

Facing the Challenges of Mental Health Issues

Keeping our Children, Schools, Families and Communities Healthy



Massachusetts
PTA[®]
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Join the Massachusetts PTA at our Health Summit

Thursday, September 26, 2019



**The Conference Center
at Waltham Woods
860 Winter St. Waltham, MA 02451**

Register Online Today!

www.masspta.org



***Facing the Challenges of Mental Health Issues:
Keeping our Children, Schools, Families and Communities Healthy!***
Program of Events

7:30 - 8:30am: Registration, Healthy Breakfast, Visiting Exhibitors and Welcome

8:00 - 8:15 am: Conference Opening

8:15 - 8:30 am: Welcome

**8:30 - 9:15 am: Morning Keynote Speaker: Auditorium
Jordan Burnham**

**9:15 - 9:30 am: Summit Break, Visiting Exhibitors
and travel to first session of workshops**

**9:30 - 10:45 am: Session A - Break Out Rooms
1-4 Workshops/Panel Presentations**

10:45 - 10:55pm: Travel and Break

**10:55 - 12:10 pm: Session B - Break Out Rooms
4-8 Workshops/Panel Presentations**

12:10 - 12:15 pm: Transition to Auditorium for Keynote Speaker

**12:15 - 1:00 pm: Closing Keynote Speaker: Auditorium
Dr. Margaret Lanca, PhD.**

1:00 - 2:00 pm: Lunch, Networking ,Visiting Exhibitors and Closing Remarks

***All Exhibitors will set up between 6:30-7:30 am**

2019 Workshop Selections: Session A

Trauma 101:

♦ The Invisible Suitcase – An overview of Trauma and Trauma Informed Care

This training will provide attendees the knowledge and skills needed to understand, interact with, and advocate for traumatized children. Participants will be able to define child trauma and describe how children may respond to traumatic events. The curriculum will provide education about the impact of trauma on the development and behavior of children as well as skills to enhance trauma-informed advocacy and responses to trauma reactions.

Presented by:

Ashlee Dionne, LICSW

♦ Positive Lifestyles & Life Balance

Following the desired habits for health and wellness is not always easy. A panel of experts on positive lifestyles and balancing life will discuss environmental impacts as well as other issues that affect our mental health and well-being. They will provide strategies to address challenges in reaching a healthy positive lifestyle for children and families.

Presented by:

Dr. Sean Palfrey, MD;

Rebecca Manley, MS.;

Lucinda Ward, M.Ed., RD, SNS;

Lisa Jackson, M.S.,RD, LDN

♦ Help! Where do I get support for my child and student??

Children, teens and students of all ages go through emotions and fears, but when is it too much? How do you recognize that your child/student/athlete needs help in sorting out their fears and emotions? The schools have expert, professional educators/psychologists, behaviorists, counselors, nurses and so many more who can help you whether you are a parent, an educator, a coach, or a community member who works with children and teens. Let's hear what our panel of experts have to say and how they can help!

Presented by:

Julie Ma M.Ed., BCBA, LABA;

Dr. Angela Mousseau Ph.D.;

Karen Jarvis-Vance, B. S., Fitchburg State University, MSN Elms;

Stephanie G. Van Winkle, M.Ed.

♦ Promoting Resilience and Healthy Outcomes for LGBTQ Students

An Act Relative to Gender Identity, which became effective in 2012, protects students from discrimination based on gender identity, as well as sexual orientation. This session will review the laws, policies, resources, and best practices for supporting lesbian, gay, bisexual, transgender, queer and questioning students.

Presented by:

The Safe Schools Program, DESE for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) Students

2019 Workshop Selections: Session B

♦ Trauma 201:

A Deeper Dive - Understanding Children Who Have Experienced Trauma

Utilizing experiential activities and an expert panel, this workshop will provide participants with a deeper look at how trauma impacts children. This workshop will help participants look “under the iceberg” at what is fueling children’s behaviors.

Presented by:

Karen DeRoche, RN

Ashlee Dionne, LICSW

♦ Recognizing Mental Health and Emotional issues with our Special Education children and students!

