
April 8, 2015

DoubleTree Hotel
Milford, MA

**Teen Mental Health,
Depression & Suicide Conference**



*Creating Communities of
Awareness and Support*



Teen Mental Health, Depression & Suicide

Special thanks to the following for their generous contributions

Special Thanks to:

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Conference Exhibitors
Conference Presenters
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MSSAA Staff
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Samaritans

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413-532-9406
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If at any time you feel the need to reflect and take time out from the conference, please visit with Debbie DiMasi, Director of Grief Support Services, Samaritans, Inc. in our Quiet Room. Please check in at the Registration Table for the location of the Quiet Room.

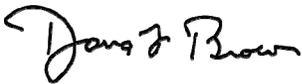
Creating Communities of Awareness & Support

Welcome From Your Associations' Presidents

Dear Members of the MSSAA,

As you are aware one of our major foci for the year has been the social and emotional well-being of our students. We began the year at our annual convocation with a panel discussion around mental health supports in schools, and the panel featured poignant testimony from students, school staff, and an outside clinician. As your President, I have continued to write about the topic, and our Association has been at the forefront of bringing the topic to the attention of our local and state leaders as well as to the Department of Elementary and Secondary Education. We are being heard, but there is more work to do.

Thank you for all you do on behalf of our students.



*Dana F. Brown, Malden High School Principal
President, MSSAA*

Dear Members of the MIAA,

Wellness is an integral aspect of educational athletics. As we know, mental health issues among the students in our schools continue to rise. It is essential that we develop educational programming and support systems in these areas within our learning communities to better serve our students and their families. This program will allow you to engage in learning, dialogue and reflection on these important issues related to student wellness.

Thank you for all your work on behalf of all our students, including our student-athletes!



*Keith Crowley, Ph.D.
Principal/Associate Head of School
St. John's Preparatory School
President, MIAA*

A Collaborative Effort of the MSSAA & MIAA

Teen Mental Health, Depression & Suicide

*Too often we underestimate
the power of a touch,
a smile, a kind word,
a listening ear,
an honest compliment,
or the smallest act of caring,
all of which have
the potential to turn a life around.*

Leo Buscaglia, American Author/Motivational Speaker

**Thank you for coming today and
for supporting our youth.**

Creating Communities of Awareness & Support

Registration, Continental Breakfast	7:45-8:30
Resource Exhibits open until Luncheon. <i>Please review the program and select your workshops.</i>	
General Session	8:30-9:15
Welcome- Art Dulong, MSSAA Assistant Director Proclamation- State Representative Jeff Roy Conference Logistics- Karen Nardone, MIAA Wellness Coordinator Keynote- Larry Berkowitz, MPA, Ed.D. Director, Riverside Trauma Center	
Transition to Workshops, Resource Exhibits	9:15-9:25
<i>At this time, the Ballroom partitions will be closing. Please keep clear!</i>	
Concurrent Workshops Session 1	9:25-10:35
See program pages 6 and 7 for workshop descriptions and locations. Please assign members of your group to be represented at each of the different workshops. If a workshop is full, you will be redirected to another session. Your cooperation is appreciated.	
Transition to Workshops, Resource Exhibits	10:35-10:45
Concurrent Workshops Session 2	10:45-11:55
See program pages 8 and 9 for workshop descriptions and locations. Please assign members of your group to be represented at each of the different workshops. If a workshop is full, you will be redirected to another session. Your cooperation is appreciated.	
Transition to Luncheon	11:55-12:00
<i>At this time, the Ballroom partitions will be closing. Please keep clear!</i>	
Luncheon	12:00-12:30
Panel Presentation, Questions and Answers	12:30-1:30
<i>Please turn in your program evaluation at the registration desk as you leave. Professional Development Hours certificates will be available for pick up there.</i>	

Teen Mental Health, Depression & Suicide

9:25 - 10:35 Workshop Session 1

Ballroom Regency 1 This workshop is for adults only

Theory Into Practice: Effective Strategies for Students With Anxiety-Related and Oppositional Behavior

Presented by: Larry Berkowitz, Ed.D.

The National Institute of Health reports that 25.1% of 13 year olds have had an anxiety disorder in their lifetime. Understanding the role anxiety plays in a student's behavior is crucial and using preventive strategies is key to successful intervention. Effective plans for these students must focus on teaching coping skills, self-monitoring, and alternative responses.

