

# 2ND Annual Teaching Pro-Social Skills Symposium

Sustaining and Growing  
Your TPS Programs



February 9-10, 2009

Doubletree Hotel Sacramento  
2001 Point West Way  
Sacramento, CA 95815



# Monday, February 9, 2009

## NOON - 4:30 PM REGISTRATION

**1:00 PM - 1:30 PM INTRODUCTION AND WELCOME** ..... Salon 4

**Cricket Mitchell, PhD** - CiMH Consultant and Research Psychologist  
**Jeanie Sleigh** - CiMH Consultant, TPS Project Lead

**1:30 PM - 2:45 PM KEYNOTE: ADVANCES IN ANGER CONTROL** ..... Salon 4

**Eva L. Feindler, PhD** - Program Director, Clinical Psychology Doctoral Program, Long Island University (LIU)

This presentation will first review the theoretical and developmental foundations of a comprehensive, psycho-educational skills program entitled Aggression Replacement Training (ART). Three training modules include: Social skills training, Anger Management, and Moral Reasoning. Adaptable to either individual or group formats, ART is widely used in educational, residential, probation and community settings for youth experiencing emotional and behavioral difficulties with anger and aggression. ART can also be incorporated into the individual or family psychotherapy situation. Program effectiveness as well as suggestions for program implementation will be discussed.

## 2:45 PM - 3:00 PM BREAK

**3:00 PM - 4:30 PM WORKSHOPS SESSION I** ..... Salon 4

***Sustaining TPS in the Emotionally Disturbed (ED) Educational Environment: Challenges Unique To Serving the ED Child in the Learning Environment***

**Gavin O’Sullivan** - Client Services Practitioner, Placer County Children’s System of Care  
**Stacy Jackson** - Client Services Assistant, Placer County Children’s System of Care  
**Paulette Horner** - Client Services Practitioner, Placer County Children’s System of Care

***Introduction to the TPS Model*** ..... Feather River

**Robert Oliver** - Vice President, Education and Treatment Alternatives  
**Mark Amendola, LCSW** - Executive Director, Perseus House, Inc.

Participants will gain knowledge of Aggression Replacement Training® (ART) and its three components: Skillstreaming, Anger Control, and Moral Reasoning. Research that has made ART® a model program will be reviewed. Each component will be individually reviewed so that participants will have insight into what ART® is, how it should be delivered with fidelity, and how training would prepare them for implementation.

***Evaluation Protocols, Databases and Measures*** ..... Yuba River

**Cricket Mitchell, PhD** - CiMH Consultant and Research Psychologist

The presenter will review California’s TPS outcome evaluation protocol and discuss recent statewide findings.



# Tuesday, February 10, 2009

**8:00 AM - 9:00 AM CONTINENTAL BREAKFAST** ..... Bear River



# Tuesday, February 10, 2009

## 9:00 AM - 10:30 AM WORKSHOPS SESSION I

***TPS/ART In California: Successes and Challenges in Implementation Strategies (Discussion Format)***.....*Feather River*

**Robert Oliver** - Vice President, Education and Treatment Alternatives

How are programs in California implementing with fidelity? Successful programs are maintaining program integrity by delivering ART® as planned and designed by the developers. Challenges to successful implementation will be reviewed.

***Introduction to the Community Development Team Process*** ..... *Bear River*

**Jeanie Sleigh** - CiMH Consultant, TPS Project Lead

Overview of the Community Development Team process and training protocols.

***Involving Families in TPS Groups***..... *Yuba River*

**Angela Wilbur** - Assistant Director of Milieu Services, Five Acres, Altadena, CA

**Arthea J. Larson, MA, LMFT** - Director of Training and Staff Development, Five Acres, Altadena, CA

Residential care is placing increased emphasis on the active participation of families in their child's treatment. Five Acres ran a weekly *parents'* TPS group so that parents would know what their children were learning and could reinforce those skills. The group proved to be a huge hit with unexpected benefits.

## 10:30 AM - 10:45 AM BREAK

## 10:45 AM - 12:15 PM WORKSHOPS SESSION II

***The Importance of Creating a Sustainable Program Through Fidelity Monitoring, Quality Assurance and Continual Training***.....*Feather River*

**Steve Simons** - Probation Corrections / Training Officer, San Bernardino County Probation

**Lorraine Amaya** - Probation Corrections / Training Officer, San Bernardino County Probation  
San Bernardino County, now in its fourth year of providing TPS programming, has established an internal team that monitors fidelity and quality as well as operates a continual training program. We currently have trained over 120 facilitators and have 10 that have gone through the Train-the-Trainers.

***Teaching ProSocial Skills at River Oak Center for Children – Sustaining, Growing and Looking to the Future***..... *Yuba River*

**Karen Thompson** - BS Psychology, Family Facilitator, Wraparound Certified TPS Trainer, River Oak Center for Children

**Gary Suits, LCSW** - Clinical Program Manager, Wraparound Team Leader TPS, River Oak Center for Children

River Oak Center for Children has enjoyed considerable success in implementing and sustaining our Teaching ProSocial Skills program. Our presentation will explain how we have met the challenges of recruiting and maintaining staff, model fidelity, and utilizing outcome data to adjust the program to better fit the needs of our clients. We will also outline our partnership with Sacramento county juvenile probation in order to bring this effective program to at risk youth.

