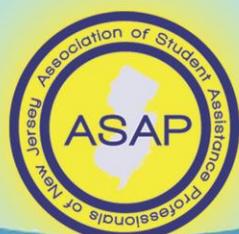




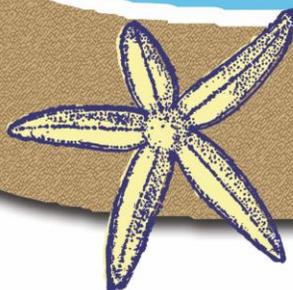
ASSOCIATION of STUDENT ASSISTANCE PROFESSIONALS



ASSOCIATION of STUDENT ASSISTANCE PROFESSIONALS
31ST Annual ASAP-NJ Conference

"We Rise With the Tide"

February 8, 9, 10, 2017



Ocean Place Resort and Spa
Long Branch, NJ

FEBRUARY 8TH, 9TH & 10TH, 2017
OCEAN PLACE RESORT AND SPA
LONG BRANCH, NJ

The ASAP-NJ Conference is essential for the networking and development of a qualified and integrated workforce of Student Assistance Professionals, Mental Health Professionals, Alcohol & Drug Providers, and Educators in New Jersey. The theme for this year's conference is
“We Rise With the Tide.”

The Conference Includes:

- Pre-conference networking with treatment providers and fellow professionals
- State-Wide ASAP-NJ Meeting
- Four keynote presentations and over 40 workshops
- Up to 10 NJ-DOE continuing education hours available per attendee

Learn how to promote prevention, treatment, recovery, best practice, and continuous quality improvement with the use of evidence-based practices within education, mental health and substance abuse services.

Target Audience:

- Student Assistance Coordinators
- Substance abuse and mental health clinicians
- School counselors, psychologists and social workers
- Private practitioners
- Nurses
- Clinicians in the criminal and juvenile justice systems
- Domestic violence service providers
- Adolescent treatment providers
- School administrators
- Interested others

Conference Objectives:

- Provide education and professional development in the areas of prevention, identification, assessment, intervention, treatment and recovery
- Enhance participants' understanding of the changing needs of teens regarding substance use, mental health, and other health-related issues
- Promote skills development for those providing prevention, education, substance use, mental health, and primary health care services
- Increase familiarity with various disciplines and systems in order to promote collaboration and enhance care coordination
- Celebrate our changing and growing workforce as ***We Rise With the Tide*** of growing needs and solutions in teen prevention, intervention and treatment

Don't miss out...

ADMIT ONE

***** PLEASE JOIN *****

 ASAP-NJ AND NEWPORT ACADEMY FOR OUR FIRST ANNUAL 

Boardwalk Beach Bash!

WEDNESDAY, FEB. 8, 2017

6 to 8 pm : OCEAN PLACE RESORT AND SPA
: ≡ 1 OCEAN BLVD, LONG BRANCH, NJ 07740 ≡

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Dinner! * *Games!* * *Prizes!* * *and a Photo Booth!* * 

RSVP TO kwilson@newportacademy.com

2017 NJASAP CONFERENCE SCHEDULE

WEDNESDAY, FEBRUARY 8, 2017

SACs: <i>We Rise With the Tide</i>	5:00 pm – 6:30 pm 6:30 pm – 8:30 pm	Early Registration BOARDWALK BEACH BASH Networking Reception
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Thursday, February 9, 2017

	7:00 am – 8:30 am	Registration / Breakfast / Exhibitor Tables Open
STATE MEETING	8:30 am - 8:45 am (Exhibitor Tables Closed)	Welcome & Introductions <u>Lori Todd, President</u>
KEYNOTE	8:45 am - 9:50 am (Exhibitor Tables Closed)	Gian Paul Gonzalez "All In" as "We Rise With the Tide"

