



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

At CIP we know the work we do touches the lives of so many in our community and beyond. The clinical skills and training we impart, the information we

gather and disseminate, the resources we provide, all create lasting benefits for families and individuals, and mental health professionals.

At the outset of our training year, we welcome new interns-in-training and staff. We look forward to beginning work with new clients and the start of four new Adult Therapy Groups. Our intern-therapists will soon begin their important work in the schools through our Wisdom Warriors Groups and Schools Project.

We are especially delighted to announce the topics and presenters of our 2020 *Raising Healthy Families* Community Education Series. The purpose of this initiative, now in its third year, is to provide the latest and best thinking on the challenges families face today, and what parents, educators, and community members can do to meet them.

As every year, our Professional Development Series offers a full schedule of seminars and classes, as well as multi-session study groups, on a range of topics.

We are pleased to share more information about these many activities in this issue of *Community Notes*. On so many levels, the work we do at CIP ripples outward to the clients we serve, to professionals and intern-trainees, and to the community at large.



## RAISING HEALTHY FAMILIES

## 2020 COMMUNITY EDUCATION EVENTS ANNOUNCED

We look forward to our third annual *Raising Healthy Families* Community Education Series taking place in March 2020.

Once again co-hosted by the Marin County Office of Education, the three evening events will be held at the San Rafael Community Center. **All events are free, but attendees must register at [www.cipmarin.org](http://www.cipmarin.org).**

These presentations by noted Bay Area experts will offer tools and strategies to empower parents, educators, and other community members to help raise children who are curious, compassionate, and resilient.

*(continued on page 8)*

### SPONSORSHIP OPPORTUNITIES: RAISING HEALTHY FAMILIES

Sponsors enjoy months-long acknowledgment and widespread recognition for their generosity. When you become a *Raising Healthy Families* Sponsor, you enable CIP to continue to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.

*Please see details on Sponsor Benefits, page 7.*

## NEW OPENINGS FOR CLIENTS, REFERRALS

Each September, we look forward to receiving referrals and welcoming new clients. Our outstanding clinical staff has experience and expertise in a wide range of issues and diverse populations. Our services are provided by 22 to 24 pre-licensed therapists, including Pre-Doctoral Students, Post-Doc, Licensed Marriage and Family Therapy and Licensed Clinical Social Work Associates, and Practicum Students. Supervision and training are provided by more than 100 licensed mental health professionals who volunteer their time and expertise, assuring the highest level of client care. (Therapy with licensed therapists is also available.)

We offer long-term depth psychology as well as short-term counseling, adult therapy groups, and psychological testing. We work with depression, anxiety, trauma, PTSD, co-occurring disorders, addictions, and in-depth work with clients with axis II disorders. Our comprehensive services are available on a sliding scale; Medi-Cal, Partnership Health/Beacon and CaVCB accepted.

*For more information on the services we provide, please see page 5.*

**NEW GROUPS FORMING, PLEASE SEE PAGE 3.**

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# WELCOMING LAURA PUCCI, PSYD NEW ASSISTANT CLINICAL DIRECTOR



I'm looking forward to joining the team at CIP this year! I was drawn to CIP based on the agency's passion and commitment to providing extensive training to its intern-therapists in high quality psychodynamic psychotherapy.

I have been in private practice many years and have missed the joy of training and supervising interns. I feel honored to be given the opportunity to mentor new clinicians, and to support them in thinking deeply about their clinical work. I strive to create supportive environments where interns and clients feel understood, and where each person can find their own authentic voice as this is most often reflected within the therapeutic relationship.

My areas of expertise include PTSD, intergenerational trauma, anxiety, depression, life transitions, and issues related to parenting, co-parenting, and disruptions in early attachment. In my private practice I conduct psychodiagnostic assessments for veterans returned from combat and/or suffering from military sexual trauma. I also conduct family therapy, couples therapy, and co-parenting counseling.

Drawing on mindfulness, psychodynamic, and attachment theory, my approach is warm, relational, and collaborative.

I look forward to sharing my clinical expertise with the interns I serve and the community of San Rafael.

## MEET ROSE JACQUES, MBA, CIP ADMINISTRATIVE MANAGER



With a resume that covers over eleven years' experience in budget management and administration, I have a desire to and am very passionate about working in a non-profit environment.

