PREVENTING & RESPONDING TO YOUTH VIOLENCE:
Supporting Communities & School Age Youth

FRIDAY, JUNE 1, 2018

LOCATION MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville, NC 28803

DATE Friday, June 1, 2018
REGISTRATION 8:00 am–8:30 am (light breakfast provided)
PROGRAM 8:30 am–4:30 pm (lunch provided)

EARLY REGISTRATION FEES THROUGH MAY 25, 2018

$129.00 MH Providers Needing Professional Credits
$100.00 Groups of Five or More Needing Professional Credits (must be from the same agency; must register and pay at the same time)
$79.00 Community Members (no professional credits awarded)
$79.00 Students (must provide student ID at check-in)
$29.00 School Nurses, Peer Support Specialists, Teachers, School Resource Officers, Law Enforcement, Veterans, and RN Refreshers
$29.00 MAHEC School Nurses and Employees

PROGRAM DESCRIPTION
In the wake of national tragedies, we share an increased awareness of the many variables contributing to violence and trauma. Individuals, communities, organizations, mental healthcare providers, schools, and public service personnel are joining together to explore viable avenues to prevention, while caring for those who are traumatized.

This initial one-day event will begin the process of collaboration, present some of the variables contributing to violence, and engage both professionals and community members in the identification and implementation of long term solutions. Topics of relevance include: the impact of screen time on young brains, bullying, cyber-bullying, gaps in childhood cognitive development, social development, and communication, as well as evidence-based information on trauma and violence prevention. An evidence-based prevention, preparation, response and recovery plan (already in place at some North Carolina schools) is introduced for consideration. Conference attendees are encouraged to share their requests for future events as we join together to prevent future acts of violence, pool resources, foster healing and embrace viable solutions.

PROGRAM OBJECTIVES
Upon completion of this activity, participants will be able to:

• Initiate collaboration among healthcare providers and other community stakeholders on violence prevention and response
• List the key variables contributing to violence and trauma, and identify ways in which variables intersect / interact with one another
• Identify both novel and evidence-based solutions for the prevention of future violence as well as caring for community members who are experiencing trauma
• Identify community requests for information and events aimed at violence prevention and designed to foster healing, in order to provide ongoing solutions and meet overarching community needs

TARGET AUDIENCE
Mental Health Providers (including psychologists), Community Leaders, Public Service Personnel, Teachers, School Nurses, Law Enforcement Personnel, School Resource Officers, Public Health Professionals, Veterans, Community Members, and Other Community Stakeholders interested in violence prevention and trauma care with children and young adults.

AGENDA JUNE 1, 2018

8:00–8:30 Registration, Check-In and Light Breakfast (provided)
8:30–10:00 KEYNOTE: Preventing Youth Violence: The Evidence
— Kenneth Dodge, PhD
10:00–10:15 Break and Light Refreshments
10:15–11:45 Preventing and Treating Developmental Trauma in Children and Adolescents: Harnessing the Power of Relationships and Communication
— Heather Ulrich, PhD
11:45–12:45 Lunch (provided)
12:45–2:15 Impact of Screen Time on Children and Adolescents: Setting Limits
— Ronni Zuckerman, MSW
2:15–2:30 Break and Light Refreshments
2:30–4:00 Anti-Bullying Strategies: Violence Prevention, Preparation, Response and Recovery
— Richard Spurling, EdD
4:00–4:30 Panel Discussion (all four presenters)

Kenneth Dodge, PhD, is being supported through a partnership between UNC-CH School of Social Work and the NC AHEC Program.

Ronni Zuckerman, MSW, is being supported through a partnership between UNC-CH School of Social Work and the NC AHEC Program.
**SESSION DESCRIPTIONS**

**KEYNOTE:** Preventing Youth Violence: The Evidence with Kenneth Dodge, PhD

Kenneth Dodge, PhD, will present vital information on youth violence and the prevention of child abuse, noting the inextricable connection between these variables. Research findings based on the Fast Track Project—one of the largest violence-prevention trials ever funded by the US Federal Government—underscore the importance of early intervention with traumatized and aggressive children. Children exhibiting aggression “are less likely to become violent criminals or psychiatrically troubled adults if they receive early intervention,” according to Dr. Kenneth Dodge and colleagues at Duke University who conducted a study spanning more than two decades.

