



MIDDLESEX PARTNERSHIPS FOR YOUTH, INC.

Workshops & Trainings

IN PARTNERSHIP WITH MIDDLESEX DISTRICT ATTORNEY GERRY LEONE'S OFFICE

SPRING 2012
VOLUME 13, ISSUE 2

THE MIDDLESEX
PARTNERSHIPS
FOR YOUTH INC.

SIGN UP TODAY!
2011-2012
PSA Project
Choosing Yourself:
Making Decisions
that Promote
Healthy Substance
Free Relationships

The Middlesex District Attorney's Office and Middlesex Partnerships for Youth, Inc. invite high school students to produce their own original 30- to 60-second Choosing Yourself Public Service Announcement (PSA). Possible topics for the PSA include:

- Coping with peer pressure
- Appreciating self worth
- Demonstrating sound judgment
- Avoiding situations that promote substance use

What's Inside

- 2 **Commitment to Cyber Safety by DA Gerry Leone**
- 3 **MPY Spotlight and Awards**
- 4 **Upcoming Conferences & Presenters**
- 6 **In-Service Workshops**
- 7 **The Power of a Strength-Based Approach by Charlie Appelstein**
- 8 **Online Event Registration**

SECURE XIV to Focus on Protecting and Empowering Digital Youth

The 14th Annual SECURE Conference will be held on Wednesday, May 9, 2012 at Nashoba Valley Technical High School in Westford.

This conference, sponsored by Middlesex Partnerships for Youth, Inc. and the Office of Middlesex County District Attorney Gerry Leone, will feature Dr. Gwenn O'Keeffe, a pediatrician, health journalist and the CEO of Pediatrics Now, an online health and communications company. Dr. O'Keeffe, along with Assistant District Attorney David Solet, Chief of Cyber Protection for the Middlesex District Attorney's Office, will emphasize the importance of youth acting responsibly in the digital world.

Dr. O'Keeffe has extensive experience dealing with issues concerning the intersection of health care and social media and is the author of *Cyber-Safe: Protecting and Empowering Kids in the Digital World of Texting, Gaming, and Social Media*. She is a fellow and national spokeswoman of the American Academy of Pediatrics and was the lead author of the American Academy of Pediatrics Council of Communications and Media's social media and sexting tips.

In her keynote address at SECURE XIV, Dr. O'Keeffe will focus on protecting and empowering digital youth. She will discuss the intersection of online use, risky behavior and adolescence, as well as what school and law enforcement personnel can do to address the behavior. On a typical day, eight to eighteen year olds devote an average of seven hours and 38 minutes to using entertainment media. Dr. O'Keeffe will help make sense of the issues today's youth face in the ever-present and ever-changing digital world. Specifically, she will discuss the importance of emphasizing to our youth that the rules of behavior off-line extend to the online world.

Dr. O'Keeffe will also explore why unique aspects of social media present a challenging social landscape for today's youth. While social media can be a positive experience where youth can

strengthen friendships and express creativity, social media can also be a negative space where youth are treated unkindly and the behavior may lead to violence. Approximately a year and a half

after the passage of An Act Relative to Bullying, the issue of cyber bullying continues to be at the forefront of concern for educators, parents, and law enforcement. Research indicates that one in five students has reported being a target of cyber bullying. Dr. O'Keeffe asserts that cyber bullying is the most common negative situation that can happen in the digital world to youth and is

particularly challenging due to the multifaceted nature of cyber bullying.

As Chief of the Cyber Protection Program in the Middlesex District Attorney's Office, Assistant District Attorney David Solet specializes in prosecuting offenses involving electronic evidence and the Internet. In his presentation, ADA Solet will focus on how cyber crimes are identified, investigated, and prosecuted from both school and law enforcement perspectives. School personnel are often the first to learn of potential cyber crimes. Accordingly, ADA Solet will emphasize the role of education and training in preventing teen cyber crime as well as the importance of the school's role in responding and reporting to law enforcement when a potential cyber crime is suspected. David will also discuss school related search and seizure issues and their relationship to evidence collection, investigation and preservation.