I received my MBA from Dominican University and a BA in Human Resource Management from Strayer University. Much of my past work experiences have been in the educational environment, working at Brown University in Rhode Island and the College of Marin. I am excited to be a part of the CIP team and welcome any challenge that will sharpen my mind. I get great satisfaction in being in a role where I can make a small difference in someone's life.

A 33-year resident of Marin, I love travelling, spending time with my two daughters and husband, fishing, cooking and always looked forward to attending a jazz festival. I love watching San Jose Sharks, Los Angeles Lakers basketball and of course attending and watching SF Giants games.

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*CIP is . . .*

*Helping individuals, Healing families, Strengthening our community*

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS  
Lisa Dobias, LMFT  
Laura Pucci, PsyD  
Leah Seidler, LCSW

DIRECTOR OF PRE-DOCTORAL AND  
POST-DOCTORAL PROGRAMS  
Laura Pucci, PsyD

COORDINATOR, CIP PROFESSIONAL  
DEVELOPMENT SERIES  
Lisa Dobias, LMFT

COORDINATOR, INTERN TRAINING  
PROGRAM  
Laura Pucci, PsyD

DIRECTOR OF TRAINING FOR  
SUPERVISORS  
Lisa Dobias, LMFT

DIRECTOR OF GROUP THERAPY  
PROGRAM  
Dee Treshnell, LMFT

DIRECTOR OF COUPLES THERAPY  
PROGRAM  
Andrew Copperman, LMFT

DIRECTOR OF SCHOOLS PROJECT  
Margaret Sue Perlstein, LMFT

DIRECTOR OF WISDOM WARRIORS  
PROGRAM  
Margaret Sue Perlstein, LMFT

DIRECTOR OF DREAMS TRAINING  
PROGRAM  
Meredith Sabini, PhD

SUPERVISION OF PSYCHOLOGICAL  
TESTING PROGRAM  
Barbara Nova, PhD

### Clinical Supervisors

Brooke Barnett, PsyD  
Martin Block, PhD  
Elyse Boyar, LMFT  
Mary Bryan, LMFT  
Laurie Buntain, LMFT  
Ralph Daniel, PhD  
Jacqueline De Lon, LMFT  
Lisa Dobias, LMFT  
Susan Edelstein, PhD  
Mark Edwards, MS, LMFT  
Joy Fillman, PhD  
Michelle Frisch, MSW, PhD  
Ann Gordon, PhD  
Lilly Hanson, LMFT

*(continued on page 3)*

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## CLINICAL STAFF

### Clinical Supervisors (cont.)

Annette Halloway, PsyD  
A. Raja Hornstein, PsyD  
Dana Horton, LCSW  
Deborah Kamins, PhD  
Caroline Keystone, LMFT  
Steven Kruszynski, LMFT  
Wendy Labov-Dunne, MA, MFT  
Drew Lamden, LCSW  
Melinda Ann Marmer, PhD, LMFT  
Susan Millstein, PhD  
Matthew Morey, LMFT  
Jennifer Nordstrom, LMFT  
Jessica Ozberker, LCSW, LPCC  
Diane Ray, LMFT  
Jeana Reynolds, LMFT  
Fred Rozendal, PhD  
Leah Seidler, LCSW  
Paula Sitelman, PsyD  
Steve Sulmeyer, JD, PhD  
Laura Tabak, PsyD  
Maysie Tift, LMFT  
Lesley Van Voorhees, LCSW  
Amy Wilner, PsyD

### Intern Therapists

**Practicum Student**  
Sofya Vasilyeva

**LMFT Trainees**  
Kristin Anderson  
Carmen Carnes  
Ryan Gertz  
Gustav Helzberg  
Megan McGrath  
Angie Nemelka  
Tracy Sachs

**Registered AMFT**  
Louise Franklin, MA  
Inka-Kristiina Hanhivaara, MSc, MA  
Robert Jackson, MA  
Renee Jeffrey, MA  
Cindy Jepsen

**Pre-Doctoral Students**  
Jordan Hazzard  
Theresa Mitchell  
Jessica Johnson Parr

**Post-Doc**  
Paul Kiritsis, PsyD

## NEW ADULT GROUPS FOR 2019-2020

CIP's Therapy Groups are offered for men and women interested in long-term inter-  
actional group process of self-exploration and interpersonal learning. Participation helps  
members improve interpersonal skills, acquire better self-understanding and self-accept-  
ance, develop more positive relationships with others, become aware of personal needs and  
identify personal goals. All are available on a sliding scale basis.

