



The Melissa Institute
For Violence Prevention and Treatment

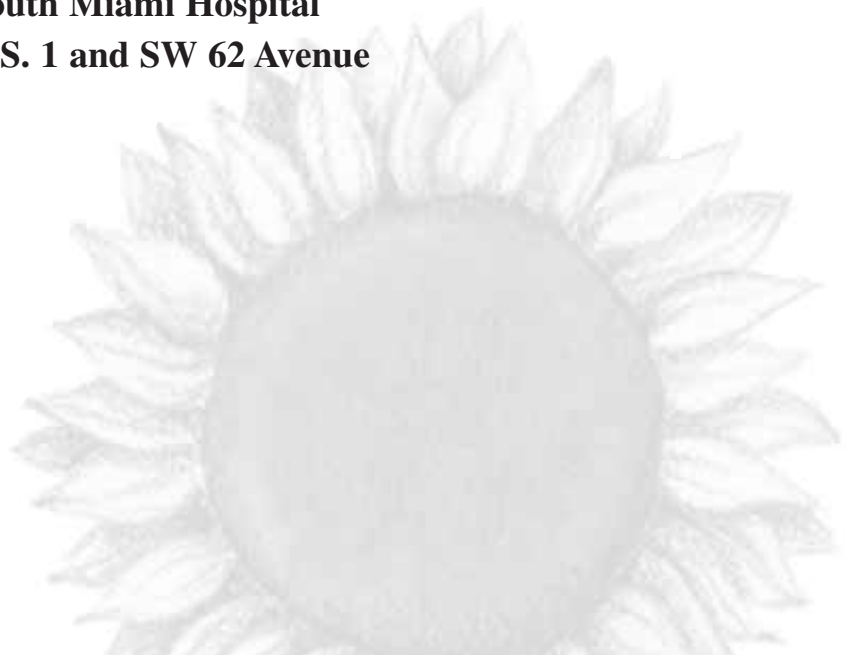
Special Conference

Bullying Prevention:

Promoting Relationships and Eliminating Violence in School, Clinical and Community Settings

**Friday, November 7, 2008
8 a.m.- 4 p.m.**

**Victor E. Clarke Education Center
South Miami Hospital
U.S. 1 and SW 62 Avenue**



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ABOUT THE CONFERENCE

For nearly a decade, The Melissa Institute has collaborated with Miami-Dade County Public Schools (M-DCPS) and community organizations to raise awareness and define bullying and victimization as violence prevention issues. The need to address the issues of bullying and harassment in schools has recently been acknowledged by the Florida Legislature, which passed the “Jeffrey Johnston Stand Up for All Students Act” (SB 790 CH 2008-123). Florida’s new Safe School Act mandates that each school district formulate and adopt a policy prohibiting bullying and harassment in schools and on computers by December 1, 2008.

The M-DCPS Division of Student Services has helped formulate the state’s model policy for bullying prevention. Distribution of Safe Schools funds for the 2009-2010 academic year will be contingent upon the Florida Department of Education’s approval of a school district’s bullying and harassment policy. Students, parents, teachers, administrators, school staff, school volunteers, community representatives and local law enforcement agencies will be involved in the process of adopting the policy. Research shows that bullying prevention efforts must be ongoing throughout the school year and integrated with a school’s curriculum, discipline policies and other violence prevention efforts.

- What should school bullying prevention programs for Pre-K-12 include?
- What evidence-based interventions should be implemented and evaluated?
- What barriers and potential obstacles to implementation should be anticipated?
- How can improving social interactions and relationship skills reduce bullying and victimization?

The Melissa Institute has brought together four renowned experts to address these challenging questions. Drs. Debra Pepler and Wendy Craig, co-directors of Canada’s national bullying prevention initiative, have brought together 44 national nongovernmental organizations that reach over 9 million children and involve over one million adults to address bullying by promoting relationships. Please visit www.PREVNet.ca. Drs. Jim Larson and Donald Meichenbaum have conducted interventions in schools and collaborated in creating practical guidelines to reduce bullying and victimization. Please visit www.teachsafeschools.org.

