

24th Annual Conference

Association
of Student
Assistance
Professionals
of New Jersey



Joining Together: Shaping, Affecting, Changing Lives



****Wednesday, February 3, 2010
Thursday, February 4, 2010
Friday, February 5, 2010
Hyatt Regency
New Brunswick, NJ**

CONFERENCE OBJECTIVES

Learn how to promote prevention, treatment, recovery, best practice, and continuous quality improvement with the use of evidence-based practices within Mental Health and Substance Abuse Services.

This conference is designed to provide new skills, techniques, methodologies, and resources for treating the causes and effects of issues such as mental illness and substance abuse and dependence, family, school, health, sexuality, and legal issues. This conference is also designed to provide education & resources on “sexting”, “cyberbullying” and brain injury. “QSAC” & “SASSI” workshops will be offered, as well as an ethics workshop which is a recertification requirement for individuals who have the LCSW, LCADC, and/or LPC. The information shared will cover clinical practice and evaluation of existing practices in the field of addiction, mental and behavioral health.

Who Should Attend?

- Counseling professionals, and families in the areas of substance abuse and mental health
- Student Assistance Counselors
- School counselors
- Social Workers
- Nurses
- Clinicians in the criminal and juvenile justice systems
- Domestic violence service providers
- Adolescent treatment professionals and educators
- School Administrators
- Interested others

All licensed conference attendees must bring their license number to the conference to enter on sign-in sheets to receive recertification credit.

ASAP-NJ Continuing Education Units (CEU) will be given for each workshop/seminar attended. Recertification credits have been applied through Alcohol/Drug Certification, Social Work, NBCC, and NJ State Nurses Association. For further information contact Jennifer DiStefano, ASAP-NJ- Professional Development Chair at 609-471-1057 or jdistefano@chclc.org.

2010 ASAP NJ Conference

“Joining Together: Shaping, Affecting, Changing Lives”

**WEDNESDAY, FEBRUARY 3, 2010

5:00 - 6:00 PM Early Registration

6:00 - 8:00 PM Dessert Networking Reception

8:15 - 9:15 PM Open 12-Step Meeting

8:15 - 9:15 PM Barry Rubin

“B Soul (Beautiful Sounds Of Unity & Love)”

This hands-on drum circle workshop will focus on the beautiful sounds of hand and stick drums, and auxiliary percussions and toys. Please bring a drum or percussion instrument, if possible.

THURSDAY, FEBRUARY 4, 2010

7:30 - 8:45 AM Registration, Breakfast & Visit Exhibitors

8:45 - 9:00 AM Welcome & Introductions

9:00 - 10:00 AM Keynote: Douglas Collier, MA

“Embracing the Culture of Collaboration”

The focus of this keynote address is collaborating with community agencies in what we do and what we provide for our students is the focus of this keynote address. Despite the frustrations, it is clear that we make a difference for students, their families, and the schools as a whole. We can't do it alone – we need to join together with others to make it work. The Drug Enforcement Administration is one of the many agencies to work together collaboratively for the common goal.

10:00 - 10:15 AM Exhibitor Break

10:15 - 12:15 AM Morning Workshops

A. Merritt Hubsher, M.D.

**“The ABC’s of Child & Adolescent
Psychopharmacology: Alternatives, Basics &
Controversies”**

The treatment of children and adolescents with medication for emotional and behavioral problems has long been an area of controversy. Psychotropic medications are used in the treatment of Attention Deficit Hyperactivity Disorder, mood disorders such as depression, anxiety and bipolar disorder, as well as behavior issues such as severely raging children and Obsessive/Compulsive Disorder. These medications can be extremely helpful, even life-saving. Yet, they are not without drawbacks; many of the medications regularly prescribed to children and adolescents can also cause sometimes disturbing side effects. Dr. Hubsher will discuss the range of medications prescribed, their potential benefits and their potential risks, as well as alternatives to pharmacologic treatments. He will also discuss the controversies regarding the prescription of psychotropic medications to children and adolescents.

