

## Upcoming Programs at Barstow Acres

### Social Skills /Parenting Classes

#### Social Skills Groups:

Children learn about making and keeping friends, anger management & problem solving. Groups meet for 8 weeks & are offered in fall, winter, and spring, for ages 7-10, 11-14 & 15-17.

#### Parent Coaching:

Parents learn basic family leadership skills, identifying goals, and how to respond to child with social challenges.

### Spring Fashion Show Extravaganza

April 2011

Let us know if you or your children are interested in modeling, performing, vending, or volunteering.

### Mother Child Tea Party

May 2011

Celebrate mother and enjoy finger foods, poems, and music. Bring the whole family!

### Therapeutic Summer Day Camp

June – July 2011

Four weeks of camp held over Summer Break with a therapeutic component for children in need of anger management, social skills, behavior management, and mental health services. Includes art therapy, field trips, yoga, sports, crafts, individual and group therapy, swimming, Brain Gym® and much more.

**\*\*We provide individual, group and family counseling, parenting classes and art & play therapy.**

For more information on programs for children, parents and families, call (410) 414-9901.

### Barstow Acres Children Center

590 Main Street, Prince Frederick, MD 20678

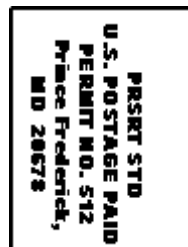
Phone: 410-414-9901

Fax: 410-414-9902

Website: [www.childrencenter.net](http://www.childrencenter.net)

Email: [barstow.acres@verizon.net](mailto:barstow.acres@verizon.net)

Barstow Acres Children's Center  
590 Main Street  
Prince Frederick, MD 20678



# 4th Annual Parent/Professional Empowerment Conference

Sponsored by:  
**Barstow Acres Children Center**



Strengthening Our Community  
by Promoting Mental Health  
in Children & Families

**Fri. & Sat., November 5<sup>th</sup> & 6<sup>th</sup>, 2010**  
**8:00 AM to 5:00 PM**  
(registration 8:00-8:30 am)

Emmanuel Baptist Church  
3800 Old Town Road  
Huntingtown, MD 20639

#### Keynote Speakers

Angela M. Bollich, Ph.D.  
Sonia D. Hinds, PMH, CNS-BC

#### **Register Today!**

**14 CEUs for Professionals (7 per day)**

Co-Sponsored by:  
**Chesapeake Beach Professional Seminars**



This fourth annual, one-of-a-kind parent & professional conference held in Calvert County will provide valuable information about developmental disorders and related behavioral challenges in children and adolescents. Learn about signs and symptoms, diagnostic criteria, treatment modalities, teaching/parenting strategies and available resources. Additionally, you will have an opportunity to get your questions answered, network with professionals and have a great learning experience.

**Vendors will be available with great resources.**

**Lunch, door prizes and give-away items provided.**

**Please share this information with others.**

### **CONFERENCE SPONSORS**

**Barstow Acres Children's Center**  
(a 501c3 non-profit organization)

Our mission is to provide mental health services, developmental and enrichment programs for at-risk children and families. Our services are accessible and provided in a home-like environment by competent, compassionate, culturally diverse and client-centered staff.

**Volunteers:** We welcome youth in need of service learning hours to fulfill school requirements, as well as adult volunteers for tutoring, fundraising, event support, administrative & other services. Come share your talents! Join with us to support the work of Barstow Acres Children's Center.

**Donations:** We accept monetary donations of any amount in order to provide a sliding scale and services at a reasonable rate. Please make checks payable to Barstow Acres Children's Center. Credit Card payments are accepted. We also appreciate donations of used cell phones and empty ink jet cartridges.

**United Way & Combined Federal Campaign**  
Please designate Barstow Acres as recipient of your contribution to the United Way. You can write in *Barstow Acres*, or select us in the Combined Federal Campaign.

