

# *The Seventh Annual*

SCHOOL

HEALTH

INTERDISCIPLINARY

PROGRAM



## *Charting the Course for Our Children's Future*

July 23 – July 26, 2007

Turf Valley Resort & Conference Center

### *Sponsored by:*

The Center for School Mental Health Analysis and Action

(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

Maryland State School Health Council

The Institute for Continuing Education





## ***About The Center for School Mental Health Analysis and Action (CSMHA)***

The CSMHA is supported in full by Project # U93 MC 00174 from the Office of Adolescent Health, Maternal, and Child Health Bureau (Title V, Social Security Act), 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 CSMHA 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 CSMHA 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 CSMHA 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 providers, classroom teachers, community and faith-based representatives, counselors, drop-out prevention specialists, family members, health educators, mental health practitioners, nurse practitioners, nutritionists, physical and occupational therapists, physical education teachers, physicians, pupil personnel workers, safe and drug free school coordinators, school-based health center staff, school counselors, school educators, school nurses, school psychologists, school resource officers, social workers, psychologists, and special educators.

## **Turf Valley Resort & Conference Center**

**2700 Turf Valley Road • Ellicott City, MD • 410-465-1500**

## **KEYNOTE SPEAKERS**

**PATRICK COOPER, EdD**, serves as the Superintendent of the McComb School District in Mississippi. Prior to becoming superintendent, Dr. Cooper served as a classroom teacher for emotionally disturbed students, a principal, a University faculty member, and Assistant State Superintendent in the Louisiana State Department of Education. He serves on the Governor's Health Committee, working with the National Governor's Association in developing a national network on school/ health partnerships and is President of the Mississippi Alliance for Schoolhealth.

**LORETTA SWEET JEMMOTT, PhD, FAAN, RN**, serves as the Van Ameringen Professor in Psychiatric Mental Health Nursing, and Director of the Center for Health Disparities Research in Philadelphia, Pennsylvania. Dr. Jemmott is one of the nation's foremost researchers in the field of HIV/AIDS prevention among African American adolescents, having been involved with \$74 million in federal funding devoted to this issue during the course of her career. Several of her curricula have been designated for national use by the Centers for Disease Control. Her reputation has achieved international proportions, having recently been invited to South Africa to help impact HIV/AIDS in Africa.

**MICHAEL MILLER, MS, PhD CANDIDATE**, serves as the U.S. Ambassador of Education at the United States Department of Education. Mr. Miller travels extensively across the country conducting lectures, workshops, and professional development training sessions, while motivating students and adult learners. Mr. Miller served as a transitional counselor in the DC government, and the Center director at Sarah's House Treatment Facility. He also serves in several instructor positions at the Baltimore City Community College. Mr. Miller has been featured on the Oprah Winfrey Show and in Black Enterprise and USA Today for his motivational speaking. At the conference, he will be signing his book, *A Promise to Persevere: It's Not Where You Start, It's Where You Finish*, at the conference.

## KEYNOTE SPEAKERS CONTINUED

**RAYMOND LORION, PhD**, serves as the Dean, College of Education, and Professor, Department of Instructional leadership and Professional Development at the Towson University. Dr. Lorion has published on many topics in mental health including, addressing mental health disparities through cultural competent research and community-based practice, optimizing emotional and behavior development in children, and violence as a health problem. Dr. Lorion is the director of the Cherry Hill Learning Zone Initiative, providing neighborhoods, family support programs, and planning and development in all the schools in this zone. Dr. Lorion just received the Seymour Sarason Award for Community Research and Action from the American Psychological Association's Society for Community Research and Action. This award is given biennially for creative in community settings.

## 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 Analysis and Action, University of Maryland School of Medicine, Division of Child and Adolescent Psychiatry, in partnership with the Maryland State Department of Education, the Maryland Department of Health and Mental Hygiene, the Department of Juvenile Services, multiple local and community partners. This interdisciplinary program focuses on **intensive** professional development on topics vital to school health professionals including: mental health, safe schools environment, assessment skills updates, nutrition, leadership development, and adolescent risk behaviors. Continuing education and professional development credit will be awarded at the completion of training.