Presented by: Jessica Minahan M.Ed., BCBA

Ballroom Regency 2 This workshop is for adults & students

Teens Leading the Way: Mental Health and Wellness in the Community

Overcoming stigma and promoting wellness are as critical to addressing teen depression as intervention. Meet teens, a community leader, and a clinician as they describe how they share knowledge, skills and wellness through the teen leadership program. Learn about projects and collaborations with other teen mentors and join their call for action.

Presented by: Dr. Nadja Reilly, Ph.D. Associate Director Freedman Center for Child and Family Development Faculty of Clinical Psychology Program Massachusetts School of Professional Psychology; **Bob Anthony** Adolescent Wellness Inc.; **Hannah Lee**, Dover Sherborn HS; **Joey Kinyanjui, Thomas Capozzi and Nathan Chiu**, Wellesley High School

Ballroom Regency 3 This workshop is for adults only

Postvention

The sudden loss of a young person is tragic and distressing no matter what the cause. However, when the death is by suicide, the loss becomes even more complicated. This workshop will focus on the goals, actions, and guiding principles of how to support schools, organizations, and the people within those organizations following a suicide death.

Presented by: Larry Berkowitz, MPA, Ed.D., Director, Riverside Trauma Center

Creating Communities of Awareness & Support

Middlesex Room This workshop is for adults only

Some Secrets Should Be Shared : Evidenced-Based Suicide Prevention Programming for Schools Teams and Clubs

This workshop will focus on training and educating coaches, administrators, school faculty, and community supports to be a trusted adult in a student's life. Clips from our new training video will help adults involved in a student's life—from parents to administrators, cafeteria staff to math teachers, nurses to guidance counselors, recognize warning signs of depression/suicide and learn more about the SOS Program. We will also review an evidenced based curriculum that teaches youth to recognize and respond to signs of depression or suicide in themselves or in a friend and to reach out to trusted adults in their lives.

Presented by: Meghan Diamon, MSW, LCSW, Screening for Mental Health

Norfolk Room This workshop is for adults and students

Eating Disorders 101

"Eating Disorders 101" is a dynamic and collaborative presentation that will serve to educate those working with youth and adolescents on issues pertaining to eating disorders. This workshop will address the bio-psycho-socio-cultural causes of body dissatisfaction and provides concrete tools to help students build a positive body image within themselves and their communities. Topics include media literacy, debunking myths about eating disorders, social media and self-objectification, mindful eating and exercise, athletes, intentional language, assertiveness, and youth empowerment. MEDA's presenter will create a respectful environment for participants to feel safe, ask questions, and learn more about these important topics.

Presented by: Rachel Benson Monroe, Clinical Programs Coord. MEDA, Inc.

Worcester Room This workshop is for adults only

Helping Kids Helping Ourselves

More students are placing emotional demands on faculty and staff. Because of this, bright, talented, and dedicated people are more difficult to find and retain. School atmosphere, including staff morale can falter. Even bright motivated students are facing unprecedented challenges in their personal lives. In this workshop educators find practical solutions to working with students of all descriptions and, in so doing, discover effective and practical ways to increase their own well-being. Learn valuable life-coaching skills to employ with students and yourselves.

Presented by: Jeff Levin, Jeff Levin Workshops

9:25 - 10:35 Workshop Session 1

Teen Mental Health, Depression & Suicide

10:45 - 11:55 Workshop Session 2

Ballroom Regency 1 This workshop is for adults & students

A Life Unfulfilled: Losing My Son to Suicide

From a father's perspective, this workshop tells the story of Steve's son Jeffrey, who died 5 years ago. The workshop gives a face to the problem of suicide, educates the audience about the prevalence of anxiety and depression, as well as its signs. As a coach of youth sports, the presenter will also share his experiences with youth sports and their impact on participants.

Presented by: Steve Boczenowski, TADS

Ballroom Regency 2 This workshop is for adults & students

Engaging Transgender Youth

Being an ally and engaging transgender students as a coach, teacher, administrator, or peer can positively influence the health and happiness of students. It can also be confusing, scary, and worrisome to allies who aren't aware of the experiences of transgender people. This workshop aims to help make sure people understand that gender is complicated and that engaging transgender students is critical in making the school atmosphere inclusive. We will answer questions about how to engage transgender youth about bathrooms, locker rooms and in the classroom.

