

Return This Portion of the Page to:

Cheryl Williams, FDC-OMH Regional PA
Pilgrim Psychiatric Center, Bldg. 45 - 3
998 Crooked Hill Road
Brentwood, NY 11717
Fax: (631) 761-2820

Indicate First Two Workshop Choices:

Morning Workshop:

First Choice _____

Second Choice _____

Afternoon Workshop:

First Choice _____

Second Choice _____

Parents only: Limited reimbursement for child care and transportation available.

Training Fee - \$55.

(Includes Breakfast and Lunch)

Make Check Payable to:

Family and Children's Association

Fee will be waived for families who are unable to pay.

Please return /Mail this form early. Space may be limited.

Name _____

Agency Affiliation (or indicate if a Parent or Youth) _____

Town, Zip _____

Phone _____

E-Mail _____

Please RSVP by May 1st, 2018

Email: Cheryl.Williams@omh.ny.gov

Tel: (631) 761-3181

Workshop Schedule

| | |
|------------------|---|
| 8:30 - 9:00 AM | Registration and Breakfast |
| 9:00 - 9:10 AM | Welcome |
| 9:10 - 9:25 AM | OMH Updates - Dr. Martha Carlin Director, Long Island Field Office |
| 9:30 - 9:40 AM | <i>Dancers: Nassau BOCES</i> <i>"Forever Within, Always Around"</i> |
| 9:40 - 9:50 AM | Video Message: Assemblywoman, Kimberly Jean-Pierre, 11th AD |
| 9:50 -10:40 AM | Keynote: Mike Veny, Motivational Speaker, Professional Drummer |
| 10:40- 10:50 AM | Networking |
| 10:50 - 12:15 PM | Morning Workshops |
| 12:20 - 1:20 PM | LUNCH |
| 1:30 - 3:00 PM | Afternoon Workshops |
| 3:15 PM | <i>Long Island Families Together (LIFT)</i> <i>Annual Meeting—Whitman Rm.</i> <i>(downstairs)</i> |

KEYNOTE

This is a compelling keynote presentation guaranteed to engage your audience. 1 in 5 people will experience a mental health challenge during in the next year. The stigma surrounding the subject of mental health is the biggest barrier to people seeking treatment and one of the biggest challenges for systems of care. Mike Veny shares his story about living with depression, anxiety, and obsessive-compulsive disorder. He will then introduce The Stigma Cycle™: "Stigma starts with shame. Shame leads to silence. Silence leads to self-destructive behavior and suicide." The process repeats, and it becomes an endless, downward spiral. Attendees will learn practical tools on how to transform stigma into strength and empower people in their lives to get the help that they need.

Directions to Melville Marriott

Southern State Parkway: Exit 32 North (Route 110), proceed 5 miles. Make left onto North Service Road. Hotel is on the right.

From Western Long Island: Long Island Expressway East to Exit 49S. Turn left at 1st traffic light onto Walt Whitman Road. Cross back over the expressway. The hotel is on the right.



Wednesday, May 9th, 2018
8:30 AM - 3:00 PM

Melville Marriott
1350 Old Walt Whitman Road
Melville, NY 11747

Special Thanks to:

The LI Family Support Coalition Committee
The LI Regional Technical Assistance Team (RTAT)
Long Island Multicultural Advisory Committee (MAC)
Families Together in NYS

 **AM WORKSHOPS** **A****Restorative Practice: What Is It? Why Is It Important? How Do We Begin?**

*Presenter: Helene Fallon
Project Director, LI Parent Center*

An introduction that supports the teaching of restorative practices and skills to resolve conflict in multiple environments. Restorative Practices include framework for building trust within a community; responding to challenging behavior through authentic dialogue; coming to an understanding; making things right; and focusing on building family and community relationships that are strong, respectful and long lasting.