10:00 am – 11:05 am	WORKSHOP A
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1-A	Creativity and the Adolescent Brain: An Experiential Workshop Using Creativity to Foster Authentic Connections within Schools Kristin Wilson, LPC Newport Academy	We will explore new research on the adolescent brain, the development of the prefrontal cortex and the importance of increasing creative expression during adolescence. We will look at the role school based services can have on facilitating classroom cultures and relationships that promote creativity and thus support an adolescent's "job" of finding their identity, establishing their beliefs and questioning authority.
2-A	21st Century Drugs Frank Greenagel, LCADC, LCSW Rutgers University	This cutting-edge, clinical presentation covers the 21st century drugs: energy drinks w/alcohol, synthetic cannabinoids (K2, spice, space), bath salts, Adderall, Kratom, Molly, buprenorphine (suboxone), and a host of prescription opiates. This is vital information for school SACs, as their students and/or families have been exposed to many of these substances and the associated consequences. Participants will be taught the side effects, withdrawal symptoms, street names, costs, common places these chemicals are bought, legal issues around them, and strategies you can use to engage in prevention work and help your students.
3-A	Managing School Avoidance in a Public-School Setting Leonore Johnston, MA, LDT-C Cornerstone	In this workshop, Ms. Johnston will describe the significance and impact of school avoidance on a student's social, academic and emotional functioning. An assessment tool will be introduced to identify key functions that maintain school refusal, with a focus on how to use the results of the assessment when crafting effective interventions. There will be a discussion on the role that special educational professionals can play in coordinating the interventions of therapists, parents and teachers. Ms. Johnston will highlight the most practical interventions that can be used in school settings by education professionals in their work with school avoidant students.
4-A	Using Motivational Interviewing to Move Clients through the Stages of Change Elizabeth Frei, LCADC, LCSW The Cor Group	Helping students who overcome personal and academic problems can be a huge challenge for school personnel, especially when a student seems unwilling to make changes. Being able to identify a student's readiness to change and enhance a student's intrinsic motivation is essential to assisting and intervening appropriately. This workshop will discuss how to utilize the Transtheoretical Model of Change and Motivational Interviewing to enhance, not hinder, a student's intrinsic motivation to change.
5-A	Bullying, Bias, & Relational Aggression: A Resilience Based Approach J. Galasso, PsyD	Emotional safety is critical to learning and achievement. Research has demonstrated that bullying, bias, and relational aggression have a negative effect on the mental and physical health of our youth. Dr. Galasso will discuss the development of specific protective factors/assets as a strategy to promote student's ability to stand up in the face of relationally aggressive behaviors. Empathy, self-concept, and connectedness will be explored as protective factors that may increase resilience and buffer against the effects of bullying, bias, and relational aggression.
6-A	Strengths-Based Counseling: Naming, Claiming and Leveraging What's Working and Good (using positive psychology) Louis Alloro, MA	We all know how easy it is to have a default mode that is caught with negativity bias, focusing on what's wrong and needing to fix deficits. Come learn the burgeoning research in applied positive psychology, the science of human strength and wellbeing with strategies to help students succeed. <ul style="list-style-type: none"> • Name strengths in working with youth • Claim strengths in working with youth • Leverage strengths in working with youth
7-A	Opiate Initiative Gloucester Co Prosecutor's Office, Sgt. Danielle LoRusso	Gloucester Co Prosecutor's Office will provide quarterly training depending on the need of the individual school district. Training will include up to date information on the opiate abuse, the latest trends on all controlled dangerous substances, and protocol on how to report identified or suspicious substance abuse. There will also be a chance for interactive learning through a role-playing scenario for teachers. With the proper training teachers and administrators should be able to identify the signs of drug abuse at an earlier enough stage.
8-A	"Brainspotting," (using a brain-based therapeutic tool) Susan Pinco, Ph.D., LCSW	Where you look effects how you feel; an introduction to Brainspotting for performance enhancement and symptom reduction.

