

**RETURN THIS PAGE WITH PAYMENT TO:**

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Brentwood, NY 11717  
Fax: (631) 761-2820

**Indicate First Two Workshop Choices**

**Morning Workshop:**

Choice #1: \_\_\_\_\_

Choice #2: \_\_\_\_\_

**Afternoon Workshop:**

Choice #1: \_\_\_\_\_

Choice #2: \_\_\_\_\_

**PARENTS ONLY:** *Limited reimbursement for child care and transportation available.*

**Training Fee - \$45.**  
*(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 this form early. Space may be limited.**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Agency Affiliation (or indicate if a Parent or Youth)

\_\_\_\_\_  
Address

\_\_\_\_\_  
Town, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-Mail

**Please RSVP by May 1st, 2016**  
Cheryl.Williams@omh.ny.gov  
(631) 761-3181

**WORKSHOP SCHEDULE**

- 8:30-9:00 AM Registration and Breakfast
- 9:00-9:10 AM Welcome
- 9:10-9:25 AM Dr. Martha Carlin, Director  
Long Island Field Office
- 9:25-9:40 AM Paige Pierce, Executive Director  
Families Together NYS
- 9:40-10:30 AM Keynote Speakers
- 10:30-10:45 AM Networking
- 10:45-12:15 PM Morning Workshops
- 12:20-1:20 PM LUNCH
- 1:30-3:00 PM Afternoon Workshops
- 3:15-Until LIFT Annual meeting

**KEYNOTE SPEAKERS**

**Joanna Giangrasso**

*Adopted from Kazakhstan, Russia, Joanna will speak about her life's journey and the complications that arise from being separated mentally and emotionally from her family. She will also talk about how to remove the sores within our souls that may scar us for life by having faith, passion and belief in the power within you.*

**Shana Camille**

*An international make-up artist and inspirational speaker, Shana will speak about "a black hole, an abyss controlling the mind," and the power of breaking down old behaviors. Appreciating the human form with care can produce powerful and dynamic women. Every participant will leave with a new perspective about mental health issues and drug addictions and how they impact an individual's life.*

**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.

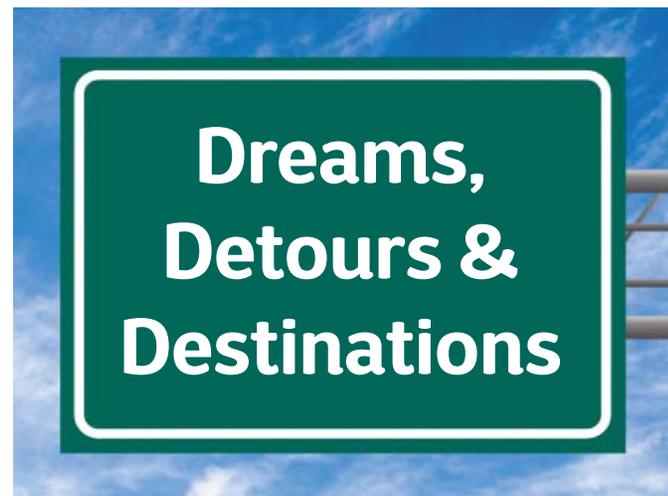
**From Western Long Island:** Long Island Expressway East to Exit 49S. Turn left at 1st traffic light onto Walt Whitman Road. Cross back over the expressway. The hotel is on the right.

**From Eastern Long Island:** Long Island Expressway west to Exit 49N (stay on the service road). At the third light make a right. The hotel is on the right.



**Office of  
Mental Health**

**22ND ANNUAL SYMPOSIUM**  
**Moving Forward in  
Children's Mental Health  
Symposium**



**Wednesday, May 11th, 2016**  
**8:30 AM - 3:00 PM**

Melville Marriott  
1350 Old Walt Whitman Road  
Melville, NY 11747

**FEATURING KEYNOTE SPEAKERS:**

**Joanna Giangrasso**  
**Shana Camille**

**SPECIAL THANKS TO**

The Long Island Family Support Coalition Committee  
The LI Regional Technical Assistance Team (RTAT)  
Long Island Multicultural Advisory Committee (MAC)  
Families Together NYS. Inc. – FTNYS.org

# AM WORKSHOPS

## A. Getting the Rocks Out of the Backpack: Criminal Thinking to Community Activist

**Presenter:** Risco D. Menton-Lewis, Esq.,  
Deputy Commissioner of the  
Suffolk County Police Department

Deputy Police Commissioner Lewis will discuss the innovation of Community Based Offender Support Groups and how they are used to first transform individuals and then communities. These groups are now becoming a part of the national plan to transform communities where violence is prevalent and personal trauma is the norm. Through a culturally proficient curriculum, Community Based Support Groups draw in those previously incarcerated without a mandate, manage to keep them attending meetings of their own volition, getting them to want change... that is the key.

