

---

**April 27, 2016**

Doubletree Hotel  
Westborough, MA

---

**2nd Annual Teen Mental Health,  
Depression & Suicide Conference**



***Creating Communities of  
Awareness and Support***



# *2nd Annual Teen Mental Health Conference*

Welcome From Your Associations' Presidents

*Dear MSSAA Membership,*

*I am pleased to let you know that collaborative efforts between the MSSAA and the MIAA bring to you the second annual Teen Mental Health Conference. The MSSAA continues to increase awareness and recognition to the importance of supporting our students and staff in the area of social-emotional wellness and learning. The Teen Mental Health Conference is just one quality example of our commitment to provide education and resources that will support those in need. Our Association is working collaboratively with the Associations of MIAA, Superintendents, School Committee, Elementary Education, Teachers 21, Horan Communications, Rennie Center, Assabet Valley Education Collaborative and the Massachusetts Organization of Educational Collaboratives (MOEC), to provide a unified voice in support of needed education and resources to our state leaders and the Department of Elementary and Secondary Education. We are in the beginning stages of this campaign, but I am confident that our momentum and support from our members will raise social-emotional awareness resulting in positive gains. I challenge you to bring this issue to your district and to implement positive opportunities for your students and staff.*

*Wishing you all the best,  
Tara B. Bennett, Millbury Memorial Jr./Sr. High School Principal  
President, MSSAA*

---

*Dear Members of the MIAA,*

*Many of us have concerns for our students and their emotional and mental health. Each year, our students are suffering from an even greater level of stress, anxiety, depression, and substance abuse. And sadly, because of this, many of our communities are reeling from the sudden and tragic loss of one of its members. The Teen Mental Health Summit is an opportunity for us all to raise the level of awareness of this growing problem. Here, you can learn about model programs and curriculum and the ways they can be integrated into curriculum in order to combat this issue. It is also an opportunity to identify resources, network with colleagues, and develop a plan of action for your classrooms, teams and activity groups. Perhaps most important though, is the opportunity for us to work together to better support and serve our students and their families.*

*Thank you for all that you do on behalf of all of our students and student athletes.  
David King, Assistant Principal & Athletic Director of Athol High School  
President, MIAA*

# *Creating Communities of Awareness & Support*

<b>Registration, Continental Breakfast</b>	<b>7:30-8:15</b>
Resource Exhibits open until Luncheon. <i>Please review the program and select your workshops. Please assign members of your group to be represented at each of the different workshops. If a workshop is full, you will be redirected to another session.</i>	
<b>General Session</b>	<b>8:15-9:30</b>
Welcome- Bill Gain, MIAA and MSSAA Executive Director Conference Logistics- Karen Nardone, MIAA Wellness Coordinator Keynote- Jeffrey Benson, Teachers21	
<b>Transition to Workshops, Resource Exhibits</b>	<b>9:30-9:45</b>
<i>At this time, the Ballroom partitions will be closing. Please keep clear!</i>	
<b>Concurrent Workshops Session 1</b>	<b>9:45-10:55</b>
See program pages 4 and 5 for workshop descriptions and locations. Please assign members of your group to be represented at each of the different workshops. If a workshop is full, you will be redirected to another session. <b>Your cooperation is appreciated.</b>	
<b>Transition to Workshops, Resource Exhibits</b>	<b>10:55-11:05</b>
<b>Concurrent Workshops Session 2</b>	<b>11:05-12:15</b>
See program pages 6 and 7 for workshop descriptions and locations. Please assign members of your group to be represented at each of the different workshops. If a workshop is full, you will be redirected to another session. <b>Your cooperation is appreciated.</b>	
<b>Transition to Luncheon</b>	<b>12:15-12:30</b>
<i>At this time, the Ballroom partitions will be opening. Please keep clear! Hotel staff will invite each table to the buffet. Please follow their direction.</i>	
<b>Luncheon</b>	<b>12:30-1:00</b>
<b>General Session</b>	<b>1:00-2:00</b>
Keynote- Pam Garramone, M.Ed.	
<b>Adjourn</b>	<b>2:00</b>
<i>Please turn in your program evaluation at the registration desk as you leave. Professional Development Hours certificates will be available for pick up there.</i>	

