

The Eighth Annual

SCHOOL

HEALTH

INTERDISCIPLINARY

PROGRAM



*Charting the Course for Our
Children's Future*

August 4-7, 2008

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)

Department of Health and Mental Hygiene

Maryland State Department of Education

Maryland Department of Juvenile Services

Co-Sponsored by:

American Academy of Pediatrics, Maryland Chapter

Maryland State School Health Council

The Institute for Continuing Education



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

Maryland Chapter





About The Center for School Mental Health (CSMH)

Support for this project (Project # U45 MC00174) 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.

Funding for this project is also made possible in part by the Maryland Mental Health Transformation Grant # 5 U79 SM57459-02 from SAMHSA.

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 providers, 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

Andrés Alonso, EdD, JD, serves as the CEO of Baltimore City Public Schools. Speaking no English when he arrived in the United States from Cuba with his parents at age 12, Andrés Alonso attended the Union City, New Jersey public schools, where he found many mentors before graduating Magna Cum Laude and Phi Beta Kappa from Columbia University in 1979. He went on to earn a JD from Harvard Law School and worked at the New York City law firm of Hughes, Hubbard & Reed before changing course to become an educator. From 1987 to 1998, Dr. Alonso taught self-contained, emotionally disturbed special education adolescents and English language learners in Newark, New Jersey, where he was also a staff developer, program coordinator and mentor teacher, writing the bilingual special education guide and helping to write the ESL curriculum for the school district. Dr. Alonso was selected to join Harvard University's elite Urban Superintendents Program in 1998, where he focused on urban education. He was awarded a Doctorate in Education, with a concentration in Administration, Social Policy Planning, in June 2006. On July 1, 2007, Dr. Alonso was named CEO of the Baltimore City Public School System. His reform agenda includes increasing the graduation rate, supporting students with interventions to ensure academic success, and expanding work experiences for students as well as supporting parent and community engagement.

Faye J. Calhoun, DPA, MPA, MS, BS, is the former Deputy Director for the National Institute on Alcohol Abuse and Alcoholism. Dr. Calhoun served nearly 40 years in the Federal Government, Department of Health and Human Services. Her final 12 years of service was to the National Institute on Alcohol Abuse and Alcoholism at the National Institutes of Health. She provided leadership to programs on the causes, and consequences, prevention and treatment of alcohol use interacted with numerous state and local mental health departments in attempts to educate and gain interest in addressing alcohol disorders and co-occurring disabilities. Dr. Calhoun has numerous presentations on the topic to be presented.

KEYNOTE SPEAKERS CONTINUED

Michelle A. Gourdine, MD serves as the Principal Consultant for Michelle Gourdine and Associates LLC, a public health consulting firm that facilitates strategic partnerships among individuals, policymakers, communities, and organizations to improve the public's health. She has more than 16 years of experience in medicine and public health leadership, and most recently served as Deputy Secretary for Public Health Services for the Maryland Department of Health and Mental Hygiene, supervising a staff of 6,000 with an annual budget of over \$2 billion. As the chief public health physician for the State of Maryland, she was responsible for providing executive level management and leadership for all of the Department's public health programs, which prevent epidemics, protect against environmental hazards, encourage healthy behaviors, respond to disasters, and ensure accessible and high quality health care. Prior to her appointment as Deputy Secretary, Dr. Gourdine served as Health Officer and Director of the Baltimore County Department of Health for a decade.

Frank Kros, MSW, JD, 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 Jenson 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 conferences, 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's degree in social work from the University of Nebraska-Omaha and a law degree from Notre Dame Law School.

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, Division of Child and Adolescent Psychiatry, in partnership with the Center for Maternal and Child Health, Department of Health and Mental Hygiene, Maryland State Department of Education, the Maryland Department of Juvenile Services, and multiple local and community partners. This interdisciplinary program focuses on intensive professional development on topics vital to school health professionals including: mental health, safe school environments, 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

