



2008

ADOLESCENT SYMPOSIUM

32nd Annual



Strengthening Families:
Celebrating the Possibilities

Thursday, April 17, 2008

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

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

Co-Sponsors

Mental Health America of Greater Dallas
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Buckner Child and Family Services



2008 Adolescent Symposium

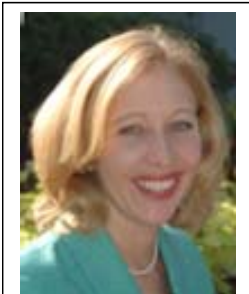
“STRENGTHENING FAMILIES CELEBRATING THE POSSIBILITIES”

April 17, 2008

8:30 a.m. – 10:00 a.m.

MORNING PLENARY SESSION

Author, keynote speaker and therapist *Heather T. Forbes* will present **“Beyond Consequences: A New Understanding of Difficult Behavior”**



(Based on work developed by Bryan Post, Ph.D., LCSW) We often underestimate the impact of trauma on an adolescent’s development. When children and adolescents experience traumatic experiences, their internal survival mechanisms can be activated, dedicating all the body’s resources to remain in “survival mode.” They perceive the world as threatening from a neurological, physical, emotional, cognitive, and social framework and operate from a paradigm of fear to ensure their safety and security. Traditional behavior techniques are not only ineffective for these adolescents, but often escalate the intensity of the behaviors and drive them further away from participating in treatment. A fresh perspective with loving options for professionals will be discussed and demonstrated to not only help change behavior, but to begin the path to deep healing.

Featuring Keynote Presenter: Heather T. Forbes, LCSW, LLC

Heather T. Forbes is a psychotherapist in Orlando, Florida, specializing in reactive attachment disorder (RAD). Ms. Forbes is the Co-Founder and President of Beyond Consequences Institute. Ms. Forbes has been trained in the field of attachment and trauma with nationally recognized, first-generation attachment therapists. She has also been active in the field of adoption with experience ranging from pre-adoption to post-adoption work, including domestic and international adoptions. Ms. Forbes is a published author, national speaker, and mother of two adopted children. She has a passion for helping families find the peace in their homes they deserve through strong and loving attachments.



2008 Adolescent Symposium

“STRENGTHENING FAMILIES CELEBRATING THE POSSIBILITIES”

April 17, 2008

1:00 p.m. – 2:30 p.m.

AFTERNOON PLENARY SESSION

Author, and keynote speaker *Dr. Wendy Lader* will present **“Understanding Self Injury: Once an Obscure Psychiatric Symptom, Now an Alarming Problem”**



In the past decade, self-injury has grown from an obscure psychiatric symptom to a mainstream problem. It is often difficult to understand why children or adults choose to injure themselves as the behavior seems counter-intuitive. In addition our society has moved from treating all self-injurious behaviors as suicidal, to dismissing them as “attention seeking”.

Featuring Keynote Presenter: Wendy Lader, Ph.D.

Wendy Lader, Ph.D., is Clinical Director of the S.A.F.E. Alternatives® Program. Dr. Lader, an expert in women's issues, teamed with Karen Conterio in 1986 to offer the first structured inpatient program for deliberate self-harm behavior. Wendy Lader earned her Ph.D. in Clinical Psychology at Nova University in Florida and an M.Ed. in Special Education at Lesley College in Massachusetts. Dr. Lader is an international speaker on self-injury, and is highly regarded as an expert in the field. She is the co-author, with Ms. Conterio, of the book *Bodily Harm: The Breakthrough Healing Program for Self-Injurers* (Hyperion, 1998). Dr. Lader and Ms Conterio are members of INSPIRE (International Network for Self Injury Prevention, Research and Education). In addition, Dr. Lader has appeared on TV shows such as The Today Show, Dateline NBC, Good Morning America, The Oprah Winfrey Show, CNN, 20/20, Geraldo, The Morning Show, The Shirley Show (Canada), Sally Jesse Raphael, Hour Magazine, Regis, ABC World News Tonight and A&E Interventions.

Schedule for the Day



7:45 a.m. - 4:00 p.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 Author, keynote speaker and therapist <i>Heather T. Forbes</i> will present “Beyond Consequences: A New Understanding of Difficult Behavior”
10:00 a.m. – 10:15 a.m.	Break
10:15 a.m. – 11:45 a.m.	MORNING WORKSHOP SESSIONS (See Page 4)
11:45 a.m. – 1:00 p.m.	<i>Lunch Break</i> (Lunches available in the arena area.)
1:00 p.m. – 2:30 p.m.	AFTERNOON PLENARY SESSION Author, and keynote speaker <i>Dr. Wendy Lader</i> will present “Understanding Self Injury: Once an Obscure Psychiatric Symptom, Now an Alarming Problem”
2:30 p.m. – 2:45 p.m.	<i>Break</i>
2:45 p.m. – 4:15 p.m.	AFTERNOON WORKSHOP SESSIONS (See Page 7)

To receive CEU’s participants must complete a workshop evaluation after each breakout session.

