

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


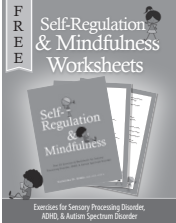
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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.

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MENTAL HEALTH ISSUES

in the Classroom

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

SACRAMENTO, CA
Wednesday, January 15, 2020

OAKLAND, CA
Thursday, January 16, 2020

SAN JOSE, CA
Friday, January 17, 2020



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MENTAL HEALTH ISSUES

in the Classroom

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

Join child and adolescent behavioral expert
JAY BERK, PhD

- 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

"Dr. Berk is very ENGAGING! A lot of useful information was presented!"
— Sherri Matkovich, School Psychologist

SACRAMENTO, CA
Wednesday, January 15, 2020

OAKLAND, CA
Thursday, January 16, 2020

SAN JOSE, CA
Friday, January 17, 2020

MENTAL HEALTH ISSUES IN THE CLASSROOM

PRACTICAL STRATEGIES FOR HELPING CHILDREN AND ADOLESCENTS SUCCEED

Join child/adolescent behavioral expert, Jay Berk, PhD, 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

JAY BERK, PhD, is a licensed clinical psychologist and an internationally recognized expert in the child/adolescent behavioral field who brings both a clinical and education perspective to his work with children, adolescents and their families. For over 25 years, Dr. Berk has been treating clients with ODD, ADHD, autism, anxiety and stress, depression, learning disabilities, Tourette’s Syndrome and individuals who have multiple impairments. He conducts 15 social skills/mental health groups for children and adolescents and works daily with school and community professionals, families and parents. Dr. Berk continually consults for several school districts. In his private practice, in Beachwood, Ohio, he provides therapy for children, adolescents, families, testing and evaluation, school consultation as well as an alternative educational program.

Dr. Berk presents nationally on the topics of autism, disruptive behavior disorders, mental health issues in the classroom, ODD and social skills competency. In his workshops, he teaches professionals who work with children and adolescents, practical treatment and intervention strategies. He has been invited to present at hundreds of schools and conferences including being a repeated consultant to the Department of Education in Hawaii. As a past consultant to the United Nations, Dr. Berk authored a manual for UNICEF that was used by teachers working with children throughout Bosnia during the war. He has also worked in London, England with defiant teenagers; Kristiansand, Norway with traumatized youth; and the American Red Cross with trauma response.

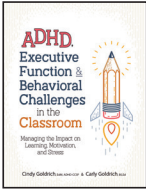
Speaker Disclosures:
Financial: Dr. Jay Berk maintains a private practice. He receives a speaking honorarium from PESI, Inc.
Non-financial: Dr. Jay Berk is a member of the American Psychological Association.

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.

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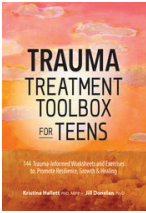


ADHD, Executive Function, & Behavioral Challenges in the Classroom

Managing the Impact on Learning, Motivation, and Stress

Cindy Goldrich, EdM, ADHD-CCSP & Carly Goldrich, BS, Ed

These practical tools and worksheets are designed to help students become resourceful, accountable, optimistic, and perseverant.



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.

Questions?

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

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.*

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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.

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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
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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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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.

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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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☐ **\$29.99* *ADHD, Executive Function, & Behavioral Challenges in the Classroom*** book

☐ **\$29.99* *Trauma Treatment Toolbox for Teens*** book

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

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

- Seminar on DVD* (video) \$219.99 (RNV063030)
- Seminar on CD* (audio) \$219.99 (RNA063030)
- **ADHD, Executive Function, & Behavioral Challenges in the Classroom** book* \$29.99 (PUB086045)
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