

# STRONGER TOGETHER

6th Annual Conference and Celebration ♦ May 27, 2016 ♦ Best Western, Marlborough, MA

## MORNING WORKSHOPS

### Workshop 1

#### Impact of the Heroin Epidemic in Massachusetts

**Presenters:** Maryanne Frangules, Executive Director, MOAR and Kyle Moon, Learn To Cope

**Description:** Join us for a discussion with the Massachusetts Organization for Addiction Recovery (MOAR) and Learn to Cope on the impact of the opioid crisis in Massachusetts and the effect it has on the families and the communities in which they live. Hear from an individual in recovery about their personal experience along with the perspectives of community-based organizations on the front lines of combatting the growing epidemic. Maryanne Frangules will speak directly about MOAR's response to the epidemic, the advances in the continuum of care and the miles we still have to go.



### Workshop 2

#### Child Requiring Assistance--a User Friendly Overview

**Presenter:** Rebecca Pries, Executive Director, Adolescent Consultation Services

**Description:** What happens when a child is brought into court due to truancy, running away, or repeatedly failing to obey the lawful and reasonable commands of a parent or the regulations of a school? These questions and more will be addressed by Rebecca Pries, LMHC, who along with Carol Rosensweig, Esq., is co-author of a recently published booklet *Child Requiring Assistance & Resources*. Rebecca serves as ED of Adolescent Consultation Services and Co-Chair of the Massachusetts Alliance of Juvenile Court Clinics.



### Workshop 3

#### Psychiatric Diagnosis in Children and Adolescents

**Presenter:** Mona Patel Potter, MD, McLean Hospital, Medical Director, McLean Anxiety Mastery Program; Medical Director, 3East Cambridge Residence

**Description:** This workshop will cover psychiatric diagnoses frequently given to children and adolescents and the impact on children and their families. Distinguishing characteristics as well as overlap between diagnostic categories will be addressed, as will complicating factors that can contribute to diagnostic uncertainty.



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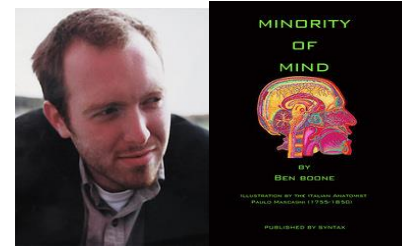
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## Workshop 4

### Minority of Mind: Living with Schizophrenia

**Presenter:** Ben Boone, author of *Minority of Mind*

**Description:** Ben is a motivational speaker, author (*Minority of Mind; Experiments in Imagination*), and personal coach. He will speak about his experience as a person living with schizophrenia, things that health care providers do well and could improve upon, as well as answer questions from audience members.



## Workshop 5

### What Makes an Animal More Than Just a Pet?

**Learn about ESA: Emotional Support Animals**

**Presenter:** Doug Elfman, Program Director, NFI North Crossing

**Description:** This interactive workshop is designed to show how therapeutic dogs can help on psychiatric units. Learn how the connection works, helps and reduces harm by individuals to themselves. Doug will introduce you to his dog Riley who has been helping him work with kids and young adults with mental health needs for nearly 5 years.



Learn how Riley connects with kids and young adults and helps them to open up about their experiences. We'll hear anecdotes demonstrating the power of service dogs and their impact on kids with mental health issues.

## Workshop 6

### Let's Discuss Neuropsychological Testing: A Discussion of Complex Emotional and Behavioral Conditions

**Presenter:** Dr. Jessica Geragosian, Neuropsychology and Education Services for Children and Adolescents (NESCA)

**Description:** Dr. Jessica Geragosian is a neuropsychologist at NESCA, working with children and adolescents with a variety of diagnostic presentations, in the practice's Newton, MA and Londonderry, NH, locations. From her experience working in school, hospital, and private practice settings, Dr. Geragosian will discuss neuropsychological and projective testing, and how it can be used to understand complex emotional and behavioral presentations and inform educational and therapeutic intervention.



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## AFTERNOON WORKSHOPS

### Workshop 7

#### **A Father's Role in Family Culture and Mental Health**

**Presenter:** Michael Lewis, Director, Consortium's Recover Project program

**Description:** Join Michael Lewis for a discussion of the unique role for fathers in families with children with mental health or emotional needs. Hear Michael's perspective on the role of fathers, ways in which fathers can support family structure and resilience along with discussion.



### Workshop 8

#### **Your Body, Mind, and Emotion: The Role of Mindfulness in Parenting**

**Presenter:** Chip Wilder, LICSW, Clinical Social Worker Behavioral Health, Harvard Vanguard Medical Associates

**Description:** This workshop will provide a presentation to introduce participants to the practice of mindfulness. Practicing mindfulness reduces the stress cycle and offers a path to engagement in a richer and more meaningful life. Mindful practices can be applied to daily living experiences of all kinds. Mindful living means engaging in valued life activities with awareness and openness to our bodies and minds.



### Workshop 9

#### **Cultural Perspectives on Mental Health: Providers, Parents and Community**

**Presenter:** Dr. Omar Reid, President, Black Mental Health Alliance of Massachusetts

**Description:** This workshop will be a panel discussion of how families' inherited culture can impact their experiences in accessing mental health services. Join us to hear from professionals and parents representing different cultures about successes in creating culturally competent mental health services, experiences of families accessing these services and perspectives on changes still needed.



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Afternoon Continued...

## Workshop 10

### Beyond PTSD: Innovative Solutions for Complex Conditions

**Presenter:** Dr. Remy Yoshida, Psy.D, Postdoctoral at the Trauma Center, Justice Resource Institute

**Description:** This workshop will briefly examine the complexity of adaptation to trauma for children and adolescents exposed to chronic and severe maltreatment, neglect, impaired caregiving and placement disruption, including the implications of these experiences for learning and scholastic risk trajectories. It will introduce Developmental Trauma Disorder as an alternate diagnostic construct to capture the effects of exposure to complex trauma. Finally, it will briefly describe the ARC complex trauma intervention model and its capacity to provide an overarching therapeutic framework within which to embed an array of innovative clinical interventions and techniques matched to particular youth interesting capacities, including mind-body, neurophysiological, sensory motor, performance arts and exercise/sports based based approaches.



## Workshop 11

### Youth Engagement is a Must

**Presenter:** Raphaelle Richardson, Youth MOVE National

**Description:** Understand the history and the culture shift in including youth. Have the opportunity to learn, question and create your own path to having young people feel heard, understood, and valued.



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