



Student Mental Health 2016

Mental Health and Well Being for ALL

A team approach is highly recommended to build capacity in your school or district and to develop a working plan to implement innovative mental health strategies.

Sponsored by

Seaside Educational Consultants
SEEM Collaborative
Northshore Education Consortium
Walker Partnerships
Express Yourself

Featuring Keynote Speakers

Charlie Appelstein, MSW
Jessica Minahan, M.Ed, BCBA

Monday, August 15, 2016 — 7:30 am to 3:30 pm

Tuesday, August 16, 2016 — 8:00 am to 3:30 pm

Essex Technical School, Danvers, Massachusetts



KEYNOTE ADDRESSES

Between a Rock and a Calm Place: Practical Strategies for Supporting Children with Anxiety-related Behaviors

Jessica Minahan, M. Ed., BCBA

With up to one in four children struggling with anxiety, overwhelmed adults are in need of a new approach as well as an effective and easy-to-implement toolkit of strategies that work.

Through the use of case studies, humorous stories, and examples of common challenging situations, participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring.

Use the Force, Luke! Staying Motivated to Do the Job

Charlie Appelstein, MSW

Working day after day with at-risk children and youth elicits difficult feelings that can compromise a professional's performance. This presentation examines the major triggers and provides strategies for self-management that keep enthusiasm alive. Focal points include: how to stop taking things personally, the pivotal role of support, and a new definition for success in working with at-risk populations



STRANDS: BREAKOUT SESSIONS

I. Creative Youth Development: Awakening the Creative Force

*Paula Conrad, M.Ed., and Stan Strickland, M.Ed.,
Co-executive Directors of Express Yourself,
with EXYO Staff and Lori Vance, MS, LCSW, ATR,
Co-executive Director of Express Yourself Milwaukee*

Audience: Art, Music, Health, PE Teachers; K-12 Teachers

The award winning Express Yourself model is clear: Everyone can contribute to the creative process. Arts immersion provides avenues to learning in multi disciplinary ways- not as enrichment activities but as keys to unlock the learning styles of each student. Explore success oriented music, movement and art experiences with Exyo artists who support STEM and 21st century learning skills. We will create a community of collaboration that you can bring to the classroom. With effortless process, participants will access, ignite, and share our strengths and resources in a non threatening environment.

II. Mental Health First Aid*

Windi Bowditch, LMHC, and William Hirschaut, LICSW

Audience: All audiences

Youth Mental Health First Aid is designed to teach you to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance

use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.*NOTE: Participants must complete 8 hours of training. Therefore they will miss the closing session on Day 2.

III. Advanced Topics for School Clinicians: Best Practices in School Mental Health

Guest Speaker: Madeline Steinberg, Psy.D.

Audience: Experienced guidance and school adjustment counselors, social workers, school psychologists, and school administrators interested in the clinical perspective. Previous clinical practice preferred for those taking this seminar.

In this strand, a range of topics related to behavioral and mental health for the school practitioner will be addressed. Participants will explore assessment and differential diagnosis using a variety of tools while incorporating the theoretical (development guides) and the practical (psychological evaluations) that clinicians may use to inform understanding of children and families. Discussion will include techniques to engage families who challenge us, and productive ways to engage in teacher consultation and dialogue. Finally, participants will examine professional ethics for those providing mental health services in the schools, including role clarification, boundaries, privacy and collaboration with community providers.

IV. Helping Traumatized Children Learn

JoAnne Camillo, M. Ed., Principal; Brocton Public Schools

Audience: All audiences

This three part workshop will help participants identify trauma, talk about some impacts trauma has on brain development, and offer strategies to remediate deficits in learning. We will look at the ACE study (Adverse Childhood Experiences) to learn about the prevalence of trauma. We will focus on how trauma impacts the learning of our students. We will talk about creating safe and supportive learning environments. We will discuss some strategies that have been used in other districts. During the final session, we will work in groups to brainstorm specific strategies and supports that could work in our own practices. This presentation will be geared toward administrators, teachers, counselors, paraprofessionals, and service providers who work with children.

V. Culturally Proficient Approaches to Mental Health

Day 1 Instructor: Patricia DeRosa, MSW

In this strand we will explore how issues of race and culture impact student mental health. Topics will include how our individual cultural lens affects our understanding of mental health and our work with students and parents.

Day 2 Instructor: Eileen de los Reyes, Ph.D.

Special Issues for English Language Learners

Audience: All audiences

Using a case study format, we will explore special issues for students and families who are immigrants and/or English Language Learners.

VI. Understanding and Responding to Students with Emotional and Behavioral Challenges Using a Positive, Trauma-informed, Strength-based Approach

Charlie Appelstein, MSW

Audience: All audiences

In this strand participants will explore how to develop a strength based culture in your school and how to respond instead of react to students with challenging behaviors. Areas to be studied include: communication strategies; teaching students to self-manage; limit setting theory and techniques; dealing with the non-motivated, inflexible student; and strategic applications of behavior modification.

VII. Theory into Practice: Effective Interventions for Students with Anxiety-Related or Oppositional Behavior

Jessica Minahan, M.Ed., BCBA

Audience: Special Educators, Psychologists, School Mental Health Professionals, Counselors, Guidance Directors, Principals, Assistant Principals, Department Heads, Team Leaders, District Leaders, and Support Services Coordinators

The National Institutes of Health (NIH) reports that one in four thirteen-eighteen year olds have had an anxiety disorder in their lifetime. Heroic teachers are facing this challenge with little to no training in mental health and behavioral principles. This leaves teachers to learn on the job and rely on their instincts, and leaves students with mental health issues or challenging behavior at risk for poor outcomes such as disconnectedness from school, academic failure, poor social adjustment, and a disproportionate amount of suspensions and detentions. This workshop will focus on classroom interventions for students with anxiety-related and oppositional behaviors, including how to reduce concerning behavior such as work avoidance and arguing. Participants will gain an understanding of the students' challenges and learn strategies for teaching them how to cope. Case studies will be used to give participants the skills and information they need to assist in the creation of effective behavior plans.

The workshop will enable participants to:

- Learn how to identify anxiety in a student and intervene quickly enough to prevent them from escalating.
- Understand how anxiety effects working memory and other skills crucial to achieving success in school
- Be able to replace common teacher interventions with anxiety-reducing strategies that are effective and easy to implement



Cost:

\$325 per individual; \$1,300 per team of five

CEUs for social workers and psychologists and PDPs for teaching professionals are available

Breakfast and lunch is included.

Space is limited. Early registration is encouraged at:

**[https://www.nsedu.org/
student-mental-health-conference/](https://www.nsedu.org/student-mental-health-conference/)**





Student Mental Health 2016

Mental Health and Well Being for ALL

For more information on
Northshore Education Consortium and our programs, visit
<https://www.nsedu.org/professionals/>

For more conference information, visit:
https://www.nsedu.org/?wpfb_dl=152

Online Registration:
<https://www.nsedu.org/student-mental-health-conference/>