MORNING WORKSHOP SESSIONS (Choose ONE of the following):

10:15 a.m. – 11:45 a.m.

1. Beyond Consequences: Effective Strategies for Helping Adolescents with Difficult Behaviors

Heather T. Forbes will provide a workshop that is a continuation of her keynote. This workshop will give you more “when the rubber hits the road” techniques and strategies for helping adolescents with severe behavior. Role-plays and video clips will be used to equip you and empower you from a love-based approach.

Heather T. Forbes, LCSW, LLC (See morning plenary for more information)

2. A Transpersonal Approach to Ethics for Family Counselors

Part I – (Continues with Part II at 2:45 - Workshop 11)

Margaret Pinder and Linda Honker will actively engage in individual and group activities that will allow participants to experientially learn how to use a transpersonal model to enhance their ethical practices with clients. Teaching methods will include storytelling, emptiness practices, collective reflection, creative imagery role plays and group work with specific cases.

Margaret Pinder, Ed.D, LPC, LMFT, RN, is a Professor of Counseling/Human Behavior/Psychology at Amberton University since 1984. She operates a private practice with individuals and couples. Emphasis of work is developmental, systemic, and transpersonal. Previous work in corporate training and development includes Phillips Coal Company, where she developed and delivered multiple types of training programs for all levels of employees. Margaret was a member of the Board of Directors of The Convalescent Center in Conway, AR, and is a frequent speaker for professional organizations as well as lay groups. Most recently she spoke at both the American Association for Marriage and the Family Therapists, Texas Association for Marriage and Therapy Counselors.

Linda Honker, LPC, LMFT, holds an undergraduate degree from The University of Oklahoma and a graduate degree from the University of North Texas. She is a co-founder of The Foundation for Responsible Citizenship. Ms. Honker is a sought-after public speaker on topics that include Sexuality and Ethics, Transformational Leadership and Skills for Dialogue and Community Building.

3. Family Violence and Child Abuse: Children from Violent Homes

Sarah Feuerbacher explains that we should talk about the awfulness of child abuse. We know about the prevalence of domestic violence. But how much do we discuss the tremendous impact that indirect abuse of parents’ domestic violence has on their children? More than one-third, and possibly up to half, of our nation’s children have witnessed at least one, if not repeated, episodes of violence between their parents. This presentation will discuss this trend, its effects, and appropriate intervention methods that are also preventative techniques in order to stop the cycle of abuse for those children’s futures.

Sarah Feuerbacher, Ph.D., LMSW, is the Clinical Director at CITY House and was previously Prevention Program Intake Specialist at Hope’s Door/Formerly Collin County Women’s Shelter. Dr. Feuerbacher holds a Doctorate in Philosophical Educational Psychology from Baylor University in Waco, Texas. She is an author and has written journal articles and technical reports. She has also presented at local, state and international conferences.

4. Silent Epidemic (Repeats at 2:45 – Workshop #15)

Patrick LeBlanc tells us that there is a “Silent Epidemic” sweeping through our nation that claims the lives of more than 100 young people each week. This silent epidemic is youth suicide. The causes are as numerous as the number of tragedies themselves. Problems at home, at school, with friends or other relationships can play a role. Emotional states such as depression and other mental health conditions can heighten the risk of suicide in a young person. It is important that young people, parents, teachers and other youth workers be able to recognize potential signs of suicide ideation, take them seriously, and know how to respond.

Patrick LeBlanc has been the Regional Coordinator for the Jason Foundation and Business Development Manager for the Excel Center since December 2005. He attended Grambling State University where he played football under the legendary coach, Eddie G. Robinson. He holds a Bachelor’s Degree in Physics and Christian Ministries from Dallas Baptist University. He will graduate from Southern Baptist Theological Seminary in Fort Worth in 2008 with a Master’s Degree in Christian Education.

