



The Melissa Institute
For Violence Prevention and Treatment

18th Annual Conference

Ways to Improve Community-based, Educational and Psychotherapeutic Interventions: Applying the Lessons Learned

Friday, May 2, 2014
8:30 a.m.- 4 p.m.

Special location again this year!

Christ the King Lutheran Church
11295 SW 57 Avenue
(Red Road and SW 112 Street)

Education • Community Service • Research Support • Consultation

18th Annual Conference

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ABOUT THE CONFERENCE

An examination of various interventions — such as helping at-risk children succeed in school or catching troubled kids before they fail — often demonstrates a lack of success, leading to the frustrating conclusion that “nothing works.” This conference will critically examine which interventions “do work” and highlight strategies that can be implemented. The focus will be on specific ways to improve community-based, psychotherapeutic and educational interventions in times of diminishing resources and accompanying calls for evidence-based accountability.

LEARNING OBJECTIVES

Upon completion of this conference, participants will be able to:

- Determine ways to critically improve any interventions in their setting.
- Implement community-based interventions by addressing potential barriers.

- Use a case conceptualization model that influences any intervention decision making.
- Identify the core tasks of psychotherapy used by expert therapists, and learn specific ways to conduct outcome-driven assessments to improve treatment outcomes.
- Implement effective ways to make schools safer and more inviting and improve the principal’s leadership.
- Analyze what kinds of interventions are most successful in diverse settings of communities, clinics and schools.

TARGET AUDIENCE

Teachers, administrators, school counselors, psychologists, social workers, family mediators, mental health workers, marriage and family therapists, social services agency personnel, juvenile and family-court judges, law enforcement personnel, clergy, pediatricians, primary care physicians and psychiatrists.

CONFERENCE DIRECTOR

Lynn Aptman, M.Ed., is President of The Melissa Institute and a former elementary school teacher. She is one of the founders of the Institute, along with her husband, Michael Aptman, M.D., Suzanne L. Keeley, Ph.D., and Donald Meichenbaum, Ph.D.

PRESENTERS

Steve Dykstra, Ph.D., is a psychologist in Milwaukee, Wisconsin, with over 24 years of experience working with complex, difficult cases. After starting out in the conventional system of inpatient, outpatient and day treatment services, he shifted to a community-based model of care and assessment when he joined the Mobile Urgent Treatment Team (MUTT) as Associate Director. MUTT is part of Wraparound Milwaukee, a nationally recognized system of care that keeps children in their community and provides them with individualized, coordinated, effective, community-based options for growth and change.

Donald Meichenbaum, Ph.D., is Research Director of The Melissa Institute and Distinguished Professor Emeritus at the University of Waterloo, Ontario. He has served as Distinguished Visiting Professor at the School of Education at the University of Miami and is one of the founders of cognitive behavior therapy. North American clinicians voted Dr. Meichenbaum “one of the 10 most influential psychotherapists of the 20th century.” He has presented in all 50 states and internationally. He has published extensively, and his most recent book is *Roadmap to Resilience*. Other books include *Treatment of Individuals with Anger-control Problems and Aggressive Behavior*, *Treating Adults with Posttraumatic Stress Disorder*, *Nurturing Independent Learners* and *Stress Inoculation Training*.

Scott Miller, Ph.D., is Founder and Director of the International Center for Clinical Excellence and Chief Science Officer of Groupnos Technologies. He is the Cummings Professor of Behavioral Health at Arizona State University in Phoenix. He is a co-author of numerous books, including *The Heart and Soul of Change*, *Escape from Babel: Toward a Unifying Language of Psychotherapy Practice* and *Achieving Clinical Excellence*. (See scottmiller.com for additional information.)

SCHEDULE

8:00 a.m. **Registration**

8:30 a.m. **Welcome and Introductions**
Lynn Aptman, M.Ed., President of The Melissa Institute

8:45 a.m. **Community-based, Educational and Psychotherapeutic Interventions: Overview and Critical Questions**
Donald Meichenbaum, Ph.D.

9:00 a.m. **Community-based Interventions: Lessons Learned From Wrap-around Services and Mobile Crisis Intervention Programs**
Steve Dykstra, Ph.D.
(Dr. Dykstra will describe the nature and effectiveness of wrap-around services and crisis management interventions, how to get started and establish collaboration across agencies and ways to anticipate and address potential barriers to the implementation of these services.)

10:30 a.m. **Break**

10:45 a.m. **The Role of a Case Conceptualization Model and Core Tasks of Intervention**
Donald Meichenbaum, Ph.D.
(Dr. Meichenbaum will discuss how to make assessment and treatment decision making more informed by focusing on both risk and strength/resilience factors and considering what expert interventionists do.)

