



CHANGING SELF-DESTRUCTIVE BEHAVIOR IN ADOLESCENTS:

An Integrated Approach to "Bringing Them Back"

Join Us for an Informative and Practical Look at a Topic of Crucial Importance to Families and Community Leaders in Bergen County.

Our panel will include knowledgeable professionals from the education and social services communities, who will share their expertise with our audience. In addition, representatives from organizations that provide support and treatment services will be on hand to share information and literature. Attendees will have ample opportunity to speak with these experts, and to ask questions of the panelists. Light refreshments will be offered.

PROGRAM TOPICS & SPEAKERS

✓ **Recognizing the Early Signs of Self-Destructive Behavior**

Cory Trevena, MA, Senior Coordinator of Student Assistance Programs, Caron Treatment Centers

✓ **Understanding the Interplay of Emotional and Social Factors, Brain Chemistry and Peer Pressure**

Drew Losak, LCSW, Bergen Regional Medical Center

✓ **An Integrated Approach to Rebuilding Identity and Self-esteem; Roles of Parents, Doctors, Educators, and Mental Health Professionals**

Jennifer Basilone, MA, LPC, NCC, Balance & Thrive

Welcoming Remarks

John Cosgrove, Chairperson, BRMC Foundation Board of Trustees, Mayor of Fair Lawn

Moderator

Marvin Leiken, Executive Director and Fair Lawn Principal, The Children's Therapy Center

Wednesday, April 22, 2015

Program: 7 PM – 9 PM

Doors Open 6:30 PM

Children's Therapy Center

29-01 Berkshire Road

Fair Lawn, NJ 07410

www.TheChildrensTherapyCenter.org

Please register online in advance, as space is limited, at www.BergenRegional.com on the Community and CEU Events Page, or call 201.967.4098.



Community Health & Education Series
**CHANGING SELF-DESTRUCTIVE
BEHAVIOR IN ADOLESCENTS:**

An Integrated Approach to "Bringing Them Back"

SPEAKER BIOGRAPHIES

Cory Trevena, MA, coordinates Caron's Student Assistance Program services within Pennsylvania as well as Caron's higher education services. She is also certified by the Pennsylvania Department of Education as a Lead Trainer to provide training to elementary and secondary faculty members regarding Student Assistance services. Cory completed her bachelor's degree in psychology at Penn State University. She earned her Master's of Arts Degree also in psychology from the University of North Florida.

Ms. Trevena will explore the most common forms of adolescent self-defeating/destructive behaviors, identify behavioral indicators most common in adolescents engaging in these behaviors, and provide quick strategies/resources to support adolescents during this time.

Drew Losak, LCSW, ACSW, is a child therapist at Bergen Regional Medical Center in Paramus, New Jersey, and for the last 20+ years has had a private practice, providing treatment to teenagers, children, families and couples, including effective interventions with those struggling with issues such as bullying and emotional conditions.

Mr. Losak completed his academic training in psychoanalysis from the Philadelphia School of Psychoanalysis, received his Master of Social Work from Wurzweiler School - Yeshiva University and his Certification in Clinical Social Work Supervision from the New Jersey- National Association of Social Workers. He also trained at Columbia University School of Social Work to become a Certified Student Field Instructor, and is credentialed by the Academy of Certified Social Workers, and is Licensed Clinical Social Worker in New York and New Jersey.

Mr. Losak will explore the maturational interplay of the emotional, biological and social mechanisms of our adolescents. As a result of understanding the relationship of these interacting forces, we are able to raise our teenagers to meet life's challenges.

Jennifer Basilone, MA, LPC, NCC, is a Licensed Professional Counselor in the State of NJ and a Nationally Certified Counselor. Her academic background is in education and counseling, giving her a unique perspective in working with children, adolescents and their parents. She has extensive experience in working with clients struggling with anxiety, depression, eating disorders, bullying, and adjustment disorders associated with life changes. Using a humanistic and integrative approach, she works with the goal of bringing about positive change and helping individuals conquer those obstacles that have once kept them from realizing their fullest potential.

Ms. Basilone will discuss the importance of a wellness model, by which a child's treatment team sees the child not as someone with a diagnosis but someone who is a valued member of many systems that will work together to support him/her.

Marvin Leiken is celebrating his 44th year as an educator in northern New Jersey. Currently, Mr. Leiken is the Executive Director of The Children's Therapy Center (CTC), a state approved school that provides educational and therapeutic services for students age 18 months through age 21 with significant developmental disabilities, such as cerebral palsy, genetic disorders and seizure disorders. The CTC is breaking ground in Oakland, NJ to construct a state of the art facility to provide the highest and most comprehensive level of services to support their students and families.

Mr. Leiken will moderate the program.