

**RPDA**

[www.rpdacademy.org](http://www.rpdacademy.org)

# **Professional Development Series**

**2023/2024**

**Regional Professional Development Academy**

**Office: Memorial Middle School**

**7 Grant Avenue**

**Eatontown, NJ 07724**

**Phone: (862) 227-0352**

**Email: [info@rpdacademy.org](mailto:info@rpdacademy.org)**

## **Regional Professional Development Academy**

### **Program Administrator**

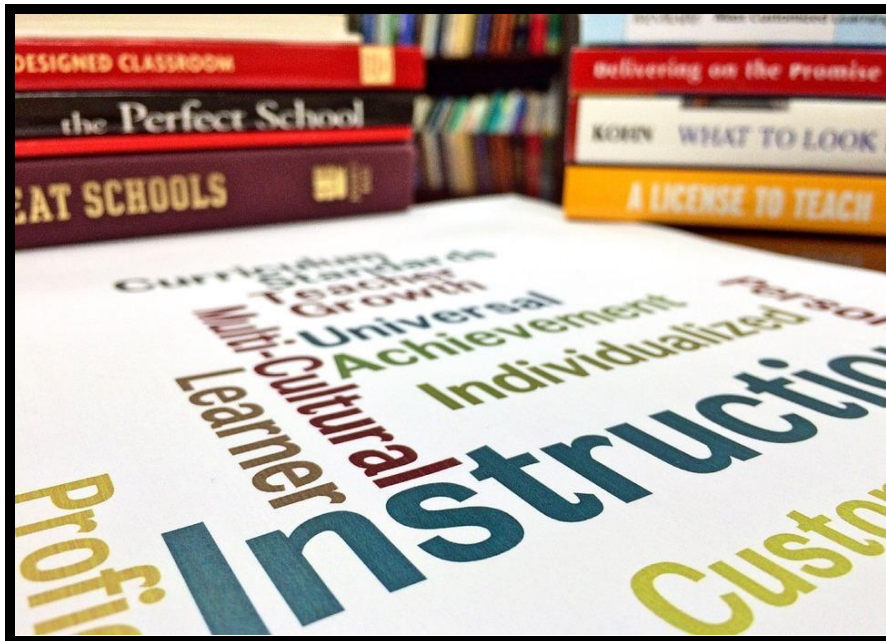
Renee Kotsianas  
reneek@rpdacademy.org  
Work Cell: 732-771-5003

### **Academy Coordinator**

Tammy Conti  
tammyc@rpdacademy.org  
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### **General Information - Contact Us**

[info@rpdacademy.org](mailto:info@rpdacademy.org)  
Office Phone: 862-227-0352





## About Us

The Regional Professional Development Academy (RPDA) was established in 1998 and has grown from the original fourteen-member collaborative to its current membership of **forty-three** school districts and schools. Our focus is on providing high quality seminars promoting best practices professional development for educators and parents. Membership into the academy is open to all public school districts and non-public schools and Schools for the Disabled in Middlesex, Monmouth and Ocean Counties. The academy **welcomes new and returning members** each year in order to engage as many schools and school districts that wish to participate and to provide greater opportunity for professional development services to the member school districts.

The Academy continues to focus its efforts on providing quality workshops which address the needs of children with diverse abilities and has broadened its efforts to include children with needs in the general education program. Based on our Annual Needs Assessment Survey of the collaborative districts, staff identified their specific areas of need for training in addressing: **Behavioral Supports, Best Practices, Content Specific Support, Instructional Technology, Mental Health and Social/Emotional Development.** In order to support the New Jersey Professional Development Standards of improved learning outcomes for students, the following statements represent the Academy's goals and provide impetus for the planned activities:

- To provide collaborative opportunities across district boundaries for effective professional development pertaining to educational programming.
- To improve learning outcomes for non-traditional learners.
- To utilize technology to support learning.
- To increase the number of inclusive opportunities for learners with diverse abilities.



## **Recent Regional Professional Development Academy Members**

### **Middlesex County:**

Carteret  
Old Bridge Township

### **Monmouth County:**

Asbury Park BOE  
Avon  
Brielle  
Colts Neck  
Eatontown  
Farmingdale  
Freehold Borough  
Freehold Township  
Hazlet  
Holmdel Township  
Howell Township  
Keyport  
Little Silver  
Long Branch  
Manalapan/Englishtown  
Marlboro Township  
Matawan Aberdeen  
Middletown Township  
Monmouth Beach  
Neptune City  
Ocean Gate  
Oceanport  
Sea Girt  
Shore Regional High School  
Shrewsbury Borough  
Spring Lake Borough  
Spring Lake Heights  
Tri-District (Atlantic Highlands, Henry  
Hudson & Highlands)  
Union Beach  
Wall Township  
West Long Branch

### **Ocean County:**

Barnegat Township  
  
Bayshore Jointure Commissions (The Shore Center)  
Berkeley Township  
Central Regional  
Jackson Township  
Lacey Township  
Lakehurst  
Little Egg Harbor Township  
Manchester Township  
Pt. Pleasant Beach  
Pt. Pleasant Borough

### **Private Schools:**

CPC High Point Schools  
Ocean Academy  
St. Peter School



### **2023-2024 Steering Committee Members**

The professional development activities organized and sponsored by the Academy are the outgrowth of an Annual Needs Assessment Survey. A Steering Committee composed of Directors of Special Services from some of the member districts provides insight and direction into the planning of our professional seminars. Membership of the Steering Committee is voluntary.

Colin Sabia Director of Special Services Brielle School District	Gigi Petillo Director of Special Education Manalapan/Englishtown
Robert Dunn Supervisor of Pupil Personnel Services Point Pleasant Borough Schools	Dr. Richard Beck Director of Special Services Colts Neck Township
Daniel Gundersen Director of Special Education Barnegat Township School District	Chris Cleffi Director of Educational Services Freehold Township
Dorothea Fernandez Director of Pupil Services Howell Township School District	Roseanne Ansell Supervisor of Special Services Shrewsbury Borough



## REGIONAL PROFESSIONAL DEVELOPMENT ACADEMY



Be sure to visit our website at [www.rpdacademy.org](http://www.rpdacademy.org) often for updates, additional special events and fee for service training information.



