

PACER SYMPOSIUM

ABOUT CHILDREN & YOUNG ADULTS WITH MENTAL HEALTH AND LEARNING DISABILITIES

8 – 8:30 AM **Registration** | **Location: Ballroom A-B Lobby**

8:30 – 8:45 **Welcome** | **Location: Ballroom A-B**

Paula Goldberg, Executive Director, PACER Center
Barry Garfinkel, M.D., President and Founder, Center for Developmental Psychopharmacology, child and adolescent psychiatrist, Minn.

8:45 – 9:45 **Opening keynote presentation** | **Location: Ballroom A-B**

Full of sound and fury: Adolescent brains and psychological distress

Steven Schlozman, M.D., Associate Director of the Clay Center for Young Healthy Minds at Massachusetts General Hospital and Assistant Professor of psychiatry at Harvard Medical School, Mass.

9:45 – 10:00 **Break, Move to Workshop Rooms**

10:00 – 11:15 **Workshops**

1. The goal-driven Individualized Education Program (IEP): A pragmatic guide to developing results-based IEPs

(This session will only be held in the morning)

Location: Room 101 F-G

David Stember, Ph.D., Clinical Psychologist at Harvard Medical School and McLean Hospital, Mass.

The presentation will cover best practice approaches to IEP goal development, including the full breadth of disability areas: learning, social, pragmatic, executive functioning, emotional, and behavioral based disabilities. The talk emphasizes the use of behaviorally based language, and scientifically proven interventions and covers the most common IEP mistakes educators, parents, and providers should be concerned about.

WORKSHOPS CONTINUE ON THE NEXT PAGE

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***All keynote sessions take place in Ballroom A-B**

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2. **Less struggle, more accomplishment! Bridging gaps in executive functioning to help children with Attention Deficit Hyperactivity Disorder (ADHD) succeed**

Location: Room 102 E-F

Robin Nordmeyer, Certified Life Coach and Managing Director for the Center for Living Well with ADHD, Minn.

Children with ADHD are often bright, intelligent and caring kids. They are just like everyone else, with dreams and the desire to succeed. But the wear and tear on their self-esteem and accomplishments from executive function deficits can diminish the hope and outlook they have for their goals, dreams and future. Learn the connection between ADHD and executive function, how executive function deficits can rob your child of potential and motivation. Discover helpful strategies and skill building approaches to make a difference in what they experience, and impact their outlook for the future.

3. **Assistive Technology (AT) is for everyone! | Location: Room 101 I**

Terri Rosen and Paul Sanft, Assistive Technology Specialists at PACER's Simon Technology Center, Minn.

AT includes a broad array of high and low-tech tools to support students at school, home, and in the community. In this session, you will learn about PACER's AT services, what AT is and how to approach matching the needs of the individual with tools. The AT featured will range from items geared toward elementary to transition-aged individuals in the areas of academic supports, wellness, and accessibility. AT demonstrations will include teleconference robots, the smartpen, wearable AT and a variety of apps.

4. **Behavioral concerns: Sorting social behavior concerns from mental health symptoms**

Location: Room 102 A-B

Jan Ostrom M.S., L.P., B.C.B.A, Licensed Psychologist and Board-certified Behavior Analyst

Behavioral concerns can pose challenges, raising the concerns for adequate supports, vulnerability, and safety. Effective and efficient interventions rely on an adequate understanding of the different variables that motivate and influence them. The distinction of social behaviors requiring programmatic intervention from behaviors influenced by mental health requiring therapeutic intervention is often difficult. This presentation will offer information and insight for sorting through such variables and suggestions for intervention across the continuum.

5. **Trauma, children, families and service systems**

Location: Room 101 B-C

Chris Bray, Ph.D., M.A. L.P., Co-Director of Ambit Network and the Center for Resilient Families at the Institute for Translational Research in Children's Mental Health at the University of Minnesota

Patty Ostberg Speiker, M.A., Marriage and Family Psychotherapist and Intervention Coordinator at the Center for Resilient Families at the Institute for Translational Research in Children's Mental Health at the University of Minnesota, Minn.

