

## 2017 Participating Organizations

Advocate Medical Group, Behavioral Health  
Aitz Hayim Center for Jewish Living  
Am Shalom  
Am Yisrael  
Angles  
Anshe Emet Synagogue  
Answers for Special Kids  
Apna Ghar  
Beth Shalom B'Nai Zaken Ethiopian  
Hebrew Congregation  
Bethel AME  
Chicago Read Mental Health Center  
Chicago Sinai Congregation  
Child Care Network of Evanston  
Columbia College, Dept. of Creative Arts Therapies  
Community Counseling Centers of Chicago  
Community Mental Health Board  
of Oak Park Township  
Congregation Beth Am  
Congregation Beth Judea  
Congregation B'nai Jehoshua Beth Elohim  
Congregation B'nai Tikvah  
Congregation Emanu-El B'ne Jeshurun  
Congregation Or Shalom  
Congregation Rodfei Zedek  
Congregation Solel  
Congregation Sukkat Shalom  
Counseling Center of the North Shore  
Deborah's Place  
Depression and Bipolar Support Alliance  
Chicago: Loop Chapter  
Des Plaines Police Department  
DHS/DMH Region 2  
Dillon Consulting  
Ebenezer AME Church  
Emanuel Congregation  
ESAP Coalition  
Evanston Community Foundation  
Evanston Police/Social Services Department  
Evanston Township High School  
Evanston Vet Center  
Ezra Habonim Niles Township Jewish Congregation  
First Presbyterian Church  
First United Methodist Church  
Gilda's Club Chicago  
Glencoe Family Services  
Glenview Police Department

Harold Washington College  
Haven Youth and Family Services  
Heartland Alliance  
Ill. Dept. of Human Services/Div. of Mental Health  
Illinois Counseling Association  
Institute on Disability and Human Development  
Interfaith Action of Evanston  
Jesse Brown VA  
Jewish Reconstructionist Congregation  
KAM Isaiah Israel  
Kol Hadash Humanistic Congregation  
Live Oak  
Loyola University of Chicago School of Social Work  
McGAW YMCA  
Metropolitan Family Services  
Mt. Zion Tabernacle Apostolic Church  
New Trier High School  
Northbrook Police Department  
North Shore Congregation Israel  
North Shore NAACP  
North Shore Senior Center  
North Suburban Special Education District  
Northeastern Illinois University  
Rose Hill Center  
Rush University Medical Center  
Samaritan Center for Congregations  
Second Baptist Church  
Shore Community Services  
Sibling Leadership Network  
Skokie Police Department  
St. Nicholas Parish  
St. Paul's Lutheran Church of Evanston  
Supporting Brothers and Sisters  
Temple Beth El  
Temple Beth Israel  
Temple Chai  
Temple Jeremiah  
Temple Judea Mizpah  
Temple Shalom  
Turning Point Behavioral Health Care Center  
United Synagogue of Conservative Judaism  
Vision for Change  
West Suburban Temple Har Zion  
Wilmette Police Department  
Winnetka Youth Organization  
Youth Organization Umbrella  
YWCA Evanston, North Shore

## Pillars, Benefactors, Patrons & Sponsors

The following are the Pillars, Benefactors, Patrons and Sponsors for this year's conference.  
We thank them for their support.

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- Erika's Lighthouse
- Family Action Network
- Family Focus
- Family Institute at Northwestern University
- Goldman Funeral Group
- Tom Golebiewski, Ph.D., Private Practice
- Housing Options
- IL House Representative 9th District Jan Schakowsky
- The Josselyn Center
- The Magrini Family: Rev. Cheryl Magrini, Pete Magrini, John Magrini
- Medicine Induced Suicide Education Foundation
- Mental Health America North Shore
- NAMI Cook County North Suburban
- New Hope Recovery Center
- NorthShore University Health System
- No Shame on U
- PEER Services
- Rebecca's Dream
- Recovery International
- Renfrew Center of Chicago
- Rogers Behavioral Health-Chicago
- Rosecrance Health Network
- Samaritan Counseling Center
- Shalom Memorial Park and Funeral Home
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- Suburban Behavior Consultants, Harvey Kelber, LCPC
- Weinstein Piser Funerals
- Womenscare Counseling Center
- Jeff Zacharias, LCSW, Private Practice

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**NAOMI RUTH COHEN**  
Institute for Mental Health Education  
at



presents the

## Sixteenth Annual Community Conference

### “Raising Resilient Children: Prioritizing Their Mental Health”

*“Children can be amazingly resilient, whether from trauma, developmental delays, educational struggles or mental illness. They are young and fragile. Prevention and early intervention are key to helping our children.”*  
– Louis Kraus, M.D.