This workshop will provide an overview of current mental issues in special education, with an emphasis on anxiety, depression, and ADHD. Evidence-based practices related to these disorders will be reviewed and discussed in the context of educational programming. The workshop will include case discussions with recommendations, strategies, and programming to address the needs of specific students and special education programs. Attendees are encouraged to bring cases to discuss.

Presented by:

Dr. Angela Mousseau Ph.D.

♦ Students at the Center: The Map Academy Model

A growing number of youth feel overwhelmed by life both in and out of school and disengaged from the learning experiences that they crave. These are the students who most need our support: students whose struggle in and out of school make success a steep uphill climb. This workshop will showcase the teaching, learning and engagement model of Map Academy, a new public high school option in Plymouth, MA. This unique model is designed to meet students where they are and support them for success with personalized instruction, competency-based advancement, trauma-informed wraparound support, flexible pathways to graduation, and community partnerships that create learning opportunities centered around the student, their interests, and ambitions.

Presented by:

Rachel Babcock, BA, Masters, Boston University

Josh Charpentier, BA, Masters, Bridgewater State University

♦ Just Talk About It: A Workshop about Youth Mental Health

Join Jon Mattleman, Clinician, in an interactive and engaging presentation providing a survey of relevant mental health topics impacting youth, including anxiety, depression, and suicide. Gain the information and skills to move beyond the stigma and notice warning signs and triggers of stress, anxiety, depression, and crisis. Crisis intervention is emphasized by learning the signs of suicidal ideation and risk, and how to encourage those at risk to seek immediate help. Jon utilizes a variety of engaging techniques to create a supportive environment allowing for robust discussion of these difficult topic.

Presented by:

Jon Mattleman, MS Counseling

Clinical Director, Minding Your Mind

Meet Your 2019 Presenters

Rachel Babcock - BA, University of Rochester: Masters, Boston University is Co-Founder & Co-Director of Map Academy Charter School in Plymouth, Massachusetts. Map Academy was granted a charter by the Massachusetts Board of Elementary and Secondary Education in February 2017 and opened for students in Fall 2018. As a school founder, Rachel has expertise in new school design, competency-based assessment, administration, dropout prevention and reengagement, alternative pathways, career development education, social-emotional learning, literacy intervention, and building rapport and cultivating change with high risk adolescents. Rachel earned National Board Certification as an English teacher, and is MA certified as a Principal/Assistant Principal. Rachel is also a DESE endorsed SEI teacher and Administrator. Rachel also serves on DESE's guiding coalition for the Massachusetts Dropout Prevention and Reengagement Network.

Josh Charpentier is one of the Co-Directors & Co-Founders of Map Academy, and the former Director of Alternative Programs for the Plymouth Public Schools. Josh has expertise in all aspects of alternative education administration, including budgeting to maximize resources, facilitating dialogue, garnering support from key stakeholders, and cultivating a positive and productive school climate for students and staff. In addition to teaching physical education and health. Under his leadership, enrollment grew from 22 students to over 100 students in four years. Josh is committed to continuing to develop long-term, financially sustainable pathways to prepare high-risk students for postsecondary success and is passionate about rethinking how school is done. Josh holds a Bachelor's from Springfield College and a Master's from Bridgewater State University. He holds MA licensure as a Principal/Assistant Principal and Physical Education teacher.

Karen DeRoche, RN began her nursing career as a Trauma Nurse at RI Hospital and has continued working in the field in various specialties, including neurosurgery and case management. Karen, the proud adoptive mother of 2 boys, started her advocacy work in her local unit, Rehoboth PTSA, 10 years ago and currently serves as Massachusetts PTA's Membership Chair and Rehoboth PTSA's Immediate Past President/Acting Secretary. Personally, she is passionate about her current work with children with disabilities, adoptive children, special education needs, and those who "fall between the cracks". She currently works as a Nurse Case Manager and spends her weekends as a proud hockey mom. She has been very excited to work with Massachusetts PTA, and also serves on the Massachusetts PTA Health and Safety Committee. Karen is passionate about advocating for all children, and believes strongly in PTA's motto...."Every Child, One Voice."