***Sustainability of Programming Through Challenging Times*** ..... *Bear River*

**Cricket Mitchell, PhD** - CiMH Consultant and Research Psychologist

Strategies for sustaining programming through challenging organizational and financial situations.

## 12:15 PM - 1:30 PM LUNCH (on your own)

## 1:30 PM – 3:00 PM WORKSHOPS SESSION III

***Advanced Training in Role-Playing for Facilitators***.....*Feather River*

**Robert Oliver** - Vice President, Education and Treatment Alternatives

Participants will utilize challenging scenarios that they have prepared to role play. Feedback will be given to assist with facilitator role play skill development to achieve proficiency.

***Successfully Using and Personalizing Powerpoint for Training Trainers*** ..... *Bear River*

**Don Lemmon** - Behavioral Support Counselor, Placer County Children's System of Care

Personalization of training PowerPoint for a successful training: Learning to use visual medium in the process of delivering TPS. Successful strategies from an experienced trainer.

***From the Hall to the Community: Continuation of Services***..... *Yuba River*

**Anne Elwart** - Supervisor Probation Counselor, Department of Probation, Santa Clara County

**Alex Ruiz** - Senior Group Counselor, Department of Probation, Santa Clara County

Santa Clara County will hold a workshop for managing staff turnover, developing supporting agency-trainers within your programs and strategies for monitoring and maintaining model adherence. Santa Clara County has a unique program which starts its youth in the TPS program and Juvenile Hall, then continues at the Ranches.



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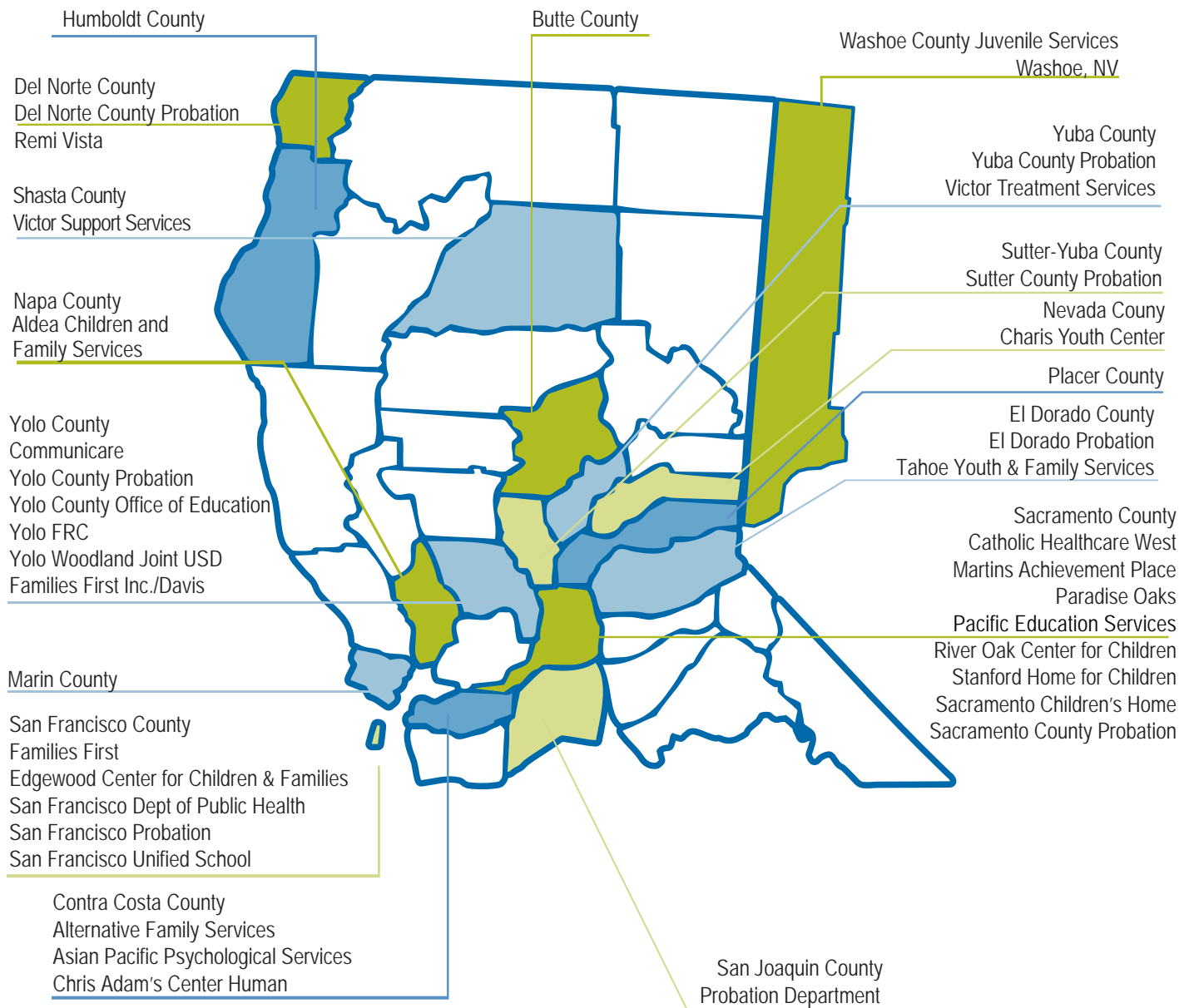
**River Oak**  
Center for Children

