

Maine Association of School Psychologists

Presenter

Registration Information

Depression and Anxiety Across The Tiers: Supporting Our Students Post-Pandemic & Beyond

Presented By:

Melissa Pearrow, PhD
&
Kathryn Kurtz, PhD

Friday, October 29, 2021
8:30am to 4:00pm

Harraseeket Inn
Freeport, Maine

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.

Kathryn Doherty Kurtz, PhD, NCSP, serves as the project director of the BIRCh Project. She recently completed her doctorate in school psychology at UMass Boston, where she trained with the Boston Public Schools' Comprehensive Behavioral Health Model, the Home for Little Wanderers, and Devereux Advanced Behavioral Health. Kurtz's prior work as a school psychologist in the Minneapolis Public Schools informs her research in the areas of cross-system collaboration, the cultural and contextual adaptation of interventions for implementation in urban communities, Tier 2 interventions targeting internalizing problems, and effective and efficient training practices.

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 October 22nd.**

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 to 8:30

Workshop 8:30 to 12:00

Lunch 12:00 to 1:00

Workshop 1:00 to 4:00

Workshop Description

There has been an increase in concern in recent years around our students' mental health needs, particularly related to anxiety and depression, that has been exacerbated by inequity and the pandemic. This workshop will support participants in identifying system-level and individual student level responses to preventing and treating internalizing problems. Using a multi-tiered systems of support framework approach, presenters will share strategies for responding at the universal level as well as more targeted approaches. Participants will receive concrete intervention ideas for responding to more intensive student needs at Tiers 2 and 3 as well as strategies for collaborating with school staff, caregivers, and community providers. Strategies for responding to risk behaviors, such as nonsuicidal self-injury, will be discussed. Data-based decision making will be emphasized including using universal behavioral health screening data to identify concerns as well as utilizing extant data sources for schools not yet implementing universal screening. This workshop will utilize case studies with sample data to provide an opportunity for attendees to practice using data to identify risk for internalizing problems at the schoolwide and individual student levels, develop an intervention, and progress monitor to evaluate intervention effectiveness. Time will be built in for practitioners to share with each other recommendations for approaching prevention of and treatment for internalizing problems.

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:

Participants will be able to:

1. Describe how internalizing problems can be prevented and treated within a multi-tiered systems of support framework
2. Describe how to utilize universal behavioral health screening data as well as extant data sources to identify risk around internalizing problems at the school-wide and individual student levels
3. Identify 1-2 evidence-based interventions targeting internalizing problems to implement at the Tier 1/universal level
4. Identify 1-2 evidence-based interventions to implement at the Tiers 2 and 3 that target students with risk for internalizing problems
5. Identify strategies for monitoring progress and evaluating the effectiveness of interventions across the tiers
6. Describe strategies for consulting with educators as well as collaborating with caregivers and community providers to treat internalizing problems.

Domain 1: Data-based decision making;

Domain 4: Interventions and Mental Health

Services to Develop Social and Life Skills;

Domain 6: Preventive and Responsive Services