# 2nd Annual Teen Mental Health Conference

Workshop Session 1 9:45 - 10:55

## Ballroom Edgewood

### ***Theory Into Practice: School Based Transition and Teen Depression Prevention Initiatives***

This workshop will provide the basics for successful school transition programs, meeting students where they are, and the accommodations that are necessary and helpful for students in transition. This workshop will also discuss the problem of youth depression, the need for prevention, and how we are addressing depression in a local high school. The philosophy behind the NHS prevention program, implementation, and plans for sustainability will also be discussed.

**Presented by: Chris Shutzer, Lincoln-Sudbury High School;  
Dr. Tracy Gladstone, Wellesley Centers for Women, Wellesley College**

***This workshop is for students & adults***

## Ballroom Chandler

### ***Teens Leading the Way: Empowering and Utilizing Student Leaders in School Efforts and Wellness Programming***

Overcoming stigma and promoting wellness are as critical to addressing teen depression as intervention. This workshop will examine skills and wellness through teen leadership programming. Learn about projects, collaborations and an innovative teen mentor initiative.

**Presented by: Nadja Reilly, Ph.D., Associate Director, Freedman Center for Child and Family Development, Faculty of Clinical Psychology Program at William James College**

***This workshop is for students & adults***

## Ballroom Baldwin

### ***Stress Less! Relieving Stress by Forming Happy Habits***

Let's face it ... school can be challenging! Stress from all directions takes a toll on young people and adults as well. What if you could learn skills that could help you feel happier from within, feel less stressed, less anxious, and less depressed? In this hands-on workshop, participants will learn the Science of Happiness and how you can be happier!

**Presented by: Pam Garramone, M.Ed.**

***This workshop is for students & adults***

# Creating Communities of Awareness & Support

## Ballroom Autumn

### ***Youth Depression: How to Recognize and Intervene***

This workshop will define depression, illustrate its prevalence and impact and discuss early signs and risk factors. The presenters will highlight the relationship between risk and stress, and screening. The workshop will also discuss depression, substance use and misuse, and association with other risky behaviors, as well as strategies to plan for healthy transitions to college.

**Presented by: Dr. Paola Pedrelli and Dr. Ben Shapero, Mass General Hospital and Harvard Medical School**

***This workshop is for students & adults***

## Ballroom Viking

### ***Alone Together: Coping Skills in a Hyper-Connected World***

So many students today are feeling a greater sense of loneliness and anxiety even though they participate daily in a hyper-connected world. Students and adults increasingly are feeling "Alone Together". This workshop will introduce research about why we are expecting more from technology and less from each other, and will help participants develop coping strategies and find balance in their daily lives.

**Presented by: Bill Chaplin, Assistant Principal, King Philip Regional High School**

***This workshop is for students & adults***

## Nugget & Wellington

### ***Signs of Suicide: A Community Approach- Engaging Everyone in Suicide Prevention Plans and Break Free From Depression***

This workshop features two evidenced-based depression and suicide prevention programs and curricula. Features of this workshop include empowering faculty with knowledge and information about depression and suicide, warning signs and risk factors, and steps to take when concerned about a student.

**Presented by: Meghan Diamon, Screening for Mental Health, and Karen Capraro, Boston Children's Hospital**

***Note: This workshop is for adults only***

**Workshop Session 1 9:45 - 10:55**

# 2nd Annual Teen Mental Health Conference

Workshop Session 2 11:05 - 12:15

## Ballroom Edgewood

### ***Everyday Classroom Practices That Foster Resilience***

Many classroom practices foster resilience for schoolwork and for life. Those same practices improve relationships- a key protective factor for risky behaviors. This interactive workshop will focus on routines that foster supportive academic communities and emotional skillfulness, and will share some of the latest relevant brain research.

