



The Melissa Institute

For Violence Prevention and Treatment

In partnership with

UNIVERSITY OF MIAMI
SCHOOL of EDUCATION
& HUMAN DEVELOPMENT



22nd Annual Conference

**Impact of Trauma and Violence:
Interventions for School,
Clinical and Community Settings**

Friday, May 4, 2018

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

**Donna E. Shalala Student Center, University of Miami
1330 Miller Drive, Coral Gables, Florida**

Education • Community Service • Research Support • Consultation

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ABOUT THE CONFERENCE

Many children and youths are exposed to trauma and adverse experiences creating life-span implications. Unrecognized or unacknowledged adversity and trauma can lead to toxic stress, including other issues that affect development and lifelong well-being.

Mental health practitioners are often called upon to provide services to children, adolescents and families in the aftermath of traumatic experiences such as child neglect, sexual or physical abuse, family/domestic violence, sexual assault, interpersonal violence, school and community violence, serious accidental injury or mass casualty events, including natural and man-made disasters. Practices and policies need to reflect an understanding of the trauma lens and role-specific strategies for promoting healing and resilience.

Assessments of adverse childhood experiences (ACEs) may not adequately encompass the extent of adversity to which low-income urban children and adolescents are exposed. The purpose of this conference is to characterize the range of adverse childhood and adolescent experiences faced by young adults who grow up in a low-income urban area. The importance of adopting a public health approach and engaging multiple stakeholders to address these complex issues will be explored. Trauma-specific perspectives, treatments and resiliency factors will be discussed. Building effective and sustainable strategies that promote protective factors for long-term well-being will be identified.

Topics covered also include an introduction to specific planning, needs assessment and implementation tools as well as evidence-based interventions. A Case Conceptualization Model of risk and protective factors that informs treatment decision making will be emphasized. Ways to achieve optimal results for clients will be highlighted.

LEARNING OBJECTIVES

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

- Identify strategies to engage at-risk youth and utilize trauma-based interventions;
- Recognize and promote healing and resilience of children, youths and their families who have been exposed to trauma;
- Implement trauma-based interventions in a variety of settings including schools, clinics and distressed communities;
- Discuss ways to create a trauma-sensitive culture and environment to enhance service delivery.

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.

Daniel Santisteban, Ph.D., is a tenured professor in the School of Education and Human Development at the University of Miami. He was named Director of Dunspaugh-Dalton Community and Educational Well-Being Research Center in 2015. Dr. Santisteban has over 25 years of experience conducting clinical trials and developing and testing behavioral treatments for underserved families, and has received six large NIH-funded grants. He is a member of The Melissa Institute Scientific Board.

Heather Winters, LMHC, is Executive Director of The Melissa Institute and former Executive Director of Family Counseling Services of Greater Miami. She has more than 18 years of experience providing individual and group counseling to child, adolescent and adult survivors of sexual violence. Her specializations include trauma, PTSD, anxiety and depression.

PRESENTERS

Colleen Cicchetti, Ph.D., M.Ed., is Director of the Center for Childhood Resilience, Department of Child and Adolescent Psychiatry at Ann & Robert H. Lurie Children's Hospital of Chicago, and Assistant Professor at the Feinberg School of Medicine at Northwestern University. She has worked at Lurie Children's Hospital for over 25 years, focusing on the areas of program development and evaluation, community outreach and parent education, therapeutic summer camp programming and treatment for children who have been exposed to trauma or victimization. In 2004, she established the Center for Childhood Resilience to provide training, consulting, education and outreach to school professionals, community health agencies, city leaders and parents, increasing youth access to mental health services.

She represents the Lurie Children's Department of Child and Adolescent Psychiatry on the hospital Advocacy Board and the Injury Prevention and Research Center, as well as in several local and state interagency initiatives that address children's

SCHEDULE

Friday, May 4

- 8:00 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. **Welcome and Introductions**
Lynn Aptman, M.Ed., President of The Melissa Institute Daniel Santisteban, Ph.D., Director of the University of Miami CEW • Heather Winters, LMHC, Executive Director of The Melissa Institute
- 8:45 a.m. **The Nature of the Challenge: Incidence and Impact of Trauma and Implications for Interventions**
Donald Meichenbaum, Ph.D., Research Director of The Melissa Institute • This session will consider the neurobiological and psychosocial impact of cumulative traumatic experiences on the developmental trajectory.
- 9:30 a.m. **School-Community Collaboration to Address the Impact of Trauma and Build Resilience: A Public Health Approach**
Colleen Cicchetti, Ph.D. • This session will describe the collaborative efforts in Chicago to address the impact of trauma and exposure to violence in families and communities. This includes over 10 years of efforts by the Illinois Childhood Trauma Coalition to increase awareness and develop the capacity of child-serving agencies and communities.
- 10:30 a.m. **Break**
- 10:45 a.m. **School-Community Collaboration to Address the Impact of Trauma and Build Resilience: A Public Health Approach — Continued**
Colleen Cicchetti, Ph.D.
- 11:15 a.m. **Panel Discussion: Providing Services for At-risk Youth and Community Engagemen**
Colleen Cicchetti, Ph.D.; Lisa Martinez, Chief Strategy Officer, MDCPS; Donald Meichenbaum, Ph.D.; Marie D. Osborne, Esq., Miami-Dade County Assistant Public Defender; Frank Zenere, Ed.S., School Psychologist, Department Head, MDCPS Crisis Management Program
- 12:00 noon **Lunch**
- 1:00 p.m. **Suzanne L. Keeley, Ph.D., Community Service Award Presentation**
- 1:15 p.m. **Building Trauma-Sensitive School Settings and Practices**
Colleen Cicchetti, Ph.D. • This session will focus specifically on strategies for engaging ALL school personnel in creating a trauma-sensitive, schoolwide culture and climate, classroom-based strategies and targeted clinical interventions for students, as well as building awareness of importance of self-care for staff.
- 2:30 p.m. **Video Presentation: “Remembering Trauma”**
- 2:45 p.m. **Core Tasks of Psychotherapy with Victims of Cumulative Violence**
Donald Meichenbaum, Ph.D. • This presentation will demonstrate how to implement evidence-based tasks of psychotherapy with high-risk children, adolescents and their families.
- 3:30 p.m. **Question-and-Answer Session**
- 4:00 p.m. **Adjourn**