With today's youth entrenched in the digital world, encouraging and ensuring the safe and responsible use of social media, cell phones and the Internet is essential. District Attorney Gerry Leone, in conjunction with the staff of Middlesex Partnerships for Youth, Inc., hope that you will join us on May 9, 2012 to discuss how to protect and empower digital youth.



Middlesex County District Attorney Gerry Leone



THE MIDDLESEX PARTNERSHIPS FOR YOUTH INC.

Middlesex Partnerships for Youth, Inc. (MPY) is a non-profit organization affiliated with the Middlesex District Attorney's Office. Established in 1988, Middlesex Partnerships for Youth, Inc. fosters collaboration among community leaders, public safety agencies, including fire and police departments, and educators to safeguard students in Middlesex County. Our members include all public school districts in Middlesex County and also a number of charter and private schools.

MPY STAFF



Margie Daniels, MEd, LICSW
Executive Director
margie.daniels@state.ma.us
781.897.6808



Margaret Brumberg, Esq.
Prevention and Education Coordinator
781.897.6802
margaret.brumberg@state.ma.us



Judy Nolan
Program Coordinator
judy.nolan@state.ma.us
781.897.6806

Middlesex Partnerships for Youth, Inc.

District Attorney's Office
47 Thorndike Street
Cambridge, MA 02141
781.897.6800
Fax: 781.897.6801

FROM DISTRICT ATTORNEY GERRY LEONE

Commitment to Cyber Safety

Photo by Matt Stone



Greetings! Cyber safety is an issue that we routinely deal with, by educating and training our youth how to conduct their cyber lives safely, informing the public of what steps they can take to protect their privacy online, or how elders and others can avoid larceny attempts through email scams. With research showing that 95% of teens use the internet, cyber safety continues to be a priority area for the Middlesex District Attorney's Office and Middlesex Partnerships for Youth. Research also tells us that teens rely most heavily on parents and peers for advice about online

behavior and that 70% of online and cell phone using teens have sought advice about internet safety from teachers or other adults at school. With the ever-evolving and ever-changing nature of technology and the omnipresent impact of electronic communications, we felt that special emphasis should be placed on cyber safety at this year's SECURE XIV Safety Conference.

The importance of educating young people to use technology appropriately and responsibly is as significant as ever. This needs to occur in two parts: one, by educating young people on how to use technology safely and responsibly and, two, by ensuring that we as adults set reasonable and appropriate limitations and conditions on our young people's use of e-communications and by also behaving responsibly and appropriately ourselves. As adults, we need to be positive models for young people on how to interact with the online environment, especially in regards to social media. This includes speaking respectfully and kindly to and of others online and not hiding behind the anonymity of the internet to conduct yourself in ways you otherwise wouldn't. Encouraging positive digital citizenship is critical for both youth and adults.

Learning to manage one's digital footprint is equally important for all of us but especially for youth who may not realize the consequences of releasing certain information electronically. For example, it's critical to educate youth about the importance of not sharing passwords with others. This has appeared as a factor in young peoples' relationships, as a way to express intimacy with each other, but can lead to a number of compromising positions if that trust is taken advantage of. This troubling trend ties us back to our Healthy Relationships focus, and is an example of the real-life implications of what can happen when a relationship becomes unhealthy.

We will focus on all this and more in greater detail at the SECURE XIV Conference on May 9, 2012. Keynote speaker Dr. Gwenn O'Keeffe will address the intersection of health care and social media, and how schools, law enforcement, and community partners can help youth better understand the importance of their digital footprint. Assistant District Attorney David Solet, Chief of the Middlesex District Attorney's Office Cyber Protection Program, will focus on how cyber crimes can be best prevented on the front end, as well as how they are investigated and prosecuted on the back end.

We look forward at seeing you then and best wishes for a happy and healthy 2012!

