

2007
ADOLESCENT SYMPOSIUM

31st Annual



Strengthening Families:
Celebrating the Possibilities

Tuesday, April 10, 2007

8:00 a.m. to 4:30 p.m.

Garland ISD Special Event Center
4999 Naaman Forest Boulevard
Garland, Texas 75040
(MAPSCO 19-D)

Co-Sponsors

Mental Health Association of Greater Dallas
Garland Independent School District

2007 Adolescent Symposium

“STRENGTHENING FAMILIES-CELEBRATING THE POSSIBILITIES”

Schedule for the Day April 10, 2007

7:45 a.m.

EXHIBITS OPEN

8:00 a.m. - 8:30 a.m.

Check-in / Registration

8:30 a.m. – 10:00 a.m.

MORNING PLENARY SESSION

Morning Keynote Address

“Violence Prevention: A Public Health Mandate”

Author and keynote speaker *Deborah Prothrow-Stith, M.D.*, will examine how violence takes a heavy toll on our nation’s spirit, health, and economy. Violent injury, disability, and death consume enormous health care resources and diminish the quality of life of individuals, families and communities. The United States has a problem with violence that is unlike any other country in the world.

No single strategy, institution, or discipline can create the changes needed to reduce violence in America. Our combined efforts must focus on prevention and not solely on aggressive responses to violence. The public health approach involves the application of its techniques of risk-factor analysis and prevention to the problem of violence. These public health techniques are valuable in the analysis and prevention of violence as well. As we learn more about violence and its causes, the application of the public health strategies is logical.



Featuring Keynote Presenter

Deborah Prothrow-Stith, M.D.

Dr. Prothrow-Stith, currently serves as Associate Dean and Professor of Public Health Practice at Harvard School of Public Health. As a pioneer, she develops programs and nurtures partnerships with community-based programs locally, nationally, and internationally. Her goal is to change the way we look at violence and how we can work to put an end to it. As the co-author of *Deadly Consequences* and *Murder is No Accident*, (written with Dr. Howard Spivak) she provides a chilling portrait of violence, its causes, and ways to combat it.

10:00 a.m. – 10:15 a.m.	Break
10:15 a.m. – 11:45 a.m.	MORNING WORKSHOP SESSIONS
11:45 a.m. – 1 p.m.	<i>Lunch Break (lunches available in corridor outside the plenary session.)</i>
1:00 p.m. – 2:30 p.m.	AFTERNOON WORKSHOP SESSIONS
2:30 p.m. – 2:45 p.m.	<i>Break</i>
2:45 p.m. – 4:15 p.m.	AFTERNOON WORKSHOP SESSIONS

MORNING WORKSHOP SESSIONS (Choose ONE of the following):

10:15 a.m. – 11:45 p.m.

A. Working with Adolescents with Sexual Behavior Problems

Terri Bauer will inform those who work with adolescents about the issues surrounding youth who sexually act out. This behavior is becoming much more prevalent/noticed within our schools and communities. The participant should leave the session with a working knowledge of what is true and not true about kids with sexual behavior problems. What are the best interventions? What should professionals/families do if they know one of these youths within their setting? How can we help them to acquire new skills so that they do not move on to become adult offenders? What causes this behavior in our youth? Some content discussed may become uncomfortable however very educational.

Terri Bauer, LCSW, LSOTP, has been working with sexual behavioral problems for 13 years. She has developed both in-patient and out-patient programs in Grayson and Collin Counties. She is currently the director of the Juvenile Sex Offender Program of Collin County. Terri has done extensive work in forensic assessment and treatment of youth with sexual problems. Her focus is on kids who sexually act out as a means to help victims of sexual abuse.

B. Anger Issues with Adolescents

Carrie Beaird will present the challenges of adolescent outbursts of anger. As adults we are challenged to help them come to terms with the feelings and choose an appropriate plan to deal with their anger. This workshop looks at the background challenges that adolescents face and suggests ways that adults can help confront the adolescent to encourage positive choices.

Carrie Beaird, LPC, LCDC, LPC Supervisor, is a private practice therapist and part-time substance abuse consultant for the Baptist General Convention of Texas. Before opening her private practice, Carrie did her practicum training at Richardson ISD and internship at Green Oaks Hospital.