The need for such bullying prevention and intervention is underscored by the estimate that worldwide some 200 million children and adolescents are being abused by their peers. (Richter and Howard, 2003, *Journal of Development and Behavior Pediatrics*, 24: 382) This conference will provide practical guidelines and strategies to address the complex and multiple elements of bullying prevention.

CONFERENCE HIGHLIGHTS

- Plenary sessions, panel discussions and question-and-answer period
- Breakout discussion groups
- Description of prevention programs and strategies
- Detailed handout materials

TARGET AUDIENCE

Educators, administrators, guidance counselors, psychologists, social workers, mental health workers, marriage and family therapists, social agency personnel, judges, law enforcement personnel, clergy, pediatricians, primary care physicians and psychiatrists.

LEARNING OBJECTIVES

As a result of attending this conference, participants should be better able to:

- Identify ways to assess the incidence and impact of bullying and harassment behaviors.
- Compare and select evidence-based interventions for implementation and evaluation.
- Consider intervention strategies designed to reduce violence and create a more inviting school environment.
- Analyze ways to improve academic performance by addressing the mental health needs of students.

SCHEDULE

Friday, November 7

- 8:00 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. **Opening Remarks and Welcome**
Suzanne L. Keeley, Ph.D., President, The Melissa Institute
Deborah A. Montilla, Administrative Director, M-DCPS Division of Student Services
Donald Meichenbaum, Ph.D., Research Director, The Melissa Institute
- 8:45 a.m. **Bullying Is a Relationship Problem That Requires Relationship Solutions: Implications for Assessment and Interventions**
Wendy Craig, Ph.D.
- 9:30 a.m. **Bullying Prevention and Interventions: Lessons Learned From the PREVNet Intervention Program**
Debra Pepler, Ph.D.
- 10:15 a.m. **Break**
- 10:30 a.m. **Small Group Counseling for Reactive Aggressive, Anger-Fueled Bullying Behavior**
Jim Larson, Ph.D.
- 11:10 a.m. **A Principal Report Card and Tool Kit: An Open Letter to 114,000 Principals in the U.S.**
Donald Meichenbaum, Ph.D.
- 11:30 a.m. **Panel Discussion: Question-and-Answer Period**
Moderator: Donald Meichenbaum, Ph.D.
Panel: Wendy Craig, Ph.D., Debra Pepler, Ph.D., Jim Larson, Ph.D.
- 12:00 noon **Buffet Luncheon (Working Lunch of the Discussion Topics)**
- 12:45 pm. **Frontline DVD Presentation: "Bullycide"**
Donald Meichenbaum, Ph.D.
- 1:00 p.m. **Cyber-bullying: Ways to Intervene**
Wendy Craig, Ph.D.
- 1:30 p.m. **Bullying Prevention Programs From Around the World: Lessons to Be Learned**
Debra Pepler, Ph.D.
- 2:00 p.m. **Post-Incident Interviewing: First Steps to Helping Aggressive Youth Become Better Problem-Solvers**
Jim Larson, Ph.D.
- 2:30 p.m. **Break**
- 2:45 p.m. **Breakout Discussion Groups**
- 3:30 p.m. **Putting It All Together: A To-do List for Attendees**
Donald Meichenbaum, Ph.D.
- 4:00 p.m. **Adjourn**

CONFERENCE DIRECTOR

Suzanne L. Keeley, Ph.D., is President of The Melissa Institute and a psychologist in private practice. She is also affiliated with Baptist Health South Florida. Dr. Keeley has had extensive clinical experience treating victims and perpetrators of violence.