Gerry Leone, Middlesex District Attorney
Chair, Middlesex Partnerships for Youth, Inc.

Spotlight: The Most Important Healthy Relationship

As Prevention and Education Coordinator for Middlesex Partnership for Youth (MPY), I have the privilege and responsibility of working with community partners to promote the health and safety of young people in Middlesex County. Due to my background in domestic violence response and prevention, one area of particular interest to me is encouraging positive relationships. I joined MPY in September 2011 and it was fate that District Attorney Gerry Leone selected the theme of *Building Healthy Relationships* as the 2011–2012 school based initiative.

Healthy relationships bring happiness into our lives and help us feel good about who we are as individuals. In my opinion, the most important healthy relationship each of us has is with ourselves. A healthy relationship with another person has many affirmative characteristics such as kindness, acceptance, respect and trust. These characteristics should also be present in how we think about and treat ourselves. I've heard from young people and adults who feel that they deserve to be bullied or mistreated or do not deserve to be in a relationship free from abuse.

To me, these sentiments underscore the importance of encouraging our young people to value themselves. Although it is often easier for young people and adults alike to be our own worst enemy rather than our own best friend, we must all, youth and adults, recognize our own importance and treat ourselves with respect and care.

—Margaret Brumberg
Prevention and Education Coordinator

2011–2012 PSA Application is Online!

Visit the About Us page on www.middlesexpartnershipsfor youth.org to download a Choosing Yourself PSA Application Form.

Dr. Patrick A. Schettini, Jr. Memorial Award to Michael Cassidy

Michael Cassidy, Fire Chief and Emergency Management Director of the Holliston Fire Department received the Dr. Patrick A. Schettini, Jr. Memorial Award on September 15, 2011. This award, given annually at the Superintendents' and Chiefs' Breakfast, is named for former Reading School Superintendent and MPY Board member Patrick Schettini. Like Dr. Schettini, who was a leader in prevention and intervention matters related to the health and safety of youth, Chief Cassidy is a dedicated partner. Chief Cassidy is committed to encouraging good decision-making and promoting youth safety through his active involvement in the Holliston community.



District Attorney Gerry Leone, left, with Chief Michael Cassidy, right.

Everett School Resource Officers win the 2011 Citizenship in Action Award

School Resource Officers Jeff Gilmore and Dennis O'Donnell of the Everett Police Department received the Citizenship in Action Award at the School Safety Summit on September 26, 2011. This award, presented by District Attorney Gerry Leone, is given each year to a school member, law enforcement officer, parent, or student who has made a difference in the safety and well-being of our communities.

Nominated by Everett Assistant Superintendent of Schools Thomas Stella, Officers Gilmore and O'Donnell have demonstrated an outstanding commitment to serving the youth in the Everett community through their presence in the Everett Public Schools and neighborhoods of Everett. As a result of their presence not only in school, but also in the community, Officers Gilmore and O'Donnell have given Everett youth "the ability to explore safer, more effective, alternatives to confrontation," according to Assistant Superintendent Stella. The young people of Everett, says Assistant Superintendent Stella, "firmly believe that these gentlemen genuinely and sincerely care for them as individuals."

If you know an individual who lives or works in Middlesex County and has made a difference towards making our communities safer and healthier, please contact Middlesex Partnerships for Youth for a 2012 Citizenship in Action Award nomination form.



District Attorney Gerry Leone, center, with Officer Gilmore, left, and Officer O'Donnell, right.

SPRING 2012 CONFERENCES



SECURE XIV

Protecting and Empowering Digital Youth

Gwenn O'Keeffe, M.D.

David Solet, Assistant District Attorney, Chief of Cyber Protection Unit, Middlesex District Attorney's Office

The 14th Annual SECURE conference will focus on adolescent online use and risky behavior. Keynote speaker Dr. Gwenn O'Keeffe will address the intersection of health care and social media and how schools, law enforcement and community partners can help youth understand the importance of their digital footprint.