C. The Spectrum of Emotions: Expressing Emotions without Destructive Behavior

Melissa Caldwell explains that many adolescents have difficulty regulating their emotions. This can be due to early trauma, poor attachments to caregivers, and/or exposure to unhealthy coping mechanisms. This workshop will review “The Spectrum of Emotions” a conceptual tool which explains very clearly how to identify, tolerate and express emotions without going into regressed destructive patterns. Melissa will address the multitude of acting out behaviors and symptoms seen in the adolescent.

Melissa Caldwell, M.S., A.T.R., is the Executive Director at the Ross Institute for Psychological Trauma. Ms. Caldwell clinically manages three programs directed by Colin Ross in Michigan, Texas and California. In addition to her administrative role, she also continues her clinical work as the unit Art Therapist and provides training and workshops for treating trauma. Ms. Caldwell has 13 years experience treating trauma survivors. She completed her graduate work at Emporia State University and holds an M.S. in Art Therapy and an M.S. in Clinical Psychology.

D. The Myth of Seduction?

Cathey Soutter asks, “Is it seduction or rape?” When we think about sexual assault, we picture the stranger in the dark alley. However, adolescents and young adults are at high risk for sexual victimization from those in whom they have confidence and/or know well. Participants in this workshop will be able to define sexual assault/acquaintance rape as well as develop prevention techniques and treatment strategies for those who work with this population.

Cathey Soutter, Ph.D., LPC, is the Coordinator of Psychological Services for Women at Southern Methodist University. Dr. Soutter was recently honored with SMU’s Office of Leadership and Service Learning Award for Service Learning Excellence. She has received many other honors and awards and presents at numerous conferences on sexuality and eating disorders.

E. The Imagine Model

Jim Savage presents an overview on how dealing with resistance affects the addicted adolescent and their family. The treatment model’s assessment protocol, (I-MAP), removes the inherent resistance to treatment and effectively engages the adolescent into the treatment process.

Jim Savage, LCDC, is the owner and Executive Director of The Imagine Programs. Jim is the author of the Imagine Program Curriculum and has been in the field of addiction treatment for over 22 years. He has recently presented workshops at the Galaxy Counseling Center Symposium and the Timberlawn Brown Bag Series.

F. Cheese Anyone? – The Deadly New Drug of Choice that Teens and Pre-Teens Exchange for Lunch Money

L. Nichelle Chandler, Twilah Winters and Guadalupe Salgado team up to provide information about “cheese” the new form of heroin pre-teens and teens are able to purchase for less than the cost of their lunch. This phenomenon appears to be predominant in Hispanic communities. Information on the ingredients in “cheese”, and the effects it has on its users, the importance of family integration and other supporters in drug treatment, and the cultural issues in Hispanic families that create barriers to recovery, will be presented.

L. Nichelle Chandler, LPC, LCDC, is an Adolescent Substance Therapist at Nexus Recovery Center Inc. and holds an M.A. in Counseling from Prairie View A&M University. **Twilah Winters, LMSW**, is an Adolescent Substance Abuse Counselor at Nexus Recovery Center Inc. and holds a Masters of Social Work from Southern University at New Orleans. **Guadalupe Salgado, LMFT**, is an Adolescent Substance Abuse Counselor, who provides counseling for adolescent Spanish-speaking clients. She has recently presented at the January 2007 Nova Conference.

G. When Words Aren’t Enough-The Use of Art Therapy Techniques with Adolescents

Jane Avila, explains the benefits of art therapy for adolescents who have difficulty expressing thoughts, feelings, and emotions in traditional “talk” therapy. This session will provide a basic overview of art therapy and expressive techniques and will demonstrate how they can be incorporated into the treatment of teens with a variety of issues including ADHD, depression, anxiety, conduct and developmental disorders. Participants will leave the session with the ability to use these new tools in their professional settings.

Jane Avila, LCSW, is a professional art therapist and the founder and President of the Board at The Art Station. She has been the member of several professional boards and has recently received the “Texas Woman of Influence Award” from Fort Worth Business Press, among many other prominent awards.