During this session, there will be a discussion about traumatic and stressful events, trauma's impact on the child's brain and behavior, adult stress responses, and Post Traumatic Stress Disorder (PTSD). Topics include the effects of PTSD and stress on parenting, the impact of parenting on children, and address the question: what is a trauma informed system?

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6. Bullying prevention: What parents and educators need to know

Location: Room 101 H

*Jody Manning, Parent Training and Information Center Director at PACER Center
Bailey Lindgren, Coordinator of PACER's National Bullying Prevention Center, Minn.*

This workshop offers a comprehensive and interactive overview for parents and educators to learn what they can do address and prevent bullying. Topics will include definition and roles, laws and policies, ways to support the child, cyberbullying, and students with disabilities. Together, we can all help create a world without bullying.

7. Addressing implicit bias to ensure every child succeeds

(This session will only be held in the morning)

Location: Room 101 D-E

Rosemarie Allen, Ed.D., President and CEO for the Institute for Racial Equity and Excellence and Assistant Professor in the School of Education at Metropolitan State University in Denver, Colo.

This workshop engages participants in activities to foster an understanding of implicit bias and its impact on teaching, learning, and interacting. Culturally responsive practices are presented to help develop supportive environments and implement strategies for reducing and dismantling implicit bias.

11:15 – 11:55 Lunch (pre-set box lunches) | Location: Ballroom A-B

11:55 – 12:15 PM PACER's Youth Advisory Board on Mental Health | Location: Ballroom A-B

12:15 – 1:15 Keynote presentation | Location: Ballroom A-B

Social emotional competence: Bringing out the best in every child

Rosemarie Allen, Ed.D., President and CEO for the Institute for Racial Equity and Excellence and Assistant Professor in the School of Education at Metropolitan State University in Denver, Colo.

1:15 – 1:30 Break, move to workshop rooms

1:30 – 2:45 Workshops (See descriptions from the morning breakouts as some of these sessions will be repeated in the afternoon. Steven Schlozman is presenting a workshop in the afternoon)

1. Less struggle, more accomplishment! Bridging gaps in executive functioning to help children with attention deficit hyperactivity disorder (ADHD) succeed

Location: Room 102 E-F

Robin Nordmeyer

2. Assistive Technology (AT) is for everyone! | Location: Room 101 I

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3. Behavioral concerns: Sorting social behavior concerns from mental health symptoms

Location: Room 102 A-B

Jan Ostrom M.S., L.P., B.C.B.A

4. Trauma, children, families and service systems

Location: Room 101 B-C

Chris Bray, Ph.D., M.A. L.P., Patty Ostberg Speiker, M.A.

5. Bullying prevention: What parents and educators need to know

Location: Room 101 H

Jody Manning, Bailey Lindgren

6. It's not just 1's and 0's: Understanding and managing your child's relationship with the internet | **Location:** Room 101 DE

(This session will only be held in the afternoon)

Steven Schlozman, M.D., Associate Director of the Clay Center for Young Healthy Minds at Massachusetts General Hospital and Assistant Professor of psychiatry at Harvard Medical School, Mass.

The internet is binary - it's just 1's and 0's, right? Somehow those 1's and 0's have conspired to captivate kids and drive their parents crazy. Technology has gone from unfathomable to taken-for-granted. The expectations that technology creates has yielded some arguments among families. How much screen time? Should your child use social media, and how much? Is there such a thing as internet and video game addiction? Despite the black and white world of 1's and 0's, these issues are murky. This workshop will focus on understanding and managing your relationship with your children in the brave new world of cyberspace.

2:45 – 3:00

Break, move to Ballroom A-B

3:00 – 4:00

Closing keynote presentation | **Location: Ballroom A-B**

Childhood and adolescent anxiety: A survival guide for parents and educators

David Stember, Ph.D., Clinical Psychologist at Harvard Medical School and McLean Hospital, Mass.

4:00

Closing remarks

- Hand in your participant forms and pick up certificates of attendance in the lobby
- An electronic evaluation survey will be e-mailed to you following the symposium
- Please be sure to click that link to provide your important feedback

Additional resource materials are available in the lobby