Assistant District Attorney David Solet, Middlesex District Attorney's Office Chief of the Cyber Protection Program, will focus on how cyber crimes are investigated and prosecuted both from school and law enforcement perspectives.

Wednesday, May 9, 2012

9:00 a.m. – 2:00 p.m.

Registration begins at 8:30 a.m.

Nashoba Valley Technical High School, Westford

\$50 for members, \$150 for non-members

Special Offer—Each member district may bring up to 10 participants for \$150. All participants must be registered together on the MPY website and registration must be paid by one purchase order or check.

PREVENTION CONFERENCES

Exploring Legal Topics:

Confidentiality of School Record Information, Harassment, Civil Rights Violations and Bullying

Matthew W. MacAvoy, Esq.

Michael J. Joyce, Esq.

Attorneys MacAvoy and Joyce will address the rights and obligations of schools regarding the disclosure of protected student information contained in school records to third parties, law enforcement

authorities, and receiving schools and school districts. Also included in the presentation will be a discussion of schools' and school districts' legal obligations and potential liability under state and federal law for responding to reports of bullying and/or discriminatory harassment.

Monday, March 19, 2012

9:00 a.m. – 2:00 p.m.

Registration begins at 8:30 a.m.

One Cranberry Hill, Lexington

Free for members, \$50 for non-members

Empowering Girls

United States Attorney Carmen Ortiz, Esq.

Deborah Re

Katya Fels Smyth

Positive role models inspire and empower young women. A strong, confident role model for a young woman can be anyone—a teacher, parent, volunteer mentor or athletic coach. This conference will explore the ways in which educators can act as role models and foster self-confidence in young women. The speakers will emphasize the impact mentorship can have in the decisions and good choices girls make throughout their lives. This conference will feature the life stories of three outstanding female role models who will discuss ways for every girl to reach her potential.

Monday, April 30, 2012

9:00 a.m. – 2:00 p.m.

Registration begins at 8:30 a.m.

One Cranberry Hill, Lexington

Free for members, \$50 for non-members

MENTAL HEALTH SERIES

Free for members, \$50 for non-members

CEUs for this series have been applied for

SPRING MENTAL HEALTH SERIES #1

The Family of Adoption:

Normative Developmental Issues

Joyce Maguire Pavao, Ed.D., LCSW, LMFT

Mary Sullivan, M.A.

Adoption presents many ongoing challenges for the entire family of an adopted child and is an ongoing issue throughout the family's life cycle and beyond, affecting generations past,

present and future. Dr. Pavao will explore the special issues and concerns that birth parents, adoptive parents and adoptees face, with an emphasis on the issues that impact school performance for children that are adopted. Mary Sullivan, Director of the Community Information Division at Massachusetts Attorney General's Office will share her experience as an adoptive parent.

Thursday, February 2, 2012

9:00 a.m. – 2:00 p.m.

Registration begins at 8:30 a.m.

One Cranberry Hill, Lexington

Free for members, \$50 for non-members

SPRING MENTAL HEALTH SERIES #2

Treating Explosive Kids: The Collaborative Problem Solving Approach

J. Stuart Ablon, Ph.D.

While all children are challenging in some way, some children and adolescents who struggle to contain their aggression may exhibit intense temper outbursts, oppositionality, and verbal and physical aggression. These behaviors have extremely adverse effects on family life and functioning at school and in therapeutic settings. Dr. Ablon will provide an overview of a model of treatment articulated in the acclaimed book *Treating Explosive Kids: The Collaborative Problem Solving Approach*.

Friday, March 2, 2012

9:00 a.m. – 2:00 p.m.

Registration begins at 8:30 a.m.

Newton-Wellesley Hospital, Newton

Free for members, \$50 for non-members

SPRING MENTAL HEALTH SERIES #3

Eating Disorders and Disordered Eating: A General Training of a Multidimensional Problem

Beth Mayer, LICSW

Children or those who struggle with eating disorders continue to be a major part of our culture. This presentation will define the signs and symptoms of eating disorders. Participants will learn how to

PRESENTERS

assess a student for an eating disorder, receive guidelines for helping someone with an eating disorder and learn how to promote a healthy nutrition environment in schools.

