This course will look at findings that will enhance the emotional well-being of children and adolescents at school. Topics will focus on students, teachers, mental health personnel, administrators, families, and others impacting the child and her/his school and emotional needs. The emphasis is on practical clinical information and skills based on current research, including evidence-based practices and innovative learning strategies. It is designed to help the attendee identify the gaps and problems in practice and school settings needed to promote learning, resiliency, and social and emotional growth, as well as to support and enhance collaboration. Didactic lectures, case studies, panel discussions, and Q&A will be offered. The course is intended for mental health and health clinicians, educators and administrators, researchers, and others interested in the development and treatment of school-aged children and adolescents.

Learning Objectives: Upon completion of this activity participants will be able to: describe strategies for reshaping school culture, reducing truancy, assessing safety, and reducing teacher and student stress; promote positive body image in students as well as offer strategies for enhancing social, emotional, and behavioral health; identify tools for talking with diverse students and present ways to cultivate mindfulness; develop techniques to reduce student anxiety and help students on the autism spectrum; and explain the risks associated with vaping, e-cigarettes, and sexual misconduct.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02138; Phone: 617-806-8770; Fax: 617-806-8777; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY – FEBRUARY 7, 2020

8:30 - 12:45 MORNING PROGRAM - Moderator: Nancy Rappaport

- Strategies for Shaping School Culture ................................................................. Rachel Poliner

- Decreasing Truancy Using Behavioral Science .................................................... Todd Rogers

- Treating the System of the School from a CBT Lens ........................................... Francis Kuehn

- Supporting Students Who Experience Anxiety at School ..................................... Jacqueline Zeller

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Christopher Willard

- E-cigs, Flavoring Chemicals, and Popcorn Lung .................................................... Joseph G. Allen

- Sexual Misconduct in Our Schools ....................................................................... Christina Palmér

- Digital Media and the Mental Health of Students ................................................. Meredith Gansner

SATURDAY – FEBRUARY 8, 2020

8:30 - 12:45 MORNING PROGRAM - Moderator: Christopher Willard

- Irresponsible Behavior or Legitimate Threat? Understanding the Difference ......... Nancy Rappaport

- Fostering Positive Body Image and Self-Esteem in Boys and Girls ..................... Roberto Olivardia

- The Hidden Curriculum: Promoting Social and Academic Inclusion of Students with Autism ................................................................. Stephen M. Shore

- Listening for Student Voices: Tools to Talk about Diverse Racial and Cultural Backgrounds ......................................................... Julia Jeffries

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Nancy Rappaport

- Strategies to Support Schools in Addressing Social, Emotional, and Behavioral Health ................................................................. Molly Jordan

- Growing Up Mindful .......................................................................................... Christopher Willard

- Discussion ............................................................................................................. Faculty

Secure Online Registrations can be made by credit card or check at https://cmeregistration.hms.harvard.edu/SMH2020 (directly into browser) or www.cambridgecme.org

Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600 (Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPprograms@hms.harvard.edu or Cambridge CME at 617-806-8770; email: cme@challiance.org

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