

Outline

Students with Mental Health Issues

- Characteristics of at-risk students' mental health problems
- Mental health issues vs. intentionally disruptive behaviors
- How skill deficits from mental health issues create behavioral difficulties

Strategies for ODD and Conduct Disorder Behaviors

- Choices everyone can live with
- What adults should never say, but usually do
- Arguments with defiant kids
- Getting to the core issues of ODD
- Kids who don't feel bad
- School-wide management program

Strategies for ADHD

- Decrease impulsive behaviors with what YOU do
- Drawing out the behaviors you want
- Decrease disruption to other students
- Know the accompanying behaviors
- Techniques to self-regulate

Strategies for ASD

- It's all about social skills growth
- Sensory solutions
- Self-regulation techniques for ASD
- Most misinterpreted behaviors
- Manage high interest areas
- Move them past "kid cop" behaviors

Strategies for Anxiety

- What to do about separation anxiety
- Help their panic attack pass quickly
- School phobia...not always a fear of school
- Compromises that work
- Deep breathing and relaxation techniques

Strategies for Depression

- School-wide program to promote compassions and a supportive culture
- Getting them past their sense of helplessness
- When they think they have nothing to live for
- Goal oriented plans for schoolwork and school day

Strategies for Other Challenging Behaviors

- Cutting and self-injury: What you really need to know to effectively intervene
- Electronic addiction: Which kids are most susceptible and why
- Psychotropic medication side-effects vs. behavioral issues
- Electronic bullying: What adults tell kids that fuels the problem

Disciplining the Special Needs Child/Adolescent

- How IDEA relates to discipline
- Rules for disciplining special education students
- Techniques for positive behavior support
- "Pro-social" punishments

Strategies for the IEP Team

- Functional behavioral assessment simplified
- Facts and data to make tactical decisions
- Effective collaboration among educators and clinicians
- What most administrators do that burn out their staff
- What to do about non cooperative/reluctant parents

Seminar on CD or DVD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Live Seminar Schedule

- 7:30 am** Registration/Morning Coffee & Tea
8:00 am Program begins
11:50 am - 1:00 pm Lunch (*on your own*)
4:00 pm Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

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MENTAL HEALTH ISSUES

in the Classroom

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

WICHITA, KS
Monday, February 11, 2019

TOPEKA, KS
Tuesday, February 12, 2019

OVERLAND PARK, KS
Wednesday, February 13, 2019



MENTAL HEALTH ISSUES

in the Classroom

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

Featuring
R. Nicole Carr, Ph.D

- Strategies for challenging behaviors related to ODD, ADHD, ASD, mood disorders, anxiety and depression
- Reduce the costs of out-of-district placements
- 30 second teacher strategies
- Functional behavioral assessment simplified
- Don't mistake mental health issues for intentionally disruptive behaviors

WICHITA, KS
Monday, February 11, 2019

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Tuesday, February 12, 2019

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MENTAL HEALTH ISSUES IN THE CLASSROOM

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

Join child/adolescent behavioral expert, R. Nicolle Carr, Ph.D, and learn how to best manage the students at your school diagnosed with Oppositional Defiant Disorder (ODD), Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), mood disorders, anxiety and depression. You will walk away with concrete, yet practical, strategies to successfully intervene with their serious behavioral issues, such as:

- Anger and outbursts
 - Cutting and self-injury
 - Defiance
 - Impulsivity
 - Sensory issues
- Meltdowns and tantrums
 - Obsessive compulsive
 - Truancy
 - Rigidity
 - Electronic addiction

Through case studies, video clips and dynamic class discussion you will learn:

- 30 second teacher strategies to manage challenging and disruptive behaviors
- New ways to reduce the costs of out-of-district placements
- How to engage students in class, increase productivity and reduce truancy
- Behavioral assessments and strategies for the IEP team
- Side-effects of common psychotropic medications
- How skill deficits from mental health conditions create behavioral difficulties
- Characteristics of at-risk students’ mental health problems
- Strategies to gain collaboration with clinicians

Leave the day with the “magic dust” you have been looking for to expedite rapid and effective changes in these children and adolescents!

Speaker

R. Nicolle Carr, Ph.D., has served as the assistant clinical director at a residential program outside of Boston and as a consultant for school districts regarding classroom management and individual student needs. She also consults on in-home behavior programs and teaches online courses on psychology, development, neuroscience/cognition, learning, and motivation for a variety of colleges and universities across the United States. Dr. Carr earned her Ph.D. in behavioral neuroscience/psychology from the University of Texas, Austin in 2001 and is a Board Certified Behavior Analyst. Dr. Carr serves as the secretary of the Society for Behavioral Neuroscience and Comparative Psychology of the American Psychological Association and the Ethics Special Interest Group for the Association for Behavioral Analysis International.

Speaker Disclosures:
Financial: R. Nicolle Carr has an employment relationship with the Norman School District. She receives a speaking honorarium from PESI, Inc.
Non-financial: R. Nicolle Carr is a member of the American Psychological Association; and the Southwestern Psychological Association.

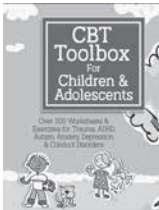


PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

Objectives

- Articulate how behavioral-driven choices differ from mental health-driven behaviors and characterize how these differences inform your choice of intervention.
 - Communicate the effective uses of medications and potential side effects that can appear as misbehaviors.
 - Implement various school-based strategies, used in collaboration with community clinicians, to intervene when behavioral issues arise from mental health conditions.
- Determine effective positive behavior support strategies to successfully discipline the special needs child.
 - Discriminate how IDEA relates to mental health issues and discipline.
 - Apply communication techniques that create a climate for success inside and outside the classroom.

***Include these products with your seminar registration and save!**



CBT Toolbox for Children and Adolescents

Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Elsenraat

The *CBT Toolbox for Children and Adolescents* gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.



Calm & Alert

Yoga and Mindfulness Practices to Teach Self-regulation and Social Skills to Children

By Helene McGlaufflin, MED, LCPC, KYT

Calm and Alert gives classroom teachers, special needs teachers, therapists, yoga teachers and parents an innovative, step-by-step approach to teaching self-regulation and social skills to children by utilizing their body, mind and breath.

Developed by an experienced counselor, educator, and yoga teacher, Helene McGlaufflin, *Calm & Alert* is filled with unique mindfulness exercises, yoga poses and lesson plans to help both typically developing and special needs children.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Ryan Bartholomew at rbartholomew@pesi.com or call 715-855-8225.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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MISSOURI COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Target Audience

Speech-Language Pathologists Speech-Language Pathology Assistants Teachers & Paraprofessionals School Counselors School Psychologists	School Administrators School Social Workers Marriage & Family Therapists Nurses Occupational Therapists Occupational Therapy Assistants	Addiction Professionals Probation Officers All professionals working in child care settings, therapy settings, treatment programs, hospitals, juvenile justice facilities, foster care, and more.
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How to Register

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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3 Check tuition:

Tuition with seminar manual

\$199.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
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- ☐ **\$34.99*** *CBT Toolbox for Children and Adolescents* book
- ☐ **\$26.99*** *Calm & Alert* book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

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Mental Health Issues in the Classroom: Practical Strategies for Helping Children and Adolescents Succeed

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- ___ Seminar on CD* (audio) \$169.99 (RNA063030)
- ___ ***CBT Toolbox for Children and Adolescents*** book* \$34.99 (PUB085120)
- ___ ***Calm & Alert*** book* \$26.99 (PUB085445)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

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