



The Melissa Institute
For Violence Prevention and Treatment

17th Annual Conference

Preventative Interventions with Children, Adolescents and Their Families

**Friday, May 3, 2013
8:30 a.m.- 4 p.m.**

New location this year!

**Christ the King Lutheran Church
11295 Southwest 57th Avenue
(Red Road and SW 112 Street)**

Co-sponsored by



**Baptist Children's
Hospital**

BAPTIST HEALTH SOUTH FLORIDA

17th Annual Conference

Preventative Interventions With Children, Adolescents and Their Families

Friday, May 3, 2013, 8:30 a.m.-4 p.m.

Christ the King Lutheran Church, 11295 Southwest 57th Avenue (Red Road and SW 112 Street)

ABOUT THE CONFERENCE

In the richest country in the world, 22.5% of children under the age of 18 live in poverty. These 16.4 million children include 6.1 million who are under six years old. In addition, 45 percent — 32.7 million of America's children — live in families with incomes below 200 percent of the federal poverty line. Their young bodies and brains experience multiple stressors which have long-term negative impact on their physiological, social, emotional and cognitive health as well as academic development. Research shows many children are entering school with multiple “high risk” exposures from the trauma of physical/emotional victimization, neglect, loss, natural disasters, familial dysfunction and disruption. These stressful early life experiences may be exacerbated during the school age years. This conference will review the state-of-the-art effective preventions and interventions from a life-span perspective. The real economic value of implementing such interventions will be highlighted.

TARGET AUDIENCE

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

CONFERENCE DIRECTOR

Lynn Aptman, M.Ed., is the President of The Melissa Institute and a former elementary school teacher. She is one of the founders of the Institute along with her husband Michael Aptman, M.D., Suzanne L. Keeley, Ph.D. and Donald Meichenbaum, Ph.D.

KEYNOTE SPEAKER

Alberto M. Carvalho is Superintendent of Miami-Dade County Public Schools (M-DCPS), the nation's fourth largest school system, serving a diverse student body of over 400,000 in Pre K-Adult. M-DCPS has an annual budget of almost \$4.3 billion; 53,000 employees; and over 47.5 million square feet of facilities. The M-DCPS was honored this year with the Broad Prize, the highest honor a school district can receive. Mr. Carvalho also conceived a plan to modernize and construct new schools through a \$1.2 billion bond referendum which was overwhelmingly approved by taxpayers in 2012. Most recently M-DCPS won the \$30 million “Race to the Top” competitive federal grant to enhance and improve classroom learning. A nationally recognized expert on education reform and finance, as well as an outspoken advocate for high quality education for all students, Mr. Carvalho became Superintendent in September 2008.

LEARNING OBJECTIVES

Upon completion of this conference, participants will be able to:

- Critically evaluate the state-of-the art preventative interventions from a life-span perspective.
- Implement preventative programs in schools and communities using “TOP DOWN” and “BOTTOM UP” intervention strategies utilizing Primary, Secondary and Tertiary approaches. (How to use evidence-based programs and implement “kernels” of behavioral change procedures.)
- Consider ways computer technology and the Internet are being used to deliver preventative interventions and look at future applications.
- Anticipate and address potential BARRIERS to preventative programs.
- Convince POLICY MAKERS that advocating preventative programs will have “payoffs” and represents a winning platform that they can support.

PRESENTERS

Annette M. La Greca, Ph.D., ABPP, is a Cooper Fellow Distinguished Professor and Professor of Psychology and Pediatrics at the University of Miami. She is the Director of Clinical Training with graduate programs in clinical-child and pediatric psychology. Throughout her career, her research has focused on adolescents' peer relations and on the effects of disasters on children. She has published over 250 articles and chapters and written or edited 12 books. Her work has been supported by the National Institute of Mental Health and foundations such as BellSouth and the United Way. Dr. La Greca received a Presidential Citation from the American Psychological Association for her Outstanding Contributions to Science, Practice, and Education Within the Fields of Clinical-Child and Pediatric Psychology. She also chaired an APA Presidential Task Force on “PTSD and Trauma in Children,” and is currently on an APA Task Force to develop treatment guidelines for PTSD. After Hurricane Andrew (1992) struck South Florida, Dr. La Greca began studying children's reactions to disasters. She has studied children's risk and resilience following Hurricanes Charley (2004) and Ike (2008), among other disasters. She is the lead author on *After the Storm: A Guide to Help Children Cope in the Aftermath of Hurricanes*.

