

Caring for Our Anxious Students

Friday

March 11, 2011

8:30 am - 1:15 pm

Fordham University
Westchester Campus

400 Westchester Avenue
West Harrison, NY 10604



a conference for professionals

This conference seeks to foster dialogue and exchange between professionals in our schools and the mental health community. Anecdotally, all of us have noted an increase in stress and anxiety symptoms in students of all ages. Together we will explore practical ways to address their needs.

Agenda

8:30-9:00

Registration & Networking

Continental breakfast will be served.

9:00-9:45

"An Overview of Anxiety: The Pediatric Perspective"

Dr. Patti Avvocato -

Westchester Park Pediatrics

Dr. Ann L. Engelland -

BridgeSpan Medicine

From the pediatric and adolescent medicine perspectives, Drs Avvocato and Engelland will introduce the fundamentals of diagnosis and options for treatment and management. They will also share their view of the challenges of diagnosing and referring patients from a medical office setting. Avenues for improved collaboration between pediatricians and mental health professionals will be discussed.

9:45-10:00 **Q and A**

10:00-10:45

"Emotionally Dysregulated Teens: Who are they? How does it happen? And, how can we help?"

Alec Miller, PhD

Behavioral Consultants of Westchester

Author of "DBT with Suicidal Adolescents"

Dr. Miller will discuss the myriad factors that contribute to children becoming emotionally dysregulated and the consequent behaviors that create further problems at school, at home, and with peers. What can schools, medical and mental health professionals, as well as families, do to help youth prone to emotional and behavioral dysregulation?

10:45-11:00 **Q and A**

11:00-12:00 **Workshop I**

12:15-1:15 **Workshop II**
w/boxed lunch



Presented by:



Presenter Bios



Patricia Avvocato, MD

Dr Avvocato is in private pediatric practice at *Westchester Park Pediatrics* in White Plains with Doctors Eisenberg, Ross, and Wurzel. She has been practicing general pediatrics for 17 years.

Joan Chess, Mamaroneck Avenue School, Mamaroneck, NY

Ms Chess has been the psychologist at her school for the past 25 years. She has developed a number of innovative programs addressing student concerns including her recent work in helping young children identify and manage stresses in their lives.

Ann Engelland, MD

Dr Engelland is a pediatrician specializing in adolescent and young adult medicine. She is assistant clinical professor at Albert Einstein College of Medicine. She recently founded *BridgeSpan Medicine* in conjunction with *Westchester Park Pediatrics* where they now care for both male and female patients through age 25. Her special areas of interest include eating disorders, adolescent gynecology, concussion management, and general, comprehensive primary care for this older age group.

Samantha Gambino, PsyD

Dr Gambino has worked as a licensed psychologist in both White Plains and Mamaroneck high schools. She is currently in practice in NYC and in Larchmont, NY.

Jennifer McFeely, LCSW, Director of Guidance and Counseling, Horace Mann School

At the Horace Mann School in Riverdale, NY Ms McFeely oversees a program that offers individual counseling support and referral to students and consultation to their families; supports a comprehensive advising program; runs multiple classroom initiatives in Health Education; and manages a busy and active peer mentoring program.

Jenifer McLaughlin, LCSW Clinical Supervisor, Larchmont/Mamaroneck Community Counseling Center (LMCCC) and private practice, White Plains

Ms McLaughlin has been in the social work field for 17 years and at LMCCC for the past eight years. She sees individuals and families at the center; works with groups at the Hommocks middle school; and provides counseling to students at Mamaroneck Avenue School

Alec Miller, PsyD

Co-Founder, Cognitive and Behavioral Consultants of Westchester, LLP
Professor of Clinical Psychiatry and Chief, Child and Adolescent Psychology, Montefiore Medical Center/AECOM, Bronx, NY

Amy Silverman, MD

Dr. Silverman is in private practice of psychiatry in Harrison, New York. She specializes in pediatrics and adolescents but also sees adults and families. She was the assistant training director of the Cornell / Columbia child psychiatry program and is currently assistant professor of psychiatry at Weill Cornell Medical College.

Lindsey Willis, LMSW Social Worker in the Upper Division at Horace Mann School

Elissa K Zelman, Psy.D., Director, Cedar Associates, Scarsdale, NY.