5. Wagging Tails in the Classroom and Therapy Room? An Introduction to Animal Therapy

Shelbie Weide and Hollie (a therapy dog) present an overview of Animal Assisted Therapy (ATT) and its possible uses in classrooms, residential facilities, with families, and in therapy. ATT is rapidly becoming a common practice in traditional medical facilities; as professionals we should learn how this approach can benefit our students and clients and ways to incorporate ATT into our everyday practice. Shelbie will provide information on the history of ATT, what ATT is and is not, potential benefits to clients, current research, and references to contact Pet Partners and/or to start a program.

Shelbie Weide is a registered Pet Partner and is working toward her LPC and Certification Prevention Specialist license. She is currently the Program Manager at Promise House and was previously employed at Girls Inc. of Tarrant County, Tarrant County Youth Advocate Program and Bridge Emergency Youth Shelter. Shelbie has presented training for Promise House on Adolescent Brain Development and the Effects of Drugs and presented to Arlington ISD teachers and their students on various drug and prevention topics.

6. Mean Girls: No, this is Not a Movie! (Repeats at 2:45 - Workshop #16)

Missy Wall describes the roles and rituals of mean girls and their counterparts. Girls form special friendships and relationships with their peers, but unfortunately, many of our young girls have resorted to rude and destructive behaviors labeled “relational aggression” that have birthed a whole new generation of “mean girls”. Although girls are not prone to physical aggression, relational aggression can be just as hurtful and harmful. During this interactive class, we will discuss statistics, trends, teen labels and other insightful information.

Missy Wall is the Program Director for Teen CONTACT and was previously the Youth Minister and Youth Director at Highland Park United Methodist Church. Missy has presented at Headstart with Region 10, DISD New Counselor Training, Teen CONTACT Conference, and numerous presentations at schools for teachers, students and parents.

7. Trying to be Perfect-the Problem with Perfectionism

Lori Vann presents that one of the possible underlying issues for anxiety, eating disorders, depression, and self-injury is perfectionism. Perfectionism crosses gender, age, and race; it can develop in childhood and continue into adulthood before it is treated. Based on years of treating those who struggle with perfectionism and other related disorders, it will be the goal to define behavior, the beliefs, and the treatment strategies for overcoming this sometimes debilitating problem.

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. Ms. Vann was most recently employed by Timberlawn Mental Health Systems and is an adjunct professor at North Lake College. She is a graduate of Pepperdine University and Chapman University.

8. Drugs and Gangs (and why teens think they're cool) (Repeats at 2:45 - Workshop #17)

Carlos D. Cruz presents the challenges faced by parents, schools, communities and law enforcement who deal with juvenile gangs and drug dealers. Participants will explore the identification and profile of a gang member, as well as why teens join them. Mr. Cruz also focuses on substance abuse and the power of financial incentives in the drug world. Drug and gang marketing are discussed as is the power of the media, graffiti, weapons, different types of paraphernalia, explosives and their easy access to youth.

Carlos Cruz is a Senior Corporal with the Dallas Police Department. He holds a Basic and Advanced Gang Recognition and Identification certificate from the National Interagency Counter Drug Institute. The International Association of Police have certified Carlos as a Drug Recognition Expert. Mr. Cruz is a former Marine and retired Coast Guardsman with more than 21 years of law enforcement experience both at the federal and local level. While working in Puerto Rico, he created and directed the “*Think About It*” *Drug and Gang Prevention Program*. This was successfully presented in hundreds of schools and government agencies, churches and communities in the Caribbean and Stateside.

9. Therapeutic Interventions in the Treatment of Child Sexual Abuse

Laura McCracken, Ph.D. and *Vanessa M. Sanford* will provide an overview of abuse-focused activities and therapeutic techniques that therapists have found effective in the assessment and treatment of sexually abused children. These activities will include expressive techniques, and therapeutic games that allow adolescents to express themselves and process their trauma. Participants will be provided with case examples and resources they can utilize in their work with child abuse victims.

Dr. Laura McCracken is a clinical psychologist who earned a Doctorate of Philosophy in clinical psychology from the University of Texas Southwestern Medical Center at Dallas (UTSW). Throughout her professional training and career, Dr. McCracken has worked with adults and children with various psychological problems in a variety of settings, including schools, a therapeutic community for the homeless, and a consultation/liaison psychiatry service working with trauma at Parkland Memorial Hospital in Dallas. Dr. McCracken completed a postdoctoral fellowship in child clinical psychology at Children’s Medical Center of Dallas, where she specialized in the evaluation and treatment of children and adolescents. Currently she provides psychological services for abused children and their families at the Dallas Children’s Advocacy Center.