## Online Registration for Workshops



To register for a workshop, **you must complete and submit our RPDA online registration form.** Please go to the Regional Professional Development Academy's website at [www.rpdacademy.org](http://www.rpdacademy.org) and click on the "Registrations" tab on the home page.

\*Please note, on the online form we request home/cell and work phone numbers in case of emergency cancellations only. If you have any questions completing the registration form, please email [info@rpdacademy.org](mailto:info@rpdacademy.org)

Once you submit your registration online, your response has been recorded and you are entered into our database. You will receive a copy of your responses to the email address you provided while completing the registration form. PLEASE PRINT THIS OUT. THERE WILL BE NO ADDITIONAL CONFIRMATIONS.

**In the event RPDA needs to reschedule a workshop date due to an unanticipated circumstance, it is important to note that the workshop dates indicated on the “Online Registration Form” are the most recently updated workshop dates.**

**NOTE:** Workshop handouts are typically available on our website approximately 1 week prior to the workshop. Please go to our website: [www.rpdacademy.org](http://www.rpdacademy.org) to access the “Workshops and Training” tab. There, on the drop down menu, you will find “HANDOUTS”. Handouts will be listed by date & workshop title. *\* If you do not see a date listed, please know that the presenter will make handouts available (e.g. via link) at the seminar.*

**2023-2024**

## **Calendar of Strands and Workshops**

### **Behavioral Supports**

<b><u>Date</u></b>	<b><u>Workshop</u></b>	<b><u>Presenter</u></b>
10/17/23	ADHD- What It Is. What It Isn't. Executive Function Strategies to Know and Use	Mary Fowler Positive Difference PD
12/20/23	Been There, Done That...Now What??? Identifying Behavior Supports for Students Not Responding to Traditional Class Management Plans (Grades 6-12)	Michelle Lockwood, Director of Programs NJCIE

### **Best Practices**

<b><u>Date</u></b>	<b><u>Workshop</u></b>	<b><u>Presenter</u></b>
10/12/23	Instructional Strategies to Engage (Grades 6-12)	Jamie Saponaro, InTECHgration Consulting



11/15/23	Questioning Strategies to Promote Engagement (Grades 5-8)	Jamie Saponaro, InTECHgration Consulting
11/17/23	ADMIRE Inclusion	Toby Karten TAMKA Educational Products, LLC
12/19/23	Embrace the Past! Using Past Work to Practice New Skills (Grades 6-12)	Kristine Gibson, LLC
3/27/24	Developing Data Teams	Christie Schutz Vincelli Ed.D   Consultant
3/28/24	Divergent Thinking Strategies to Promote K-6	Meredith Thomas, Magnolia Consulting Group

## **Content Specific Support**

<b><u>Date</u></b>	<b><u>Workshop</u></b>	<b><u>Presenter</u></b>
10/23/23	Orton Gillingham (Structured Language Literacy) Multisensory Reading - (All Grade Levels)	Elizabeth Kenny Foggin, M. S., M. A., LDT-C, OG Dyslexia Therapist/Teacher Trainer/Teacher
11/28/23	Strategies for Building Elaboration in Writing (Grades 3-8)	Kristine Gibson, LLC
12/6/23	Morphology: A Bridge to Enhance Students' Reading Fluency Vocabulary, Comprehension & Spelling Skills	Elizabeth Kenny Foggin M. S., M. A., LDT-C
12/12/23	Understanding Dyslexia, What Does It Look Like, How to Intervene	Christine Delmas Literacy Consultant and Dyslexia Specialist
3/14/24	A Structured Literacy Approach to Teaching Reading	Christine Delmas Literacy Consultant and Dyslexia Specialist
3/20/24	Reading Comprehension Helping Students Extract Meaning from Text (Grades 3-5)	Christine Delmas Literacy Consultant and Dyslexia Specialist
3/29/24	Teaching Students with Mathematics Disabilities (Grade 3-8)	Elizabeth Kenny Foggin M. S., M. A., LDT-C

## **Instructional Technology**

11/16/23	Technology: An Inclusion Educator's Best Friend for Kids Who Need More, Less & Different	Toby Karten TAMKA Educational Products, LLC
3/19/24	AI Education 101: A Crash Course on the Basics & Benefits of Artificial Intelligence in Education	Phillip Hochman MAEd

## **Mental Health**

<b><u>Date</u></b>	<b><u>Workshop</u></b>	<b><u>Presenter</u></b>
10/11/23	Understanding & Managing Students' Mental Health Issues	Michael Selbst Ph.D., BCBA-D
10/13/23	DBT in Schools Balancing Acceptance (Validation Skills) with Change (Emotion Regulation Skills)	Julia Brillante, Psy.D. Center for Cognitive Behavior Therapy
11/14/23	School Refusal - Developing Strategies to Assist Students Return to School (Elementary Students)	Debra G. Salzman, Ph.D.
12/14/23	School Refusal - Developing Strategies to Assist Students Return to School (Secondary Students)	Debra G. Salzman, Ph.D.
3/7/24	"Well in the Classroom" Strategies for Students Diagnosed with Anxiety	Mary Fowler Positive Difference PD
3/15/24	Nonsuicidal self-injury (NSSI) in Preteens & Teens Recognizing, Understanding & Responding (Grades 6-12)	Julia Brillante, Psy.D. Center for Cognitive Behavior Therapy

## **Behavioral Support**

Behavior was identified as one of the topics of greatest need as reflected in our 2023 Needs Assessment Survey. We have a series of 2 workshops that will provide educators with interventions, strategies and equitable research-based interventions to support students of need.



