

STRONGER TOGETHER

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

Youth Track

MORNING WORKSHOPS

Workshop 1

PIP, PIP Hooray!

Presenters: Bob Anthony, Adolescent Wellness Inc., Donna Milani Luther, Inly School

Description: PIP Problems-Ideas-Plans is a fun and useful tool you can exercise for balancing the weight of life's worries. It helps you to apply these skills to real life situations: break large problems into smaller pieces, enlist others' help, defer judgement, make an immediate plan of action.

Workshop 2

What's up Doc – Focus on mental health diagnosis, anxiety, mindfulness

Presenter: Dr. Mathieu Bermingham, Psychiatry, The Center for Well Being

Description: Dr. Bermingham, a well respected child psychiatrist, will talk about alternative treatments and strategies, diagnoses, and will answer your questions.

Workshop 3

What Makes an Animal More Than Just a Pet? Learn about ESA: Emotional Support Animals

Presenter: Doug Elfman, Program Director, NFI North Crossing

Description: Interactive workshop designed to discuss how in psychiatric units therapeutic dogs help. 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.

AFTERNOON WORKSHOPS

Workshop 5

How do you support someone who is LGBTQ?

Description: Have an open conversation and understand the acronyms and support of what your peers may need.

Workshop 6

Prevention is KEY! Supporting Friends in Crisis

Description: An opportunity to learn resources and coping strategies on how to support yourself or a friend in crisis. A place to connect to others and have hope in difficult times.

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PARENT/PROFESSIONAL ADVOCACY LEAGUE

The Massachusetts Family Voice for Children's Mental Health www.ppal.net