



The Melissa Institute
For Violence Prevention and Treatment

14th Annual Conference

Child and Adolescent Depression and Suicide:

**Promising Hope and
Facilitating Change**

**Friday, May 7, 2010
8 a.m.- 4 p.m.**

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

Co-sponsored by



14th Annual Conference

Child and Adolescent Depression and Suicide: Promising Hope and Facilitating Change

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

ABOUT THE CONFERENCE

“Suicide prevention is everybody’s business.”

There is an alarming rate of depression and suicide among adolescents. In this conference, leading experts in the areas of developing and evaluating preventive and treatment programs for depressed and suicidal adolescents and their family members will discuss how to address and treat such adolescents. There will be an examination of the incidence, impact and developmental pathways of suicidal behavior, along with consideration of the treatment implications of recent findings on the neurophysiological and cognitive development of adolescents. A critique of the “state of the art” of psychosocial and pharmacological treatments for depressed and suicidal youths will be provided. How to implement both school-based and community-based preventive and treatment interventions will be considered. Practical ways to tailor treatments to meet the needs of adolescents, focusing on the nature of the “suicidal mind” and the role of peer influences, will be demonstrated. Such topics as the impact of school bullying (“bullycide”), training “gatekeepers,” risk assessment strategies, parent-adolescent family-based interventions and treatment nonadherence will be covered.

CONFERENCE HIGHLIGHTS

- Plenary sessions, panel discussions and question-and-answer period
- Small group discussions
- Detailed handout materials

TARGET AUDIENCE

Educators, guidance counselors, psychologists, social workers, mental health workers, marriage and family therapists, social agency personnel, judges, law enforcement personnel, mediators, nurses, pediatricians, primary care physicians, psychiatrists and interested and concerned parents.

LEARNING OBJECTIVES

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

- Recognize and treat depressed children and adolescents and their family members.
- Assess for suicidal risk and match the level and nature of treatment interventions accordingly.
- Implement universal, indicated and selected interventions at multiple levels to prevent depression and suicidal behavior.
- Conduct psychotherapy more effectively with adolescents and their family members.

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 for Psychologists and Limited License Psychologists.

SCHOOL PSYCHOLOGISTS: Miami Dade College, Department of Community Education, is approved as a provider of Continuing Psychological Education by the Florida Office of School Psychology, provider #50-2330. This continuing education activity has been approved for 7 hours for school 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 Therapy and Mental Health Counseling, 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 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 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 6.9 CME credits for certified County, Family, Circuit 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 (General) for Public Health Directors, Public Health Supervisors and Public Health Technologists.

SCHEDULE

Friday, May 7

- 8:00 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. **Welcome and Opening Remarks**
Suzanne L. Keeley, Ph.D., President of The Melissa Institute
- 8:45 a.m. **The Nature of the Challenge: The Development of Depression and Suicidal Behavior**
Donald Meichenbaum, Ph.D.
(Examine the treatment implications of the incidence, impact and development path of depression, including recent findings from neuroscience and cognitive-social development studies in adolescence.)
- 9:30 a.m. **Assessment of Depression and Suicide Risk: Strategies for Matching Youths to Optimal Interventions**
Joan Asarnow, Ph.D.
(Examine a test/dose assessment and intervention model to ensure safety and prevent lapses and repeat suicide attempts.)
- 10:15 a.m. **Break**
- 10:30 a.m. **Treatment Alternatives for Youths With Developing Depression, Suicidality and Co-morbid Disorders**
Donald Meichenbaum, Ph.D.
(Examine the "state of the art" and how to implement the core tasks of psychotherapy with adolescents and their family members, which includes a consideration of the suicidal mind-set and treatment implications.)
- 11:00 a.m. **Cognitive Behavior Therapy With Depressed and Suicidal Adolescents: Clinical Applications**
Joan Asarnow, Ph.D.
(Examine ways to treat depressed youths at a universal, schoolwide level; at an indicated level with "high-risk" children and youths; at a selected level with clinically depressed, suicidal adolescents.)
- 11:30 a.m. **Question-and-Answer Period With Drs. Asarnow and Meichenbaum**
- 12:00 noon **Buffet Luncheon**
- 12:45 p.m. **Preventive Efforts of the Ganley Foundation**
Grace L. Carricarte, M.S.Ed., and Jordan Burnham, Suicide Attempt Survivor
(Ms. Carricarte will discuss the Foundation's Crusade for Awareness, designed to save lives through mental health awareness. There will be a preview of the Ganley Foundation's new video on depression and suicide prevention. Jordan Burnham will discuss suicide and depression from a survivor's perspective.)
- 1:30 p.m. **Pharmacotherapy and Psychotherapy: Integrative Treatment for Youths With Depression**
Fernando Pino, M.D.
(Discuss the findings and controversies concerning psychotropic medications.)
- 2:15 p.m. **Break**
- 2:30 p.m. **Suicide Prevention Is Everyone's Business: How to Involve Parents, Peers and School Personnel and Undertake Communitywide Interventions and the Use of Social Media (Internet Resources)**
Donald Meichenbaum, Ph.D., and Joan Asarnow, Ph.D.
(Examine who is most "high risk" for depression and suicide and what can be done on a preventive basis. Includes a discussion of "bullycide" — suicide resulting from being bullied, especially among gay, lesbian and transgender youths.)
- 3:00 p.m. **Breakout Sessions: What Is Your Agency, School, Community Doing to Identify and Intervene With High-risk Depressed and Suicidal Youths?**
(Small-group discussion: A consideration of a to-do-list.)
- 3:30 p.m. **Feedback From Groups and Discussion of Clinical Cases**
- 4:00 p.m. **Adjourn**

CONFERENCE DIRECTOR

Suzanne L. Keeley, Ph.D., is President of The Melissa Institute for Violence Prevention and Treatment and a psychologist in private practice. She is also affiliated with Baptist Health South Florida. Dr. Keeley has had extensive clinical experience treating depressed and suicidal clients.