B. Michelle Scarpulla, MPH, CHES

**“Positive Encounters: Working One-on-One With
Teens About Sexuality”**

The workshop will provide professionals with an update on the latest trends in adolescent sexual behavior, an opportunity to examine personal versus professional boundaries as they relate to disclosure, and to practice handling teachable moments and issues related to confidentiality and agency policy on sexual health. Participants will identify ways that they can support and encourage adolescents to make healthy, responsible choices about their sexuality.

C. LaMarr Darnell Shields, MA

“Should Love Hurt?”

This workshop addresses the issue of “teen domestic violence”. This session provides an overview of teen cultural norms related to music, attitudes and lifestyles which influence notions about relationships. Professionals receive a tool box full of resources and solutions that can be implemented within a reasonable time frame; support group for boys that address the “male codes” and support group for girls that address the “World of Girls” and “What’s a lady?” etc. Finally, the workshop provides strategies which promote alternative behaviors for boys and girls related to solving conflicts within relationships.

D. Barbara Milton, PhD, LCSW, C-ACYFSW

“Slave Narratives: Tracing the Roots of African American Resilience”

This workshop will present an overview of African American resilience using data from a qualitative study of 100 slave narratives from the Federal Writers Project. The study draws implications for culturally competent practice and policy interventions with African American youth and families embedded in high-risk environments.

E. Connie Greene, MA, CAS, CSW, CPS

“Children of Substance Abusers”

Children of substance abusers will do whatever is needed to survive in the family situation and within the school setting. Their manifested behaviors in the classroom are dictated by the family system to which they must adjust. This workshop will explore the family members’ roles, behaviors and inner conflict.

F. Robert Macy, PhD

“Post-traumatic Stress Management (PTSM) & Psychological First Aid (PFA) To Respond to Adolescents in Crises” – Part 1

PFA & PTSM training provides the tools to conduct basic intervention and prevention strategies including needs assessments, orientation sessions, stabilization groups, coping groups, and technical assistance for community leaders.

G. Joel M. Levine, LCSW, LPC, LCADC, LMFT

“Ethical Decision Making for the Student Assistance Counselor”

There are those occasions when compromising ethical standards might cost not only you, but the organization in which you are employed. As a result, it is imperative to learn and be aware of the impact ethics has on your particular helping profession. This training will help individuals in their awareness and practice of ethical counseling in a Student Assistance Counseling setting where we interface with students, their families & other professionals as well as the larger community.

12:15 - 1:30 PM Lunch, Award Presentations, and Exhibitor Break

1:30- 3:30 PM Afternoon Workshops

H. LaMarr Darnell Shields, MA

“Angry and Adolescent”

This workshop explores anger and adolescent development. Participants learn solid strategies to deal with angry teens and ways to help teens adjust.

I. Bill Kane, JD

“Basics of Substance Abuse and the Law”

This workshop will review how NJ statutes mandating student assistance programs and prevention activities are accompanied by specific regulations. This session will also include a review of the new student rights amendment and the confidentiality laws as they relate to SACs.

J. Mark S. Kiselica, PhD, HSPP, NCC, LPC

“Treating Masked Depression and Preventing Suicide Among School-Age Boys”

Masked depression is believed to be a major reason why boys and men are significantly more likely than girls and women to commit suicide. The purpose of this presentation is to help counselors recognize masked depression in boys and men and to suggest strategies for treating depression and preventing suicide among males.

K. Jeffrey Hunt, LCADC, LPC

“12 Steps to a Successful Student Assistance Program”

This presentation will include design and development issues to be presented including clinical concerns (e.g. special groups); presentation suggestions (e.g. speaker resources, newsletters, website construction, and more); promotion and staff education ideas (lecture material, help-seeking, peer mediation, driver safety). Lots of free material to be shared for your school’s program!