August 4, 2008	August 5, 2008	August 6, 2008	August 7, 2008
EXHIBIT & POSTER SESSIONS during continental breakfast, lunch and breaks	EXHIBITS SESSIONS during continental breakfast, lunch and breaks	WORKSHOPS 8:30 am – 3:45 pm	PLENARY SESSION 8:30 am – 9:45 am
PLENARY DAY 8:30 am – 9:00 am	WORKSHOPS 8:30 am – 3:45 pm		WORKSHOPS 10:00 am – 3:45 pm
	Work Effectively with Youth WS1	Risky Business: Teen Drivers WS12	The Teenage Brain WS22
	Practical Strategies for Providing Edu. Supports with a Trauma History WS2	Youth Suicide Prevention Awareness WS13	Defiant Youth: Bullying and Harassment WS23
	Mental Health 101 for Non-Mental Health Providers WS3	When Should Young Children Be Kept out of School? WS14	Reducing Suspensions and Expulsions WS24
	Psychopharmacology Update WS4	Integrating Health Education in After School Programs WS15	Understanding Families from Poverty WS25
	Bells, Whistles & Current Practice WS5	Improving School Mental Health Services for Youth in Foster Care WS16	Talents, Strengths & Engagement: Enhancing Performance WS26
	Healthy Kids & School Readiness WS6	Navigating Through the School System WS17	Family Violence: The Impact on Youth & Society WS27
	Are you Stressed Out? WS7	School Health Index WS18	Families Matter WS28
	Wellness Works: Taking Steps for a Healthier You WS8	Marketing School Nursing WS19	
	Gangs 101: Gang Awareness WS9	Gangs 201: Gang Intervention and Prevention WS20	
	Enhancing School Connectedness WS10	Neurodevelopmental Disorders WS21	
	Internet Safety WS11		

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 – 3:45 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, AUGUST 4, 2008

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

Cheryl De Pinto, MD, MPH

Conference Co-Chair

Medical Director, Child, Adolescent and School Health

Maryland Department of Health and Mental Hygiene

9:10 – 9:45 AM

GREETINGS, INTRODUCTIONS, AND YOUTH CHOIR

John M. Colmers

Secretary

Maryland Department of Health & Mental Hygiene

JoAnne L. Carter

Deputy State Superintendent

Maryland State Department of Education

Donald W. DeVore

Secretary

Maryland 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 by Dr. Hollie Hood-Mincey. 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.

9:45 – 10:45 AM

PLENARY SESSION I

Introduction by:

Donna Mazyck, MS, RN, NCSN, NCC

Health Services Specialist

Maryland State Department of Education

Andrés Alonso, EdD, JD

CEO Baltimore City Public Schools

Healthy Children Make Great Students

It is essential that children are in good health and receive prompt medical attention to be able to succeed in school. Healthy and strong children have higher levels of concentration in class and actively participate in learning experiences. Educators and administrators must ensure that all children are healthy before expecting high levels of academic achievement.

AGENDA (CONT'D)

10:45 – 11:10 AM

REFRESHMENT BREAK AND EXHIBITS

11:15 – 12:30 PM

PLENARY SESSION II

Introduction by:

Mary Keene, MS

Chair

Maryland State School Health Council

Faye Calhoun, DPA, MPA, MS, BS

Fetal Alcohol Spectrum Disorder (FASD): An Educator's Challenge

This presentation will focus on the spectrum of clinical presentations resulting from pre-natal exposure to alcohol. The physical and neurobehavioral consequences will be presented and the behavior that results in a challenge for the educator will be discussed. The presentation will include a discussion of the strengths of affected children as well as the disabilities. Suggestions for working with other professionals to support the child and gaining an understanding of how a home and school partnership will be more effective will be included.

12:30 – 1:45 PM

NETWORKING LUNCHEON & AWARDS

1:45 – 1:55 PM

EXHIBIT & POSTER BREAK

2:00 – 3:45 PM

PLENARY SESSION III

Introduction by:

Kay Schoo, RN

Nurse Manager

Maryland Department of Juvenile Services

Michelle Gourdine, MD

Michelle Gourdine and Associates, LLC

Leveling the Playing Field: The Importance of School Health Services in Eliminating Disparities in Health

Racial and ethnic minorities are poorer in health and experience more problems accessing health care. School health services can reverse the trend of minority health disparities by providing convenient and quality health care and increasing the health knowledge of school age youth. Participants will learn the importance of school health services in the elimination of racial and ethnic health disparities.

WORKSHOP & EXHIBIT SESSIONS

TUESDAY, AUGUST 5, 2008

8:30 am – 3:45 pm Workshops

Please visit exhibits located in the Cameo Lobby area.

