

**What & When:**  
MHA's Working with Youth CEU Seminars  
Thursday, July 16, 2009

**Where:**  
University System of Maryland  
Universities at Shady Grove, Building II  
9630 Gudelsky Drive, Rockville, Maryland 20850-3480

**How:**

**Directions from the North via I-270:**  
Take Shady Grove Road West, Exit 8. Turn right onto Shady Grove Road and continue 1.5 miles; cross the intersection of Darnestown Road and turn right onto Gudelsky Way. Turn left onto Gudelsky Drive and continue to the Universities at Shady Grove.

**Directions from the South via I-270:**  
Take Shady Grove Road West, Exit 8. Turn left onto Shady Grove Road and continue 1.5 miles; cross the intersection of Darnestown Road and turn right onto Gudelsky Way. Turn left onto Gudelsky Drive and continue to the Universities at Shady Grove.

About Mental Health Association (MHA) promotes mental wellness and supports those with mental illness by sponsoring and implementing advocacy, education and community service programs. A private, nonprofit, United Way (#8151) agency, MHA has served Montgomery County for over 50 years. MHA currently manages 11 major direct service programs for children, teens, families, senior adults and individuals with long-term mental illness. Over 1,000 volunteers implement programs under the direction of MHA professional staff. To help further the philosophy that mental health is as important as physical health, MHA offers affordable, valuable and timely seminars on a variety of topics to all segments of the community.

**Session I • 8:00 am – 11:30 am**  
**Looking into the Overlooked: Anxiety in Children and Adolescents**

**Session II • 12:00 pm – 4:00 pm**  
**Suicide & the Addicted Brain in Adolescents**



Heather Higgins, LCSW-C



Kenneth E. Towbin, M.D.



Erin Martin, Ph.D.



Presented by

# MHA's Working with Youth CEU Seminars



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Partners in Community Education

Event Patron

Event Greeter



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Mental Health Association  
 Your Leading Mental Health Resource  
 1000 Twinbrook Parkway  
 Rockville, MD 20851  
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# MHA's Working with Youth CEU Seminars

Thursday, July 16, 2009

University System of Maryland  
Universities at Shady Grove, Building II

## Session I • 8:00 am – 11:30 am

### Looking into the Overlooked: Anxiety in Children and Adolescents

This seminar will educate attendees on the biological and genetic underpinnings of anxiety and on medication treatments for excessive anxiety in children and adolescents. The seminar will also include information on early behavioral markers and interventions which focus on excessive anxiety in children and adolescents. Participants will learn about current research being done at NIH and in general.

Participants attending this seminar will gain:

- Increased KNOWLEDGE about the neuroanatomical and neurophysiological features of anxiety: how genes & endowment contribute to anxiety;
- Increased UNDERSTANDING of the adult outcomes of untreated childhood-onset anxiety disorders;
- Improved AWARENESS of what medication can be helpful for treatment of anxiety disorders;
- Expanded COMPREHENSION of the components of Cognitive Behavioral Therapy and their use in interventions for childhood anxiety disorders.

## Session II • 12:00 pm – 4:00 pm

### Suicide & the Addicted Brain in Adolescents

In this seminar participants will learn why teens and adolescents are more sensitive and more vulnerable to the effects of alcohol, nicotine, and drugs than are adults. This seminar will provide concrete methods on both prevention and intervention after use. In addition, the process of addiction in the brain is examined with implications for changing addictive behaviors in teens and adolescents and how it can lead to suicidal behaviors.

Participants attending this seminar will gain:

- Increased KNOWLEDGE about data regarding the incidence of teenage addiction and the facts of addiction and suicide versus the common myths;
- Expanded AWARENESS of the prominent risk factors for these addictions and the primary warning signals;
- Improved UNDERSTANDING of the components of an effective prevention program as demonstrated in the research on teens and addiction;
- Enhanced FAMILIARITY with interventions used to help adolescents and teens when they become vulnerable to drug and alcohol addiction.

## Agenda

8:00 am – 8:30 am	Registration and Continental Breakfast
8:30 am – 11:30 am	Session I
11:30 am – 12:00 pm	Break <i>(bring lunch or purchase on campus)</i>
12:00 pm – 12:30 pm	Registration and Light Refreshments
12:30 pm – 4:00 pm	Session II

## Who Should Attend?

Mental health professionals such as psychologists (and school psychologists), social workers, counselors, marriage and family therapists, public and private clinicians, psychiatric nurses, psychiatrists, hospital personnel and other providers of mental health and social services.