PRESENTERS

Wendy Craig, Ph.D., is a Professor in the Department of Psychology at Queen's University in Ontario. Her research program focuses on three areas: healthy relationships among children, adolescents and adults; the risk and protective factors associated with bullying and victimization in family, peer, individual, school and social relationships; the development of aggression in females as demonstrated in romantic relationships, dating violence and young girls with behavior problems. Dr. Craig won an Investigator Award from the Canadian Institute of

Health Research. She has published widely on the topics of bullying and victimization, peer processes, sexual harassment and aggression in girls, and was editor of a volume on childhood social development. Dr. Craig has co-authored two books on juvenile delinquency and social development, as well as numerous book chapters and articles. As a Canadian representative, Dr. Craig works with the World Health Organization and UNICEF conducting research and promoting healthy relationships. She recently wrote a chapter on bullying and fighting for the World Health International Report for the World Health Organization. She is an author and co-editor of *Understanding and Addressing Bullying: An International Perspective*. Together with Dr. Debra Pepler, Dr. Craig is leading PREVNet (Promoting Relationships



Wendy Craig, Ph.D.

and Eliminating Violence Network), a Networks of Centres of Excellence – New Initiative. Drs. Craig and Pepler have worked together for 20 years addressing issues of bullying and aggression.

Jim Larson, Ph.D., NCSP is Professor of Psychology and Director of the School Psychology Training Program at the University of Wisconsin, Whitewater. He is also a member of the Scientific Board of The Melissa Institute. Dr. Larson has more than 25 years' experience with the study and treatment of anger-related behaviors in children and adolescents. He was a school psychologist with the Milwaukee Public Schools for 14 years and directed their Violence Prevention Program. He also has extensive experience in the area of parent management training and is the co-author (with Judith McBride, Ph.D.) of *Parent to Parent: A Video-augmented Training Program for the Prevention of Aggressive Behavior in Young Children*; (with John Lochman, Ph.D.) *Helping School Children Cope with Anger: A Cognitive-behavioral Intervention* (2002, Guilford Press); *Think First: Addressing Aggressive Behavior in Secondary Schools* (2005, Guilford Press).



Jim Larson, Ph.D., NCSP

Debra Pepler, Ph.D., C. Psych., is a Distinguished Research Professor of Psychology at York University in Ontario, and a Senior Executive Member of the LaMarsh Centre for Research on Violence and Conflict Resolution. At the Hospital for Sick Children, Dr. Pepler is a Senior Associate Scientist. She conducts research on children at risk. Her major research program examines the antisocial behavior of children and adolescents, particularly in the school and peer contexts. The seminal aspect of this research comprised naturalistic



Debra Pepler, Ph.D., C. Psych.

observations of interactions among school-aged peers with remote microphones and video cameras. Her current research in this area examines aggression and victimization among adolescents, with a focus on the processes related to these problems over the lifespan. She has been honored for this research with the Contribution to Knowledge Award from the Psychology Foundation of Canada, the Educator of the Year Award from Phi Delta Kappa (Toronto) and a Senior Research Fellowship from the Ontario Mental Health Foundation. Her clinical work is in the areas of family breakup and children with emotional and behavioral problems. She consults to the SNAP Girls Connection, a program for aggressive girls and their parents at the Child Development Institute, and to Breaking the Cycle, a program for substance-using mothers and their young children. Dr. Pepler has served on several advisory committees related to parenting, antisocial behavior and safe-school policies, within Canada and internationally. She is an author and co-editor of *Understanding and Addressing Bullying: An International Perspective*. She is a member of the Scientific Board of The Melissa Institute for Violence Prevention and Treatment.

Donald Meichenbaum, Ph.D., is Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada, Distinguished Visiting Professor, School of Education, University of Miami, and Research Director of The Melissa Institute. He is one of the founders of cognitive behavior therapy. In a survey reported in *American Psychologist*, he was voted "one of the 10 most influential psychotherapists of the 20th century." He has published extensively, and his most recent book is *Treatment of Individuals with Anger-control Problems and Aggressive Behavior*. Other books include *Treating Adults with Post-traumatic Stress Disorder*, *Nurturing Independent Learners* and *Stress Inoculation Training*.



Donald Meichenbaum, Ph.D.

Registration deadline is October 30. Space is limited; register early!

