



THE MELISSA INSTITUTE
For Violence Prevention and Treatment

23rd Annual Conference

ADHD, Aggression and Emotional Dysregulation:
**Practical Implications for School, Clinical
and Community Settings**

Presenters: Russell Barkley, Ph.D., and
Donald Meichenbaum, Ph.D.

Friday, May 3, 2019

8:30 a.m. - 4:00 p.m.

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

CONTACT US

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23rd Annual Conference

ADHD, Aggression and Emotional Dysregulation: **Practical Implications for School, Clinical and Community Settings**

Friday, May 3, 2019, 8:30 a.m.- 4 p.m.

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ABOUT THE CONFERENCE

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common neurodevelopmental disorders of children. It is usually first diagnosed during childhood and is marked by difficulty sustaining attention, impulse-control issues and hyperactivity. This conference will focus on the links between ADHD and emotion dysregulation and how to help children, adolescents and families experiencing these concerns.

ADHD has shown a moderate and consistent relationship to aggression, as well as antisocial behavior, generally across development into adulthood. Why would a supposed disorder of attention consistently link up with aggression? Dr. Russell Barkley will present his current theory of ADHD as a neurodevelopmental disorder of self-regulation and executive functioning (EF). By understanding ADHD as a far more cognitively impairing disorder of EF than simply one of inattention, it is far easier to understand why it creates impairment in virtually every major life activity studied to date, why it is so persistent throughout development and why it even increases mortality risk and shortens life expectancy. One can also appreciate its linkage to aggression and antisocial conduct. This presentation will set forth Dr. Barkley's theory of EF and self-regulation and how it applies to ADHD. He will also elaborate on the implications of this view of ADHD for management, including reductions in aggressive and antisocial behavior.

Dr. Barkley will discuss the role of family conflict in families with teens having ADHD, especially those having oppositional defiant and conduct disorders. He will set forth the components and steps involved in his family training program (with Arthur Robin, Ph.D.) known as Defiant Teens, and discuss the available evidence for its efficacy and why it remains among the more effective approaches to family therapy for conflict reduction. He will also discuss other approaches to management that must be coupled with family training to provide a more comprehensive approach to

conflict reduction and aggression in teens who are at high risk for aggression.

Topics 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 inform 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 youth with self-regulation and executive function difficulties and utilize the best-practice interventions.
- Recognize the link between ADHD and emotional dysregulation and identify methods to promote resilience.
- Implement interventions and learn steps to work with youth experiencing ADHD and other difficulties with self-regulation in a variety of settings including schools, clinics and communities.
- Learn effective ways to assist students with 504 and IEP plans within the public school system.

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 Professor and Director of the Community and Educational Well-Being Research Center in the School of Education and Human Development at the University of Miami. 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.

Etiony Aldarondo, Ph.D., is the newly appointed Executive Director of the Melissa Institute and a Scientific Board member since 2004. He has over 25 years of experience in domestic violence research and advocacy, mental health services, community partnerships and higher education administration. His professional trajectory includes appointments in the Family Violence Research Program at the University of New Hampshire, Harvard Medical School's Cambridge Hospital, the Philadelphia Child Guidance Clinic, Boston College, University of Miami and Albizu University. Dr. Aldarondo has an extensive history of involvement with grassroots advocacy organizations and is currently on the board of directors for the Council on Contemporary Families, Casa de Esperanza and the National Resource Center on Domestic Violence.

