MENTAL HEALTH AND TODAY’S YOUTH

UNIQUE

CHALLENGES AND BEST PRACTICES

6TH ANNUAL MENTAL HEALTH AWARENESS CONFERENCE

FRIDAY, MAY 17, 2019
7:45 am—3:45 pm
Bradley Lecture Center, 4th Floor, Children’s Harbor Building
1600 6th Avenue South, Birmingham, AL 35233

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REGISTRATION INFORMATION

FOR ONLINE REGISTRATION, please visit
give.ChildrensAL.org/MentalHealth2019

Or complete the form below and mail or email
registration form and payment to:
Attention: Robert Barnes
Children’s Behavioral Health
Children’s of Alabama
1600 7th Avenue South, 4 Dearth Tower
Birmingham, Alabama 35233
email: Robert.Barnes@ChildrensAL.org

$35
Please make checks payable to Children’s of Alabama.

NAME/TITLE ________________________________________________

INSTITUTION _______________________________________________

PREFERRED ADDRESS _________________________________________

PREFERRED PHONE __________________________________________

EMAIL _____________________________________________________

Special dietary needs _________________________________________

Parking will be available in the Children’s Park Place Deck.
Entrance to the deck is at 16th Street South and 5th Avenue South.

Questions?
Please call 205.638.9817.

LEARNING OBJECTIVES

Upon completion of this educational activity, participants will be able to:

1. Recognize factors that influence adolescents to use substances and recognize specific treatment needs.

2. Identify best practices in engaging families in youth mental health treatment and consider application to current practice context.

3. Discuss the prevalence and types of media used by children and adolescents

4. Describe basic guidelines to assist professionals on managing children and adolescent media use.

5. Identify the effects on youth exposed to trauma and evidence based mental health practices to aid in reducing youth’s trauma symptoms and promote recovery.

6. Recognize the challenges associated with making diagnostic distinctions between anxiety and stress related disorders.

7. Identify the effects of anxiety and stress on children and adolescents.

8. Discuss the process of treatment for anxiety and stress, including the importance of addressing affect regulation and sensory integration.

9. Recognize some of the unique challenges for both youth and families that are unique to pediatric patients in need of mental health care.
AGENDA

7:45-8:15 Registration & Continental Breakfast
8:15-8:30 Welcome & Purpose
  ~Monica Jones, LBSW
8:30-9:30 KEYNOTE
  Unique Challenges Faced by Youth in Today’s Society
  ~Jesse “Tobias” Martinez, MD
9:30-10:30 I Love Lucy, Just Not Before 3!
  Children & Media Risks and Benefits
  ~Dan Marullo, PhD
10:30-10:45 Break
10:45-11:45 Youth and Trauma Exposure:
  The Effects on Mental Health
  ~Therese Bouvier, MA, LPC
11:45-12:30 LUNCH/NETWORKING/
  PIRC PRESENTATION
12:30-1:30 Family Matters: The Importance of Understanding and Addressing the Family Context in Youth Mental Health Treatment
  ~Elizabeth Rocker, MSW, LMSW
1:30-2:30 Anxiety and Stress in Children and Teens:
  Putting the Pieces of the Puzzle Together
  ~Diana Paulk, PhD
2:30-2:45 Break
2:45-3:45 Adolescent Substance Abuse
  ~Latrice S. Dailey, MS, LPC-ICADC
3:45 Closing Remarks & Evaluations
  ~Monica Jones, LBSW

SPEAKERS

Therese Bouvier, MA, LPC
CHIPS Supervisor/Primary Therapist
Children’s Hospital Intervention and Prevention Services Center (CHIPS)
Children’s of Alabama

Latrice S. Dailey, MS, LPC-ICADC
Adolescent & Family Clinical Coordinator
UAB Beacon Addiction Treatment Center

Monica Jones, LBSW
Psychiatric Case Manager
Children’s of Alabama

Jesse “Tobias” Martinez, MD
Medical Director, Psychiatric Intake Response Center and Consultation-Liaison Psychiatry
Department of Psychiatry & Behavioral Neurobiology
UAB Division of Child and Adolescent Psychiatry
Children’s Behavioral Health—Ireland Center

Dan Marullo, PhD
Clinical Psychologist
Children’s of Alabama

Diana L. Paulk, PhD
Psychologist/CEO
Birmingham Anxiety and Trauma Therapy

Elizabeth Rocker, MSW, LMSW
Family Care Coordinator
Inpatient Behavioral Health
Children’s of Alabama

CONTINUING
EDUCATION

7.0 Total Contact Hours

The Amelia Center of Children’s of Alabama has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6193. Programs that do not qualify for NBCC credit are clearly identified. The Amelia Center of Children’s of Alabama is solely responsible for all aspects of the programs.

AL Social Workers Provider #0354 (5 Clinical Hours & 1 Hour in Ethics)
Nursing Education
A maximum of 7.0 contact hours may be earned. Contact hours can be earned for each individual topic.
Others may apply for credit through their accreditation boards.
All participants will receive a certificate of attendance.