(CFC #58818)



### **AGENDA**

*Both parents and professionals are welcome on both days. Recommendations are merely guidelines.*

#### Friday, November 5<sup>th</sup> (\*recommended for professionals)

8:00 – 8:30 Registration  
 8:30 – 9:00 Welcome – Mark Spitler, Board President  
 9:00 – 10:15 Keynotes: Angela Bollich, Ph.D.  
 10:15 – 10:30 BREAK  
 10:30 – 11:45 Concurrent Session #1  
**11:45 – 12:30 LUNCH (Provided)**  
 12:30 – 1:45 Concurrent Session #2  
 1:45 – 3:00 Concurrent Session #3  
 3:00 – 3:15 BREAK  
 3:15 – 4:30 Concurrent Session #4  
 4:30 – 5:00 Closing Remarks & Evaluations

#### Saturday, November 6<sup>th</sup> (\*recommended for parents)

8:00 – 8:30 Registration  
 8:30 – 9:00 Welcome – Mark Spitler, Board President  
 9:00 – 10:15 Keynotes: Sonia Hinds, PMH, CNS-BC  
 10:15 – 10:30 BREAK  
 10:30 – 11:45 Concurrent Session #5  
**11:45 – 12:30 LUNCH (Provided)**  
 12:30 – 1:45 Concurrent Session #6  
 1:45 – 3:00 Concurrent Session #7  
 3:00 – 3:15 BREAK  
 3:15 – 4:30 Concurrent Session #8  
 4:30 – 5:00 Closing Remarks & Evaluations

### **COST**

\$35 per parent, per day (\$60 per couple, per day) - lunch included  
 \$50.00 per professional, per day - lunch included  
 (for CEUs, add \$10 & make check payable to CBPS)

*Limited scholarships available for those in need.*

**\*We encourage clinicians to inform, and even bring clients to this training!**

### **CANCELLATION POLICY**

Written cancellation must be received in our office at least 10 days prior to the training in order to receive a refund.

### **KEYNOTE SPEAKERS**

**Angela M. Bollich, Ph.D.,**  
**Pediatric Neuropsychologist**  
**Center for Autism Spectrum Disorders**  
**Division of Pediatric Neuropsychology**  
**CNMC Outpatient Center, Upper Marlboro, MD**  
**Assistant Prof. Pediatrics, Neurology, Psychiatry**  
**George Washington University Medical School**  
**Dr. Bollich specializes in the diagnosis & treatment of autism spectrum disorders & serves as a member of the International Neuropsychology Society & the National Academy of Neuropsychology.**  
*Dr. Bollich will address recent research findings and their impact on the diagnosis and treatment of children with autism spectrum disorders.*

**Sonia Hinds, PMH, CNS-BC**  
**Founder and Executive Director**  
**Barstow Acres Children's Center**  
**Ms. Hinds founded Barstow Acres Children's Center and has provided Southern Maryland families with a variety of therapeutic services, including individual/family counseling, social skills groups, parent coaching and therapeutic summer day camp.**  
*Ms. Hinds will present recent research findings on ADHD diagnosis criteria and follow with recommended intervention strategies and resources for parents and professionals.*

### **CEU INFORMATION**

**Co-sponsored by Chesapeake Beach Professional Seminars (CBPS) to provide continuing education. 7 CEUs offered per day.**

CBPS is approved by the MD Board of SW Examiners to sponsor Category I CE programs. CBPS is recognized by the NBCC to offer CE for the National Board of Certified Counselors (NBCC provider #5763). CBPS is approved by the Board of Behavioral Sciences in CA to offer CEUs for MFCC and LCSWs (approval # PCE 1466). CBPS maintains responsibility for the training.

**\*See Page 3 for details regarding workshop presenters and content.**

### **A) Organization Skills for Executive Dysfunction**

*Angela Bollich, Ph.D.*

*Pediatric Neuropsychologist*

*Center for Autism Spectrum Disorders*

*Division of Pediatric Neuropsychology*

*CNMC Outpatient Center, Upper Marlboro, MD*

*Assist. Prof. Pediatrics, Neurology, Psychiatry*

*George Washington University Medical School*

Many children with learning disabilities also struggle with a more invisible challenge known as Executive Dysfunction. Does your child/student struggle to organize his/her personal space, backpack, locker? Does he/she fail to bring home homework materials, or turn in completed work? Then this workshop is for you! Learn about the challenges faced by children with Executive Dysfunction and how to teach your child/student strategies for success.

