

“We may all have different stories, but for 2 days, we’ll all stand on common ground.”

“Thriving in Our Community”

Monroe County Children’s Mental Health Awareness Day Conference
Friday, May 1st & Saturday, May 2nd, 2009

Holiday Inn Rochester Airport 911 Brooks Ave. Rochester, NY

***** **REGISTRATION DEADLINE IS APRIL 22ND** *****

Registration Form

HOW TO REGISTER—USE ONE FORM PER PERSON:

Checks and Money Orders (NO credit cards) should be made out to:
Coordinated Care Services, Inc.

Mail BOTH forms along with payment to: Marilyn Molyneaux, Monroe County ACCESS,
1099 Jay St., Bldg. J, Ste. 201, Rochester, NY 14611

Name: _____

Payment Enclosed \$ _____

Title: _____

College Student/Trainee*

Organization: _____

Code: _____ (NON, PRES, SPON, STAFF)

Address: _____

Yes, I’m confirmed for Financial Support**

City/State/Zip: _____

Yes, I want respite services

Phone: _____ Email: _____

Friday/Ages: _____

Saturday/Ages: _____

Special Needs: _____

Yes, I need transportation

CHECK ONLY ONE BOX IN THIS SECTION:

EARLY BIRD on or BEFORE March 31st

(Clinicians/Professionals ONLY)

Clinical/Professional: Friday @ \$50 Saturday @ \$30 Both @ \$70

GENEROUS FINANCIAL SUPPORT OFFERED FOR FAMILIES & YOUTH

(You must call in advance to receive financial support.)

First come, first served basis. Family Members and Youth only.

**Contact Annette Powell @ 585-753-2699 or apowell@monroecounty.gov

AFTER March 31st

Clinical/Professional: Friday @ \$60 Saturday @ \$40 Both @ \$90

Family Member : Friday @ \$25 Saturday @ \$25 Both @ \$40

(Check here if you are registering as a staff person at a Display Table.)

Youth: Friday @ \$5 Saturday @ \$5 Both @ \$7

NEXT STEP: SELECT YOUR WORKSHOP SESSIONS ON PAGE 2

Monroe County Children's Mental Health Awareness Day 2009 Conference

"Thriving in Our Community"
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Registration Form—Page 2

INSTRUCTIONS: Please fill out your contact information and select your 1st & 2nd choice for each workshop session—REMEMBER to send this page in with your form.

Name: _____

Phone: _____ **Email:** _____

WORKSHOP SESSIONS—SIGN UP & SEND IN with PAYMENT

Friday, May 1st

Mark your 1st and 2nd choice for each session:

Breakout Session #1:

- F1A F1B F1C
 F1D F1E F1F

Breakout Session #2:

- F2A F2B F2C
 F2D F2E F2F

Breakout Session #3:

- F3A F3B F3C
 F3D F3E

ALL Youth Breakout Sessions:
(Youth may also register for other sessions:)

- FY

Saturday, May 2nd

Mark your 1st and 2nd choice for each session:

Breakout Session #1:

- S1A S1B S1C
 S1D S1E

Breakout Session #2:

- S2A S2B S2C
 S2D S2E

ALL Youth Breakout Sessions:
(Youth may also register for other sessions:)

- SY

Note for Youth: Youth 12 yrs. & older need to register for the conference and must be accompanied by a registered adult. ALL breakout sessions are open to youth.

ADDITIONAL INFORMATION

*College Students & Trainees with a valid I.D. (a copy must accompany the registration forms) may receive the Family Member rate—select a box next to the Family Member fee.

??? QUESTIONS ???

Contact Annette Powell at 585-753-2699 OR apowell@monroecounty.gov

Funding for this conference was made possible (in part) by Grant No. SM57043 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Maggie Brooks
County Executive



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have different stories,
but for 2 days, we’ll all
stand on common
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“Thriving in Our Community”

**Monroe County Children’s Mental Health Awareness Day Conference
Friday, May 1st & Saturday, May 2nd, 2009**

This conference is presented by
the Office of Mental Health, Monroe County ACCESS in collaboration with:
Better Days Ahead, a service of the Mental Health Association, Coordinated Care Services Inc.,
Hillside Family of Agencies, the Mental Health Promotion Task Force of Monroe County and Rochester
Office of Children and Family Services, Rochester City School District/Safe Schools Healthy Students,
Rochester General Health System’s Behavioral Health Network, Spreading Wellness Around Town youth
council, St. Joseph’s Villa, University of Rochester’s Office of Mental Health Promotion and Dept. of
Psychiatric Mental Health Nursing, and University of Rochester Strong Behavioral Health Child and
Adolescent Outpatient Services.

