

The Ninth Annual

SCHOOL

HEALTH

INTERDISCIPLINARY

PROGRAM



*Smoothing the Waters to Promote our
Children's Success*

August 3-6, 2009

Turf Valley Resort & Conference Center

Sponsored by:

The Center for School Mental Health

(University of Maryland School of Medicine, Division of Child and Adolescent Psychiatry)

Maryland State Department of Education

The Center for Maternal and Child Health

(Department of Health and Mental Hygiene)

Department of Juvenile Services

Co-Sponsored by:

American Academy of Pediatrics, Maryland Chapter

The Institute for Continuing Education





About The Center for School Mental Health (CSMH)

Support for this project (Project # U45 MC 00174) is provided in part by the Office of Adolescent Health, Maternal, and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services.

The mission of the Center is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth. Through participation in and development of a broad and growing Community of Practice, the CSMH analyzes diverse sources of information, develops and disseminates policy briefs, and promotes the utilization of knowledge and actions to advance successful and innovative mental health policies and programs in schools. The CSMH works with the wide range of stakeholders invested in integrated approaches to reduce barriers to student learning, including families, youth, educators, mental health and other child system staff, advocates, legislators, researchers and government officials. The CSMH will continue to host national and regional conferences to advance research, policy, and practice related to mental health in schools.

TARGET AUDIENCES

Administrators, after-school program providers, alternative program staff, child advocates, child care provider, classroom teachers, community and faith-based representatives, counselors, drop-out prevention specialists, family members, health educators, juvenile services staff, mental health practitioners, nurse practitioners, nutritionists, physical and occupational therapists, physical education teachers, physicians, psychologists, pupil personnel workers, safe and drug free school coordinators, school-based health center staff, school counselors, school nurses, school psychologists, school resource officers, social workers, and special educators.

TURF VALLEY RESORT & CONFERENCE CENTER

2700 TURF VALLEY ROAD • ELLICOTT CITY, MD • 410-465-1500

KEYNOTE SPEAKERS

Julia Lear, MA, PhD, is the Director of the Center for Health and Health Care in Schools, housed in the Department of Prevention and Community Health. Dr. Lear oversees a nonpartisan policy and program resource center that works with institutional leaders, state officials and clinical providers to maximize outcomes for children through more school-based health programming. Dr. Lear first came to George Washington University in 1993, as director of Making the Grade, a national grant program sponsored by the Robert Wood Johnson Foundation (RWJF). Prior to holding that position, she served as co-director of the RWJF's School-Based Adolescent Health Care Program at Children's National Medical Center ESL curriculum for the school district. Across the country, school children have reaped the benefit of Dr. Lear's commitment to developing and expanding school-based health centers. "School-based health programs represent an underutilized opportunity to tackle unmet health needs among children and support the healthy development of all," argues Dr. Lear, who has spent two decades helping to implement a new model for health programs in schools. In those years, the number of integrated health centers in schools providing direct medical care to students have jumped from fewer than 50 in the mid-1980s to more than 1400 in 2002.

LeDerick Horne, BA, spent most of his time in school believing he did not have much of a future. A severe learning disability (LD) combined with low self-esteem led him to doubt he would be able to go to college or pursue a meaningful career. But, in the challenging academic environment at Middlesex County College, and with the support offered for his disability through Project Connections, a Learning Disabilities Resource Program at the College, LeDerick became an outstanding student, compiling a 3.75 grade point average. He transferred to New Jersey City University and graduated with honors from NJCU in 2003. Since graduation LeDerick has become the head of his own real estate investment company called Horne & Associates, LLC. He was appointed the Board Chair of Project Eye-To-Eye, a national nonprofit that provides mentoring programs for students labeled LD/ADHD. He is also recognized across the country as an advocate for people with disabilities. LeDerick has facilitated workshops, delivered keynote presentations, and spoken to thousands of students, teachers, and service providers about his experiences.

Shantel Randolph, an Open Society Institute Fellow, currently working with Baltimore's foster youth within the Public School System. As a former foster youth, "—aging out" of the child welfare system came with its share of reality and hard learned truths. At the age of 17, Ms. Randolph entered an independent living facility and was thrust into a whole new world of adulthood, freedom, and responsibility. Ms. Randolph stated, "Homelessness is an issue that should be a concern to everyone in Baltimore, yet many of our young people are still homeless and living on the streets. Baltimore City currently has over 6,000 youth in care, and of these, roughly half will spend at least one year in foster care, with 20 percent staying longer than three years."

KEYNOTE SPEAKERS CONTINUED

Sam Macer, is a parent, grandparent, foster parent and parent volunteer. Over the past thirty years Mr. Macer has served multiple roles within Baltimore County Public Schools and across the state of Maryland, and within the Maryland Foster Parent Association. His most recent activities include parent involvement chair on the PTA Council of Baltimore County Board of Directors; Board of Directors of the Young Audience of Maryland; President of Woodlawn Middle School PTA; State of Maryland Board of Directors, State Foster Parent Association; State of Maryland, DHR, State Child and Family Services Planning Advisory Committee, Access to Education and Access to Mental Health Program Improvement Planning Committees; Baltimore City Department of Social Services (BCDSS) Volunteer Co-Trainer of foster parents, Foster Parent Resource Council. Mr. Macer was appointed by Dr. Grasmick to the Mid-Atlantic Comprehensive Center Regional Advisory Board in 2006 and appointed by the Board of Education, Baltimore County Public Schools, to the Minority Achievement Advisory Council and Educational Advisory Council in 2004. In 2003, the PTA Council awarded Mr. Macer the Maryland PTA Lifetime Award. In 2005, he received the Maryland' Parent of the Year Award.

BACK BY POPULAR DEMAND!