REGISTRATION

Bullying Prevention: Promoting Relationships and Eliminating Violence in School, Clinical and Community Settings
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NAME _____ TITLE _____

INSTITUTION OR ORGANIZATION _____

WORK ADDRESS _____ CITY/STATE/ZIP _____

WORK TELEPHONE _____ E-MAIL _____

Registration fee: \$80 \$50 (Student) *Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.*

Payment method:

Check enclosed (Make payable to The Melissa Institute.)

Purchase Order number _____ (Please mail copy of registration to guarantee reservation.)

Credit Card: American Express MasterCard Visa Discover

CARD HOLDER NAME _____ ACCOUNT NO. _____

EXP. _____ SIGNATURE _____

Specialty professional credits required: (Please check) LICENSE # _____

Florida Board of Psychological Examiners

Florida Office of School Psychology

Miami-Dade County Public Schools

Florida State Board of Nursing

Florida Council of Dietetics and Nutrition

Florida Board of CSW, MFT and MHC

Florida Board of Medicine

Florida Board of Medical Physicists

Florida Board of Occupational Therapy Practice

Florida Board of Physical Therapy Practice

E-mail to: Info@melissainstitute.org

Fax to: 786-662-5211

Mail to: The Melissa Institute, 6250 Sunset Drive, Suite 204, Miami, FL 33143

For information, call 786-662-5210

CREDITS

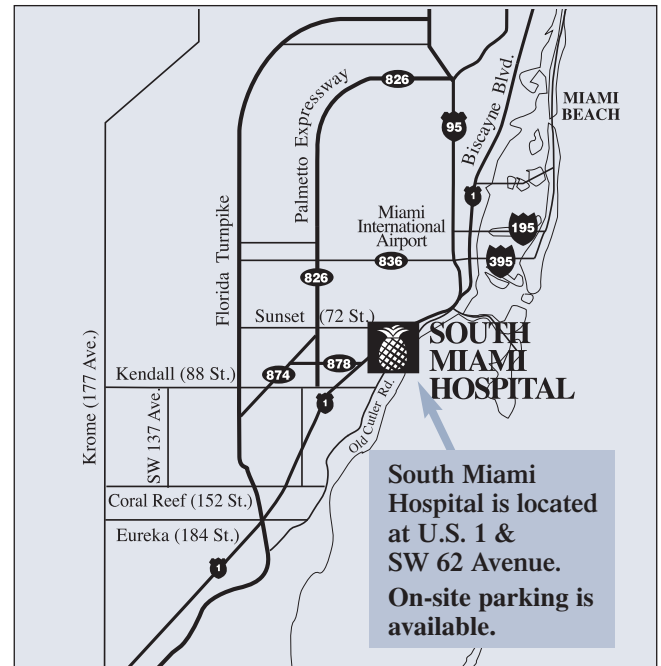
PSYCHOLOGISTS: Miami Dade College, Department of Community Education, is approved as a provider of Continuing Psychological Education by the Florida Board of Psychological Examiners, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Psychological Education credit.

NURSES: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida State Board of Nursing, provider #50-2330. This continuing education activity has been approved for 7 general contact hours of general Nursing Continuing Education credit.

OTHER MENTAL HEALTH PROFESSIONALS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Clinical Social Workers, Marriage and Family Therapy and Mental Health Counseling, provider #50-2330. This continuing education activity has been approved for 7 general contact hours of general Continuing Education credit.

EDUCATORS: Conference registration and payment to The Melissa Institute must be completed prior to registering for M-DCPS professional development credit online at <http://calendar.dadeschools.net>. Eight (8) master plan points will be awarded to participants who have completed a follow-up activity and have pre-registered online.

OTHER PROFESSIONALS: Miami Dade College, Department of Community Education, is approved as a provider of Continuing Education Credit by the Florida Council of Dietetics and Nutrition, the Florida Council of Medical Physicists, the Florida Board of Occupational Therapy Practice, the Florida Board of Physical Therapy Practice and the Florida Office of School Psychology, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education for professionals licensed by these organizations.



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For information, call 786-662-5210

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The mission of The Melissa Institute is to prevent violence and promote safer communities through education and application of research-based knowledge.

Education • Community Service • Research Support • Consultation