### Portal to Healing: Art Therapy Process Group

Mondays, 5:00 – 6:30 pm

Sometimes words are not enough. Art therapy is an alternative form of expression that can  
help. In this art therapy group, participants will engage in a series of art therapy experien-  
tial exercises designed to improve emotional intelligence, process difficult life experiences,  
and tap into nonverbal ways of knowing. We will use a variety of art materials throughout  
the course of our work together. Each session will include time for shared reflection on  
both the personal and collective aspects of various art therapy experientials. No prior art  
experience or skill is necessary. Art therapy is about the creative process.

### Mindfulness-Based Cognitive Therapy Group

Wednesdays, 5:00 – 6:30 pm

Are feelings of sadness, worry, overwhelm, or low self-worth affecting you in your daily  
life? You are not alone. In this supportive therapy group, you will learn mindfulness and  
cognitive therapy tools and practices that have been proven to alleviate symptoms of  
depression and anxiety. Each session will include instruction in guided meditation, breath-  
ing exercises, and cognitive therapy techniques, followed by a group discussion. Regular  
check-ins will assist you in achieving the cumulative benefits of a regular mindfulness prac-  
tice. Group members will develop a sense of community as they confide in and support one  
another while cultivating inner peace and equanimity. No previous meditation or mindful-  
ness experience is required. Group members are encouraged to bring a beginner's mind.

### Finding Peace and Healing: Help for Trauma

Fridays, 5:00 – 6:30 pm

Community can play an integral role in recovery from trauma. In this therapy group, survi-  
vors will support one another as they learn coping strategies, cultivate healthy self-esteem,  
and practice stress reduction techniques. Sessions will include time for both group process  
and psychoeducation. Our work will draw on the knowledge of both the facilitator and the  
lived experiences of each group member. As a group, we will collaborate to support each  
other in achieving a sense of safety and relational stability.

### Lift Your Spirits: Women's Therapy Group

*Strategies for Coping with Relationships and Everyday Life*

Tuesdays, 6:15 – 7:45 pm

Lift your spirits and calm your worries as you

- Strengthen self-awareness and develop a better understanding of yourself, your thoughts, and your emotions.
- Learn to understand the influence of past and present behavior.
- Develop a “tool box” of strategies to reduce depression and anxiety in your daily life in order to manage difficult feelings and distress.
- Explore and learn in a safe and supportive group setting.

# PROFESSIONAL DEVELOPMENT SERIES 2019-2020

## FALL 2019 SCHEDULE

We are proud to announce our 2019-2020 Professional Development Series. For more information on the topics, learning objectives, and presenter bios, or to register for an event, please visit our Professional Development page at [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999 x101.

### SEMINAR FOR PROFESSIONALS

*Held at Embassy Suites*

*6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists*

*CIP Member Rate: \$100 early registration, up to 10 days prior to seminar, \$120 after*

*Non-member Rate: \$130 early registration, up to 10 days prior to seminar, \$150 after*



#### BURIED ABOVE GROUND: UNDERSTANDING, ASSESSING, AND TREATING SUICIDAL PEOPLE

*Joseph H. Obegi, PsyD*

Saturday, October 26, 2019

9:00 am – 4:00 pm

### CLASS

*Held at Embassy Suites*

*4 CEs for LMFT & LCSWs and 4 CEs for Psychologists*

*CIP Member Rate: \$75 early registration, up to 10 days prior to class, \$90 after*

*Non-member Rate: \$100 early registration, up to 10 days prior to class, \$110 after*