Frank Kros, MSW, JD, is a returning SHIP Keynote Presenter, Mr. Kros serves as the President of the Upside Down Organization and the Executive Vice President of the Children's Guild, the largest private provider of special education services in Maryland. Mr. Kros is a career child advocate, who has served as a childcare worker, child abuse investigator, children's home administrator, consultant, college professor, attorney, writer and speaker. Certified by Jensen Learning Center in applied educational neuroscience, he presents training workshops nationwide to parents, educators, child-serving professionals and their leaders on various topics including brain-based learning, aggressive and violent children, attention-deficit hyperactivity disorder (ADHD), neuroscience of the teenage brain and Leadership with the Brain in Mind. Mr. Kros has presented his workshops at national education, social work and neuro-research conference, and he was awarded a Maryland Governor's Citation for his speaking efforts. In addition to lecturing nationwide, he co-authored the book *Creating the Upside Down Organization: Transforming Staff to Save troubled Children*. Mr. Kros earned a bachelor's degree in psychology from Creighton University, a master degree in social work from the University of Nebraska-Omaha and a law degree from Notre Dame Law School.

The Singing Sensations Youth Choir, returning to SHIP, Five years ago with hopes of providing opportunities for potentially at-risk youth, the Singing Sensations Youth Choir (SSYC) was founded by Dr. Hollie Hood-Mincey. The SSYC has approximately 150 students, from pre-k through 10th grade from Baltimore City Schools. The majority of these youth come from single parent households and kinship families living on public assistance and subsidized housing. In spite of these struggles, they have the tenacity to remain in school, excel academically, socially and artistically.

OVERVIEW & OBJECTIVES

The School Health Interdisciplinary Program (SHIP) is a multifaceted approach to continuing education. SHIP provides intensive training on all components of coordinated school health, including school health services, health education, nutrition, physical education, family and community involvement, staff wellness, school environment (emotional and environmental) and mental health. The training is a joint endeavor of the Center for School Mental Health, University of Maryland School of Medicine, Maryland State Department of Education, Division of Child and Adolescent Psychiatry, in partnership with the Center for Maternal and Child Health, Department of Health and Mental Hygiene, the Department of Juvenile Services, and multiple local and community partners. This interdisciplinary program focuses on intensive professional development on topics vital to school professionals including: mental health, promoting safe and health schools, assessment skills, nutrition, leadership development, and adolescent risk behaviors. Continuing education and professional development credit will be awarded at the completion of training.

CONFERENCE OBJECTIVES

Participants will be able to:

- Define strategies to build and enhance effective partnerships to improve children's mental health and well being.
- Describe ways to improve the health status of children with disabilities.
- List and identify solutions needed to reduce the risk of youth violence.

WORKSHOPS AT-A-GLANCE

August 3, 2009	August 4, 2009	August 5, 2009	August 6, 2009
EXHIBIT & POSTER SESSIONS during continental breakfast, lunch and breaks	EXHIBITS during continental breakfast, lunch and breaks	PLENARY SESSION 8:30 am – 10:00 am	WORKSHOPS 8:30 am – 12:00 pm
PLENARY DAY 8:30 am – 9:00 am	WORKSHOPS 8:30 am – 4:00 pm	WORKSHOPS 10:00 am – 4:00 pm	
	Working Effectively with Youth WS1	Giving a Fish a Bath WS14	Healthy Adolescent Development Guide WS26
	Social Emotional Foundations in Early Learning WS2	Childcare Health Consultation WS15	Managing Communicable Disease WS27
	What Works in School-Based Mental Health WS3	Psychopharmacology Update WS16	School Related Ethics for Mental Health Clinicians WS28
	Bells, Whistles and Current Practice WS4	Immigrant Students & Families Cultural Understanding WS17	Food Allergy Management in Schools WS29
	Childhood Obesity: Conquering the Waves WS5	Mental Health 101 for Non- Mental Health Providers WS18	Family Matters: Health and Wellness WS30
	Let's Talk About Stress WS6	Gangs 101: Awareness WS19	Gangs 201: Intervention and Prevention WS31
	Asthma Friendly Schools Initiative WS7	Youth & Families: Coping with Grief and Loss WS20	Fish Sticks WS32
	Mentoring Youth WS8	ADHD and Pre-schoolers WS21	Dynamics of Intimate Partner Violence WS33
	Fetal Alcohol Spectrum Disorders WS9	Family Substance Abuse: Effects on Children WS22	
	Trauma and the Young Children WS10	Seeing Immigrant Families through our Goggles WS23	
	Developmental Assets WS11	Wellness Works WS24	
	Truancy WS12	Youth Suicide Interventions WS25	
	Promoting School and Community Connectedness WS13		

AGENDA FOR THE WEEK

MONDAY

7:30 – 9:00	Registration, Exhibits, Posters & Continental Breakfast
9:00 – 9:45	Greetings/Introductions
9:45 – 10:45	Plenary Session I
10:45 – 11:10	Refreshment Break
11:15 – 12:30	Plenary Session II
12:30 – 1:45	Networking Luncheon and Entertainment (will be provided)
1:45 – 1:55	Exhibit Break
2:00 – 4:00	Plenary Session III

TUESDAY

7:30 – 8:30	Registration, Exhibits & Continental Breakfast
8:30 – 10:00	Workshops
10:00 – 10:10	Break
10:15 – 12:00	Workshops
12:00 – 12:55	Lunch (will be provided)
1:00 – 2:00	Workshops
2:00 – 2:10	Break
2:15 – 4:00	Workshops

WEDNESDAY

7:30 – 8:30	Registration & Continental Breakfast
8:30 – 9:45	Plenary Session IV
9:45 – 10:00	Break
10:00 – 12:00	Workshops
12:00 – 12:55	Lunch (will be provided)
1:00 – 2:00	Workshops
2:00 – 2:10	Break
2:15 – 4:00	Workshops

THURSDAY

7:30 – 8:30	Registration & Continental Breakfast
8:30 – 10:00	Workshops
10:00 – 10:10	Break
10:00 – 12:00	Workshops

AGENDA

MONDAY, AUGUST 3, 2009

7:30 – 9:00 AM

REGISTRATION, EXHIBITS, POSTERS & CONTINENTAL BREAKFAST

9:00 – 9:10 AM

WELCOME

Mark D. Weist, PhD

Conference Chair

Director, Center for School Mental Health

Professor

University of Maryland School of Medicine, Division of
Child and Adolescent Psychiatry