WS1 – Overcoming Challenges to Work Effectively with Youth – 1 day

Part I: Where Are the Boys? Responsible Fatherhood/Mentoring for Boys

What are the challenges facing our young boys? We are losing adolescent males to the depression that comes from feeling neither needed nor respected. Compared to girls, they are more likely to be suspended or expelled from school, drop out of school, be incarcerated and to commit suicide. Come learn what you can do to help them.

Presenters:

Brian K. Powell
Lionheart Mentoring Project

Al Essien, BS, MS
HOPE Worldwide Baltimore

Erik Dressel
Youth 180

Youth Panel
HOPE Worldwide Baltimore

Part II: Building Blocks for Parenting Success

The Preliminary Data Report for 2006 published by the Centers for Disease Control and Prevention (CDC) reports that the U.S. teen birth rates have risen steadily since 1991. This change brings to light the increased need for quality supportive services for pregnant and parenting teens in academic, medical and social settings that will provide the type of support that teen parents need to succeed in life. This seminar will discuss the options, approaches and methodologies that can be employed by support service professionals in creating stable environments and bright futures for teen parents.

Presenter:

Marlene A. Johnson, Esquire
Jewel House Incorporated

Part III: Young and HIV Positive

The number of adolescents and young adults living with HIV/AIDS in the United States is rapidly increasing. Over 35,000 young people have been diagnosed with AIDS. Please join us for a heart to heart discussion with a youth panel of what it is like to be young and live with HIV/AIDS. We will talk about issues of day to day life with HIV, medication, disclosure, relationships, sex, having children, the fear and reality of death and much, much more!

Presenters:

Yaphet Bryant, PhD
School Mental Health Program
University of Maryland

Christine Evans, MA
Department of Health and Mental Hygiene

Alicia Mezu, RN, BSN, BSc
Maryland State Department of Education

Arnitra Bannister and Youth
LIGHT Health and Wellness
Comprehensive Services, Inc.

WORKSHOP SESSIONS

WS2 – Practical Strategies for Providing Educational Supports to Students with a History of Trauma – 1 day

This presentation will provide participants with practical methods for developing and implementing multi-systemic interventions for students with a chronic trauma history. Concepts such as developmental trauma disorder, post-traumatic growth and emotional intelligence will be related to assessment, improving family engagement, reducing suspensions/expulsions and maintaining students in general education settings.

Presenter: **Robert Hull, MA, EdS, MHS**
Prince George's County Public School System

WS3 – Mental Health 101 for Non-Mental Health Providers – 1/2 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: **Nancy Lever, PhD** **Michael Green, LCSW-C**
Center for School Mental Health School Mental Health Program
University of Maryland, Baltimore University of Maryland, Baltimore

Charla P. Lewis, PhD, NCSP
Prince George's County Public Schools

WS4 – Psychopharmacology Update – 1/2 day PM

School personnel increasingly report having many youngsters in their schools 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**
Bureau Director, Child, Adolescent & Reproductive Health
Baltimore County Health Department

WORKSHOP SESSIONS

WS5 – Bells, Whistles and Current Practice: Managing Health Conditions in Schools – 1/2 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 devices used by some students. The session will also include information about the revised communicable disease summary, immunization compliance strategies and an update on the management of certain chronic diseases.

Presenters:

Phylis Reinard, RN, CRNP
Charles County Health Department

Donna Mazyck, MS, RN, NCSN, NCC
Maryland State Department of Education

Barbara Obst, RN, MS
Kennedy Krieger Institute
Specialized Health Needs Interagency Collaboration

WS6 – Healthy Kids and School Readiness – 1/2day PM

The chronic conditions of children entering kindergarten will provide the foundation for this half day workshop. The current school readiness data on those same kindergartners will be reviewed and the “the story behind the curve” will be explored. The workshop will culminate in a summary and discussion of how these children’s needs can best be met in a school environment, how this is not just a kindergarten problem, and how to best prepare for long term challenges.

Presenters:

Donna Mazyck, MS, RN, NCSN, NCC
Linda Zang, MEd
Rosemary King Johnston, MSEd
Maryland State Department of Education

WS7 – Are you Stressed Out? – 1/2 day AM (BACK BY POPULAR DEMAND)

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

WS8 – Wellness Works: Taking Steps for a Healthier You – 1/2 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

WORKSHOP SESSIONS

WS9 – Gangs 101: 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.