### **B) What is Your Temperament Style?**

*Mark Spitzer, MA,*

*President of Board, Barstow Acres Children Center,*

*Retired Army Officer*

Everyone has a specific relating style that compliments and conflicts. Additionally, styles often clash. Our unique temperament is that genetic make-up that forms our behavior, and reflects "the real me," the individual under pressure. Attend this session and learn about your temperament and that of your child to better understand and improve the quality of your relationship.

### **C) Managing the Angry Child**

*Sonia Hinds, PMH, CNS-BC*

*Founder and Executive Director*

*Barstow Acres Children's Center*

Children with ADHD, Autism/Asperger's and related disorders often experience changes in mood, including anger. Yet anger is the most misunderstood emotion. Learn all about anger and what you can do to bring it under control before it destroys you and your family. Strategies for children and adults will be discussed.

### **D) Teen Suicide: Prevention & Intervention Strategies**

*Pamela Marcus, RN, APRN/PMH-BC*

Pamela is an experienced, licensed psychotherapist & Assistant Professor of Nursing at Prince George's Community College. This workshop will address identification of common symptoms of depression in adolescents and offer recommended intervention strategies that have proven successful in the prevention of teen suicide.

### **E) Energy Healing: A Non-Traditional Approach**

*Cheryl Castner, MS, CCC, SLP.CBP*

*Holistic health practitioner, certified in BodyTalk™ techniques. In private practice in Calvert County.*

Learn techniques to help you access your own natural healing abilities for body and mind. It is used to help release emotional patterns, reduce pain, speed recovery from speech and language and learning disabilities and more. Experiential session.

### **F) 1-2-3 Magic! A Parenting/Teaching Strategy**

*Marita Mason, M.Ed.*

*Elem. School Teacher*

*Calvert County Public Schools*

*Dynamic and energetic presenter with many years of shaping the lives of young children in a daycare and public school setting.* This approach to discipline works like magic! It was created to prevent long winded explanations and sermons which young children often ignore. Get your child's attention by using this technique that offers rapid and effective results.

### **G) Help! My Child has ADHD!**

*Sonia Hinds, PMH, CNS-BC*

*Founder and Executive Director*

*Barstow Acres Children's Center*

Children with ADHD present with many academic, organizational, social and, sometimes, emotional challenges. This workshop will give you a deeper understanding of the myriad challenges faced by your child with ADHD and equip you with appropriate parenting strategies for managing resulting behaviors.

### **H) ADHD & Autism: The Importance of Developing an Individualized Parenting Plan (IPP)**

**(CEUs are not provided for this workshop)**

*Deborah Ursiny, Parent & Special Education Advocate*

Ms. Ursiny brings many years of experience as a parent of children with special needs and volunteer special education advocate. If your child has an IEP, then he/she likely also needs an "IPP." This workshop will guide participants through the process of developing an Individualized Parenting Plan (IPP) and allow an opportunity for participants to learn from the shared experiences of other parents who love their children with ADHD & autism.

### **I) Love and Logic: A Parenting Approach**

*Susan Fox, M.Ed.*

*School guidance counselor and counselor with adults for over 10 years.*

Participants will be able to identify their parenting style and learn ways to decrease arguments and back-talk with children. The importance of showing empathy before delivering consequences will be discussed, as well as many other similar concepts.

### **J) Sensory Integration Disorder**

*Kathy Moore, Occupational Therapist, Director of Rehabilitation Services at Calvert Memorial Hospital*

Sensory integration disorder is a common, co-morbid diagnosis with a variety of developmental disorders. This workshop will highlight key symptoms of sensory integration disorder and the occupational therapist's approach to treatment. Participants will not only learn about identifying symptoms and accepted treatment modalities, but also about local available services and resources for diagnosis, treatment and support.