**Presented by: Rachel Poliner, Leaders and Learning Consulting**

**This workshop is for students & adults**

## Ballroom Chandler

### ***School Safety: Lessons Learned***

Michele shares her personal perspective and lessons learned in the aftermath of the Sandy Hook School tragedy following the tragic loss of her daughter Josephine. As a former teacher and mother of a special needs child, Michele shares insights on emergency notification, communication, protection of victims and their families, mental health needs and services, media management and other issues surrounding school tragedies.

**Presented by: Michele Gay, Safe and Sound: A Sandy Hook Initiative**

**This workshop is for students & adults**

## Ballroom Baldwin

### ***Initiating a Difficult Conversation***

A significant cause of stress is the avoidance of conversations that are difficult and yet important to engage in. Self-esteem, relationships, and organizational goals suffer without being able to discuss difficult issues. This workshop provides a framework for and practice in initiating a difficult conversation between people of all ages.

**Presented by: Jeffrey Benson, Teachers21**

**This workshop is for students & adults**

# Creating Communities of Awareness & Support

## Ballroom Autumn

### ***Connecting With Students Struggling With Addiction in The Public School Setting: What We Are Learning***

This workshop highlights lessons learned by and shared from school administrators about talking with students about addiction, treatment and recovery as a means to intervene earlier and support students within their communities. The Rockdale Recovery High School program features recovery groups, counseling, 12 step meetings, recovery coaching and a responsive recovery staff.

**Presented by: Susan Strong, Principal, Rockdale Recovery High School  
Michelle Lipinski, Principal Northshore Recovery High School**

**This workshop is for students & adults**

## Ballroom Viking

### ***Stress Less With Better Brain-Body Connection***

This workshop will focus on the influence of the environment and the role of the nervous system in impacting our ability to adapt and handle stressors of various kinds. It will also provide toolsets to release stress and empower participants to help themselves and those around them.

**Presented by: Dr. Timothy Murzycki, DOC, Cornerstone Family Chiropractic, Inc.**

**This workshop is for students & adults**

## Nugget & Wellington

### ***Mental Health Education in Public Schools and G.O.A.L.S. (Getting Out and Living Smart)***

This workshop features two student groups and 2015 Wellness Summit Award Honorees. Leominster High L.E.A.D. will walk you through the introduction, implementation, and benefits of Mental Health Promotion, a mental health education curriculum, and the positive effects on student emotional wellness, self-advocacy skills and academic success. BVTSH G.O.A.L.S. students share “best practices” for making healthy life choices, budgeting and getting the most for your money, and planning for the future.

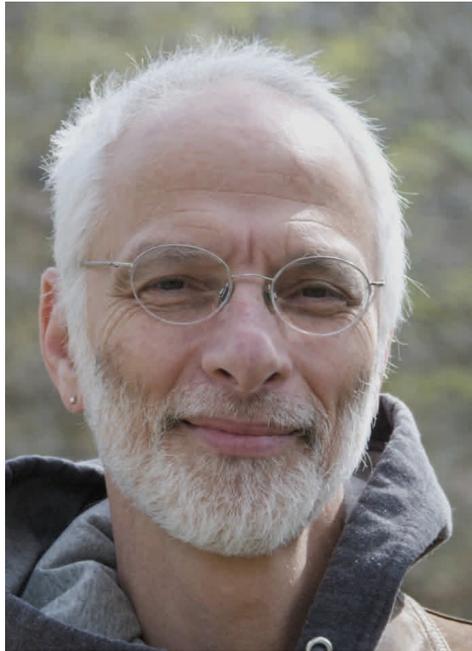
**Presented by: Leominster High School L.E.A.D., and Blackstone Valley Tech G.O.A.L.S. Student Groups**

**This workshop is for students and adults**

Workshop Session 2 11:05 - 12:15

# 2nd Annual Teen Mental Health Conference

## Jeffrey Benson



Jeffrey Benson coaches administrators and teachers in developing school cultures (for adults and students), structures, curriculum, and instruction that support all learners.

