

## About the Conference

A resilience-based approach to youth development is based upon the principle that all people have the ability to overcome adversity and to succeed despite it. Resilience is a strengths-based model the focus of which is providing the supports and opportunities which promote life success, rather than trying only to eliminate the factors that promote failure. Mental health providers, parents, school personnel, families and communities can all increase the capacity of children and adolescents to rebound from adversity and achieve healthy development by identifying and focusing on strengths.

We invite you to participate in our 12th Annual Mental Health Conference on resiliency in youth. Our goal is to offer you unique opportunities to meet, listen, learn and share with people of different strengths, backgrounds and experiences. Our hope is that you will be able to apply the information and experiences of the conference in your everyday life. We anticipate that your participation in this conference will enhance your understanding of strength-based approaches to improving the mental health of youth and adolescents and will help our community to support the mental health of all our citizens.

## Who Should Attend

The target audience for this conference is health, mental health, and supportive service professionals and providers (including social workers, counselors, nurses, psychologists, clergy and others) as well as educators, students, caregivers, consumers and their friends and families. This conference offers a collaborative interdisciplinary approach to understanding and addressing the mental health needs of individuals living in our communities.

## Continuing Education Credits

Greensboro AHEC will provide the following continuing education credits to participants attending the entire program: 0.55 CEU (5.5 contact hours). (Credits awarded to social workers, human service and other professionals).

5.5 Contact Hours - Greensboro AHEC is an Approved Provider of continuing nursing education by North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

5.5 Contact Hours - NBCC (Provider #5470) Greensboro AHEC is recognized the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC continuing education guidelines.

5.5 Contact Hours (Category A) Continuing Education for North Carolina Psychologists.

## Conference Objectives

- Identify characteristics and circumstances that promote resiliency in children and adolescents.
- Examine behavior modification strategies for use with children and adolescents.
- Explore the 40 Developmental Assets as related to wellness and balance in the lives of children and adolescents.
- Discuss the diagnosis, symptoms and treatment options for childhood depression.
- Identify issues related to the trauma of immigration for Latino children and adolescents.
- Describe the diagnosis, symptoms and treatment options for children and adolescents with eating disorders and other self-image issues.
- Explore the specific mental health issues related to children and adolescents who experience the trauma of having a parent incarcerated.

## Agenda

8:00 am Check-In

8:45 am – 9:30 am

**Welcome & Introduction** *Blair Benson & Erica Lane*  
**Resilience Throughout Youth and Adolescence**  
*Dr. Bobby Doolittle*

9:45 am – 11:15 am

**I-A: Childhood Depression: Symptoms, Diagnosis and Treatment Options** *Dr. Glenn Jennings, Moses Cone Behavioral Health* This session will examine depression in children and adolescents. Participants will gain an understanding of symptoms and clinical diagnosis of childhood depression in addition to information about building resiliency through successful treatment.

**I-B: SKIP - Support for Kids of Incarcerated Parents** *Dr. Jean Allen & Amy Lynn Rhoderick, Tristan's Quest* This session will explore the specific mental health issues related to children and adolescents who experience the trauma of having a parent incarcerated. Discussion will focus on building resiliency in these children through appropriate strengths-based interventions.

11:30 am – 12:30 pm **Lunch/Keynote Address**  
*Dr. Marian Earls Assessing Risk, Promoting Resiliency*

12:45 pm – 2:15 pm

**II-C: Eating Disorders Explained** *Dr. T.J. Raney, Eating Disorders Clinic, UNC Chapel Hill* Participants in this session will learn about the symptoms, diagnosis and treatment options for children and adolescents with eating disorders. This session will also explore body and self-image issues related to eating disorders and the positive approaches that can contribute to successful treatment outcomes.

## Agenda

**II-D: Encouraging Success with the 40 Developmental Assets** *Emilie Gottsegen, Family Life Council*  
 This session will introduce the concept of the 40 Developmental Assets, the concrete, positive experiences and qualities essential to raising successful young people. Participants in this session will learn what these assets are and will gain a general understanding of how the concepts can be applied in promoting resiliency in youth.

