



The Melissa Institute

For Violence Prevention and Treatment

In partnership with

UNIVERSITY OF MIAMI

SCHOOL of EDUCATION
& HUMAN DEVELOPMENT



20th Annual Conference

**The Dangers and Promises of Social Media
and Computer Technology for Children,
Youth and Their Families:
A Call to Action**

Friday, May 6, 2016

8:30 a.m.-4 p.m.

New Location:

Newman Alumni Center, University of Miami

6200 San Amaro Drive, Coral Gables, FL 33146

Education • Community Service • Research Support • Consultation

20th Annual Conference

The Dangers and Promises of Social Media and Computer Technology for Children, Youth and Their Families: A Call to Action

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ABOUT THE CONFERENCE

The current generation of youth ages 8 to 18 in the U.S. spend up to seven hours a day with multiple forms of electronic social media. Recent surveys indicate that:

- 75 percent of 12-to-17-year-olds own cell phones.
- 92 percent of teens report going online daily; 24 percent of these teens go online "almost constantly."
- Teens send up to 3,400 texts a month, which translates to more than 100 texts per day.

These findings raise a number of questions about the impact of social media on children, youth and their families in today's electronically saturated society. The technological promises of instantaneous communication and collaboration also create dangers for electronic aggression and victimization. This conference brings together members of The Melissa Institute's Scientific Board, who have over 200 years of cumulative experience in violence prevention and treatment. These leading experts will share their research and experiences with the challenges and potential benefits of electronic social media for the 21st century community of children, youth and their families.

LEARNING OBJECTIVES

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

- Recognize how constant media exposure influences the child's developing brain, communication skills and family relationships.
- Determine what every parent should know about social media and ways they can address the potential "big disconnect" in family relationships.
- Identify the "DANGERS" of electronic aggression and social media victimization (e.g., social persuasion techniques that target youth).
- Implement ways educators, parents, youth and clinicians can prevent these dangerous influences.
- Raise awareness about the potential "PROMISES" of social media in enhancing well-being and educational practices to help students succeed.
- Discuss the future of psychotherapy using computer technology and social media.

TARGET AUDIENCE

Teachers, administrators, school counselors, psychologists, social workers, family mediators, mental health workers, marriage and family therapists, social services agency personnel, juvenile and family-court judges, lawyers, law enforcement personnel, clergy, nurses, pediatricians, primary care physicians and psychiatrists.

WELCOME

Lynn Aptman, M.Ed., is 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.

PRESENTERS

Wendy Craig, Ph.D., is a Professor and Head of the Department of Psychology at Queen's University in Kingston, Ontario. Her research focuses on healthy relationships, bullying and victimization. In recognition of her work, Dr. Craig has won several awards including an Investigator Award from Canadian Institutes of Health Research, the Canadian Psychological Association Award for Distinguished Contributions to Community Service, the Queen's Excellence in Research Prize, and the Social Science and Humanities Research Council Impact Partnership Award. She was recently elected a Fellow of the Royal Society of Canada. She has published numerous articles, chapters and books. Dr. Craig is co-leading the Promoting Relationships and Eliminating Violence Network, a knowledge mobilization network that focuses on reducing violence. She regularly speaks to parents, educators and professionals working with youth.

Lawrence S. Feldman, Ph.D., is Vice Chair of the Miami-Dade County Public School Board and a member since 2008. His 40-year M-DCPS career spans from teacher to principal and

regional director working with Miami's multicultural, economically diverse communities. Dr. Feldman's expertise in public education and systemic reform guided his work as a senior member of several foundations and university teams, including the Panasonic Foundation and Harvard University's Graduate School of Education's International Network of Principal Centers. He currently serves as an executive board member of the Council of Great City Schools. Dr. Feldman has received numerous awards and honors, including the Mexican-American Council Farmworker Champion Award in 2015. He is a national and state keynote presenter for professional organizations.

Jim Larson, Ph.D., NCSP, is Professor Emeritus of Psychology and former Director of the School Psychology Training Program at the University of Wisconsin, Whitewater. He has more than 35 years' experience with the study and treatment of anger-related behaviors in children and youth. Dr. Larson was a school psychologist with the Milwaukee Public Schools for 14 years and directed its violence prevention program. He also has extensive experience in the area of parent management training and is the co-author of *Parent to Parent: A Video-augmented Training Program for the Prevention of Aggressive Behavior in Young Children* and co-author of *Helping School Children Cope with Anger: A Cognitive-behavioral Intervention*, 2nd. Ed. His most recent book is *Think First: Addressing Aggressive Behavior in Secondary Schools*.