L. Mindy Parisi, PhD

“Eating Disorders and Adolescent Identity Development: The Role of the School Counselor”

Adolescents appear to be the group at highest risk for eating disorders, which are among the most lethal psychiatric disorders. This workshop will help school counselors to identify the warning signs of eating disorders and to understand what makes adolescence such a high-risk period. It will also offer practical guidance on how counselors and other school personnel can intervene with at-risk students and participate in prevention efforts.

M. Robert Macy, PhD

“Post-traumatic Stress Management (PTSM) & Psychological First Aid (PFA) To Respond to Adolescents in Crises – Part 2”

Continuation of Workshop F

3:30 - 4:00 PM Exhibitor Break/Refreshments

4:00 - 5:00 PM Evening Workshops

N. Bobbi Ellis

“SOMA YOGA for Every-BODY”

This class will include breathing exercises for stress free living, asana (yoga postures) practice for all levels, relaxation techniques you can do anywhere, and basic meditation. Our time together will be well paced giving opportunity to slow down and learn about yoga practice and body awareness. This practice is suitable for the beginner, as well as the seasoned student. Bobbi will be offering a multi-level experience. Please wear loose comfortable clothing, bring a yoga mat and water.

O. Vin Iyer

“Bellydance Basics”

Learn some bellydance movements as we take you through some exercises and drills. Put it all together in a short sequence at the end of class with some traditional and fusion bellydance music.

P. Carol Lowinger, LCSW, LCADC and

Hal Ketofsky, MA, LPC, LCADC

“Clinical Case Consultation”

Attendees are invited to discuss cases and receive supervision from our workshop facilitators.

Q. Michelle Engoran, MA, CSW

“Meditation Basics: Tools for Stillness and Calm”

In these hurried and hectic times it becomes essential to find ways to balance and calm our bodies and minds. Meditation is a timeless method of discovering the stillness that lies within. Meditation may be simpler than you imagine. With a few tools and some guidance, you will find yourself meditating.

Dinner on your own.

8:00 - 9:00 pm Open 12-Step Meeting

FRIDAY, FEBRUARY 5, 2010

7:30 - 8:45 AM Registration, Breakfast & Visit Exhibitors

8:45 - 9:00 AM Welcome & Introductions

**9:00 - 10:00 AM Keynote: Maurice Ellias, PhD
“Who Will Put Together the Jumbled
Schoolhouse: Tools for Coordination of
Social-Emotional and Character Development
(SECD)”**

The keynote will introduce tools to give the audience strategies for coordinating SECD efforts in schools and making prevention programs more likely to be effective. Ongoing support in subsequent implementation efforts will be provided by the Developing Safe and Civil Schools project.

10:00 - 10:45AM Exhibitor Break/Refreshments/Hotel Checkout

AA. Erica Pollock**“Having, Knowing and Helping them: Your role in the Lives of Your LGBTQ Students”**

This workshop gives participants a unique opportunity to explore stereotypes and bias around sexual orientation and gender identity. This session helps groups deal with homophobia in order to make school a safer and more accessible place for LGBTQ (Lesbian, Gay, Bi-Sexual, Transgender, Questioning) students.

BB. Joseph Rampolla, MA**“On-line Dangers – Texting, Sexting, and the Virtual World”**

This workshop will explore how the blending of technology and adolescent development creates a potent and dangerous combination, leading to excessive risk-taking and the inability to control impulses and foresee consequences. The role of peers, the prevalence of on-line harassment, and the “sexualizing” of on-line communication will also be explored. Facebook and YouTube rule young kids’ lives, but Second Life (a user-created virtual world) is possibly the newest and biggest threat that teens will be facing in the next few years and will be used as an example of the power and danger of virtual worlds.

CC. Diana Starace, BS**“Youth + Alcohol/Drugs = Disaster”**

This workshop will focus on the relationship between traumatic injury and alcohol and substance abuse among our youth. Participants will learn about the physical, social, emotional, and economical impact traumatic injury has on individuals and their families, as well as the entire community. An interactive discussion will be included about injury prevention strategies (specifically related to alcohol and drug use and abuse) that can help to reduce injury and death among our youth, promoting healthier lifestyles as they move into adulthood.

