



SCHOOL MENTAL HEALTH: Treating Students K-12

JANUARY 25-26, 2019

FAIRMONT COPLEY PLAZA HOTEL
Boston, Massachusetts

offered by

THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION

under the direction of

Judy Reiner Platt

Nancy Rappaport

This course will look at findings that will enhance the emotional well-being of children and adolescents at school. Topics will focus on students, teachers, mental health personnel, administrators, families, and others impacting the child and his/her school needs. The emphasis is on practical clinical information and skills based on current research, including evidence-based practices and innovative learning strategies. This course is designed to help the participant identify the gaps/problems in practice needed to promote learning, resiliency, and social and emotional growth, as well as to support and enhance collaboration. The course will offer didactic lectures, case studies, Q&A, and panel discussions and is intended for mental health and health clinicians, educators and administrators, researchers, and others interested in the development and treatment of school aged children and adolescents. **Learning Objectives:** Upon completion of this activity participants will be able to: describe how to best work with undocumented, urban, or special needs students; promote strategies to help students process information, heal after a crisis, and control anger; develop models to help children who have experienced trauma, are anxious and/or depressed, or are drug and/or alcohol abusing; and explain effective methods for working with school systems and promoting peace.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY, JANUARY 25, 2019

7:45 - 8:30 REGISTRATION AT FAIRMONT COPLEY PLAZA HOTEL, BOSTON

8:30 - 12:45 MORNING PROGRAM - Moderator: Nancy Rappaport

Working with Lives Still in Limbo:

(Un)DACAmented and Navigating Uncertain Futures Roberto G. Gonzales

Practical Strategies for Improving Speed of Information Processing:

Executive Function in the Classroom Sarah Ward

The School as Client: A Clinical Approach to

Working with Students and Systems in the School Setting..... Scott Bloom

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Christopher Willard

Using Case Studies to Enable Difficult Ethical Discussions in Schools Meira Levinson

Adolescent Substance Use Disorders: Assessment and Treatment Amy Yule

Adolescent Anger: A Teachable Moment..... Joseph Pereira

SATURDAY, JANUARY 26, 2019

8:30 - 12:45 MORNING PROGRAM - Moderator: Dianna Lesanto

Understanding Violence in and Out of Schools

Begins with Creating Peaceable Classrooms Clementina M. Chéry

Strategies to Better Serve Urban Students in the Classroom Nicole Thompson

Reaching Out to Children in Need: An Attachment-Informed Model..... John Stewart

Assessing Digital Media Use in Students – And What To Do About It..... Nicholas Carson

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Nancy Rappaport

Treating Anxiety and Depression in Schools..... Lauren K. Marchette

Social Safety for Students with Special Needs: A Collaborative Approach Alexis B. Bancroft,
Lauren M. Brodsky,
Mary Zortman Cohen,
Kelly A. Gallagher,
Alison Schonwald

A Brief Mindfulness Exercise to Prepare the Mind for Focus and Learning..... Christopher Willard

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

SCHOOL MENTAL HEALTH (#732466-1902)

Registration Fees:

Physicians \$400

All Others: \$300

Plus a processing fee of \$10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at

<https://cmeregistration.hms.harvard.edu/SMH2019> (directly into browser) or www.cambridgecme.org

Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600

(Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPrograms@hms.harvard.edu

or Cambridge CME at 617-806-8770; email: cme@challiance.org

2018-2019 CAMBRIDGE/HARVARD CALENDAR

November 16-17

Treating Couples

January 25-26

School Mental Health

December 7-8

Autism Spectrum Disorders

March 1-2

Treating the Addictions

December 14-15

Self-Harming Behaviors

April 5-6

Treating Young Adults

May 3-4

Meditation and Psychotherapy

GENERAL INFORMATION

REGISTRATION: Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check submission form. A “pending” email will be sent to you. Final confirmation will be received after processing your check. All foreign payments must be made by a draft on a United States bank or paid by credit card. *Telephone and fax registrations are not accepted.*

COURSE LOCATION AND ACCOMMODATIONS: All sessions will be held at **The Fairmont Copley Plaza Hotel**, 138 St James Avenue, Boston, MA 02116 (617) 267-5300 or (866) 540-4417. **Rooms in Boston are limited; you are urged to make your reservation early.** A block of rooms has been reserved at the Fairmont Copley Plaza until January 5, 2019. Please specify you are enrolled in this course to receive a conference rate. For a direct link: <https://book.paskey.com/go/cambridgehealthalliance19>

REFUND POLICY: Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. “No-Shows” are subject to the full course fee.