H. Breaking the Conflict Cycle

Jim Taylor and Chris Chandler discuss the dynamics of the Conflict Cycle described in Nicholas Long, Frank Fecser and Mary Woods’s book, *Life Space Crisis Intervention*. This model will help participants understand the dynamics of conflict in order to overcome their own aggressive reactions and find new ways to respond rather than to react to a person who exhibits self-defeating behavior. The training will include modern brain research regarding trauma and aggression.

Jim Taylor, is a Childcare Administrator, Master RAP trainer, Master LSCI trainer, Senior trainer for Satori Alternatives to Managing Aggression. Currently Mr. Taylor is Director of Training at Cal Farley’s in Amarillo and holds an M.S. Degree in Childcare Administration from NOVA Southeastern. **Chris Chandler, LPC, Master RAP trainer, Master LSCI trainer** is also a Senior trainer for Satori Alternatives to Managing Aggression. Mr. Chandler also works for Cal Farley’s as Coordinator of Casework and Clinical Training.

AFTERNOON WORKSHOP SESSIONS (Choose ONE of the following):

1 p.m. - 2:30 p.m.

I. Positive Ethical Practices (Part I of II–Part II is Workshop V 2:45 – 4:15)

Dr. Kenneth Bateman will focus on the positive ethical practices of people who are working primarily with adolescents. Issues addressed will include the responsibility of keeping accurate records, appropriate interaction with the client, parent, agency and the school or legal system. Guidelines for making ethical decisions and case studies will be presented.

Dr. Kenneth Bateman, Ed.D, LMFT, LPC, CFLE, is a Professor of Counseling, Human Behavior & Development and is in private practice in Relationship Therapy at New Directions Counseling in Richardson, Texas. Dr. Bateman is both an educator and professional speaker, having presented workshops and keynote presentations at local and national conferences. He is a current board member at the Family Services of Plano, the past president of the Dallas Association for Marriage and Family Therapists and a member of the Texas Counseling Association.

J. Sexual Abuse: Treatment Issues from a Sex Offender’s Perspective and Victim’s Perspective

Stephanie Thurston will present an overview of sexual offenders and the crimes they commit; including adult, juvenile and female offenders. Dr. Thurston will explore how victimization occurs as well as the impact of sexual abuse on the victim and his/her family. Assessment and treatment issues for sexual offenders will be outlined and related to treating victims. Offender characteristics of sexual crimes and paraphilias will be explored.

Stephanie Thurston, Ph.D., LPC-S, LSOPT, is currently in private practice at New Solutions Counseling Center and is the Director of Outpatient Services at Timberlawn Mental Health Systems.

K. Explosive Adolescents: The Violent Few (Part I of II–Part II is Workshop W 2:45–4:15)

Larry Fisher states that violent adolescents are often diagnosed with conduct disorder, but more recently we are seeing diagnoses of bipolar disorder or intermittent explosive disorder. These latter terms are generally applied to explosive youth who show recurrent outbursts of assault with

physical injury. This workshop will describe the “violent few”, and provide an update on the current research and theory. Evidence-based psychosocial interventions, as well as effective psychopharmacological treatments will be outlined.

Dr. Larry Fisher, is a Licensed Psychologist in Texas, board certified in Neuropsychology and a Clinical Assistant Professor at the University of Texas at Austin. Dr. Fisher consults at Meridell Achievement Center, a residential treatment center for adolescents.

L. An Overview and Treatment of a Self-Mutilator.

Lori Vann demonstrates that self-mutilation is a behavior disorder that is often misunderstood and often undiagnosed. Lori will examine treatment options for mutilators. Her focus will be how to assess for self-mutilation, how to react to the admittance of mutilation, the education of the client and family, treatment options, alternatives to the urges, healthier coping skills, and the core issues behind the desire to mutilate and how to deal with them.

Lori Vann, M.A., LPC-S, is a Licensed Professional Counselor, who has presented throughout the Metroplex at colleges, community events, non-profits, and on national radio for KWRD. She is currently writing two books, one of which is on self-mutilation. She is a graduate of Pepperdine University and Chapman University.

M. After School Treatment Program for Adolescents: Using Servant-Leadership with Troubled Youth

James D. Calvert and Christine Gonzalez notes that adolescents with significant emotional and behavioral problems have often been sent away to residential treatment. However, research indicates that longer-term gains are better attained if adolescents stay in their own school and at home. This workshop presents a new program that pairs intensive after school treatment with significant family involvement, including family meals together. Jim and Christine will discuss the connection between Servant-Leadership as an organizational philosophy and as a treatment paradigm.