Donna Mazyck, MS, RN, NCSN, NCC

Conference Co-Chair

Health Services Specialist

Maryland State Department of Education

9:10 – 9:45 AM

GREETINGS, INTRODUCTIONS, YOUTH CHOIR, AND AWARDS

Ann Chafin

Assistant State Superintendent

Maryland State Department of Education

Frances B. Phillips, RN, MHA

Deputy Secretary

Public Health Services

Department of Health and Mental Hygiene

Donald W. DeVore

Secretary

Department of Juvenile Services

The Singing Sensations Youth Choir

Four years ago with hopes of providing opportunities for at-risk Baltimore City youth, the Singing Sensations Youth Choir (SSYC) was founded. The SSYC has approximately 150 students, from pre-k through 10th grade. The majority of these youth come from single parent households and kinship families living on public assistance and subsidized housing. In spite of these struggles, they have the tenacity to remain in school, excel academically, socially and artistically.



The Singing Sensations

AGENDA (CONT'D)

AWARD PRESENTATIONS

9:45 – 10:45 AM

PLENARY SESSION I

Introduction by:

Cheryl De Pinto, MD, MPH

Medical Director

Child, Adolescent and School Health

Center for Maternal Child Health

Department of Health and Mental Hygiene

Julia Lear, PhD, MA

Center for Health and Health Care in Schools

The Future is Now! Supporting the Needs of Immigrant and Refugee Children

According to the 2000 Census, 1 of every 5 children in the United States is a child of immigrants. Supporting the needs of immigrant and refugee children requires knowledge, understanding, and partnerships. This presentation introduces the audience to this population with data and stories.

10:45 – 11:15 AM

REFRESHMENT BREAK AND EXHIBITS

11:15 – 12:30 PM

PLENARY SESSION II

Introduction by:

Betsy Gallun, MA

Chair

Maryland State School Health Council

Shantel Randolph and Sam Macer

Advocates for Children in Foster Care

Smoothing the Waters by Spotlighting the “Care” in Foster Care

This dynamic keynote presentation pairs two advocates for children who will provide the audience with an awareness of the challenges facing children and youth in foster care. The presenters share how they have smoothed the waters for children and youth in foster care and how others can do the same. Youth serving professions will recognize the opportunity to help the most at risk children and to advocate for them.

12:30 – 1:30 PM

NETWORKING LUNCHEON & ENTERTAINMENT:

1:30 – 1:55 PM

EXHIBIT & POSTER BREAK

2:00 – 4:00 PM

PLENARY SESSION III

Introduction by:

Kay F. Schoo, RN

Director of Nursing

Department of Juvenile Services

LeDerick Horne, BA

Student Advocate

Epic Vision Academy; Project Eye-to-Eye

Beyond Classification

This presentation will address a variety of issues through Mr. Horne's struggle as a student with a learning disability. He will address how to increase the performance and confidence of classified students. Mr. Horne will empower participants with information to help improve the education of all students.

WORKSHOP & EXHIBIT SESSIONS

TUESDAY, AUGUST 4, 2009

8:30 am – 4:00 pm Workshops

Please visit exhibits located in the Cameo Lobby area.

WS1 – Working Effectively with Youth: HIV Prevention for At Risk Youth Populations – ½ day AM

The number of adolescents and young adults living with HIV/AIDS in the United States is rapidly increasing. This workshop will include issues of the day to day life with HIV/AIDS. We will identify youth populations at disproportionate risk for HIV transmission, definition of sexual minority youth, GLBTQ youth, and homeless youth; psychosocial issues. We will talk about improving school connectedness and positive youth development; use of data from Youth Risk Behavior Survey, and discuss cultural competence, avenues for advocacy and proven strategies to work effectively with youth.

Presenters:

Alicia Mezu, RN, MSN/ED
Maryland State Department of Education

Kalima Young, MFA
STAR TRACK Program
University of Maryland, Baltimore

WS2 – Social Emotional Foundations in Early Learning for Infants, Toddlers and Preschool Children – ½ day AM

Social emotional founds are critical components of early learning. The presenters will provide an awareness of evidence-based practices that support the social emotional development of children birth to five.

Presenters:

Valerie Von Behren, BA
Patricia Wilson
Dona Jo Ponn, MEd
Maryland State Department of Education

WS3 – Best Practices for the Assessment and Treatment of Child Anxiety – ½ day AM

This presentation involves best practices for the assessment and treatment of child anxiety. Participants will learn about the nature of child anxiety, as well as how to recognize and screen for anxiety symptoms and disorders using specific child- and parent-report questionnaires. Videotape review, slides, handouts, and role play exercises will be used to teach participants basic components of cognitive behavioral therapy (CBT), an effective skill-based treatment for child anxiety.

Presenter:

Kimberly Becker, PhD
Johns Hopkins Medicine
Division of Child and Adolescent Psychiatry

WS4 – Bells, Whistles and Current Practice: Managing Health Conditions in Schools – ½ day AM

Students come to school with various health conditions, some requiring the use of medical technology. This session will include a discussion of the device some students use. The session will also include information about current Communicable Disease Summary, immunization compliance strategies and an update on the management of certain chronic diseases.

Presenter:

Barbara Obst, RN
Kennedy Krieger Institute

WORKSHOP SESSIONS

WS5 – Childhood Obesity: Conquering the Waves at the School and Community Level – 1 day

Let's stop talking about childhood obesity and do something! The session will focus on strategies and initiatives to tackle the problem. Listen to speakers share information about school wellness policies, nutrition and physical activity programs that work, and making connections to parents, families, and the community.

Presenters:

Stew Eidel, AOS, MS

Section Chief, Professional Development
and Training Assistance

Anna Arrowsmith, RD

School and Community Nutrition Programs Branch
MD State Department of Education

Kristin Woodson

Bridges Site Coordinator
Guilford Elementary School
Howard County Public Schools

WS6 – Let's Talk About Stress – ½ day AM

This interactive session will allow participants to understand stress and stress management. Participants will have an opportunity to identify their personal stressors and recognize the difference between adult and youth stress, and practice a variety of stress management techniques.

