



MENTAL HEALTH RESOURCE NIGHT

BE KIND TO YOUR MIND

March 07, 2023 6:30- 8:30PM

Strath Haven Middle School



Mental Health Resource Night

March 7, 2023 6:30—8:30pm

Welcome in Auditorium 6:30

Session 1- 6:50-7:35

Session 2- 7:45 –8:30

**Resource tables are set up in the hallway between
the Gym & Auditorium**

**Grab & Go refreshments are available, located near
the Library on your way to the sessions**



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24/7 Crisis Hotline
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Student Session

Grades 8-12

Nurturing Your Heart; Self-Care for Teens

Room 232

Presenter: Diandra Kaufman, LCSW

Diandra is an advanced trainer in The Nurtured Heart Approach (NHA), as well as the clinical coordinator for ESS at Hillsborough High School in New Jersey. Diandra is also the owner of A Resilient Mind Counseling Services, where she incorporates her passion for The Nurtured Heart Approach into the therapeutic work she provides to children and teens. Diandra earned her bachelor's degree in psychology at East Stroudsburg University, and her master's degree in social work at Monmouth University. Diandra has written a Nurtured Heart curriculum for children, which is utilized to teach NHA to children and teens across many different platforms.

Program Description: This workshop helps young people build their own feelings of greatness and inner wealth by promoting awareness of who we have been taught we are, as well as teaching techniques that help us to decide who we actually are, and who we want to become.

Student & Parent/Guardian Session

ALL WELCOME

Supporting LGBTQIA+ Youth

Room 228

Presenter Melanie Hunnicutt, MPH (she/her)

Melanie as the Education Manager at Mazzoni Center, her work is focused on providing queer- and trans-affirming professional development trainings and leading a team of educators who share this work with her. She has 10 years' experience as an educator and consultant on LGBTQIA+ health equity and trauma-informed practices. Melanie also has expertise in leading state-mandated training for rape crisis centers and teaching comprehensive sexuality education to audiences of all ages. Melanie is originally from New Jersey and has lived, studied, and/or worked in Georgia, Indiana, Massachusetts, Rhode Island, and western PA.

Program Description Learn how you can show up for the Queer and Trans youth in your life! Join us for a workshop that explores ways to affirm and support your students, teens, and community members of all gender and sexualities. We'll review important terminology and concepts related to LGBTQIA+ communities, and we'll practice correct pronoun use, too! Open to all.

Parent/Guardian Session

Smoking, Vaping, Marijuana, and Nicotine: Start to Cessation

Room 215

Presenter: Allyson Sproul LCSW, CAADC:

Obtained a Masters in Social Work in 2008 from Monmouth University. In 2009 became a Certified Advanced Alcohol and Drug Counselor, and in 2011 completed training hours and testing to receive a Clinical Social Work License (LCSW). In 2018, attended Widener University's Post Graduate Certificate Program and obtained certification in Trauma Informed Care. For the past fourteen years, Allyson worked in Drug and Alcohol Outpatient services and specializes in co-occurring disorders, pregnancy and substance use disorders, trauma, and Medication Assisted Treatment. She facilitated Intensive Out-Patient therapy groups for seven years and transitioned to administrative roles for the last seven. Allyson is currently an Administrative Director and sees clients for group and individual therapy.

Program Description Providing facts of smoking/vaping both nicotine and marijuana. Explaining the difference between addiction and dependence, learning the Stages of Change and working within them for support and success. Come away with tools and strategies will be provided to help with smoking cessation.

Secondary Parent/Guardian Session

Setting Boundaries for Screen Time and Social Media

Room 216

Presenter: Kristen McGarvey.

Founder of K. McGarvey Presentations. Kristen has her undergraduate degree in Media & Communications and a Masters in Elementary Education. I spent 5 years as a Market Manager for a Staffing firm focusing on Technology and went on to teach a Media and Technology class for 5 years. Passionate about educating children and parents about the ever-changing online world, and the importance of protecting their digital identity.

Program Description Our mission is to provide the tools needed to create a positive digital footprint for children. In today's world, one wrong move on social media could negatively affect their future, so we believe it's our responsibility to educate parents and children on how to keep that from happening. Our presentation with parents explores the responsibility that comes with having a social media account, what it means to have a positive digital footprint, the dangers of social media and gaming, and its effect on our children's mental health. We provide parents with tools to help their children explore social media in a positive way, while keeping them safe.

8-12 Parent/Guardian Session

Caron Foundation Drug and Alcohol Prevention.

Room 229

Presenter Selena Morresi

Selena Morresi has over two decades of experience in the Mental Health and Public Health field, specializing in the delivery of nicotine prevention and treatment. Before coming to Caron in 2014, Selena worked with children diagnosed with autism in a residential setting working there for 10 years in many different roles. Selena moved into the prevention world in 2010 with Holcomb Behavioral Health Systems where she acted as Prevention Specialist and Coordinator implementing and overseeing prevention programs across two counties. In her role at Caron Treatment Centers Selena has worked closely with public, private, day, and boarding schools to offer prevention and intervention services. Selena has earned her Bachelor's in psychology and a Master's degree in Public Health. Selena is still learning and growing and has become a Certified Health Educator and a Certified Tobacco Treatment Specialist and holds a certification in Holistic Stress Management. Selena is also trained as a Death Doula and works in community settings to support individuals and groups. In addition to her work at Caron Selena is Adjunct Faculty at West Chester University in the Health Department where she teaches courses on Death and Dying and Mental Health.

