

ASAP-NJ Registration

ASAP-NJ is excited to announce our 37th Annual Conference: “Re-Imagining the Three R’s; Reset, Revive, Regain.” Our conference will take place on Thursday, February 29, 2024 and Friday March 1, 2024 from 7:30AM - 3:45PM. The ASAP-NJ Conference is essential for the networking and development of a qualified and integrated workforce of Student Assistance Professionals, Mental Health Professionals, Alcohol & Drug Providers, and Educators in New Jersey.

Benefits of Attending

The ASAP-NJ 37th Annual Conference this year will focus on key elements in our toolbox as Student Assistance and school professionals. All the attendees will have the opportunity to hear from ASAP-NJ President Pamela Felder, Keynote speakers each morning and several dynamic speakers in various breakout sessions. We are very excited to celebrate this year's ASAP-NJ award recipients. Conference attendees will receive professional development hours via email within two weeks post conference.

Special Pricing Offer / Refund Policy

The fees for members are as follows:

Two Days- \$250

One Day- \$150

The fees for non-members are as follows:

Two Days- \$325

One Day- \$175

Registration fees are NON-REFUNDABLE.

Overnight Accommodations

Holiday Inn, East Windsor

A block of rooms for ASAP-NJ Conference attendees is available at Holiday Inn, East Windsor at a rate of \$129 plus tax until 2/8/24. If calling to reserve a room, notify them you are with the ASAP-NJ Conference.

Use code ASN if booking via the IHG website,

<https://www.ihg.com/holidayinn/hotels/us/en/east-windsor/ttnew/hoteldetail>

Sponsorship

ASAP-NJ would like to thank all of our sponsors. Their dedication to our association and

members does not go unnoticed.

Agenda

Wednesday, February 28, 2024

Time TBD Welcome and Early Registration



Thursday, February 29, 2024

7:30 AM - 8:30 AM Breakfast/Registration/Exhibitors 8:30

AM-10:00 AM Welcome and Keynote 10:00 AM - 10:15 AM

Exhibitors

10:15 AM - 11:45 AM Workshop 1

11:45 AM - 12:00 PM Exhibitors

12:00 PM-1:00 PM Lunch/Exhibitors

1:00 PM - 2:30 PM Workshop 2

2:30 PM-2:45 PM Afternoon Snack/Exhibitors 2:45

PM - 3:30 PM Wellness Sessions

Friday, March 1, 2024

7:30 AM-8:30 AM Breakfast/Registration/Exhibitors 8:30

AM-9:45 AM Keynote

9:45 AM-10:15 AM Awards

10:15 AM-11 AM Morning Snack/Check Out/Exhibitors

11 AM-12:30 PM Workshop 1

12:30 PM-1:30 PM Lunch/Exhibitors

1:30 PM-3 PM Workshop 2

Workshop Descriptions

Thursday, February 29, 2024

AM/PM	Speaker	Title	Workshop Summary
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KEY NOTE	Alisha De Lorenzo, MS, LPC	Mattering Is Not a Maybe, It's A Must	By centering the conversation around mattering in this way, we can solve for disease, disengagement, and divisiveness and help people feel valued, and create cultures of connection worldwide. As SACs, we can use mattering to Reset, Revise, and Regain ourselves and school communities.
AM	Lena Suarez-Angelino, LCSW Founder, LIGHT Collective and Co.	Cooling the Fires: Anger Strategies for Students	Discover practical ways to manage anger in the workshop 'Cooling the Fires: Anger Strategies for Students.' Participants will explore techniques to stay calm when upset and effectively handle challenging situations that trigger anger. This engaging and informative session promises to equip students with valuable tools for navigating emotions and feeling better during tough times.
AM	Erin Field, PC, SAC Livingston High School	SAC 101: Establishing Your Role and Program	This workshop will explore the components of a successful Student Assistance Program (SAP) and how to establish one's role as a Student Assistance Counselor (SAC) within a school. Strategies to build awareness of your support role will be discussed as well as ways to provide education, prevention, intervention and aftercare to your students, families, colleagues and school community. Lastly, seeking support and self-care will be discussed as a way to take care of oneself in this challenging role.
AM	James Runyan, MS, LMFT, LCP, CEDSS Executive Director Hidden River	Disordered Eating	Understanding teen disordered eating, using motivational interviewing to identify who needs higher level of care, and the ethics and legalities surrounding confidentiality with our disordered eaters
AM	Philip McCabe, CSW,	Beyond Rainbows and	LGBTQ+ policy and practice in a