**ADHD: What It Is. What It Isn't.**  
**Executive Function Strategies To Know And Use.**

**Presenter:** Mary Fowler

**Date: October 17, 2023**

**Location:**

Monmouth Mall, Lower Level  
180 Route 35 (Routes 35 & 36)  
Eatontown, NJ 07724  
For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee  
9:00 am - 1:00 pm Seminar presentation  
(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members  
\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

ADHD: What It Is. What It Isn't. Executive Function Strategies To Know And Use.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- The Attention Network: It's Not All ADHD
- ADHD as a Developmental Disorder: To Wait or Not to Wait
- Strategies to Improve Executive Functions & Performance
- Positive Action Plans for Targeted Behavioral Issues

**P.D.U.:** 4.0 hours

***Been There, Done That...Now What???***  
***Identifying Behavior Supports for Students Not Responding to Traditional Class Management Plans***

**Date: December 20, 2023**

**Presenter:** Michelle Lockwood, Vice President, NJCIE

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **General and Special Educators in Grades 6-12**

**Seminar Description:**

***Been There, Done That...Now What???***  
***Identifying Behavior Supports for Students Not Responding to Traditional Class Management Plans***

While many times student misbehavior can be addressed through class-wide measures, such as establishing clear expectations, verbally praising students, and having consistent consequences for misbehavior, not all students respond to these strategies. Approximately 5-10% of students do not respond to traditional disciplinary interventions, leaving teachers at a loss for how to deal with their behavior (Maag, 2012). During this session participants will explore how to identify individualized strategies and supports for students not responding to traditional class behavior management plans. Examples of evidence-based class-wide behavioral support practices will also be shared for participants to evaluate their current classroom management plans. Participants will leave with access to example materials and other resources for developing and implementing behavior strategies with their students

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Assessing the efficacy of their current class-wide, universal behavior management strategies in order to determine if adjustments are needed for all students in the class.
- Identifying preventative strategies and modifications to the environment to address specific triggers for individual students' misbehaviors.
- Exploring examples of replacement skills and strategies to teach students to use to "replace" the problem behaviors.

**P.D.U.:** 4.0 hours

## Best Practices

A series of workshops comprise this strand which will address diverse approaches to a variety of topics and staff needs that were identified in the 2023 Annual Needs Assessment.



# Instructional Strategies to Engage

**Date: October 12, 2023**

**Presenter:** Jamie Saponaro

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **Grades 6-12**

**Seminar Description:**

**Instructional Strategies to Engage**

Lesson structure and timing are everything. When planning a lesson, two questions need to be asked – “Is this the most efficient use of our classroom time?” and “During this lesson, who are those who would actually be engaged?” Time and interaction need to be maximized in order for quality instruction with high engagement to take place. The more “participatory teaching methods” that are embedded into lessons, the more engaged and the more successful students will be. When students are the recipients of “passive teaching methods,” they tend to be disengaged with little accountability and have more downtime and more opportunities to act out.

Engagement is the best form of classroom management and, more importantly, the best way to allow students to take ownership of their learning and be actively involved in the learning process.

Relationship building and attention to SEL is an important part of that engagement. This workshop will focus on the instructional strategies, such as small group instruction, learning centers, workshop model, and conferencing, that foster student engagement and build relationships - and how to successfully implement them by testing them out for yourself!

**Outcome Objective:** Participants will gain knowledge and skills in:

- Explore instructional strategies that support engagement
- Engage with small group instruction as a model for proper implementation in the classroom
- Embed conferencing to build relationships and develop SEL
- Test out these strategies
- Act as the student to take part in engaging activities that can be used in any subject area
- Have the opportunity to reflect on their experiences with others

**P.D.U.:** 4.0 Hours

**NOTE: Bring Your Own Device - A website of all referenced resources will be provided at the workshop.**

# Questioning Strategies for Promoting Engagement

**Date: November 15, 2023**

**Presenter:** Jamie Sapanaro

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **General and Special Educators in Grades 5-12**

**Seminar Description:**

**Questioning Strategies for Promoting Engagement**

It's about engagement and providing scenarios for students to be engaged in the process of learning. Simply firing questions of all varieties is not the answer, but instead embedding questions that promote higher-order thinking in a framework of a student-centered environment of discourse is what elevates students. Students need to be using 21st-century skills of communication, collaboration, creativity, and critical thinking to prepare them for our global society.

Structuring quality questions, layering them with other questions that are varied in level and depth, and then alternating them with opportunities for students to think and talk is the combination for successful questioning implementation.

**Outcome Objective:** Participants will gain knowledge and skills in:

- Benefits and purpose of questioning
- Levels of questions and how questions could be constructed
- Forms of questioning
- Instructional strategies, such as small group instruction, to support effective implementation of questioning
- Using questioning across the curriculum
- Questioning for assessment

**P.D.U.:** 4.0 Hours

❖ **Bring Your Own Device - A website of all referenced resources will be provided at the workshop.**



# ADMIRE Inclusion

**Date: November 17, 2023**

**Presenter:** Toby J. Karten

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **Grades 5-12 General and Special Educators**

**Seminar Description:**

**ADMIRE Inclusion**

**INCLUSION** in theory, goes hand in hand with preparation for life. Mastery of the prerequisite academic skills for successful postsecondary outcomes is an agenda that general and special educators want for ALL students. Learn how Grades 5-12 general and special educators *ADMIRE Inclusion* and the possibilities it offers to catapult successes.

**ADMIRE Inclusion to:**

- o **Assess** and activate prior knowledge-yours & theirs
- o **Decide** and delineate learning targets, baseline levels, norms, and organization
- o **Model** and monitor activities, efforts, and progress
- o **Instruct** and involve differentiation and collaborative supports
- o **Reflect** and revise pacing, engagements, and processes
- o **Engage** and enrich opportunities for advancement

**Outcome Objectives:** Participants will gain knowledge and skills in:

- How inclusion connects to MS & HS classroom realities and life
- Ways to establish learner profiles to ADMIRE student strengths and preferences
- Appropriate instructional and assessment interventions, differentiation, and adaptations that increase engagement, working memories, and smiles ☺
- Ways to ADMIRE behavioral, organizational, and study skills to develop self-regulated learners
- Literacy and math strategies, resources, and tools to advance competencies
- How to collaborate with students, staff, and families to *ADMIRE Inclusion*

**P.D.U.:** 4.0 hours

**NOTE:** **Devices are invited.**

# Embrace the Past! Using Past Work to Practice New Skills

**Date: December 19, 2023**

**Presenter:** Kristine Gibson

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **Grades 6-12**

**Seminar Description:**

Embrace the Past! Using Past Work to Practice New Skills

We've all seen more than our fair share of student writing—the good, the bad, and the ugly. We've seen narratives with clever openings, math responses with clearly labeled diagrams, and opinion pieces with well-elaborated reasons. We've also seen research reports with plagiarized facts, short stories with misused quotation marks, and plenty of pieces where every sentence starts with I (bonus points if the I is actually capitalized!) Why not use some of these pieces—including the flawed ones—to improve students' writing skills? Past student writing samples are a high-impact resource that can be used to model well-executed strategies, help students identify and correct common errors, and build revising and editing skills.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Identifying writing samples that target key writing and thinking skills;
- Using collected student writing samples as an instructional tool to model new skills and to troubleshoot problem areas;
- Building a bank of student writing samples to share during instruction and developing a system for saving and labeling past papers for future use;
- Establishing student-maintained portfolios to store written work for future revision and practice.

