



*Maryland School Psychologists' Association, Inc.*

# **MSPA Summer Institute 2018**

## **Combating Internalizing Distress Associated with Self-Injurious Behavior and Eating Disorders**

### **Dr. Wendy Price**

Nationally Certified School Psychologist working in public schools as well as clinical experience in a residential eating disorders clinic; National Association of School Psychologists (NASP) Secretary; Past-President of the Massachusetts School Psychologists' Association; Past Massachusetts NASP Delegate for the; NASP Northeast Region representative on the NASP Board of Directors

**&**

### **Dr. Melissa Pearrow**

University of Massachusetts Boston Associate Professor and School Psychology Program Director; 10 years experiences working as a school psychologist in an urban district coordinating a program for students with emotional and behavioral disorders; Experience in inpatient, outpatient, and community mental health settings as well as work with the Boston Public Schools and Boston Children's Hospital in the development of the Comprehensive Behavioral Health Model; Member on the Safe and Supportive Schools Commission

**Tuesday, Wednesday, and Thursday  
June 19, 20, and 21, 2018**

**Atlantic Sands Hotel & Conference Center**  
**Oceanfront at 101 N. Boardwalk, Rehoboth Beach, Delaware**

[www.atlanticsandshotel.com](http://www.atlanticsandshotel.com)

Email: [atsands@dmv.com](mailto:atsands@dmv.com)

**Registration Deadline: June 8, 2018**

**No Walk-In Registrations**

*Registration opens to MSPA Members first, however, registration will become available for MPA members on April 1<sup>st</sup> and non-members beginning May 1<sup>st</sup> if space allows.*

## DAILY PROGRAM AGENDA

<b>7:15 - 8:00</b>	<b>Continental Breakfast</b>
<b>8:00 - 10:00</b>	<b>Workshop Session</b>
<b>10:00 - 10:30</b>	<b>Break and Refreshments</b>
<b>10:30 - 12:30</b>	<b>Workshop Session</b>

## WORKSHOP DESCRIPTIONS

### Day 1: Dying to be thin: What school psychologists need to know about eating disorders (Dr. Wendy Price)

**NASP Domains:** Domain 2: Consultation and Collaboration; Domain 4: Interventions and Mental Health Services to Develop Social and Life Skills; Domain 6: Preventive and Responsive Services

**Description:** This workshop will provide participants with an overview of eating disorders (ED), including: eating disorder definitions, medical complications associated with ED, eating disorder statistics and prevalence, athletes and eating disorders, causes according to the biopsychosocial model, signs/symptoms/red flags that school psychologists and other school staff need to be aware of, communicating with students and their families about a suspected ED, and an overview of treatment that works (Family Based Treatment). The workshop will also emphasize the schools' involvement in ED treatment, and crucial points to keep in mind when developing education plans for students in ED treatment.

**After this presentation, the participant will be able to:**

1. Differentiate between Anorexia (AN), Bulimia (BUL), and Binge Eating Disorder (BED)
2. Describe the prevalence of eating disorders (ED) and ED behaviors
3. Describe each element of the Biopsychosocial model of understanding EDs
4. Identify the warning signs and symptoms of an ED
5. Demonstrate how to communicate with students and their families about a suspected ED
6. Discuss a variety of school accommodations to consider when a student returns from ED treatment
7. Recognize the type of treatment(s) that works
8. Utilize helpful prevention activities/body image group activities

### Day 2: Assessing Self-Injurious Behavior (Cutting): A Primer for School Mental Health Workers (Drs. Wendy Price and Melissa Pearrow)

**NASP Domains:** Domain 1: Data-Based Decision Making and Accountability; Domain 2: Consultation and Collaboration; Domain 4: Interventions and Mental Health Services to Develop Social and Life Skills; Domain 5: School-Wide Practices to Promote Learning; Domain 6: Preventive and Responsive Services.

**Description:** This workshop will provide foundational information regarding self-injurious behavior (SIB), including definitions, prevalence rates, causes, and an overview of evidence based treatments for SIB (CBT and DBT). The workshop will also introduce participants to the HIRE model: a tool for the informal assessment of SIB developed by Buser and Buser (2013). Participants will also receive instruction in developing a school wide protocol for assessing/supporting self-injurers.

**After this presentation, the participant will be able to:**

1. Recognize their own thoughts, feelings, and reactions to self-injurious behavior (SIB)
2. Describe the prevalence of SIB
3. Differentiate between SIB and suicide
4. Describe ways to assess self-injurious behavior
5. Describe the most successful therapeutic approach to working with youth who self-injure (DBT)
6. Design a school protocol for self-injury

### Day 3: Identifying and Intervening with Students with Internalizing Distress-Anxiety (Dr. Melissa Pearrow)

**NASP Domains:** Domain 1: Data-based decision making; Domain 4: Interventions and Mental Health Services to Develop Social and Life Skills; Domain 6: Preventive and Responsive Services

**Description:** This workshop focuses on the strategies for early identification and intervention with internalizing distress. It will introduce symptomatology, prevalence rates and treatment options. Strategies to engage families and community partners will also be discussed.