## CONFERENCE OBJECTIVES

- Provide strategies to build and enhance effective partnerships to improve children's mental health and well-being.
- Promote effective and efficient healthcare management.
- Enhance knowledge and skills to monitor and improve the health status of children with disabilities.
- Build skills and enhance knowledge needed to reduce the risk of youth violence.
- Emphasize the skills needed for school staff and their respective agencies to monitor the health of its schools and communities and assist in the detection of emerging health problems.
- Discuss and disseminate research findings and best practice recommendations related to health prevention and intervention.
- Increase collaboration and skills related to improving health intervention methods.
- Enhance knowledge and skills related to examining school environments for health implications and promoting healthier school climates.

# WORKSHOPS AT-A-GLANCE

July 23, 2007	July 24, 2007	July 25, 2007	July 26, 2007
<b>EXHIBIT &amp; POSTER SESSIONS</b> during continental breakfast, during lunch and breaks	<b>EXHIBITS</b> continental breakfast, lunch and breaks	<b>WORKSHOPS</b> 8:30 am – 3:45 pm	<b>PLENARY SESSION</b> 8:30 am – 9:45 am
<b>PLENARY DAY</b> 8:30 am – 3:30 pm	<b>WORKSHOPS</b> 8:30 am – 3:45 pm		<b>WORKSHOPS</b> 10:00 am – 3:45 pm
	HIV Prevention for Youth <b>WS1</b>	Positive Youth Development <b>WS10</b>	SEX – It's Worth the Wait <b>WS23</b>
	Early Childhood Mental Health <b>WS2</b>	Finding Common Ground <b>WS11</b>	Protecting a Child's Right to Safety <b>WS24</b>
	Psychopharmacology Update <b>WS3</b>	Teen Pregnancy Prevention/ Latino Youth <b>WS12</b>	Suicide Prevention <b>WS25</b>
	ADHD and Pre-Schoolers <b>WS4</b>	Managing Stress for Staff Are You Stressed Out? <b>WS13</b>	Childhood and Adolescent Weight Management <b>WS26</b>
	Immunization Update <b>WS5</b>	Assessing High Risk Behaviors <b>WS14</b>	It Takes a Village <b>WS27</b>
	Mental Health Services for Youth in Special Education <b>WS6</b>	Communicable Diseases in Schools <b>WS15</b>	The Effects of Family Violence <b>WS28</b>
	Diet Does Make a Difference <b>WS7</b>	Improving Care for Children with Special Needs <b>WS16</b>	Health in After School Programs <b>WS29</b>
	Gang Awareness <b>WS8</b>	School, Family, Community <b>WS17</b>	
	Kids, Drugs, and Dual Diagnoses <b>WS9</b>	Working Effectively with Youth <b>WS18</b>	
		Bullying and Harassment/Defiant Youth <b>WS19</b>	
		Best Practice for School Wellness Policies <b>WS20</b>	
		Internet Safety <b>WS21</b>	
		Intervening in Smoking Initiation <b>WS22</b>	

## 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 – 1:30	Networking Luncheon (will be provided)
1:30 – 1:55	Exhibit Break
2:00 – 3:30	Plenary Session III

### TUESDAY

7:30 – 8:30	Registration, Exhibits & Continental Breakfast
8:30 – 10:00	Workshops
10:00 – 10:10	Break
10:15 – 11:30	Workshops
11:30 – 12:25	Lunch (will be provided)
12:30 – 2:00	Workshops
2:00 – 2:10	Break
2:15 – 3:45	Workshops

### WEDNESDAY

7:30 – 8:30	Registration & Continental Breakfast
8:30 – 10:00	Workshops
10:00 – 10:10	Break
10:15 – 11:30	Workshops
11:30 – 12:30	Lunch (will be provided)
12:30 – 2:00	Workshops
2:00 – 2:10	Break
2:15 – 3:45	Workshops

