

***Overview of Aggression and Disabilities***

**Presenter: Lucille Esralew, Ph. D.**

*Thursday September 15<sup>th</sup>, 2011, 10:00 a.m.-1:00 p.m.*

*CR 199B, DDD Central Office, 5 Commerce Way, Hamilton, NJ08691*

This workshop will explore our understanding of aggression toward others and non-suicidal self-injury which sometimes occur among individuals with developmental disabilities in the context of psychiatric illness. Possible treatments and supports will be discussed.

***Cognitive Decline & Intellectual Disabilities***

**Presenters: Seth Keller, M.D. & Lucille Esralew, Ph. D.**

*Friday, October 7<sup>th</sup> 2011, 10:00 a.m.-1:00 p.m.*

*Media Room, Ancora Psychiatric Hospital, 202 Spring Garden Road, Ancora, NJ 08037*

This workshop will explore the medical and psychosocial aspects of cognitive and functional decline among adults with intellectual disabilities. The Facilitators will discuss how this information can be linked to better understanding of cognitive decline and making decisions regarding use of available treatments, programmatic and everyday practical supports.

**FACULTY**

**Daniel Baker, Ph.D.**

**Kristen Creed, MS/LPC**

**Lucille Esralew, Ph.D.**

**Donna Icovino, Family Advocate**

**Seth Keller, M.D.**

**Jennifer Lotano, M.A.**

**Dana Melici, LSW**

**Joseph Springer, Ph.D.**

**Coleen Vanderbeek, Psy.D.**

**Allen Weg, Ed.D.**

**Roni Zarbiv, LCSW**

**Statewide Clinical Consultation &  
Training Program  
Of  
Trinitas Regional Medical Center**

is proud to present the

**2011 Regional Training Series  
March 25 – October 7, 2011**

Target Audience:

**Mental Health and Developmental Disabilities  
Service Providers, Care Coordinators  
& Case Managers**

Please check the schedule for each program;  
**Registration begins ½ hour prior to  
program start time**

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908-497-9636 x201 or e-mail [fbangura@trinitas.org](mailto:fbangura@trinitas.org)  
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### ***Wellness & Recovery IMR/DD***

**Presenters: Dana Melici, LSW & Lucille Esralew, Ph. D.**

Friday March 25<sup>th</sup>, 2011 10a.m. -1p.m.

*Grassman Hall,Trinitas Regional Medical Center, 654 EJersey St, Elizabeth, NJ*

During this month we hope to encourage awareness of wellness and recovery in the population of adults with developmental disabilities and co-occurring mental health disorders. This presentation will review the use of the WRAP and Bipolar Tool Kit among other resources for promoting wellness and recovery.

### ***Treatment of OCD in adults with Developmental Disabilities***

**Presenter: Allen Weg, Ed. D.**

Friday April 8<sup>th</sup> 2011, 10:00 a.m. – 1:00 p.m.

*Room 3, East Brunswick Public Library 2 Jean Walling, East Brunswick, NJ 08816*

This workshop will focus first on reviewing diagnosis and cognitive behavioral treatment of Obsessive Compulsive Disorder. We will then review how Developmental Disabilities influence and complicate the presenting symptom picture and expression of OCD. Also, we will examine how DD with OCD makes for a more challenging application of the standard treatment protocol. Finally, we will review ways in which therapists and family members can adapt the standard CBT treatment for OCD to accommodate the special needs of those DD clients who have OCD.

### ***Social Stories***

**Presenter: Kristen Creed, MS LPC**

Wednesday April 20<sup>th</sup> 2011, 10:00 a.m. – 1:00 p.m.

*Mancini Hall, OceanCounty Library, 101 Washington St, Toms River, NJ 08753*

Social communication is a skill that many individuals we serve struggle with. This interactive training will help us understand and utilize strategies, via social stories, that can assist individuals we serve maneuver through various social situations.

### ***Internet Safety***

**Presenters: Coleen Vanderbeek, Psy.D. & Jennifer Lotano, M.A.**

Thursday, May 5<sup>th</sup>, 2011, 11:00 a.m.-2:00 p.m.

*Meeting Room ...Hunterdon Healthcare, 2100 Wescott Dr, Flemington, NJ 08822*

Facebook, internet and electronic devices pose new challenges to maintaining safe social boundaries for adults with intellectual disability. The Facilitators of this workshop will explore such issues as cyberbullying and sexting with a view towards developing strategies to ensure internet and social networking safety.

### ***Overview of Sexuality and Disabilities***

**Presenter: Roni Zarbiv, LCSW**

Wednesday, June 22<sup>nd</sup>, 2011, 10:00 a.m.-1:00 p.m.

*CR 199A, DDD Central Office, 5 Commerce Way, Hamilton, NJ08691*

This interactive workshop will present a much needed overview about the topic of sexuality and developmental/intellectual disabilities. The workshop will explore common concerns and issues affecting people with developmental disabilities.

### ***Hoarding***

**Presenter: Joseph Springer, Ph. D.**

Wednesday, June 29<sup>th</sup>, 2011, 10:00 a.m.-1:00 p.m.

*The Cafeteria, ARC of Monmouth, 1158 Wayside Road, Tinton Falls, NJ 07712*

Compulsive hoarding is often associated with a diagnosis of Obsessive Compulsive Disorder, although recent thinking has suggested that it may merit its own diagnostic category. Although hoarding behavior is frequently seen in the developmentally disabled population, there is relatively little research on evidence-based practices to address this problem. This presentation will provide an overview of current thinking on hoarding and intervention strategies.

### ***Identity Development***

**Presenter: Dan Baker, Ph.D.**

Friday, July 8<sup>th</sup>, 2011, 10:00 a.m.-1:00 p.m.

*Auditorium, Building 6 Bergen Regional Med. Ctr East Ridgewood Ave. Paramus*

Who am I? What am I to do in life? These are two of the central questions in the development of a unique identity, which is among the most important developmental tasks of life, beginning in infancy, sometimes resolved during adolescent years, continually forming through all of life. The presence of intellectual disability is a relevant aspect as well. In this presentation we will discuss these issues along with relevant topics and supports in identity formation for persons with IDD.

### ***Family Crisis Response & Advocacy***

**Presenters: Donna Icovino & Lucille Esralew, Ph. D.**

Friday, July 22, 2011, 10:00 am.-1:00 p.m.

*Gloucester County Library, Rm B,389 Wolfert Station Rd, Mullica Hill, NJ 08062*

This workshop is designed to equip families and professionals working with families to better respond to the mental health and behavioral crises of their adult relatives with developmental disabilities and co-occurring mental health disorders. The Facilitators will review the mental health system and options for crisis response. Participants will receive a copy of the **Family Crisis Handbook** and have an opportunity, via guided exercise, to design an emergency response plan.