**After this presentation the participant will be able to:**

1. Recognize early warning signs for internalizing distress
2. Describe symptoms and typical presentations of internalizing disorders
3. Identify evidence-based strategies for early identification and screening
4. Describe individual and classroom-based interventions to promote development of healthy coping skills
5. Describe how partnerships with families and community agencies can support treatment goals

### **ABOUT THE SPEAKERS**

**Dr. Wendy Price** received her Bachelor of Arts degree in Developmental Psychology in 1987 from Mount Allison University, in Sackville, New Brunswick. She attended the University of Massachusetts: Boston, and received her Master of Education degree (M.Ed) in School Psychology in 2000, and her Certificate of Advanced Graduate Studies (CAGS) in School Psychology in 2001. Upon graduating from UMASS, Dr. Price was awarded the Vincent Christiani Endowment Award for Excellence in School Psychology. She completed her doctorate in School Psychology at William James College and graduated in August of 2015, following a year-long clinical internship at Walden Behavioral Care (a residential eating disorders clinic). In her role as a school psychologist at WHRHS, Dr. Price is involved in a number of activities, including: assessment, counseling, consultation with parents/faculty/community mental health providers, administrative duties such as being a Team Chairperson, member of the Crisis Intervention Team and the Student/Teacher Assistance Team (STAT). Dr. Price is a past President of the Massachusetts School Psychologists Association. In 2012 she began a three year term as the Massachusetts Delegate for the National Association of School Psychologists (NASP), and was re-elected in this role in 2015. In February of 2013, Dr. Price was awarded the NASP "Rookie of the Year" Award by NASP President Amy Smith. In 2015, Dr. Price was elected by the NASP Delegates in the Northeast to serve as their representative on the NASP Board of Directors. In the spring of that same year, Dr. Price was awarded the MSPA 2015 Friend of Children Award.

**Dr. Melissa Pearrow** is an Associate Professor and the Program Director of the School Psychology program at the University of Massachusetts Boston. Prior to joining UMass Boston, she worked for ten years' as a school psychologist in an urban district, where she coordinated the program for students with emotional and behavioral disorders. She currently serves on the Safe and Supportive Schools Commission. Her training in inpatient, outpatient, and community mental health settings informs her research on school-based mental health, including her work with the Boston Public Schools and Boston Children's Hospital in the development of the Comprehensive Behavioral Health Model.

### **OVERVIEW AND INTORMATION**

The Maryland School Psychologists' Association will provide three days of training for school psychologists interested in continuing professional development. Sessions are planned each morning from 8:00 a.m. to 12:30 p.m. The Registration fee includes three days of skill development, buffet breakfasts, and refreshments during breaks. MSPA has arranged special conference rates for overnight accommodations at the *Atlantic Sands Hotel* (800-422-0600 or 302-227-2511). Refer to the **MSPA-Maryland School Psychologists Association block # 8423** to secure rooms at the discounted group rate. The special rate is only available until April 27, 2018 so be sure to book before that date. In order to minimize confusion, please be aware that room reservations are made through the hotel; specific room types are requests only and cannot be guaranteed. This includes specific room numbers. The special rate (\$185.00 single/ double occupancy, \$200 triple, \$215 quad occupancy) is good for the Sunday night before the conference through Thursday night of the conference (6/17/18- 6/21/18). **You must stay at the Atlantic Sands in order to get free parking (1 space per room).** If you do not stay at the conference hotel, be sure to arrive early each day in order to find parking in time for the start of the presentation. **Parking is not available at the hotel for conference attendees not staying at the hotel.**

A total of 12 hours of Continuing Professional Development/Continuing Education (CPD/CE) are available. Documentation of attendance for 4 hours of CPD/CE credit will be provided each day to certified school psychologists and licensed psychologists who complete the entire workshop that day. Partial credit cannot be awarded. In order to receive CPD/CE credit, attendees must arrive no later than 15 minutes after the start, and may not leave prior to 15 minutes before the end of the program. The National Association of School Psychologists (NASP), and hence the Maryland Board of Examiners of Psychologists, recognize MSPA as an approved provider of CPD/CE for psychologists (NASP APS #1002). MSPA maintains responsibility for the program.

Mail in registration must be **postmarked by May 31, 2018**. Only online registrations will be accepted from June 1-June 8. There is a **\$25 late fee applied beginning June 1; Deadline June 8**). Registration is limited and will be accepted on a first come, first served basis based on the postmark of the envelope or online registration date. If you want confirmation of your registration,

please include a stamped, self-addressed postcard or email Amy Jagoda at [ALJAGOD@carrollk12.org](mailto:ALJAGOD@carrollk12.org). Your attendance certificate acts as your receipt (monetary receipts are available upon request).

The MSPA Program Committee recognizes the commitment of time and resources to attend professional conferences. Due to the sensitive nature of the topics discussed, as well as the professional setting of our activities, we cannot accommodate children at our conferences. We will make efforts at each conference to accommodate the privacy needs of nursing mothers. Thank you for understanding. Persons with questions or special needs should contact: Amy Jagoda at (410) 386-1818 or [ALJAGOD@carrollk12.org](mailto:ALJAGOD@carrollk12.org).

## **MSPA 2018 SUMMER INSTITUTE REGISTRATION FORM**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY / STATE / ZIP:** \_\_\_\_\_

**HOME PHONE:** (\_\_\_\_) \_\_\_\_\_ **WORK PHONE:** (\_\_\_\_) \_\_\_\_\_

**PREFERRED E-MAIL ADDRESS:** \_\_\_\_\_

**EMPLOYER:** \_\_\_\_\_ **POSITION:** \_\_\_\_\_

- MSPA Members in Good Standing: \$200.00**
- MSPA Student Member in Good Standing: \$185**
- Vendor Fee: \$250.00**
- MPA Member in Good Standing: \$200.00 (opens April 1)**
- MPA Student Member in Good Standing: \$185.00 (opens April 1)**
- Nonmember registration \$220.00 (opens May 1)**

*LATE FEE \$25.00 Begins June 1, 2018 (Late fee applied to all mail-in registrations postmarked after May 31<sup>st</sup>)*

**Make checks payable to MSPA. Credit card payments accepted online at [www.msponline.org](http://www.msponline.org).**

**Mail registration to: MSPA Summer Registration, P.O. Box 1859, Westminster, MD 21158**

**SORRY ABSOLUTELY NO REFUNDS**