James D. Calvert, Ph.D., is a Clinical Psychologist and Director of the Family Works Center at Salesmanship Club Youth and Family Centers Inc. Dr. Calvert was previously the Chief Program Officer at the Child and Family Guidance Centers. He has presented at the Texas Association for Marriage and Family Therapy, The Reunion Institute Conference and Nordisk Psykiatri Konferanse (Norway). **Christine Gonzalez, Ph. D., LSSP**, is the Coordinator at the Salesmanship Club Therapeutic After-School Program at the Family Works Center and was previously employed in Arlington ISD as a Licensed Specialist in School Psychology. Dr. Gonzalez received the Very Important Professional Award for the Marie Huie Special Education Center in Carrollton-Farmers Branch ISD.

N. The Spiritual Roots of Youth Violence

Terry G. Cooper believes that spiritual development can influence us biologically in the same ways that primary nurturing relationships can. Successful violence prevention must provide youth with the opportunities to have their need for transcendence met – but not necessarily in the “old-time” way. A review of how the brain research combined with theory and practice based on spirituality provides the protective factors needed for youth violence prevention.

Terry G. Cooper is currently the Senior Trainer and Project Manager at Cal Farley’s in Amarillo, Texas. He is a trainer for Life Space Crisis Intervention and Response Pathways. His experience includes residential and community-based youth programs. From 1999-2004, he was a team leader in the development of local and national youth violence demonstration projects.

O. Brain Lab. (Part I of II – Part II is Workshop X 2:45 p.m. - 4:15 p.m.)

Mark Strother will provide an experiential tour of the brain and current brain research. We have all heard or said, “seeing is believing,” “I saw it with my own eyes,” and “I heard it with my own ears.” Test for yourself the validity of these statements regarding perception with entertaining and powerful activities. Then, take this insight on perception and see how it applies to connecting with youth and adults, conflict, crisis, and other related topics. Participants will leave with a multitude of new insights as well as take-away props and activities.

Mark Strother, M.A.Ed., is the Vice-President of Residential Services for Cal Farley’s in Amarillo, Texas. He is a senior LSCI trainer for the Life Space Crisis Intervention Institute and a senior RAP trainer (Response Ability Pathways) for Reclaiming Youth International. His professional interests include the brain and the effects of trauma.

P. The Challenge of Parenting

Will Onyebuchi explores the impact of developmental crisis and environmental influences on youth’s behavior, while demonstrating how parents and caregivers can help navigate the teen years. The workshop examines the impact of developmental stages and the risk factors that impact behavior. Participants will enhance their skills in dealing with youth and their families.

Will Onyebuchi, LCCA, LCPA, is a Supervisor at the Grandberry Intervention Foundation and was the Program Manager at Promise House Inc. He holds a Masters degree from SMU and has presented workshops at conferences such as TNOYS, Partners in Prevention, MHA’s Adolescent Symposium and a number of community agencies and churches.

2:30 p.m. – 2:45 p.m. Break

AFTERNOON WORKSHOP SESSIONS (Choose ONE of the following):

2:45 p.m. – 4:15 p.m.

Q. Attachment-The Foundation for Life

Betty Ann Ablon explains that the basis of human behavior is attachment and the attachment relationship. The workshop will describe secure and insecure attachment and how attachment is a life-long process.

Betty Ann Ablon has a bachelor’s degree from SMU and a master’s degree from Columbia University. Her expertise is in affective development, the critical importance of early relationships in the development of self. Betty is affiliated with the Child Care Group of Dallas as a trainer. She is a learning coach for Special Quest as well as a consultant for national Head Start. Ms. Ablon has presented at Bank Street College of Education’s “Infant Institute.”

R. S.T.A.R.T. – Helping Teens Stop the Cycle of Dating Violence

Dena Kohleriter provides insight on the dynamics of teen dating violence. Participants will discuss the prevalence of teen dating violence as well as the importance of teaching healthy relationship skills to reduce violence in our community. Through interactive exercises this presentation will demonstrate how to successfully reach teens and inspire them to take a stand in their communities against relationship violence.