### THURSDAY

7:30 – 8:30	Registration & Continental Breakfast
8:30 – 9:45	Plenary Session IV
9:45 – 9:55	Break
10:00 – 11:30	Workshops
11:30 – 12:25	Lunch (will be provided)
12:30 – 2:00	Workshops
2:00 – 2:10	Break
2:15 – 3:45	Workshops

# AGENDA

MONDAY, JULY 23, 2007

7:30 – 9:00 AM

REGISTRATION, EXHIBITS, POSTERS & CONTINENTAL BREAKFAST

9:00 – 9:10 AM

WELCOME

**Mark D. Weist, PhD**

Conference Co-Chair

Director, Center for School Mental Health Analysis and Action

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 AND INTRODUCTIONS

**John M. Colmers**

Secretary

Maryland Department of Health & Mental Hygiene

**Nancy S. Grasmick**

State Superintendent

Maryland State Department of Education

**Donald W. DeVore**

Secretary

Department of Juvenile Services

9:45 – 10:45 AM

PLENARY SESSION I

*Introduction by:*

**Mary Keene**

Chair

Maryland State School Health Council

**Pat Cooper, EdD**

McComb School District, Mississippi

*The Whole Child and Coordinated School Health: There is Life After Tests... And...*

Dr. Cooper will speak about the link between coordinated school health and education reform. Participants will hear data that supports this link.

# AGENDA (CONT'D)

10:45 – 11:15 AM REFRESHMENT BREAK AND EXHIBITS

11:15 – 12:30 PM PLENARY SESSION II

*Introduction by:*

**Kay Schoo, RN**

Nurse Manager  
Department of Juvenile Services

**Michael Miller, PhD Candidate**

United States Department of Education  
U. S. Ambassador of Education

*A Promise to Persevere*

Mr. Miller will deliver a powerful message. His message is clear, simple, yet provocative and well grounded. This message has penetrated the minds of urban youth worldwide. "It does not matter where you start, what counts is where you decide to finish."

12:30 – 1:45 PM NETWORKING LUNCHEON

1:45 – 2:00 PM EXHIBIT & POSTER BREAK

2:00 – 3:30 PM PLENARY SESSION III

**Cheryl De Pinto, MD, MPH**

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

**Loretta Sweet Jemmott, PhD, FAAN, RN**

University of Pennsylvania School of Nursing

*Youth, HIV/AIDS Prevention and Health Disparities*

According to Dr. Jemmott, for HIV reduction programs to be effective we must remember that the "answer lies in the community." Her theory-based health promotion and disease prevention message provides a platform for change.

# WORKSHOP & EXHIBIT SESSIONS

TUESDAY, JULY 24, 2007

8:30 am – 3:45 pm Workshops

*Please visit exhibits located in the Ballroom area.*

## WS1 – HIV Prevention for Youth – 1 day

This interactive session will provide a coordinated approach to HIV Prevention Education for youth. Topics include HIV101, impact of HIV/AIDS on sexual minority youth, HIV prevention curricula, faith based initiatives, and adolescent perspectives on HIV.

**Presenters:**

**Kalima Young, MFA**  
University of Maryland

**Alica Mezu, RN, BSN**  
Maryland State Department of Education

**Pearl Whitehurst, RN, MS**  
**Damaris Richadson, BWN, ACBSW**  
**Carmi Washington-Flood, BS**  
Department of Health and Mental Health  
Hygiene/AIDS Administration

**Catrice Alphonso, MM**  
Institute for Interactive Instruction, Inc.

## WS2 – From the Beginning: Early Childhood Mental Health – 1 day

This interactive workshop provides participants with an overview of the Early Childhood Mental Health System (ECMHS) including identification, services, supports, and training. Participants will also learn about the neuroscience of early brain development and its impact on social-emotional development, relationships, and learning.