Presented by: Kyle Megrath, Greater Boston PFLAG

Ballroom Regency 3 This workshop is for adults only

Suicide Prevention: Supporting Our Youth

Supporting Our Youth has been added to the Best Practices Registry. This training was developed by Samaritans for middle school and high school faculty and staff. Participants learn important information about suicide prevention, and are introduced to the concept and skills of befriending. Materials include a PowerPoint presentation, handouts, and wallet cards. Role-playing and practice modules are included for extended (two- to three-hour) versions of the training. For more information, see the Best Practices Registry. <http://www.sprc.org/bpr/section-III/suicide-prevention-supporting-our-youth>

Presented by: Lauren Gablinske, Manager, Community Education and Outreach, Samaritans, Inc.

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Middlesex Room This workshop is for adults only

Break Free From Depression

In this workshop, participants will be introduced to Break Free From Depression, a classroom-based prevention curriculum for high school students, developed to raise awareness around adolescent depression. Participants will be given a brief overview of depression, and a description of the Break Free from Depression program and will view a documentary.

Presented by: Molly Jordan and Vanessa Prosper, Ph.D., Boston Children's Hospital

Norfolk Room This workshop is for adults only

Understanding Trauma and Trauma-Informed Approaches to Coaching

This training is designed to help coaches who are working with individuals who may be experiencing the impacts of having survived a traumatic event (ie: all coaches). The training provides information about the prevalence and impact of traumatic events and looks at why an understanding of and focus on trauma is important. It discusses the idea of trauma-informed care and what it means to be trauma informed, as well as how this differs from and overlaps with trauma treatment. In addition, it offers information about what coaches can do to make sure their practices/policies are more trauma informed is addressed.

Presented by: Joanna Bridger, LICSW, Clinical Services Director, Riverside Trauma Center

Worcester Room This workshop is for adults & students

Experience Getting Centered Meditation

Getting Centered Meditation develops customized programs for educational, healthcare, and corporate settings. Recent scientific studies have shown that practicing meditation, even for a short period of time, can have profound positive effects on physical health, psychological health and overall well-being. As single session or multi-session programs, Getting Centered Meditation teaches a variety of simple meditation techniques through guided sessions. Participants quickly realize the benefits and become empowered to incorporate meditation and other healthy practice into their lives.

Presented by: Helen Rainoff, Getting Centered Meditation

10:45 - 11:55 Workshop Session 2

Teen Mental Health, Depression & Suicide

Larry Berkowitz, MPA, Ed.D.
Riverside Trauma Center



Key Note Speaker

Larry Berkowitz, MPA, Ed.D., is the Director and Co-founder of the Riverside Trauma Center and a Part Time Clinical Instructor in Psychology at Harvard Medical School. A licensed Psychologist, he has specialties in working with children, adolescents and families. He serves on the “Survivors of Suicide Task Force” for the National Action Alliance for Suicide Prevention and is a member of the Executive Committee of the Massachusetts Coalition for Suicide Prevention. He trains extensively on suicide prevention, assessment and management of suicide and postvention activities in schools and organizations. Dr. Berkowitz has consulted with schools and communities for over 20 years. He holds a Doctorate of Education in Counseling and Consulting Psychology from Harvard University.

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Resource Exhibitors

<p>ADAPT Consultants thermanowski@comcast.net www.aadapt.com</p>	<p>Adolescent Wellness bobanthony@adolescentwellness.org www.adolescentwellness.org</p>
<p>Boston Children's Hospital molly.jordan@childrens.harvard.edu www.bostonchildrens.org/breakfree</p>	<p>Getting Centered Meditation helen@gettingcenteredmeditation.com www.gettingcenteredmeditation.com</p>
<p>Greater Boston PFLAG kyle@gbpflag.org www.gbpflag.org</p>	<p>Jeff Levin Workshops jeff@jefflevinworkshops.com www.jefflevinworkshops.com</p>
<p>MA School of Professional Psychology nadja_reilly@mspp.edu www.mspp.edu</p>	<p>MIAA knardone@miaa.net www.miaa.net</p>
<p>MSSAA carmenio@mssaa.org www.mssaa.org</p>	<p>MEDA rbmonroe@medainc.org www.medainc.org</p>
<p>Monte Nido Laurel Hill rachaellastoff@montenido.com www.MonteNido.com</p>	<p>Samaritans ebritt@samaritanshope.org ddimasi@samaritanshope.org www.samaritanshope.org</p>
<p>NESCA-Newton jessicaminahan1@gmail.com www.jessicaminahan.com</p>	<p>The Shine Initiative and LEAD prichard@shineinitiative.org www.shineinitiative.org kyrahaltman@yahoo.com www.mentalhealthleader.com</p>
<p>Screening for Mental Health mdiamon@mentalhealthscreening.org www.mentalhealthscreening.org</p>	