PRESENTERS

Joan Rosenbaum Asarnow, Ph.D., is Professor of Psychiatry and Biobehavioral Sciences at UCLA School of Medicine. She is a pioneer in developing community-based service delivery strategies and interventions for depressed and suicidal adolescents. Dr. Asarnow directs the Youth Stress and Mood Disorders Program at UCLA, where she has developed evidence-based individual and family systems treatment approaches. She has received many research grants (NIMH, CDC, Agency for Health

Care Research & Quality). She has consulted and published extensively. Dr. Asarnow received a Distinguished Investigator award from the American Foundation for Suicide Prevention.

Donald Meichenbaum, Ph.D., is Distinguished Professor Emeritus at the University of Waterloo and Research Director of The Melissa Institute. He is one of the founders of Cognitive Behavior Therapy, and in a survey of clinicians, he was voted "one of the ten most influential psychotherapists of the 20th century." He has consulted and published extensively. The Clinical Division of the American Psychological Association recently awarded Dr. Meichenbaum a Lifetime Achievement Award for his work on suicide prevention.

Fernando Pino, M.D., is a psychiatrist in private practice in the South Miami area. He is a member of the American Academy of Child and Adolescent Psychiatry, the South Florida Psychiatric Society and the Florida Society for Adolescent Psychiatry. Dr. Pino has held several staff appointments at area hospitals and was a Clinical Assistant Professor in the Department of Psychiatry at the University of Miami. In addition to his clinical and academic pursuits,

Dr. Pino has participated in pharmaceutical research for Astra Zeneca and Eli Lilly and Co. He is currently medical director of the adolescent program at Southern Winds Hospital and on the staff of the University of Miami Hospital.

Grace L. Carricarte, M.S.Ed., is a licensed mental health therapist and Executive Director of the Ganley Foundation. She also serves as a member of the board of directors of The Melissa Institute. Ms. Carricarte has worked as a mental health therapist within the nonprofit sector of the Miami community, conducting individual and group therapy for both children and adults.

Jordan Burnham is a suicide attempt survivor. As a high school senior, he had everything to live for. He was popular, had good grades and was a star athlete. However, Jordan secretly battled depression. As the pressures mounted, Jordan attempted to take his own life. Jordan's miraculous survival propelled him to begin to deal with his depression and learn healthier coping mechanisms. Today, Jordan's body is still recovering, but he has found emotional wellness through counseling and a strong support system. His presentation educates students about depression, suicide and coping mechanisms for young adults.

Registration deadline is April 30, 2010. Space is limited; register early!

REGISTRATION

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Friday, May 7, 2010 ■ Victor E. Clarke Education Center, South Miami Hospital

Name _____ Title _____

Institution or Organization _____

Contact Address _____ City/State/Zip _____

Contact Telephone _____ E-mail _____

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 (County, 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 30, 2010, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 30 will forfeit the registration fee.

FOR INFORMATION



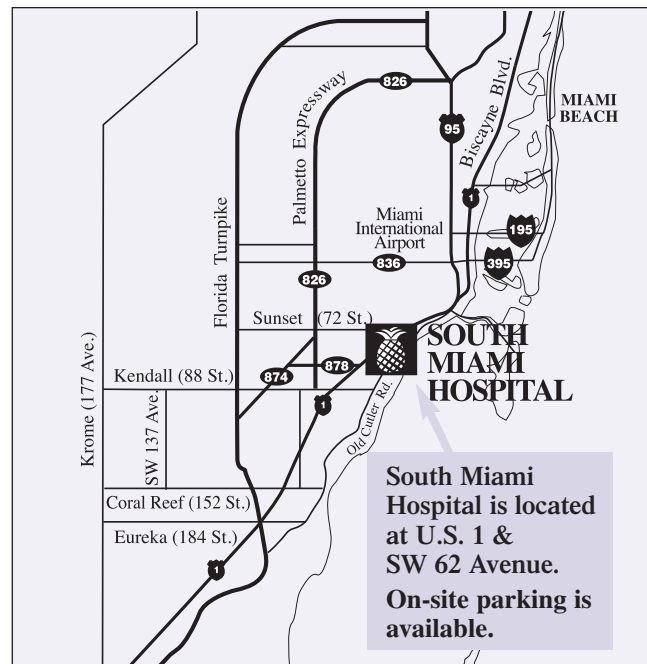
The Melissa Institute

For Violence Prevention and Treatment

786-662-5210

<http://www.melissainstitute.org>

<http://www.teachsafeschools.org>



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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



The Melissa Institute

For Violence Prevention and Treatment

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