B**The Transgender Experience**
*Presenter: Maggie Berke
Community Educator, LGBT Network*

This workshop will investigate the “T” in LGBT and how gender identity differs from sexual orientation. Myths and stereotypes about transgender people, the negative effects of transphobia and bullying, and ways to create safer spaces for transgender people will be discussed. Issues facing transgender people, risk factors, supportive factors, and best practices will also be discussed.

C**Breaking Down Dreams,
Building up Goals**
*Presenter: Alex Frisina, Regional Youth Partner,
YOUTH POWER!*

An interactive workshop discussing how a young person's interests and hobbies can be utilized to create tangible goals and obtainable milestones. We will also touch on underlying goals that are found in "dream jobs" and the power of supporting a person's dreams, which fosters leadership qualities.

D**Sexting, Texting and the APP Problem**
Presenter: Officer John Groshans

Social media has the potential to be life changing for our young adults. One picture, video or statement can have devastating results. We will discuss strategies to decide if online material is youth appropriate.
(Este taller será traducida en español.)
(This workshop will be translated in Spanish.)

E**New Trends in Drug Use: What You Need to Know about the Opiate Crisis on Long Island**

*Presenter: Steve Chassman, LCSW, CASAC
Executive Director, LICADD*

Participants will increase their general knowledge regarding substance abuse, current trends, engaging young people around substance use, and the influence of today's culture on current trends and bio-psychosocial development. Intervention and prevention strategies will be discussed.

F**Bias and Communication**

*Presenter: Risco Mention-Lewis
Suffolk County Deputy Police Commissioner*

What is the real, deeper communication behind your child's words and actions? This workshop will help you to see beyond the surface words and actions to understand what your child is really wanting and asking for, and to understand how to speak to those needs, so the two of you may reach an understanding that allows both to have their needs and wants met.

**PM WORKSHOPS****A****Failure To Launch: A Healthy Journey for Parents and Young Adults**

Presenter: Lucian Stalzer, LMHC, LPC Long Island Field Office

This emotionally charged educational workshop will broaden your mind as well as your heart as your child transitions to adult systems in mental health. Discusses available options, and how to support the young adult.

B**Unleash Your Groove**
Presenter: Mike Veny

This is a leadership program for adults and youth. Participants will learn simple music skills, rhythms, and how to work as a team. Learn rhythms by repeating INCLUSIVE phrases out loud, such as, "I Feel Happy When I'm With Friends!" By the end of this session, participants will be able to perform a complex percussion rhythm as a group, perform an original percussion composition, and feel a stronger bond with participants.

C**Protecting or Hindering:
A Young Adult Perspective**

Presenters: YOUTH POWER!

Learn the importance of youth voice and youth involvement through the stories of young adults who have personal lived experience. Their stories will highlight what helped and what harmed their growth and ability to be self-reliant. Gain a fresh perspective of issues youth may be facing and how you can truly support them. Bring questions and concerns, leave with the realization that there are better days ahead.

D**Estrategias para un Exitoño Escolar y Como Identificar si Existe un Atraso en el Desarrollo de su Niño**
Presenter: Yesica Panora, LIU-Parent Center

En esta sesión, los padres comprenderán su rol fundamental en el apoyo al desarrollo holístico de sus hijos. Los padres se familiarizarán con los hitos del desarrollo de los niños y aumentarán su capacidad para responder a las necesidades de sus hijos. La facilitadora presentará los recursos y servicios existentes en la comunidad local para la detección temprana, intervención y apoyo de niños con necesidades especiales. También hablaremos acerca de 10 consejos para un año escolar exitoso.

E**Transgender and Mental Health and Care Accessibility:
A Cooperative Approach**
Presenter: Devon Zappasodi, Pride for Youth

Gain insight into the diversity of needs within the transgender and non-binary community through an in-depth exploration of medical needs, and the role of the mental health clinician in providing a collaborative, client-centered approach.



A sponsored event by:
Families Together in New York State, Inc.
Long Island Family Support Coalition
And NYS Office of Mental Health

Dancers: BOCES contact: Dina Dennis @ 516-622-8621
email: ddennis@nassauboces.org