*“Resilience: The ability to respond to life's travails with poise and confidence is among the most valuable gifts.”*  
– Mark A. Reinecke, Ph.D.

**Sunday  
June 4, 2017  
9:30 a.m. - 3:30 p.m.**

**Beth Emet The Free Synagogue  
1224 Dempster Street  
Evanston, Illinois**

## About Our Day and Our Speakers

Welcome to the Naomi Ruth Cohen Institute Community Conference, **“Raising Resilient Children: Prioritizing Their Mental Health.”** This year's conference is designed to not only inform and teach, but also examine the challenges and opportunities facing our children today.

8:30 a.m. – Doors Open

8:30 a.m. – 9:30 a.m. – Registration and Exhibit viewing

9:30 a.m. – Opening Remarks

10:00 a.m. – Panel Presentations

11:45 a.m. – Questions and Answers

12:15 p.m. – First Discussion Group, includes lunch

1:30 p.m. – Reception and Exhibit Viewing

2:15 p.m. – Second Discussion Group

3:30 p.m. – Submit Evaluations and Pick Up CEU Certificates

**Please note: Additional Parking and shuttle service is available at Roycemore School, 1200 Davis Street (Asbury and Davis)**

**There is no fee to attend the conference, however a voluntary fee of \$45 per person would be appreciated. (Early registration is strongly encouraged to secure your discussion group choice.)**

This conference would not be possible without the ongoing support of our donors, conference speakers, discussion leaders and volunteers to whom we are deeply grateful.

Marilyn and Larry Cohen  
Founders, Naomi Ruth Cohen Institute

**This conference, when attended in is entirety, is available for 5 hours of continuing education. The Chicago School of Professional Psychology is licensed in the state of Illinois to provide continuing education programming for counselors and clinical counselors (License Number: 197.000159) as well as social workers (License Number: 159.001036). Participants must attend 100% of the conference in order to obtain a Certificate of Attendance; partial credit is not given for attending a portion of the conference.**

### Opening Remarks:



**Rabbi Eleanor G. Smith, M.D.**, after ordination in 1993, Eleanor became Assistant then Associate Rabbi at Beth Emet. During her rabbinate she desired to understand the workings of the human body as well as the human spirit. She graduated from the University of Chicago Medical School. She is currently working as an Internist for Northwestern Medicine in Evanston.

### Presenters:



**Louis Kraus, M.D.**, is a Women's Board Professor, Chief of Child and Adolescent Psychiatry at Rush University Medical Center and Director of the AARTS Center. Dr. Kraus is also on the American Psychiatric Association Board. Much of his work focuses on child and adolescent psychiatry, the law, and clinical interventions, as well as education work and advocacy for children.



**Mark A. Reinecke, Ph.D.**, is a Professor in the Department of Psychiatry and Behavioral Sciences and Chief of the Division of Psychology at Northwestern University. His research and clinical interests center on understanding and treating depression, suicide, and anxiety among children and adolescents.



**Christine Walker, MPPA**, is the Founder and President of the Chasing Hope Foundation. Christine was inspired to create the Chasing Hope Foundation as an extension of her work to support families like her own, who are raising a child with autism and related brain disorders. **Schuyler Walker** is a 16 year-old student and advocate. Schuyler made his first trip to the Illinois State House at the age of seven, as part of Autism Lobby Day. Since then, Schuyler has made several trips to Washington, D.C. helping elected and appointed officials better understand issues of mental health, special education and brain research.

### Conference Moderator:



Tiffany Masson, Psy.D., is the Chicago Campus Dean of The Chicago School. As Dean, she oversees and advances growth for the institution and is also charged with positioning TCSPPE as a national and international leader in learning.