Vanessa M. Sanford, M.S., LPC, is a bilingual and bi-cultural therapist who has nearly 10 years experience working with families in crisis. Vanessa graduated with a Master of Science in Rehabilitation Counseling from the University of North Texas. She is currently working with victims of child abuse and their families through play therapy, individual and family therapy at the Dallas Children’s Advocacy Center. Vanessa is also the co-chair for the Dallas County Drug Endangered Children Alliance and a Regional Team Member of the Texas Alliance for Drug Endangered Children.

1:00 p.m. - 2:30 p.m. AFTERNOON PLENARY SESSION

“Understanding Self Injury: Once an Obscure Psychiatric Symptom, Now an Alarming Problem”

Wendy Lader, Ph.D., (See afternoon plenary on page two for more information)

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.

10. Self Abuse Finally Ends

Wendy Lader and Vanessa Vega, will continue to explore the dynamics of self-injury. They will answer questions about whether self-injury is a suicide attempt or a call for attention and how you can identify a “true” self-injurer over a copycat. Participants will gain an understanding of the signs/symptoms of self injury and will explore male vs. female incidence. The audience will learn about the correlation between other abuse and self-injury manifestation. Wendy and Vanessa will review the importance of appropriate referrals and other resources for clients and families and will conclude with discussion regarding treatment obstacles and a typical time frame for recovery.

Wendy Lader, Ph.D., (See afternoon plenary on page two for more information)

Vanessa Vega, Vanessa Leigh Vega, M.S., is a high school English teacher and motivational speaker. She is a contributing author to the award-winning *Taste Berries for Teens Volume IV*. She has been nationally recognized for excellence in teaching by being named to the *Who’s Who Among America’s Teachers* in 2002, 2003, 2004, 2005, 2006 and 2007. She has a degree in English/Secondary Education from Texas Tech University and a degree in Health Education and Promotion from the University of Texas Medical Branch at Galveston. Vanessa speaks about cutting at conferences, schools and special events.

11. Transpersonal Approach to Ethics for Family Counselors (Part II of Workshop 2)

Margaret Pinder (Please see information under Workshop 2)

12. Balance Matters for Professional Caregivers

Brent O’Bannon explains that professional caregivers and those working in human services are at great risk of caregiver burnout. Do you wonder how burnout affects you, your clients, your organization and your own family? Do you need more strategies? Author, licensed professional counselor, and CEO of Balance Matters Global, Brent O’Bannon will give a lively presentation with case studies and practical tips to beat burnout and develop a professional caregiver blueprint for balance.

Brent O’Bannon, LPC, is in private practice that has helped hundreds of adolescents, couples, and families reestablish a happy, healthy balance in their lives for more than 20 years. He is a professional speaker and author of the breakthrough book, *Balance Matters: Turning Burnout Into Balance!*

13. Juvenile Sex Offenders: Etiology and Treatment

Dr. Abel Tomatis, LSSP, will cover commonalities and characteristics of juvenile sex offenders. Dr. Tomatis explores the differences between adult and juvenile sex offenders and concludes with an overview of juvenile sex offender treatment. The goal of the presentation is to examine the myths and facts about juvenile sex offending, provide participants with the most current research, and offer strategies for working with youth who have engaged in sexually offending behavior.

Abel Tomatis, Ph.D. is a Licensed Specialist in School Psychology and works with Dallas Independent School District's Psychological and Social Services. Dr. Tomatis was previously employed with LifeNet Community Behavioral Healthcare as a Psychiatric Rehabilitation Coordinator and has also worked at El Camino Foster Family Agency as a Foster Care Social Worker. In addition he worked at the University of California, Office of Judicial and Student Affairs as a judicial officer and graduate advisor.

14. Are Medication Warnings Absolutes?

Dr. Scott Bartley, M.D. asks participants to consider critical questions about psychiatric medications. Are "black box" warnings on medications absolutes? Do anti-depressant medications really increase the risk of suicide in adolescents? Are metabolic complications worth the risks in new generation anti-psychotic medications? Dr. Bartley will address these issues along with many others related to psychotropic medications and adolescents in this presentation.

Scott Bartley, MD, is a Staff Psychiatrist at Timberlawn Mental Health System and a Psychiatrist with the Lakewood Group. Dr. Bartley holds an M.D. from UT Southwestern Medical School and a Child and Adolescent Fellowship from UT Southwestern. He has previously been employed at Hickory Trail Hospital and Parkland Hospital in addition to Children's Medical Center. He has been involved with several research projects about the effect of psychotropic medication and is a member of the Texas Medical Association and Dallas County Medical Society.