Program Description Caron's Education Alliance presents PREP, Prevention Resources and Education for Parents. PREP provides information on current youth drug trends and the dangers of use to the developing brain and body. Parents and caregivers will leave feeling empowered through the skills learned about effective communication and how to establish clean rules related to alcohol, tobacco, and other drugs.

K-12 Parent/Guardian Session

Developing a systemic plan for supporting students (and parents and teams) who struggle with school refusal

Room 230

Presenters Mary Rourke, Ph.D. and Jaci Zarabba, Psy.D.

Dr. Rourke is a licensed psychologist and certified school psychologist who specializes in child/adolescent mental health and family therapy. She is director of the Institute for Graduate Clinical Psychology at Widener University, where she is an Associate Professor, and is the founder of Dragonfly Psychological Associates, a psychology practice in Media that serves children and families. Dr. Rourke has worked collaboratively with families in outpatient treatment and hospital settings as they navigate complex medical and mental health concerns, including anxiety, depression, traumatic stress, family conflict, ADHD, and learning challenges.

Dr. Zarabba is a licensed psychologist, certified school psychologist and Assistant Professor at the Institute for Graduate Clinical Psychology at Widener University. In addition to her work at Widener, Dr. Zarabba provides therapy for children and families at Dragonfly Psychological Associates. Prior to joining Widener and Dragonfly, Dr. Zarabba worked as a school psychologist at Wallingford-Swarthmore School District. Dr. Zarabba has experience helping children and families with a wide range of issues including anxiety, depression, autism, learning problems, behavioral challenges.

Program Description There are few things that elicit the kind of stress that everyone experiences when children or teenagers cannot, or seemingly will not, get to school each day. Children of all ages struggle with school refusal for a wide array of reasons – anxiety, depression, peer conflict, learning challenges, among others. While it is easy to think about school refusal as an issue that belongs to the child or adolescent, we know that when a child is not able to get to school each day, parent/caregivers and school team members also experience very high levels of distress, and there is frequently significant conflict between the child and parents, the child and the school team, and/or the parents and the school team.

In our workshop, we will discuss the concept of school refusal and some of the causes behind the behavior. We will present a systemic framework for understanding the ways in which school refusal affects families and teams, and we will share a template that parents and school teams can use to build individualized plans to support a child who is not able to get to school. We will include a developmental consideration of school refusal at the elementary, middle, and high school levels.

K-8 Parent/Guardian Session

CBT Center for Anxiety related to ADHD

Room 231

Presenter Dr. Amanda Chusid

Dr. Amanda Chusid is a Licensed Clinical Psychologist at the CBT Center for Anxiety and OCD. She received her Doctoral degree in Clinical Psychology from Widener University's Institute for Graduate Clinical Psychology, where she specialized in child, adolescent, and family psychotherapy. She is a PA certified school psychologist and has experience working within schools and consulting with school personnel to provide support for students in the classroom. During her doctoral training, she received training in providing Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), and Acceptance and Commitment Therapy (ACT). Dr. Chusid has a passion for working with children and adolescents with anxiety, OCD, and Obsessive Compulsive-related disorders. She is also experienced in providing treatment, including executive function coaching, to children and adolescents with ADHD. Dr. Chusid uses cognitive-behavioral and systems-based approaches to help individuals and families reduce suffering and make rewarding changes in their lives.

Program Description:

Attention-deficit/hyperactivity disorder (ADHD) and anxiety are two of the most common mental health challenges in children. This presentation will help parents learn the signs to look for in their children, how to differentiate between the two, and how one may impact the other in children who struggle with both conditions. Treatment options for ADHD and anxiety will also be discussed.

Special thanks to

Kelly J. Ace, PhD, JD, Program Director
at **Family Support Line** for always being
supportive of our community and being a
great addition to our Resource Night.

www.FamilySupportLine.org

Parent Engagement Team

Lauren DeSanctis, M.S.Ed

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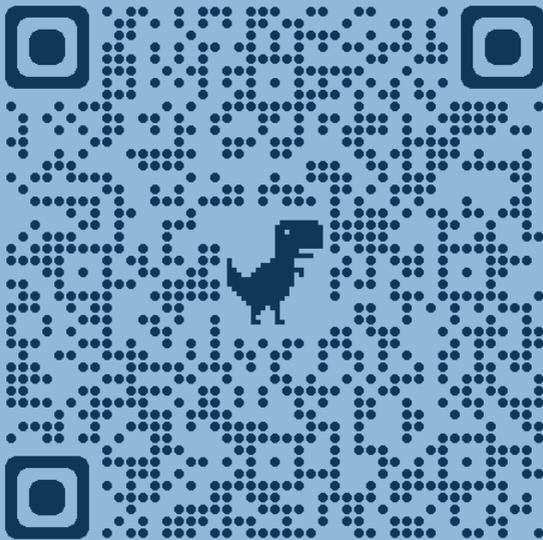
Megan McCullough Ed.D, LSW

Patty Sullivan, MSW

Ashley Yingst, LSW

Mental Health Resource Night Survey

Please do one for each workshop you attend. (Paper surveys available in sessions.)



Thank you for attending!