DD. Maureen Underwood, LCSW

“Making SAC’s Partners in Suicide Prevention”

This workshop will present a model for a whole school youth suicide prevention program. Through the use of didactic information, experiential exercises, and video clips, it will present a comprehensive overview of the components of a middle school-high school prevention program. The specific role of the SAC will be reviewed and resources to increase knowledge and skill will be outlined.

EE. Barry Mascari, EdD, LPC, LCADC, SAC

“Substance Abuse Subtle Screening Inventory (SASSI) Administration & Scoring - Part 1”

The session will provide participants with the ability to administer, score, and make basic interpretations of the SASSI adult and adolescent versions. Through a combination of didactic and hands-on activities, participants will:

1. Understand the meaning and development of the basic SASSI sub-scales
2. Be able to administer the SASSI in accordance with the SASSI Institute’s protocols
3. Score the SASSI in order to understand the results
4. Interpret individual scales for meaning and initial clinical use

FF. Anthony Jimenez, MSW

“The 411 On Child Abuse Reporting”

The purpose of this workshop will be to identify and assess instances of child maltreatment and what to do when these allegations do in fact exist. This information will be presented in an open forum where questions are welcomed. Several handouts will be provided with the most current information regarding the Division of Youth and Family Services policies and practices regarding responses and partnerships with school and community providers.

GG. Constantine Diakolios, MD

“Identification and Treatment of Opiate Dependence In Adolescence: *The Role of Suboxone and Other Proven Treatment Modalities*”

Topics to be addressed during the workshop.

1. What drugs are high school students using, how do they get addicted...where do they find the drugs?
2. How can parents, teachers and school counselors identify an addicted high school student...what signs and symptoms are visible?
3. What options are available for treatment? What treatments work best for adolescent success?

12:15 - 1:30 PM Lunch, ASAP State Meeting - Jon Gaspich, President ASAP-NJ; Exhibitor Break

1:30 - 3:00 PM Afternoon Workshops

HH. Denise Wilkens, MSW

“NJQSAC as a Means to Strengthen Your Student Assistance Program”

The presenter will review those sections of the New Jersey Quality Single Accountability Continuum (QSAC) District Performance Reviews that relate to the work of the student assistant counselor and how that document, along with the site visit to your district that takes place, can serve to heighten awareness and make improvements in the work we do with students at-risk for substance abuse, truancy, academic failure, discipline problems, and ultimately dropping out.

II. Andrew Yeager, CPS, SAC

“Sticks and Stones”

This workshop will relate the current trends in cyber-bullying, harassment, victimization, and on-line sexual predatory behavior to developmental and psychosocial factors in childhood and adolescence.

Participants will explore how the blending of technology and adolescent development creates a potent and dangerous combination, leading to excessive risk-taking and the inability to control impulses and foresee consequences.

**JJ . Steven Liga, MSW, LSW, LCADC, CPS, CCS
“You’ve Got Drugs! Annoying but harmless
“spam” or a sophisticated new business model for
drug dealers?”**

Learn how today’s innovative drug dealers have gone high tech and enlisted the mailman to deliver their product right to your door. Say goodbye to subtle pushers standing on street corners and look out for full color banner ads. While drug use is actually down in nearly every category among our youth, one class of drugs is bucking the trend. Our home medicine cabinets are now starter kits for future users, and our kids are proud of themselves for being safe. Next time you check your rmail, you may be surprised to hear “You’ve got drugs!”

**KK. Barry Mascari, EdD, LPC, LCADC, SAC
“Substance Abuse Subtle Screening Inventory
(SASSI) Administration & Scoring - Part 2”**

Continuation of Workshop EE

**LL. Roni Zarbiv, MSW, LCSE
“The Duality of Substance Abuse and Emotional/
Behavioral Problems in Adolescence: Can We
Win This Battle?”**

This workshop will explore the destructive relationship between substance abuse and unaddressed mental health needs of teenagers that result in acting out and escalation of emotional and behavioral issues that impact the educational/social and familial functioning of this population. Identification of this “double trouble” as well as creative interventions, engaging in treatment and relapse prevention planning will be discussed.