**P.D.U.:** 4.0 hours

## Developing Data Teams

**Date: March 27, 2024**

**Presenter:** Christie Schutz Vincelli, Ed.D

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

**Developing Data Teams**

In order to design a Tiered NJTSS/MTSS model and provide students with individualized support, a district must have established data teams at the district and building levels. To facilitate data teams, districts must have an assessment plan, an assessment calendar and use appropriate data to make data based decisions to design tiered intervention plans. This workshop will focus on the fundamentals of a data team, determining what assessments best meet the districts needs, designing an assessment calendar as well as learning how to use data to develop intervention plans.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Defining the essential components of a data team
- Understanding how to use data to identify needs at the individual, grade and building level
- Identifying the areas of need by tier
- Identifying the vision, purpose and members of the data team

**P.D.U.: 4.0 hours**

## **"Cultivating Divergent Thinking: Strategies to Promote Creativity in K-6 Learners"**

**Date: March 28, 2024**

**Presenter: Meredith Thomas**

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724 For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation (Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **Preschool/K, Lower Elementary Grades**

**Seminar Description:**

**"Cultivating Divergent Thinking: Strategies to Promote Creativity in K-6 Learners"**

Divergent thinking, a key aspect of creativity and innovation, is essential for developing young minds. It fosters problem-solving skills, adaptability, and resilience, which are all crucial for the 21st-century learner. This workshop aims to equip educators with effective strategies to promote divergent thinking in K-6 students. We will discuss classroom practices that encourage curiosity, exploration, and creative problem-solving. Participants will learn how to design lessons and activities that encourage students to generate multiple solutions, think outside the box, and view problems from various perspectives. The workshop will provide practical examples and hands-on activities that teachers can easily implement in their classrooms to foster an environment that nurtures creativity and divergent thinking. Attendees will leave with a toolkit of strategies, activities, and resources for promoting divergent thinking in their classrooms.

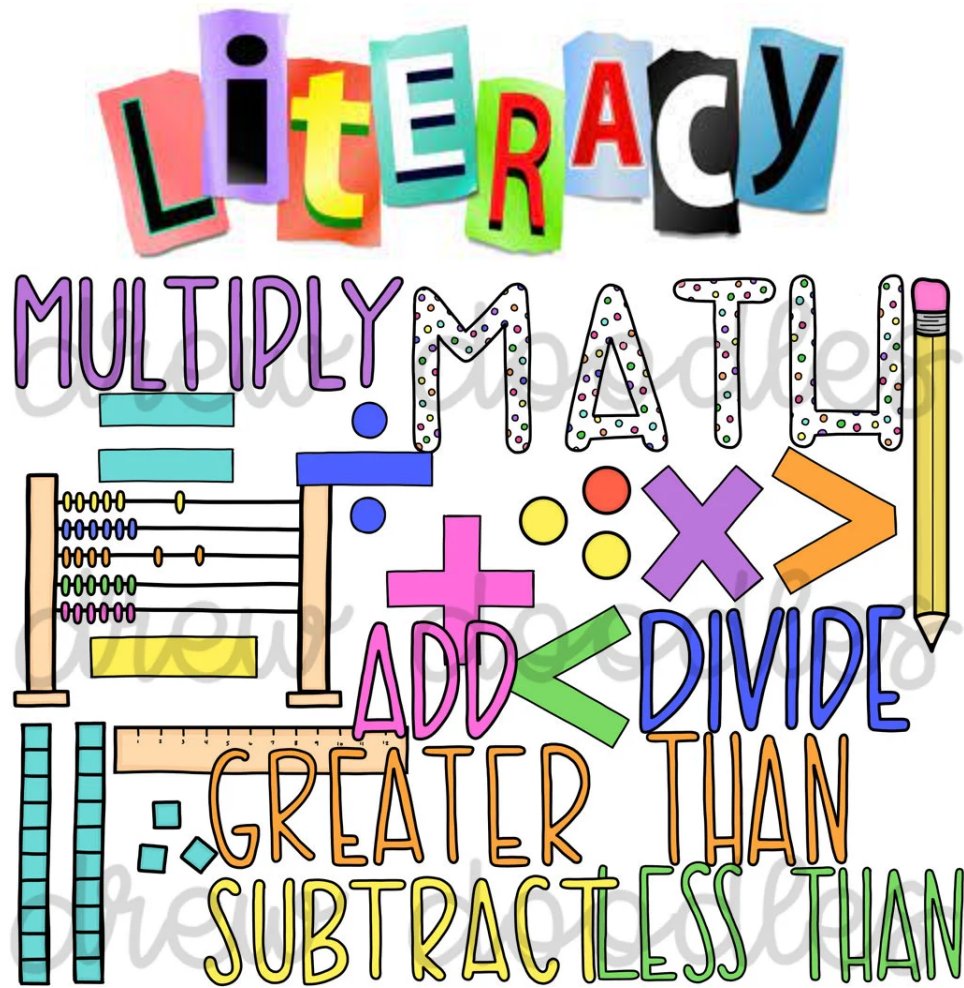
**Outcome Objectives:** Participants will gain knowledge and skills in:

- Understand the concept and importance of divergent thinking in the K-6 educational setting.
- Recognize the role of divergent thinking in fostering problem-solving skills, adaptability, and resilience in young learners.
- Implement a variety of strategies in their classrooms to promote curiosity, exploration, and creative problem-solving.
- Design lesson plans and activities that stimulate divergent thinking, encouraging students to generate multiple solutions and view problems from various perspectives.
- Incorporate hands-on activities that foster an environment conducive to creativity and divergent thinking.
- Utilize the toolkit of strategies, activities, and resources provided to facilitate the growth of divergent thinking in their classrooms.
- Evaluate and assess the effectiveness of divergent thinking activities and strategies in their classrooms.
- Foster a classroom environment that values and nurtures creativity and divergent thinking, encouraging students to think outside the box.