******* REGISTRATION DEADLINE IS APRIL 22ND *******

**AGENDA
Friday, May 1, 200**

- 8:00 Registration & Continental Breakfast
- 8:30 Welcome & Master of Ceremonies— Sean Carroll, 13WHAM-TV,
- 8:50 Michael Hogan, PhD, Commissioner, NYS Office of Mental Health
- 9:35 Gary Blau, PhD, Chief of the Child, Adolescent and Family Branch of the Center for Mental Health Services, SAMHSA
- 10:10 Break
- 10:25 Sandra Spencer, Executive Director of the National Federation of Families for Children’s Mental Health
- 11:10 Panel: Promoting Social & Mental Health in Our Neighborhoods: Working Together to Make a Difference
- 12:15 Lunch & Drum Echoes w/Matt Giordano
- 1:15 Breakout Sessions #1
- 2:30 Breakout Sessions #2/Youth Session w/Victor Saunders
- 3:45 Break
- 4:00 Breakout Sessions #3/Youth Session w/Matt Giordano
- 5:15 Conference Ends

**AGENDA
Saturday, May 2, 2009**

- 8:00 Registration & Continental Breakfast
- 8:45 Welcome & Master of Ceremonies
- 9:00 Jonathan Mooney, Consultant & Author—“We’re Not Broken: Empowering Labeled Students”
- 10:00 Break
- 10:10 David Forbes, PhD, Author—“Growing Up Mindfully in the Age of Obama”
- 11:10 Panel: Violence From a Youth Perspective
- 12:10 Lunch
- 1:15 Breakout Sessions #1/Youth Session— Youth-led Workshop
- 2:20 Breakout Sessions #2/Youth Session w/Matt Giordano
- 3:25 Break
- 3:45 Youth Celebration/Wrap-up/Door Prize
- 4:15 Conference Ends

*Saturday ONLY
Door Prize—Free Raffle Ticket at
Conference Check-in*



**Maggie Brooks
County Executive**



Monroe County Children's Mental Health Awareness Day 2009 Conference

"Thriving in Our Community"

Friday, May 1st & Saturday, May 2nd, 2009

FRIDAY, MAY 1, 2009

KEYNOTES, GENERAL SESSION & BREAKOUT DESCRIPTIONS

Keynote Speakers:

Michael Hogan, PhD, Commissioner, NYS Office of Mental Health – "Strategies for Transforming Children's Mental Health in New York State." Commissioner Hogan will address strategies for transforming children's mental health from the state perspective, bringing extensive experience as past state mental health commissioner in Ohio, his role as Chair of the 2000 President's New Freedom Commission, and his current position as Mental Health Commissioner for NYS. He will outline the values, themes, and strategies put forth in the 2008 NYS Children's Plan, which is focused upon improving the social and emotional well being of New York's children and their families. He will also identify specific priorities to improve outcomes as developed by NYS OMH, and outline his vision for the future of children's mental health in New York State.

Gary Blau, PhD, Chief of the Child, Adolescent and Family Branch of the Center for Mental Health Services, SAMHSA – "A Call to Action: Strategies for Transforming Children's Mental Health." Dr. Blau will address strategies for transforming children's mental health from the federal perspective, bringing in the extensive evidence derived by SAMHSA from over 15 years experience with the system of care communities across the US and its territories. He will convey a 'call to action' by professionals, families and youth, to participate in local system transformation. He will outline the values, concepts, and processes that will lead to better outcomes for children and their families, and outline his vision for the future of children's mental health in the United States.

Sandra A. Spencer, Executive Director of the National Federation of Families for Children's Mental Health – "Building A Family Driven System of Care"
As a well-respected and nationally renowned family advocate for more than a decade, Sandra has navigated a highly visible career path through local family organizing, state level systems of care development, advocacy, national meeting planning for both the Federation of Families for Children's Mental Health and the Technical Assistance Partnership, and providing training and technical assistance to family-run organizations. Sandra has been homeless and on welfare. She has spent sleepless nights protecting her son from the symptoms of his emotional disorder. This presentation will describe the importance of family involvement within systems. Attendees will review the working definition of family-driven care and reflect on where they are on the continuum of moving toward a family-driven system of care.