Presenters: **Frank Clark, Jr.**
Sherise Cypress, MS
Gerry Washington, BS
Maryland Department of Juvenile Services

WS10 – Enhancing School Connectedness to Prevent School Dropouts – 1/2 day AM

This interactive workshop combines cutting edge science, 15 years of caring and working with Maryland Students, and voices of young people themselves to identify key strategies to promote school connectedness and prevent student dropout. Participants will leave with concrete plans for their schools.

Presenters: **Clea McNeely, DrPH, MA** **Robert Murphy, MEd**
Johns Hopkins University Maryland State Department of Education
Bloomberg School of Public Health

WS11 – Internet Safety – 1/2 PM

What are the dangers of the Internet to our children? Which websites are popular with children and teens? Which ones should be avoided? How can we protect our children from the risks posed by today's easy Internet access? This workshop consists of an overview of the Internet and how sexual predators are using it to sexually exploit children. Through an extensive use of "screen captures" participants will learn about chat rooms, instant messaging and social networking sites.

Presenter: **David Flax, MBA, CNE**
Director of Information Services
Department of Psychiatry
University of Maryland, Baltimore

WORKSHOP SESSIONS

WEDNESDAY, AUGUST 6, 2008

8:30 am – 3:45 pm Workshops

WS12 – Risky Business: Teen Drivers Behind the Wheel – 1/2 day AM

This presentation will discuss the current challenges and risks associated with teen drivers. A review of the scope of the teen crash crisis and major crash risks for teenage drivers will be addressed. Evidence-based practices will be shared and prevention measures discussed.

Presenter: Anne McCartt, PhD
Insurance Institute for Highway Safety

WS13 – Youth Suicide Prevention Awareness and Intervention Strategies – 1/2 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

WS14 – When Should Young Children Be Kept out of School: Managing Communicable Diseases in Pre-School Settings – 1/2 day AM

Managing illness in the preschool setting may look very different than managing elementary students. This presentation will cover a variety of common communicable diseases and what to do to keep the ill child as well as the staff and other students healthy.

Presenter: Tracy Meicha King, MD, MPH
Johns Hopkins School of Medicine

WS15 – Integrating Health Promotion in After School Programs – 1/2 day PM

Through after school programs, we can reach a large number of children and youth; this is an untapped resource with great outreach potential. We will present health promotion projects that The After-School Institute developed related to HIV/AIDS prevention and obesity prevention as strategies that others can use as a model.

Presenters: Rebkha Atnafou, MPH
Stacey Reed
The After-School Institute

WORKSHOP SESSIONS

WS16 – Improving School Mental Health Services for Youth in Foster Care – 1/2 day AM

There is a high prevalence and a broad range of mental health needs among children and youth in foster care. Presenters will highlight these unique mental health needs and will consider the role of schools in helping to improve the academic success and psychological well-being of these students. With the guidance of an expert panel, this session will connect the dots to a continuum of care. Youth and foster parents will have the opportunity to share their own life experiences, challenges, lessons learned and successes. Resources related to effective work with youth in foster care will be reviewed and will be made readily available to participants. This session offers lots of opportunity for a practical dialogue about participant experiences and questions related to working with youth in foster care.

Presenters: Nancy Lever, PhD
Michael Lindsey, PhD
Dana Cunningham, PhD
Sylvia Huntley, BSW
Mark Weist, PhD
Center for School Mental Health
University of Maryland, Baltimore

Child Welfare System of Expert Panelists

WS17 – Navigating Through the School System to Help Overweight Children – 1 day

This session will focus on issues related to environmental, social, and behavioral reasons for eating and physical activity behaviors. Speakers will help participants develop strategies for overcoming barriers and encouraging healthy eating and physical activity behaviors, leading to healthier lifestyles.

Presenters: Alan Lake, MD
Roxanne Moore
Judy Dzimiera, RD, LDN, MEd
Maryland State Department of Education

WS18 – School Health Index – 1/2 day AM

This session is an introduction to the School Health Index: A self assessment and planning tool from Center for Disease Control and Prevention (CDC) to help schools to engage the entire school community to promote health-enhancing behaviors and to develop an action plan for improving student health.

Presenter: Donna Lloyd-Kolkin, PhD
Catalyst Health Concepts

WS19 – Marketing School Nursing: Using Health Room Data to Demonstrate How School Nurses Promote Student Success – 1/2 day PM

School nurses routinely collect health room statistics. This session focuses on how school nurses and school nurse administrators can use the data they already collect to develop frameworks for persuasive presentations. Learn how these presentations can be used to market school nursing to promote student success.

