

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 compassion 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

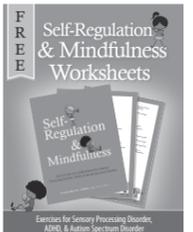
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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 or call 715-855-8225.

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MENTAL HEALTH ISSUES

in the Classroom

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

BURLINGTON, VT
Wednesday, December 4, 2019

MANCHESTER, NH
Thursday, December 5, 2019

PORTLAND, ME
Friday, December 6, 2019



MENTAL HEALTH ISSUES

in the Classroom

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

Join child and adolescent behavioral expert
Sophia Ansari, LPCC

- 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

BURLINGTON, VT
Wednesday, December 4, 2019

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MENTAL HEALTH ISSUES IN THE CLASSROOM

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

Join child/adolescent behavioral expert, Sophia Ansari, LPCC, 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

Sophia Ansari, LPCC, treats mental health issues in children and adolescents and has spent much of her career working with school systems to facilitate improved behavior and academic performance for students by identifying strategies that work in the classroom and helping teachers and staff put them into action. Her experience and specialization involve working with Autism Spectrum Disorder, Post Traumatic Stress Disorder, Oppositional Defiant Disorder, Attention Deficit Hyperactivity Disorder, bipolar disorders, anxiety disorders, depressive disorders, attachment disorders, adjustment disorders as well as substance use and addictive disorders.

The coordinator for the Midwest Play Therapy Institute-Chicago, Sophia provides workshops on play therapy to mental health professionals and educates teachers on the importance of play as it relates to development and learning in the school setting. She is a passionate research trainer who has bridged her knowledge of neuroscience and creative therapies to provide in-depth, highly experiential trainings at local and national events and conferences.

Sophia earned her Bachelor of Science degree in Biology from Wright State University and her Master of Arts in Mental Health Counseling from the University of Cincinnati. She is a member of the Association for Play Therapy and the Illinois Counseling Association.

Speaker Disclosures:

Financial: Sophia Ansari has an employment relationship with Midwest Play Therapy Institute; and The Counseling Source. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sophia Ansari has no relevant non-financial relationship to disclose.

Objectives

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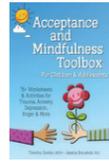


Trauma Treatment Toolbox for Teens

144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth & Healing

By Kristina Hallett, PhD, ABPP & Jill Donelan, PSYD

Drawing from evidence-based interventions and the most effective treatment approaches, the *Trauma Treatment Toolbox for Teens* is a practical workbook for clinicians working with teenagers who have experienced trauma, PTSD, and stress. Inside you'll find **144 unique trauma-informed worksheets and exercises** to connect, relate and engage with teens—and help them understand how trauma impacts the mind and body, to promote growth and healing.



Acceptance and Mindfulness Toolbox for Children and Adolescents

75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More

By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D.

The *Acceptance and Mindfulness Toolbox for Children & Adolescents* gives you the resources to help the children and adolescents better manage their behaviors and emotions. After years of clinical experience using these practical, evidence-based tools with young clients, the authors have put together **over 75 worksheets, activities, exercises, and scripts** to engage kids and keep therapy moving forward.



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.**

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 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 your programming. Full attendance is required; no partial credit will be awarded for partial attendance.

New York Addiction Professionals: This course has been submitted to OASAS for review.

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

Massachusetts School Personnel: This course may be applicable for 6.25 Professional Development Points toward your Professional Development Plan per the Massachusetts Department of Education recertification guidelines; check with your licensing authority for more information.

New York Educators: PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hour(s), in the area of Pedagogy. Hours are based on full attendance. Board required certificates will be sent after the program.

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.

Massachusetts Marriage & Family Therapists: This course has been submitted for review for continuing education approval. Credit is pending.

New York Marriage & Family Therapists: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.



How to Register

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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 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 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.
• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*

3 Check tuition:

Tuition with seminar manual

\$219.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date
- \$249.99** standard

Add-On Products

Distributed at seminar—FREE SHIPPING!

- \$19.99*** *Trauma Treatment Toolbox for Teens* book
- \$29.99*** *Acceptance and Mindfulness Toolbox for Children and Adolescents* book

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

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

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___ *Acceptance and Mindfulness Toolbox for Children and Adolescents* book* \$29.99 (PUB086035)

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