11:15 am – 12:20 pm		WORKSHOP B
1-B	DSM V for SACS Jacob Widroff, M.D. High Focus	The objectives of the course will be to discuss the benefits of classification, the history of the DSM and the back ground of DSM5, and the organizational changes in DSM 5 compared to previous editions. This will be followed by a discussion of the diagnostic changes in the major psychiatric disorders, including Neurodevelopmental Disorders and ADHD, Psychotic disorders, Mood and anxiety Disorders, Dementia, substance abuse and other disorders.
2-B	Four Keys to Remaining Whole While Working in a School: Insights from Psychology Gary Lewandowski, Ph.D. Monmouth University	During this session, I will lead a discussion on the importance of helping students while avoiding burnout and maintaining your own sense of self and happiness. The talk will focus on applying a variety of empirically supported psychological principles that will help attendees accomplish these goals. Specifically, I will discuss the nature and impact of stress, including how to properly appraise and cope with stress. I'll also share some of my own research examining how changes to your self-concept (i.e., who you are as a person) can improve effort and self-efficacy in ways that can improve your work experience. Finally, I'll share recent research that can help attendees identify ways to optimize happiness.
3-B	Working with Transgender Youth I: Developing Cultural Competencies Aaron Potenza Garden State Equality	Recent estimates suggest that approximately 1%, or 90,000 New Jerseyans identify as transgender. That number is higher for young people, who are increasingly identifying not only as transgender, but outside of the conventional gender binary. What does it mean to be transgender, what challenges do transgender youth face, and how can youth-serving professionals play a role in creating safe and affirming spaces for these students? This workshop will provide an overview of key concepts around gender identity and gender expression, gender transition in childhood and adolescence, and the experiences of transgender youth in New Jersey schools.
4-B	Family Dynamics Elizabeth Frei, LCADC, LCSW The Cor Group	Understanding and helping family members of an addicted student is at times one of the biggest challenges school SACs face. Family members often struggle with enabling behaviors and have difficulty with establishing limits and boundaries for their children. Additionally, family members may experience codependent behaviors or denial. This workshop will break down our latest understanding addiction as a family disease as well as help SACs identify techniques they can utilize to help family members who so often struggle to help themselves.
5-B	Working with Co-Occurring Disorders and Increasing Distress Tolerance SOAR Frank Mattiace, Ph.D., & Lucian Duquette, Ph.D.	This presentation highlights the SOARFIT Model as both a practical and strategic approach to substance abuse treatment. Participants will not only increase their knowledge in managing addiction in clients but will also learn to more effectively treat co-occurring substance abuse disorder. Participants will gain skills in using psychotherapeutic strategies; I explore how to integrate into treatment a patient's family and twelve step support; will learn about the role of the brain in the addiction process; and introduce the use of holistic skills/amino acid therapy as an adjunct to traditional approaches.
6-B	Learned Optimism as a Strategy for Student Assistance (using Positive Psychology) Louis Alloro, MA	Come learn the research on explanatory style and, thereby, become more resilient and hopeful about what's possible. <ul style="list-style-type: none"> • Explore explanatory style • Leverage scientifically informed strategies to help students turn learned helplessness to learned optimism • Build resilience skills
7-B	Student Athletes and Substance Abuse: What Makes Them Great Athletes Places Them at Greater Risk Tina George, MSW Caron Treatment Centers	We will look at substance abuse trends among student athletes and the additional risk factors for this growing population of students. In most school, more than half of your student population plays a school sponsored sport. This information will heighten our awareness of the unique risk factors for substance abuse for this student population and what prevention efforts schools and families can put into place to support these students.
8-B	Remembering TJ Mr. & Mrs. Sefcik Suicide Prevention	This program gives students, parents and educators a view of what teen depression can look like and educates them to pay attention to their mental health and emotions, something that is often pushed to the side. The Sefciks discuss many of the red flags that are often dismissed as typical teenage behavior. Their story gives hope to teens who may be struggling and don't know what to do with how they're feeling. It empowers teens to look outside themselves to their friends and classmates, and gives parents knowledge to help understand their teens a little better.
LUNCH	12:20 pm – 1:30 pm	SPONSOR/EXHIBITOR TABLES OPEN
KEYNOTE	1:40 pm – 2:50 pm	Sgt. Tim Shoemaker, "The Unforgotten One" Multi-Media
BREAK	2:50 pm – 3:15 pm	SPONSOR/EXHIBITOR TABLES OPEN
3:15 pm – 4:20 pm		WORKSHOP C
1-C	How Did This Happen to Me? A Personal Journey through an Eating Disorder Nancy B. Graham, LCSW & Ashley Molloy	Description: Eating disorders are serious mental illnesses that arise from a combination of psychological, behavioral, biological, emotional, interpersonal, and social factors. This workshop will identify contributing factors to the development of an eating disorder and will offer practical strategies for SAC's. A patient in recovery will share her own story including what triggered her eating disorder and her recovery process; what helped her and what didn't.