Presenter: Janet Crooks, RN, BSN, NCSN
Anne Arundel County Department of Health

WORKSHOP SESSIONS

WS20 – Gangs 201: Intervention and Prevention – 1 day

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

Presenters: **Frank Clark, Jr.**
Sheriese Cypress, MS
Gerry Washington, BS
Maryland Department of Juvenile Services

WS21 – Neurodevelopmental Disorders in Children: Behaviors, Diagnosis, and Treatment – 1 day

This day long panel will address the clinical aspects of children dealing with the following disorders, lead poisoning, Autism, Pervasive Development Disorder (PDD), and Fetal Alcohol Spectrum Disorder (FASD). We will focus on the behaviors of these children in the classroom and how to effectively incorporate these students into the classroom setting.

Presenters: **Linda Grossman, MD** **Ezatollah Keyvan-Larijani, MD, DrPH**
Kathleen Mitchell, MHS **Paula Lockhart, MD**
Janet Brendlinger, MA



The Singing Sensations Youth Choir

WORKSHOP SESSIONS

THURSDAY, AUGUST 7, 2008

8:30 am – 3:45 pm Workshops

8:30 – 9:45

PLENARY SESSION IV

Introduction by:

Alicia Mezu, RN, BSN, BSc

Maryland State Department of Education

Frank Kros, MSW, JD

President, The Upside Down Organization

Executive Vice President, The Children's Guild

Charting the Course for Our Children's Future: The Stars, The Compass and The Winds of Change

Child advocate and speaker, Frank Kros will highlight the opportunities and challenges involved in charting a course for our children's future. He will share some exciting new research from neuroscience, illustrate how this information can guide our design of programs for children, and how technological change can be harnessed to build great brains and healthy bodies in our children. He will reveal the most important characteristics school health professionals will need to succeed and excel in the future.

WORKSHOPS

10:00 AM – 3:45 PM

WS22 – Secrets of the Teenage Brain – 1 day PM

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 will also address the often mystifying role of hormones on adolescent development and focus on the key roles that stress and sleep have on teen learning processes.

Presenter:

Frank Kros, MSW, JD

President, The Upside Down Organization

Executive Vice President, The Children's Guild

WS23 – Defiant Youth: Bullying and Harassment – 1 day

This session will increase caregivers' and change agents' understanding of the dynamics associated with difficult, defiant and misunderstood youth and why it is so important to know the difference. The material presented during this training session will examine the who?, the what? and the why? of adolescent behavior as it relates to child development and related youth violence.

Presenter:

Christopher Franklin, MHS, CETA

Maryland Department of Juvenile Services

WORKSHOP SESSIONS

WS24 – Reducing Suspensions and Expulsions through Prevention Activities – 1 day

Part I: Peer Mediation and Restorative Justice Strategies in School Mental Health

This presentation will highlight two programs that effectively support school staff and students in efforts to reduce suspensions and expulsions in a high risk urban school. Program challenges, outcomes, and strategies for effective school collaboration will be discussed. Program materials and evaluations will be shared.

Presenters: Jennifer Willis, LCSW-C
Catharine Weiss, PhD
Aya Ghunney, BS
Nancy Lever, PhD
School Mental Health Program
University of Maryland, Baltimore

Part II: Daily Rap Training

Daily Rap is a simple and effective tool that helps groups transform their culture from one of blame to a culture of accountability. Participants will learn the history and process of a Daily Rap session and experience an actual Daily Rap.

Presenter: Thea Brooks, LCSW-C
Community Conferencing Center

WS25 – Understanding Families from Poverty – 1 day

This workshop will focus on developing a deeper understanding of students and families from generational poverty in order to build and sustain relationships that create an atmosphere conducive to academic and social success. Participants will examine and analyze a real family household from generational poverty to generate a list of resources and strategies for their work with students and families from poverty.

Presenter: Darryl Hunter
aha! Process, Inc.

WS26 – Talents, Strengths & Engagement: Enhancing Individual & Team Performance – 1 day

This workshop focuses on talent identification, strengths development, and employee engagement as critical success factors in addressing today's workforce recruitment and retention challenges. Participants will be introduced to the concepts and language of talents and strengths, and tools for identifying their own talents. Research on measurement of employee engagement will be presented, as well as insightful pointers for managers regarding what's required to improve employee engagement.