**Presenter:**

**Laura Steele, MA, MS**  
Private Practice

## WS3 – Psychopharmacology Update – 1/2 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**  
University of Maryland

## WS4 – ADHD and Pre-schoolers – 1/2 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**  
University of Maryland

# WORKSHOP & EXHIBIT SESSIONS

## WS5 – Immunizations and Schools – 1/2 day AM

Have you ever wondered where school immunization requirements come from? This session will give you new insight on how recommended immunizations become school requirements.

**Presenter:** TBD

## WS6 – Effective Mental Health Services for Youth in Special Education – 1/2 day PM

This workshop will discuss Prince George's County initiative to reduce the utilization of non-public placements by enhancing school-based mental health services for youth in special education.

**Presenters:** Dana Cunningham, PhD  
Nichole Hobbs, MS  
Monica Freedman, LGSW  
Shayna Amerasinghe, BA  
Nancy Lever, PhD  
Mark Weist, PhD  
University of Maryland, Baltimore

## WS7 – Diet Does Make a Difference: How are YOU doing? – 1/2 day PM

This session will review key principles of a healthy diet. The role of omega-3 fatty acids, folate, vitamin D, calcium, potassium and magnesium on chronic disease prevention will be discussed. Activities will be included to help participants apply the information to their diets.

**Presenter:** Amy Allen-Chabot, PhD, RD  
Anne Arundel Community College

## WS8 – Back by Popular Demand...GANG AWARENESS – 1 day

In recent years, youth gangs have become more widespread and part of our communities. This session is designed to provide participants with an overview of the history of gangs, a basic understanding of gang culture and why youth join gangs. We will also assist participants in recognizing the signs of gangs in communities, their language, dress code and culture.

**Presenter:** Frank Clark, Jr.  
Maryland Department of Juvenile Services

# WORKSHOP & EXHIBIT SESSIONS

## WS9 – Kids, Drugs, and Dual Diagnoses: Hope & Help! – 1 day

Drugs, alcohol, and other substances of abuse are harming our children! In the first presentation, you will learn about the latest substances of abuse among young people; signs and symptoms; intervention and treatment measures; and how a school can identify and help young people who are at risk. The second presentation will focus on dual diagnoses, and how to help children with both mental health and substance abuse issues. The afternoon session will feature a panel of parents and teens who have experienced substance abuse, its consequences, and treatment. Come share their stories of pain and hope!

***Presenters:***

**Mike Gimbel**  
**Jack Vaeth, MD**  
Sheppard & Enoch Pratt Hospital

**Panel: PROUD (Parents Reaching Out to Understand Drugs)**



# WORKSHOP SESSIONS

WEDNESDAY, JULY 25, 2007

8:30 am – 3:45 pm Workshops

## WS10 – Positive Youth Development: Essentials of Asset Building – 1 day

Building Assets for Youth is an approach where the focus is on developmental needs rather than “solving problems.” This workshop will address the Search Institute’s framework of developmental assets and identify the characteristics of an effective asset builder. Learn how to move beyond prevention and intervention to building strengths in our youth.

**Presenters:**

**Jacki Carter**

Queen Anne’s County Character Counts

**Demetrio Beach**

Queen Anne’s County Public Schools

## WS11 – Finding Common Ground: A Collaborative Approach to Adolescent Health – 1/2 day AM

This workshop will be an interactive approach to sharing a framework for finding common group and collaborating to identify and prevent adolescent risk behaviors that can lead to HIV, Sexually Transmitted Diseases (STDs), and Unintended Teen Pregnancy. This workshop will enable participants to find common ground and provide strategies to identify, plan, and implement best practices for adolescent health.

**Presenters:**

**Vicki Stovall, BA**

Department of Health and Mental Hygiene

**Alicia Mezu, RN, BSN, BSc**

Maryland State Department of Education

## WS12 – Bridging Two Worlds: How Teen Pregnancy Prevention Programs Can Better Serve Latino Youth – 1/2 day PM

This workshop will provide an overview of teen pregnancy trends for Latino youth, polling data of Latino teens and parents, advice from those working with Latino teens, as well as the advice of Latino teens themselves. Teen pregnancy prevention program interventions will be discussed as well.

