

# For Education, Healthcare and Mental Health Professionals

## Teens with Mental Health Disorders: Who They REALLY Are

### Featuring Dr. Lisa Boesky

National Speaker, Clinical Psychologist and Author of *When to Worry*

Thursday

October 23, 2008

12:30 – 4:00 pm

San Diego County

Office of Education

6401 Linda Vista Rd.

SD, CA 92111



**About this Workshop:** Suicide is the leading cause of non-natural death overall in San Diego County. Depression, Bipolar and other mental health disorders are major risk factors for suicide --- especially among children and adolescents. Those working with youth need to understand and recognize youth with mental health disorders, and differentiate those at risk from those dealing with normal developmental issues. The material in this workshop is appropriate for all education, healthcare and mental health professionals.

“Dr. Lisa” Boesky is a Clinical Psychologist, National Speaker, and Author of *When to Worry: How to Tell if Your Teen Needs Help--and What to Do About It*. She appears regularly on CBS's *The Early Show* and has been a guest expert on *20/20*, *The O'Reilly Factor*, *CNN Headline News*, *Morning Show with Mike and Juliet*, *Nancy Grace*, *Fox News Live* and in print in *Family Circle*, *USA Today* and many others. Dr. Lisa has worked with a wide range of youth in outpatient settings, psychiatric hospitals and juvenile correctional facilities. Each year she provides high-energy, content-filled Keynotes and Workshops to thousands of professionals and parents around the country. Learn more about Dr. Lisa at [www.drlisab.com](http://www.drlisab.com).

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#### Objectives

At the conclusion of this workshop, participants will be able to:

- Describe how Depression, Bipolar Disorder, ADHD, Dysthymia, Oppositional Defiant Disorder, Conduct Disorder, Anxiety and Posttraumatic Stress Disorder *specifically* manifest in children and adolescents.
- Discuss the “acting out” vs. “mental health” distinction among youth.
- Identify key issues and controversies related to misdiagnosis, psychiatric medications, and co-occurring substance abuse among children/adolescents with mental health disorders.

#### Schedule

12:00 pm	Sign-in, Hospitality, View Exhibits
12:30 pm	Program: Lisa Boesky, Ph.D.
4:00 pm	Adjourn, CE Certificates

This workshop is supported in part by a Community Grant from Ron Roberts, San Diego County Supervisor, District 4.

#### Continuing Education

Scripps Mercy Hospital is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. Scripps Mercy Hospital takes responsibility for the content, quality and scientific integrity of this CME activity. Scripps Mercy Hospital designates this educational activity for a maximum 3.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

Provider approved by the California Board of Registered Nursing, Provider Number 12576 for 3.5 contact hours.

This course meets the qualifications for 3.5 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, provider no. PCE 659.

# REGISTRATION FORM

## *For Education, Healthcare and Mental Health Professionals* **Teens with Mental Health Disorders: Who They REALLY Are**

DATE: Thursday, Oct. 23, 2008  
TIME: 12:30 – 4:00 pm

LOCATION: JRRTC Comm Labs, San Diego County Office of Education  
6401 Linda Vista Road, San Diego, California 92111

**Mail or Fax this form, with payment to:**

Scripps Conference Services  
11025 N. Torrey Pines Road, Ste. 200  
La Jolla, CA, 92037

Phone: (858) 652-5400

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You may also register securely online: [www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices)

**Registration Fee: \$30.00**

The registration fee includes tuition and CE credit.  
A confirmation letter will be mailed to you upon receipt  
of the conference registration form and payment.

**Refund & Cancellation Policy**

The full registration fee is refundable if your  
cancellation is received in writing prior to October 7,  
2008. No refunds will be given after this date. No  
refunds or credits will be given to "no shows." We  
reserve the right to cancel the workshop for any reason  
at which time the full registration fee will be refunded.

***Please print clearly – Complete all sections:***

Name: \_\_\_\_\_  
(First) (Middle Initial) (Last) (Credential)

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State/ZIP: \_\_\_\_\_

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**Please select the area most closely related to your work:**

- Physician    Nurse    Psychologist or Counselor    Social Worker or Social Service Provider  
 Teacher    School Administrator    Law Enforcement    Juvenile Justice    Community Agency  
 Government Agency    Volunteer    Other: \_\_\_\_\_

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