	CAS, CDVC, DRCC Rutgers Health Educator, LGBT Cultural Competency	Unicorns in the School	school, complications, core issues from facilities to technology.
PM	David Nash Esq	Director of Legal Education and National Outreach for the Foundation for Educational Administration	Questions and answers with David Nash surrounding new marijuana laws, policies, and implications in New Jersey schools.
Wellness Workshop	Lena Suarez-Angelino, LCSW Founder, LIGHT Collective and Co.	Renew, Recharge, Resilience: Reiki	In this circle, Lena shares practical ways to feel refreshed and resilient using Reiki, a gentle but powerful technique. Participants learn how to boost their energy and build inner strength in a relaxed, supportive environment. Lena helps everyone discover tools for self-care, so they leave feeling rejuvenated, full of energy, and ready to keep their wellness journey going.
Wellness Workshop	Gabrielle Milani, MPH, LCAT, R-DMT is the Executive Director for the Lukin Center for Psychotherapy and a Licensed Creative Arts Therapy.		Movement and Mindfulness
Wellness Workshop	Michael Mylls and Rodney Salomon with Kconscious Youth Development & Service (KYDS).		Experience ways to manage stress so you can show up in spaces with greater balance and ease.

Friday, March 1, 2024

AM/PM	Speaker Title Workshop Summary
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<p>Keynote</p>	<p>Larry Thompson, LCSW, Using the 3 R's to Founding Partner Integrative Care Elevate Connection Concepts</p> <p>Using the 3 R's both internally within ourselves, and externally with students, and school community to elevate connection, purpose, and self worth.</p>
<p>AM</p> <p>AM</p>	<p>Connor Wills, Quantum Beyond CBT: Expanding Psychological Group. Connor Wills Your Clinical is a licensed holistic Intervention Tools psychotherapist, professional Through A Post-Modern speaker, and K-12 consultant for Lens school-based mental health services who has been working in the field of mental health, wellness, and education for almost 15 years.</p> <p>Audra Tornero, Executive Director The Role of Harm Counseling and Wellness at Drew Reduction in AOD University, Cross Street Counseling Education</p> <p>Join me in discussing easily digestible, concrete clinical intervention strategies for supporting students with mental health challenges. We will utilize a holistic, trauma-informed lens in discussing post-modern approaches including polyvagal theory, somatic experiencing, internal family systems (IFS), and more.</p> <p>A workshop to understand and employ the principles of harm reduction to empower students to make</p>

	<p>safer and healthier choices around Alcohol and Other Drug (AOD) use and experimentation. This interactive workshop will provide an introduction to Motivational Interview Techniques and the connection with Harm Reduction.</p>
<p>AM</p>	<p>Michael Dzwil, LCSW. Michael is a Licensed Clinical Social Worker with experience working in various psychiatric settings including inpatient acute care as well as a supervising therapist in an outpatient mental health and substance use clinic for children and adolescents.</p> <p>The Impacts of Excessive Social Media and Technology Use: What We Can Do About It</p> <p>Over the past year we have seen more than ever how technology and social have had the ability to keep us connected, but how much is too much? Even though there can be so many great things that come with technology, there can also be many negatives that impact our daily functioning as well as ability to socialize when not behind a screen. This presentation will target some of the harmful</p>

	<p>effects excessive technology and social media can have and- more importantly- what we as clinicians and parents can do about it.</p>
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<p>AM</p> <p>PM</p> <p>PM</p>	<p>Kate Martino, LPC The Mind of an Athlete Student-athletes face unique psychological and physical stressors compared to non-athletes. This workshop will educate professionals on the signs and symptoms of a struggling athlete, identity development of high performers, and strategies to communicate effectively with injured athletes.</p> <p>Dr. Chris Cutter, Turnbridge Chief Every Metric Matters: Pragmatic Ways to Approach Intervention With Teens Dr. Christopher Cutter, Ph.D., discusses recent substance use disorder trends, clinical research findings, and the latest evidence-based integrated adolescent treatment approaches.</p> <p>Jessica Colucci, LPC and Stephen Neer, LPC - Lukin Center For Psychotherapy Failure to Launch Motivating the unmotivated student. Understanding the whys, and tangible ways to support these students.</p>
<p>PM</p>	<p>Cathy Cartier-Mrozek-West Power of the Pivot- How to Refocus, Reimagine and Reinvent your SAC Programming This session will be about learning to shift perspective especially when dealing with</p>

	<p>Specialist and most recently as the District Wellness Counselor.</p>	<p>difficult admin, students and unforeseen challenges to help fight burnout. Learn to utilize protective factors to reinvent SAC programming</p>
PM	TBD TBD TBD	



ASAP-NJ 2023 Executive Board

President - Pamela Felder

1st Vice President - Vikki Szabo

2nd Vice President - Doreen Consulmagno

Secretary - Amy Rock

Treasurer - Stacy M. Pelham-Hale

Parliamentarian - Melba Mullins

ASAP-NJ 2023 Executive Committee

Historian - open

Legislation - Thomas Chemris

Membership - Andrea Saladino

Nominations - Jason Grabelsky

Professional Development - open

Public Relations - Beverly Gross

Technology Co-Chairs - Fallon Corcoran and Joy Przywara

ASAP-NJ 2023 County Chairs

Bergen County - Andrea Saladino
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