Presenter:

Betsy Gallun, MA

Prince George's County Public Schools

WS7 – Creating an Asthma-Friendly School: You can get an award for your school! ½ day AM

Earn an Asthma-Friendly School Awards (AFS) for your school! All Maryland schools will be eligible for 2010 AFS Awards. Learn how you can help students with asthma to manage their asthma at school and win an award for your school!

Presenters:

Lani Wheeler, MD, FAAP, FASHA

Center for Asthma and Schools
Indoor Environments Division
U.S. Environmental Protection Agency

Cheryl De Pinto, MD, MPH

Rachel Hess-Mutinda, MA
Center for Maternal and Child Health
Department of Health and Mental Hygiene

Panel: Asthma-Friendly School Award Winners

WS8 – Mentoring Youth – ½ day PM

There are many challenges facing our youth today. This workshop will focus on four areas that are important when mentoring youth: 1) holistic perspective; 2) social skills and relationships with others; 3) improving academics; 4) career paths.

Presenter:

Darrell C. Burns

Mentoring Matters, LLC

WS9 – Fetal Alcohol Spectrum Disorders (FASD) - 1/2 day PM

This workshop will discuss children with a diagnosis of FASD through the eyes of a physician and parents whose child has been diagnosed with FASD. This workshop will provide an array of information for teachers, school nurses, and administrators on helping children with this diagnosis.

Presenters:

Susan Booker, BA

Parent Representative

Carmen Lopez-Ariviluzo, MD

Johns Hopkins University School of
Medicine

Expert Panelists

WORKSHOP SESSIONS

WS10 – Trauma and the Young Children: Screening, Assessment and Treatments - 1/2 day PM

This workshop will explore how exposure to trauma(s) impacts the young child's development and their relationships with parents and adult caregivers. The presenter will discuss trauma-informed, early childhood assessments and interventions that promote confidence in protection and child and family resiliency and recovery.

Presenter: **Kay Connors, MSW, LCSW-C**
University of Maryland School of Medicine
Department of Psychiatry

WS11 – Developmental Assets: Keys to Success for All Kids - 1/2 day PM

This workshop is designed to expose participants to the power of Developmental Assets Framework to protect youth from high-risk behaviors and to promote positive attitudes and behaviors. Participants will learn the three levels of youth engagement and ways to build asset-based youth leadership. Participants will also develop strategies to implement the 40 Developmental Asset Framework into their existing program.

Presenters: **Chisha Johnson, BA** **Soneka Kamuhiza, BSc**
Jacaranda Center for Family and Youth Development Everest Institute Silver

WS12 – School Attendance: Paving the Way for Student Success - 1/2 day PM

School attendance is essential for student to be successful in school. This workshop enables participants to discuss good school attendance patterns and school avoidance. Participants will be able to list elements that contribute to school avoidance and recognize state and local school systems approaches to address those elements.

Presenter: **John McGinnis, MEd**
Maryland State Department of Education

Expert Panelists

WS13 – Promoting School and Community Connectedness: Key to Preventing School Dropout - 1/2 day PM

Pearls of wisdom from the recent Maryland dropout prevention summit will provide a backdrop for examining the role of school and community connectedness in preventing school dropout. This interactive workshop provides participants risk factors for student dropout and strategies to promote school connectedness and prevent student dropout. Participants will work on strategies for their schools and plans for connecting with youth.

Presenter: **Robert Murphy, MEd**
Maryland State Department of Education

WORKSHOP SESSIONS

WEDNESDAY, AUGUST 5, 2009

8:30 am – 4:00 pm Workshops

8:30 – 9:45

PLENARY SESSION IV

Introduction by:

Alicia Mezu, RN, MSN/ED

Maryland State Department of Education

Frank Kros, MSW, JD

President, The Upside Down Organization

Executive Vice President, The Children's Guild

Giving A Fish A Bath: the Untold Story of the Adolescent Mind

Recent discoveries in neuroscience offer exciting insights into how the brains of our teens really work and the special “brain-based” challenges facing adolescents as they mature. This workshop reveals why teens are especially vulnerable to drug use, high-risk peer influences and depression as well as the proactive measures adults can take to minimize a teen's exposure to these dangers. Mr. Kros also addresses the often mystifying role of hormones on adolescent development and focuses on the key roles that stress and sleep have on teen learning processes. In addition, the workshop offers strategies compatible with the many strengths and opportunities available during this miraculous developmental period. If you've ever thought that the adolescent mind could not be understood, this workshop will arm you with the latest insights and information on knowing and empowering the teenage brain.

WORKSHOPS

10:00 AM – 4:00 PM

WS14 – Giving A Fish A Bath – 1 day

This workshop reveals why teens are especially vulnerable to drug use, high-risk peer influences and depression as well as the proactive measures adults can take to minimize a teen's exposure to these dangers.

Presenter:

Frank Kros, MSW, JD

President, The Upside Down Organization

Executive Vice President, The Children's Guild

WS15 – Child Care Health Consultation – ½ day AM

This workshop will introduce the role of the child care health consultant (CCHC) in relationship to the child, the family, the child care provider and the community. At the end of the workshop, the participant will be able to list the qualification of a CCHC, define consultation, describe the needs and roles of the individuals involved in the consultation process and list the various roles of a CCHC.

Presenter:

Nancy M. Curtis, RN, BS, CCHS

Montgomery County Health & Human Services

WORKSHOP SESSIONS

WS16 – Psychopharmacology Update – ½ day AM

School personnel increasingly report having many youngsters in their school on medications to address behavioral or developmental concerns. Often these youngsters are on multiple medications. This workshop is designed to discuss the current ideas on use of medications to address developmental and behavioral problems in children. It also will cover details about medications commonly prescribed including rationale for use, degree of evidence to support use, and common side effects as well as uncommon risky complications.

