

Course Overview

Clinician's surveys, social scientists, historians and politicians all point to our current time in society as a heightened period of anxiety for our youth. Is this the case? And if so, why, and what can be done about it? There have been many historical periods when elevated levels of anxiety have been observed—from the First World War of 1914-1918 to the "Age of Anxiety in Europe" in the 1920s. Where are we today?

Medical and behavioral health experts have pointed to the advent of social media as a contributor to the current reported increase in anxiety in today's youth, while others sing its praises. Thus, the role of social media will be a center piece of this symposium. Others suggest our polarized political and social environment as causative factors. This symposium will explore current youth anxiety, the various contributing contexts, and how best to assess and treat heightened levels of anxiety from a clinical, educational, societal, legal and parenting perspective. All of those who work in these areas, including parents and students, are welcome and will benefit from this mental health event. Keynote presentations will be followed by a panel of community experts and a question-and-answer period.

Course Objectives

1. Participants will be able to cite at least 3 factors that contribute to heightened anxiety and mental health issues in youth.
2. Describe the impact that technology and social media are having on attention and concentration, learning, executive functioning and social relations.
3. Differentiate clinical interventions to assist adolescents, their families, and educators, in developing healthy patterns to lessen anxiety in general, and with respect specifically to the use of technology and social media.
4. Contrast how anxiety differs with respect to gender, socioeconomic level and cultural background.

History and Legacy

In 1995, the Calciano family lost Jon, their 23-year-old son, and brother, to suicide. After two years of collaboration with the Dominican Hospital Foundation, the family inaugurated the Jon E. Nadherny/Calciano Memorial Youth Symposium to strengthen adolescent behavioral health resources in our community. These annual symposia enable local families, educators, and mental and medical health professionals to hear and interact with renowned specialists in a wide range of timely topics. Over the past twenty years, areas of focus have ranged from suicide to bullying, ADHD, substance abuse, and gender identity.

The Calciano family is grateful for the hundreds of symposia participants who work tirelessly to improve the mental health and coping abilities of adolescents in our community. We welcome you to join us at our 22nd anniversary event.

Please visit: calcianoyouthsymposium.org

Symposium Advisory Committee

We are excited to be celebrating over 22 years of providing high-quality, in-depth presentations of adolescent and young adult topics of clinical relevance. Our committee is a multidisciplinary team representing key professions and organizations in our community. We are dedicated to bringing timely topics from nationally renowned speakers.

Karen Gosling, M.P.T.

Committee Chair

Paul Bellina, M.F.T.

Carol F. Berman, L.C.S.W.

Diane Bridgeman, Ph.D.

Linda Calciano, Ph.D.

Nicholas Calciano

Stan Einhorn, Ph.D.

Jen Hastings, M.D.

George Jarrow, R.N.

Deborah Joy, D.D.S.

Josh Nadherny-Calciano, R.N.

Suzanne Nicholas, Ph.D.

Julie Norton, L.M.F.T.

Michael Paynter, Ed.D.,

L.M.F.T.

Samantha Polizzi

Bob Semas



**Dominican Hospital
Foundation.**

A Dignity Health Member

Those wishing to support the Symposium, may make a gift online at: supportdominican.org

REVISITING THE AGE OF ANXIETY IN YOUTH — Societal, Psychological and Social Media Considerations: Assessments and Treatments

**Friday, February 28, 2020
8:45 am – 3:45 pm**

Santa Cruz Beach Boardwalk
Cocoanut Grove Grand Ballroom

Featuring:

Keynote Speakers

Jean Twenge, Ph.D.

Professor of Psychology,
San Diego State University

Paul J. Marcille, Ph.D.

Professor and Program Director,
Palo Alto University
Past President of the California
Psychological Association

Local Experts and Panel Discussion



THE JON E. NADHERNY/CALCIANO
MEMORIAL YOUTH SYMPOSIUM

CELEBRATING OVER 20 YEARS
OF SERVING THE COMMUNITY

Presenters

Jean Twenge, Ph.D.

Professor of Psychology,
San Diego State University

Jean M. Twenge, Professor of Psychology at San Diego State University, is the author of more than 140 scientific publications and the books; *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy-and Completely Unprepared for Adulthood*; *Generation Me: Why Today's Young Americans Are More Confident, Assertive, Entitled — and More Miserable Than Ever Before*; and *The Narcissism Epidemic: Living in the Age of Entitlement* (co-authored with W. Keith Campbell). Dr. Twenge frequently gives talks and seminars on teaching and working with today's young generation based on a dataset of 11 million young people. Her audiences have included college faculty and staff, high-school teachers, military personnel, camp directors, and corporate executives. Her research has been covered in *Time*, *Newsweek*, *The New York Times*, *USA Today*, *U.S. News and World Report*, and *The Washington Post*, and she has been featured on Today, Good Morning America, CBS This Morning, Fox and Friends, NBC Nightly News, Dateline NBC, and National Public Radio. She holds a B.A. and M.A. from the University of Chicago and a Ph.D. from the University of Michigan.