## B. School Success Happy Students... Happy Life!

**Presenters:** Yvonne Sinisgalli, Education Outreach,  
Coordinator at the Long Island Parent  
Center at LIU  
  
Michelle Levy, Administrative Coordinator  
for Behavior, Eastern Suffolk BOCES

How are things going in school? Social Emotional Learning is so important to a child's success, not only in school, but in life. This workshop will look at NYSED initiatives that are in place to support your student in their educational experience. You will leave with a better understanding of best practice and regulations that support all students, especially those experiencing mental health challenges.

## C. Harnessing Hip Hop

**Presenter:** Alex Frisina, Regional Youth Partner,  
YOUTH POWER!

In this workshop, Alex Frisina, will present an alternative way to connect with Youth and Young Adults. He will do so by drawing from life experience, his music industry experience, and feedback from local young people. Harnessing Hip Hop will give you a glance into an innovative way to reach youth.

## D. Understanding the Needs of the Suicidal Client

**Presenter:** Meryl Cassidy, LMSW, ACSW  
Executive Director, Response of Suffolk  
County, Inc. & SPCLI Co-Chair

In this workshop, participants will learn about the scope of this global public health problem, as well as how to assess suicidal intent with a focus on good engagement and collaboration with the person at risk. Participants will learn about the safety plan intervention (SPI), an evidence-based intervention that draws on strengths and coping skills development. (Spanish Translation)

## E. Child Sexual Exploitation in Our Communities: Who are the Victims? What are the Red Flags?

**Presenter:** Shannon Speed, LMSW, Case Coordinator,  
Safe Harbour Project, EAC SC Child  
Advocacy Center

This workshop will discuss Child Sexual Exploitation in regards to the Safe Harbour law. Safe Harbour is a state law that was passed in 2008 to protect child victims of trafficking. Shannon will be presenting on the red flags of trafficking, who is at risk of being trafficked, information on Safe Harbour in New York, how to protect children, how the internet and technology play a role in Child Sexual Exploitation, what to do if you suspect someone is being trafficked, how you can help, services that assist victims, and more.

## F. Promoting Parent & Child Advocacy

**Presenter:** Hextor Pabon, Director  
Bureau of Cultural Competence  
Office of Diversity Management

The presenter will speak on the importance and practice of health literacy as well as about how parents can support and promote their child's autonomy in a therapeutic setting. Additionally, he will discuss both parents and children's right to access free, appropriate and free language services. Handouts and resources will be provided.

# PM WORKSHOPS

## A. Open Your Mindfulness/Relaxation Toolbox

**Presenter:** Oksana Danziger, Yoga Instructor

In the Mindfulness Workshop, Oksana will be sharing the life experiences that brought her to practice yoga and meditation. She will be demonstrating and teaching breathing skills, gentle yoga stretches and meditation techniques which participants will be able to use daily to assist them in relaxing and coping with stressful situations.

## B. Destinations After High School

**Presenters:** Teri Hughes C.R.C., L.M.H.C  
Barbara Weissberg, M.S.Ed., CRC

This presentation will discuss various options for students with disabilities that can assist with finding, keeping and maintaining employment and independence in the adult world. The presenters will discuss services via ACCES- VR services, OPWDD, OMH, support services in college, etc.

## C. Supporting Youth Peer Advocates

**Presenters:** Alex Frisina and Panel

This panel of current Youth Peer Advocates will help tackle the issue of incorporating a Peer Advocate into your workforce. We will discuss helpful tips to support youth advocates in both their work and personal lives. As we move forward in building the Youth Peer workforce, this workshop will help shed light on steps needed before and during the process. You will walk away with a better understanding of the need for Youth Peers and how to assist their professional growth.

## D. Parenting without Stress Como Criar sin Estres

**Presenter:** Anella C. Pereira, M.A., LMFT

Este taller le ayudará a construir una relación positiva con su hijo, prepara límites saludables, establecer expectativas claras. Responde al mal comportamiento, Ayudar a resolver los problemas y descubrir su destreza social.

This workshop will help you to build a positive relationship with your children, set healthy limits, establish clear expectations and respond to misbehaviors, as well as help your children express their feelings, increase their problem solving talents, and their social skills.

## E. Hazards of Alcohol & Drug Addiction on Long Island

**Presenter:** Anthony Rizzuto, MSW, CASAC  
Seafield Center, Family Program  
Coordinator

This workshop will educate the audience on the disease of addiction. The presenter will cover withdrawal, tolerance, and the question of why, in spite of negative consequences, does one continue to use a substance. The audience will see addiction as an illness as opposed to a moral failing. Time permitting, the presenter will also talk about stigma, co-dependency, and enabling behavior.

## F. First Episode Psychosis Division of Community Mental Hygiene

**Presenter:** OnTrackNY Team

OnTrackNY is an innovative treatment program for adolescents and adults who have recently begun experiencing unusual thoughts or exhibiting unusual behaviors characteristic of a first psychotic episode. Identified patients receive services from a specialized team for up to two years in order to achieve work, school and relationship goals. This work-shop will provide information, as well as a question and answer session.