He has worked in almost every school context with more than 30 years of experience in the field of education: as a teacher in elementary, middle, and high schools; as an instructor in undergraduate and graduate programs; as an administrator in day and residential schools. He has studied and worked side by side with national leaders in the fields of special education, learning theory, trauma and addiction, school reform, advisory, adult development, and conflict resolution. He has been a consultant to public and private schools, mentored teachers and principals in varied school settings, and has written books and articles on many school-based issues. The core of Jeffrey Benson's work is in understanding how people learn, the starting point for everything that schools should do. He is the author of "Hanging In: Strategies for Teaching the Students Who Challenge Us Most" (ASCD 2014) and has just published ***"10 Steps to Managing Change in Schools: How Do We Take Initiatives From Goals to Actions?"***

Morning Keynote Speaker

# *Creating Communities of Awareness & Support*

## **Pam Garramone**



Pam Garramone, M.Ed., served as the Executive Director of Greater Boston PFLAG for sixteen years. Now a positive psychology speaker, trainer and life coach, Pam presents her programs to schools and businesses. Pam's presentations will leave you feeling energized, relaxed, filled with purpose, and happier!

Pam has been awarded the GOAL Community Service Award, the Greater Boston Business Council's Individual Award for Excellence, the Grace Sterling Stowell Award for Excellence in Advocacy and Service and the North Shore Pride Professional Achievement Award. Currently, she teaches "How to be Happier" to middle and high school students, teachers and corporate employees. Her book, ***How to be Gay (Happier)*** will be available in July, 2016.

**Afternoon Keynote Speaker**

# 2nd Annual Teen Mental Health Conference

## Presenters

Workshop Session 1	Workshop Session 1
<p>Chris Shutzer Lincoln-Sudbury Regional High School <a href="mailto:chris_shutzer@lsrhs.net">chris_shutzer@lsrhs.net</a> <a href="http://www.lsrhs.net">www.lsrhs.net</a></p> <p>Dr. Tracy Gladstone Natick High School <a href="mailto:tgladsto@wellesley.edu">tgladsto@wellesley.edu</a></p>	<p>Dr. Ben Shapero, MGH <a href="mailto:bshapero@partners.org">bshapero@partners.org</a></p> <p>Dr. Paola Pedrelli, MGH <a href="mailto:ppedrelli@partners.org">ppedrelli@partners.org</a></p> <p><a href="http://www.massgenral.org/psychiatry/services/dcrp_home.aspx">www.massgenral.org/psychiatry/services/dcrp_home.aspx</a></p>
<p>Nadja Reilly, Ph.D., Assoc. Director Freedman Center for Child &amp; Family Development, William James College 617-332-3666 ext 1225 <a href="mailto:nadja_reilly@williamjames.edu">nadja_reilly@williamjames.edu</a> <a href="http://www.williamjames.edu">www.williamjames.edu</a></p>	<p>Bill Chaplin, Assistant Principal King Philip Regional High School <a href="mailto:chaplinw@kingphilip.org">chaplinw@kingphilip.org</a></p>
<p>Pam Garramone, M.Ed. <a href="mailto:pamela.m.garramone@gmail.com">pamela.m.garramone@gmail.com</a> <a href="http://www.pamgarramone.com">www.pamgarramone.com</a></p>	<p>Meghan Diamon, MSW, LCSW Screening for Mental Health, Inc. 781-591-5230 <a href="mailto:mdiamon@mentalhealthscreening.org">mdiamon@mentalhealthscreening.org</a> <a href="http://www.mentalhealthscreening.org">www.mentalhealthscreening.org</a></p> <p>Karen Capraro, Boston Children's Hospital <a href="mailto:karen.capraro@childrens.harvard.edu">karen.capraro@childrens.harvard.edu</a> <a href="http://www.bostonchildrens.org/breakfree">www.bostonchildrens.org/breakfree</a></p>