SCHEDULE

Friday, May 6, 2016

- 8:00 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. **Welcome and Introductions**
Lynn Aptman, M.Ed., President of The Melissa Institute
Dan Santisteban, Ph.D., Director of Dunsbaugh-Dalton Community and Educational Well-Being Research Center (CEW), University of Miami
- 8:45 a.m. **The Nature of the Challenges of the World of Social Media: Framing the Questions**
Don Meichenbaum, Ph.D., Research Director of The Melissa Institute
- 9:15 a.m. **The Impact of Social Media on the Developing Child and Youth: What Every Parent, Educator and Clinician Should Know**
Debra J. Pepler, Ph.D.
- 10:00 a.m. **Break**
- 10:15 a.m. **The Impact of Various Forms of Electronic Aggression: Preventive and Treatment Approaches**
Wendy Craig, Ph.D.
- 11:00 a.m. **How Social Media and Computer Technology Can Help Students Succeed in School and Enhance Their Well-being**
Jim Larson, Ph.D.
- 11:45 a.m. **Panel Discussion**
Moderator: Don Meichenbaum, Ph.D.
Wendy Craig, Ph.D., Jim Larson, Ph.D., Debra J. Pepler, Ph.D.
- 12:15 p.m. **Lunch**
- 1:00 p.m. **Suzanne L. Keeley, Ph.D., Community Service Award**
- 1:15 p.m. **What Should Parents, Educators and Clinicians Know About Social Media and Networking? Addressing the Knowledge Gap**
Wendy Craig, Ph.D., Debra J. Pepler, Ph.D.
- 2:00 p.m. **The Future of Psychotherapy Using Computer Technology and Social Media**
Don Meichenbaum, Ph.D.
- 2:30 p.m. **Break**
- 2:45 p.m. **Panel Discussion — Illustrative Programs: Steps Toward Fulfilling the Promise of Social Media and Computer Technology**
Wendy Craig, Ph.D., Lawrence Feldman, Ph.D., Jim Larson, Ph.D., Don Meichenbaum, Ph.D., Debra J. Pepler, Ph.D., Dan Santisteban, Ph.D.
- 4:00 p.m. **Adjourn**

Donald Meichenbaum, Ph.D., is Research Director of The Melissa Institute and Distinguished Professor Emeritus, University of Waterloo, Ontario. 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 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 U.S. states and internationally. He has published extensively and his most recent book is *Roadmap to Resilience: A Guide for Military, Trauma Victims and Their Families*. Other books include *Treatment of Individuals with Anger-control Problems and Aggressive Behavior*, *Treating Adults with Post-traumatic Stress Disorder*, *Nurturing Independent Learners and Stress Inoculation Training*.

Debra J. Pepler, Ph.D., C. Psych., is Distinguished Research Professor of Psychology at York University, Toronto, Ontario, and co-director of the Promoting Relationships and Eliminating Violence Network (PREVNet), Canada’s national initiative for bullying prevention. She is an internationally recognized expert on bullying and childhood aggression and interventions to prevent and address violence. She speaks widely to professional and community audiences and publishes extensively. Her current research is embedded in clinical settings to examine the mechanisms of change, particularly through relationships. She is an author and co-editor of *Understanding and Addressing*

Bullying: An International Perspective. She was recently honored with the Hebb Award for Significant Contribution to Psychology as a Science by the Canadian Psychological Association.

Daniel Santisteban, Ph.D., is a Professor in the School of Education and Human Development at the University of Miami and Director of Dunsbaugh-Dalton Community and Educational Well-Being Research Center. He has more than 25 years of conducting clinical trials on behavioral treatments for underserved families with six NIH-funded grants. He received the 2004 Award for Distinguished Contributions to Family Systems Research from the American Family Therapy Academy and the 2012 University of Miami Award for Excellence in Civic Engagement. With over 40 publications on issues of cultural competence and his work with drug-abusing youth, Dr. Santisteban and his team regularly provide national and international training on family therapy and the role of culture in treatment.

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

Phone: 305-284-2930 • Email: info@melissainstitute.org
Websites: MelissaInstitute.org • TeachSafeSchools.org • ReadingTeacher.net

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 #20-476755. This continuing education activity has been approved for 6.2 contact hours of general Continuing Psychological Education credit for psychologists and limited license psychologists. (Approval Pending)

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 preregistered online with M-DCPS. (Approval Pending)

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 2.5 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 and occupational therapy assistants.



REGISTRATION

Registration deadline is April 28, 2016. Space is limited; register early!

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Name _____ Title _____

Institution or Organization _____

Contact Address _____ City/State/Zip _____

Contact Telephone _____ Cell Phone _____

Email _____

Early-Bird Discount SAVE \$15-\$10 before Monday, February 29! ☐ \$95 ☐ \$50 (Non-UM Student)

Registration fee: ☐ \$110 ☐ \$60 (Non-UM Student) ☐ \$25 UM Faculty or UM 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

Cardholder Name _____ Account No. _____

Exp. _____ Signature _____

Specialty professional credits required: LICENSE # _____

☐ Florida Board of Psychological Examiners

☐ Miami-Dade County Public Schools

☐ Florida Board of Medicine

☐ Mediators (Family and Dependency)

☐ Florida State Board of Nursing

☐ Florida Board of CSW, MFT and MHC

☐ Florida Board of Occupational Therapy Practice

☐ Florida Board of Clinical Laboratory Personnel

Mail to: The Melissa Institute, 1507 Levante Avenue, Suite 331, Coral Gables, FL 33146

Register online: MelissaInstitute.org

Email as attachment to: Info@MelissaInstitute.org

For information, call 305-284-2930

Cancellations must be sent in writing and postmarked by Thursday, April 28, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 28 will forfeit the registration fee.

Easy access to free parking behind the Newman Center from Brescia Ave.:

From North — South on I-95, continue on U.S. 1 (South Dixie Highway)

Turn north on SW 57 Avenue (Red Road)

Turn east on SW 64 Street (Brescia Avenue)

From South — North on U.S. 1 (South Dixie Highway)

Turn north on SW 57 Avenue (Red Road)

Turn east on SW 64 Street (Brescia Avenue)

From West — 836 East/826 South, exit east on Miller Road (SW 56 St.)

Turn right on San Amaro Drive (Miller Road ends at San Amaro)

Turn right on Brescia (SW 64 Street)



FOR INFORMATION

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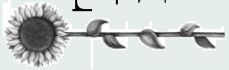
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Education • Community Service • Research Support • Consultation



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