Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center

Game Changer: Developing Healthy Video Game Habits in Youth

Presented by Steve Arcidiacono, Ph.D.

Wednesday, March 9, 2022
9:30 am - 11:30 am

Location: Zoom Remote Video Conference
Once registration is confirmed, link to access the training will be provided

Registration Fee:
There is no cost associated with this presentation

Continuing Education:
No CE credits will be offered

Registration Link:
https://www.surveymonkey.com/r/G85VQLT
If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on March 8, 2022

Description:

Most youth play video games for over an hour each day. The video game industry is in a period of rapid growth and evolution which creates challenges for researchers in understanding the impact on players. While there are positive and negative aspects of video game play, excessive play time is commonly associated with poor mental and physical health. Especially coming out of the pandemic when families relied heavily on technology for support, it is essential that caretakers learn to manage their children's gaming habits. Caretakers can utilize available resources to establish an evidence-based family media plan and make informed decisions regarding appropriateness of game content. Primary preventative principles include increased parent familiarity of games, improved communication, limits set on play times and zones, and earned game play by consistently meeting a set of family priorities.

Learning Objectives:

1) Attendees will recite at least three facts regarding trends in youth gaming habits
2) Attendees will create a family media plan for screen time management
3) Attendees will list at least one strategy and one resource to help caretakers monitor content

Presenter:



Steve Arcidiacono, Ph.D., is a licensed clinical psychologist (PY10133) specializing in behavioral pediatrics and cognitive-behavioral therapy with youth and their families. Dr. Steve received his Ph.D. in clinical psychology from Nova Southeastern University. Dr. Steve has provided behavioral health services to families for over a decade, which regularly involves problems with sleep health and bedtime routines. He has given several community presentations on topics including sleep health, video games/screen time management, anxiety, ADHD, and parenting through the pandemic.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact Cristal Montepeque at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460

Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
    - **Everyone** – All participants will see the message in their Chat pane.
    - **Organizer(s) only** – All organizers will see the message in their Chat pane.
    - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send.**

Please click the link below for more help:

https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting