



SCHOOL MENTAL HEALTH Treating Students K-12

FEBRUARY 7-8, 2020

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

Christopher Willard

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 and emotional needs. The emphasis is on practical clinical information and skills based on current research, including evidence-based practices and innovative learning strategies. It is designed to help the attendee identify the gaps and problems in practice and school settings needed to promote learning, resiliency, and social and emotional growth, as well as to support and enhance collaboration. Didactic lectures, case studies, panel discussions, and Q&A will be offered. The course 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 strategies for reshaping school culture, reducing truancy, assessing safety, and reducing teacher and student stress; promote positive body image in students as well as offer strategies for enhancing social, emotional, and behavioral health; identify tools for talking with diverse students and present ways to cultivate mindfulness; develop techniques to reduce student anxiety and help students on the autism spectrum; and explain the risks associated with vaping, e-cigarettes, and sexual misconduct.

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 – FEBRUARY 7, 2020

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

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

Strategies for Shaping School Culture	Rachel Poliner
Decreasing Truancy Using Behavioral Science.....	Todd Rogers
Treating the System of the School from a CBT Lens	Francis Kuehn
Supporting Students Who Experience Anxiety at School.....	Jacqueline Zeller

12:45 - 2:00 BREAK

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

E-cigs, Flavoring Chemicals, and Popcorn Lung	Joseph G. Allen
Sexual Misconduct in Our Schools	Christina Palmer
Digital Media and the Mental Health of Students	Meredith Gansner

SATURDAY – FEBRUARY 8, 2020

8:30 - 12:45 MORNING PROGRAM - Moderator: Christopher Willard

Irresponsible Behavior or Legitimate Threat? Understanding the Difference	Nancy Rappaport
Fostering Positive Body Image and Self-Esteem in Boys and Girls	Roberto Olivardia
The Hidden Curriculum: Promoting Social and Academic Inclusion of Students with Autism	Stephen M. Shore
Listening for Student Voices: Tools to Talk about Diverse Racial and Cultural Backgrounds.....	Julia Jeffries

12:45 - 2:00 BREAK

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

Strategies to Support Schools in Addressing Social, Emotional, and Behavioral Health	Molly Jordan
Growing Up Mindful.....	Christopher Willard
Discussion.....	Faculty

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

SCHOOL MENTAL HEALTH (#732466-2002)

Registration Fees: **Physicians \$425 All Others: \$310**
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/SMH2020> (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

2019-2020 CAMBRIDGE/HARVARD CALENDAR

November 1-2	Treating Couples	January 24-25	Treating Anxiety
November 15-16	Sex, Sexuality, & Gender	February 7-8	School Mental Health
December 6-7	Integrated Care	March 6-7	Addictions
		May 1-2	Meditation & 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 13, 2020**. Please specify you are enrolled in this course to receive a conference rate. For a direct link: <https://book.passkey.com/go/schoolmentalhealth>

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.

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: Application has been made to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work and to the New England Association for Family and Systemic Therapy for LMFT professional continuing education, for a total of 14 credits, (7 credits/hours per day). The States of CT and RI accept NBCC and NASW approval for marriage and family therapists. The Division of Continuing Education 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.

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. This course is 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.

FACULTY

JOSEPH G. ALLEN, DSc, MPH, Director, Healthy Buildings Program and Assistant Professor, Harvard T. H. Chan School of Public Health; Associate Editor: *Journal of Exposure Science and Environmental Epidemiology* and *Journal of Indoor Air*; Author of over 50 scientific articles and frequent guest in popular mediums such as *NPR*, *National Geographic*, *Washington Post*, and others

MEREDITH GANSNER, MD, Attending Psychiatrist, Child and Adolescent Division, Department of Psychiatry, Cambridge Health Alliance; Dupont-Warren Research Fellow, Harvard Medical School; Media Committee Member, American Academy of Child and Adolescent Psychiatry; Recipient of Henry G. Altman Award for Excellence in Medical Education, Brigham and Women's Hospital; Contributor to: *The Psychiatric Times*, *The Boston Globe*, *Slate Magazine*, and others

JULIA JEFFRIES, MEd, PhD Candidate, Culture, Institutions and Society, Harvard Graduate School of Education

MOLLY JORDAN, MSW, LICSW, Clinical Social Worker, Training and Access Project Manager, Boston Children's Hospital Neighborhood Partnerships, Boston Children's Hospital

FRANCIS KUEHN, LICSW, MEd, Diplomate, The Academy of Cognitive Therapy; Consultant and Supervisor to Schools; Clinical Social Worker, Brookline High School; Adjunct Faculty, Simmons Graduate School of Social Work; Private Practice, Newton

ROBERTO OLIVARDIA, PhD, Clinical Associate, McLean Hospital; Lecturer on Psychology, Department of Psychiatry, Harvard Medical School; Professional Advisory Board Member: The National Association for Males with Eating Disorders, Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), and Attention Deficit Disorder Association; Private Practice, Lexington; Frequent Contributor to media such as *CNN*, *Good Morning America*, and *Rolling Stone*; Co-Author, *The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys*

CHRISTINA PALMER, EdD, LMFT, Director of Student Well-Being, Phillips Exeter Academy, Exeter, New Hampshire

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

RACHEL POLINER, MEd, Educational Consultant to public and private schools across the USA; Founding Board Member, Social-Emotional Learning Alliance, Massachusetts; Author: *Teaching the Whole Teen: Everyday Practices that Promote Success and Resilience in Schools and Life*; *The Advisory Guide: Designing and Implementing Effective Advisory Programs in Secondary Schools*

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*

TODD ROGERS, PhD, Professor of Public Policy, Harvard Kennedy School of Government; Faculty Director, Harvard Behavioral Insights Group, Faculty Chair. Executive Education Program on Applying Behavioral Science to Improve Public Policy, and Director, Harvard's Student Social Support Research and Development Lab; Co-Founder, InClass Today (an organization that reduces student absenteeism); Senior Scientist, Ideas42; Academic Advisor, United Kingdom's Behavioural Insights Team; Author of numerous publications

STEPHEN M. SHORE, EdD, Clinical Assistant Professor, Adelphi University, Garden City, New York; Board Member, Autism Speaks; President *Emeritus*, Asperger's Association of New England; Advisory Board Member, Autism Society, and others; Author/Co-Author of numerous publications including: *Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome*; *College for Students with Disabilities: We Do Belong*; *Understanding Autism for Dummies*; *Ask and Tell: Self-Advocacy and Disclosure for People on the Autism Spectrum*; DVD, *Living along the Autism Spectrum: What it Means to Have Autism or Asperger Syndrome*

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

JACQUELINE ZELLER, PhD, Psychologist and School Psychologist; Core Faculty Member and Lecturer on Education, Harvard Graduate School of Education