**Presenters:**

**Kristen Tertzakian, BA**

**Katherine Suellentrop, MPH**

The National Campaign to Prevent Teen Pregnancy

## WS13 – Are You Stressed Out? – 1/2 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 practice a variety of stress management techniques.

**Presenter:**

**Betsy Gallun, MA**

Prince George’s County Public Schools

## WS14 – Assessing High Risk Behaviors – 1/2 day PM

This presentation will provide a general description of self-injurious behaviors. Discussion will include etiology, statistics, symptoms, emotional and physical implications, and treatment modalities.

**Presenter:**

**Dianne DeSantis, MS**

Grassroots Crisis Intervention Center

# WORKSHOP SESSIONS

## WS15 – Communicable Diseases and Immunizations in the School Setting Updated Information for the School Nurse – 1/2 day AM

Join us as we roll out the \*Red Carpet\* for the new updated Communicable Disease Summary for Schools. Learn how to implement these new guidelines in your school to reduce the spread of infectious diseases and improve communication with community providers regarding issues of school exclusions.

**Presenters:**

**Phylis Reinard, RN, CRNP**  
Charles County Health Department

**Cheryl De Pinto, MD, MPH**  
Department of Health and Mental Hygiene

## WS16 – Improving Care for Children and Youth with Special Health Care Needs: Collaborating with the Medical Home and Supporting Health Care Transition – 1/2 day PM

Children and youth with special health care needs benefit greatly from coordinated care. This presentation will provide participants with information and methods of promoting communication and collaboration between school health professionals and medical home providers.

**Presenters:**

**Jamie Perry, MD, MPH**  
Department of Health and Mental Hygiene

**Dennis Kuo, MD, MHS**  
Johns Hopkins University, School of Medicine

**Eric Levey, MD**  
Kennedy Krieger

## WS17 – School, Family, Community Partnerships – 1 day

Participants will learn the basic components of the National Network of Partnership Schools partnership model to develop comprehensive, goal-oriented, schools, 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, families, and community partnerships. These strategies can be linked directly to school improvement goals, such as reading, science, mathematics, behavior, and/or attendance.

**Presenter:**

**Cecelia Martin, MEd**  
Johns Hopkins University

## WS18 – Working Effectively with Youth – Youth Panel – 1/2 day AM

Presenters will review mental health needs of youth and will highlight the importance of family involvement. A youth panel will offer participants their perspectives on mental health and provide suggestions on how adults can successfully intervene in their lives.

**Presenters:**

**Tom Sloane, LCPC**  
**Michael Green, LCSW-C**  
**Youth Panel**  
School Mental Health Program, University of Maryland



# WORKSHOP SESSIONS

THURSDAY, JULY 26, 2007

8:30 – 9:45 AM

PLENARY SESSION IV

*Introduction by:*

**Mark D. Weist, PhD**

Conference Co-Chair

Director, Center for School Mental Health Analysis and Action

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

**Raymond Lorion, PhD**

Towson University, Maryland

*Supporting Partnerships with Communities: Problem Solving*

Dr. Lorion will share his perspective of the partnership developing process as an outcome that underlies and precedes other outcomes. He will present an emerging school-university-community-organization consortium as a case example. Dr. Lorion will focus on the challenges of transactionally addressing issues related to needs assessment, resource analysis and organization and problem solving through partnering rather than through service delivery.

## WORKSHOPS 10:00 AM – 3:45 PM

### WS23 – Sex - It's Worth the Wait – 1 day

This session will focus on equipping youth to embrace truth and turn from destructive cultural influences through abstinence-only education and peer leadership development. Sex is such an awesome, pleasurable and powerful human experience that it deserves to be handled with care. It's not saying "no" to a good thing, it's saying "yes" to something far better...later! The abstinence-only message provides a basis of self-respect, self-control, and trust, which enables teens to make relationship decisions from a position of strength.