Presenter: **Linda Grossman, MD**
Baltimore County Health Department

WS17 – Immigrant Students and Families - Cultural Understanding – ½ day AM

A school nurse sees bruises on a child's back and suspects child abuse. Social service is contacted and the family is under investigation. Later, it is determined that a Vietnamese family was practicing "coin rubbing," a cultural practice among many Southeast Asians. What would you do if you were the nurse who is helping the child? These and other real life scenarios will be shared and discussed during the workshop to explore ways to overcome cultural misunderstandings and blind spots to support all of our immigrant students and families.

Presenters: **Young-chan Han, MA** **Patricia Hatch, BS**
Barb Scherr, BS Maryland Department of Human
Maryland State Department of Education Resources

WS18 – Mental Health 101 for Non-Mental Health Providers – ½ day AM

This interactive and engaging session will provide a fresh outlook for participants interested in learning more about the basics of mental health. Participants can look forward to learning more about five key mental health concerns in children and will gain practical skills and resources. Participants will be invited to share their own experiences and will have opportunities to engage in an eclectic mix of activities to enhance their learning.

Presenters: **Jennifer Cox, LGSW**
Nancy Lever, PhD
Michael Green, LCSW-C
School Mental Health Program
University of Maryland, Baltimore

WS19 – Gangs 101: Gang Awareness – 1 day

Gangs have become a part of the fabric of our society in ways that, previously, we never could have imagined. Maryland is not exempt from this national dilemma. This intensive training will focus on Maryland's gang culture, however, can be implemented in other States. Participants' knowledge of this growing problem will be enhanced. Participants will also receive information about the growing problem amongst the female population.

Presenters: **Frank Clark, Jr.**
Greland Lowery
Gerry Washington, BS
Maryland Department of Juvenile Services

WORKSHOP SESSIONS

WS20 – Youth and Families Coping with Grief and Loss – ½ day AM

By the time an individual has reached adolescence, it is likely that he or she has been exposed to death and violence. Some children and adolescents encounter it through a personal loss, such as the death of grandparents, parent, or even a peer. Trauma, especially as a result of homicide, can result in behavior problems, poor school attendance, decrease in academic grades, and in classroom participation. This workshop will help build strategies to connect to children and adolescence through family and community involvements. The goal is to educate professionals on broadening their knowledge of coping strategies and to connect to school resources that are best practices for treatment.

Presenters: Tanya N. Bryant, MSW, LGSW
Kim V. Holmes, MSW, LCSW-C
Family Bereavement Center

Sylvia McCree-Huntley, BSW, MS Candidate
Center for School Mental Health
University of Maryland, Baltimore

WS21 – ADHD and Pre-schoolers – ½ day PM

What type of behaviors would make you think a pre-schooler might have ADHD? What else might have similar symptoms? How can school personnel and parents work together to help the pre-schooler with ADHD symptoms? This workshop is designed to address these questions and more through information from research and the diagnostic criteria. We will examine case examples and discuss problem solving.

Presenter: Linda Grossman, MD
Baltimore County Health Department

WS22 – Family Substance Abuse: Effects on Children → Dangerous Teen Trends ½ day PM

Drug and alcohol abuse is a large problem in our world today. However, it is an even bigger problem for the children of today who are being raised by alcoholics or drug users. These children have to endure a family life that is often unpredictable and chaotic, which can lead to many problems later in life. Families that suffer with substance abuse are more at risk for domestic violence, mental illness, divorce, and sexual and physical abuse than other families. For children, it can lead to depression, anxiety, suicidal thoughts, and for some teens – they begin to experience with household products, as well as all type of substances.

In Part I of this workshop, participants will learn about the latest substances of abuse among people; signs and symptoms; interventions and treatment measures, e.g. smoking crushed candy, snorting powered drink mix, etc.

In Part II of this workshop, participants will take away information on how a school can identify and help children who at risk for potential mental health and substance abuse issues.

Presenters: Celeste C. Owens, PhD
Private Counseling Consultant

Sylvia McCree-Huntley, BSW, MS Candidate
Center for School Mental Health
University of Maryland, Baltimore

WS23 – Seeing Immigrant Families through Goggles – ½ day PM

This workshop will provide opportunities for participants to recognize our own blind spots in interacting with children and parents of different cultures in our schools by participating in a cross-cultural simulation. The participants will also be able to identify the possible reasons for cross-cultural miscommunication and misunderstanding and the ways in which cultural gaps can be bridged to more effectively work with immigrant families.

Presenters: Young-chan Han, MA
Barb Scherr, BS
Maryland State Department of Education

Patricia Hatch, BS
Maryland Department of Human
Resources

WORKSHOP SESSIONS

WS 24 – Wellness Works: Taking Steps for a Healthier You – ½ day PM

Join this interactive session as speakers will address healthy eating and physical activity in the “modern world.” Participants will determine their own action steps needed to be healthier and therefore to be a better role model for their students.

Presenters: **Brian Griffith, MEd**
Michael Mason, MEd
Judy Dzimiera, RD, LD, MEd
Maryland State Department of Education

WS 25 – Youth Suicide Interventions – ½ day PM

School aged children are faced with hidden emotional challenges that too often lead to suicidal thinking. This session will discuss signs of suicidal ideation and identify children who are at risk. We will also develop intervention strategies to manage a suicidal adolescent, and apply strategies to work with parents of suicidal youth.

Presenter: **Rowland Savage, MS, CASE, NCC, LCPC**
Johns Hopkins University

THURSDAY, AUGUST 6, 2009

Workshops

8:30 AM – 12:00 PM

WS26 – Healthy Adolescent Development: The Teen Years Explained

The teen years are a time of opportunity, not turmoil. In this workshop, we will describe physical, cognitive, emotional and social, sexual, identity formation, and spiritual changes that happen during adolescence and how adults can promote healthy development. Understanding these changes – developmentally, what is happening and why – can help both adults and teens enjoy the second decade of life. Participants will receive a copy of The Healthy Adolescent Development Guide: The Teen Years Explained, an essential resource for all people who work with young people.