CONTINUING EDUCATION:

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 14 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

RISK MANAGEMENT: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 1 credit of Risk Management Study. This includes 1 credit of Opioid Education and Pain Management Training. Please check your individual state licensing board requirements before claiming these credits.

PSYCHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: This program has been approved for 14 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work, Authorization Numbers D80022-1 (Friday) and D80022-2 (Saturday). The Division of Continuing Education in Psychiatry at Cambridge Health Alliance/CHA Physicians Organization is recognized by the **New York State** Education Department’s State Board for Social Work as an Approved Provider (#0038) of continuing education for licensed social workers. 14 contact hours have been approved. This activity has been certified by the Massachusetts Board of Registration of Allied Mental Health & Human Services Professions for 14 contact hours for LMFT professional continuing education, Certification #PC 034188. The States of CT and RI accept NBCC and NASW approval for marriage and family therapists.

COUNSELORS, EDUCATORS and SPEECH-LANGUAGE PATHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is an Approved Continuing Education Provider and may offer NBCC approved clock hours for events that meet NBCC requirements. The Cambridge Health Alliance solely is responsible for all aspects of the program. This program is approved for 14 clock hours, Provider ACEP #5444, and is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator for 14 credits. Parts of this course might be accepted by the American Speech-Hearing-Language Association (ASHA) under their continuing education honor system. The course will not be listed in the ASHA registry. The continuing education certificate that you receive should be submitted with your renewal form. Activities will generally be accepted if you determine that they contribute to your professional development and will lead to acquiring and enhancing skills and knowledge required for independent practice.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers a total of 16.8 hours.

ADDICTION COUNSELORS: This program has been approved by the MBSACC/MCVAC for 14 contact hours.

FACULTY

ALEXIS B. BANCROFT, Ph.D., Postdoctoral Fellow, Developmental Medicine Center, Boston Children’s Hospital

SCOTT BLOOM, LCSW-R, Director of School Mental Health Service, Office of School Health, New York City Department of Education; Adjunct Associate Professor, New York University Graduate School of Social Work; Advisory Board Member, Center for School Mental Health; Author of numerous publications

LAUREN M. BRODSKY, M.Ed., Doctoral Candidate, School Psychology Program, University of Massachusetts, Boston

NICHOLAS CARSON, MD, Medical Director, Child and Adolescent Outpatient Psychiatry and Clinical Research Associate, Health Equity Research Lab, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School

CLEMENTINA M. CHÉRY, Ordained Chaplain and Lady of the Order of St. Gregory the Great (the highest honor bestowed by Pope John Paul II on a lay Catholic); Founder, President, and Chief Executive Officer, Louis D. Brown Peace Institute, Boston; Honors include: Barr Fellow for Effective, Visionary, and Collaborative Leadership; Social Innovator, Social Innovation Forum; Boston’s 100 Most Influential Leaders of Color, Collette Phillips Communications; and Impact Award, Phillips Brook House Association, Harvard University; Recipient of several Honorary Doctorate Degrees; Author: *Survivors Burial and Resource Guide: A Step-by-Step Workbook for Regaining Control*; *Always in My Heart: A Workbook for Grieving Children*

MARY ZORTMAN COHEN, Ph.D., School Psychologist and External Coach, Comprehensive Behavioral Health Model, Boston Public Schools; School Psychologist of the Year, Commonwealth of Massachusetts

KELLY A. GALLAGHER, MSW, Citywide Pupil Adjustment Counselor, Boston Public Schools

