CARING FOR KIDS

NOVEMBER 7 - 9, 2019

THREE DAYS DEDICATED TO THE MENTAL HEALTH AND WELL-BEING OF OUR YOUTH.
THURSDAY, NOVEMBER 7 / 7:00 - 8:00 pm
Bonita High School, Black Box Theatre

DR. MICHELE BORBA, speaker

RAISING UNSELFIES:
Why Empathy Matters in Success, Happiness and Resilience and Proven Ways to Nurture It in Kids

Of course we want our kids to be successful and happy, but stirring new research says we may be missing what matters most in helping kids thrive: empathy! Empathetic kids will thrive in the future, but the seeds of success must be planted today - one empathetic habit at a time. This session will show you those essential steps and dozens of ways to nurture them in children from toddler to teen. This free session would be particularly helpful to parents.

Dr. Borba is an internationally renowned educator, award-winning author, and parenting, child and bullying expert recognized for her solution-based strategies to strengthen children’s empathy and social-emotional intelligence and character, and reduce peer cruelty. A sought-after motivational speaker, she has spoken in 19 countries on five continents, and served as a consultant to hundreds of schools and organizations, including the Pentagon and 18 US Army bases in Europe and the Asian-Pacific. Her proposal, “Ending School Violence and Bullying” (SB1667), was signed into California law in 2002. She offers realistic, research-based advice culled from a career working with more than one million people.

FRIDAY, NOVEMBER 8 / 8:00 am - 2:30 pm
Cohen Center Ballroom, Florida Gulf Coast University campus

Spend the day with best-selling author and parenting and child expert Dr. Michele Borba. EDUCATING FOR EMPATHY: The power of educating for empathy in children by cultivating well-being, resilience, compassion, courage and preparation for the future.

8:00 - 8:30 am
Free registration & complimentary breakfast

8:30 - 10 am
Why empathy matters for students today and tomorrow; the current state of the American child and the nine essential competencies of empathy: a new model for teaching empathy; teaching emotional literacy in a text-driven, faceless world; moral identity when fame, fortune and test scores are relished; and perspective taking so students can step into others’ shoes.

10:15 - 11:45 am
Teaching moral imagination to activate compassion; developing empathic mindsets in a test-driven era; collaboration so kids can think WE, not ME.
COllege of Education’s 9th Annual
Children and Youth Mental Health Conference

Saturday, November 9 / 8:30 am - 3:30 pm
Cohen Center Ballroom, Florida Gulf Coast University campus
This event is free to the public

8:00 am / Registration and complimentary continental breakfast

9:00 am / Opening remarks

9:30 am / Kai Koerber, keynote presenter (Cohen Center Ballroom)
Kai Koerber, activist for mental health legislation and Parkland shooting survivor

The Way Forward: Kai Koerber will share his experience as a Parkland student and how the tragedy compelled him to become an active voice in his community, moving forward through his nonprofit organization’s work. He will share his feelings about how important it is to place mental health/mindfulness programs like his into schools and communities around the country, and how the development of the skills his program offers – through exercises, activities and lessons – will help society overcome the challenges we will face in the coming years.

Select one presentation from each of the three breakout sessions below. Have a back up selection chosen in case first choice is full.

10:45 - 11:45 AM / Breakout Session #1
Cohen Center Ballroom
You Are Not Alone
Mark Bickel, editor, Dr. David Fuentes, The David Lawrence Center

This 28-minute documentary was produced by the USA Today Network - Wisconsin in conjunction with Milwaukee PBS. It is an extension of its “Kids in Crisis” series, which over the past 3 years has uncovered rising suicide rates and gaps in mental health care in Wisconsin. The film follows four young people from Wisconsin navigating mental health challenges. Dr. David Fuentes will debrief with us and provide local information.
THE IMPACT OF DOMESTIC VIOLENCE AND CHILD ABUSE SEEN THROUGH THE LENS OF TRAUMA
Liana Calderin LMHC, RN

This session focuses on the impact domestic violence/child abuse have on children and families. We will discuss primary and secondary victimization and the prevalence of child abuse, exploring the impact trauma has on victims. We will discuss how the brain responds to stress and trauma and how it recovers.

BREAKING DOWN WHAT LGBTQIA MEANS AND HOW TO APPROACH YOUTH
Katherine A. Lowry, M.S.Ed., LMHC, PCC, CTCT, NCC

This presentation will break down the letters within LGBTQIA, specifically regarding gender identity. Find out what signs to look for, how to address the issues and learn some of the options and challenges faced by youth.

ALL ABOUT DRUGS: AN OVERVIEW OF ADDICTION AND DRUG ABUSE
Pamela W. Peters, MA, LMHC, NCC, MCAP, IC&ADC

Have you ever wondered about the causes of substance abuse? Have you ever seen some of the creative paraphernalia addicts use? Do you know the signs of drug use? This informative presentation will provide you with a broad overview about drug use, addiction and the various drugs of abuse.

