

# Hastings-on-Hudson



**2018**

**Tuesday, October 23  
5:30 to 9 PM**

**An Evening of Education and Information for Parents,  
& High School Students**

Hastings High School  
1 Mt. Hope Blvd.  
Hastings-on-Hudson, NY

**Registration: 5:30 to 6:00 PM**

**Pre-registration is highly recommended to guarantee your choice of workshop. Walk-ins are welcome but workshop choice is not assured.**

**Dinner & Welcome: 6:00 to 6:30 PM**



**A light meal from Slices will be served in the cafeteria.**

**Session I: 6:40 to 7:40 PM**

**Student Keynote & Workshops for Parents**

**Session II: 7:50 to 8:50 PM**

**Parent Keynotes & Workshops for Students**

**Sponsored by:**

Student Assistance Services, Hastings W.A.Y. Coalition, HHS PTSA, SEPTA,  
and the Hastings-On-Hudson School District

## Session I: 6:40 to 7:40 PM

### High School Student Keynote

#### **Dr. Stephen Dewey: This is Your Brain on Drugs** *(Understanding the effects of addictive drugs on the teen brain)*

With a message that is science based and objective, Dr. Stephen Dewey will discuss the impact of addictive drugs such as, caffeine, nicotine (including vaping), alcohol, marijuana, cocaine, heroin, and others on the brain and its function. The presentation will include the role that the environment plays in relapse, as well as data that supports the underlying disease processes associated with addiction. Using advanced brain imaging, Dr. Dewey will illustrate the ways in which drugs affect the brain's chemical makeup and the lasting damage they can do.

*Dr. Stephen L. Dewey, Neuroscientist & Research Professor of Psychiatry at the New York University School of Medicine spent his career conducting research on the effects of addictive drugs on the human brain. These studies led to the development of an effective treatment for addiction. In 1994, he started an outreach program to bring his research findings to school districts throughout Long Island and the tri-state area. His informative message has reached hundreds of thousands of school-age children, parents, teachers, administrators and counselors. He serves on the Suffolk County Board of Health and as Director of Research Education at Seafield Center. Dr. Dewey's research has been featured on 20/20, Dateline, Good Morning America, ABC, NBC, CBS, FOX, CNN, FOX News, News 12 Long Island, The New York Times, The Wall Street Journal and Newsday.*

### Parent Workshops

#### **1. The Keys to Success: Developing Grit, Self-Control & a Growth Mindset in our Kids**

Presenter: Dr. Caren Baruch-Feldman

A growing body of research is finding that grit, self-control, and a growth mindset can have a strong influence on the academic achievement and emotional well-being for children and teens. Furthermore, these qualities have been found to be the “secret sauce” to their success. In this workshop, participants will learn the latest research, as well as strategies, that promote these characteristics.

*Dr. Caren Baruch-Feldman is a clinical and certified school psychologist. She maintains a private practice in Scarsdale and works part-time as a school psychologist in the Harrison School District. Dr. Baruch-Feldman is the author of **The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control, and a Growth Mindset.***

## **2. "Juuling, Dripping and More: What Families Need to Know About Vaping"**

Presenter: Patricia Aussem

Reacting to the meteoric rise of vaping amongst teens, industry experts worry that vaping is hooking a new generation using the tobacco industry playbook. Parents need to know the pros and cons of vaping, the risks it poses to teens and how to respond effectively, if a child is vaping.

*As a Licensed Professional Counselor with a certification as a Master Addictions Counselor, Patricia Aussem is well-versed in crisis intervention, evidence-based treatment protocols, and medication-assisted treatment, as well as aftercare planning for substance use and other mental health disorders. In her work at the Partnership for Drug-Free Kids, Ms. Aussem is responsible for developing and curating clinical content to help families impacted by a child's substance use including drug trends, parenting skills, navigating treatment and self-care. As the founder of Aussem Counseling & Wellness, LLC, she provides counseling services in New Jersey for clients and their families to address substance use and other underlying mental health disorders. She hosts bi-weekly Family Support & Recovery meetings and is on the board of Community in Crisis. Additionally, she has developed overdose prevention training for families, including the administration of naloxone, to address the current opioid epidemic in northern New Jersey.*

## **3. The Effects of Technology and Social Media Impact on Teens**

Presenter: Dr. Bertin

When parents' moderate children's screen time, technology and social media can be a healthy and useful part of everyday life. But that's not so easy, as setting boundaries around media stresses families endlessly as parents seek balance. Hundreds of studies establish clear concerns about the influence of *undermanaged* media on child development and emotional well-being. Excess screen time and inappropriate content have been linked to everything from academic problems to depression, early drinking to disturbances in attention and executive function. The impact of technology isn't inherently good or bad but requires adult involvement for our children to be safe and healthy. Clear limits defining appropriate use provide children the tools required to develop a healthy lifestyle. This talk emphasizes practical information providers and parents need to make informed and proactive choices in their homes.

