
Conference for Parents, Caregivers & Educators of Children with Mental Health Disorders

Saturday, March 6, 2010

Co Sponsors: Evergreen Hospital and Fairfax Hospital

10:00am

Registration

10:30am

Keynote Speaker

Dr. Charles Wang, Author: Profound States of Despair: A Developmental and Systems Approach helps patients recognize and cope with behavior disorders through healthy, controlled strategies. Dr. Wang is Clinical Director of Child & Adolescent Psychiatry at Fairfax Hospital. While Dr. Wang has been implementing DSA for the past five years at Fairfax, a DSA Trend study has demonstrated that this work can be highly effective, "This is very unique effective work, but it's not like we reinvented the wheel. We took bits and pieces of the best practices from all available information in psychiatry for the past 100 years. We are happy to share this approach with others, as the highest quality patient care is the goal at Fairfax Hospital and among all mental health professionals. "

12:00pm LUNCH BREAK (lunch not provided; cafeteria available on site)

Break Out Session One:

1:00pm Room 101: Sue Eastgard, Director Youth Suicide Prevention Program

Sue Eastgard is a nationally recognized expert in the field of suicide prevention. She has worked on mental health issues for 25 years as a clinician, manager, and director of crisis services and suicide prevention efforts. She has provided on site technical assistance to numerous states across the US as they develop their suicide prevention plans. She has served as Director since 1997 and in this capacity is responsible for the development, implementation and delivery of programs directed at young people, caring adults and parents to reduce the incidence of youth suicide in Washington State. She has increased awareness through educational materials, speaking engagements, website development and creating innovative classroom materials for 9th grade health students (H.E.L.P.) and has trained thousands of teachers, social service providers and parents how to recognize the signs for suicide and how to get help. Ms. Eastgard has a MSW from the University of WA.

Break Out Session Two:

1:00pm Room 100: Dr. Holly Petaja, Clinical Psychologist, Snohomish Psychology Associates & Dr. Kira Mauseth, Snohomish Psychology Associates & Professor at Seattle U. will co-facilitate a discussion on coping strategies for parents, educators & caregivers dealing with children with mental health disorders including oppositional defiant disorder and anxiety disorders.

AND

1:45pm Room 100: Dr. Trez Buckland, UW School of Nursing and UW School of Public Health will speak on the topic of "Coping and Self-Care Strategies for Parents Dealing with Adolescents with Co-existing Mental Illnesses and Addictive Behaviors.

2:30pm-3:00pm Pick up valuable reference materials at exhibitors tables before leaving & fill out evaluation form. Thank you for coming.