## Continuing Education Units: 3.0 for session I and 3.5 for session II (6.5 available for the full-day)

- MHA will provide continuing education certificates to those in attendance for the entirety of each session (3.0 for Session I and 3.5 for Session II), after which they may collect their certificates. MHA will NOT issue or reissue certificates for individuals after the event closes.
- MHA is approved to provide continuing education by:
  - Board of Social Work Examiners of the State of Maryland
  - National Board for Certified Counselors (Provider #5796)
  - Board of Examiners of Psychologists of the State of Maryland
- Based on approval by the above licensing boards, continuing education credits provided by Mental Health Association will be accepted by the licensing boards of the District of Columbia and Virginia for social workers and psychologists.

## Session I Speakers



**Erin Martin, Ph.D.**, completed her graduate training at the Chicago Medical School in 2006. Subsequently she completed her postdoctoral fellowship training with the Child and Adolescent Anxiety Disorders Clinic with Philip Kendall at Temple University. Dr. Martin has had extensive clinical training in the area of anxiety disorder and cognitive behavioral interventions for the range of anxiety disorders, specifically in children and adolescents. She is currently working at the National Institute of Mental Health.



**Kenneth E. Towbin, M.D.**, is Chief of Clinical Child and Adolescent Psychiatry in Mood and Anxiety Disorders Program the Intramural Research Program at NIMH. Dr. Towbin has extensive and diverse experience in child and adolescent psychiatry. Dr. Towbin has authored extensively on the diagnosis and treatment of Tourette's Syndrome, Obsessive-Compulsive Disorder, and Autism Spectrum disorders. His current research interests include phenomenology and treatment of childhood Bipolar Disorder, Severe Mood Dysregulation in children and adolescence, Childhood Anxiety Disorders, and Autism Spectrum Disorders. Dr. Towbin is a Diplomate of the American Board of Psychiatry and Neurology, in both General Psychiatry and in Child and Adolescent Psychiatry. Dr. Towbin is also Clinical Professor of Psychiatry and Behavioral Science at the George Washington University School of Medicine.

## Session II Speaker



**Heather Higgins, LCSW-C**, joined The Children's Guild in 2004 and is the Director of The Family Help Center, an Outpatient Mental Health Clinic in Baltimore, Maryland, and is a trainer for The Upside Down Organization. Heather obtained her bachelor's degree from Loyola College in Maryland and received her MSW from the University of Maryland at Baltimore. Heather has spent the past 10 years working with children in Baltimore City. Her previous employment includes residential care, therapeutic foster care, and inpatient psychiatric care for children with Autism. Heather can be found actively presenting across the country to parents, educators, social workers and other child serving professionals at schools, associations and national conferences.

*In the event of inclement weather, please call MHA's offices at (301) 424-0656 after 6 am on the day of the event for a message about the status of the seminars.*

## Registration Form | Working with Youth

SPACE LIMITED; REGISTER EARLY

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### Seminar Fees

Session I  \$50 MHA Member Fee  \$65 Non-member Fee  \$35 Student Fee  
Session II  \$50 MHA Member Fee  \$65 Non-member Fee  \$35 Student Fee

Pre-registration deadline is at 12 noon on Wednesday, July 15, 2009.  
There will be an additional \$10 fee for registration after that time.

Name	Licensure	
Affiliation		
Address	Suite	
City	State	Zip
Phone	Fax	
E-mail		
Credit Card #	Exp. Date	
Signature		

Secure online credit card registration available at [www.mhamc.org](http://www.mhamc.org)

Please mail payment to: Mental Health Association  
Attn: Event Registration  
1000 Twinbrook Pkwy., Rockville, MD 20851

or fax completed form to: (301) 738-1030, Attn: Event Registration

### Please indicate your profession:

Social Worker  Counselor  Psychologist  
 Other

### Continuing Education Units:

**3.0 for session I and 3.5 for session II**

MHA is approved to provide continuing education for:

**Social Workers:** approved Category I by Board of Social Work Examiners of the State of Maryland.

**Counselors:** recognized by the National Board for Certified Counselors. NBCC Provider #5796.

**Psychologists:** authorized by the Board of Examiners of Psychologists of the State of Maryland as a sponsor of continuing education.

Based on approval by the above licensing boards, continuing education credits provided by MHA will be accepted by the licensing boards of the District of Columbia and Virginia for social workers and psychologists.

*\*Given ONLY to those who attend the full session.*

Please make checks payable to: **MHA July Seminars**  
No refunds will be made after Monday, July 13, 2009.

For more information: **(301) 424-0656 or [info@mhamc.org](mailto:info@mhamc.org)**