*Dr. Mark Bertin, a board certified developmental behavioral pediatrician, studied at Cornell University and the UCLA School of Medicine before completing general pediatric training at Oakland Children's Hospital in California. After several years in general pediatrics he completed fellowship in neurodevelopmental behavioral pediatrics at the Children's Evaluation and Rehabilitation Center (Rose Kennedy Center) at the Albert Einstein College of Medicine in New York. Dr. Bertin is an Assistant Professor of Pediatrics at New York Medical College, is on the faculty of the Windward Teacher Training Institute, and from 2003 to 2010 was Director of Developmental Behavioral Pediatrics at the Westchester Institute for Human Development, working in their foster care program. He is on the advisory board for Reach Out and Read, a national organization promoting child development and literacy, and also for Common Sense Media. He is a frequent lecturer for parents, teachers and professionals on topics related to child development including autistic spectrum disorders, ADHD, parenting and mindfulness.*

## Session II: 7:50 to 8:50 PM

### Parent Keynote

#### **Dr. Amelia Arria: A Parent's Role in Promoting Academic Achievement**

Parents often ask what they can do to ensure their child fulfills their potential. This presentation synthesizes scientific research findings regarding how health-risk behaviors, such as underage drinking and marijuana use, and mental health problems can impede academic success. Practical tips and strategies for parents and other trusted adults will be given to identify and intervene constructively to remove these barriers to academic success. Parents will learn how to promote resiliency and academic engagement during the middle and high school years that can carry forward into college.

*Amelia M. Arria, Ph.D., is a Professor in the Department of Behavioral and Community Health at the University of Maryland School of Public Health. She also directs the Center on Young Adult Health and Development, where she conducts NIH-funded studies related to college students. She received her undergraduate degree from Cornell University, a Ph.D. from the University of Pittsburgh and completed her postdoctoral training at Johns Hopkins University.*

### High School Student Workshops

#### **4. It's 9:00PM: Don't You Have Homework To Do? Time Management Strategies to Help YOU Get Started. and Finished!**

Presenter: Leslie Josel

Do you dread getting started on your homework? Do you put it off until the very last minute? Can't seem to manage your time no matter how hard you try? If you answered yes, then this is the workshop for you! In this session we'll explore out-of-the-box tools you can use to stay on track and on task. We'll talk about how to set up your environment so it engages you to get homework done; creative ideas for planning and working on long-term projects and assignments; how to "see" time so you learn how to manage it and anti-boring homework "games" to play that strengthen your time management muscle.

*Leslie Josel, ADHD Coach for teens and founder of Order Out of Chaos, is the creator of the award winning "Academic Planner: A Tool for Time Management". A respected resource on ADHD and Executive Functioning in students, Leslie writes a weekly column called "Dear Organizing Coach" for ADDitude Magazine. She's also a contributing writer for Family Circle Magazine and the author of "What's the Deal with Teens and Time Management."*

## **5. Hope's Door Presents "Love Shouldn't Hurt"**

Presenters: Elizabeth Van Buren and Kacie Martinucci

A range of abusive behaviors, including warning signs and patterns of abuse in relationships, will be defined and identified. The objective is to learn what the progression of abuse is, and common "excuses" used by abusers.

*Liz Van Buren and Kacie Martinucci are the Youth Educators/DV Counselors at Hope's Door, a non-profit organization whose goal is to end domestic violence and provide healing to all victims and survivors. Their Teen Prevention Program, Love Shouldn't Hurt, works towards early intervention for middle and high students by providing them with information on dating abuse and healthy relationships through classroom presentations and afterschool peer leadership programs.*

## **6. Mindfulness for Peak Performance**

Presenter: Jennifer Monness

Today's students face tremendous pressure to achieve at school .... this type of pressure can oftentimes be overwhelming. The tools of yoga and mindfulness allow teens the ability to develop the inner resilience needed to navigate physical, mental and emotional stress.

Come join this special session of The Meditation Lab to learn more about how to make your life healthier and more balanced. The approach is simple and demystifying .... if you've never meditated before, this is the workshop for you. Students will learn basic techniques that they can use practically in their everyday daily lives.

*The Meditation Lab was founded in 2016 by longtime yoga teacher and mother of six, Jennifer Monness. As a parent to middle school, high school, and college-age children, she was all too familiar with the overwhelming pressure students feel to achieve in their lives. A certified yoga and meditation instructor, Jen has first-hand experience with the powerful impact yoga and mindfulness can have on building inner resilience to navigate physical, mental, and emotional stress.*

*"A consistent meditation practice can play a key role in the overall mental health and well-being of teenagers. Even with a short three-minute practice, students can increase their capacity to learn more effectively, manage challenging emotions, and connect with the best version of themselves to achieve personal and academic success." – Jennifer Monness*

## **7. Escape the Vape**

Do you have what it takes to solve the clues, finish the puzzles, and convince your peers that vaping is risky before time runs out? Test your skills in this interactive "escape room" and learn the truth about vaping.