2-C	<p>Opioids/Prescription Drugs: Killing the Pain Michael DeLeon Steered Straight</p>	<p>This is a 60-minute session through PowerPoint and videos explaining to participants how to share the information with those who don't understand that the proliferation of opiates being used to treat chronic pain, the direct to consumer marketing of pharmaceutical solutions and the growth of America becoming a pill society, we have found ourselves in the worst public social health crisis our country has ever seen. This session presents a summary of the current research and literature on the various medical, legal, educational, occupational, and ethical aspects of the prescription drug pandemic of 2016. This workshop will address the major aspects of where this began in 1995, how it grew into collateral problems in the early 2000's and how we found ourselves here today. Where did this all begin? How systemic did the problem begin? What is the legal status of legislation to change how pharmaceutical distribution happens in America? Where does opiate and other drug dependency usually lead? What are the solutions to this now pandemic? The workshop will conclude with a resource list of implications for healthcare and mental health practitioners, counselors and educators.</p>
3-C	<p>THE ABC'S of DBT: A Box of Tools That Can Change your Life Cindy Koch, Psy.D The Koch Center</p>	<p>Learn the difference and similarities between CBT and DBT. Learn what comprises an "evidence-based treatment." Obtain an overview of the fundamentals of DBT, including:</p> <ul style="list-style-type: none"> • The four components necessary to be truly DBT "adherent" • Explanation and examples of the four core DBT skill sets—Distress Tolerance, Mindfulness, Emotion Regulation, and Interpersonal Effectiveness • Learn examples of skills that may be effective in working with students • Gain an understanding of the different populations for whom DBT has been found to be effective. • Learn when it may be useful to make a referral to a DBT program
4-C	<p>Working with Transgender Youth II: Federal Regulations and State Law Aaron Potenza Garden State Equality</p>	<p>The U.S. Department of Education, as well as New Jersey's Law Against Discrimination, provide protections for transgender students in public schools. But what does non-discrimination mean in practice, and how does this effect your work with your students? This workshop provides an overview of the law and regulations as they apply to name changes, school information systems, and participation in sports, confidentiality and student privacy, and the new hot button topic: sex-segregated spaces (think bathrooms and locker rooms). Come learn about the rights of transgender students in public schools, work through what all the fuss is about, and leave better able to advocate for all your students.</p>
5-C	<p>Prejudices, Discrimination and Racism in Schools; Are Challenges Being Met? Sairah Qureshi, Ph.D.</p>	<p>Together we will analyze the definition and identify each of the three phenomena, understand the deeper meaning and reasoning behind such terms. For example, as a teacher you overhear an argument that contains racist remarks or at least are derogatory. How can this be best handled? The 2016 general elections have been more than just this, they have opened up avenues for discussion around race, racism and religious intolerance due to several issues disclosed. In this workshop, we will explore what transpires in schools and through a series of interactive activities requiring discussion, delegates will be able to achieve the following objectives:</p> <ul style="list-style-type: none"> • That there is a constant need for racist and racist bullying derogatory language and actions to be challenged • The essentiality of multicultural education and events • That the nature of the problem differs from school to school • Understanding the NEED for strong communication between young people and adults
6-C	<p>High and Hidden in Plain Sight Sgt. Tim Shoemaker</p>	<p>This program brings over one-hundred specimens of contemporary drug placebos, drug paraphernalia, drug delivery devices, drug concealment devices and drug test countermeasures. They will be treated to an unprecedented array of hands-on exhibits, while our expert police instructor unveils up-to-the-minute intelligence taken straight from the streets. Intimate and shocking details of the current teen drug environment are yielded directly from the smoke shops, online-forums, jail cells and bedrooms where New Jersey's drug problem reigns supreme. This includes the new methods that teens are bragging about using to get high in plain view of school officials. Attendees will learn to identify the subtle new precursors and trace evidence of drug activity. They will become versed in the new and expanding array of commercial drug concealment devices, and understand how to distinguish this new type of contraband from everyday items. They will understand how to administer and evaluate simple sobriety tests, and learn how teens today are effectively using drug test countermeasures to produce false negative results on drug screens. Attendees will also be exposed to the fashion trends and expressions that teenagers are using to telegraph drug activity within their social circle. This essential class is designed to educate and equip school officials with the critical information and skills they need to save lives in today's very different and increasingly complex teen drug environment.</p>
7-C	<p>Student Athletes and Substance Abuse: What Makes Them Great Athletes Places Them At Greater Risk Tina George, MSW Caron Foundation</p>	<p>We will look at substance abuse trends among student athletes and the additional risk factors for this growing population of students. In most school, more than half of your student population plays a school sponsored sport. This information will heighten our awareness of the unique risk factors for substance abuse for this student population and what prevention efforts schools and families can put into place to support these students.</p>
8-C	<p>Confidentiality and the Law for new SAC's William (Bill) Kane, Esq.</p>	<p>What are you permitted to share with your Administration? What are you permitted to share with your School Solicitor? What are you permitted to share with the Office of Civil Rights? Can one Federal Law trump another Federal Law? Legal issues regarding 42CFR and how it applies to SACs will be reviewed</p>

