



## 2019-20 SOCIAL WORK AND LICENSED MENTAL HEALTH COUNSELOR CONTINUING EDUCATION COURSE OUTLINE

### ATTENTION ALL UFT SOCIAL WORKERS! YOU ASKED AND WE LISTENED

Enroll now in our courses and begin earning continuing education credits!  
Our courses are offered in all boroughs, on weekdays and weekends.

The UFT's Member Assistance Program recognizes the importance of lifelong learning to the social work and mental health counseling profession. We want to support you by providing quality instructors for professional development courses on a variety of topics use in your school and in your career. We'll also provide signed certificates of completion and keep track of your credits for as long as seven years.

Please view the 2019-20 courses and register online at [www.uft.org/workshops-social-workers](http://www.uft.org/workshops-social-workers)

Each course is **\$50** and participants earn **two continuing education hours** upon completion, with the exception of the session on A Systemic View of Adolescents with Substance Use Disorder and Mental Health Difficulties, which is **four continuing education hours** and costs **\$75**.

Registration is required. Enrollment is limited and classes fill up quickly. All fees are nonrefundable. Latecomers will not be admitted.

#### EFFECTS OF SOCIAL MEDIA

**Monday, Dec. 2, 2019 • 4:30 to 6:30 p.m.**  
**Queens borough office,**  
**118-35 Queens Blvd., 8th Floor, Room G**

Participants will discuss various forms of social media, characteristics of social media that can potentially lead to dependence/addiction and ways to monitor healthy boundaries.

**Presenter:** Michael Dzwil, LMSW

#### TEENAGE DATING VIOLENCE

**Monday, Dec. 9, 2019 • 4:30 to 6:30 p.m.**  
**UFT headquarters**  
**52 Broadway, 19th Floor, Room G**

This presentation will discuss signs of teenage dating abuse, the different forms of abuse, the cycle of violence, how the police can help and the resources available. The mission of the NYPD is to reduce the number of teenage dating violence incidents.

**Presenter:** Enid Ocasio, NYPD Community Coordinator, Chief of Department, Domestic Violence Unit

#### TRAUMA SENSITIVE SCHOOLS

**Monday, Jan. 27, 2020 • 4:30 to 6:30 p.m.**  
**Bronx borough office**  
**2500 Halsey St., Room A**

In this workshop, participants will learn how trauma affects the body, brain and behavior. Trauma-sensitive strategies to help your students will be discussed. Self-reflection to identify triggers and coping skills will be made available.

**Presenter:** Wenimo Okoya, MPH, Ed.D., Children's Health Fund

#### PROBLEM GAMING AND GAMBLING 101 FOR SCHOOL SOCIAL WORKERS

**Monday, Feb. 3, 2020 • 4:30 to 6:30 p.m.**  
**Brooklyn borough office**  
**335 Adams St., 24th Floor, Room 1**

School social workers will learn about the relationship between gaming and gambling and the reasons why youth are at risk for gaming and gambling problems. Social workers will learn how to communicate effectively with parents and youth about reducing the risk of gaming and gambling problems.

**Presenter:** Ashley Santangelo, LMSW, Team Leader, Staten Island & Southern Brooklyn, NYC Problem Gambling Resource Center

#### TRAUMA THROUGH THE LENS OF DOMESTIC VIOLENCE: AWARENESS BUILDING FOR SOCIAL WORKERS PROVIDING SCHOOL-BASED SERVICES

**Saturday, Feb. 8, 2020 • 10:00 a.m. to 12:00 p.m.**  
**UFT headquarters**  
**52 Broadway, 19th Floor, Room F**

Learn a history of domestic violence from a social justice perspective and why this is an important topic in school-based settings. Stabilization techniques and best practices for supporting survivors as they process the traumatic experience will be discussed. Ways to best support your students affected by domestic violence will be provided.

**Presenter:** Jules Perkel, LCSW

## STRENGTH-BASED CONVERSATIONS FOR ELEMENTARY SCHOOL SOCIAL WORKERS

Monday, Feb. 10, 2020 • 4:30 to 6:30 p.m.

UFT headquarters

52 Broadway, 19th Floor, Room G

Elementary school social workers will practice using strength-based language to help facilitate difficult conversations, such as recognizing the mental health needs of a student, the impact of attendance on academic progress and stress at home.