Dena Kohleriter, LCSW, received her Bachelor’s of Social Work from The University of Texas at Austin and her Master’s of Science in Social Work from The University of Texas at Arlington. She is the Director of Youth Education and Prevention Services for The Family Place where she oversees the Bullyproof program, the Sexual Assault Prevention Program and START, the teen dating violence prevention program. In March 2005, Dena was named Educator of the Year by the Texas Association Against Sexual Assault.

S. Coping with Disaster

Lois Jordan will discuss the challenges of the suffering of so many individuals, especially the young, as a result of the devastation caused by natural or terrorist disasters. Lois asks, “are we prepared?” It is critical for mental health professionals to possess the necessary information to assist our youth with stress management and survivors’ needs. Lois shares her experience in the Houston Astrodome helping Hurricane Katrina evacuees and sites the heroic efforts of our colleagues. The goal of this workshop is designed to lessen the adverse mental health effects of trauma for victims, survivors, responders, and mental health professionals of traumatic events.

Lois Jordan, LCSW, LCDC, appeared as a guest speaker on the Oprah Winfrey Show. Following September 11th, she became trained as a volunteer responder for the Medical Reserve Corps to be deployed in the event of a disaster. She is also a trained American Red Cross volunteer.

T. The Ups, Downs and All-Arounds

Anna Kaiser invites us to take a step into the shoes of this generation’s teenager. What’s on their minds and in their hearts? What are we not hearing from them? What leads them to abuse drugs and other self-destructive behaviors? Participants will explore their developmental stages, how to reconnect and re-engage them, the impact of grief and trauma. Discover the effects of abuse and how to recognize serious behaviors. Gain better insight into teens in this eye-opening workshop.

Anna Kaiser, holds a Master’s degree in Christian Counseling and is a Child Abuse Prevention Specialist working for Promise House. Anna is herself a survivor of child sexual and emotional abuse and domestic violence as an adult. She teaches young children how to recognize danger and stay safe. Anna is a noted conference speaker, delivering her programs both locally and in Austin.

U. Recognizing and Avoiding Dangerous Relationships

Susan Sugerman and Dana Rubin-Remer will address adolescent dating behavior with an emphasis on how to recognize potentially abusive relationships. They will review characteristics of controlling partners, verbal abuse, and physical violence. In addition to discussing factors which lead to these situations, they will review tools which can help young people identify and avoid abuse.

Susan Sugerman, MD, MPH is President and Co-founder of Girls to Women Health and Wellness. Dr. Sugerman holds a BA from Stanford University, her medical degree is from Baylor College of Medicine and she also holds a degree from the University of Texas School of Public Health. **Dana Rubin-Remer, MD**, is Vice-President and Co-founder of Girls to Women Health and Wellness and holds her medical degree from the University of California, Santa Barbara and Wayne State University School of Medicine.

V. Positive Ethical Practices (Part II of workshop I)

Dr. Kenneth Bateman-(Please see information under, Workshop I)

W. Explosive Adolescents: The Violent Few (Part II of Workshop K)

Larry Fisher - (Please see information under, Workshop K)

X. Brain Lab (Part II of workshop O)

Mark Strother – (Please see information under, Workshop O)

2007 ADOLESCENT SYMPOSIUM



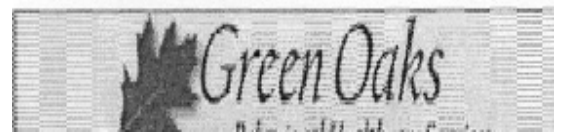
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The opinions and points of view expressed by faculty members of the symposium do not necessarily reflect those of the sponsors or planning committee.

2007 ADOLESCENT SYMPOSIUM REGISTRATION FORM

(Please PRINT one registration form for EACH registrant)

Last _____ First _____ MI _____
Address _____
City _____ State _____ Zip _____
Day Time Phone _____ Employer _____
Email _____ (Required)

Morning Workshops: 10:15 a.m. – 11:45 a.m.

1st Choice (Please circle ONE) A B C D E F G H
2nd Choice (Please circle ONE) A B C D E F G H

Afternoon Workshops: 1 p.m. – 2:30 p.m.