**P.D.U.:** 4.0 Hours

## Content Specific Support

The staff continues to identify the need for workshops focusing on content specific support: Literacy, Writing and Mathematics. This year we have a robust series of seven workshops addressing the aforementioned academic areas.



# Orton Gillingham (Structured Language Literacy) Multisensory Reading

**Date: October 23, 2023**

**Presenter:** Elizabeth Kenny-Foggin  
M. S., M. A., LDT-C,  
OG Dyslexia Therapist/Teacher Trainer/Teacher (IMSLEC)  
SLDS (CERI), Dyslexia Specialist (FDU)  
Educational Consultant  
ekennyfoggin@gmail.com 732-768-8089

**Location:**

Monmouth Mall, Lower Level  
180 Route 35 (Routes 35 & 36)  
Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee  
9:00 am - 1:00 pm Seminar presentation  
(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members  
\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** Introductory Level- All Grades

**Seminar Description:**

**Orton Gillingham (Structured Language Literacy) Multisensory Reading**

This session will provide information on the principles of Orton Gillingham (Structured Language Literacy [SLL]) approach; the Science of Reading and its components (phonetic awareness, phonics, fluency, vocabulary, and comprehension); discuss the eight senses required for students to learn; and the importance of a multisensory, direct and explicit approach to support SLL; and the brain constructs required to support reading and writing. Additional information on Dyslexia and other language-based disorders will be highlighted, along with hands-on activities to support reading and writing skills development.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- The Orton Gillingham principles and methodologies of Structured Language Literacy that support reading and writing development;
- Identifying the five components of the Science of Reading, and a discussion of each component (phonemic awareness; phonics, fluency, vocabulary, and comprehension) • The connections between teaching the eight senses, reading, writing, and brain constructs;
- Provide information related to Dyslexia and other language-based disorders, and its impact on students at-risk learning to read and write;
- The use of a multisensory, direct, explicit approach to support student development in the reading and writing; and
- Effective strategies and activities to support structured language literacy instruction to promote an increase in academic improvement and achievement.

**P.D.U.:** 4.0 hours

# Strategies for Building Elaboration in Writing

**Date: November 28, 2023**

**Presenter:** Kristine Gibson

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **Grades 3-8**

**Seminar Description:**

Strategies for Building Elaboration in Writing

How to push students to write detailed, well-elaborated essays and responses? The key is taking one step at a time, starting at the sentence level, and breaking seemingly daunting writing tasks into smaller, manageable chunks. In this workshop, you will learn how to plan, teach, and assess writing assignments that significantly impact student achievement, build writing skills, and are easily modified to meet individual classroom and subject-area curricula.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Using clear, focused criteria to guide students in writing correctly structured and well-elaborated sentences and to hold them accountable for the rules of sentence writing;
- Embedding sentence expansion activities across the curriculum for maximum impact and learning;
- Breaking longer writing assignments into smaller, manageable parts and building complex, multi-paragraph responses one paragraph or section at a time;
- Incorporating and teaching students how to use well-chosen graphic organizers during the writing process to organize ideas and build elaboration;
- Strengthening students' revising and editing skills and improving student accountability for applying key writing skills.

**P.D.U.:** 4.0 hours

# **Morphology: A Bridge to Enhance Students' Reading Fluency, Vocabulary, Comprehension & Spelling Skills**

**Date: December 6, 2023**

**Presenter:** Elizabeth Kenny-Foggin  
M. S., M. A., LDT-C,  
OG Dyslexia Therapist/Teacher Trainer/Teacher (IMSLEC)  
SLDS (CERI), Dyslexia Specialist (FDU)  
Educational Consultant  
ekennyfoggin@gmail.com 732-768-8089

**Location:**

Monmouth Mall, Lower Level  
180 Route 35 (Routes 35 & 36)  
Eatontown, NJ 07724 For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee  
9:00 am - 1:00 pm Seminar presentation  
(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members  
\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **Grades 6 – Grade 9, CST Members, Related Service Members, Administrators**

**Seminar Description:**

This seminar will address morphology, which is the study of the smallest meaningful units of language. The presentation is designed for educators, child study team members, related services members, and administrators working with typically achieving students; English Language Learners; and struggling readers. Participants will increase their knowledge of reading by concentrating on a morphological approach. Participants will engage in hands-on activities that can be easily implemented in a classroom setting to support students' abilities to decode multisyllabic words; support reading fluency development; expand students' vocabulary and comprehension; and improve spelling. Teaching methods, including a multisensory, direct, explicit approach to support students' reading and spelling skills development will be discussed during the seminar.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Morphology, and its importance in supporting student development of reading and spelling skills;
- The connection between morphology and the Science of Reading, and the eight senses;
- Effective morphological strategies to support morphological awareness, decoding, fluency, vocabulary, and comprehension to increase student academic knowledge/abilities;
- Deciphering between Anglo-Saxon, Latin, and Greek layers of the language to support and develop reading and spelling abilities;
- "Easy to design" word study lesson that focus on prefixes, suffixes, Latin roots and Greek combining forms; and
- Hands-on activities to promote student academic success using a morphological approach

**P.D.U.:** 4.0 Hours



# Understanding Dyslexia: What it is, What Does it Look Like, How do we Intervene?

**Date: December 12, 2023**

**Presenter:** Christine Delmas

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

Understanding Dyslexia: What it is, What Does it Look Like, How do we Intervene?