**Preventing and Treating Developmental Trauma in Children and Adolescents: Harnessing the Power of Relationships and Communication** with Heather Ulrich, PhD

In this practical, compelling and informative overview, Heather Ulrich, PhD, offers a holistic, 360-degree view of the far-reaching effects of trauma on child development and behavior. She provides a plethora of simple, preventive and restorative strategies to assist anyone working with children or adolescents. Dr. Ulrich’s recommendations are based on cutting-edge, evidence-based research; her professional work with families; and years of study as well as the application of tried and true principles tested in “real world” settings.

**Impact of Screen Time on Children and Adolescents: Setting Limits** with Ronni Zuckerman, MSW

Irrefutable evidence confirms that early experiences alter brain architecture in children. Most children and adolescents spend numerous hours per day engaged with screens, far exceeding the maximum time recommended by experts. This program will focus on the connection between screen time, adolescent behavior and serious mental health outcomes. Ronni Zuckerman, MSW, will review supportive evidence and strategies designed to replace disruptive behavior in children and adolescents with pro-social behavior.

**Anti-Bullying Strategies: Violence Prevention, Preparation, Response and Recovery** with Richard Spurling, EdD

Richard Spurling, EdD, will provide information on bullying, as one of the most important issues in the lives of school-age children. Dr. Spurling is nationally known for his expertise and has spoken to more than 70,000 concerned principals, teachers, coaches, parents and students during the past 16 years about the impact of the Bully-Free philosophy. He will emphasize the trauma students experience when bullied or when they witness bullying, as well as the connection between bullying and other forms of violence. He will also stress the responsibility and the influence we all have in eliminating bullying behavior. Dr. Spurling’s program has become a statewide model and his dissertation, The Bully Free School Zone Character Education Program: A Study of Impact on Five Western North Carolina Middle Schools, has served as a tremendous resource, offering schools and systems concrete direction in establishing an anti-bullying program. His training includes specific tools for the provision of a comprehensive, bully-free program in schools. He will also speak about Prevention, Preparation, Response and Recovery.

**PROGRAM FACULTY**

**Kenneth Dodge, PhD.** is the Pritzker Professor of Early Learning Policy Studies and Professor of Psychology and Neuroscience at Duke University. He is also the founding and past director of the Center for Child and Family Policy. A leading scholar in the development and prevention of aggressive and violent behaviors, his work provides a model for understanding how some young children grow up to engage in aggression and violence and provides a framework for intervening early to prevent the costly consequences of violence for children and their communities. Dr. Dodge joined the faculty of the Sanford School of Public Policy in September 1998. He is trained as a clinical and developmental psychologist, having earned his BA in psychology at Northwestern University in 1975 and his PhD in psychology at Duke University in 1978. Prior to joining Duke, Dr. Dodge served on the faculty at Indiana University, the University of Colorado, and Vanderbilt University. He has published more than 500 scientific articles which have been cited more than 90,000 times. Dr. Dodge was elected into the National Academy of Medicine in 2015 and has achieved more professional honors and awards than can possibly be listed here.

**Heather Ulrich, PhD.** is an Assistant Professor of Psychology at the University of North Carolina–Asheville, where she teaches about ACEs and runs a research lab focused on ACEs and trauma. She is also a clinical psychologist licensed in the state of North Carolina. Her clinical practice specializes in infant mental health, attachment-based disorders, toxic stress, trauma, relational neurobiology, and parenting. Dr. Ulrich serves the local Asheville community via her private practice, Brain Based Relationships. She is a founding board member of the North Carolina Infant Mental Health Association and a key planning committee member of the WNC Infant Mental Health Conference annually held at MAHEC.

**Ronni Zuckerman, MSW.** is a Clinical Assistant Professor at the University of North Carolina–Chapel Hill School of Social Work, where she teaches courses in child and adolescent development and interventions. She serves as a faculty member in the field education program as a liaison to agencies providing mental health services to children and adolescents. Ronni has a practice background in direct and macro services on a local and statewide level to children and families. Ronni’s practice and research interests include exploring how the environment impacts human development and early brain architecture, and behavioral interventions with children/adolescents.

