

DIRECTIONS TO

Abigail Kirsch at Tappan Hill, Tarrytown, NY 10591
(914) 631-3030

GPS Address: 200 Gunpowder Lane Tarrytown, NY 10591

From Upstate New York and New Jersey: from the Tappan Zee Bridge take first exit, Tarrytown. At end of ramp turn right onto Broadway (Rt. 9N). At 4th light make right onto Benedict Ave. At 2nd light turn left onto Highland Ave. (street runs as Prospect to right). At first stop sign, Tappan Hill entrance is on left.

From Connecticut: Merritt Parkway or I-95 South to Cross Westchester (287 West). At exit 1 bear right onto Route 119 West. Just before the 2nd light, turn right onto Benedict Ave. At fourth light turn right onto Highland Avenue (street runs as Prospect to left). At first stop sign, Tappan Hill entrance is on your left.

From New York City: North on I-87 to exit 7A (Saw Mill River Parkway). Continue North on Saw Mill to exit 21W (119 West Tarrytown). Turn right onto Route 119. Continue through 5 lights then bear right onto Benedict Avenue. Follow remaining directions from Connecticut.

From Northern Westchester/Putnam/Dutchess: Saw Mill River Parkway or I-684 South to Cross Westchester Expressway (287 West). Follow remaining directions from CT.

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REGISTRATION

Registration Fee: \$90.00 (Lunch included)

Make check payable to: **Student Assistance Services Foundation**

Mail to: Student Assistance Services, 660 White Plains Road,
Tarrytown, NY 10591

OR register online with a credit card at www.sascorp.org,

OR fax with a credit card information to 914-366-8826

Or email to: diane.murgalo@sascorp.org

VISA MasterCard AMEX

Card # _____ Exp. Date _____

Signature: _____

Home Address Work Address

Name _____

Agency/School _____

Address _____

City _____ State _____ Zip _____

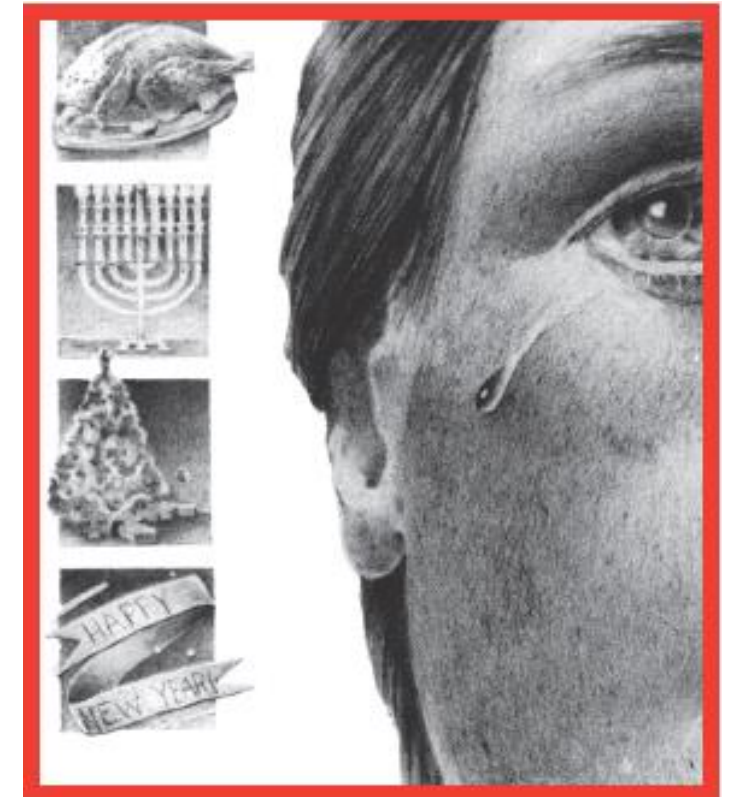
Email _____

Daytime Phone # _____

Phone # in case of weather cancellation: _____

WHEN THE HOLIDAYS AREN'T SO HAPPY 21ST ANNUAL CONFERENCE

Student Assistance Services
660 White Plains Road
Tarrytown, NY 10591



Clinical Strategies for Assessing and Intervening With Depressed & Substance Abusing Youth

December 3, 2014 8:00am to 3:15pm
Abigail Kirsch Tappan Hill, Tarrytown
Sponsors
Student Assistance Services and
The Counseling Center at Yorktown Heights

Participating Sponsor: Four Winds Hospital

SAS is a contract agency of the Westchester County Dept. of
Community Mental Health, Office of Drug Prevention and STOP
DWI, and Youth Bureau

Westchester
gov.com

Holidays are supposed to be happy, but for many families they are not because they are worried about depressed and substance abusing teens or young adults. This multidisciplinary conference for professionals will provide the clinical strategies for assessing depression and for intervening with and treating depressed and substance abusing teens and young adults.

8:00am REGISTRATION & COFFEE

8:30am WELCOME AND INTRODUCTIONS

8:45am – 10:00am

**DEPRESSION AND SUBSTANCE ABUSE:
CLINICAL CONNECTIONS**

This presentation will examine the relationship between adolescent depression and substance abuse and describe the causes, signs and symptoms, different developmental trajectories, and treatment strategies for both acute and chronic depression in adolescents. The use of medication, holistic and behavioral approaches, and the risks of suicide and violence will be discussed. Gender, developmental, and cultural factors will be addressed.

Marianne Chai, MD is a child, adolescent, and addiction psychiatrist and a clinical instructor at NYU School of Medicine. She is the Medical Director of the New York Center for Living, a substance abuse treatment center in NYC, and a former fellow at both the NYU Child Study Center and NYU Medical Center Division of Alcoholism and Substance Abuse.