### **K) Through the Looking Glass: Bibliotherapy/Poetry for Healing**

*Rev. & Dr. Alice V. Thompson, Pastoral Care*

*Director, Calvert Memorial Hosp.; studied Bibliotherapy at St. Elizabeth's Hospital under Dr. Kenneth Gorelick.*

The words and literature used as a means of creating a therapeutic sacred space in which healing, discovery, recovery, growth and development take place will be explored. Participants will be invited to a space in which words are used to heal, rejoice, grieve and play.

### **L) Nutrition & Behavior: Healthy Alternatives**

*Tamara J. Shahan*

Ms. Shahan received her degree from Australasian College of Health Sciences. She consults with parents of children with ADHD & autism spectrum disorders, has worked closely with cancer patients at Oasis Cancer Retreat and is currently on staff at Calvert Memorial Hospital. Participants will learn the impact that nutrition has on mood, health and behavior, and learn healthy alternatives for healing, growth and development.

## **VENDORS**

Vendor tables available. If interested in participating as an official conference vendor, call (410) 414-9901 for more information.

# Registration Form

## 4<sup>th</sup> Annual Parent/Professional Empowerment Conference

Emmanuel Church, 3800 Old Town Rd., Huntingtown, MD 20639 - November 5<sup>th</sup> & 6<sup>th</sup>, 2010 (may attend one, or both days), 8 am to 5 pm

### Registration Deadline: Friday, October 29, 2010

(Late registration fee of \$5 will be charged after this date – walk-ins are welcome!)

**Please complete this form and return with payment to: Barstow Acres Children's Center, 590 Main Street, Prince Frederick, MD 20678**

**Phone: (410) 414-9901 Fax: (410) 414-9902 [www.childrecenter.net](http://www.childrecenter.net)**

\_\_\_ I plan to attend one day, specifically on \_\_\_\_\_.

\_\_\_ I plan to attend both days.

\_\_\_ I cannot attend, please keep me on your mailing list.

Name(s) \_\_\_\_\_ Title(s) \_\_\_\_\_ (Circle one): Parent Teacher Professional

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Tel.# \_\_\_\_\_ Cell: \_\_\_\_\_ E-mail \_\_\_\_\_

*Listed below are letters which correspond to the workshops offered in each session (workshop descriptions on page 3 of this brochure).*

*Please refer to the workshop descriptions and circle the letter of the workshop you wish to attend for each session below. Please select only one workshop per session.*

### **Friday, November 5<sup>th</sup>: Sessions 1, 2, 3 & 4 only**

**Session 1)** A, D, E    **Session 2)** B, G, J    **Session 3)** B, C, J    **Session 4)** I, K, L

### **Saturday, November 6<sup>th</sup>: Sessions 5, 6, 7 & 8 only**

**Session 5)** B, F, I    **Session 6)** C, H, L    **Session 7)** B, F, G    **Session 8)** I, K, L

### **Please register me for (be sure to indicate any and all items that apply to your registration situation):**

**Nov. 5** \_\_\_ (\$35/person; \$60/couple; \$50/professional)    **Nov. 6** \_\_\_ (\$35/person; \$60/couple; \$50/professional)    **Late Reg. Fee** (after 10/29) \_\_\_ (+\$5)    **\*CEUs** \_\_\_ (+\$10)

(\*checks for CEU fees should be made payable to CBPS. Checks for all other registration fees should be made payable to BACC. Credit card transactions will be applied accordingly.)

**\*Amt. payable to CBPS: \$** \_\_\_\_\_    **\*Amt. payable to BACC: \$** \_\_\_\_\_    **Total Amt Enclosed via Check(s) or Money Order(s): \$** \_\_\_\_\_

### **CREDIT CARD PAYMENT (Please Print)**

Type of card:  Visa     MasterCard    Name of card holder \_\_\_\_\_    CCS# (back of card): \_\_\_\_\_

Card Number \_\_\_\_\_    Expiration Date \_\_\_\_\_    Amount to be charged \$ \_\_\_\_\_

Signature \_\_\_\_\_