



## Community Family Night Addresses Prevention

by Ashley Langston

Community Family Night, sponsored by the Southwest Center in cooperation with the Safety Solutions Coalition, took place March 10 with food, prizes, and keynote speaker 2007 Mrs. Utah Tiffany Berg. Matt Nelson, Iron County prevention specialist, said there were about 950 people there, and they were happy with the community response. "We were really pleased with it," he said. "(We) had a lot of good feedback as far as the speaker went." He said they gave out a survey, and they got a lot of good comments back. In the past, they've had children's singing groups, which have brought in a lot of parents and family members as well. This year they didn't have the kids perform, and they still had a good turnout, he said.

Tiffany Berg, Mrs. Utah 2007, was the keynote speaker. This was appropriate because Berg struggled with substance abuse and other self-destructive behaviors from her early teens into adulthood. She is now certified in Emotional Release Therapy, has written several books on success and emotional wellness, and has spent a lot of time helping others to heal from addiction and low self-esteem. According to the family night program, "(Berg) is a highly sought after consultant, writer, and promotions strategist for national businesses and motivational speakers."

Berg came onto the stage in her bathrobe, slippers, and curlers, and talked to the audience about being honest and being themselves. She then gave background on herself, and talked about the dangers of underage drinking. "I'm a witness that that changes lives," she said. She said what she was speaking about was a difficult topic, but it was important. For people to be successful they must be honest with themselves, she said. She said there are four steps to success, and by following those steps teens and adults can better resist the pressures of self-destructive habits. The first step is to have a vision of who you are and

what you bring to the world, she said. She gave an example of her late brother-in-law, motivational speaker Art Berg. He was injured in a car accident, and defied all odds to become the person he wanted to be. The second step is to exercise your will, and learn how to address your fears. The third step is to learn to take feedback, and ask for feedback, she said. It is important to know how those close to you feel you are doing. Berg said for her, she can't really know if she's being a good mom or a good wife unless she asks her kids and husband. The fourth step is to "pack your bags," she said. Finally, a person has to be prepared and mentally move from where he or she has been to where he or she wants to be. "Who will you be, what will you be, in that defining moment?" she said.

She said when her husband was battling cancer, it was very difficult to not slip back into drinking, but she didn't, because she decided that's not who she was. There is a lot of deception in life about what will make you happy, she said. By taking the first step of getting a vision and deciding who you are, then following the other steps, you can be successful and achieve your happiness, she said. Though Berg's address was the keynote event, there were a lot of other things going on that made it fun for families. From the stage, between presentations and after the keynote speech, they did prize drawings. Everyone got tickets when they arrived at the event, and prizes included two iPod shuffles, an iPod nano and three large gift baskets with a variety of prizes inside. Nelson said the largest basket was worth about \$300.



For the kids at the event there were bounce toys available for free, and for younger children there was a nursery so their parents could enjoy the keynote address. Families were invited to get dinner for free, and pizza from Pioneer Pizza was served. Information

booths were also set up in the cafeteria and outside the auditorium. Some of the groups that had booths were the Southwest Center, the Safety Solutions Coalition, and the family of cancer patient Kody Callison.