

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

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Worksheets



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MENTAL HEALTH  
ISSUES

*in the Classroom*

PRACTICAL STRATEGIES  
FOR HELPING CHILDREN AND  
ADOLESCENTS SUCCEED

CHARLOTTE, NC  
Monday, October 28, 2019

GREENSBORO, NC  
Tuesday, October 29, 2019

RALEIGH, NC  
Wednesday, October 30, 2019



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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

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A Non-Profit Organization Connecting  
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**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](http://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.

Questions? Call customer service at **800-844-8260**

# 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.

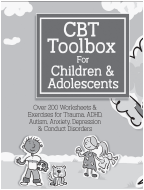


PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

## 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!**

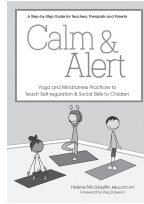


### CBT Toolbox for Children and Adolescents

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](mailto: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" on this brochure 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 [cepesi@pesi.com](mailto:cepesi@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 profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**North Carolina 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.

**South Carolina Counselors:** This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**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.

**South Carolina Marriage & Family Therapists:** This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.



### Target Audience

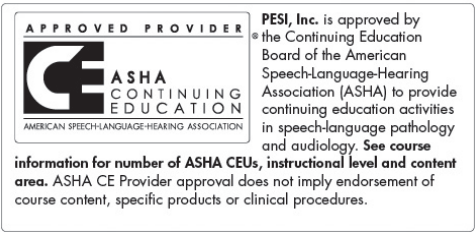
Speech-Language Pathologists  
School Social Workers  
Teachers & Paraprofessionals  
School Counselors  
School Psychologists

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.

**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.

**Psychologists/School Psychologists:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



**Speech-Language Pathologists:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**Speech-Language Pathologists only:** To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologist and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepesi@pesi.com](mailto:cepesi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepesi@pesi.com](mailto:cepesi@pesi.com) with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



## How to Register

MENTAL HEALTH ISSUES IN THE CLASSROOM: PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED  
QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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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

• **FREE Military Tuition:** 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. **Limited seats available; advance online registration required.**

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

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

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### 3 Check tuition:

**Tuition with seminar manual**

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- ☐ per person for 2 or more preregistering together —OR—
- ☐ single registration postmarked 3 weeks prior to seminar date

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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:

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