# Creating Communities of Awareness & Support

## Presenters

Workshop Session 2	Workshop Session 2
<p>Rachel Poliner                      Leaders and Learners Consulting  <a href="mailto:RachePoliner@LeadersAndLearners.org">RachePoliner@LeadersAndLearners.org</a>  <a href="http://www.LeadersAndLearners.org">www.LeadersAndLearners.org</a></p>	<p>Susan Strong, Principal                      Rockdale Recovery High School  <a href="mailto:sstrong@cmsec.org">sstrong@cmsec.org</a>  <a href="http://www.cmsec.org">www.cmsec.org</a></p> <p>Michelle Lipinski, Principal Northshore                      Recovery High School  <a href="mailto:mlipinski@nsedu.org">mlipinski@nsedu.org</a>  <a href="http://www.nsedu.org">www.nsedu.org</a></p>
<p>Michele Gay                      Safe and Sound: A Sandy Hook                      Initiative  <a href="mailto:info@safeandsoundschools.org">info@safeandsoundschools.org</a>  <a href="http://www.safeandsoundschools.org">www.safeandsoundschools.org</a></p>	<p>Dr. Timothy Murzycki                      Cornerstone Family Chiropractic, Inc.  <a href="mailto:Info@CornerstoneFamChiro.com">Info@CornerstoneFamChiro.com</a>  <a href="http://www.CornerstoneFamChiro.com">www.CornerstoneFamChiro.com</a></p>
<p>Jeffrey Benson                      Teachers21  <a href="mailto:jeffreybenson61@hotmail.com">jeffreybenson61@hotmail.com</a>  <a href="http://www.jeffreybenson.org">www.jeffreybenson.org</a></p>	<p>Jocelyn Mendes                      Leominster High School L.E.A.D.  <a href="mailto:jlmkmm87@gmail.com">jlmkmm87@gmail.com</a></p> <p>Mikayla Corda                      Blackstone Valley Tech G.O.A.L.S.  <a href="mailto:mikayla2498@gmail.com">mikayla2498@gmail.com</a></p>

# 2nd Annual Teen Mental Health Conference

## Resource Exhibitors

<p><b>Blackstone Valley Tech G.O.A.L.S.</b> <a href="mailto:mikayla2498@gmail.com">mikayla2498@gmail.com</a></p>	<p><b>Freedman Center for Child and Family Development, William James College</b> <a href="mailto:nadja_reilly@mspp.edu">nadja_reilly@mspp.edu</a> <a href="http://www.mspp.edu">www.mspp.edu</a></p>
<p><b>IAM Strong Foundation</b> <a href="mailto:info@iamstrongfoundation.org">info@iamstrongfoundation.org</a> <a href="http://www.iamstrongfoundation.org">www.iamstrongfoundation.org</a></p>	<p><b>Improbable Players</b> <a href="mailto:players@improbableplayers.org">players@improbableplayers.org</a> <a href="http://www.improbableplayers.org">www.improbableplayers.org</a></p>
<p><b>Leominster L.E.A.D.</b> <a href="mailto:jlmkmm87@gmail.com">jlmkmm87@gmail.com</a> <a href="http://www.mentalhealthleader.com">www.mentalhealthleader.com</a></p>	<p><b>Lincoln-Sudbury Regional High School</b> <a href="mailto:chris_shutzer@lsrhs.net">chris_shutzer@lsrhs.net</a> <a href="http://www.lsrhs.net">www.lsrhs.net</a></p>
<p><b>MIAA</b> <a href="mailto:knardone@miaa.net">knardone@miaa.net</a> <a href="http://www.miaa.net">www.miaa.net</a></p>	<p><b>MSSAA</b> <a href="mailto:carmenio@mssaa.org">carmenio@mssaa.org</a> <a href="http://www.mssaa.org">www.mssaa.org</a></p>
<p><b>Office of the Attorney General</b> <a href="mailto:monica.passeno@state.ma.us">monica.passeno@state.ma.us</a> <a href="http://www.mass.gov/ago">http://www.mass.gov/ago</a></p>	<p><b>Pam Garramone</b> <a href="mailto:pamela.m.garramone@gmail.com">pamela.m.garramone@gmail.com</a> <a href="http://www.pamgarramone.com">www.pamgarramone.com</a></p>
<p><b>Rockdale Recovery High School</b> <a href="mailto:sstrong@cmsec.org">sstrong@cmsec.org</a> <a href="http://www.cmsec.org">www.cmsec.org</a></p>	<p><b>Safe and Sound Schools</b> <a href="mailto:info@safeandsoundschools.org">info@safeandsoundschools.org</a> <a href="http://www.safeandsoundschools.org">www.safeandsoundschools.org</a></p>
<p><b>Screening for Mental Health</b> <a href="mailto:mdiamon@mentalhealthscreening.org">mdiamon@mentalhealthscreening.org</a> <a href="mailto:cbiggs@mentalhealthscreening.org">cbiggs@mentalhealthscreening.org</a> <a href="http://www.mentalhealthscreening.org">www.mentalhealthscreening.org</a></p>	<p><b>The Shine Initiative</b> <a href="mailto:prichard@fidelity.com">prichard@fidelity.com</a> <a href="http://www.shineinitiative.org">www.shineinitiative.org</a></p>
<p><b>Teachers21</b> <a href="mailto:jdauria@teachers21.org">jdauria@teachers21.org</a> <a href="mailto:dharris@teachers21.org">dharris@teachers21.org</a> <a href="http://www.teachers21.org">www.teachers21.org</a></p>	<p><b>Wayside Trauma Intervention Services</b> <a href="mailto:Danielle_Forte@waysideyouth.org">Danielle_Forte@waysideyouth.org</a> <a href="http://www.waysideyouth.org/OurServices/WaysideMilford/TraumaInterventionServices">www.waysideyouth.org/OurServices/WaysideMilford/TraumaInterventionServices</a></p>