General Session:

Panel - "Promoting Social and Mental Health in our Neighborhoods: Working Together to Make a Difference"

Many believe that children and families develop social, emotional and mental health when they live within neighborhoods that offer opportunities for a sense of order, enriched social interaction, educational achievement and support by exemplary adult residents. Our panel will give their thoughts about issues that impact neighborhood violence and offer suggestions for working together to truly make a difference in the health of our community.

??? QUESTIONS ???

Contact Annette Powell at 585-753-2699 OR apowell@monroecounty.gov

FRIDAY, MAY 1, 2009
KEYNOTES, GENERAL SESSION & BREAKOUT DESCRIPTIONS

Breakout Session #1:

F1A — “Integration of Dialectical Behavior Therapy in the Treatment of Adolescents” — Eve Gotham, LCSW, Rochester Psychiatric Center Children’s Services. This is a workshop designed to provide an overview of dialectical behavior therapy (DBT) skills with adolescents. Participants will understand basic DBT principles and skills and how those have been adapted for use with adolescents. Participants would also be provided with local resources related to dialectical behavior therapy.

F1B — “Stress Reduction for Mind & Body: How Yoga Can Help You, Your Student or Your Client” —Molly Huff, Owner, Molly’s Yoga Corner. In this session participants will learn basic yoga poses that will allow the body to relax and release any unnecessary tension and or feelings. Active participation is part of this workshop. I’m seeing more students come to me with a variety of issues, yoga can be a positive and natural way to release both body and mind. All ages are encouraged to participate; flexibility is not required to practice yoga.

F1C — “Kid In a Book”, a Family Story Organizing Tool — Better Days Ahead: Family Mentors—Kelly Moses & Deborah L. Myricks. Participants will leave the conference with a “Kid in a Book” binder which is a unique organizational tool used to store all your child’s important documents and papers. For Clinicians this is a tool that will enhance your patient’s participation on their path to mental wellness.

F1D — “Getting a Head Start on Child Mental Health” - Barbara J. Higgins, MEd, LMHC, NCC, Mental Health Coord. For Head Start Programs; Linda Alpert-Gillis, PhD, Dir. of Child & Adolescent Mental Health Program and Dir. Strong Behavioral Health Child & Adolscent Out-patient Svcs.; Romina Stich, Case Mgr.; and a Parent. ABC’s Head Start/Early Head Start are comprehensive, family-focused programs for low-income children 0-5 years old. Head Start has placed greater emphasis on the mental health aspects of the program – these being universal, developmental, and preventive in nature. By bringing services to families, rather than sending families to outside agencies, Head Start seeks to increase follow-through of behavioral health recommendations and referrals.

F1E — “Child & Family Team Process (CFT) in Monroe County” — Todd Liddell, Children Services Specialist, Trainer for CFT, Office of Mental Health; Kim McConnell, Trainer for the Child & Family Services Dept., Monroe County DHS; and Shannon Zielinski, Parent. This presentation will share the history of the Child & Family Team (CFT) in Monroe County and the value it brings to the population-of-focus that it was designed for. It will highlight the values and principles that the CFT model is based on and will provide an overview of how the model looks in practice. Presenters will share information about how the CFT process is currently used in Monroe County.

F1F — “Understanding Trauma and Attachment Disruption With our Patients” - Catherine Newton, LCSWR, Private Practice; Catina Richardsen, MS CAS Counseling, Certified Child Centered Play Therapist. Attendees will be provided with updated information on how disrupted attachment and trauma can affect the developing brain of the child and how this will likely manifest in their behaviors at home and school. They will be presented with information on common symptoms and developmental stages that can be disrupted as a result of trauma and attachment disruption. Attendees will also be presented with updated information on EMDR and other forms of trauma treatment as appropriate with these types of difficult cases.