Teen Mental Health, Depression & Suicide

Distinguished Panel Members

Moderator: John D’Auria, Ed.D., President Teachers21

John D’Auria, Ed.D, Former Superintendent of the Canton Public Schools became President of Teachers21 in 2010. In a career that has spanned four decades as a math teacher, guidance counselor, principal and superintendent, Dr. D’Auria has worked with hundreds of school leaders around sharpening the academic focus of school teams, developing a vibrant school culture, and managing conflict in the workplace.

Psychologist: Dr. Nadja Reilly, Ph.D. Associate Director, Freeman Center for Child & Family Development, MA School of Professional Psychology

Nadja Reilly is a clinical psychologist with over 15 years of experience specializing in children, adolescents, and families. Dr. Reilly focuses on prevention, school and community mental health work, consultation, curriculum and program development, and education. Dr. Reilly is the editor of *Preventing Depression: A Toolkit for Schools*, co-editor of the *How Not to Keep a Secret Peer Leadership* curriculum, editor of the *Break Free from Depression* school curriculum, and author of the *Anxiety and Depression in the Classroom: A Teacher’s Guide to Fostering Self-Regulation in Young Students* textbook. Dr. Reilly has presented at numerous local and national conferences, and continues to promote awareness of child and family mental health needs through her teaching, research, and practice.

**School Administrator: Bill Chaplin, M.Ed., MSW, LICSW
Assistant Principal, King Philip Regional High School**

Bill has been an established Clinical Social Worker in the Blackstone Valley and Metro West areas for over 25 years. His career has taken place in Community Mental Health Clinics where he was the Clinic Director within two Outpatient Centers for Riverside Community Care, Private Practice, College Adjunct Faculty and in School Social Work at both the middle and high school levels. For the past eight years his career direction has led him within the field of Educational Leadership. He is currently an Assistant Principal at King Philip Regional High School.

Parent: Steve Boczenowski, Teenage Anxiety and Depression Solutions (TADS)

Steve Boczenowski has always been active in community service including roles in town government, church and youth sports, Habitat for Humanity, and the Groton Interfaith Council. In 2011, Steve and his wife Deb, founded Teenage Anxiety and Depression Solutions (TADS) as a response to the loss of their son to suicide. Jeffrey was 21 when he died on December 1, 2009. In addition to his work with TADS, Steve currently serves on the executive Committee of the Massachusetts Coalition for Suicide Prevention (MCSP) and on the Board of Directors of Family Continuity.

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Student: Kyrrah Altman, Director Let's Empower, Advocate and Do (LEAD) Leominster High School

Kyrrah is currently a senior at Leominster High School and plans to attend college in the fall. She is the cofounder and director of the student organization Let's Empower, Advocate and Do (LEAD), founded in 2012. LEAD has raised over \$8,000 to support community shelters and child advocacy organizations in Leominster. Kyrrah has been an advocate for social justice since she was 9 years old. The oldest of four, a youth basketball coach, and a certified CNA, Kyrrah was elected Class President all four years of high school. She interned with the MA Coalition to Prevent Gun Violence and Leominster's Public Health. Kyrrah received the MA Jewish War Veterans Brotherhood Award and the Leominster High School CTEi Outstanding Student Award. LEAD was separately honored with the Changemaker of the Year Award, the Mayor's Community Service Award and the Exemplary Youth Leader Award in 2014. LEAD has been working on developing and writing the curriculum for a Mental Health Promotion class, which will be implemented in their school and eventually on a state level, through a bill in the state legislature. They recently were invited to exhibit their curriculum on WCVB's show Chronicle.

Student: Nathan Chiu, Wellesley High School

Nathan is currently a junior at Wellesley High School. Having experienced stress firsthand, Nathan has worked with fellow teens to raise awareness and help others cope and overcome stress and depression. This year, Nathan has served as the president of the Wellesley Interact Club, where he has overseen several projects that promote understanding of mental health. Nathan has also helped in training teen mentors with the *BREAK FREE FROM DEPRESSION* curriculum. Nathan is an avid advocate for those struggling with depression. As a delegate on the State Student Advisory Council, Nathan has brought attention to the issue of mental health. Along with other delegates from around the state, Nathan helped create posters containing positive messages. These posters can be found in schools throughout the state. Besides his work in mental health, Nathan enjoys going on occasional runs and playing the cello.