Ashlee Dionne, LICSW, is a licensed independent clinical social worker in Massachusetts with a Master's of Science in Social Work from the University of Tennessee. She is LUK's Program Leader of Trauma Services and served as the Director of the Central Massachusetts Child Trauma Center (CMCTC). Ashlee is Nationally Certified in Trauma-Focused Cognitive Behavior Therapy and Nationally Rostered in Child Parent Psychotherapy. She is also trained in and oversees the implementation of the Attachment, Regulation and Competency model. Ashlee is an internal trainer in the Attachment, Regulation and Competency (ARC) model and ARC Grow models. She is a master trainer in the Resource Parent Curriculum, a trauma-informed parenting group developed by the National Child Traumatic Stress Network. Ashlee provides a variety of trauma-informed trainings using National Child Traumatic Stress Network products with an emphasis on system change and the education of resource parents, educators, child welfare and mental health clinicians in trauma informed practices.

Meet Your 2019 Presenters

Lisa Jackson, MS, RD, LDN, Regional Wellness Director, Flik Hospitality Group, has a passion for food and a fascination for its ability to bring people together, Lisa completed her undergraduate and graduate studies in nutrition at the University of Rhode Island and became a dietitian. Lisa began her career inspiring children that living healthy can be both fun and tasty through the delivery of nutrition education and food experimentation with Rhode Island's SNAP-Education Program. After many years of switching gears and focusing on clinical nutrition, Lisa was determined to return to nutrition at the community level and found her way to the Massachusetts Department of Elementary and Secondary Education as the SMARTTs Grant Coordinator working on nutrition education and training and school wellness initiatives. In this position, Lisa collaborates with colleagues throughout Massachusetts and nationwide to develop trainings that inform and embolden the community to deliver delicious and nutritious meals to children everywhere. Recently, Lisa has joined the Flik Hospitality Group as its Regional Wellness Director covering the northeast.

Karen Jarvis-Vance, B. S., Fitchburg State University, MSN Elms College has served as the Director of Health, Safety and Equity programs for the Northampton Public Schools since 2006 and as the Program Director for the Northampton Prevention Coalition since 2009. In this dual role, she was instrumental in implementing nurse-led SBIRT (Screening Brief Intervention and Referral to Treatment) in her school district, the first in the state to do so in a high school population. A strong advocate for substance use prevention, Karen has written several large state and federal grants and currently provides oversight for approximately \$300,000 annually in grant funding. She is also a Nationally Certified School Nurse and a member of the Epsilon Beta chapter of Sigma Theta Tau, the International Honor Society of Nursing

Julie Ma M.Ed., BCBA, LABA. Julie has worked as a public school BCBA (Board Certified Behavior Analyst) for the last 12 years. Prior to working as a BCBA, Julie taught in an ABA based program in a public school, and also provided home-based services for students with Autism. She has worked with students from ages 3-22 with various diagnoses including Autism Spectrum Disorder, developmental disabilities, Down Syndrome, ADHD, bipolar, and students with trauma history. Julie enjoys spending her time after school with her husband and two young daughters.

Rebecca Manley, MS, Certified Clinical Trauma Professional (CCTP):B. A., Saint Michaels College: M. S., Wheelock College is the founder of the Multi-Service Eating Disorders Association (MEDA) and has been working with women and girls with body image and eating concerns for 26 years. She is also a certified coach and a member of the International Coach Federation as well as a Certified Clinical Trauma Professional. Her published curriculum entitled, "*Teaching Body Confidence*" has been featured on the televised news programs World News Tonight on ABC News, 48 Hours news on CBS as well as many other national and local stations. Rebecca also worked with the Office of Women's Development in Washington, D.C. In 2001, she spearheaded the first eating disorder screening program for high schools, developed the educational materials for the program and co-produced the video used for the program. Rebecca has been named one of the top 125 graduates for Wheelock College at their 100 year Celebration.