2:15 pm – 2:30 pm **Break**

2:30 pm – 4:00 pm

**III-E: Latino Panel Discussion: Resiliency and the Immigrant Experience** *Dr. Nolo Martinez, Dr. Dan Paredes, Dr. Mary Ann Garcia, Dr. Mona Shattell*  
 This panel discussion will examine the unique aspects of the Latino immigrant experience that can affect how Latinos experience and recover from trauma. This session will consider the barriers to care experienced by this population and will focus on concrete approaches to successfully building hope, resilience, and the ability to thrive among Latino immigrant children.

**III-F: Help for Challenging Behaviors When Other Techniques Have Failed** *Bob Egelson*  
 This session will introduce behavior modification techniques and will explore how behavior modification strategies can build resiliency in children and adolescents. Participants in this session will learn what these strategies are and will learn how they can be applied in a strengths based approach to working with children and adolescents.

4:00 pm **End of Conference**

**Location/Parking** The Empire Room is located in Downtown Greensboro at 203 South Elm Street. For directions contact the Empire Room at (336) 230-1588 or MHAG at (336) 373-1402. Free parking is available in the adjacent parking deck. There is also metered parking on Elm and Davie, and parking garages at the corner of Greene Street and Washington and the corner of Davie and Friendly.

**Accommodations** Overnight accommodations are available at the Biltmore Hotel, 111 Washington Street (2 blocks away), (336) 272-3474 or the Downtown Marriott, 304 N. Greene Street (6 blocks away) (336) 387-8004. To get a discount mention the Empire Room.

**Americans With Disabilities Act** Mental Health Association in Greensboro is committed to equality of educational opportunity and does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status or sexual orientation. If you require reasonable accommodations for a disability in order to participate, please call (336) 373-1402 by March 17 and attach a note to your registration form.

## Registration

(Please duplicate for multiple attendees) Meals and Materials included in fee. Refunds less a \$15 processing fee available prior to March 17, 2008.

Name \_\_\_\_\_

Badge Name \_\_\_\_\_

Institution/Org. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Phone/Fax \_\_\_\_\_

Email \_\_\_\_\_

### Conference Sessions (Please Circle)

	1st choice	2nd choice
Session I	A B	A B
Session II	C D	C D
Session III	E F	E F

~We will do our best to accommodate your choices~

### REGISTRATION FEES

(includes breakfast, lunch, dessert and materials)

#### Early Registration - Postmarked by March 17, 2008

Student Rate ..... \$15  
 Community Members ..... \$25  
 Professionals ..... \$120 (includes credits)

#### Registration - Postmarked after March 17, 2008

Student Rate ..... \$25  
 Community Members ..... \$45  
 Professionals ..... \$140 (includes credits)

Check / Money Order enclosed \$ \_\_\_\_\_

Please charge my (circle one)

VISA MasterCard American Express \$ \_\_\_\_\_

# \_\_\_\_\_ exp \_\_\_\_\_

Name as appears on card \_\_\_\_\_

Signature \_\_\_\_\_

Return completed form with payment (March 17, 2008 for early registration rate) to Erica Lane:

330 S. Greene Street, Suite B12 • Greensboro, NC 27401  
 336-373-1402 phone • 336-273-4474 fax  
 www.mhag.org

**Keynote Speaker:**

**Marian F. Earls, MD, FAAP**, a Developmental and Behavioral Pediatrician, is the Medical Director of Guilford Child Health, Inc., a non-profit private Pediatric practice in Greensboro, North Carolina. Dr. Earls received her AB in Biology from the College of the Holy Cross in Worcester, Massachusetts, her Master of Theological Studies from Harvard Divinity School, Harvard University, and her MD from the University of Massachusetts. She completed her Pediatric Residency at Moses Cone Hospital (UNC AHEC) in Greensboro in 1987, and her Fellowship in Developmental Behavioral Pediatrics in 1988.

**Workshop Presenters:**

**Dr. Glenn Jennings** is currently the Child and Adolescent Medical Director at Moses Cone Health System Behavioral Health Center and has 20 years of experience in the field of mental health. Dr. Jennings received his medical degree and completed his family practice residency at the University of Tennessee. He completed both his general psychiatry residency and his child and adolescent psychiatry fellowship at the Mayo Graduate School of Medicine, Mayo Clinic, Rochester, Minnesota.