Friday, March 9, 2012

9:00 a.m. – 2:00 p.m.

Registration begins at 8:30 a.m.

Newton-Wellesley Hospital, Newton

*Free for members,
\$50 for non-members*

SPRING MENTAL HEALTH SERIES #4

Marijuana and the Adolescent Brain

Bertha K Madras, Ph.D.

Cory Mashburn, M.A.

Rich Catrambone, LICSW

Not only are adolescents more vulnerable to drug addiction if they initiate drug use during early adolescence, research suggests that chronic, heavy marijuana use during adolescence is associated with decreased performance on thinking tasks. Since adolescence is a critical period of ongoing brain development, this conference will explore why the topic of adolescent marijuana use is of utmost importance to the health and safety of youth and discuss prevention and intervention strategies.

Monday, April 2, 2012

9:00 a.m. – 2:00 p.m.

Registration begins at 8:30 a.m.

Middlesex Community College, Lowell

*Free for members,
\$50 for non-members*



THE MIDDLESEX PARTNERSHIPS FOR YOUTH INC.

SECURE

Gwenn Schurgin O’Keeffe, MD, FAAP is a pediatrician, health journalist, and CEO of Pediatrics Now, an online health and communications company. Dr. O’Keeffe’s work addresses issues ranging from general health to those concerning the intersection of health care and social media. She is the author of the book *CyberSafe: Protecting and Empowering Kids in the Digital World of Texting, Gaming, and Social Media*.

Assistant District Attorney David Solet is the Chief of the Middlesex Cyber Protection Program, where he specializes in prosecuting crimes involving electronic evidence and the Internet. ADA Solet has been an ADA with the MDAO for 10 years, beginning his career as a prosecutor in Cambridge juvenile court, and has tried more than thirty felony cases in Superior Court.

Prevention Conferences:

Matthew W. MacAvoy, Esq. is a member of the firm of Sullivan, Nuttall & MacAvoy, P.C., and has specialized in disability-related litigation for the past fifteen years. Mr. MacAvoy provides representation to public school districts in educational disputes throughout the Commonwealth.

Michael J. Joyce, Esq. is a member of the firm of Sullivan, Nuttall & MacAvoy, P.C., and specializes in general education and special education law. Mr. Joyce has also served as an Assistant District Attorney in Suffolk County’s Gang Unit and taught for three years in public elementary schools as a member of Teach for America.

Carmen M. Ortiz, Esq. is the first Hispanic and the first woman to be appointed as United States Attorney for Massachusetts. She has dedicated much of her professional career to public service, previously serving as an Assistant U.S. Attorney in the Economic Crimes Unit of the U.S. Attorney’s Office, a Federal Grand Jury Supervisor, and Assistant District Attorney in Middlesex County.

Katya Fels Smyth founded On The Rise, Inc., a Cambridge, Massachusetts -based organization providing innovative and effective support and community to the area’s most disenfranchised women.

Deborah Re is Chief Executive Officer of Big Sister Association of Greater Boston. Ms. Re joined Big Sisters after serving as Executive Director of the non-profit City Year Boston.

Mental Health Series #1:

Joyce Maguire Pavao, Ed.D., LCSW, LMFT is the founder and CEO of Center For Family Connections, Inc (CFFC) in Cambridge, MA. Dr. Pavao has developed models for treatment and training using her systemic, intergenerational, developmental framework and her “brief-long-term therapy” model. Dr. Pavao is an adopted person and the author of *The Family of Adoption*.

Mental Health Series #2:

J. Stuart Ablon, Ph.D. is the Director of Think: Kids in the Department of Psychiatry at Massachusetts General Hospital. Dr. Ablon co-founded the Center for Collaborative Problem Solving and is co-author of *Treating Explosive Kids: The Collaborative Problem Solving Approach*.