FRIDAY, MAY 1, 2009
KEYNOTES, GENERAL SESSION & BREAKOUT DESCRIPTIONS

Breakout Session #2:

F2A — “Helping Young Men Thrive Through Mindful Practices” - David Forbes, PhD, Associate Professor & Author. Challenges/barriers that young men in particular face in personal, behavioral, cultural, and social structural terms will be discussed. What levels of development exist and are needed for young men to succeed conventionally and where possible to thrive at higher levels will be considered. Participants will brainstorm and learn some mindful interventions within these realms, with emphasis on how to teach and practice mindfulness within everyday situations that may help the development of male youth.

F2B — “Crisis Service at Your Front Door? An Alternative to Mental Health Arrests.” - Jacqueline West, MSW, LCSW, Sr. Health Project Coord. This presentation will cover an introduction and overview of the Rochester Community Mobile Crisis Team (RCMCT). The RCMCT is a specially trained team of mental health professionals who respond to mental health crises in the Monroe County area. They provide crisis intervention and rapid linkage to mental health services for youth and their families. RCMCT responds to where the crisis is occurring and will meet with youth and their families at school, home or in the community.

F2C — “The Healthy Weight Program” - Ibero-American Action League Inc.: Maribel Torres, Coordinator/Health Promoter, Promotores (de) Salud Program & Elisa DeJesus, MS, Marriage & Family Therapy, VP Family Services Div.; and a Parent & Youth. This presentation will provide information about the impact of obesity on children’s self esteem. This presentation will also showcase a Healthy Weight Program that has been used as an intervention in dealing with children obesity to reduce barriers to healthy weight for families and their children. A parent and their child will be sharing their experience as participants of the Healthy Weight Program.

F2D — “Primary Project: Local Grown-National Program” — Lynn Smith, LMSW, Primary Project NYS Leadership Team. Primary Project is a school-based early intervention program for young children (preschool through grade 3) who show evidence of early school adjustment difficulties. Primary Project is an indicated prevention program for children deemed “at-risk.” It seeks to maximize children’s healthy school adjustment and is targeted primarily for children who are just beginning to experience mild to moderate school adjustment problems, not for children who are identified as high risk or may already have a diagnosis.

F2E — “The Victims Intervention Coalition: Rochester Youth Violence Partnership” — Victor T. Saunders, Director of Pathways to Peace & Supervisor of Youth Intervention Specialist of City of Rochester. (Youth-oriented Session but open to all attendees.) When dealing with issues of trauma brought on by the violence presently plaguing the community, the appropriate temperament can aid EMT’s and hospital staff person’s ability to best serve a grieving community. The Pathways program helps Emergency room staff understand how to deal with distraught family members, and allow both patient and staff to communicate more effectively. Since this program started over a year and a half ago it has gained national attention.

F2F — “A Paradigm Shift: A Collaborative, Trauma-informed Approach to Residential Treatment for Youth Who Have Engaged in Sexual Harm”— Howard Adler, LCSW, Clinical Dir. Snell Farm Children’s Center ; James P Phelan LCSWR, Hillside Children’s Center, Varick Campus; and a Parent & Youth. This workshop will present a holistic model developed at Hillside Family of Agencies for youth in residential care who have caused sexual harm. The model is based on evidence based practices and draws from resiliency, violence prevention, social learning, and narrative theory. If willing and able the parent interview will be live. Using a trauma-informed and multi-sensory approach, we will detail both the content of our program and the process challenges involved in making the shift.

FRIDAY, MAY 1, 2009
KEYNOTES, GENERAL SESSION & BREAKOUT DESCRIPTIONS

Breakout Session #3:

F3A — “Family Movie Night Prescription”: David Garrison, MD, Asst. Professor of Psychiatry & Author. Recognizing the need to facilitate better communication for all parents and teens, the Family Movie Night Prescription is a hands-on and practical tool that all families can put to use immediately to learn and practice better communication. This presentation will provide an overview of two formats, one a facilitated format that can be used by clinicians as a family therapy aid, and the other a family self-help format that can be used by any family to facilitate better communication on their own.

F3B — “Making Schools and Community Partnerships Work”: Judy Zeeman-Golden MST, MSW, Lead Agency Coord.; Barbara L. Neary, MEd, School Counselor; Thomas J. Dyer, MEd, CAS, School Counselor; Carol L. Graham, LMSW; Susan Gaskill; and Callie Andler, MEd, School & Community Counseling and Paul Kuhl. Charlotte High School’s supportive services mission is to support students who have barriers to academic, social and behavioral success. Students may self refer or may be referred by a teacher, parent, guidance counselor or member of the administrative staff. Services include individual counseling and referral, group counseling in topics such as conflict resolution, bereavement, and in-school suspension.