#### TRAVERSING THE NO CRY ZONE: PSYCHOTHERAPY WITH MEN

*Daniel S. Ellenberg, PhD*

Saturday, November 2, 2019

9:00 am – 1:00 pm

### STUDY GROUPS

*All sessions held at CIP, 1330 Lincoln Avenue, San Rafael*



#### WORKING INTERSUBJECTIVELY: THE CLINICAL RELATIONSHIP AS THE SOURCE OF MEANINGFUL CHANGE

*Jane Rubin, PhD, PhD, PsyD*

Eight sessions, the third Friday of the month: Oct 18, Nov 15, & Dec 20, 2019; Jan 17, Feb 21, Mar 20, Apr 17 & May 15, 2020

12:30 - 2:30 pm

*16 CEs for LMFTs and LCSWs and 16 CEs for Psychologists (Certificates issued after completion of the eight sessions.)*

*CIP Member Rate: \$260 early registration, up to 10 days prior to first session, \$280 after*

*Non-member Rate: \$340 early registration, up to 10 days prior to first session, \$360 after*



#### RE-OPENING THE ROYAL ROAD: A PRACTICAL GUIDE TO DREAMS

*Meredith Sabini, PhD*

Four sessions, on Fridays: Oct 11, Nov 8, & Dec 13, 2019; Jan 10, 2020

12:15 – 2:15 pm

*8 CEs for LMFTs and LCSWs and 8 CEs for Psychologists (Certificates issued after completion of the four sessions.)*

*CIP Member Rate: \$130 early registration, up to 10 days prior to first session, \$150 after*

*Non-member Rate: \$160 early registration, up to 10 days prior to first session, \$180 after*

### MEMBERSHIP RENEWALS DUE

If you haven't already, now is the time to renew your membership! In addition to reduced fees for seminars and classes, CIP members receive a listing in the *Annual Membership Directory* (if membership completed and information received by September 15, 2019), and are eligible to submit updates about their practices, publications, or workshops in our online newsletter.

Membership Fee: \$50 for licensed professionals; \$30 associate (unlicensed) members.

To become a member and/or for complete information on all our 2019-2020 seminars, classes, and study groups, please see the "Professional Development" page on our website at [www.cipmarin.org](http://www.cipmarin.org).

Questions?

Phone (415) 459-5999 x 101.

*Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy maintains responsibility for these programs and their contents.*

*Accommodations will be made wherever possible for those with disabilities. Please let us know of any disabilities upon registration to ensure proper accommodations are put in place prior to workshop/training.*

*Cancellations must be received in writing 10 business days prior to the seminar, class, or study group for a refund minus a \$25 cancellation fee.*

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# CIP SERVICES: STRENGTHENING FAMILIES, HEALING INDIVIDUALS

CIP programs are designed to assure maximum access to timely, affordable mental health services so that individuals and families can obtain the help they need. Our comprehensive care enables clients to make the changes they need to overcome distress and regain emotional well-being.

CIP staff are highly skilled in working with families and children to address the root causes of problems. We work with parents to develop healthy attachment and bonding, including addressing risk factors in the home environment to reinforce healthy child development. Children receive age-appropriate counseling, focusing on protective factors and inner resources to enable them to achieve healthy emotional development and academic success. We help individuals identify life choices that reinforce positive change for themselves and their families.

Among the issues for which CIP clients seek therapy are:

- Anxiety, fear, panic, stress
- Child and adolescent concerns
- Depression
- Domestic violence
- Gender issues
- Health concerns
- Loss, grief, and bereavement
- Major life changes and transitions
- Parenting and family issues
- Physical, sexual, and emotional abuse
- Relationship problems
- School-related issues
- Substance abuse, addictions and recovery issues
- Trauma
- Work and career issues

Referrals for concrete services—such as medical care, substance abuse treatment, legal and financial aid, child care, and safe housing—are provided through an extensive community network.

Through our comprehensive services, clients are given the resources they need to achieve their goals—to return to school, find a job, and build better relationships—to enjoy a healthier, more fulfilling lives.

# CIP ONSITE PROGRAMS

Services are offered 6 days a week, 13 hours a day at our downtown San Rafael offices.

**Individual and Family Therapy:** Affordable, comprehensive services to resolve problems and restore emotional wellbeing.

**Adult Therapy Groups:** Opportunities for self-exploration and interpersonal learning.

**Couples Emotionally Focused Therapy Program:** Support to enhance and deepen relationships, improve communication, and end repetitive conflicts.