**Presenters:**

**Al Essien, MS**

HOPE Worldwide – Baltimore

**Erik Dressel**

Youth 180

### WS24 – Protecting a Child's Right to Safety – 1 day

Child Fatality Review (CFR) teaches us about preventing deaths and injuries in children, including: CFR overview, learning to think critically about injury problems, integrating knowledge into school health practice and practice with brief problem solving scenarios. This session will discuss the CFR process and how it can be used in the school health arena.

**Presenter:**

**Carolyn Fowler, PhD, MPH**

Johns Hopkins Bloomberg, School of Public Health/School of Nursing

# WORKSHOP SESSIONS

## WS25 – Suicide Prevention – 1 day

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  
Johns Hopkins University

## WS26 – Childhood and Adolescent Weight Management – 1 day

This session will focus on the topic of childhood and adolescent weight management as it directly relates to overweight issues. Participants will hear the most current information on nutrition guidelines, factors affecting eating patterns, assessment of overweight, approaches to prevention, and promising practices. They will participate in case studies and hands on activities as well as receive resources to put the information into practice in schools.

**Presenter:** Judith Dzimiera, RD, LDN, MEd  
Maryland State Department of Education

## WS27 – It Takes a Village: Working with Community Organizations – 1 day

Building a healthy environment for children takes a village, and one way is to partner with stakeholders in the community. Working with stakeholders can be a vehicle in which to help children in your schools, and enable them to benefit in their community. This workshop will cover how to build relationships, adapt to changes, and establish trust factors with children, community leaders, and schools. This will be a dynamic workshop as you take back tools to develop and use in your school and community. This workshop will also focus on positive behavior and development, school and life successes for youth through an abstinence program, and linkage to after-care programs looking at the Cherry Hill Community Model.

**Presenters:** Cathy McClain  
Cherry Hill Trust, Inc.

**Community Panel:**  
Marvin Darden, PhD  
Raymond Lorin, PhD

Robin L. Banks  
Sharon Diggs  
Lee I. Sherman

## WS28 – The Effects of Family Violence on Children: Helping the Unnoticed Victims – 1 day

This presentation will highlight the importance of attending to the psychological and emotional needs of youth that are victims of family violence. A cursory exploration of the types of family violence, as well as behavioral and emotional problems of these youth will be presented.

**Presenters:** Celeste C. Owens, PhD  
Serenity Counseling Services

**Family Panel**

## WS29 – Incorporating Health in Afterschool Programs – 1 day

Education and health can be addressed through afterschool programs. This presentation will focus on how to integrate academics, physical health, mental health, and overall well-being into a successful program.

**Presenters:** Vanessa Diggs, MEd  
Renee Cottman-Reyes  
Maryland State Department of Education

# PLANNING COMMITTEE

**Cyntrice Bellamy, MS**

Administrator of Behavioral Health Programs  
Department of Health and Mental Hygiene

**Tanya N. Bryant, BS, MSW Candidate**

Coordinator  
Center for School Mental Health Analysis and Action  
University of Maryland School of Medicine

**Cheryl De Pinto, MD, MPH**

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

**Pamela Engle**

Chief, Division of Community Services  
Department of Health and Mental Hygiene

**Christine Evans, MA**

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

**Betsy Gallun, MA**

Supervisor, Health Education  
Prince George's County Public Schools

**Cheryl Hall**

Office of Child Care  
Maryland State Department of Education

**Patricia Jones, BS**

Abstinence Education Coordinator  
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**Christina Huntley**

Conference Assistant  
Center for School Mental Health Analysis and Action  
University of Maryland School of Medicine

**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 Health Analysis and Action  
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

**Sylvia McCree-Huntley, BSW**

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Center for School Mental Health Analysis and Action  
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**Alica Mezu, RN, BSN**

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**RoseAnn Meinecke**

Nurse Consultant  
Department of Health and Mental Hygiene

**Pamela S. Putman, RN, BSN, MPH**

MCH Nurse Consultant and Adolescent Health  
Coordinator  
Center for Maternal and Child Health  
Department of Health and Mental Hygiene