# *Creating Communities of Awareness & Support*



- Be gentle with yourself. Many caregivers forget about themselves and their needs and eventually burn out.
- Remind yourself that you are a loving helper, not a magician. None of us can change anyone else - we can only change the way that we relate to others.
- Find a place where you can be a hermit - use it every day - or when you need to.
- Learn to give support, praise and encouragement to those about you - and learn to accept it in return.
- Remember that in the light of all the pain we see around us, we are bound to feel helpless at times. We need to be able to admit this without shame. Just in caring and in being there, we are doing something important.
- Learn to vary your routine often and to change your tasks whenever possible.
- Learn to know the difference between complaining that relieves tension and the complaining that reinforces it.
- On your way home from work, focus on one good thing that happened during the day.
- Become a resource to yourself! Be creative and open to new approaches to old things.
- Use the support you give to others or a "buddy" system regularly. Use these as a support, for reassurance and to redirect yourself.
- Avoid "shop talk" during your breaks or when you are socializing with colleagues.
- Learn to use the expression "I choose to..." rather than expressions like "I have to...", "I ought to..." or should..."
- Learn to say "I won't..." rather than "I can't..."
- Learn to say "no" and mean it. If you can't say "no," what is your "yes" worth?
- Aloofness and indifference are far more harmful than admitting to an inability to do more.
- Above all else-learn to laugh and to play

# *2nd Annual Teen Mental Health Conference*

## **Special Thanks to:**

Conference Attendees  
Conference Exhibitors  
Conference Presenters  
The Doubletree Hotel  
PSAV

MIAA Partners In Prevention  
MIAA Staff  
MSSAA Staff  
Ridgewood Printing



G&B Pho- tography  
413-532-9406

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

---

***If you are experiencing a difficult time today, please check in at  
the Registration Table for the location of the Quiet Room.***

# *Creating Communities of Awareness & Support*

## **Special Thanks to:**



Massachusetts Organization of Educational Collaboratives



## *Creating Communities of Awareness & Support*

*Too often we underestimate  
the power of a touch,  
a smile, a kind word,  
a listening ear,  
an honest compliment,  
or the smallest act of caring,  
all of which have  
the potential to turn a life around.*

*Leo Buscaglia, American Author/Motivational Speaker*

*Thank you for coming today and  
for supporting our youth.*