## Discussion Groups (All are eligible for CEU's)

**1 Depression and Anxiety in Children and Teens:** Rachel Fischer, LCSW, Compass Health; Bryan Simmons, MA, LCPC, NCC, Compass Health

**2 Children Who Learn and See the World Differently:** Ellen Lonquist, MS, LMFT, Womencare Counseling; Molly Losh, Ph.D., Northwestern University; Jennifer Kelber, LCSW, Parent

**3 Grief and Loss in Children: Traumatic Loss vs. Building Resilience:** David Daskovsky, Ph.D., Yellowbrick; Judy Schiffman, Ph.D., Barr-Harris Children's Grief Center

**4 How Violence Affects the Lives of Our Children and Communities:** Moderator: Colleen Cicchetti, M.Ed., Ph.D., Director, Center for Childhood Resilience, Lurie Children's Hospital of Chicago; Candy Malina, LCSW, Thresholds; Robyn Kane, JD, Assistant Public Guardian, Cook County Public Guardian Office

**5 Early Childhood: Right From the Start, What Parents Need to Know:** Ashley Bennett, The Chicago School; Tulio Otero, Ph.D., The Chicago School; Kathy Kaberon, Beth Emet Early Childhood Director

**6 Eating: Positive Relationships with Food:** Carole Hynes, RN, MSN, CS, Program Manager Department of Psychiatry, Evanston Day School, NorthShore University Health System; Brittany Statler, LCSW, Insight Behavioral Health

**7 A Changing Society: Children at the Intersection of Mental Health, Gender Identity and Sexual Orientation:** Jeff Zacharias, LCSW, New Hope Recovery

**8 How Can Schools Help my Child's Behavioral and Educational Needs: Know Your Rights and Resources:** Nilufar Rezai, Personalized Learning SEL Specialist, Chicago Public Schools; Jennifer Pearson, M.Ed., MESA, Glenbrook High Schools, #225

**9 The Positive Role of Community Connections:** Moderator: Peter Illing, MSW, Boy Scouts; Harvey Saver, MSW, Evanston American Youth Soccer Organization; Blair McAnany, LCSW, Girl Scouts; Abigail Backer, Beth Emet Youth Group

**10 Let's Land the Helicopter: How to Allow Your Child to Take Risks:** Christine Somerville, Ph.D., Director, NAMI CCNS

**11 The Child's Experience with a Military Parent: Deployment or Fallen:** Eric Proescher, Psy.D., Jesse Brown VA Medical Center

**12 Coping With Thoughts and Emotions: Mindfulness and Drumming:** Alissa Catiis, MA, LCSW, Womencare Counseling; Linda Schneider, J.D., M.F.A., Heartland Rhythms

**13 Digital Kids: How Children Can Learn to Use Social Media in a Positive Manner:** Moderator: James Walsh, Ph.D., Professor and Department Chair, The Chicago School; Emily Kaufman, Jacob Tickle, Students, The Chicago School

**14 Straight Talk About Teen Drug Use and Sexuality:** Nina Henry, LCPC, CADC, Jewish Child and Family Services; Leah Brennan, LMFT, CADC, Private Practice

**15 The Power of Spirituality:** Cantor Susan Lewis Friedman, Beth Emet Synagogue; Robert Skrocki, Faith Community Consultant, Samaritan Center for Congregations

**16 The Role of Peers: Friends, Partnering, Bullying and Enhancing Identity:** Kortney Peagram, Ph.D., The Chicago School; Tom Golebiewski, Ph.D., Private Practice

**17 The Long Term Success of Therapy and Medication for Children:** Thomas Hartman, M.D.; Toya Roberson, M.D., Insight Behavioral Health

**18 What I Wish You Knew: Kids' Advice to Parents:** Sharon Weingarten, MSW; Members of the Teen Youth Advisory Board, Mental Health America of the North Shore

**19 Building Cultural Competence: African Americans, Latinos:** Moderator: Willis Francis, MA, LCPC, Heartland Alliance; Sylvia Corcoran LCSW; Gregory Benson-Florez, Ph.D., The Chicago School; Mayra Chacon, MA, The Chicago School; Fakelia Guyton, MA, Program Director, Du Page Early Childhood Collaboration

## Registration Form

Register Online at:  
***www.nrcconference2017.eventbrite.com***  
Or Mail Completed Form to:  
**NRC Institute at The Chicago School  
325 N. Wells St., Chicago, IL 60654**

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Please give three choices for discussion group by # (each discussion group will be offered twice)**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Please note: We will be providing lunch**  
**Please check : Turkey \_\_\_\_\_ Tuna \_\_\_\_\_**  
**Veggie \_\_\_\_\_ No Lunch \_\_\_\_\_**

**Registration Fees: (full refunds through 5/26)**  
Suggested Fee: \$45 \$ \_\_\_\_\_  
Other \$ \_\_\_\_\_  
\$20 LCSW, LCPC, CEU (5) \$ \_\_\_\_\_  
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