**Phyllis Reinard, RN, CRNP**

School Health Program Manager  
Charles County Health Department

**Kay Schoo, RN**

Nurse Manager  
Department of Juvenile Justice

**Sarah Spross**

Acting Chief, Nonpublic School Approval Branch  
Maryland State Department of Education

**Joan Stine, MS, MHS, CHES**

Director, Center for Health Promotion, Education and  
Tobacco Use Prevention Department of Health and  
Mental Hygiene

**Susan Tager, BA**

Coordinator  
Maryland Coalition of Families

**Anne Walker, MA, MHS**

School Based Health Center Specialist  
Maryland State Department of Education

**Mark D. Weist, PhD**

Conference Co-chair  
Director, Center for School Mental Health  
Analysis and Action  
Professor, University of Maryland School  
of Medicine, Department of Psychiatry

**Ta'Monica Wright, MS**

Staff Specialist: Nutrition Education/Training  
School and Community Nutrition Programs  
Maryland State Department of Education

**Linda Zang**

Division of Early Childhood Development  
Maryland State Department of Education

# CONTINUING EDUCATION

This event is co-sponsored by The Center for School Mental Health Analysis and Action, 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: 251-990-5030; FAX: 251-990-2665.

**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:** This activity is pending approval from the Maryland State Department of Education Office of Childcare.

**COUNSELING:** The Institute for Continuing Education is an NBCC approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC approved clock hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for this program and its content. NBCC Provider No. 5643.

**PSYCHOLOGY:** 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 session may be eligible for credit for psychology. The continuing education packet available at the CE desk at the Conference will list applicable sessions for psychology.

**NURSING:** The Institute for Continuing Education is an approved provider of continuing education in nursing by the Alabama Board of Nursing. ABNP No. 1124. Nurses should check with their state board to determine if continuing education credit issued by an approved provider of the Alabama Board of Nursing is acceptable for credit by their state board.

**SOCIAL WORK:** The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through 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.

Florida Dept. Health, Division of Social Work, MFT, Counseling,  
Provider No. BAP 255, expiration 03/08.

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. 0171.

**SKILLS LEVEL:** Due to the interdisciplinary nature of this conference event, session skills level have not been indicated. Participants are urged to review the session description to determine appropriateness for meeting professional and personal goals.

# 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 \$170/per night (plus room tax) for double occupancy to conference participants. Reservations must be received by **Friday, June 22, 2007**, 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 June 22, 2007.**

**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](http://www.airtravel-discount.com) or <http://www.expedia.com> or [www.discountairlinereviews.com](http://www.discountairlinereviews.com) or [www.air-travel-discount.com](http://www.air-travel-discount.com)

**RENT-A-CAR:** Avis has a special discounted rate for attendees. Reservations can be made by calling 1-800-331-1600 and identifying yourself as attending the **School Health Interdisciplinary Program**. The Avis Worldwide Discount (AWD) Number is **J099173**.

## 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](http://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, fax, or mail. You may fax your registration form, but registration is not complete until we receive your payment. The **early bird** registration deadline is June 15, 2007. Registration forms postmarked or faxed after July 2 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 mail or email.** If you register for the conference and cancel after the deadline date, you are still responsible for registration fees. Website: You can download and print your registration form at <http://csmha.umaryland.edu> and fax to 410-706-0984. We will confirm all registrations. **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, 2007, to be eligible for this discount. Full-time students can receive a **\$35 off** their registration. 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 must be made in writing by July 2, 2007. Once the deadline date has passed, your slot is confirmed for SHIP. No cancellations will be accepted after July 2, 2007.**

**CONFERENCE DISCLAIMER:** The Center for School Mental Health Analysis and Action (CSMHA) for the University of Maryland School of Medicine does not endorse or approve any commercial products. While it is usually unnecessary, the CSMHA 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 CSMHA (1-888-706-0980) at least five business days in advance of this event.