**Dr. Jean Allen** holds a doctorate in Child Development and Family Relations, with a concentration in Special Education - Learning Disabilities. She has over 30+ years experience working with and advocating for children with special needs, including 15 years clinical experience facilitating short-term study skills clinics, as well as working individually with children with emotional, behavioral, and/or learning disabilities and their families.

**Amy Lynn Rhoderick** holds a Bachelor of Science in Human Development and Family Studies with a concentration in Child and Adolescent Studies. She interned with Tristan's Quest and is now employed as their SKIP Coordinator, overseeing the implementation of the Tristan's Quest SKIP Initiative.

**Dr. T.J. Raney** is a clinical psychologist with the partial hospitalization and outpatient eating disorders programs. Dr. Raney received his BA in philosophy from Dartmouth University in 1991, his MA and PhD degrees in clinical psychology from University of Nebraska-Lincoln, and completed his clinical psychology internship at the University of Arkansas for Medical Sciences.

**Emilie Gottsegen** has over 20 years of experience in family life and parent education working with both youth and adults in North Carolina. She has been with the Family Life Council in the role of Assistant Executive Director since 1996. She plans and implements the Family Life Council's parent education programs and provides trainings for young people, parents, and professionals on the 40 developmental asset model of positive youth development.

**Bob Egelson, MA**, child psychologist, has worked with children's challenging behaviors for 27 years (13 years with the Guilford Center). He has provided Family Therapy to children with the diagnoses including autism, developmentally delayed, bipolar, severe ADHD, severe language delay, sensory integration difficulties and foster and adopted children with significant behaviors.

**Dr. H. Nolo Martínez** is a Research Scientist at the University of North Carolina-Greensboro, Department of Social Work where he serves as the Director of the UNCG Center for New North Carolinians. Dr. Martínez has served as the first Director of Hispanic/Latino Affairs and has held a number of positions focused on working with immigrant groups.

**Mona Shattell** is Assistant Professor of Nursing at the University of North Carolina Greensboro with over 20 years of experience in mental health nursing. She holds bachelors, masters, and doctoral degrees in nursing. Her clinical specialty is in psychiatric/mental health nursing. Her research has focused primarily on mental health, the patient-provider relationship, and Latinas with depressive symptoms.

**Dr. Paredes** is a graduate of the University of California at San Diego and the University of North Carolina at Greensboro, and is the International Affairs Coordinator at NBCC International and helps develop certifications for the public's easy identification of highly qualified counselors in educational, mental health, and vocational settings. His clinical experience includes emergency assessment, substance abuse counseling, and counseling in college settings.

**Dr. Mary Ann Garcia** is a licensed clinical psychologist who has been in private practice here in Greensboro for the past eight years. Prior to that she practiced in both the private and public sector for over 10 years in Chicago. Dr. Garcia, who is bi-lingual and conducts therapy in both English and Spanish, works with clients of all ages in individual, couples and family counseling.

# Conference Supporters

*Moses Cone  
Behavioral Health*

*Novartis*

*Bristol-Myers Squibb*

*Old Vineyard Behavioral Health*

*Family Service of the Piedmont*

*Tristan's Quest*

*The Guilford Center*

**Special Thanks to:**

*Bob Iddings*

*Rose Jay*

*Theresa Johnson*

*Anne Kimball*

*Scott Lineberry*

*Sherri McMillen*

*Lelia Moore*

*Sherri Toney*

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**Mental Health Association in Greensboro**  
330 S. Greene Street, Suite B12  
Greensboro, NC 27401  
336-373-1402 Phone • 336-273-4474  
www.mhag.org



## 12th Annual Mental Health Conference

*“Resiliency:  
Helping Children  
and Adolescents  
Bounce Back”*



**Friday, April 4, 2008**

**The Empire Room  
203 South Elm Street  
Downtown Greensboro**

**Co-sponsored by Greensboro AHEC**

Nonprofit  
Organization  
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