10:00am – 10:15am BREAK

10:15am -11:15am

**ADOLESCENT MEDICAL CONDITIONS THAT
CAUSE DEPRESSION**

This session will describe the importance of considering other medical conditions before selecting treatments for depression. Treating both issues and the relationships between medications for treating depression, medications for treating other medical conditions, and substance use will be discussed.

Sofya Maslyanskaya, MD is board certified in adolescent medicine and an Assistant Professor of Pediatrics in the Division of Adolescent Medicine at The Children's Hospital at Montefiore, The Pediatric Hospital for Albert Einstein College of Medicine.

11:15am-12:15pm

SUBSTANCE INDUCED DEPRESSION

This session will describe how alcohol, tobacco, and other drugs can cause or exacerbate depressive symptoms during intoxication or during acute or prolonged withdrawal. Managing withdrawal to minimize depression and preventing overdose will also be discussed.

Steven Kipnis, MD is board certified in addiction medicine and internal medicine. He is a Clinical Associate Professor of Medicine at Albany Medical College, and the former Medical Director of the NY State Office of Alcoholism and Substance Abuse Services.

12:15pm – 1:00pm LUNCH Provided

1:00pm – 2:00pm

TREATMENT FOR CO-OCCURRING DISORDERS

Adolescents with co-occurring depression and substance abuse often also have anxiety and difficulty sleeping and may need to be treated with both medication and behavioral therapies. This session will describe which treatment strategies are most effective, indications for inpatient and outpatient treatment, and barriers to recovery for this population.

Robert White, DNP, RN, APN, BC is a psychiatric and family nurse practitioner, Assistant Professor at Rutgers School of Nursing, and Supervising Nurse Practitioner at Sunrise Detox in NJ.

2:00 – 3:15 PM

**WORKSHOP 1- BULLYING, DEPRESSION, &
SUBSTANCE ABUSE: CLINICAL CONNECTIONS**

This workshop will examine the risk for depression, suicide, and substance use for youth who bully others and their victims. Clinical strategies for identifying and intervening with these youth and determining the level of trauma, will be provided.

Andrea Fallick, LCSW, CASAC, CPP, Assistant Director & Certified Olweus Bullying Prevention Trainer, Student Assistance Services

OR

**WORKSHOP 2- FAMILY TREATMENT STRATEGIES
FOR DEPRESSED & SUBSTANCE ABUSING YOUTH**

This workshop will provide strategies for engaging and motivating parents to participate in their adolescent's and young adult's treatment and recovery. Strategies for addressing parent support, sabotage, anger, guilt, and fear will be discussed.

Jennifer Powell-Lunder, PsyD., Senior Clinical Program Liaison, Four Winds Hospital; Co-Author, *Teenage As a Second Language, A Parent's Guide to becoming Bilingual* (Adams Media, 2010); Adjunct Professor at Pace University

3:15pm CERTIFICATES OF ATTENDANCE will be distributed after the final presentation. **5.5 CASAC** and **CPP** hours applied for.

CONFERENCE FEE: \$90.00 (includes lunch). Discounts available for staff members from the same agency or school registering at the same time. For information call Student Assistance Services at 914-332-1300 or www.sascorp.org. All proceeds benefit Student Assistance Services.

Note: **No registration confirmation will be sent. No refunds will be made after November 26, 2014.**

SPONSORS

STUDENT ASSISTANCE SERVICES (SAS) is a private, non-profit, tax exempt corporation that operates the Student Assistance/Project SUCCESS Program, the **Reduce Our Adolescent Drinking/Drugging and Driving (ROADD)** Program, the **Employee Assistance Program Services**, the **Bullying Prevention Program**, the **Alcohol & Marijuana Awareness Program**, and the **Intervention Service** for facilitating treatment involvement. SAS also provides training and consultation on bullying prevention and adolescent alcohol and drug issues for schools, and professional and community groups and organizations. SAS currently implements programs in over 40 Westchester County schools. In addition, SAS' programs have been replicated in fourteen other counties in New York State, in 30 states, and in Canada. For information call 914-332-1300 or visit our website at www.sascorp.org.

THE COUNSELING CENTER AT YORKTOWN HEIGHTS is the newest program of a growing multi-state company of outpatient addiction treatment centers assisting adults, young adults and adolescents seeking help for addiction and co-occurring disorders associated with substance use. The Intensive Outpatient Program (IOP) combines evidence-based, state of the art treatment with recovery oriented approaches and supports, offering adjunct services such as peer mentoring and encouraging 12 Step involvement. The IOP is designed to enable sober and productive living by providing a comprehensive and holistic method to treating the entire individual, not just the symptom. Step down services such as non-intensive and aftercare programming, family and significant other counseling, and ancillary support services are all provided as part of a continuum of care. We have solid relationships with community/y based and other providers and provide great customer service, individualized attention, and treatment in a comfortable environment; always emphasizing dignity and respect. Calls are taken 24/7 and "no call for help goes unanswered!" For more information contact: Robert Anderson, LCSW, CASAC, CARC, CRPA, Executive & Clinical Director, The Counseling Center at Yorktown Heights, 2000 Maple Hill, Yorktown, NY 10598; Tel. 914-962-5101, Fax 914-962-5102 <https://yorktowncounselingcenter.com/>

PARTICIPATING SPONSOR

FOUR WINDS HOSPITAL provides inpatient/outpatient mental health services for children, adolescents and adults. In addition, Four Winds offers outpatient partial hospitalization for children, adolescents and adults. For further information, please call 1 (800) 528-6624 24 hours a day 7 days a week.