Dyslexia literally means “difficulty with words” but there are many misconceptions about what dyslexia is and what it looks like. Participants will learn about the underlying cognitive processes where deficits may occur in students with dyslexia. They will also examine profiles of various students with dyslexia in order to understand that dyslexia exists on a continuum and may present differently in different students. Participants will engage in eye opening simulations to gain a deeper understanding of some aspects of the struggles that students with dyslexia face on a daily basis. They will be given time to reflect on their experience and components of effective interventions will be discussed. *Note: This would fulfill the state requirements for Dyslexia training.*

**Outcome Objectives:** Participants will be able to:

- Define dyslexia
- Identify characteristics of students with dyslexia at different ages and grades
- Pinpoint appropriate accommodations that meet the needs of their students with dyslexia
- Identify the components of effective instruction for students with dyslexia

**P.D.U.:** 4.0 hours

# ***A Structured Literacy Approach to Teaching Reading***

**Date: March 14, 2024**

**Presenter:** Christine Delmas

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

*A Structured Literacy Approach to Teaching Reading*

Structured Literacy is a comprehensive approach to literacy instruction that is characterized by explicit, sequential, systematic and diagnostic instruction. Research shows it is effective for all children and essential for students who have difficulty learning to read. Structured Literacy addresses the five essential components of reading instruction including phonemic awareness, phonics, fluency, vocabulary, and comprehension. Participants will learn strategies they can immediately implement to address all five pillars of reading.

**Outcome Objectives:** Participants will be able to:

- Define Structured Literacy
- Identify characteristics of a Structured Literacy approach
- Implement structured literacy strategies for instruction in phonemic awareness, phonics, fluency, vocabulary, and reading comprehension

**P.D.U.:** 4.0 Hours

# ***Reading Comprehension: Helping Students Extract Meaning from Text***

**Date: March 20, 2024**

**Presenter:** Christine Delmas

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **Grades 3-5**

**Seminar Description:**

Reading Comprehension: Helping Students Extract Meaning from Text

The ultimate goal of reading comprehension is for the reader to extract meaning from the text. For skilled readers, comprehension comes naturally and may falsely seem effortless. In contrast, a whole range of cognitive and linguistic operations are occurring simultaneously and automatically, from identifying individual words to making inferences based on clues from the text. Teachers of reading need to be aware of the multiple components that contribute to skilled reading and understand the facets of language comprehension in order to adequately prepare their students to respond to comprehension tasks. In this seminar, teachers of reading will learn the strands that comprise the language comprehension portion of the Reading Rope including background knowledge, vocabulary, language structures, verbal reasoning, and literacy knowledge and learn instructional approaches that focus on developing these necessary language and cognitive processes.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- An understanding of the components that lead to the acquisition of proficient reading based on current theoretical models
- Knowledge of the individual strands of language comprehension that lead to proficient reading in order to identify any component that may be the cause of comprehension disruption
- Instructional strategies designed to increase background knowledge, vocabulary, understanding of language structures, verbal reasoning, and literacy concepts in order to promote comprehension proficiency.

**P.D.U.:** 4.0 Hours

# Teaching Students with Mathematics Disabilities

**Date: March 29, 2024**

**Presenter:** Elizabeth Kenny-Foggin M. S., M. A., LDT-C,

**Location:**

Monmouth Mall, Lower Level 180 Route 35 (Routes 35 & 36) Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation (Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** **Grades 3-8**

**Seminar Description:**

Teaching Students with Mathematics Disabilities

This session will provide information on Math Disabilities (Dyscalculia). Participants will gain knowledge related to Dyscalculia; participate in a discussion on the importance of using a multisensory approach to teach math concepts; identify neurodevelopmental constructs that support student math development; the impact of reading in the area of math; and engage in a sampling of activities that can be used with students.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Understanding the importance of engaging students in a multisensory approach;
- Understand the importance of connecting math, reading, and cognitive development;
- Understand the need to support struggling readers in math classes;
- Identify effective strategies and activities to support math instruction at the elementary level to support student academic improvement and achievement.

**P.D.U.:** 4.0 hours

## **Instructional Technology**

Our knowledge of instructional technology to support and enhance students' learning has developed over the years, workshops addressing meaningful digital learning have also changed to support personalized learning needs and strategies which support formative assessment.. This year we are offering three workshops, which focus on these activities and resources.



# ***Technology: An Inclusion Educator's Best Friend for the Kids Who Need More, Less, & Different (GE & SE K-12 teachers-All levels)***

**Date: November 16, 2023**

**Presenter:** Toby J. Karten

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience: General and Special Educators**

**Seminar Description:**

Technology: An Inclusion Educator's Best Friend for the Kids Who Need More, Less, & Different

Turn technology into your ally in your inclusion classroom and use it to plan, instruct, assess, collaborate, and nurture the potential of your students and staff. You'll explore an array of tools, including both low-tech, and high-tech ones. You'll learn how to use technology to set up lessons that allow students to think, create, connect, collaborate, remember, and apply what is heard, read, seen and done. You'll see how tech tools can increase your students' academic, social, emotional, behavioral, communication, and executive function skills. And, you'll find out how to be a more efficient teacher by using technology to organize, research, and document what you and they know.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Explore how to effectively use technology to differentiate and advance student skill sets
- Effectively apply the appropriate technology platforms that align with each student's specially designed instruction (SDI) in their individualized educational programs (IEPs)
- Value collaborative, high-tech, individualized (IEP driven), low-tech and data driven technology applications for staff and learners
- Compile technology strategies and resources

**P.D.U.:** 4.0 hours

❖ **Devices are invited.**

# AI Education 101: A Crash Course on the Basics and Benefits of Artificial Intelligence in Education

**Date: March 19, 2024**

**Presenter:** Phillip Hochman MAEd

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724 For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation (Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

AI Education 101: A Crash Course on the Basics and Benefits of Artificial Intelligence in Education

Are you curious about what AI is and how it can enhance your teaching and learning? Do you want to learn the basic concepts and skills of AI and how to apply them in your classroom? If yes, then this training seminar is for you!

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Learn what AI is, how it works, and why it matters now in education
- Explore the different types of AI and their applications in various domains and disciplines
- Discover the ethical, social, and legal implications of AI and how to address them in your teaching
- Experience hands-on activities and tools that will help you integrate AI into your curriculum and pedagogy
- Connect with other educators who are interested in AI and share your ideas and experiences

By the end of this session, you will have a better understanding of AI and its potential for education. You will also gain some practical tips and resources that will help you implement AI in your teaching and learning.