Presenter: Margaret A. Tindal, MA, BS
Department of Health and Mental Hygiene

WORKSHOP SESSIONS

WS27 – Family Violence: The Impact on Youth and Society – 1 day

Although violence in the family typically occurs behind closed doors, the ramifications for how a member of a violent family will engage his/her environment is a societal problem. This workshop will focus on both the state of family violence in America and the challenges inherent in assessing and treating youth that are exposed to this type of trauma. The goal is to educate professionals on the complex issues associated with family violence, and to broaden his/her knowledge base in multiple areas, including best practices for the treatment of trauma, and secondary trauma (taking care of you).

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

WS28 – Families Matter: How Families are Key to Improving Health and Wellness in Schools – 1 day

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





**Mark
Your
Calendar
for 2009**

**The Eighth Annual School Health
Interdisciplinary Program**

“Charting the Course for Our Children’s Future!”

August 2 – 6, 2009

**Turf Valley Resort & Conference Center
Ellicott City, Maryland**



There will be nationally recognized speakers, and seven tracks, such as:
1) Early Childhood, 2) Adolescent, 3) Mental Health, 4) Health Services, 5) Family
Involvement, 6) Violence, 7) Healthy School Environment; also participate in Workshops
on:

Adolescent Health, Violence Prevention, Clinical Updates, Early Childhood,
Environmental Health, Family Involvement, Gang Awareness, HIV Prevention,
Psychopharmacology Update, Suicide Prevention, Teamwork and many others!

**Call and ask
about the
“Early-Bird”
Special
Rate!**

You can register for:

- ▶ **Plenary Day**
- ▶ **One-Day Workshops**
- ▶ **Full Week**

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

<http://csmh.umaryland.edu>

PLANNING COMMITTEE

Tanya N. Bryant, MSW, BS

Coordinator
Center for School Mental Health
University of Maryland School of Medicine

Cheryl De Pinto, MD, MPH

Conference Co-Chair, CME Planner
Medical Director, Child, Adolescent & School Health
Center for Maternal and Child Health
Department of Health and Mental Hygiene

Judy Dzimiera, RD, LDN, MEd

Maryland State Department of Education

Christine Evans, MA, CHES

CHES Planner
Community Health Educator
Center for Maternal and Child Health
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

Health Consultant
Office of Child Care
Maryland State Department of Education

Christina Huntley, BS

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

Shawan A. Johnson, MSN, BSN, 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 Training and Outreach
Center for School Mental Health
Assistant Professor
University of Maryland School of Medicine

Donna Mazyck, MS, RN, NCSN, NCC

Health Services Specialist
Maryland State Department of Education

Alicia Mezu, RN, BSN, BSc

School Health Services Specialist
Maryland State Department of Education

Sylvia McCree-Huntley, DD, BSW, BA

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

Barbara Obst, RN, MS

Program Coordinator
Kennedy Krieger Institute
Specialized Health Needs Interagency Collaboration

Joan Patterson, LCSW-C

Coordinator of Special Programs, Child Fatality Review
Center for Maternal and Child Health
Department of Health and Mental Hygiene

Pamela S. Putman, RN, MPH, BSN

MCH Nurse Consultant and Adolescent Health
Coordinator, CNE Planner
Center for Maternal and Child Health
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

Anne Walker, MA, MHS

School Based Health Center Specialist
Maryland State Department of Education

Mark D. Weist, PhD

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

CONTINUING EDUCATION

This event is co-sponsored by The Center for School Mental Health, *The Institute for Continuing Education, and the American Public Health Association (APHA)*. 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 approved from the Maryland State Department of Education Office of Childcare to meet training requirements for child care providers.

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.

HEALTH EDUCATOR: 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.

"The American Public Health Association designates this educational activity for a maximum of 21.25 *AMA PRA Category 1 Credit(s)™*. Physicians should only claim credit commensurate with the extent of their participation in the activity."

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 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 psychology.

NURSING: The APHA Public Health Nursing Section is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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), 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. 0171.

