

# 2017 AGENDA

# PACER SYMPOSIUM

## ABOUT CHILDREN & YOUNG ADULTS WITH MENTAL HEALTH AND LEARNING DISABILITIES

- 8 – 8:30 AM**     **Registration** | **Location: Ballroom A-B Lobby**
- 8:30 – 8:40**     **Welcome** | **Location: Ballroom A-B**  
*Paula Goldberg, Executive Director, PACER Center*  
*Barry Garfinkel, M.D., President and Founder, Center for Developmental Psychopharmacology, Child and Adolescent Psychiatrist, Minn.*
- 8:40 – 8:45**     **PACER's National Bullying Prevention Center Updates** | **Location: Ballroom A-B**  
*Julie Hertzog, Director, PACER's National Bullying Prevention Center*
- 8:45 – 9:45**     **Opening Keynote Presentation** | **Location: Ballroom A-B**  
**Parents and Educators as the First Line:  
A Practical Vision of Psychological Well-Being**  
*Gil G. Noam, Ed.D., Founder and Director of The Pear Institute at Harvard University,  
Associate Professor at Harvard Medical School and McLean Hospital, Mass.*
- 9:45 – 10:00**     **Break, Move to Workshop Rooms**
- 10:00 – 11:15**     **Workshops**
- 1. It's Complicated: Children, Social Media, and Mental Health** | **Location: Room 102 A-B**  
*Erin Walsh, M.A., Founder, Mind Positive Parenting, Minn.*  
Technology is a game changer for young people today; they spend an average of 53 hours a week with entertainment media, more than any other activity but sleeping. The presenter will discuss how technology is changing how children grow up, socialize, and forge their identities. Attendees will learn the key ingredients for wellness in the digital age, including practical tools and strategies. Participants will understand how "screen time" has changed, how digital practices can strengthen social connection and wellness, and what research says about the impact of technology on mental health, social emotional development, focus and attention.

**WORKSHOPS CONTINUE ON THE NEXT PAGE**

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\*All keynote sessions take place in Ballroom A-B

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### 2. Understanding Dyslexia | Location: Room 101 B-C

*John Alexander, M.Ed., Executive Director, Groves Academy, Minn.*

Dyslexia is a learning disability in which people have difficulty learning to read, write, and spell. A child with dyslexia doesn't lack motivation or have an intellectual disability. The presenter will discuss what the latest research reveals about dyslexia and language-based learning disabilities. He will define dyslexia and examine key variables for instruction including the type, intensity, frequency, and duration of intervention.

### 3. Understanding Children's Behavior as Communication to Help Adults Become Good Listeners | Location: Room 101 D-E

*(This session will only be held in the morning)*

*Anne R. Garity, Ph.D., Clinical Social Worker and Faculty Member, University of Minn.*

Adult company and mediation is critical in helping children and teens manage fear and anxiety. Too often adults assume that talking at children and explaining things to children will help; this inadvertently adds to their anxiety. The presenter will discuss the art and science of talking with children, and learning to listen to what might be propelling behavioral messages, so that children will truly feel understood. In addition, she will discuss the importance of validation: accepting the child's perceptions as the starting point that then facilitates new learning.

### 4. Refugee Mental Health | Location: Room 101 H

*Ahmed Hassan, M.A., L.P.C.C., Bilingual and Bicultural Therapist and Program Director, Summit Guidance, Minn.*

Participants will increase their awareness of diversity in mental health, expand their definition of cultural competency, learn how to improve service quality for refugee populations, build cross-cultural communication channels, and decrease potential misunderstandings.

### 5. A Conversation about Eating Disorders and Body Image Issues: Prevention and Early Intervention | Location: Room 102 E-F

*Billie Gray, Ph.D., Community Educator, The Emily Program Foundation, Minn.*

The presenter will explore commonly-held beliefs around weight, nutrition, body image, and health, and how they may contribute to a distorted relationship with food and our bodies and the development of eating disorders. She will discuss current research and the consequences of popular discourse around food and health. Topics will include how to support children in developing a healthy relationship with food and their bodies, what we know and don't know about Body Mass Index (BMI) and health, early warning signs for eating disorders and body image issues, and how to reduce weight stigma and support well-being.

**WORKSHOPS CONTINUE ON THE NEXT PAGE**

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### 6. Feeding the Child's Mind: Managing Malnourished Minds in Children and Adolescents | Location: Room 101 F-G

(This session will only be held in the morning.)