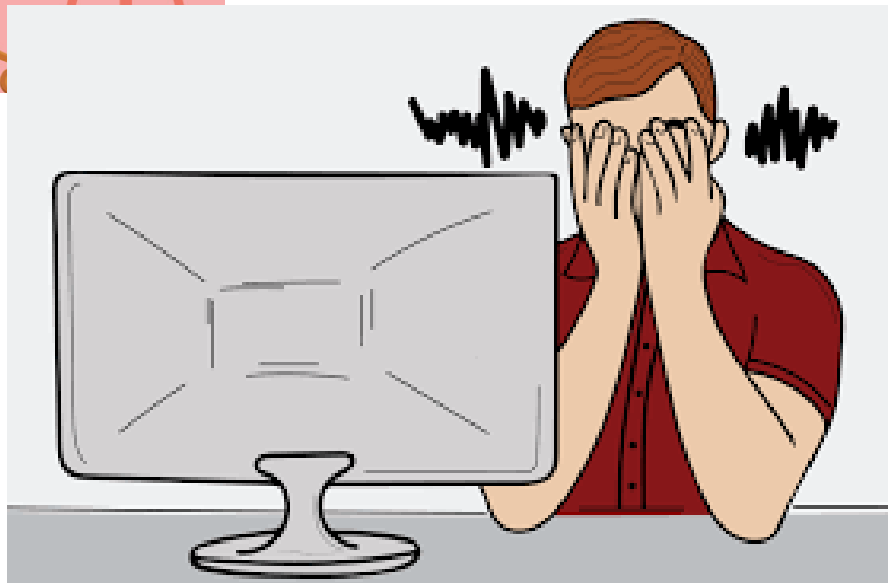
Don't miss this opportunity to learn about AI and join the AI education community!

**P.D.U.:** 4.0 hours

**NOTE:** Laptop & Google account

## Mental Health

Knowledgeable practitioners will be presenting workshops this year addressing mental health issues which students face in our schools today, especially during these challenging times. Presentations will provide strategies regarding effective prevention, intervention and resiliency.





# Understanding and Managing Students' Mental Health Issues

**Date: October 11, 2023**

**Presenter:** Michael C. Selbst, Ph.D., BCBA-D

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

**Understanding and Managing Students' Mental Health Issues**

Today's times present unique challenges for students, including navigating social relationships, peer pressure, school demands, greater independence, exposure to alcohol and drugs, family stressors, contemplating their future career, physical changes, etc. One's emotional well-being is dependent upon their ability to manage through these challenges. However, childhood through adolescence is also the time when many individuals experience the onset of mental health issues, including depression and anxiety. It is important for educators, parents, and students to understand the continuum of symptoms which may signal mental illness compared to typical developmental stressors. This workshop will highlight the differences and will provide concrete strategies to help participants provide support to students proactively and when intervention is necessary. Participants will also engage in small-group discussions and activities to strengthen their skills in empathy and compassionate care.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Stating the differences in symptoms among students experiencing typical developmental stressors versus those experiencing mental illness.
- Identifying concrete strategies to provide support to students proactively and when intervention is necessary to manage the onset of mental health issues.
- Describing concrete strategies to educate and support families when a student presents with mental health issues.

**P.D.U.: 4.0 hours**

# **DBT in Schools: Balancing Acceptance (Validation skills) with Change (Emotion regulation skills)**

**Presenter:** Julia Brillante, Psy.D.

**Date: October 13, 2023**

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724 For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation (Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

DBT in Schools: Balancing Acceptance (Validation skills) with Change (Emotion regulation skills)

Dialectical Behavior Therapy (DBT) is a comprehensive treatment for helping individuals with significant difficulty managing their emotions and behavior. DBT skills can be used and taught within the school setting to help middle and high school students better cope with emotionally-charged situations and feel more understood.

This workshop focuses on an in-depth teaching of validation, a critical skill in DBT, which entails communicating that someone's thoughts, feelings, or actions make sense, are true, or are understandable given the circumstances. It is a powerful tool to help de-escalate conflicts, reduce the intensity of emotions, improve relationships, and help teens feel more understood. Validation helps us better understand students' concerns and is an important step to help students be more open to problem-solving or change strategies. School-based staff will be provided with an overview of DBT, in-depth learning and practice of validation skills, followed by teaching specific emotion regulation (change) skills to reduce or change intense emotions-- including checking the facts (based on cognitive restructuring) and opposite action (exposure-based strategy). The intended audience for this workshop includes school-based staff, including teachers, counselors, paraprofessionals, child study team members, other support staff, and administrators.

**Outcome Objectives:** Participants will be able to:

- Gain knowledge of Dialectical Behavior Therapy (DBT) for teens and how it helps
- Understand what validation is and steps for how to do it
- Learn the levels of validation and practice how to use with students
- Understand how validation is important for change and how it can lead to problem-solving
- Learn how to use/teach emotion regulation (change) skills- including check the facts and opposite action

**Participants will gain knowledge and skills in:**

- Dialectical Behavior therapy for adolescents
- Emotion Regulation skills to change emotions
- Validation skills to de-escalate conflict, build understanding, and help lead to problem-solving

**P.D.U.:** 4.0 hours

**NOTE: Participants will be expected to engage in interactively practicing DBT skills during workshop.**

# School Refusal: Developing Strategies to Assist Students Return to School

**Date: November 14, 2023**

**Presenter:** Debra G. Salzman, Ph.D.

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30am Registration and Coffee

9:00am-1:00pm Seminar presentation (Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience: Elementary Educators, CST teams**

This workshop is appropriate for staff working with students in Elementary school.