Mental Health Series #3:

Beth Mayer, LICSW is the President of the Multi-service Eating Disorders Association (MEDA) in Newton, MA. Ms. Mayer devotes her time to the creation and management of MEDA’s many programs and has worked in the field of eating disorders for over 28 years.

Mental Health Series #4:

Bertha K Madras, Ph.D. is a Professor of Psychobiology in the Department of Psychiatry at Harvard Medical School. Dr. Madras investigates brain responses to addictive drugs. From 2006–2008, she served as Deputy Director for Demand Reduction in the White House Office of National Drug Control Policy.

Cory Mashburn is the Director of the Somerville Office of Prevention which houses Somerville Cares About Prevention, 6 City Tobacco/Alcohol Initiative, The Trauma Response Network and the Somerville Committee for Suicide Prevention and Mental Health.

Richard Catrambone, LICSW, CAGS, is the Prevention Intervention Counselor at Newton South High School. He has worked in both suburban and urban school settings and has directed outpatient drug clinics and court clinics regarding substance abuse.

IN-SERVICE WORKSHOPS

IN-SERVICE TRAININGS

Each Middlesex Partnerships for Youth, Inc. member district may select up to five on-site in-service trainings, as a benefit of membership. Minimum of 25 participants required.

An Act Relative to Bullying— How This Legislation Impacts Our Schools*

This in-service training helps school districts understand this mandate by reviewing the specifics of the legislation and emphasizes when bullying, which is prohibited but not a crime, becomes criminal. We also explore the critical cyber component of bullying. This in-service training supports Middlesex District Attorney Gerry Leone's 2011-2012 school-based initiative on healthy relationships.

School Investigations: Bullying, Harassment, Drugs, Weapons

Under what circumstances do school officials have a legal right to search and/or seize? What is the school's duty to investigate under *An Act Relative to Bullying*? For schools to be safe, they must be free from harassment, weapons and contraband. This in-service training clarifies the role of the school and the role of the police in areas such as search/seizure of cell phones and other electronic devices.

The Dynamic of the Power Differential—How This Impacts Bullying

An Act Relative to Bullying does more than create mandatory reporting for bullying incidents. M.G.L. ch.71 §370 also includes a professional development requirement by which all school districts must educate staff in the use of developmentally appropriate bullying prevention and intervention strategies, as well as have a working understanding the "complex interaction and power differential" in bullying cases. This in-service delves into these areas.

The Social Media Revolution— Facing Up to Facebook*

Whether we like it or not, teens and parents throughout Middlesex County are using Facebook. It, and other social networking sites, has truly revolutionized the way we communicate. This workshop takes a practical approach to Facebook, including a systematic guide to the ever-changing privacy settings.

Texting & Driving – "It Can Wait"*

This program is an anti-texting and driving educational presentation. It includes a powerful and moving documentary which features stories from individuals whose lives have been forever altered by texting while driving.

Cyber Safety from a Forensic Perspective—Sexting, Texting & Child Predators*

The internet, cell phones and social networking sites offer powerful and almost limitless opportunities to gain knowledge and make contact with others. Unfortunately, these technologies are sometimes misused. While there are many positive aspects of technology, this in-service discusses some common dangers youth face while using the internet.

Protecting Children & Youth: 51A Mandated Reporting

Training in the 51A process is now mandatory for all licensed school staff working with students. In order to facilitate the training of large numbers of staff, the Child Abuse Unit at the Middlesex District Attorney's Office has created a free online training. This training, available at www.middlesexcac.org/51a-omrt, outlines indicators of abuse and/or neglect and explains what to do if a mandated reporter suspects child abuse or neglect.

Underage Substance Use*

Substance use by teens continues to be a major issue. While street drugs are readily available in many communities, many teen drug users easily obtain over-the-counter or prescription medications from a variety

of sources, including their family's medicine cabinet. Use of inhalants, steroids and bath salts is also presented in this in-service workshop. Additionally, Middlesex District Attorney Gerry Leone actively collaborates with schools and community organizations to promote healthy teen relationships.

