

PARENT/PROFESSIONAL ADVOCACY LEAGUE

4th Annual Conference & Celebration, May 30th, 2014 Best Western Royal Plaza and Trade Center
Marlborough, MA

2014 Conference Workshops

Workshop 1. Meeting the Behavioral Health Needs of Multi-Cultural Populations

Presenter: Courtney Grey, Director Trauma Response and Recovery

This workshop will explore the behavioral health risks to individuals, families, schools, and communities impacted by various forms of violence such as: homicide, suicide, accidents, and disasters such as the Boston Marathon incident. It will cover the innovative approaches that overcome issues like stigma and navigate affected individuals to needed services .



Workshop 2. Core Principles of Early Childhood Development

Presenter: Deborah Scannell, Early Childhood Mental Health Specialist, MA Department of Public Health

This presentation will explore physical, cognitive, and social emotional early childhood and why responsive relationships and nurturing environments are necessary for optimal development. What are developmental milestones and how do you talk to parents about difficult issues. Participants will discuss strategies and resources to build adult capacity to support early childhood development.



Workshop 3. Accepting the Challenge: Best Practices for Students with Anxiety

Presenter: Jessica Minahan, M.Ed., BCBA

The National Institutes of Health (NIH) reports that one in four 13-18 year olds has had an anxiety disorder in their lifetime. Without intervention, these children are at risk for poor performance, diminished learning and social/behavior problems in school. Understanding the role anxiety plays in a student's behavior is crucial and using preventative strategies are key to successful intervention. Effective behavior plans for these students must avoid the reward and punishment-based consequences from traditional behavior plans and focus instead on the issue of preventative strategies and on explicitly teaching coping skills, self-monitoring and alternative responses. Easy to implement preventive tools, strategies and interventions for reducing anxiety, increasing self-regulation, executive functioning and self-monitoring will be discussed.



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Continued...

Workshop 4. The Power of Choice, Raising Confident & Resilient Youth

Presenter: *Judy Giovangelo, Ben Speaks*

Through this inspirational presentation and Judy's story of life and loss, you will learn:

- The Power of Choice
- How to identify & embrace the inner bully/critic
- The Power of Intention in Action
- How to shift from competition (bully) to collaboration & contribution
- Tools to Reduce Stress and Increase Self Esteem & Confidence
- Positive Channels for Emotional Expression



Workshop 5. "Keep it Frontal. Don't Go Limbic"

Presenter: *Kimberly Fisher, Joseph Shrand, MD*

Adolescent substance abuse is the number one public health problem in the U.S. What is the real root of teenage addiction? It all starts with the developing brain, one where impulses and feelings outweigh thinking things through. "Keep it Frontal. Don't go Limbic" provides an approach to care for the addicted adolescent that is easy to apply at home, school and in the community. Resources and access to care are presented.



Advocacy League