Presenters: **Beth Marshall, MPH**
Seante Hatcher, LGSW
Jayne Blanchard, BA
Center for Adolescent Health, Johns Hopkins Bloomberg School of Public Health

WS27 – When Should Young Children Be Kept out of School? Managing Communicable Diseases in Childcare and Preschool Settings

Illnesses among children in childcare and preschool settings often need to be managed very differently than illnesses in elementary school-aged children. This presentation will review approaches to common communicable diseases among toddlers and preschoolers, including rules for exclusion and strategies for keeping staff and other students healthy.

Presenters: **Tracy Meicha King, MD, MPH** **Alicia Mezu, RN, MSN/ED**
Johns Hopkins School of Medicine Maryland State Department of Education

WS28 – School Related Ethics: Unique Issues for School Mental Health Clinicians

Providing mental health services in schools offers unique challenges for clinicians that can be very different than what is experienced in community based settings. This section will consider unique, legal, and ethical issues related to providing mental health services in schools. This session features a panel discussion from experts in the field, and will offer opportunities for hands on activities and a practical discussion of best practice strategies.

Presenters: **Kathy Siefert, PhD** **Marcia Lathroum**
Talbot County Maryland State Department of Education
Panel

WORKSHOP SESSIONS

WS29 – Food Allergy Management in Schools

Learn everything school personnel (e.g. nurses and administrators) should know about food allergies. This presentation will cover the “must know” facts for school personnel as well as practical, straightforward recommendations to increase food allergy safety. We will also review the three things that make a school “food allergy smart”™ The presenters will review new legal requirements and new school health services guidelines regarding management of students with anaphylaxis in school.

Presenters: **Judy Dzimiera, RD, LDN, MEd**
Maryland State Department of Education

Cheryl De Pinto, MD, MPH
Center for Maternal and Child Health

Maria Acebal, JD
Safe@School® Partners, Inc.

Deb Scherrer
VP of Educational Programs,
The Food Allergy & Anaphylaxis Network

WS30 - Families Matter: How Families are Key to Improving Health and Wellness in Schools

Participants will learn the six types of involvement and how to develop a partnership model to develop comprehensive, goal-oriented school, family and community partnership programs that support student success. They will discuss strategies to build on their family and community involvement activities by connecting to a comprehensive program of school, family, and community partnerships linked directly to school improvement goals, such as reading, science, mathematics, behavior, and/or attendance.

Presenter: **Cecelia Martin, MEd**
Maryland State Department of Education

WS31 – Gangs 201: Intervention and Prevention

This session will provide participants with some techniques on intervention and prevention strategies, that will help reduce gang violence. We will discuss how to start developing positive alternatives and become more proactive rather than reactive. We will look at programs such as crime and delinquency programs that discourage gang involvement.

Presenters: **Frank Clark, Jr.**
Gerry Washington, BS
Greland Lowery
Maryland Department of Juvenile Services

WS32 – Fish Sticks

This interactive session will make the connection between the “Fish Philosophy”, “Fish Sticks”, and school climate. We all want great school climate, but what do we do to make it happen?

Presenter: **Betsy Gallun, MA**
Prince George’s County Public Schools

WS33 – Dynamics of Intimate Partner Violence

This workshop will provide an overview of the dynamics of intimate partner violence and the effect it has on children.

Presenter: **Ellyn M. Loy, LCSW-C**
House of Ruth

PLANNING COMMITTEE

Cheryl De Pinto, MD, MPH

Medical Director
Child, Adolescent, and School Health
Center for Maternal and Child Health
Department of Health and Mental Hygiene

Judy Dzimiera, RD

Maryland State Department of Education

Christine Evans, MA

Community Health Educator
Department of Health and Mental Hygiene

Betsy Gallun, MA

Program Specialist in Comprehensive Health and
Physical Education
Maryland State Department of Education

Cheryl Hall, RN

Office of Child Care
Maryland State Department of Education

Rachel Hess-Mutinda, MA

Center for Maternal and Child Health
Department of Health and Mental Hygiene

Christina Huntley, BS

Conference Assistant
Center for School Mental Health
University of Maryland School of Medicine

Shawan Johnson, RN

CHN Supervisor II
Baltimore City Health Department

Patricia Jones, BS

Abstinence Education Coordinator
Center for Maternal and Child Health
Department of Health and Mental Hygiene

Mary LaCasse, MS, Ed

Early Childhood Program Administrator
Center for Maternal and Child Health
Department of Health and Mental Hygiene

Nancy Lever, PhD

Director of Outreach and Dissemination, Center for
School Mental
Assistant Professor, University of Maryland School of
Medicine

Donna Mazyck, MS, RN, NCSN, NCC

Conference Co-Chair
Health Services Specialist
Maryland State Department of Education

Alicia Mezu, RN, MSN/ED

Educational Program Specialist
Maryland State Department of Education

Sylvia McCree-Huntley, MS Candidate, BSW, BA

Training Manager
Center for School Mental Health
University of Maryland School of Medicine

Barbara Obst, RN

SHNIC Program
Kennedy Krieger Institute

Joan Patterson, LCSW-C

State Child Fatality Review Team Coordinator
Center for Maternal and Child Health
Maryland Department of Health and Mental Hygiene

Phylis Reinard, RN, CRNP

School Health Program Manager
Charles County Health Department

Kay Schoo, RN

Nurse Manager
Department of Juvenile Justice

Rhonda Ulmer

Parent Advocate
Parent Teacher Association
Anne Arundel County Public Schools

Mark D. Weist, PhD

Conference Chair
Director
Center for School Mental Health
Professor
University of Maryland School
of Medicine, Department of Psychiatry

CONTINUING EDUCATION

This event is co-sponsored by The Center for School Mental Health and, *The Institute for Continuing Education*. Credit is awarded on a session-by-session basis, with full attendance required for the sessions attended. Application forms will be available on site. If you have questions regarding continuing education, the program, or for a listing of learning objectives by session, please contact *The Institute* at: 800-557-1950; FAX: 866-990-1960.

ATTENDEES: A certificate of attendance will be available for participants. To receive this certificate, participants must sign in at the beginning of each day, attend the entire training and complete an evaluation.

CHILD CARE PROVIDERS: Child care professionals will receive a certificate of attendance from the Maryland State Department of Education.