**Presenter:** May Erouart, MPH, Children's Health Fund

## CYBERBULLYING

Monday, March 2, 2020 • 4:30 to 6:30 p.m.

Queens borough office

118-35 Queens Blvd., 8th Floor, Room G

Cyberbullying represents a significant public health problem. This course will review essential information on the nature and prevalence of this epidemic. Practical suggestions for social workers, educators and parents will be reviewed.

**Presenter:** Nilar Thwin, M.D., Child and Adolescent Psychiatry Fellow, and Allen Dsouza, M.D., Child and Adolescent Psychiatry Fellow

## STAYING IN BALANCE

Monday, March 9, 2020 • 4:30 to 6:30 p.m.

Brooklyn borough office

335 Adams St., 24th Floor, Room 1

This professional development session provides participants with tools to respond in healthy ways to the many levels of emotional distress that arise from our day-to-day interactions, our work and our lives.

**Presenter:** Vibrant Emotional Health

## UNDERSTANDING AND MANAGING VICARIOUS TRAUMA

Monday, March 16, 2020 • 4:30 to 6:30 p.m.

UFT headquarters

52 Broadway, 19th Floor, Room G

Working in situations that require us to empathetically engage with individuals who have experienced trauma can take a cumulative toll. Participants will learn how to identify signs and symptoms, know when someone needs help and how to respond if they do.

**Presenter:** Vibrant Emotional Health

## SOCIAL-EMOTIONAL LEARNING AND YOU, IN YOUR SCHOOL

Monday, March 23, 2020 • 4:30 to 6:30 p.m.

Bronx borough office

2500 Halsey St, Room A

In this session, participants will learn various aspects of social-emotional learning, including exploring the legislation and the various models being used in our schools. Participants will be able to identify their own role in SEL and assess the efficacy of mental health learning in their schools.

**Presenter:** Vibrant Emotional Health

## FOCUSING ON EMOTIONS: TRANSDIAGNOSTIC APPROACH TO TREATING COMPLEX EATING DISORDERS

Monday, March 30, 2020 • 4:30 to 6:30 p.m.

Brooklyn borough office

335 Adams St, 25th Floor

This workshop will examine the psychological complexity of eating disorders and explore the benefits of a cutting edge, evidence-based transdiagnostic treatment focusing on emotional awareness and exposure. There is now growing evidence that emotional avoidance is a maintaining factor for eating disorders as well as co-morbid conditions such as anxiety, depression, substance abuse and trauma response. Treatments that specifically focus on targeting emotional avoidance, while developing emotional awareness, tolerance and acceptance, can provide an integrated, unified approach to resolving the myriad of symptoms that are often associated with eating disorders.

**Presenter:** Baily Laitin, LMHC, Team Leader, Renfrew Center of New York

## A SYSTEMIC VIEW OF ADOLESCENTS WITH SUBSTANCE USE DISORDER AND MENTAL HEALTH DIFFICULTIES

Saturday, April 25, 2020

Brooklyn borough office

335 Adams St, 24th Floor, Room 1

\*\*\*4 Credits – All day enrollment required (\$75)\*\*\*

Adolescents with mental health issues typically experience a complex interplay of cognitive and emotional difficulties. As a result, many of these students experience issues with executive functioning and struggle with developing effective organizational skills, which often leads to substance use disorders. This all-day workshop will describe a model that integrates both clinical knowledge and educational intervention in the form of a collaborative care model. Effective and easy to implement learning strategies will be presented, as well as specific clinical approaches in the context of cognitive behavioral treatment.

**Presenter 10:00 a.m. – 12:00 p.m.:** Evan Flamenbaum, DSW

**Presenter 1:00 – 3:00 p.m.:** Michael Roeske, Psy.D., Newport Academy

## COLLABORATING WITH PARENTS AND FAMILIES

Monday, April 27, 2020 • 4:30 to 6:30 p.m.

Queens borough office

118-35 Queens Blvd., 8th Floor, Room C

Whether it is discussing and planning, exploring options and services, or working with families on whole school activities, participants will learn specific strategies and methods to expand upon their current success working with parents and families.

**Presenter:** Vibrant Emotional Health