Tours of the new Community Counseling Center will be available from Noon - 1 pm and will take approximately 10 minutes. Meet at the Community Counseling Table.
Cohen Center Ballroom

MENDING MINDS: EXPLORING THE MENTAL HEALTH CRISIS FACED BY SOUTHWEST FLORIDA’S KIDS
Frank Gluck, reporter, Janine Zeitlin, reporter, Mark Bickel, editor

(A special report by the News-Press and the USA TODAY Network – Florida)

The reporters will talk about their series on children’s mental health. The News-Press and the Naples Daily News committed to taking a deeper look at this chronic problem after learning of the steep barriers parents face in seeking care for their children. They analyzed years of medical records (that didn’t identify pediatric patients), law enforcement reports, and state data.

Cohen Center Room 213

CHILDHOOD TRAUMA; BUILDING RESILIENCY THROUGH ART THERAPY USING STARS OF HOPE
Stephanie Wray, Adjunct Professor of Art Therapy & Arts in Health for the University of Tampa, ATR, Licensed Clinical Mental Health Counselor Intern, President Elect-Florida Art Therapy Association

Gain an understanding of the physical, emotional and psychological impacts of childhood trauma and get an introduction to a therapeutic arts program to assist in building resiliency in traumatized children.

Cohen Center Room 214

LGBTQA+ YOUTH VS THE WORLD: STIRRING THE POT HAND IN HAND
Dr. Eva Smidova, Ph.D., Licensed Marriage and Family Therapist and Certified Transgender Care Therapist

Dive deeper into the topic of LGBTQA+ youth identity development, challenges and adjustments they- and them-related systems face through this process. This session will look at school climate, challenges and struggles schools and families go through with LGBTQA+ youth and will offer strategies and tactics on how to “stir the pot hand in hand” successfully.

Cohen Center Room 247

YOUTH AND UNDERAGE DRINKING
Lauren Harkins, Program Specialist Mothers Against Drunk Driving, Southwest Florida Office

This session will teach attendees the importance of development of the brain and why underage drinking affects brain and behavior of youth. Learn about the high level of DUI arrest in Lee County and underage drinking in the state of Florida and what we are doing technologically with autonomous vehicles.
MENDING MINDS: THE LIVED EXPERIENCE
Frank Gluck, reporter, Janine Zeitlin, reporter

This session will provide the context of the special report, “Mending Minds.” The reporters will introduce some local families who will tell their stories and the paths they have traveled to get where they are today.

HUMAN TRAFFICKING & SEXUAL EXPLOITATION OF CHILDREN: A COMMUNITY APPROACH TO EDUCATION, AWARENESS, AND PREVENTION
Dr. Jamie Sterling

Participants will learn and understand the dynamics associated with child sexual exploitation and how advocacy helps with this ever-growing problem in Southwest Florida and nationwide.

REDUCING HOMOPHOBIA AND HETERO-SEXISM IN SCHOOLS AS A PROTECTIVE FACTOR AGAINST TEEN DATING VIOLENCE
Christine Kobie, MA, High School Educator & Violence Prevention Advocate

This session will explain the risks and protective factors associated with teen dating violence with a focus on homophobia and hetero-sexism as a risk factor. We will discuss what can be done in schools to increase the protective factors and keep students safe.

ART & HUMAN TRAFFICKING: ART-INTEGRATED PREVENTION PROGRAMS FOR YOUTH
Lauren McCraney, Executive Director, Human Trafficking Awareness Partnerships

Bringing social justice issues such as human trafficking to the classroom has a chain reaction in the way students display temperament, tolerance and truth. The use of art allows an unconventional method to crystalize an understanding on global, local and intimate levels. Art presents a social outlet in a safe environment for students to unmask their realities and take a stance on important issues they face. This course addresses educating today’s youth about human trafficking as a prevention measure in schools.
3:20 - 3:50 PM / CONFERENCE CLOSING

Cohen Center Ballroom

THE NEXT SCHOOL MASS MURDERER IS ALREADY OUT THERE
Megan O’Matz, investigative reporter, & Brittany Wallman, senior journalist, two of the lead reporters on the South Florida Sun Sentinel’s Parkland shooting team, awarded the 2019 Pulitzer Prize gold medal for public service

New information about violent, psychologically troubled children changes the discussion about how to prevent school shootings. Concluding with a reading of the names of the 17 victims from Parkland, and a moment of silence.

THANK YOU TO OUR SPONSORS AND COLLABORATORS


THANK YOU FOR ATTENDING

If you attended Saturday’s 9th Annual Children and Youth Mental Health Conference, please visit: fgcu.edu/caringforkidssurvey. Your feedback is important to us, also you can print or save the certificate of attendance, which is provided upon survey submission.
Affordable, compassionate counseling available now at FGCU

FGCU’s Department of Counseling is proud to present the
Community Counseling Center

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