4:30 pm – 5:30pm		WORKSHOP D
1-D	Reflections: Creating Interactive Scenarios for Teen Prevention Programs Staci Block, MSW, LCSW Director of Creative Interventions	Reflections is a volunteer teen theater program that runs throughout the school year to prepare and present improvised scenes on a variety of topics and timely issues. The purpose of the performances is to provide a forum for discussion.
2-D	Self-Care for the SAC Worker: A Mind/Body Experience Larry Thompson, LCSW Integrated Care Concepts & Consultation	Join us on a journey of self-care, where the meeting of mind and body is introduced through an iRest meditation. We will first review informal mindfulness-based practices to reduce stress and compassion fatigue. We will explore the concept of not adding more things to do in your day, but rather being in each moment more mindfully. iRest is an evidence-based transformative practice that leads to psychological, physical, and spiritual healing and well-being. iRest provides you with tools to help you relax deeply, release stress, increase resiliency, improve your interpersonal relationships and provide you with greater mastery and control in your life.
3-D	Opiate Initiative Gloucester Co Prosecutor's Office, Sgt. Danielle LoRusso	Gloucester Co Prosecutor's Office will provide quarterly training depending on the need of the individual school district. Training will include up to date information on the opiate abuse, the latest trends on all controlled dangerous substances, and protocol on how to report identified or suspicious substance abuse. There will also be a chance for interactive learning through a role-playing scenario for teachers. With the proper training teachers and administrators should be able to identify the signs of drug abuse at an earlier enough stage abuse, the latest trends on all controlled dangerous substances, and protocol on how to report identified or suspicious substance abuse. There will also be a chance for interactive learning through a role-playing scenario for teachers. With the proper training teachers and administrators should be able to identify the signs of drug abuse at an earlier enough stage.
4-D	Assembly Showcase Preview	Come out and preview the many school assemblies!
5-D	Zumba 4:30-5:15 Elsie Diaz	Dance fitness routines that are fun, energetic, and make you feel amazing.
DINNER	5:30 pm – 8:00 pm	Dinner Break (on your own)
Hotel Lounge	8:15 pm – 10:15 pm	Ride the Tide and Sing! Network with peers and sing or dance the night away with a DJ and Karaoke.
Friday, February 10, 2017		
	7:00 am – 8:30 am	Registration / Breakfast / Exhibitor Tables Open
KEYNOTE	8:45 am – 9:50 am	Michael DeLeon – Steered Straight “The Truth About Marijuana” Marijuana X
10:00 am – 11:05 am		WORKSHOP E
1-E	High and Hidden in Plain Sight Sgt. Tim Shoemaker	<p>This program brings over one-hundred specimens of contemporary drug placebos, drug paraphernalia, drug delivery devices, drug concealment devices and drug test countermeasures. They will be treated to an unprecedented array of hands-on exhibits, while our expert police instructor unveils up-to-the-minute intelligence taken straight from the streets. Intimate and shocking details of the current teen drug environment are yielded directly from the smoke shops, online-forums, jail cells and bedrooms where New Jersey's drug problem reigns supreme. This includes the new methods that teens are bragging about using to get high in plain view of school officials.</p> <p>Attendees will learn to identify the subtle new precursors and trace evidence of drug activity. They will become versed in the new and expanding array of commercial drug concealment devices, and understand how to distinguish this new type of contraband from everyday items. They will understand how to administer and evaluate simple sobriety tests, and learn how teens today are effectively using drug test countermeasures to produce false negative results on drug screens. Attendees will also be exposed to the fashion trends and expressions that teenagers are using to telegraph drug activity within their social circle. This essential class is designed to educate and equip school officials with the critical information and skills they need to save lives in today's very different and increasingly complex teen drug environment.</p>
2-E	Peaceful Minds in Anxious Times: Treating the Anxious Adolescent Jill Pantaleo, LCSW	Anxiety Disorders are the most commonly diagnosed mental health conditions faced by our society today. According to the National Institute of Mental Health, 25.1% of our youth between 13 and 18 years of age will suffer from some form of an anxiety disorder, with 5.9% meeting the criteria for a “severe” condition. While most counselors working in the helping professions are familiar with the symptoms and even the causes of anxiety facing our youth, often stumbling blocks and obstacles are encountered in terms of effectively responding to these conditions. Contributing to the reasons for these treatment obstacles are the tenacity of the anxious mind as well as the lack of “logic” or “rationale” in the often-distorted thought process. While this workshop will provide a brief review of symptoms and the various anxiety disorders, the focus will be on effective and tangible treatment interventions for working with anxious children and teens. A global and holistic approach that combines core tenets intrinsic to cognitive behavioral therapy, dialectical behavior therapy, mindfulness and attachment theories will be presented.