Social Host Liability*

MPY offers this in-service training for parents and community members. This training presents the most up-to-date information as to the legal, social and health-related consequences of serving minors alcohol. Particularly during prom and graduation season, parents need to understand their personal liability if minors are drinking in their home, even without their knowledge or approval.

Improving Attendance & Truancy

This training focuses on the importance of intervening early when students, especially in elementary school, show a pattern of missing school or arriving late. We will explore the dynamics of why some students have difficulty coming to school. We will also explain legal avenues, including the *Failure to Send* law and the *Child in Need of Services (CHINS)* process, along with how to collaborate successfully with the courts and social service agencies.

Teen Dating Violence

Teen dating abuse is on the rise nationally. Many teens have little understanding about what it means to be in a healthy relationship. In fact, 1 in 3 teens report knowing a friend or peer who experienced assaultive behavior by their significant other. This workshop will explore the dynamics of teen dating abuse through the eyes of teens. It will also review forms of emotional abuse unique to the teenage population and examine cultural and societal influences that perpetuate ideals of power and control. This in-service training supports Middlesex Gerry Leone's school-based initiative to build healthy teen relationships.

For on-site in-service workshops, please see the back cover for more information.

Contact Margaret Brumberg at 781.897.6802 to request in-services or email her at margaret.brumberg@state.ma.us. Email is preferred.

Gangs in Our Communities

A growing concern about gangs, gang activity and gang behavior has emerged in many communities. This training highlights the trademarks (colors, signs, graffiti, and tagging) of various national and local gangs and explains how they recruit and retain members. This in-service is made possible, in part, from a previous Project Safe Neighborhood grant awarded to Middlesex District Attorney Gerry Leone's Office. The Massachusetts State Police Gang Unit spearheads this presentation.

Emergency Preparedness

Does your school district/community have a plan should there be a natural disaster or terrorist attack? Is this plan articulated well and clearly understood by all constituents? This individualized training addresses these important considerations for emergency preparedness. This in-service supports District Attorney Gerry Leone's SECURE (Safe Effective Community Understanding and Response to Emergencies) initiative.

Suicide

This training is designed to improve the skills and confidence of counselors and other key school officials who are on the frontline in the identification of students who are at-risk for suicide. Participants will learn the scope of the problem and review suicide risk factors. We will present best practices in risk assessment, and attendees will learn several techniques for eliciting suicidal ideation.



*May be presented for parental presentations

Guest Feature: The Power of a Strength-Based Approach

Making Decisions that Promote Healthy Relationships with Students

A Message from Charlie Appelstein, author of "No Such Thing As A Bad Kid," and MPY Presenter on December 2, 2011

Speaking recently to more than 100 engaged and enthusiastic audience members at the recent MPY Mental Health Series at Keefe Technical High School in Framingham was a pleasure! I get excited every time I am given the opportunity to teach people about the benefits of using a positive, strength-based approach with our most vulnerable students. It's kind of ironic. Growing up, I was often teased about my name. "Hey, it's Appleseed!" Well, forty years later, I feel like Johnny Appleseed. But instead of traveling the country planting seeds, I get to traverse North America and beyond selling people on the power of this transforming modality.



Strength-based practice is an emerging approach to guiding at-risk individuals that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that all people have or can develop strengths and use past successes to enhance functioning.

That's the formal definition. In reality, strength-based practice is essentially about two words: *attitude & actions*. It begins with the *attitude* a teacher presents to her most challenging students - from the moment they meet and then forever—that sends the message(s): *I believe in you. I know you will succeed in my class. And I am absolutely thrilled to be part of your life.* Every subsequent *action* by this teacher should then be an extension of this attitude. When struggling students know they have a teacher that *believes* in them, it motivates them to tackle difficult tasks, develop new and needed skills, and fights the demons of self-doubt. But most of all is gives these kids hope—which is humanity's fuel. One caring adult can transform a life.

