

Maine Association of School Psychologists

What School Psychologists Need to Know About Students with Internalizing Disorders

Presented By:
Melissa M. Pearrow, PhD

Friday, December 6, 2019
8:30am to 4:00pm

Harraseeket Inn
Freeport, Maine

Presenter

Dr. Melissa Pearrow is an Associate Professor and the Program Director of the School Psychology program at the University of Massachusetts Boston. Prior to joining UMass Boston, she worked for ten years' as a school psychologist in an urban district, where she coordinated the program for students with emotional and behavioral disorders. Her training in inpatient, outpatient, and community mental health settings informs her research on school-based mental health, including her work with the Boston Public Schools and Boston Children's Hospital in the development of the Comprehensive Behavioral Health Model. She has been appointed by the governor to the Massachusetts Safe and Supportive Schools Commission.

Registration Information

Tuition includes continental breakfast, lunch, and afternoon refreshments

MASP Member = \$100

MASP Non-Member = \$150

Student = \$50

- **Online registration only. Register online at masponline.net**
- Payment or Purchase Order **must** accompany registration.
- Upload POs when you register or email them to maineasp@gmail.com
- Payments for Purchase Orders must be received by the day of the conference.
- **Registration closes on November 27th**

Cancellation Policy

If you need to cancel, you must submit written notification to MASP at least 10 days in advance for a full refund.

Cancellations with less than 10 days notice will receive a refund less the cost of food (\$60) and a \$25 processing fee.

Please email your request to maineasp@gmail.com.

Schedule

Registration: 8:00

Workshop: 8:30 to 11:30

Annual Meeting 11:30 to 12:00

Lunch 12:00 to 1:00

Workshop 1:00 to 4:00

Workshop Description

Children with internalizing disorders can be easily overlooked since they demonstrate few discipline problems, even though prevalence rates are estimated at 10-15% of school-aged children. Internalizing problems refer to difficulties with overcontrol of distress and can impact physiological, cognitive, behavioral, and emotional functioning. With an emphasis on strategies for early identification and intervention, this workshop will discuss symptomatology, prevalence rates, and evidence-based treatment strategies as well as recommendations for engaging families and community partners.

Practical Tools

- Guided relaxation scripts
- Stress management worksheets
- Relaxation audio clips
- Classroom mindfulness activities

Important Information

Directions:

From the North: Take I-295 South to Exit 22. Take a right off the exit. Follow 1/2 mile to to stop light. The Harraseeket Inn will be directly in front of you.

From the South: Take I-95 North to Exit 52 Falmouth. Go through the tollbooth and take the exit for I-295 North. Take Exit 22. Take a left off the exit. Follow 1/2 mile to the stop light. The Harraseeket Inn will be in front of you.

Accommodations: Persons with physical disabilities who need accommodations should contact MASP maineasp@gmail.com for assistance so accommodations can be arranged.

CE Hours: The Maine Association of School Psychologists is approved by the National Association of School Psychologists and the Maine Board of Examiners of Psychologists to sponsor continuing education (CE) for psychologists. This activity provided **6** continuing education contact hours. In keeping with requirements, CE is awarded in contact hours only and is awarded at the close of the day.

Learning Objectives:

- Recognize early warning signs for internalizing distress
- Describe symptoms and typical presentations of internalizing disorders
- Identify evidence-based strategies for early identification and screening
- Describe individual and classroom-based interventions to promote development of healthy coping skills
- Designate strategies to build partnerships with families and community agencies to support treatment goals

NASP Domains:

Domain 1: Data-based Decision Making

Domain 4: Interventions & Mental Health Services to Develop Social and Life Skills

Domain 6: Preventive & Responsive Services