Donald Meichenbaum, Ph.D., is Research Director of The Melissa Institute and Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada. He has served as Distinguished Visiting Professor at the School of Education at the University of Miami. He is one of the founders of cognitive

SCHEDULE

- 8:00 a.m. **Registration**
- 8:30 a.m. **Welcome and Introductions**
Lynn Aptman, M.Ed., President of The Melissa Institute
- 8:45 a.m. **Preventative Interventions: An Overview and Critical Questions**
Donald Meichenbaum, Ph.D.
- 9:15 a.m. **Impact of Natural Disasters on Children and Their Families: Implications for Preventative Programs**
Annette La Greca, Ph.D.
- 10:00 a.m. **Break**
- 10:15 a.m. **School and Community-based Preventative Approaches: “TOP DOWN” and “BOTTOM UP” Interventions**
Donald Meichenbaum, Ph.D.
- 11:15 a.m. **Discussant — Preventative Programs and Approaches**
Wendy K. Silverman, Ph.D.
- 11:30 a.m. **Question and Answer Period**
Drs. La Greca, Meichenbaum and Silverman
- 12:00 Noon **Lunch**
- 1:00 p.m. **Presentation of the Suzanne L. Keeley Community Service Award**
- 1:15 p.m. **Keynote Speaker**
Alberto M. Carvalho, Superintendent, Miami-Dade County Public Schools
- 1:45 p.m. **Wellness and Fairness in Families, Schools and Communities: Implications for Prevention**
Isaac Prilleltensky, Ph.D.
- 2:30 p.m. **Break**
- 2: 45 p.m. **“FE” — Cross-cultural Perspective on Preventative Interventions: Lessons Learned From Haiti and Work with Minority Populations in the U.S.A.**
M. Guerda Nicolas, Ph.D.
- 3:30 p.m. **Question and Answer Period: Summary and Take Home Messages**
- 4:00 p.m. **Adjourn**

behavior therapy. North American clinicians voted Dr. Meichenbaum “one of the 10 most influential psychotherapists of the 20th century.” He has presented in all 50 United States and internationally. He has published extensively and his most recent book is *Roadmap to Resilience*. Other books include *Treatment of Individuals with Anger-control Problems and Aggressive Behavior*, *Treating Adults with Posttraumatic Stress Disorder*, *Nurturing Independent Learners* and *Stress Inoculation Training*.

Guerda Nicolas, Ph.D., is an Associate Professor and Chair of the Department of Educational and Psychological Studies, School of Education at the University of Miami. As a multicultural (Haitian American) and multilingual psychologist (English, Spanish, French and Haitian Creole) her research focuses on developing culturally effective mental health intervention for people of color, particularly immigrant children, adolescents and families. Concerned about women’s issues, depression, spirituality and social support networks of ethnic minorities, Dr. Nicolas is author of many articles and book chapters and is an invited presenter at national and international conferences. She is a member of the Caribbean Studies Association and 2009 president of the Haitian Studies Association.

Isaac Prilleltensky, Ph.D., is Dean of the School of Education at the University of Miami. Prior to that he was Director of the Doctoral Program in Community Research and Action at Peabody College of Vanderbilt University. Dr. Prilleltensky is concerned with value-based ways of promoting personal, relational, and collective well-being. He is the author, co-author or co-editor of several books, including *Community Psychology*:

In Pursuit of Liberation and Well-Being, *Doing Psychology Critically*, *Critical Psychology*, *Promoting Family Wellness and Preventing Child Maltreatment*, and *The Morals and Politics of Psychology*. The book *Promoting Well-Being: Linking Personal, Organizational, and Community Change* was co-authored with his wife, Dr. Ora Prilleltensky.

Wendy K. Silverman, Ph.D., ABPP, is the Alfred A. Messer Professor of Child Psychiatry and Psychology and Director of the Yale Child Study Center Program for Anxiety Disorders Program at Yale University School of Medicine. Before moving to Yale in 2013, Dr. Silverman directed the Child Anxiety and Phobia Program (CAPP) housed in the Center for Children and Families at Florida International University (FIU) for over two decades. CAPP’s activities are still going strong and children and adolescents with anxiety disorders continue to be evaluated and treated there. She also is founder of the doctoral program in Child and Adolescent Clinical Science at FIU and served as its first director of clinical training. Dr. Silverman’s research on developing and evaluating assessment and treatment procedures for children with anxiety disorders has been funded continuously since 1989 by the National Institute of Mental Health including a mid-career award. She has published extensively including scientific articles, book chapters, and books on childhood anxiety disorders. Wendy is current Co-Editor of *Clinical Psychology Review* and past Editor of *Journal of Clinical Child and Adolescent Psychology*, Associate Editor of *Journal of Consulting and Clinical Psychology*, President of the Society of Clinical Child and Adolescent Psychology, and Chair of a NIMH grant review panel.

CREDITS

PSYCHOLOGISTS: Baptist Health South Florida, is approved as a provider of Continuing Psychological Education by the Florida Board of Psychology, CE Broker provider #50-182. CE Broker Course #20-374358. This continuing education activity has been approved for 7 contact hours of general Continuing Psychological Education credit for Psychologists and Limited License Psychologists.

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 Therapists and Mental Health Counselors, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for Licensed Clinical Social Workers, Licensed Marriage and Family Therapists and Licensed Mental Health Counselors.

EDUCATORS: Conference registration and payment to The Melissa Institute must be completed prior to registering for Miami-Dade County Public Schools 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 with M-DCPS.

MEDIATORS: The Melissa Institute for Violence Prevention and Treatment is an approved provider of Continuing Mediator Education (CME) credits for Florida Supreme Court Certified Mediators. This program is approved for 7 CME credits (which include 1 CME of cultural diversity) for certified Family and/or Dependency Mediators.

FAMILY AND DEPENDENCY MEDIATORS: The Melissa Institute for Violence Prevention and Treatment is an approved provider of Continuing Mediator Education (CME) credits for Florida Supreme Court Certified Mediators. This program is approved for 6.5 general CME credits for certified Family and/or Dependency Mediators.

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 contact hours of general Nursing Continuing Education credit for Registered Nurses, Advanced Registered Nurse Practitioners, Clinical Nurse Specialists and Licensed Practical Nurses.

PHYSICIANS: Miami Dade College, Department of Community Education, is approved as a provider of Continuing Medical Education by the Florida Board of Medicine, provider #50-2330. This continuing education activity has been approved for 7 hours of General (AMA Category I) Medicine for Physicians.

OCCUPATIONAL THERAPISTS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Occupational Therapy Practice, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for Occupational Therapists.

CLINICAL LABORATORY PERSONNEL: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Clinical Laboratory Personnel, provider #50-2330. This continuing education activity has been approved for 7 contact hours.

Registration deadline is April 26, 2013. Space is limited; register early!

REGISTRATION

17th Annual Conference — Preventative Interventions with Children, Adolescents and their Families

Friday, May 3, 2013 ■ Christ the King Lutheran Church, 11295 Southwest 57th Avenue (Red Road and SW 112 Street)

Name _____ Title _____

Institution or Organization _____

Contact Address _____ City/State/Zip _____

Contact Telephone _____ Email _____

Registration fee: \$95 \$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/fax copy of registration to guarantee reservation.)

Credit Card: American Express MasterCard Visa Discover

Card Holder Name _____ Account No. _____

Exp. _____ Signature _____

Specialty professional credits required: LICENSE # _____

Florida Board of Psychological Examiners

Florida State Board of Nursing

Miami-Dade County Public Schools

Florida Board of CSW, MFT and MHC

Florida Board of Medicine

Florida Board of Occupational Therapy Practice

Florida Board of Clinical Laboratory Personnel

Florida Office of School Psychology

Mediators (Family and Dependency)

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

Fax to: 786-662-5211

For information, call 786-662-5210

Cancellations must be sent in writing and postmarked by April 26, 2013, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 26 will forfeit the registration fee.

FOR INFORMATION



The Melissa Institute

For Violence Prevention and Treatment

786-662-5210

www.melissainstitute.org
www.teachsafeschools.org
www.balancedliteracydiet.org



Board of Directors

Lynn Aptman, M.Ed.
President
Michael Aptman, M.D.
Jo Baxter, MBA
Vice President
Kenneth Bloom, Esq.
Grace L. Carricarte, MS.Ed.
Penn B. Chabrow, Esq.
Karyn I. Cunningham, B.A.
Lisa M. Goldberg, Esq.
Secretary
Remi J. Kajogbola, MBA
Suzanne L. Keeley, Ph.D.
President Emeritus
Philipp N. Ludwig, M.S., MBA
Treasurer
Donald Meichenbaum, Ph.D.
Research Director
Kristy M. Nunez, Esq.
Ana M. Ojeda, Psy.D.
Marguerite C. Snyder, Esq.
Atlee Wampler III, Esq.

Scientific Board

Etiony Aldarondo, Ph.D.
Wendy Craig, Ph.D.
Jim D. Larson, Ph.D., NCSP
Donald H. Meichenbaum, Ph.D.
Guerda Nicolas, Ph.D.
Clifford R. O'Donnell, Ph.D.
Debra J. Pepler, Ph.D., C.Psych.
Isaac Prilleltensky, Ph.D.
Wendy K. Silverman, Ph.D., ABPP
Ronald G. Slaby, Ph.D.
Dale M. Willows, Ph.D.
Marleen Wong, Ph.D., LCSW

Honorary Board

Adrienne Arsht
James S. Brady
Robyn Cassel, Esq.
Armando Codina
Richard Dailey
Hon. Norman Gerstein
Robert Gintel
Retired U.S. Senator Bob Graham
Judith S. Katzen

David Lawrence Jr.
Hon. Cindy Lederman
Sharon Lombardo
Hon. Carlos J. Martinez
Retired U.S. Rep. Carrie Meek
Leonard Pitts
Hon. Orlando Prescott
Hon. Katherine Fernandez
Rundle
Arthur Teitelbaum
Cynthia Wolman, M.Ed.

Staff

Frank DeLaurier, Ed.D.
Executive Director
Trish S. Ramsay, M.A.
Education Director
Janine Armstrong, B.S.
Office Manager

*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



The Melissa Institute
For Violence Prevention and Treatment

6250 Sunset Drive, Suite 204 • Miami, FL 33143

Pre-sorted
First Class
U.S. Postage
PAID
Miami, FL
Permit No. 3203