3-E	Digitally Distracted Tom Kersting, MA, LPC, SAC, and author of <i>Disconnected: How To Reconnect Our Digitally Distracted Kids</i>	Kids today spend more than eight hours per day, seven days a week plugged-in to electronic devices. The result is a malleable brain that is literally re-wired to assimilate to a cyber-world but not the real world. The byproduct is chronic anxiety, attention deficit, depression, poor social skills, academic failure and family relationship problems. This lecture is an eye-opener for anyone who attends and will include tips to help folks start living more in the real world and less in cyber world.
4-E	Confidentiality and the Law for Seasoned SAC's William (Bill) Kane, Esq.	What are you permitted to share with your Administration? What are you permitted to share with your School Solicitor? What are you permitted to share with the Office of Civil Rights? Can one Federal Law trump another Federal Law? Legal issues regarding 42CFR and how it applies to SACs will be reviewed
5-E	Marijuana X: In Depth Michael DeLeon Steered Straight	The new drug called THC – genetically modified, commercialized and industrialized by the elite in order to profit from addiction. This is a 60-minute session through PowerPoint and further videos explaining to participants how to share the information with those who don't understand what marijuana has become. This session presents a summary of the current research and literature on the various medical, legal, educational, occupational, and ethical aspects of what marijuana has become in 2016.
6-E	Social Media, Teens & Technology Usage: An Update Retired Lt. Andrew Donofrio, MA Internet Crimes Task Force Cyberology Consultants	Sessions in this section will discuss the popular technology and social media usage by today's children. Topics will include the following: Computer, Tablet, Cell Phone Usage – Benefits and Detriments Unhealthy Online Social Connections and Risky Behavior Sexual Predators Online Technology Bullying Sexting – Awareness and Response The goal of this session is to update faculty the psychological and social issues that technology creates in our kids. Additionally, skills for recognizing at risk children and mitigating effects will be presented.
7-E	NJ Children's System of Care Alan Vietze LCSW Office for Children	A description of adolescent substance treatment from DMHAS to the NJ Children's System of Care. This will include the philosophical approach to care within the system of care as well as the transformation of treatment to be a trauma based co-occurring modality Understanding the System of Care Approach.
8-E	The Bigger Picture (adolescent behavior struggles) Nikki Francis Wellspring Prevention	What are the biggest challenges facing youth today? Why do kids make destructive choices? This program helps you look at and understand what young people are facing today. This workshop will also outline what youth are lacking in their day to day interactions to help them connect. You will leave this workshop with answers on, how can I work with youth to get them to open up, how can you truly connect, how can I help them make healthy choices? You will walk away with strategies, tools, and interactive activities to help you make a difference to the young people you work with every day.
Break	11:05 am – 11:15 am	SPONSOR/EXHIBITOR TABLES OPEN & Check-Out
KEYNOTE	11:20 am – 12:25 pm	Ann Smith, Founder of "Caron's Breakthrough" "A Multi-Generational View of Addiction and Co-Dependency"
LUNCH	12:30 pm – 1:35 pm	SPONSOR/EXHIBITOR TABLES OPEN
	1:45 pm – 2:50 pm	WORKSHOP F
1-F	Mindfulness with Anxious Clients David Dolan, LAD, LCADC	Mindfulness has emerged as a new buzz word in many therapeutic and educational settings. Although mindfulness is nothing new to western thought, it has risen to the top of awareness in the last decade due to advances in neuroscientific research. The application of secular mindfulness practices has proven to be effective in a number of therapeutic areas with anxiety being the most apparent and powerful. With anxiety symptoms in adolescents on the rise in recent years due to higher social expectations, increases in testing, and media influences coupled with an awareness and a desire for the need for more non-pharmacological methods of treatment, mindfulness presents a powerful skill set to pass on to the youth of today. This workshop will cover the broad manifestation of anxiety symptoms in adolescents and how mindfulness can be used to address these issues. The workshop will present basic mindfulness concepts and practices, along with a guided mindfulness meditation for participants and tips for applying these practices with students.
2-F	Don't Be Afraid of Self Injury Jill Pantaleo, LCSW	Assessing and responding to clients who engage in self-injurious behavior is one of the most complex, intimidating and stress invoking experiences for counselors. It is also one of the most misunderstood behaviors with which clients' present. Yet, individuals who engage in this frightening behavior are often highly responsive to treatment interventions that are informed, direct and compassionate. This workshop will provide a solid understanding of the causes, types and risks for self-injurious behavior, the mechanisms by which to distinguish self-injurious behavior from suicidal behavior, and concrete treatment suggestions to engage and intervene with this often spirited but pained population. The presenter's unique theory on the "stages" of self-injury and interventions for each stage will be presented.

