

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

Sharman Davis Barrett, Project Director of the Minnesota Statewide Family Engagement Center, PACER Center, Minn.

Barry Garfinkel, M.D., President and Founder, Center for Developmental Psychopharmacology, child and adolescent psychiatrist, Minn.

Bailey Huston, Associate, PACER's National Bullying Prevention Center

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

Trauma Informed Family Engagement Practices

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

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

10:00 – 11:15 Workshops

1. Technology and the Brain (This session will only be held in the morning)

Location: Room 101 D-E

Richard G. Petty, M.D., Psychiatrist, Neurologist, and Internal Medicine Specialist, Ga.

Some media coverage about the negative impact of technology is alarmist, but some is rooted in truth. Researchers have documented new fixations and anxieties, such as “nomophobia,” a rise in stress due to cyberbullying, and recent reports on cognitive and social-emotional changes. Rather than develop a reactionary technophobia, we try to clearly delineate the problems and develop strategies to help parents, teachers, and young people cope with new challenges.

2. Surviving and Thriving in the Middle School Years (This session will only be held in the morning)

Location: Room 102 A-B

Joyce Ratner, Licensed Independent Clinical Social Worker (LICSW) in private practice, Minn.

Middle school years present many challenges for families. Young adolescents are undergoing rapid changes in their physical, cognitive, and moral growth during this time of development. They deal with pressures from peers, parents, and society; all the while, they are searching for identity, purpose, security, and acceptance. This workshop will describe these changes and provide practical, easy to implement solutions to these challenges as well as tools to keep the connection with your child during these years.

WORKSHOPS CONTINUE ON THE NEXT PAGE

Sponsored by:



Special thanks to
Barry Garfinkel
for his important role
in the symposium

Thank you for attending!

Debbie Andrews
PACER Symposium Coordinator

Paula Goldberg
PACER Executive Director

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3. Working Effectively with Culturally and Linguistically Diverse Families

(This session will only be held in the morning)

Location: Room 101 F-G

Hassan Samantar, Bonnie Jean Smith, Jesús Villaseñor, Dao Xiong, Multicultural Advocates, PACER Center, Minn.

Facilitated by Sharman Davis Barrett, Project Director of the Minnesota Statewide Family Engagement Center, PACER Center, Minn.

As more culturally and linguistically diverse and low-income families live in Minnesota and the country, the need for professionals to work in a multicultural environment is increasingly important. Professionals participating in this workshop will receive practical tips from PACER's multicultural advocates on how to effectively communicate with and engage Somali, Hmong, Latino, and African American families in school settings.

4. What Every Parent Wants to Ask a Pediatrician When Starting Treatment for ADHD

Location: Room 101 I

Robert Karasov, M.D., Park Nicollet Clinics, Minn.

In this session, we will discuss questions that are often asked by parents as they seek treatment such as: 1) What are the pros and cons of treating ADHD? 2) How do we decide which medications to use? 3) What is new in ADHD treatment? and 4) Will my child outgrow ADHD?

5. I Don't Remember Signing Up for This! Coping Strategies When the Challenges Seem Overwhelming

Location: Room 102 E-F

Naomi Oxman, MSW, Licensed Independent Clinical Social Worker (LICSW), Licensed Alcohol and Drug Counselor (LADC), private practice at Center for Developmental Psychopharmacology, Minn.

Do you ever worry or wonder if you have the "right stuff" to parent or teach effectively? How often do you feel alone, judged by others, or terrified that your child will never grow up and move out? Have you ever wanted to give yourself a long time out? Join us as we explore the many challenges of parenting or teaching a child struggling with mental health issues. Learn to distinguish what is normal and acceptable behavior from what constitutes as red flags. Find out how you can develop better coping strategies and realistic expectations for yourself and your child(ren) during this most challenging journey.

6. Getting it Right: Mental Health and Special Education

Location: Room 101 H

Renelle Nelson, Coordinator of the Mental Health and Emotional or Behavioral Disorders Project, PACER Center, Minn.

Maleenia Mohabir, Parent Advocate and Children's Mental Health Specialist, PACER Center, Minn.

This session will provide information on the challenges students with mental health needs have in the school setting, identify specific behaviors that may create barriers to educational progress, and offer tips and strategies on how schools can provide instruction and support.

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7. Overview of Language-based Learning Disorders and Their Relationship with Executive Function

Location: Room 101 B-C

Ethan Schwehr, Ph.D., L.P., Nationally Certified School Psychologist (NCSP), Licensed Psychologist and Clinical Lead at Groves Academy, Minn.

Ellen Engstrom, M.A., Director of Curriculum at Groves Academy, Minn.

This presentation will provide a broad overview of learning disorders, executive function, and the connection between them. It will provide current information on learning disorders in reading, math, and writing including dyslexia, dyscalculia, and dysgraphia as well as the interactions between learning disorders and issues in executive function. Intervention approaches and strategies will be covered as well.

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

11:55 – 12:15 PM My Journey, My Dreams | Location: Ballroom A-B

PACER's Youth Advisory Board on Mental Health

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

When the World Feels Scary: Why Parents and Teachers Matter Now More Than Ever

Abigail Gewirtz, Ph.D., L.P., Lindahl Leadership Professor in the Department of Family Social Science and the Institute of Child Development, and Director of the Institute for Translational Research in Children's Mental Health at the University of Minnesota

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)

1. When the World Feels Scary: Helping Children Stay Calm in an Anxious World (This session will only be held in the afternoon)

Location: Room 101 D-E

Abigail Gewirtz, Ph.D., L.P.

How can parents and teachers help children stay calm in an anxious world? This session will review what children understand when bad things happen and how parents and teachers can help children at different ages to deal with worry and anxiety.

2. Trauma and Resilience in Young Children (This session will only be held in the afternoon)

Location: Room 101 F-G

Rosemarie Allen, Ed.D.

This workshop will present strategies for meeting the needs of children who have experienced trauma. Resilience factors will be presented, as well as stages of development and behavior for those impacted by trauma. The importance of attachment and positive relationships will also be discussed.

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3. A Pain Too Deep for Tears: Understanding Non-suicidal Self-injury (This session will only be held in the afternoon)

Location: Room 102 A-B

Joyce Ratner, LICSW

Self-injury refers to deliberate, self-inflicted tissue damage such as cutting or burning. Self-injury has reached alarming proportions among our youth; studies show that 14-24% of adolescents and young adults have engaged in this behavior at least once, with a quarter of these reporting recurrent, chronic self-injury. This presentation will assist participants in understanding the experience and motivations of adolescents who intentionally injure themselves. In addition, practical strategies for working with youth struggling with this complex issue will be presented. Participants of this training will increase their insight regarding self-injuring behavior in youth and be provided with a framework for effective intervention.

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6. Getting it Right: Mental Health and Special Education

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2:45 – 3:00

Break, move to Ballroom A-B

3:00 – 4:00

Closing keynote presentation | Location: Ballroom A-B

Learning and Behavior

Richard G. Petty, M.D., Psychiatrist, Neurologist, and Internal Medicine Specialist, Ga.

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