ROBERTO G. GONZALES, Ph.D., Professor of Education, Harvard University Graduate School of Education; Research Affiliate, Institute for Research on Poverty, University of Wisconsin-Madison; Associate Editor, *Social Problems*; Author: *Lives in Limbo: Undocumented and Coming of Age in America* (recipient of numerous awards including The American Education Research Association Outstanding Book and the Society for Social Work and Research Book Award); Contributor to publications including: *Harvard Educational Review* and major media such as *The New York Times* and *Washington Post*

DIANNA LESANTO, LICSW, Director, Child and Adolescent Outpatient Psychiatric Services and Manager, Social Work Inpatient and Emergency Psychiatric Services, Cambridge Health Alliance

MEIRA LEVINSON, DPhil., Founder and Director, Justice in Schools, Co-convener, Civic and Moral Education Initiative, and Professor of Education, Harvard University Graduate School of Education; Author of six books including: *Dilemmas of Educational Ethics: Cases and Commentaries*; *No Citizen Left Behind*; *Making Civics Count*

LAUREN K. MARCHETTE, Ph.D., Supervisor, Division of Child and Adolescent Psychiatry, Cambridge Health Alliance; Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Private Practice, Weston; Contributing Author: *Evidence Based CBT for Anxiety and Depression in Children and Adolescents: A Competencies Based Approach*; *Evidence-Based Psychotherapies for Children and Adolescents*; *Handbook of Depression in Adolescents*

JOSEPH PEREIRA, LICSW, CAS, Adjunct Instructor, Boston University Graduate School of Social Work; Private Practice, Arlington and Boston

JUDY REINER PLATT, Ed.D., Director, Continuing Education in Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

NANCY RAPPAPORT, MD, Consultant, School-Based Programs, Cambridge Health Alliance; Associate Professor of Psychiatry, Part-time, Harvard Medical School; Co-Author, *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Children*; Author, *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide* (Recipient of the Julia Howe Award, and listed as a *Wall Street Journal* Best Health Book); Contributing Author: *Innovative Strategies for Preventing Psychological Problems*; *Handbook of School Mental Health*; *Child and Adolescent Psychiatric Clinics of North America, 2006 and 2015*

ALISON SCHONWALD, MD, Co-Training Director, Division of Developmental Medicine, Boston Children’s Hospital; Assistant Professor of Pediatrics, Harvard Medical School; Creator: www.developmentalscreening.org and www.autismscreening.org; Committee Member: Massachusetts Department of Early Education and Care, American Board of Pediatrics, and American Academy of Pediatrics; Author of numerous publications including the book, *Pocket Idiot’s Guide to Potty Training Problems*

JOHN STEWART, Ph.D., Psychologist; Assistant Clinical Professor, Department of Psychiatry, Tufts School of Medicine; Private Practice, Portland, Maine; Author: *Attachment-Based Milieus for Healing Child and Adolescent Developmental Trauma*; *Beyond Time Out*

NICOLE THOMPSON, Ed.S., School Psychologist, Frankford High School, Philadelphia, Pennsylvania; Adjunct Professor, Temple University; Board Secretary, Black Therapists Rock; Creator, Reverse the Adverse Trauma-Competent Training Program; Co-Author, *Black Therapists Rock: A Glimpse through the Eyes of Experts*

SARAH WARD, MS, CCC/SLP, Speech and Language Pathologist; Faculty and Teaching Awards, Massachusetts General Hospital Institute of Health Professions; Co-Director, Cognitive Connections, Concord; Founder, 360 Thinking Executive Function Program; Recipient of the CHADD Innovative Promising Practices Award

CHRISTOPHER WILLARD, Psy.D., Psychologist and Educational Consultant, Boston; Teaching Associate in Psychiatry, Harvard Medical School at Cambridge Health Alliance; Board of Directors, Institute for Meditation and Psychotherapy; President, Mindfulness in Education Network; Author: *Growing Up Mindful*; *Raising Resilience*; *Growing Mindful Cards*

AMY YULE, MD, Medical Director, Addiction Recovery Management Service and Assistant in Psychiatry, Massachusetts General Hospital; Instructor in Psychiatry, Harvard Medical School; Recipient, Career Development Award, American Academy of Child and Adolescent Psychiatry