COUNSELORS: The Maryland State Department of Education (MSDE) is an NBCC approved continuing education provider and a co-sponsor of this event. MSDE may award NBCC approved clock hours for programs that meet NBCC requirements. MSDE maintains responsibility for this program and its content NBCC Provider No. 5230.

HEALTH EDUCATORS: The APHA is accredited by the National Commission for Health Education Credentialing, Inc. to sponsor continuing education for Certified Health Education Specialists.

PHYSICIANS: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The American Public Health Association and The University of Maryland School of Medicine. The American Public Health Association is accredited by the ACCME to provide continuing medical education for physicians.

Designation statement: The APHA designates this educational activity for a maximum of 19.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: The Institute for Continuing Education is an organization approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content. Not all sessions may be eligible for credit for psychology. The continuing education packet available at the CE desk at the Conference will list applicable sessions for approved psychology credits.

NURSES: This activity has been submitted to the American Public Health Association/Public Health Nursing Section (APHA/PHN) Approver Unit) for approval to award contact hours. The APHA/PHN Approver Unit is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation

SOCIAL WORKERS: The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), though the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for license renewal. ASWB Provider No. 1007.

Illinois Dept. Professional Regulation License No. 159-000606.

Ohio Counselor and Social Work Board Provider No. RCS 030001.

Alabama Board Social Work Examiners Provider No. 01.

Florida Dept. Health, Division Social Work, MFT, Counseling, Provider BAP 255.

SKILL LEVELS: Due to the interdisciplinary nature of this Conference, skills level have not been indicated.

Conference participants are urged to review the program descriptions for selection of sessions that meet personal and professional goals.

Total CE Hours Summary

Monday, August 3:	4.25 hrs.
Tuesday, August 4:	6.00 hrs.
Wednesday, August 5:	6.00 hrs.
Thursday, August 6:	3.50 hrs.

Week Total: 19.75 hrs.

GENERAL INFORMATION

LODGING: Turf Valley Resort & Conference Center in Ellicott City, Maryland is offering a special rate of \$155/per night (plus room tax) for single or \$174/per night (plus room tax) for double occupancy to conference participants. Reservations must be received by July 11, 2009, to ensure a room at this special rate. It will be necessary to make early reservations to ensure lodging. Reserve your room in advance by calling 1-410-465-1500, between the hours of 8:00am and 4:00pm, and state that you will be attending the School Health Interdisciplinary Program. Hotel cancellations must be made 72 hours in advance in order to avoid charges. NOTE: The reserved block may fill up earlier before the deadline date of July 11, 2009.

DISCOUNT AIRLINE TICKETS: You can save money on airline tickets by purchasing online. Go online and review different websites for comparison with other travel sites and customer satisfaction survey. Click on: www.airtravel-discount.com or <http://www.expedia.com> or www.discountairlinereviews.com or www.air-travel-discount.com

DRIVING DIRECTIONS AND PARKING

- For directions, please call Turf Valley Directions Hotline at 410-465-1500 ext. 444
- Visit their website at www.turfvalley.com
- Parking is complimentary.

MEALS: SHIP will sponsor your continental breakfast, refreshment breaks and a lite lunch for each day. Please note that we may not be able to accommodate various special needs for food, however, there is a restaurant available where you can purchase lunch.

ATTIRE: For your comfort, we recommend casual clothing. We do not have control over the hotel temperature setting. Some rooms may be cool. Please bring a jacket or sweater for your comfort.

REGISTRATION: You may register by website. You may fax your registration form, but registration is not complete until we receive your payment. The early bird registration deadline is June 20, 2009. Registration forms postmarked or faxed after June 1 will be accepted on a space available basis. You may pay by personal check, money order, institutional check or credit card. If you are paying by institutional check, include your registration form with a copy of your check request (please provide your institution a copy of your registration form to mail with the actual payment). We will confirm all registrations by email. If you register for the conference and cancel after the deadline date, you are still responsible for registration fees. Website: You can register on line at <http://csmh.umaryland.edu>. We will confirm all registrations via email. One registration can not be shared between two people. Each person must fill out a registration form. Only one packet and badge will be provided per registration.

GROUP AND STUDENT DISCOUNT: For groups of five or more, a \$10 discount per registration is available. Registrations and payment must be received at the same time and no later than July 2, 2009, to be eligible for this discount. Full-time students can receive a 40% discount. Attach a copy of your student ID to your registration form.

CANCELLATIONS AND REFUND POLICY: A full refund, less a \$50 handling charge for cancellations will be granted. Refund requests which must be made in writing by July 2, 2009. Once the deadline date has past, your slot is confirmed for SHIP. Your cancellation must be in writing.

CONFERENCE DISCLAIMER: The Center for School Mental Health (CSMH) for the University of Maryland School of Medicine does not endorse or approve any commercial products. While it is usually unnecessary, the CSMH reserves the right to substitute or cancel sessions.

AMERICAN DISABILITIES ACT: If you require special accommodations to attend or participate in SHIP, please provide information about your requirements to CSMH (1-888-706-0980) at least five business days in advance of this event.

REGISTRATION

School Health Interdisciplinary Program
August 3-6, 2009
Turf Valley Conference Center
Ellicott City, Maryland

(Please type or print your name, as you would like it to appear on your badge)

Name (First) _____ MI _____ Last _____

Degree _____

Social Security Number (needed if applying for CEUs / contact hours) _____

Address _____

City _____ State _____ Zip _____ Daytime Phone _____

Employer _____

Position _____

E-Mail _____

Early Bird Registration Fees <i>(by June 30)</i>	Standard Fees <i>(after June 30)</i>	Late Fee <i>(after July 15)</i>	
\$160 - Monday Plenary Session	\$185	\$210	\$ _____
\$150 - Tuesday workshops	\$175	\$200	\$ _____
\$150 - Wednesday workshops	\$175	\$200	\$ _____
\$100 - Thursday Plenary Session and workshops	\$135	\$160	\$ _____
CEUs/CMEs	\$35		\$ _____

Discounted Rate:

Entire week of workshops and Plenary Sessions
(includes plenary day, 3 days of workshops, and
handout materials)
\$350

\$375

\$400

\$ _____

Additional Discounts:

Group discounts for 5 or more at \$10.00 /per person (must send in together) \$ _____

Student discounts at 40% per person (attach copy of student ID) \$ _____

Total: \$ _____

Final Total Enclosed: \$ _____

Check/Money Order (Make check payable to: SHIP University of Maryland)

Paying by P.O. # (please attach)

Paying by American Express Master Card Visa

ACCOUNT # _____ EXP. DATE _____

CARDHOLDER'S NAME _____

CARDHOLDER'S SIGNATURE _____

REGISTRATION (CONT'D)

Check workshop selections:

Chose either one full day session or two half day sessions if the session is filled, you will receive a phone call to select another option:

MONDAY (AUGUST 3, 2009)

- Plenary Day - Julia Lear, Shantel Randolph Sam Macer, LeDerick Horne

TUESDAY (AUGUST 4, 2009)

- WS1 Working Effectively with Youth - 1/2 day AM
- WS2 Social Emotional Foundations in Early Learning - 1/2 day AM
- WS3 Best Practices for the Assessment and Treatment of Child Anxiety - 1/2 day AM
- WS4 Bells, Whistles and Current Practice - 1/2 day AM
- WS5 Childhood Obesity: Conquering the Wave - 1 day
- WS6 Let's Talk About Stress - 1/2 day AM
- WS7 Asthma Friendly Schools Initiative - 1/2 day AM
- WS8 The Importance of Mentoring Youth - 1/2 day PM
- WS9 Fetal Alcohol Spectrum Disorders - 1/2 day PM
- WS10 Trauma and the Young Children - 1/2 day PM
- WS11— Developmental Assets: Keys to Success for All Kids - 1/2 day PM
- WS12— School Attendance: Paving the Way for Student Success - 1/2 day PM
- WS13— Promoting School and Community Connectedness: Key to Preventing School Dropout - 1/2 day PM

WEDNESDAY (AUGUST 5, 2009)

Please select the plenary session plus one workshop.

- Plenary Session IV (Mr. Frank Kros)
- WS14 Giving a Fish a Bath: The Untold Story of the Adolescent Mind - 1 day
- WS15 Childcare Health Consultation - 1/2 day AM
- WS16 Psychopharmacology Update - 1/2 day AM
- WS17 Immigrant Students and Families - Cultural Understanding - 1/2 day AM
- WS18 Mental Health 101 for Non-Mental Health Providers - 1/2 day AM
- WS19 Gangs 101: Gang Awareness - 1 day
- WS20 Youth and Families Coping with Grief and Loss - 1/2 day AM
- WS21 ADHD and Pre-schoolers - 1/2 day PM
- WS 22 Alcohol and Substance Abuse: Effects on Children and Families - 1/2 day PM

- WS 23 Beneath the Iceberg: Seeing Immigrant Families through our own Goggles - 1/2 day PM
- WS24 Wellness Works - 1/2 day PM
- WS25 Youth Suicide Interventions - 1/2 day PM

THURSDAY (AUGUST 6, 2009)

- WS26 Healthy Adolescent: The Teen Years
- WS27 Managing Communicable Diseases
- WS28 School Related Ethics: Unique Issues for School Mental Health Clinicians
- WS29 Food Allergy Management in Schools
- WS30 Family Matters: Health and Wellness
- WS31 Gangs 201: Intervention and Prevention
- WS32 Fish Sticks
- WS33 Dynamics of Intimate Partner Violence

All registrations with payment are due upon receipt. Late registration will be accepted if space is available.

**Registration Center
School Health Interdisciplinary Program
1201 New Jersey Avenue
Washington, DC 20001
Phone: 202-624-1743**

**Christina Huntley, BS
University of Maryland School of Medicine
410-706-0980**

Toll Free: 1-888-706-0980

Fax: 410-706-0984

Email: csmh@psych.umaryland.edu

**For Website registration link to:
<http://csmb.umaryland.edu>**



Center for School Mental Health

Mark your calendar and plan to join us

November 2-4, 2009

*The Center for School Mental Health
University of Maryland School of Medicine
In partnership with*

*The IDEA Partnership funded by the Office of Special Education Programs (OSEP),
sponsored by the National Association of State Directors of Special Education (NASDSE)*

Announces
**The 14th Annual Conference on
Advancing School Mental Health**



Theme: School Mental Health: Promoting Success for All Students
Hilton Minneapolis Hotel, 1001 Marquette Avenue, Minneapolis, MN

Keynote Speakers: Dr. Bruce Chorpita is currently Professor of Psychology, at the University of California, Los Angeles. With over 100 publications on children's mental health, he has been the recipient of multiple awards and honors for his work. Dr. Chorpita has held research and training grants from the National Institute of Mental Health, the Hawaii Departments of Education and Health, and the John D. and Catherine T. MacArthur Foundation, and has recently published a book on Modular Cognitive Behavior Therapy in 2007 with Guilford Press.

Jordan Burnham is part of the National Mental Health Awareness Campaign's Speakers Bureau. As a high school senior, Jordan Burnham was popular, had good grades, and was a star athlete. However, Jordan secretly battled depression. As the pressures mounted, Jordan attempted to take his own life by jumping from a 9th story window. Jordan's miraculous survival propelled him to begin to deal with his depression and learn healthier coping mechanisms. Today, Jordan's physical body is still suffering, but he has found emotional wellness through counseling, and a strong support system. He educates students about depression, suicide, and substance use. Jordan has appeared on CNN and addressed a Congressional briefing on Capitol Hill.

Join us for:

Over 100 Sessions, 12 Specialty Tracks
Outstanding Keynote Presentations
Intensive Trainings
Poster Session and Networking Reception
An Emphasis on Youth and Family Involvement

For information about the conference or to receive a brochure, please contact the Christina Huntley at the Center for School Mental Health at 888-706-0980; 410-706-0980; chuntley@psych.umaryland.edu or visit our website (<http://csmh.umaryland.edu>)