Jon Mattleman, MS Counseling Clinical Director, Minding Your Mind. Across all of his work, Jon brings warmth, understanding, and patience...plus a healthy dose of humor! In his over 35 years of experience as a therapist and presenter, clients have felt comforted by his ability to acknowledge that the challenges they face are complex – and often downright exhausting! In acknowledgment of this, his work is grounded in delivering tools that can be implemented in real time. Jon holds a BA from Clark University, and an MS in Counseling from the University of Hartford. He served as Director of the Stoughton, MA Youth Commission from 1983 to 1993, and as Director of Needham, MA Youth Services from 1993 to June 2017. Since 1993, alongside his full-time work, Jon has operated his practice to offer presentations, consultations, and consulting services. He is now the Clinical Director of Minding Your Mind's MA office.

Meet Your 2019 Presenters

Dr. Angela M. DeSilva Mousseau earned her doctorate in counseling psychology from Boston College. As part of her training, she completed her pre-doctoral internship at Yale University School of Medicine and her post-doctoral fellowship at Brown University School of Medicine. Both of these training programs focused on children, adolescents, and young adults in hospital and school settings. Dr. Mousseau is currently a licensed psychologist whose clinical work focuses on special education program consultation and evaluations and psychological evaluations for children and adolescents in the community and schools. Dr. Mousseau also specializes in Social Emotional Learning program implementation and integration in schools and across school districts.

Sean Palfrey, MD; Medical Director, Boston Lead Poisoning Prevention Program.

Dr. Palfrey is a general pediatrician and Professor of Clinical Pediatrics and of Public Health at Boston University. He has run lead poisoning prevention programs in Central Massachusetts and in Boston since the late 1970s, has served as president of the Massachusetts Chapter of the American Academy of Pediatrics, as well as member of regional committees on Environmental Health.

The Safe Schools Program for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) Students is a joint initiative of the Massachusetts Commission on LGBTQ Youth and the Massachusetts Department of Elementary and Secondary Education.

Lucinda Ward; MEd, RD, SNS, Registered Dietitian and School Nutrition Specialist, is the Director of Food & Nutrition Services for Triton Regional Schools. She is a graduate of Framingham State University with a Master of Education, Nutrition Education Specialist degree and a BS in Food & Nutrition. She has worked in food service for 23+ years (school nutrition past 16+ years). She is an active member of SNA of MA holding various positions including the current Treasurer and previously the Professional Development Committee Chairperson. She is passionate about nutrition and making sure all children have access to healthy school meals. She also joined forces with the local Boys & Girls Club to provide them with healthy food throughout the school year and summer. She enjoys spending time with her husband Rick, son Ethan and 2 dogs, Buford and Tater at their camper in NH.

Stephanie G. Van Winkle; M.Ed. joined Plymouth Public Schools for the 2018-2019 school year as an Elementary School Adjustment Counselor. Prior to this, she worked with students from preschool to high school. Stephanie was the School Adjustment Counselor at Nauset Regional High School on Cape Cod for six years. Prior to that, she was a Middle School Teacher in Brockton for five years. She is a graduate of Cambridge College where Stephanie received her Master's in Education with a focus in Mental Health Counseling. She is also certified in Trauma Sensitive School from Lesley University. Stephanie currently lives in Wareham, MA and when she is not busy with her work at Hedge and Cold Spring Elementary Schools, you can find her enjoying time with her two sons.

KEYNOTE SPEAKERS

Jordan Burnham

Opening Keynote Speaker

Jordan Burnham is a professional public speaker on mental health and suicide prevention, as a part of the Minding Your Mind Speakers Bureau.

He is a survivor of a suicide attempt during his senior year of high school, and shares his powerful story of fighting depression and finding recovery.