**Psychological Testing:** To enhance the quality and effectiveness of adult individual therapy.

**Support for Single Parents and their Children:** Counseling to improve home environments, strengthen child-parent bond, maximize children's school readiness.

**Support for Survivors of Childhood Abuse:** Healing from trauma and help to overcome intimacy issues, substance abuse, and other problems.

# WISDOM WARRIORS GROUPS: TOOLS FOR TODAY, SKILLS FOR TOMORROW

Our Wisdom Warriors Groups are among our most successful programs. For six one-hour sessions, 6 to 8 students meet weekly for discussion and skill building in resiliency, emotional regulation, mindfulness, interpersonal relationships, and more. Not surprisingly, these groups have proven to be very popular with the students, who appreciate the safe place to discuss “the hard issues,” and to give and receive positive feedback and peer support.

Year after year, the timely skill-development and support provided by Wisdom Warriors has been shown to greatly improve at-risk youth's chances to:

- Develop the resiliency, problem-solving, and personal coping strategies needed to overcome challenges
- Enjoy improved relationships with parents, teachers, and peers
- Gain such interpersonal skills as compassion and communication
- Better understand and control their emotions
- Make better decisions for themselves, including staying away from alcohol and drugs

*(continued on page 6)*

# *A Heartfelt Thank You to Our Donors*

*January 2019 – July 2019*

*We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!*

## *Individual Donors*

### **Circle of Inspiration**

John Riley

### **Circle of Friends**

Kai Angerman  
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## *Grants*

Allensby Charitable Trust  
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## *In-Kind Donation*

San Francisco Giants

## *Raising Healthy Families 2020 Sponsors*

### **Partner Level**

DataSafe, Inc.  
First Federal Savings & Loan of San Rafael  
Mechanics Bank  
Union Bank

### **Supporter Level**

Luther Burbank Savings  
Wilson, Markle, Stuckey, Hardesty and Bott, LLP

## *Raising Healthy Families 2019 Sponsors*

### **Partner Level**

Bank of Marin  
First Federal Savings & Loan of San Rafael  
Union Bank  
Wordsworth

### **Supporter Level**

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Luther Burbank Savings  
Mechanics Bank  
Montecito Marketplace Assoc.  
The Newport Academy  
Wilson, Markle, Stuckey, Hardesty and Bott, LLP

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**Visit [smile.amazon.com](https://smile.amazon.com) to learn more!**

## **CIP Board of Directors**

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Bob Gebron  
Sharon Delfino Green, Esq.  
Yvonne Nolan  
John Dillon Riley, PhD  
Ricky L. Spencer, Jr.  
Stan Stefancic

## **WISDOM WARRIORS GROUPS**

*(continued from page 5)*

These positive benefits are reflected in students' ability to perform at grade level, succeed in school, and enjoy greater overall emotional and physical wellbeing.

During the 2018-2019 school year, a record number of groups were offered, 10 at Davidson and 5 at Miller Creek. Each group included 8 students, for a total of 120 students served. Group activities as well as students' progress were recorded by the CIP intern-therapists facilitating the groups after each session. Here are some excerpts:

*Students expressed that they are concerned about fitting in and doing well in school. They also shared stress over parents fighting and concerns about finances. Caitlin said that she is feeling "depressed" because of tensions among family members.*

*The facilitators discussed the body's natural alarm system, and how fight/flight/freeze can work both for us and against us.*

*The girls shook the snow globes and watched them settle as a demonstration of the mind during moments of fear and what happens when we breathe to calm ourselves. The facilitators showed how breathing helps the body calm down. The girls completed the breathing exercise and said they felt "calm."*

*Several of the students said that they have used the exercises throughout the week to reduce stress and increase calm.*

*Our conversation about authenticity went on for quite a while, and it seemed like they understood that it felt better to be more authentic, while also recognizing the pressures that impacted their capacity to do so.*

*Several agreed they wish everyone was authentic all day long and that it is exhausting not to be.*

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## SPONSOR SPOTLIGHT:

### “A DEEP COMMITMENT TO OUR COMMUNITY”



CIP gratefully acknowledges First Federal Savings and Loan of San Rafael for their generous sponsorship of our 2020 *Raising Healthy Families* community education series at the Partner level.

