

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](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**

**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.

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MENTAL HEALTH ISSUES

in the Classroom

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

DAVENPORT, IA  
Tuesday, November 12, 2019

CEDAR RAPIDS, IA  
Wednesday, November 13, 2019

DES MOINES, IA  
Thursday, November 14, 2019



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MENTAL HEALTH ISSUES

in the Classroom

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

Join child and adolescent behavioral expert  
**Jill Timmons, Ph.D., NCSP**

- 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

DAVENPORT, IA  
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# MENTAL HEALTH ISSUES IN THE CLASSROOM

## PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

Join child/adolescent behavioral expert, Jill Timmons, Ph.D., NCSP, 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

**Jill Timmons, Ph.D., NCSP**, has spent over 17 years facilitating behavioral and academic interventions for students -- identifying strategies that work in the classroom, and helping teachers and school staff to put them into action.

Dr. Timmons continues to work in a school setting as a nationally certified school psychologist for Fairbury Public Schools in Nebraska, where she serves students from birth to 21 years of age. She was the special education supervisor for the 2nd largest school district in Nebraska.

An adjunct professor at Concordia University, she teaches courses in the special education program on assessment, early childhood education, transitions and behavior management.

Dr. Timmons earned her Education Specialist degree in school psychology from the University of Nebraska at Kearney and her Ph.D. in educational leadership from the University of Nebraska at Lincoln.

She is a past president of the Nebraska School Psychologists Association.

### Speaker Disclosures:

Financial: Jill Timmons is an adjunct professor at Concordia University. She has an employment relationship with the Fairbury Public Schools. Dr. Timmons receives a speaking honorarium from PESI, Inc.  
Non-financial: Jill Timmons is a member of the Nebraska School Psychologists Association; Kinds Connection; and Fairbury Community Foundation.

## 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.

**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.

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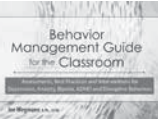


### CBT Toolbox for Children and Adolescents

Over 220 Worksheets & exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, MA, ED, EDS, MHS

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.



### Behavior Management Guide for the Classroom

Assessments, Best Practices and Interventions for Depression, Anxiety, Bipolar and Disruptive Behaviors

By Joseph F Wegmann, Pharm.D., LCSW

This is the resource all educators need for troubleshooting behavioral issues related to the most frequently diagnosed disorders in children and adolescents. Instant strategies and best practices for the classroom, or any setting. Color coded and ring bound for easy reference. Drug reference charts are also included.



### Attention Principals and Assistant Principals:

PESI, Inc. is proud to offer this seminar **free of charge** for Principals and Assistant Principals.  
E-mail Mary Czech at [mczech@pesi.com](mailto:mczech@pesi.com) for more information.

### 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 [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 professions 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.

**ILLINOIS ADDICTION COUNSELORS:** This course has been submitted to the IADAPCA for review.

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

**ILLINOIS EDUCATORS:** 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University.

**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.

**ILLINOIS MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

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

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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  
Psychologists

School Administrators  
School Social Workers  
Marriage & Family Therapists  
Nurses  
Occupational Therapists  
Occupational Therapy Assistants

Addiction Professionals  
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All professionals working in child care settings, therapy settings, treatment programs, hospitals, juvenile justice facilities, foster care, and more.



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PLEASE RETURN ENTIRE REGISTRATION FORM

### ADA NEEDS

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 TUITION FOR PRINCIPALS AND ASSISTANT PRINCIPALS:** PESI, Inc. is proud to offer this seminar free of charge for Principals and Assistant Principals. E-mail Mary Czech at [mczech@pesi.com](mailto:mczech@pesi.com) for more information.

• **\$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.

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**Advance registration required.**  
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## 3 Check tuition:

### Tuition with seminar manual

**\$219.99** – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
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### Add-On Products

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☐ **\$34.99\*** *CBT Toolbox for Children and Adolescents* book

☐ **\$19.99\*** *Behavior Management Guide for the Classroom* book

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

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— Seminar on DVD\* (video) \$219.99 (RNV063030)

— Seminar on CD\* (audio) \$219.99 (RNA063030)

— *CBT Toolbox for Children and Adolescents* book\* \$34.99 (PUB085120)

— *Behavior Management Guide for the Classroom* book\* \$19.99 (PUB085400)

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