1st Choice (Please circle ONE) I J K L M N O P
2nd Choice (Please circle ONE) I J K L M N O P

Afternoon Workshops: 2:45 p.m. – 4:15 p.m.

1st Choice (Please circle ONE) Q R S T U V W X
2nd Choice (Please circle ONE) Q R S T U V W X

REGISTRATION FEES:

Before March 30, 2007:

Individuals: \$55 Professionals \$25 Full Time Students or Parents
Agencies: \$50 (10-99 attendees) \$45 (100+ attendees)

Agencies sending six or more people should include check(s) and ALL individual Registration Forms in **one envelope**.

After March 30, 2007: \$65

TOTAL ENCLOSED: _____ Total = Fee x Number of attendees

Make check payable to: **Mental Health Association of Greater Dallas**

CREDIT CARD ORDERS:

Fill out the appropriate information below.

Circle One: VISA Master Card Expiration Date ____ / ____ / ____
Month Year
Card # _____

TOTAL ENCLOSED: _____ Total = Fee x Number of attendees

Name as it appears on Credit Card:

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Authorized Signature (required for ALL credit card orders):

MAIL check(s) or credit card information along with Registration Form(s) to:

2007 Adolescent Symposium
Mental Health Association of Greater Dallas
624 N. Good-Latimer, Suite 200
Dallas, Texas 75204

REGISTRATIONS VIA FAX (Credit Card Registration ONLY):

FAX to: Mental Health Association of Greater Dallas at **214-954-0611**

For more information, please call the Mental Health Association at 214-871-2420, ext 111

GENERAL INFORMATION

Registration

Please complete the attached Registration Card (**separate cards for each registrant**) and return to MHA as soon as possible. Seating is limited in the workshops. Workshop attendance will be assigned in the order that registrations are received. Registration by FAX will be accepted **ONLY** with accompanying credit card information. Refunds will be made for cancellations received fourteen or more days before the event. No refunds will be made for registrations received after March 26, 2007.

Continuing Education Credits

Six (6) contact hours or .6 CEUs will be available for LCDC, LPC, LMSW, SW, LMFT, RN Type II, and TJPC. Ph.D. Approval pending, Texas State Board of Examiners of Psychologists (461.11) continuing education. Green Oaks is authorized by the Texas State Board of Marriage and Family Therapists as a continuing education sponsor (1/28/07 - 1/28/2012). Approval notice available from Green Oaks Marketing Department. The Dallas COADA is an approved provider for TCBADAC (#002-87), Texas State Board of Social Work Examiners (#C1284), The Texas Board of Examiners of Professional Counselors (#1012). No partial credit for any lecture will be given. There is no additional charge for CEUs.

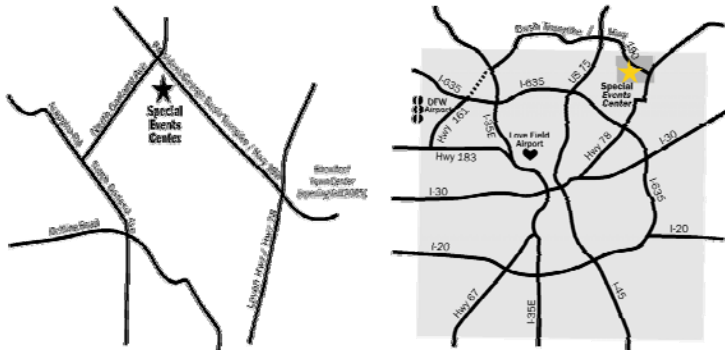
Complaints about provider or workshop contents may be directed to TCBADAC, PO Box 140046, Austin, TX 78714 or (512) 459-3305. **YOU MUST SIGN IN DURING THE MORNING REGISTRATION IN ORDER TO RECEIVE CEU CREDIT AND A CERTIFICATE.** CEU certificates will be distributed after each workshop.

Lunch

Lunch is provided with the registration fee. Lunches will be available for pick-up immediately after the morning breakout session.

Exhibits

Exhibits will be on display in the main halls of the Garland ISD Special Event Center. Please make time to view the numerous exhibits and take advantage of their valuable resources and/or products. Exhibits will be open from 7:45 a.m. – 4:00 p.m.



Garland ISD Special
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