F3C — “Cross systems solutions: a partnership approach to a serious problem”: Clyde Comstock, COO, Hillside Family of Agencies & David Autovino, Integration Leader, Hillside Children’s Center; and a Parent & Youth. This presentation will describe the partnership created across all of the child serving systems in the nine county region. We will present the model for solving the cross-systems challenges faced by our youth and families, and the preliminary results of the model implementation. This model includes cross-system consultation.

F3D— “Social & Emotional Learning and the PATHS® Program” — Children’s Institute: Educational Consultants — Gary Lazenby, MEd, CAS, Nat’l PATHS® Trainer & Ellen Leopold, MEd, PATHS® Presenter. The PATHS® (Promoting Alternative Thinking Strategies) elementary curriculum is designed to positively impact children’s motivation, ethical development, and academic achievement through social and emotional learning. This curriculum facilitates the development of self-control, positive self esteem, emotional awareness and interpersonal problem-solving techniques – all skills that work to reduce classroom disruptions caused by bullying and other hostile behavior.

F3E — “Implementing Trauma-focused Cognitive Behavioral Therapy (CBT) in Foster Care & Residential Treatment Settings”: Heather M. Wester, LCSWR, Western Region Svc. Leader, Hillside Children’s Center; Craig W. Cypher, PsyD, Psychologist & Clinical Supervisor, Residential Treatment Programs at Crestwood Children’s Center. This workshop will highlight the implementation of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in foster care and residential treatment settings at Hillside Family of Agencies. Case examples and youth outcomes will be discussed. Our format will include a youth and family perspective on the TF-CBT.

Youth Breakout Session:

FY — Youth Sessions: (2:30) The Victims Intervention Coalition & (4:00) Drum Training w/Matt Giordano. SWAT (Spreading Wellness Around Town) youth council members and Jerard Johnson, SWAT Youth Coordinator, have designed breakout sessions oriented especially to the interests of youth conference attendees.

Monroe County Children's Mental Health Awareness Day 2009 Conference

"Thriving in Our Community"

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SATURDAY, MAY 2, 2009

KEYNOTES, GENERAL SESSION & BREAKOUT DESCRIPTIONS

Keynote Speakers:

Jonathan Mooney, Consultant & Author – "We're Not Broken: Empowering Labeled Students"

"We're Not Broken" is a powerful presentation that supports parents in celebrating the strengths, gifts and talents of their exceptional child. Research shows that self-esteem is essential to students' success. However our culture, schools, and medical community conceptualize people with disabilities as inherently broken and medically defective. To empower students with disabilities, parents can understand disability as a social construct, not a medical condition. In this presentation, Jonathan tells parents what's right about their children and instills ideas to change social perceptions. He coaches parents to help teachers and school administrators realize their labeled students' assets. He also explains how asset-based approaches fit into IEP settings, school-to-work transitions, and in building partnerships with schools and other institutions.

David Forbes, PhD, Associate Professor & Author – "Growing up Mindfully in the Age of Obama"

Dr. Forbes will discuss some of the stressful challenges facing youth and many adults today. He will describe some personal qualities (also known in terms of levels of ego development) that are increasingly necessary for people to develop in order to meet them. These qualities can be cultivated in youth and adults through various practices such as social emotional learning (SEL) and in particular mindfulness and other contemplative practices. The rationale for these will be explained and discussed. And some specific examples will be presented in terms of practical applications for youth, parents, and educators.

General Session:

Panel - "Violence from a Youth Perspective": SWAT (Spreading Wellness Around Town) Youth Council: Jose Rivera, Bianca Logan, & Desiree Britt; District Attorney Michael Green; Chief of Police David T. Moore; Pastor Roger Breedlove. Panelists will relate their stories and experiences on how violence affects our youth, their families and our community and they will discuss interventions and ideas that "work" in helping our youth and families through the recovery process and provide clinicians/professionals a trauma-informed perspective.