*Thank you to our  
generous co-sponsor:*

**River Oak Center for  
Children**

# Teaching Pro-Social Skills Sites Map

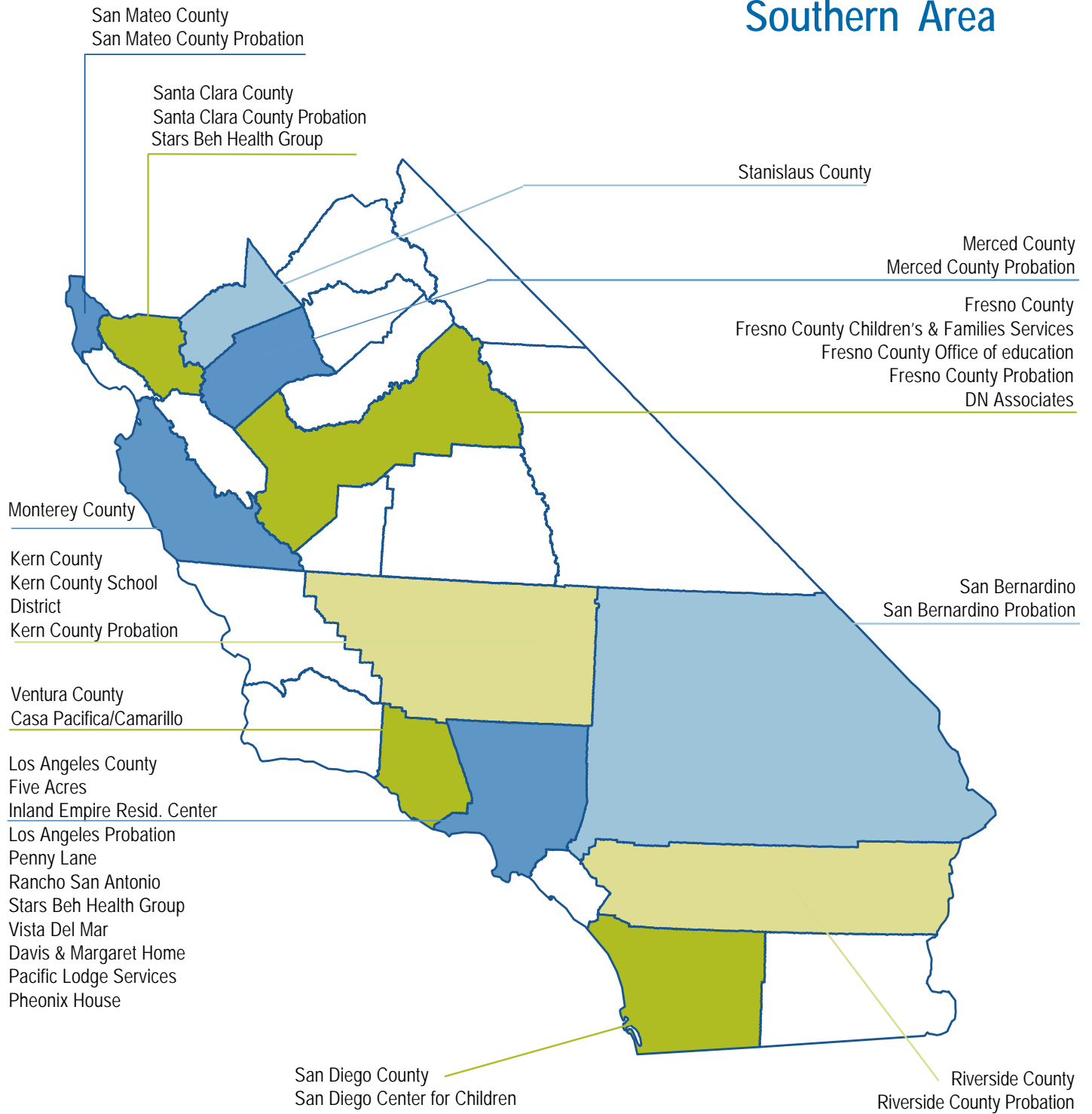
## Northern Area





# Teaching Pro-Social Skills Sites Map

## Southern Area





**The California Institute for Mental Health is a non-profit public interest corporation established for the purpose of promoting excellence in mental health. CiMH is dedicated to a vision of “a community and mental health services system which provides recovery and full social integration for persons with psychiatric disabilities; sustains and supports families and children; and promotes mental health wellness.”**

**Based in Sacramento, CiMH has launched numerous public policy projects to inform and provide policy research and options to both policy makers and providers. CiMH also provides technical assistance, training services, and the Cathie Wright Technical Assistance Center under contract to the California State Department of Mental Health.**