Paul J. Marcille, Ph.D.

Professor & Program Director,
Palo Alto University
Past President of the California
Psychological Association

Dr. Paul Marcille is a licensed psychologist with more than 35 years' experience working with adolescents in inpatient, outpatient and academic settings. He is a former full professor and program director at Palo Alto University and the Pacific Graduate School of Psychology, the former Vice President and Dean of Students of the American University of Paris, and the former director of psychology at Potomac Hospital in Woodbridge, Virginia. He earned his B.A. in Psychology from Ohio University and his Ph.D. in Clinical Psychology with an emphasis in behavioral medicine from the Chicago Medical School. Dr. Marcille is the past-president of the Santa Clara County Psychological Association and the California Psychological Association. In his private practice in Saratoga, Dr. Marcille specializes in working with adolescents and their families, all of whom struggle with issues around technology use. He has a particular interest in the developing adolescent brain and helping his adolescent clients to develop more effective critical thinking and executive functioning skills in order to achieve their academic and personal goals.

Program Schedule

Friday, February 28, 2020

7:30-8:45 am	Registration
8:45 am	Welcome
8:50-10:00 am	Jean Twenge, Ph.D. Presentation: iGen: Understanding the Smartphone Generation and their Mental Health
10:00-10:15 am	Santa Cruz County Behavioral Health
10:15-10:30 am	Break
10:30-12:00 pm	Paul Marcille, Ph.D. Presentation: Technology and Teens
12:00-1:00 pm	Lunch
1:00-1:10 pm	Josh Nadherny-Calciano, R.N.
1:10-1:50 pm	Valerie Royaltey-Quandt, Ed.D.
1:50- 2:30 pm	Gary Dunn, Ph.D.
2:30-2:45 pm	Break
2:45-3:45 pm	Panel Discussion moderated by Salem Magarian, M.D.

Seating is on a first-come, first-served basis. Please plan to arrive at least 30 minutes before the start of the program.

Cost

Registration is \$75.

Fee includes lunch and complimentary parking, with validation.

Registration

This educational event is expected to sell out, and space is limited. Reservations may be made in advance through secure online registration. Log on to:

calcianoyouthsymposium.org

Fax/Mail

A registration form is available on the website. Please mail or fax to 831.462.7608.

Course Credit

California Registered Nurses, Occupational and Speech Therapist: This course is provider-approved by the California Board of Registered Nursing #881 for 5.5 contact hours.

Physical Therapists: This course has been approved for 0.55 CEUs by Dominican Hospital. Dominican Hospital is an agency recognized by the Physical Therapy Board of California to approve courses for continuing education units (CEUs).

LCSW/ LMFT/ LPCC: Course meets the qualifications for 5.5 hours of continuing education credit for LCSW, LMFT and LPCC as required by the California Board of Behavioral Sciences. Santa Cruz Behavioral Health is approved by the California Association of Marriage and Family Therapists (71620) to sponsor continuing education for LMFTs, LCSWs, and/or LPCCs. SCCBH maintains responsibility for this program and its contents.

Drug & Alcohol Counselors: Provider is the County of Santa Cruz Health Services Agency, approved for 5.5 CE hours by CCAPP. Provider No. 4S-99-419-0220

Physicians and Psychologists: This live activity, REVISITING THE AGE OF ANXIETY IN YOUTH - Societal, Psychological and Social Media Considerations: Assessments and Treatments, with a beginning date of 02/28/2020, has been reviewed and is acceptable for up to 5.50 Prescribed Credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Psychologists may use these credits for submission to CPA OPD for re-licensure.

PLEASE NOTE: Certificate processing may take up to 6-8 weeks.

PARTIAL CREDIT WILL NOT BE GIVEN: To receive course credit, one must arrive on time, stay to the end of the program, complete and turn-in the course evaluation. The program will begin promptly at 8:45am.

Cancellation Policy

Requests for refunds made at least five days before the start of the symposium will be granted. We reserve the right to cancel any class within five days prior to the class start date with a full refund to participants. We reserve the right to make program changes in the event of speaker illness, natural, or unforeseen disaster. No refunds will be made if the registrant does not attend the conference.

For Questions

Please contact Crystal Olson

phone: 831.457.7070