CONTINUING EDUCATION (CONT'D)

DISCLOSURE STATEMENT: The Center for School Mental Health strives to ensure balance, independence, objectivity and scientific rigor in all of its educational programs. All faculty members participating in this program have been required to disclose any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program. This includes relationships with pharmaceutical companies, biomedical device manufacturers or other corporations whose products or services are related to the subject matter of the presentation topic. The intent of this policy is to identify openly any conflict of interest so that the attendees may form their own judgments about the presentation with the full disclosure of the facts. In addition, faculty is expected to openly disclose any off-label, experimental or investigational uses of drugs or devices in their presentations.

Written disclosures are available upon request.

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 4:	4.00 hrs.
Tuesday, August 5:	5.75 hrs.
Wednesday, August 6:	5.75 hrs.
Thursday, August 7:	5.75 hrs.

WEEK TOTAL: 21.25 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 \$170/per night (plus room tax) for double occupancy to conference participants. Reservations must be received by **July 11, 2008**, 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 8:00 a.m. and 4:00 p.m., 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 before the deadline date of July 11, 2008.**

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 light 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 20, 2008**. Registration forms postmarked or faxed after July 11 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 download and fax your registration form at <http://csmh.umaryland.edu> and fax to 410-706-0984. **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 11, 2008**, to be eligible for this discount. Full-time students can receive a **\$50.00** 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 must be made in writing by July 2, 2008. Once the deadline date has past, your slot is confirmed for SHIP.**

CONFERENCE DISCLAIMER: The Center for School Mental Health (CSMH) and the University of Maryland School of Medicine do 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 4-7, 2008
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 _____

*All registrations will be confirmed via email

Early Bird Registration Fees <i>(by June 20)</i>	Standard Fees <i>(after June 20)</i>	Late Fee <i>(after July 11)</i>	
\$160 - Monday Plenary Session	\$185	\$210	\$ _____
\$150 - Tuesday workshops	\$175	\$200	\$ _____
\$150 - Wednesday workshops	\$175	\$200	\$ _____
\$150 - Thursday Plenary Session and workshops	\$175	\$200	\$ _____
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 \$50 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:

Check workshop selections. Choose 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 4, 2008)

- Plenary Day

TUESDAY (AUGUST 5, 2008)

- WS1 Work Effectively with Youth - 1 day
- WS2 Practical Strategies for Providing Educational Supports - 1 day
- WS3 Mental Health 101 - 1/2 day AM
- WS4 Psychopharmacology Update - 1/2 day PM
- WS5 Bells, Whistles and Current Practice - 1/2 day AM
- WS6 Healthy Kids and School Readiness - 1/2 day PM
- WS7 Are you Stressed Out? - 1/2 day AM
- WS8 Wellness Works: Taking Steps for a Healthier You - 1/2 day PM
- WS9 Gangs 101: Gang Awareness - 1 day
- WS10 Enhancing School Connectedness to Prevent School Dropouts - 1/2 day AM
- WS11 Internet Safety - 1/2 day PM

WEDNESDAY (AUGUST 6, 2008)

- WS12 Risky Business: Teen Drivers Behind the Wheel - 1/2 day AM
- WS13 Youth Suicide Prevention Awareness and Intervention Strategies - 1/2 day PM
- WS14 When Should Young Children be Kept out of School? - 1/2 day AM
- WS15 Integrating Health Promotion in After School Programs - 1/2 day PM
- WS16 Improving School Mental Health Services for Youth in Foster Care - 1/2 day AM
- WS17 Navigating Through the School System to Help Overweight Children - 1 day
- WS18 School Health Index - 1/2 day AM
- WS19 Marketing School Nursing - 1/2 day PM
- WS20 Gangs 201: Intervention and Prevention - 1/day
- WS21 Neurodevelopmental Disorders in Children - 1 day

THURSDAY (AUGUST 7, 2008)

Please select the plenary session plus one workshop.

- Plenary Session IV (Mr. Frank Kros)
- WS22 Secrets of the Teenage Brain - 1 day
- WS23 Defiant Youth: Bullying and Harassment - 1 day
- WS24 Reducing Suspensions and Expulsions - 1 day
- WS25 Understanding Families from Poverty - 1 day
- WS26 Talents, Strengths & Engagement: Enhancing Individual & Team Performance - 1 day
- WS27 Impact of Family Violence - 1 day
- WS28 Families Matter: How Families are Key to Improving Health and Wellness in Schools - 1 day

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

Mail your completed registration form and payment to:

**Christina Huntley, BS
Conference Assistant**

**Center for School Mental Health
University of Maryland Baltimore
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://csmh.umaryland.edu>**



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

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