

Mental Health Symposium Session Offerings

Small Things Triggering Big Emotions: Parenting Practices for How to Set Limits that Foster Social-Emotional Well-Being

Stephanie Cignarella, M.A., C.A.S., & Sharawn Valentine M.Ed, Ed.S School Psychologists

Attendees will learn about the fundamentals of behavior and circumstances that occur before and after that likely reinforce the cycle. How parents respond to their children greatly affect their social-emotional well-being and their ability to develop resiliency and a healthy sense of self. Participants will engage in activities where they analyze their own behaviors and behaviors of their children using practical strategies and solutions to address or prevent maladaptive behaviors.

Suicide & Self-Harm

Dr. Howard Levin, MD, Board Certified Child & Adolescent Psychiatrist

The participants will understand the difference between suicide, suicidal ideation and non-suicidal self-injurious behaviors. They will also be able to appreciate the scope of suicide and self-injury in children and adolescents. Participants will leave with the ability to identify warning signs of those at-risk and learn what appropriate resources or treatments can be put into place.

Conflict vs Bullying: How to Know the Difference and Build Resilience

Alyssa Pilsits M.A., Lisa Shirvinski M.Ed, M.S., & Emily Bonney, M.Ed. School Counselors

The School Counselors will address the topics of bullying and conflict. They will define and discuss the differences between the two and provide real-life examples. This presentation will be geared to parents of children of all grade levels, K-12. Strategies will be presented for how to effectively resolve conflicts and bullying at home, at school, and overall coping mechanisms for dealing with both. Cyberbullying, resources, and digital citizenship will also be discussed.

What's Anxiety & What's Not

Dr. Andrew Clark, MD Board Certified Child & Adolescent Psychiatrist

Dr. Clark will review differences between normal anxiety in children/teen development and signs of anxiety disorders which may need further assessment and treatment. Common school associated test anxiety, perfectionism, social worries and avoidant behaviors will be reviewed. More severe anxiety symptoms leading to suicidality, panic, depression, truancy and social isolation will be addressed. Evidence based treatments including cognitive behavioral therapy, mindfulness and exposure response prevention skills will be presented.

The Cycle of Addiction in Teens

Argiroula Hansen, B.A. Psychology, The Caron Foundation

This session will focus on understanding the key risk/protective factors for adolescent drug use, the cycle from first use through recovery and the science of addiction

PREP: Current Drug Trends

Argiroula Hansen, B.A. Psychology, The CARON Foundation

Prevention Resources and Education for Parents (PREP) is a program designed for parents and caregivers of elementary, middle and high school students. PREP covers topics related to effects and consequences of gateway and other trendy drugs; how to effectively communicate when talking about alcohol, tobacco and other drug use; the importance of establishing clear rules and consequences at home; and evaluating resiliency factors that help protect kids from substance use.

Social Media Trends & Dangers: Resources for Monitoring and Combating Misuse

Center for Humanistic Change

This program is designed to raise awareness about trends and dangers throughout social media. Engaging in lively discussion and variety of activities, participants learn about Facebook, Instagram Snapchat and Twitter; identify the possible dangers of social media outlets; understand responsible use and the legal, social, and emotional consequences of misuse; discover the prevalence and pressures concerning sexting, cyber-bullying, and privacy issues; discuss the effects of social media on the brain, including addiction; and explore the resources available to monitor and combat misuse.

Lehigh County Integrated Services: An Overview of Accessing Mental Health Treatment and Support via Medical Assistance and County Funding

Susan Lattera MSW, Jennifer Clarke-Sirignano MSS

This presentation will introduce the audience to Lehigh County's Integrated Services Unit and will highlight the purpose of this unit, how the unit helps children/youth and their families in Lehigh County and how to access Medical Assistance-funded mental health services.