Funding for this conference was made possible (in part) by Grant No. SM57043 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Maggie Brooks
County Executive



SATURDAY, MAY 2, 2009
KEYNOTES, GENERAL SESSION & BREAKOUT DESCRIPTIONS

Breakout Session #1:

S1A— “Your Child & the SSI/Medicaid System” - Teena Fitzroy, Family Information Specialist, Midwestern Transition Coordination Site, Monroe #1 BOCES. This workshop will be an overview of how and when to apply for Social Security Income and Medicaid. Attendees will learn to identify who is eligible to apply for each service, when to apply for SSI and Medicaid if the student is eligible, and discussion will focus on students and how these services fit into their individual transition plan.

S1B — “The Communication & Social Skills (CaSS) Program for Students with Asperger’s Syndrome: 8 Years of Experience & Success” - John Erhart, MD, Monroe 2- Orleans BOCES-2 Consulting Child Psychiatrist, PDD/Autism Programs; Sharon Ashrafioun, MS Spec. Ed., Behavior Specialist; Andrea Battisti, MEd, Spec. Ed. Autism Specialist ; Jay Nittoli, LCSWR, Behavior Specialist; and a Parent. The CaSS program was developed to meet the needs of students who have struggled in the academic and/or social aspects of school due to Asperger’s Syndrome or similar Pervasive Developmental Disabilities. The presentation will focus on all aspects of the Monroe 2-Orleans (BOCES-2) CaSS program, in addition to providing background information in the area of autism. In general, the CaSS program focuses on the importance of having a multi-disciplinary team, individualized and small group learning environments, opportunities for mainstreaming in areas of ability and high interest, focused social skill groups, a strong family component with ongoing family meetings, and time spent on independent living skills/hygiene/preparation for employment.

S1C — “Mindfulness: A Dialectical & Behavior Therapy (DBT) Module Overview” — Theresa Hart, Dir. New Programming, Mental Health Association/Better Days Ahead
This presentation will be an overview of DBT Mindfulness Skills developed by Marcia Linehan. There will be an overview of Mindfulness followed by practice exercises. The attendees will leave with written information on Mindfulness as well as written practice ideas.

S1D — “An Integrated Approach to Parenting Education Group: Better Connections in the Treatment of Eating Disorders in Adolescents” - Helena Boersma, MS, LMHC, NCC, Coord. Eating Disorders Program, St. Joseph’s Villa
Relational-Cultural Theory asserts that eating disorders are diseases of disconnection that silence and isolate parents and their adolescent children. This workshop presents an integrated model for parenting education group informed by family-systems, Relational-Cultural, and Stages of Change theories, where parents learn to identify the disconnections they experience in relationship with their children due to the eating disorder. The workshop includes didactic instruction, clinical vignettes and large group discussion.

S1E — “Crisis Service at Your Front Door? An Alternative to Mental Health Arrests.” - Jacqueline West, MSW, LCSW, Sr. Health Project Coord. This presentation will cover an introduction and overview of the Rochester Community Mobile Crisis Team (RCMCT). The RCMCT is a specially trained team of mental health professionals who respond to mental health crises in the Monroe County area. They provide crisis intervention and rapid linkage to mental health services for youth and their families. RCMCT responds to where the crisis is occurring and will meet with youth and their families at school, home or in the community.

SATURDAY, MAY 2, 2009
KEYNOTES, GENERAL SESSION & BREAKOUT DESCRIPTIONS

Breakout Session #2:

S2A — “Family Movie Night Prescription” - David Garrison, MD, Asst. Professor of Psychiatry & Author. Recognizing the need to facilitate better communication for all parents and teens, the Family Movie Night Prescription is a hands-on and practical tool that all families can put to use immediately to learn and practice better communication. This presentation will provide an overview of two formats, one a facilitated format that can be used by clinicians as a family therapy aid, and the other a family self-help format that can be used by any family to facilitate better communication on their own.

S2B — “Family Perspectives on Pediatric Bipolar Disorder” — True Child Within: David Barker, Founder & Co-facilitator of True Child Within; Parent Panelists: Wendy Irvine, Louis Whalen, Heather Stehler; Youth Panelists: Nicole Ribis, Owen Whalen, Erica Stehler. This workshop is a panel discussion that presents family’s perspectives on pediatric bipolar disorder. A parent and a teen each from three families will make up the six panelists. All panelists are members of www.TrueChildWithin.org support groups. Each member has been selected to recount their experience with mental health interventions, including medical, educational, and therapeutic treatments. They will discuss the personal challenges they face, what supports and interventions have been helpful, and the successes they have achieved. Issues will be explored from the perspective of both the teen and the parent.

