipient (individual), Hospital Council of Western Pennsylvania Champion Award - December 8, 1995
- * Honorable Mention (program), Hospital Council of Western Pennsylvania Champion Award - 1995
- * Nominee, YWCA's Tribute to Women - Received October 27, 1993
- * Girl Scout Leader of the Year - 1991