3-F	<p>Digitally Distracted, Tom Kersting, MA, LPC, SAC, and author of <i>Disconnected: How To Reconnect Our Digitally Distracted Kids</i></p>	<p>Kids today spend more than eight hours per day, seven days a week plugged-in to electronic devices. The result is a malleable brain that is literally re-wired to assimilate to a cyber-world but not the real world. The byproduct is chronic anxiety, attention deficit, depression, poor social skills, academic failure and family relationship problems. This lecture is an eye-opener for anyone who attends and will include tips to help folks start living more in the real world and less in cyber world.</p>
4-F	<p>Prejudices, Discrimination and Racism in Schools; Are Challenges Being Met? Sairah Qureshi, Ph.D.</p>	<p>Together we will analyze the definition and identify each of the three phenomena, understand the deeper meaning and reasoning behind such terms. For example, as a teacher you overhear an argument that contains racist remarks or at least are derogatory. How can this be best handled? The 2016 general elections have been more than just this, they have opened avenues for discussion around race, racism and religious intolerance due to several issues disclosed. In this workshop, we will explore what transpires in schools and through a series of interactive activities requiring discussion, delegates will be able to achieve the following objectives:</p> <ul style="list-style-type: none"> • That there is a constant need for racist and racist bullying derogatory language and actions to be challenged; • The essentiality of multicultural education and events; • That the nature of the problem differs from school to school; <p>Understanding the NEED for strong communication between young people and adults.</p>
5-F	<p>Peer Counseling for Student Assistance Programs Philip Lester, MA, Ed.S., SAC</p>	<p>Peer Counseling offers a pro-active approach for using positive peer influence. Gather tips on harnessing this valuable and often untapped resource for reaching high risk students. The class will cover all aspects including selection, training, and creative implementations with an emphasis on using Peer Counseling as an extension of the Student Assistance Program. Phillip Lester currently co-coordinates the Peer Counseling program at Columbia High School in Maplewood, NJ. He will share from his 24 years of experience as a SAC and middle and high school counselor.</p>
6-F	<p>Intervention Tools: Teens with High Risk Behavior Retired Lt. Andrew Donofrio, MA Internet Crimes Task Force Cyberology Consultants</p>	<p>This session will address abhorrent and potentially dangerous behavior exhibited in today's children. Topics will include the following:</p> <ul style="list-style-type: none"> Alcohol and Drug Use Suicide Awareness and Recognition Thrill Seeking Behavior Violent Tendencies / Gang Awareness Social Withdrawal Bullying – Awareness and Response Recognizing Violence Brewing Child vs. Child Violence – Response and Action Child vs. Faculty Violence – Response and Action Situational Awareness and Personal Safety <p>The goal of this session is to provide faculty the skills for recognition of the above behaviors and empower them with the tools for response. Additionally, professional responsibility and legal requirements will be discussed.</p>
7-F	<p>NJ Children's System of Care Alan Vietze LCSW Office for Children</p>	<p>A description of adolescent substance treatment from DMHAS to the NJ Children's System of Care. This will include the philosophical approach to care within the system of care as well as the transformation of treatment to be a trauma based co-occurring modality <i>Understanding the System of Care Approach</i>.</p>
8-F	<p>Thinking Outside the Circle: Tools to Bring Adventure into SAC Programs Nikki Francis Wellspring Prevention</p>	<p>This interactive experiential workshop will focus on bringing adventure into your programming. Many times, we want people to open up and speak in a group setting. We often sit them in a circle so everyone is included. Most times only a few people are comfortable enough to speak. In many instances talking doesn't come naturally. What if you created activities that broke down boundaries and helped people naturally come out of their comfort zone? This workshop will give you tools necessary to create an environment where all are included and participating. This workshop will answer the following questions, how do professionals reach youth, adults, or other professionals? How do you get people to speak out in a group? How do you pick appropriate activities for the experience you want to create? How important is the debrief, and how do you effectively conduct a debrief?</p>