# REGISTRATION

School Health Interdisciplinary Program  
July 23 - 26, 2007  
Turf Valley Conference Center  
Ellicott City, Maryland

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

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 15)</i>	Standard Fees <i>(after June 15)</i>	Late Fee <i>(after July 2)</i>	
\$150 - Monday Plenary Session	\$175	\$200	\$ _____
\$140 - Tuesday workshops	\$175	\$210	\$ _____
\$140 - Wednesday workshops	\$175	\$210	\$ _____
\$140 - Thursday Plenary Session and workshops	\$175	\$210	\$ _____
Discounted Rate: Entire week of workshops and Plenary Sessions (includes plenary day, 3 days of workshops, and handout materials)	\$325	\$385	\$ _____

**Additional Discounts:**

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

Student discounts at \$35 per person (attach 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  Discover  Master Card  Visa

ACCOUNT # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

CARDHOLDER'S NAME \_\_\_\_\_

CARDHOLDER'S SIGNATURE \_\_\_\_\_

*Please make your workshop selections and mail or fax both pages.*

# REGISTRATION (CONT'D)

Check workshop selections:

## MONDAY (JULY 23, 2007)

- Plenary Day

## TUESDAY (JULY 24, 2007)

- WS1 HIV Prevention for Youth - 1 day  
 WS2 Early Childhood Mental Health - 1 day  
 WS3 Psychopharmacology Update - 1/2 day AM  
 WS4 ADHD and Pre-schoolers - 1/2 day PM  
 WS5 Immunization Update - 1/2 day AM  
 WS6 Mental Health Services for Youth in Special Education - 1/2 day PM  
 WS7 Diet Does Make a Difference - 1/2 day PM  
 WS8 Gang Awareness - 1 day  
 WS9 Kids, Drugs, and Dual Diagnoses - 1 day

## WEDNESDAY (JULY 25, 2007)

- WS10 Positive Youth Development - 1 day  
 WS11 Finding Common Ground - 1/2 day AM  
 WS12 Teen Pregnancy Prevention/Latino Youth - 1/2 day PM  
 WS13 Are You Stressed Out? - 1/2 day AM  
 WS14 Assessing High Risk Behaviors - 1/2 day PM  
 WS15 Communicable Diseases in Schools - 1/2 day AM  
 WS16 Improving Care for Children with Special Needs - 1/2 day PM  
 WS17 School, Family, Community - 1 day  
 WS18 Working Effectively with Youth - 1/2day AM  
 WS19 Bullying and Harassment/Defiant Youth - 1/2 day PM  
 WS20 Best Practices for School Wellness Policies - 1 day  
 WS21 Internet Safety - 1/2 day AM  
 WS22 Smoking among Youth - 1/2 day PM

## THURSDAY (JULY 26, 2007)

**Please select the plenary session plus one workshop.**

- Plenary Session IV (Dr. Raymond Lorion)  
 WS23 SEX – It's Worth the Wait - 1 day  
 WS24 Protecting a Child's Right to Safety - 1 day  
 WS25 Suicide Prevention - 1 day  
 WS26 Childhood and Adolescent Weight Management - 1 day  
 WS27 It Takes a Village - 1 day  
 WS28 The Effects of Family Violence - 1 day  
 WS29 Health in After School Programs - 1 day

All registrations with payment are due by July 2, 2007. Late registration will be accepted if space is available. All cancellations must be made in writing by July 2, 2007.

No cancellations will be accepted over the phone. Mail your completed registration form and payment to:

*All registrations with payment are due by July 2, 2007.*

*Late registration will be accepted if space is available.*

Mail your completed registration form and payment to:

Christina Huntley,  
Conference Assistant

Center for School Mental Health  
Analysis and Action

University of Maryland Baltimore  
Department of Psychiatry

737 W. Lombard Street, 4th Floor  
Baltimore, MD 21201

410-706-0980 / 1-888-706-0980  
(toll-free) / 410-706-0984 fax

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



Center for School Mental Health Assistance  
University of Maryland, Baltimore  
Department of Psychiatry  
737 West Lombard Street, 4th Floor  
Baltimore, MD 21201

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