Dr Zelman has been working at CEDaR (formerly the Center for Eating Disorder and Recovery) since 1998 and is currently the director of the Scarsdale branch. She lectures on Eating Disorders frequently, both locally and regionally. She is a member of the APA, and the National Eating Disorders Association (NEDA).

Workshop Summaries (pick one for each session)

WORKSHOP I-A

“How Some Teens “Cope” with Anxiety: Self Injurious and School Avoidant Behaviors”

Gambino

This interactive workshop will focus on maladaptive ways that some teenagers “cope” with anxiety. The discussion will include a brief review of the common stressors that affect teenagers and how to recognize students who are at risk for developing more serious difficulties as a response to their anxiety. Self injurious and school avoidant behaviors will be discussed along with an open conversation surrounding possible intervention methods at the school and family level.

WORKSHOP I-B

“Stress at the Elementary & Middle School Level”

Chess & McLaughlin

Different stressors from home, school, and social life will be identified at the different developmental stages. Practical ways to intervene with individuals, teachers, and families will be discussed. The workshop will include a demonstration of easy to learn techniques to take home and back to the workplace. Ways to collaborate with agencies outside the school will be discussed.

WORKSHOP I-C

“School-Wide Model to Tackle Stress “

McFeeley & Willis

In consultation with the Benson Henry Institute of Massachusetts General Hospital, Horace Mann School has embarked on a “train the trainers” journey. In its second year of training interested faculty and groups of students, the program uses mind/body techniques to reduce stress, enhance performance and boost happiness. The workshop will include an overview of how this program was brought into the School and the benefits they’ve seen so far, expected and unexpected!

WORKSHOP II-A

“When Anxiety Manifests in Eating and Body Image Dissatisfaction - Detection, Referral and Management”

Zelman

This workshop will focus on how anxiety often morphs into eating disorder symptomatology, or even a full-blown eating disorder. Participants will learn how to evaluate when this is a problem versus a semi-functional means of coping; when to refer the problem to a specialist; and how to manage the symptoms in school and home settings.



WORKSHOP II-B

“Medication Management of Anxiety Disorders”

Silverman

This workshop will introduce clinicians to the latest medications for anxiety, their indications and side effects. Referring for medication management, both short and long term and managing co-morbid conditions will also be addressed. In addition, Dr Silverman will touch on the way students may be self-medicating to manage their anxiety.



Caring for Our Anxious Students . . . a conference for professionals

Registration Form

RETURN COMPLETE FORM AND PAYMENT TO:

BridgeSpan Medicine PLLC
222 N. Westchester Avenue
Suite 201
White Plains, NY 10604

Phone: 914-698-5544
Fax: 914-698-4847
Email:
AnnEngellandMD@gmail.com

Web:
www.AnnEngellandMD.com

Connect:
www.facebook.com/
AnnEngellandMD

Please type or print clearly.

Last Name: _____ First Name: _____

Professional Affiliation/Title: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Fax: _____

E-mail: _____

CONFERENCE REGISTRATION: \$95 per attendee inc. admission, continental breakfast & boxed lunch

WORKSHOP SELECTION: check one for each session time

Workshop I - 11:00-12:00

- I-A - "How Some Teens "Cope" with Anxiety: Self Injurious & School Avoidant Behaviors" - *Gambino*
- I-B - "Stress at the Elementary & Middle School Level" - *Chess & McLaughlin*
- I-C - "School-Wide Model to Tackle Stress " *McFeeley & Willis*

Workshop II - 12:15-1:15

- II-A - "When Anxiety Manifests in Eating and Body Image Dissatisfaction" - *Zelman*
- II-B - "Medication Management of Anxiety Disorders" - *Silverman*

LUNCH SELECTION: check one

- Turkey Club with Crisp Bacon and Herb Mayonnaise
- Chicken Caesar Wrap
- Roasted vegetables and Mozzarella on Foccacia
- Traditional Caesar Salad
- Classic Chef Salad
- Tuna Salad on Mixed Greens with Kalamata Olives, Plum Tomatoes and Cucumbers

METHOD OF PAYMENT: Payment is required to confirm your reservation.

- Check (Payable to "BridgeSpan Medicine PLLC")
- American Express MasterCard Visa

Credit Card Account Number _____ Expiration Date: ____/____

Name Imprinted on Card _____

Signature of Cardholder _____