Have a safe trip home!

CONFERENCE REGISTRATION - ONLINE

Only online registration will be accepted. Please go: <http://www.asapnj.camp9.org/event-2364648>

Purchase Order: please print out the registration form once completed. This form must accompany the purchase order sent to ASAP-NJ. You may also pay for this conference through PayPal and check/money orders.

ASAP-NJ
P.O. Box 373
Allenhurst New Jersey 07711-0373
Fax: 201-935-7514

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

**One Professional Development hour will be given for each workshop/seminar hour attended.

Only Executive Board and Committee Chair/members who qualify under the Conference Gratis rules may indicate this on the registration form.

Full conference registration: \$295.00

Price includes 2/8 Networking event, continental breakfast, and lunch on 2/9 & 2/10.

One-day registration: \$195.00

Price includes continental breakfast, and lunch on day of choice.

Walk-ins must have payment or PO presented on that day.

**One Professional Development hour will be given for each workshop/seminar hour attended.

HOTEL ACCOMODATIONS

The Ocean Place Resort and Spa is in Long Branch, NJ. The facility is a full-service hotel and spa. Special features include a complimentary indoor swimming pool, fitness center, free parking and internet service for hotel guests. A block of rooms has been reserved for our conference attendees at the rate of **\$105.00** (plus applicable taxes & fees) per room per night for single or double occupancy. If you are using a tax exemption, be sure to bring your documentation.

Reservations can be made directly through the Ocean Place Resort and Spa link; <http://www.oceanplace.com/> or by calling **732-571-4000**. Make your reservation as soon as possible, no later than **February 8th, 2017** and **mention the ASAP Conference for the reduced room rate**, or if registering on-line, use the CODE: **Association of Student Assistance Professionals**

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

Accommodations for Disabilities: Requests for accommodations for disabilities should be directed to Michele Klamerus, Conference Chairperson, 201-935-3007 ext. 4014 or email mklamerus@bectonhs.org. Grievances/Complaints: Any grievance or complaint can be directed to Michele Klamerus. All such grievances will be responded to first verbally and then in writing, if necessary until they are resolved

REFUND POLICY

No refunds will be issued after January 24, 2016. Refunds requested **before** January 24th must be done so in writing to Conference Chairperson, Michele Klamerus, mklamerus@bectonhs.org.