11:30 a.m. **Question-and-Answer Period**
Drs. Dykstra, Meichenbaum and Miller

12:00 noon **Lunch**

12:45 p.m. **Suzanne L. Keeley Ph.D. Community Service Award**

1:00 p.m. **The “State of the Art” of Psychotherapy and Ways to Improve Treatment Outcomes**
Scott Miller, Ph.D.
(Dr. Miller will critically review why psychotherapy has not improved over the years and provide specific suggestions on ways to use outcome-driven client feedback to improve treatment outcomes. He will provide examples of expert psychotherapists who obtain the best treatment outcomes.)

3:00 p.m. **Break**

3:15 p.m. **Question-and-Answer Period**
Drs. Dykstra, Meichenbaum and Miller

3:30 p.m. **Ways to Implement Interventions in Schools in Order to Make Them Safer, More Inviting and Pedagogically More Effective**
Donald Meichenbaum, Ph.D.
(Dr. Meichenbaum will provide a set of detailed checklists and procedural guidelines on ways to reduce bullying and harassment in schools, a principal’s checklist “Report Card,” and ways to improve teachers’ instructional practices, or what has been called “Teach like a champion!”)

4:00 p.m. **Adjourn**

CREDITS

PSYCHOLOGISTS: Baptist Health South Florida is approved as a provider of Continuing Psychological Education by the Florida Board of Psychology. CE Broker Provider #50-182. This activity has been approved for 6 credit hours. CE Broker Course #20-420550.

PSYCHOLOGISTS: Baptist Health South Florida is approved by the American Psychology Association to provide continuing education for psychologists. Baptist Health South Florida maintains responsibility for this program and its contents. This conference is approved for 6 CE credits. This is an intermediate-level symposium.

OTHER MENTAL HEALTH PROFESSIONALS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Clinical Social Workers, Marriage and Family Therapists and Mental Health Counselors, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for Licensed Clinical Social Workers, Certified Clinical Social Workers, Licensed Marriage and Family Therapists and Licensed Mental Health Counselors.

EDUCATORS: Conference registration and payment to The Melissa Institute for Violence Prevention and Treatment must be completed prior to registering for Miami-Dade County Public Schools professional development credit online at <http://calendar.dadeschools.net>. Eight (8) master plan points will be awarded to participants who have completed a follow-up activity and have preregistered online with M-DCPS.

FAMILY AND DEPENDENCY MEDIATORS: The Melissa Institute for Violence Prevention and Treatment is an approved provider of Continuing Mediator Education (CME) credits for Florida Supreme Court-certified mediators. This program is approved for 7.2 CME credits for certified family and/or dependency mediators.

NURSES: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida State Board of Nursing, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Nursing Continuing Education credit for registered nurses, advanced registered nurse practitioners, clinical nurse specialists and licensed practical nurses.

PHYSICIANS: Miami Dade College, Department of Community Education, is approved as a provider of Continuing Medical Education by the Florida Board of Medicine, provider #50-2330. This continuing education activity has been approved for 7 hours of General Medicine (AMA Category I) for physicians.

OCCUPATIONAL THERAPISTS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Occupational Therapy Practice, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for occupational therapists and occupational therapy assistants.

REGISTRATION

Registration deadline is April 25, 2014. Space is limited; register early!

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Name _____ Title _____

Institution or Organization _____

Contact Address _____ City/State/Zip _____

Contact Telephone _____ Email _____

Registration fee: \$95 \$50 (Student) *Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.*

Payment method:

Check enclosed (Make payable to The Melissa Institute.)

Purchase Order number _____ (Please mail/fax copy of registration to guarantee reservation.)

Credit Card: American Express MasterCard Visa Discover

Cardholder Name _____ Account No. _____

Exp. _____ Signature _____

Specialty professional credits required: LICENSE # _____

Florida Board of Psychological Examiners

Florida State Board of Nursing

Miami-Dade County Public Schools

Florida Board of CSW, MFT and MHC

Florida Board of Medicine

Florida Board of Occupational Therapy Practice

Florida Board of Clinical Laboratory Personnel

Mediators (Family and Dependency)

Mail to: The Melissa Institute, 6250 Sunset Drive, Suite 204, Miami, FL 33143

Fax to: 786-662-5211

Email to: info@melissainstitute.org

For information, call 786-662-5210

Cancellations must be sent in writing and postmarked by April 25, 2014, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 25 will forfeit the registration fee.

FOR INFORMATION



The Melissa Institute

For Violence Prevention and Treatment

786-662-5210

www.melissainstitute.org

www.teachsafeschools.org

www.readingteacher.net

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*The mission of The Melissa Institute
is to prevent violence and promote safer communities
through education and application of research-based knowledge.*

Education • Community Service • Research Support • Consultation