S2C — “Transition 101: Ensuring a Transition Plan is Part of Your Child’s IEP” — Jean Ricigliano. This workshop will explain what transition planning is and what it entails. It will look at the benefits of the transitioning process. It will explain the differences and similarities between many of the commonly used terms and acronyms in the educational system and by community service providers.

S2D— “Kid In a Book”, a Family Story Organizing Tool — Better Days Ahead: Family Mentors—Kelly Moses & Deborah L. Myricks. Participants will leave the conference with a “Kid in a Book” binder which is a unique organizational tool used to store all your child’s important documents and papers. For Clinicians this is a tool that will enhance your patient’s participation on their path to mental wellness.

S2E — “An Uncommon Path to Joy & Inner Peace: Change Your Perception & Change Your Life” - Julia Norris, Family Relationship/Parenting Coach. Our painful experiences can hold the key to our freedom if we are willing to change how we view our negative experiences. In this presentation, Julia Norris shares a personal story of how she used the most traumatic events in her family to find joy and inner peace and how a shift in perception completely transformed her life. In this powerful presentation, Julia offers tools to use during challenging times so others can find the hidden treasures in their struggles, too. Her story is an inspiration to all who hear it.

Youth Breakout Session:

SY — Youth Sessions: (1:15) Youth-led Workshop—Youth Erasing Stigma; (2:20) Stress Reduction for Mind and Body: How Yoga Can Help You w/Molly Huff; (3:15) Drum Training w/Matt Giordano. SWAT (Spreading Wellness Around Town) youth council members and Jerard Johnson, SWAT Youth Coordinator, have designed breakout sessions oriented especially to the interests of youth conference attendees.

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ADDITIONAL CONFERENCE INFORMATION

Exhibitors & Display Tables:

There will be an array of community agencies, organizations, exhibitors, and posters, including book sales, at the conference for you to visit at your leisure and during mealtimes and breaks. Each table will be staffed by a representative from the organization and will be able to answer any questions you may have. There will also be a Community Resource Table that will have information and materials about community-wide services, programs and supports.

Respite Services:

Respite services will be provided by Better Days Ahead, a service of the Mental Health Association. There will be a room for ages 2 yrs. — 5 yrs. and another room for ages 6 yrs.— 11 yrs. Children younger than 2 years old cannot be accommodated. Youth 12 years and older should register as a conference attendee. Limited space is available and is on a first-come first-served basis at time of registration—PLEASE REMEMBER TO SIGN UP ON THE REGISTRATION FORM to reserve your space for respite at the conference. Planned activities will be provided throughout the day and snacks and lunch each day are included.

Hotel Rooms:

The conference has arranged for a group rate on a limited number of rooms at the Holiday Inn Rochester Airport hotel at a discounted rate of \$119.00/night for a Standard Room. YOU MUST BOOK BY APRIL 9TH to receive the discount. Check in is 3:00pm on Thursday, April 30, 2009 and check out is 12:00pm on Saturday, May 2, 2009. When booking your room use code **CMH**.

Directions to Holiday Inn Rochester Airport:



From the New York State Thruway (West):

Exit the New York State Thruway, Interstate 90 (West) coming from the west at Exit 47. At Exit 47 take Interstate 490 East towards Rochester. Exit at Interstate 390 South to exit 18A -Brooks Avenue East. Take first right into Holiday Inn driveway. Approximate drive time 20 minutes.

From the New York State Thruway (East):

Exit the New York State Thruway, Interstate 90 (East) coming from the east at Exit 46. At Exit 46 take Interstate 390 North to Exit 18A - Brooks

Avenue East take immediate right into driveway. Approximate drive time -10 minutes

From the Greater Rochester International Airport:

Exit Airport complex, turn right at the traffic light. Remain in the right hand lane and turn right into the driveway of the Holiday Inn Rochester Airport. Approximately ¼ mile from the Airport Exit.

From Downtown Rochester:

Take Interstate 490 West to Interstate 390 South. Exit 390 South at exit 18A (Brooks Avenue East) Remain in right hand lane and turn right into the Holiday Inn Rochester Airport. Approximately 10 minutes from downtown.

Parking:

Free parking at the hotel.