“We believe that customers are best served when decisions are made at the local level by people who understand the area’s unique needs and values,” states First Federal President and CEO Paul Simmons. “Quality service and a deep commitment to our community have been guiding principles since we were established in 1963. With the highest level of safety, stability, and service in mind, we have a deep appreciation of the trust that our customers put in us. Our mission:



*“First Federal is committed to being a superior community financial institution, offering real estate financing and deposit services at fair and competitive rates, while adhering to the highest standards of business ethics, safety, and excellence in service.”*

“We do banking on a first-name basis with a knowledgeable and friendly staff who understand our customers’ financial needs. From this perspective, responsible decision making on the local level, while carefully evaluating the risks, is what defines our standard business practice.”

CIP thanks First Federal Savings and Loan of San Rafael for their sponsorship and ongoing support of CIP and our work in the community.



Each year, CIP delivers quality, affordable mental health services to hundreds of vulnerable disadvantaged families, adults, and children, providing a critical safety-net in our community. By becoming a *Raising Healthy Families* Sponsor, you enable CIP to continue to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.

All *Raising Healthy Families* Sponsors will be recognized during a year-long publicity campaign:

- Our *Raising Healthy Families* webpage with sponsor logos will be a direct link from CIP’s home page.
- Regular *Raising Healthy Families* columns in our print and monthly online newsletters.
- *Raising Healthy Families* press releases to online, print, and social media.

#### **Advocate \$10,000**

- Top listing and acknowledgment in all event publicity.
- A half-page article with photo in CIP’s print and electronic newsletter.

#### **Steward \$5,000**

- Prominent listing and acknowledgment in all event publicity.
- A quarter-page article with photo in CIP’s print newsletter.

#### **Partner \$2,500**

- Listing and acknowledgment in all event publicity.
- A profile with photo in CIP’s print newsletter.

#### **Supporter \$1,000**

- Listing and acknowledgment event publicity, including CIP’s print newsletter.

*Early commitments yield the greatest benefits. All funds are due December 1, 2019.*

*CIP is a 501(c)(3) organization and donations are tax-deductible (ID# 94-2499583).*



RETURN SERVICE REQUESTED

**WHO WE ARE**

*Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.*

*We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe the healing of the individual and the healing of the planet are inseparable.*

*Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.*

Visit us at [www.cipmarin.org](http://www.cipmarin.org)

**RAISING HEALTHY FAMILIES  
 (CONT. FROM PAGE 1)**

Tuesday, March 3, 2020  
***Battling Adolescent Substance Addiction: Learn the Signs and Know What to Do***  
*Presented by Kenneth Perlmutter, PhD*

Headlines tell us there is a prescription drug and opioid epidemic. Marijuana, now legal, is readily available as candy, flower scents, baked treats and flavored vaping products. Teen alcohol rates are rising. Now more than ever, parents feel powerless about how to address this situation.

Dr. Kenneth Perlmutter will address the most common questions posed by parents, teachers, coaches, and siblings of adolescents caught up with substances. This presentation will enable parents to assess for addiction, identify the differences between normal and problematic partying, and

explore parental control of substance use, along with examining parental use of the same.

Tuesday, March 24, 2020  
***Helping When Your Child Is Hurting: What Every Parent Needs to Know to Prevent Adolescent Self-Harm and Suicide***  
*Presented by Keith Sutton, PsyD*

Anxiety rates for adolescents are on the rise, and so is self-harm and suicide. Losing a child is a parent's worst nightmare. Dr. Sutton will explain the potential causes of adolescent anxiety and depression, why some kids self-harm, and factors that can lead to suicide or suicidal behavior. He'll discuss effective treatments and how parents can help their depressed children overcome their pain.

Tuesday, March 31, 2020  
***Slaying the Beast: A Practical Guide for Parents on the Dangers of Technology Overuse and Obsession***  
*Presented by Mark Edwards, LMFT*

Modern parents are faced with greater pressure from children, peers and technology companies to allow almost constant use of gaming and communications technology *regardless* of consequences. This presentation will outline the potential dangers of technology overuse, including co-occurring emotional concerns such as bullying, depression and obsessive use.

Mark Edwards will offer a number of hands-on strategies for the discussion of rules and responsibilities for children and teens, and suggest practical tips for negotiating healthy limits to technology use at home, school and college.