HOTEL ACCOMODATIONS

The Hyatt Regency is located at Two Albany Street, New Brunswick. The facility is a full service hotel featuring a complimentary indoor swimming pool and fitness center for hotel guests. Parking is complimentary.

A block of rooms has been reserved for our conference attendees at the reduced rate of \$69 per room per night for single or double occupancy, plus tax (if tax exempt, be sure to bring your tax exempt documentation).

Reservations should be made directly through the hotel by calling 800-233-1234. Call by January 20, 2010 and mention the ASAP Conference for the reduced room rates. You can also book directly into the block at <http://newbrunswick.hyatt.com/groupbooking/ewrrnbasa2010>. Group room rates will not be available after January 20, 2010.

Committee Note: While the hotel attempts to regulate the climate, you may want to bring a sweater along to your workshops.

REFUND POLICY

No refunds will be issued after January 20, 2010. Refunds requested before January 20th must be done so in writing to Conference Chairperson, Doreen Consulmagno, ASAP-NJ, PO Box 3611, Cherry Hill, NJ 08034, Doreen.Consulmagno@sayrevillek12.net.

ONLINE REGISTRATION

Members with a username and password can register for the conference online at www.asapnj.org and click the link for conference registration. Payment must be received two weeks prior to the conference. Please call Doreen Consulmagno at 732-525-5290 x5556 or email her at Doreen.Consulmagno@sayrevillek12.net with any questions.

Accommodations for Disabilities: Requests for accommodations for disabilities should be directed to Doreen Consulmagno, ASAP-NJ 2010 Conference Co-Chairperson, 732-525-5290 x5556 or 908-239-5775, doreen8770@aol.com or doreen.consulmagno@sayrevillek12.net.

Grievances/Complaints: Any grievance or complaint can be directed to Sharon Fleischman at sf4482@aol.com or 732-809-5421. All such grievances are responded to first verbally and then in writing, if necessary until they are resolved.

"Joining Together: Shaping, Affecting, Changing Lives"

2010 ASAP NJ Conference Registration

PLEASE PRINT

Name: _____

Certification(s): _____ Title: _____

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City: _____ State: _____ Zip: _____

Home Phone: (____) _____ Preferred Email: _____

Preferred Mailing Address: ___ Home ___ Agency/Business

EMPLOYMENT

School/Agency/Business Affiliation: _____

Address: _____

City: _____ State: _____ Zip: _____

Work Phone: (____) _____ County in which I work: _____

Are you part of the Southern Region? _____ County Name: _____

___ Check here if first-time attendee

___ I will attend the Networking Reception on Wednesday evening
(included in conference fee)

Check one:

___ \$295 Two Days (includes membership)

___ \$195 One Day (includes membership) Identify day: ___ Thursday ___ Friday

___ \$245 Two Days - My membership fee does not coincide with my registration fee.

___ \$145 One Day - My membership fee does not coincide with my registration fee.

___ \$0 I am eligible for free registration: ___ VIP status ___ I am a past president

___ I meet Executive Board/Committee eligibility requirements

No walk-ins accepted unless payment or PO is presented on that day.

WORKSHOP SELECTIONS

First Choice

Second Choice

DAY 1 Morning _____

Afternoon _____

Evening _____

DAY 2 Morning _____

Afternoon _____

Note: The following pairs
of workshops must be taken
together.

F & M

EE & KK

SASSI workshop (EE/KK)
is limited to 50 attendees.

Conference Fees: Make checks payable to **ASAP-NJ**. Send a copy of this form and payment to **ASAP-NJ, P.O. Box 3611, Cherry Hill, NJ 08034**.

You may also fax registration to **206-337-1111**. Payment must be received 2 weeks prior to the conference.



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