**Seminar Description:**

**School Refusal Elementary: Developing Strategies to Assist Students Return to School**

Students with significant anxiety may refuse to attend school. Schools and families struggle to find the best ways to help these students return to school. As absences increase, it becomes particularly challenging to motivate the student to attend school. This workshop will identify the various anxiety and mood disorders that may lead to school refusal and the best strategies to help a student re-enter the school. The workshop will identify best strategies for coordinating care between schools, parents, families and treatment providers to lead to the most success.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Identifying anxiety and mood disorders that are common among school refusal
- Learning strategies to help treat the anxiety and mood disorders that lead to school refusal
- Developing a reentry plan
- Strategies to educate the student while helping the student return to school
- Coordinating care among school staff, parents, families and treatment providers working with the student

**P.D.U.:** 4.0 hours

# School Refusal: Developing Strategies to Assist Students Return to School

**Date: December 14, 2023**

**Presenter:** Debra G. Salzman, Ph.D.

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30am Registration and Coffee

9:00am-1:00pm Seminar presentation (Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** This workshop is appropriate for staff working with students in all **grades 6-12**

**Seminar Description:**

**School Refusal Secondary: Developing Strategies to Assist Students Return to School**

Students with significant anxiety may refuse to attend school. Schools and families struggle to find the best ways to help these students return to school. As absences increase, it becomes particularly challenging to motivate the student to attend school. This workshop will identify the various anxiety and mood disorders that may lead to school refusal and the best strategies to help a student re-enter the school. The workshop will identify best strategies for coordinating care between schools, parents, families and treatment providers to lead to the most success.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- Identifying anxiety and mood disorders that are common among school refusal
- Learning strategies to help treat the anxiety and mood disorders that lead to school refusal
- Developing a reentry plan
- Strategies to educate the student while helping the student return to school
- Coordinating care among school staff, parents, families and treatment providers working with the student

**P.D.U.:** 4.0 hours

# **“Well in the Classroom” Strategies for Students Diagnosed with Anxiety**

**Date:** March 7, 2024

**Presenter:** Mary Fowler

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

“Well in the Classroom” Strategies for Students Diagnosed with Anxiety

With the release of the CDC Youth Risk Behavior Survey, the national spotlight has turned on and highlighted the mental health crises in our schools, one that has been building for at least a decade. Students diagnosed with anxiety can’t wait until later when anxiety rises. They need “manage in the moment” strategies.

While classroom teachers are not mental health professionals, they are increasingly the frontline for supporting well-being and helping students cope and manage by using classroom practices and simple techniques known to reduce stress and manage anxiety. This workshop provides both the rationale for a strategy and the step-by-step guidance to apply the strategy.

**Outcome Objectives:** Participants will gain knowledge and skills in:

- The physical, mental, and emotional impact of anxiety
- Anchoring, grounding, soothing, and savoring strategies
- Cognitive-behavioral strategies for identifying triggers and managing reactions
- Strategies that empower students to build personal resources and capacities

**P.D.U.:** 4.0 hours

# **Nonsuicidal self-injury (NSSI) in Preteens and Teens: Recognizing, Understanding, and Responding**

**Presenter:** Julia Brillante, Psy.D.

**Date: March 15, 2024**

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724 For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation (Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

Nonsuicidal self-injury (NSSI) in Preteens and Teens: Recognizing, Understanding, and Responding

Nonsuicidal self-injury (NSSI), though distinct from suicidal behavior in that it is purposeful self-harm without any intent to die, is a strong risk factor for suicide attempts. Self-harm in teenagers can elicit fear in families and school staff given the concerning nature of these difficulties. At the same time, helping the adults in teenagers' lives to understand the implications of these behaviors, how to respond to these behaviors in a non-therapy setting, and how to connect teens to proper care can make a difference in their lives.

This workshop aims to provide participants with an overview of NSSI, including what it is, warning signs, why teens engage in it, the differences between NSSI and suicidal thoughts/behavior, how to respond to this behavior in a non-therapy setting and connect teens to treatment, and select Dialectical Behavior Therapy (DBT) skills which can help in responding to teens. Although the focus of this workshop is on NSSI, this workshop also aims to help participants recognize the differences between NSSI and suicidal ideation/behavior, ways to assess for suicidal severity, questions which can help assess for suicidal versus non suicidal intent, and ways to respond to teens expressing suicidal thoughts in a non-therapy setting. The intended audience for this workshop includes school-based staff, including teachers, counselors, and administrators.

**Outcome Objectives:** Participants will be able to:

- Define NSSI, suicidal ideation/behavior, and the differences between them.
- Identify reasons teens engage in NSSI.
- Recognize warning signs/characteristics of teens who engage in NSSI.
- Learn how to help/respond to NSSI in a non-therapy setting.
- Tool to assess for suicidal severity
- Learn how to help/respond to teens expressing suicidal thoughts in a non-therapy setting.

**Participants will gain knowledge and skills in:**

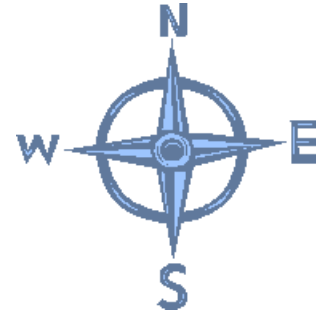
- Understanding NSSI and suicidal thoughts/behavior
- How to respond in school setting
- Select DBT distress tolerance skills

**P.D.U.:** 4. 0 hours

**NOTE: Participants will be expected to engage in interactively practicing DBT skills during workshop.**

## **Directions**

### **FOR IN-PERSON WORKSHOPS**



**Monmouth Mall, Lower Level**  
**180 NJ Route 35**  
**Eatontown, NJ 07724**

#### **From Northern New Jersey:**

Take Garden State Parkway South to Exit 105 (Long Branch/Eatontown, Route 36). Follow 36 East and turn right at Wyckoff Road (which will be the third light). \*\*Enter Monmouth Mall on the left. Make a right on the mall loop towards the movie theater. Make a left and park near the lamp post #21. The entrance door is #3. Enter at the Management Office sign and go downstairs. Workshop is located in the room right at the bottom of the stairs.

(Elevator is on the right behind the staircase, if needed.)

#### **From Southern New Jersey:**

Take Garden State Parkway North to Exit 105 (Long Branch/Eatontown, Route 36). Turn right on Wyckoff Road and follow the directions above. \*\*

#### **From Western New Jersey:**

Take Route 18 South to Exit 13B to Route 36 East. Turn right on Wyckoff Road and follow directions above. \*\*