SCHEDULE

Friday, May 3

8:00 a.m.	Registration and Continental Breakfast
8:30 a.m.	Welcome and Introductions Lynn Aptman, M.Ed., President, The Melissa Institute Daniel Santisteban, Ph.D., Director of the Dunspaugh-Dalton Community and Educational Well-Being Research Center, School of Education and Human Development, University of Miami Etiony Aldarondo, Ph.D., Executive Director, The Melissa Institute
9:00 a.m.	The Connection Between ADHD and Aggression: The Role of Executive Functioning and Its Implications for Effective Behavioral Management Russell Barkley, Ph.D. This session focuses on executive functioning and self-regulation research and its implications for the management of ADHD and aggressive and antisocial behavior.
10:30 a.m.	Break
10:45 a.m.	A Risk-and-Protective-Factors Case Conceptualization Model: The Value of Contextual Considerations When Intervening with "High-Risk" Students Donald Meichenbaum, Ph.D. This session spotlights a case conceptualization model of risk and protective factors to inform independent educational plans and clinical interventions.
11:15 a.m.	Panel Discussion: Navigating the School System and Preparing Sound Individualized Educational Plans Russell Barkley, Ph.D., Wendy Cavendish, Ph.D, Department of Teaching & Learning, University of Miami, Donald Meichenbaum, Ph.D.
12:00 noon	Lunch
1:00 p.m.	Suzanne L. Keeley, Ph.D., Community Service Award Presentation
1:15 p.m.	ADHD, Family Conflict and Aggression: Can Family Training in Problem Solving and Communication Address These Issues? Russell Barkley, Ph.D. This session explains and illustrates the use of a 10-step program to help parents with teens suffering from ADHD resolve conflict and rebuild relationships. The session also highlights important factors when designing comprehensive conflict-reduction interventions for families with teens at high risk for aggression.
2:30 p.m.	Break
2:45 p.m.	Schools That Work: The Role of Metacognitive Prosthetic Devices Donald Meichenbaum, Ph.D. This presentation focuses on examples of how educators and clinicians can help at-risk students develop and implement executive (metacognitive) self-regulatory cognitive behavioral and emotional skills that contribute to lasting positive changes.
3:30 p.m.	Question-and-Answer Session
4:00 p.m.	Adjourn



Russell Barkley, Ph.D., is a Clinical Professor of Psychiatry at the Virginia Treatment Center for Children and Virginia Commonwealth University Medical Center in Richmond, Va. He is a Diplomate (board certified) in Clinical Psychology (ABPP), Clinical Child and Adolescent Psychology and Clinical Neuropsychology (ABCN, ABPP). A clinical scientist, educator and practitioner, he

has published 23 books, rating scales and clinical manuals numbering 41 editions. He has also published more than 270 scientific articles and book chapters regarding the nature, assessment and treatment of ADHD and related disorders. He is the founder and editor of the bimonthly clinical newsletter *The ADHD Report*, now in its 25th year of publication. Dr. Barkley has presented more than 800 invited addresses internationally and appeared on nationally televised programs such as 60 Minutes, the Today Show, Good Morning America, CBS Sunday Morning and CNN on behalf of those with ADHD. He has received numerous awards from professional societies for his accomplishments, contributions to research in ADHD, clinical practice and the dissemination of science. His websites are www.russellbarkley.org and ADHDLectures.com.



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 *The Evolution of Cognitive Behavior Therapy: A Personal and Professional Journey*. Other books include *Roadmap to Resilience: A Guide for Military, Trauma Victims and Their Families*; *Treatment of Individuals with Anger-control Problems and Aggressive Behavior*; *Treating Adults with Posttraumatic Stress Disorder*; *Nurturing Independent Learners*; and *Stress Inoculation Training*.

CREDITS

PSYCHOLOGISTS: This continuing education activity has been approved for 6 hours of general Continuing Psychological Education credit for psychologists CE Broker Course #20-646551. Baptist Health South Florida CE Broker Provider #50-182.

FLORIDA BOARD OF CLINICAL SOCIAL WORK, MARRIAGE AND FAMILY THERAPY AND MENTAL HEALTH COUNSELING: Jewish Community Services of South Florida (JCS) has been approved by the Florida Board of Psychology and the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling to sponsor 6 continuing education credits for mental health professionals.

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: 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 providership 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™*. 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 #20-646551, by the Florida Boards of Medicine and Osteopathic Medicine.

REGISTRATION

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

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Friday, May 3, 2019 • Donna E. Shalala Student Center, University of Miami, 1330 Miller Drive, Coral Gables, Florida

Name _____ Title _____

Institution or Organization _____

Contact Address _____ City/State/Zip _____

Contact Phone _____ Email _____

Early-Bird Discount: SAVE \$20 if you register by Tuesday, 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 copy of registration to guarantee reservation.)

Credit Card: ☐ American Express ☐ MasterCard ☐ Visa ☐ Discover

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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

☐ Mediators (Family and Dependency)

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 26, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 26 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 (Palmetto Expressway) • Take exit SW 56 Street (Miller Road) and turn left (East) • Continue East (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 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



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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



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