Teen Mental Health, Depression & Suicide

Presenters

Workshop Session 1	Workshop Session 1
<p>Jessica Minahan M.Ed., BCBA Director of Behavioral Services NESCA 617-233-7755 jessicaminahan1@gmail.com www.jessicaminahan.com</p>	<p>Larry Berkowitz, Ed.D. Director, Riverside Trauma Center 761-433-0672 lberkowitz@riversdecc.org www.riversideecc.org</p>
<p>Nadja Reilly, Ph.D. Assoc. Director Freedman Center for Child & Family Development Clinical Psychology Program Faculty Massachusetts School of Professional Psychology 617-332-3666 ext 1225 nadja_reilly@mspp.edu www.mspp.edu</p> <p>Bob Anthony, President Adolescent Wellness, Inc. 781-727-8617 bobanthony@adolescentwellness.org www.adolescentwellness.org</p> <p>Student Presenters: Hannah Lee, Dover Sherborn HS; Joey Kinyanjui Thomas Capozzi and Nathan Chiu Wellesley High School</p>	<p>Meghan Diamon, MSW, LCSW Screening for Mental Health, Inc. 781-591-5230 mdiamon@mentalhealthscreening.org www.mentalhealthscreening.org</p>
<p>Rachel Benson Monroe MEDA Inc. Clinical Programs Coordinator, 617-558-1881 ext. 21 rbmonroe@medainc.org www.medainc.org</p>	<p>Jeff Levin, President, Jeff Levin Workshops 603-496-0305 jeff@jefflevinworkshops.com www.jefflevinworkshops.com</p>

Creating Communities of Awareness & Support

Presenters

Workshop Session 2	Workshop Session 2
<p>Steve Boczenowski, President, Founder Teenage Anxiety & Depression Solutions boczeno@gmail.com www.tadsma.org</p>	<p>Joanna Bridger Riverside Trauma Center 781-433-0672 X5615 JBridger@riversidecc.org www.riversidecc.org</p>
<p>Kyle Megrath, Program Manager Greater Boston PFLAG PO Box 541619 Waltham, MA 02454 617-313-9037 kyle@gbpflag.org www.gbpflag.org</p>	<p>Lauren Gablinske, Manager Community Education and Outreach Samaritans, Inc. 617-536-2460 ext 5240 lgablinske@samartianshope.org www.samaritanshope.org</p>
<p>Molly Jordan, LICSW Project Coordinator Vanessa Prosper, PhD. Boston Children's Hospital 300 Longwood Avenue BCH 3174 Boston, MA 02115 617-919-3227 molly.jordan@childrens.harvard.edu vanessa.prosper@childrens.harvard.edu www.bostonchildrens.org/breakfree</p>	<p>Helen Rainoff, Founder and President Getting Centered Meditation 617-642-8955 helen@gettingcenteredmeditation.com www.gettingcenteredmeditation.com</p>

Teen Mental Health, Depression & Suicide

The MIAA Partners In Prevention



a program of the Massachusetts Interscholastic Athletic Association

On September 19, 1985, the Massachusetts Interscholastic Athletic Association held a press conference to address the Association's commitment to a long-term, comprehensive program to promote the chemical health of the student athlete. Learning from the successful models of pre-season meetings and coaches and captains workshops, the Association's commitment expanded in 1994, beyond student-athletes, to partner with MSSAA to help schools create programs and educational strategies for all constituents to address any matter that might embrace or improve the well-being of the student.

During the last decade, MIAA and MSSAA founded "Partners in Prevention", a powerful collaboration of public and private prevention agencies/initiatives, many of whom are featured at today's conference. These agencies provide magnanimous support, resources, and expertise in our associations delivery of wellness services and programs.

To learn more about the ways that the MIAA Partners in Prevention are available to support your wellness programs, please visit our website at www.miaa.net and click on the PIP Logo.

MIAA Partners in Prevention Mission Statement

Partners in Prevention is a coalition of organizations committed to safety, wellness and prevention. We strive to celebrate youth who make positive lifestyle choices.

Partners in Prevention Initiatives

Wellness Summit

Wellness Workshop Series

Position Papers

Speaker Bureau

Webinars and Webcasts

Talking Phone Book Online Resource Directory of Programs and Resources