mental health and trauma treatment: The Illinois Children’s Mental Health Partnership, for which she serves as Co-Chair of the School-Age Practices and Policies Committee; and The Illinois Childhood Trauma Coalition, for which she is the Clinical Director.

Donald Meichenbaum, Ph.D., is Research Director of The Melissa Institute and Distinguished Professor Emeritus at the University of Waterloo in 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 states and internationally. Dr. Meichenbaum 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 Posttraumatic Stress Disorder*; *Nurturing Independent Learners*; and *Stress Inoculation Training*.

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: This continuing education activity has been approved for 6 hours of general Continuing Psychological Education credit for psychologists and limited license psychologists, CE Broker Course #20-588450. Baptist Health South Florida CE Broker Provider #50-182.

FLORIDA BOARD OF CLINICAL SOCIAL WORK, MARRIAGE AND FAMILY THERAPY AND MENTAL HEALTH COUNSELING: 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 #20-2330. This continuing education activity has been approved for 7.5 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>. Seven (7) master plan points will be awarded to participants who have completed a follow-up activity and have preregistered online with M-DCPS.

MEDIATORS: The Melissa Institute for Violence Prevention and Treatment is a recognized provider of Continuing Mediator Education (CME) credits for Florida Supreme Court certified mediators. This course is eligible for up to 6 CME hours for certified family and/or dependency mediators. Mediators are required to self-report those hours applicable to their areas of certification at the time of their renewal. For more information on the CME requirement, visit www.flcourts.org, select Alternative Dispute Resolution/Mediation.

NURSES: This continuing education activity has been approved for 6 credits

for Nursing and Nurse Practitioners. Baptist Health South Florida CE Broker Provider #50-182.

PHYSICIANS: Physicians: This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Baptist Health South Florida and The Melissa Institute for Violence Prevention and Treatment. Baptist Health South Florida is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Baptist Health has been re-surveyed by the ACCME and awarded Commendation for 6 years as a provider of CME for physicians. Baptist Health South Florida designates this live activity for a maximum of 6 *AMA PRA Category 1 Credits*SM. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This activity has been approved for 6 credit hours, CE Broker Course #20-608585, by the Florida Boards of Medicine and Osteopathic Medicine.

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 #20-2330. This continuing education activity has been approved for 7.5 contact hours of general Continuing Education credit for occupational therapists and occupational therapy assistants.

PHYSICIAN ASSISTANTS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Physician Assistant, provider #20-2330. This continuing education activity has been approved for 7.5 contact hours of general Continuing Education credit for physician assistants.

REGISTRATION

Registration deadline is Friday, April 27. 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 \$20 if you register by Monday, April 2! \$90 Early Bird

Registration fee: \$110 \$45 (Non-UM Student) \$25 UM Faculty or UM Student

Students Only: University _____ Program _____ Student Email (required) _____

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
- Florida State Board of Nursing *(Credit applications pending)*
- Miami-Dade County Public Schools
- Florida Board of CSW, MFT and MHC
- Florida Board of Medicine
- Florida Board of Occupational Therapy Practice
- Mediators (Family and Dependency)
- 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 Friday, April 27, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 27 will forfeit the registration fee.

EASY ACCESS TO FREE VALET PARKING:

From North/NE — South on I-95, continue on U.S. 1 (South Dixie Highway) • Turn right on Stanford Drive • Make immediate left on Ponce de Leon Boulevard at next light • Turn right on San Amaro Drive (baseball stadium) • Continue to traffic circle, turn at first exit onto UM campus on Miller Drive

From South/SW — North on U.S. 1 (South Dixie Highway) • Turn left on SW 57 Avenue (Red Road) • Make immediate right on Ponce de Leon Boulevard • Turn left on San Amaro Drive (baseball stadium) • Continue to traffic circle, turn at first exit onto UM campus on Miller Drive

From East — 836 West to 826 South

From West — East on SW 56 Street (Miller Road) • (Miller Road becomes Miller Drive at UM traffic circle) • Enter traffic circle • Turn at second exit (pass San Amaro Drive) onto UM campus on Miller Drive

From All Directions — **AFTER Miller Road/San Amaro Drive/Miller Drive UM Traffic Circle** — Continue as Miller Drive turns left • Turn right at stop sign • Valet will be on right at Donna E. Shalala Student Center, 1330 Miller Drive



FOR MORE INFORMATION

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305-284-2930

www.melissainstitute.org • www.teachsafeschools.org • www.readingteacher.net

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