*Richard G. Petty, M.D., Psychiatrist, Neurologist, and Internal Medicine Specialist, Ga.*

There is a growing body of evidence that the quality and composition of nutrition during pregnancy, and at certain critical periods of early life, can have long term effects on cognitive, emotional and behavioral development. Stress and trauma during early life can effect metabolism and weight, generating further psychological and behavioral difficulties. Evidence suggests for many young people, there is a direct link between some of the foods that they ingest and their mood, attention and behaviors. The presenter will examine the mechanisms linking these observations as well as the data on identifying nutritional sensitivities and deficiencies. He will examine realistic dietary issues as part of an overall management strategy.

### 7. Managing Time for Teens & Young Adults | Location: Room 101 I

*Tara Bruss, B.A., Assistive Technology Specialist, PACER's Simon Technology Center*

*Sarah Giffen-Hunter, M.A., Assistive Technology Specialist, PACER's Simon Technology Center*

Timeliness, scheduling, and efficiency are important skills for high school, college, and the work place. This workshop will explore tools and strategies to help teens and young adults juggle their responsibilities and thrive in a variety of settings.

11:15 – 11:55 Lunch (pre-set box lunches) | Location: Ballroom A-B

11:55 – 12:15 PM PACER's Youth Advisory Board on Mental Health | Location: Ballroom A-B

12:15 – 1:15 Keynote Presentation | Location: Ballroom A-B

#### Transforming Fear into Anxiety That is Useful for Learning

*Anne R. Garity, Ph.D., Clinical Social Worker and Faculty Member, University of Minn.*

1:15 – 1:30 Break, Move to Workshop Rooms

1:30 – 2:45 Workshops (See descriptions from the morning breakouts as some of these sessions will be repeated in the afternoon. Gil Noam is presenting a workshop in the afternoon.)

### 1. It's Complicated: Children, Social Media, and Mental Health | Location: Room 102 A-B

*Erin Walsh, M.A., Founder, Mind Positive Parenting, Minn.*

### 2. Understanding Dyslexia | Location: Room 101 B-C

*John Alexander, M.Ed., Executive Director, Groves Academy, Minn.*

**WORKSHOPS CONTINUE ON THE NEXT PAGE**

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### 3. Thriving: Translating the Clover Model to Your Work with Youth | Location: Room 101 D-E (This session will only be held in the afternoon.)

*Gil G. Noam, Ed.D., Founder and Director of The Pear Institute at Harvard University, Associate Professor at Harvard Medical School and McLean Hospital, Mass.*

This workshop is a mixture of experiential learning and a deepening of ideas and practices using the Clover Model. Many funders and policy makers are calling for investing in educating teachers and parents about social-emotional learning. This workshop will show how the Harvard team guides the adults through a process of experiencing the four Clover dimensions that make for a resilient and thriving person. Participants will "map" their own Clover and discuss approaches to decreasing burnout and reducing stress. In the final part of the workshop, we will discuss how to apply what we have learned to working with young people, especially in school and after school settings.

### 4. Refugee Mental Health | Location: Room 101 H

*Ahmed Hassan, M.A., L.P.C.C., Bilingual and Bicultural Therapist and Program Director, Summit Guidance, Minn.*

### 5. A Conversation about Eating Disorders and Body Image Issues: Prevention and Early Intervention | Location: Room 102 E-F

*Billie Gray, Ph.D., Community Educator, The Emily Program Foundation, Minn.*

### 6. Managing Time for Teens & Young Adults | Location: Room 101 I

*Tara Bruss, B.A., Assistive Technology Specialist, PACER's Simon Technology Center*  
*Sarah Giffen-Hunter, M.A., Assistive Technology Specialist, PACER's Simon Technology Center*

2:45 – 3:00

Break, Move to Ballroom A-B

3:00 – 4:00

Closing Keynote Presentation | Location: Ballroom A-B

**Attention-Deficit/Hyperactivity Disorder in Children:  
Medication and Lifestyle Approaches**

*Richard G. Petty, M.D., Psychiatrist, Neurologist, and Internal Medicine Specialist, Ga.*

4:00

Closing Remarks

- Hand in your participant forms and pick up certificates of attendance in the lobby
- An electronic evaluation survey will be e-mailed to you following the symposium
- Please be sure to click that link to provide your important feedback

Additional resource materials are available in the lobby