A major focus of strength-based practice is on reshaping kids from the inside out and helping them abandon their negative self-images. To that end, it is essential that teachers refrain from using pejorative adjectives, such as rude and lazy. If kids hear these terms too often, they internalize them and literally stop trying. There are no bad kids, just bad choices. In a positive, strength-based environment miracles happen every day.

Make It A Great Day!

Charlie Appelstein, M.S.W.

Middlesex Partnerships for Youth, Inc. is proud to have been selected as a recipient of the Proskauer Rose LLP Charitable Contribution for 2011.

This charitable donation, earmarked for efforts in preventing domestic violence, provided funding for two new prevention/awareness brochures, a domestic violence speaker for selected student assemblies and partially funded the School Safety Summit, held on September 26, 2011. Middlesex Partnerships for Youth, Inc. thanks Proskauer Rose LLP for their generosity and efforts to prevent domestic violence.

All Event Registration Is Now Online!

Please visit us at: www.MiddlesexPartnershipsForYouth.org

On our website, you can find information about and register for all upcoming conferences and events. To register, click the "EVENTS" tab, find the event, and click on the title. Next, click the "Register Now" button at the bottom of the page. Please fill out all required fields. The most important of these is the school district/agency; this allows us to properly bill for your attendance.

Once you have finished entering your information, click "Submit Registration."

You will then receive a confirmation on your screen to print immediately, and an email confirmation will follow. Please save a copy of this confirmation and bring it with you to the event. If the event requires a fee, you will receive an invoice by mail. Please submit a copy of the invoice with your payment.

We accept checks or money orders made out to Middlesex Partnerships for Youth, Inc.

Please note that we will no longer routinely be accepting registration by fax, email, or over the phone. Our online registration system will provide a greater level of efficiency in registering for events. Should you not have email access, please call Judy Nolan at 781.897.6806, and she will register you.

In addition to registration for events, our new website provides helpful information on our in-service workshops and on how to schedule an in-service workshop in your school. Check our website often for MPY updates, including the news and photos from our recent events.

Finally, if you are looking for additional information on a particular subject, click the "PREVENTION" tab for informative brochures and web resources. MPY will provide you with cutting edge information on topics relating to prevention and intervention in matters of health and safety for youth.



www.MiddlesexPartnershipsForYouth.org

ON-SITE IN-SERVICE TRAINING REQUESTS

- See pages 6 and 7 for a full list of available in-service programs. For more information or to schedule programs (up to five), call Margaret Brumberg at 781.897.6802 or email her at margaret.brumberg@state.ma.us
- **A minimum attendance of 25** is required per training. Each school district conducts its own preregistration. If you anticipate a drop in attendance or need to cancel, please call MPY, Inc. at least 48 hours in advance. The in-service may be cancelled at the presenter's discretion because of inclement weather or low attendance.
- **Please submit requests** at least two months in advance.

PAYMENTS

- **Events are generally free** or no more than \$50 for Middlesex Partnerships for Youth, Inc. members and \$150 for nonmembers. Please pay by check or purchase order, payable to Middlesex Partnerships for Youth, Inc.
- **If you registered for an event and are unable to attend**, please give 72 hours notice, or you will be charged a cancellation fee. If you register for an event, but do not attend and did not notify us, you will be charged the full price for the event. To cancel you **MUST** contact Judy Nolan by sending an email to judy.nolan@state.ma.us

GENERAL INFORMATION

- **Registration is required:** Please register three weeks in advance of each conference or event.
- **Accessibility:** All events are handicap accessible.
- **Weather or Other Emergency Cancellations:** Check our website www.MiddlesexPartnershipsForYouth.org

TO CONTACT US

Fax: 781.897.6801

Mail: Middlesex Partnerships for Youth, Inc.
47 Thorndike Street, Cambridge, MA 02141

Online: www.MiddlesexPartnershipsForYouth.org