**Richard Spurling, EdD.** recently retired from the Mitchell County Schools after 32 years of service as a teacher, coach, assistant principal, principal, associate superintendent and, most recently, as superintendent of schools. After retirement, Dr. Spurling served one year as the Head of the Upper School at Asheville Christian Academy. Since 2004, he has been an adjunct professor at East Tennessee State University in the Educational Leadership Department and Principal Preparation Program. He currently serves as Director of Outreach at Asheville Christian Academy. He now speaks and teaches at Montreat College as an adjunct instructor in the education department. Dr. Spurling resides in Swannanoa, NC, with his wife Felicia—a library media specialist—and their two children, Madison and Max.

**LOCATION AND DIRECTIONS**

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road. From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From I-26: Take 240 East to Exit 5 (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.
APPLICABLE CREDITS

NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs. Full attendance is required to receive credit. Approved for 6.5 Hours.

NC Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for 6.5 Hours Category A. Full attendance is required to receive credit.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for 0.7 CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for 6.5 Contact Hours. Full attendance is required to receive credit.

PROGRAM REGISTRATION

Early registration deadline: May 25, 2017

- $129.00 for Mental Health Providers Needing Professional Credits
- $100.00 for Groups of Five or More Needing Professional Credits (must be from the same agency and register/pay at the same time)
- $79.00 for Community Members (no professional credits awarded)
- $79.00 for Students (must provide student ID at check-in)
- $29.00 for School Nurses, Peer Support Specialists, Teachers, School Resource Officers, Law Enforcement, Veterans, and RN Refresher
- $29.00 for MAHEC School Nurses and Employees

These early registration fees include administrative costs, educational materials, a light breakfast and lunch. If registration is received after the deadline, the total fee will be the registration fee + $15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

H ave a q uestion?
Contact the Program Planner
Barbara Warren, MSW, LCSW, LCAS-A, CFT
barbara.warren@mahec.net or 828-257-4728

REGISTRATION INFORMATION:
FAX REGISTRATION:
828-257-4475
828-257-4768
ONLINE REGISTRATION:
www.mahec.net
EMAIL:
registration@mahec.net
MAIL:
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

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Prepare & Respond to Youth Violence: Supporting Communities & School Age Youth

- Updated contact information.
- NAME __________________________
- CREDENTIALS __________________________
- SOCIAL SECURITY # XXX-XX- _______ _______ _______ (last 4 digits required)
- OCCUPATION __________________________
- EMAIL __________________________
- ADDRESS __________________________
- CITY ___________________ STATE _____ ZIP _______
- COUNTY __________________________
- HOME # _______ WORK # _______
- EMPLOYER __________________________
- DEPARTMENT __________________________
- EMPLOYER’S ADDRESS __________________________
- CITY ___________________ STATE _____ ZIP _______
- WORK COUNTY __________________________

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE
- Vegetarian
- Gluten-free
- Vegan

Mental Health Providers Needing Professional Credits
- $129.00
- $144.00 (after 5/25/18)

Groups of Five or More Needing Professional Credits (must be from the same agency; must register and pay at the same time)
- $100.00
- $115.00 (after 5/25/18)

Community Members (no professional credits awarded)
- $79.00
- $94.00 (after 5/25/18)

Students (must provide student ID at check-in)
- $79.00
- $94.00 (after 5/25/18)

School Nurses, Peer Support Specialists, Teachers, School Resource Officers, Law Enforcement, Veterans, RN Refresher
- $29.00
- $44.00 (after 5/25/18)

MAHEC School Nurses and Employees
- $29.00
- $44.00 (after 5/25/18)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

- Check is enclosed
- Credit card information provided
- Visa
- MasterCard
- Discover Card
- American Express

ACCOUNT # __________________________
EXP _____ / _____ CODE ON BACK OF CARD ________ (3 digits)

NAME ON CARD __________________________
SIGNATURE __________________________