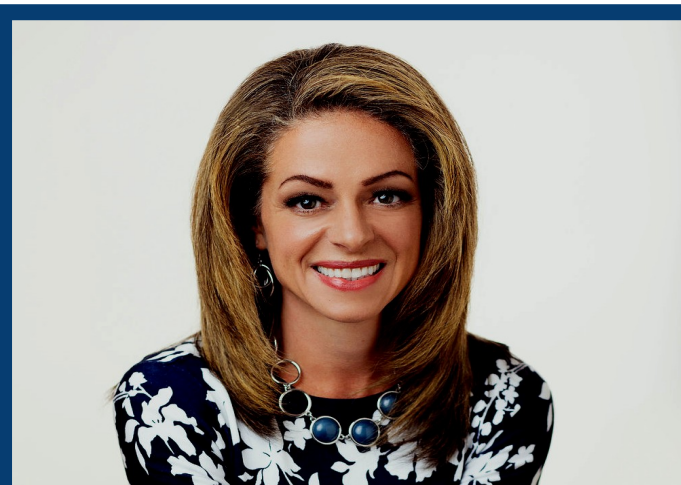
Jordan has received numerous accolades for his work in mental health advocacy, over the last ten years. He's been featured in Sports Illustrated, PEOPLE Magazine and USA Today. He has also appeared on Dr. Phil, The Early Show, CNN, Good Morning America and ESPN's E:60. His piece "Unbreakable" with E:60 was nominated for an Emmy. Most recently, Jordan was interviewed by Anderson Cooper for the CNN special, "Finding Hope: Battling America's Suicide Crisis"

In 2008 he addressed a Congressional briefing on Capitol Hill and in 2013 he was invited to the White House for the National Conference on Mental Health, hosted by President Obama and Vice President Biden.



Margaret Lanca, Ph.D. — Closing Keynote Speaker

Maggie Lanca is the Director of Adult Neuropsychology and Psychological Testing and Training at Cambridge Health Alliance (CHA) and Assistant Professor of Psychology in Psychiatry at Harvard Medical School. At Cambridge Health Alliance, Maggie directs the neuropsychology service and oversees training of the neuropsychology postdoctoral fellows. She teaches in the Psychiatry department and she frequently lectures at Harvard Medical School on psychological assessments and neuropsychology. Her teaching reflects her interests in mental health and



specialties in cross-cultural neuropsychology and serious mental illness across the lifespan. She has spoken nationally and published on cross-cultural neuropsychology. In addition to her academic and clinical work, Maggie is committed to the advancement of psychology and has been involved in professional advocacy for psychology through various committees and boards in the past 15 years. She is currently the President of the Massachusetts Psychological Association and Past President of the Massachusetts Neuropsychological Society.

Space is limited!! Register Today

FIRST NAME: _____

LAST NAME: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

Please indicate your choice by placing a 1 after the workshop that is your 1st choice and a 2 to indicate your 2nd choice. People are placed into workshops on a "first come" basis. If your first choice workshop is filled when you register, we will place you in your second choice workshop.

SESSION A: 1: ____ 2: ____ 3: ____ 4: ____

SESSION B: 5: ____ 6: ____ 7: ____ 8: ____

**REGISTER
TODAY!**



Registration and all details are Online at

www.masspta.org.

You can also send inquiries to Jackie Coogan at health@masspta.org

Registration includes:

- ♦ Continental Breakfast
- ♦ Professional Speakers and Presenters
- ♦ Two Keynote Speakers
- ♦ Two strands of Presenters and 4 workshops each
- ♦ Networking, collaboration and meeting new Partners.

Cost is:

- ♦ \$50 for PTA Members: 3 for \$125 from the same Local PTA before August 5th
- ♦ \$75 for Non-members and includes 1 year membership to Cranberry Mass PTA Unit



Mass PTA has made available special rates at Embassy Suites by Hilton Boston in Waltham. This is for all Participants, Presenters, Sponsors and Exhibitors. Must be registered by Aug. 26, 2019.

Please view and directly Register at:

https://embassysuites.hilton.com/en/es/groups/personalized/B/BOSWSES-PTA-20190925/index.jhtml?WT.mc_id=POG



IMPORTANT NOTES TO REMEMBER...

1. Register for the Mass PTA Health Summit Today!

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