15. Silent Epidemic (Repeat of Workshop 4)

Patrick LeBlanc – (Please see information under, Workshop 4)

16. Mean Girls: No, This is Not a Movie! (Repeat of Workshop 6)

Missy Wall – (Please see information under Workshop 6)

17. Drugs and Gangs (and why teens think they're cool) (Repeat of Workshop 8)

Carlos D. Cruz - (Please see information under Workshop 8)

2008 ADOLESCENT SYMPOSIUM



Strengthening Families:
Celebrating the Possibilities

2008 Adolescent Symposium Co-Hosts



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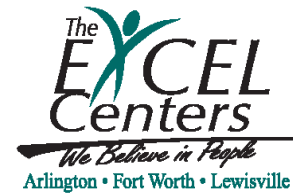
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The opinions and points of view expressed by faculty members of the symposium do not necessarily reflect those of the Sponsors or Planning Committee.

GENERAL INFORMATION

Registration

Please complete the attached Registration Form (**use a separate form 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 thirteen or more days before the event. **No refunds will be made for registrations received after April 4, 2008.**

Continuing Education Credits

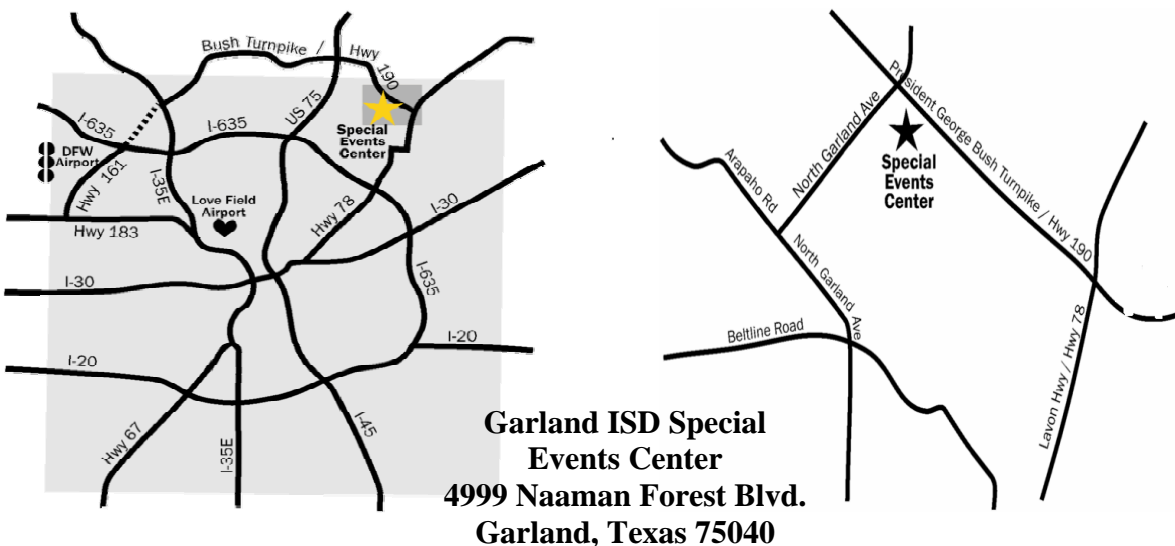
Six (6) contact hours or .6 CEUs will be available for LCDC, LPC, LMSW, SW, LMFT, and TJPC. Ph.D. Approval pending, Texas State Board of Examiners of Psychologists (461.11) continuing education. Green Oaks is authorized by the Texas State Board of Marriage and Family Therapists as a continuing education 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 (#264). 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. Please inform us of any special dietary needs.

Exhibits

Exhibits will be on display in the halls of the Garland ISD Special Events 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. Prizes will be drawn for participants who have visited all exhibits and who submit their completed punch card at the MHA exhibit table.



2008 ADOLESCENT SYMPOSIUM REGISTRATION FORM
April 17, 2008

(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) 1 2 3 4 5 6 7 8 9
2nd Choice (Please circle ONE) 1 2 3 4 5 6 7 8 9

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

1st Choice (Please circle ONE) 10 11 12 13 14 15 16 17
2nd Choice (Please circle ONE) 10 11 12 13 14 15 16 17

REGISTRATION FEES:

Postmarked Before April 4, 2008:

Individuals: \$55 Professionals \$25 Full-time students or parents
CEUs are not available for 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**.

Postmarked After April 4, 2008: \$65

Times the number of attendees _____

TOTAL ENCLOSED: _____ Total = Fee

Make check payable to: Mental Health America of Greater Dallas

P.O. will be accepted for groups of 10 or more only

ON SITE REGISTRATIONS ONLY, AFTER APRIL 11, 2008.

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Fill out the appropriate information below.

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