

Registration Fee (Includes parking, gourmet box lunch, beverages, and educational materials)

- Early Registration (Before March 1st) \$75
- Regular Registration (March 1-April 13)..... \$95
- Same-Day Registration (April 20)..... \$115
- All Students,* and SUNY New Paltz Faculty/Staff (Before April 13)..... \$45

*Limited scholarships available for SUNY New Paltz students.
For more information: idmh@newpaltz.edu or 845-257-3477

Lunch selection: Gourmet box lunch includes salad, pasta salad, a sandwich of your choice, fruit, water, and dessert. Please indicate your sandwich choice:

- Smoked Turkey with Berry Chutney and Leaf Lettuce
- Rare Roasted Beef with Horseradish Aioli, Havarti Cheese and Romaine Lettuce
- Mixed Grilled Vegetables with Herbed Goat Cheese, Oven-dried Tomato and Basil Leaf

Continuing Education Contact Hours (Optional)

NOTE: You must attend the entire program to receive 6 contact hours

Select the organization whose continuing education contact hours you need:

- National Board for Certified Counselors (NBCC) \$20 for 6 contact hours
- National Association of Social Workers (NASW)* \$20 for 6 contact hours

*Approval from NASW pending

Identifying information required by the crediting organizations:
Last four digits of your Social Security number:

XXX-XX-_____

Date of Birth: ____/____/____
month day year

Would you like to make a donation to the American Red Cross Disaster Relief Fund? If so, please select or enter a donation amount:

- \$10 \$25 \$ _____

(Registration, CE credits, donations) **Total Due: \$ _____**

- Enclosed is my check, payable to: CAS/IDMH

To pay with credit card, please call Conference Services for secure processing at 845-257-3034 between 8:30 and 4:30 EST, Monday through Friday.

- Please indicate if you need an American Sign Language interpreter. (Register by April 6th if you need an interpreter).

Conference facilities are wheelchair accessible. Please call Conference Services at 845-257-3034 if you use a wheelchair or have other accessibility needs.

Training Director: James Halpern, Ph.D., IDMH Director and Professor of Psychology at SUNY New Paltz

Training Deputy Director: Karla Vermeulen, Ph.D., IDMH Deputy Director and Visiting Assistant Professor in the Psychology Department at SUNY New Paltz

Training Coordinator: Meredith Johnson, M.S., IDMH Coordinator

Training Assistant: Rebecca Rodriguez, B.S., IDMH Graduate Assistant

Lodging

Minnewaska Lodge, Gardiner: 845-255-1110
Econo Lodge Motel, New Paltz: 845-255-6200
Super 8 Motel, New Paltz: 845-255-8865
Super 8 Motel, Highland: 845-691-6888

Directions and Parking Information

www.newpaltz.edu/visitorguide



SPECIAL THANKS TO OUR CONFERENCE AND INSTITUTE SPONSORS:

New York State Office of Emergency Management
Campus Auxiliary Services
Center for Research, Regional Education & Outreach

FOR ADDITIONAL INFORMATION:

Institute for Disaster Mental Health
Jacobson Faculty Tower 214
State University of New York at New Paltz
600 Hawk Drive
New Paltz, NY 12561-2440
845-257-3477
idmh@newpaltz.edu

FOR REGISTRATION INQUIRIES:

Conference Services
Student Union 64
State University of New York at New Paltz
1 Hawk Drive, New Paltz, NY 12561-2443
845-257-3034
waldoklc@newpaltz.edu



INSTITUTE FOR DISASTER MENTAL HEALTH 9TH ANNUAL CONFERENCE

Building Capacity: Managing and Mitigating Responder Stress

Sponsored by the NYS Office of Emergency Management

Friday, April 20, 2012

The care that responders provide to others can only be as good as the care they provide themselves.



Building Capacity: Managing and Mitigating Responder Stress

Friday, April 20, 2012

The ninth annual Institute for Disaster Mental Health conference will consist of a set of trainings that will focus on building responder capacity and resilience through effective stress management and self-care strategies. Disaster response, emergency management, and trauma work are intrinsically and uniquely stressful, and it is essential that the inherent occupational hazards be mitigated through proactive stress management approaches.

Keynote speakers and workshop leaders at the conference will address a range of occupational hazards and rewards and offer training to promote effective responder stress management and wellness. The training will feature presenters who are experts on the interrelated work of mitigating the stress and maximizing the rewards of trauma work, on both individual and organizational levels. Each presenter will discuss foundational concepts, current research and recommended practices, and lessons learned from their experiences in the field.

SCHEDULE

- 9:00-9:30 **Welcome and Introductions**
Donald Christian, Ph.D., SUNY New Paltz President
James Halpern, Ph.D., Director, IDMH
- 9:30-10:30 **Mitigating Occupational Hazards of Disaster Response**
Charles Figley, Ph.D.
- 10:30-11:00 Q & A with Charles Figley, Ph.D.
- 11:00-11:15 **Coffee Break**
- 11:15-12:15 **Posttraumatic Growth: Psychological Reconstruction in the Aftermath of Disaster**
Richard Tedeschi, Ph.D.
- 12:15-12:30 Q & A with Richard Tedeschi, Ph.D.
- 12:30-1:30 **Lunch**
Networking, tabling, book-signing
- 1:30-2:30 **New Strategies for Reducing Responder Risk: From Pre-Deployment Screening to Post-Deployment Support**
Rob Yin, L.I.S.W., and Valerie Cole, Ph.D., American Red Cross
- 2:30-2:45 Q & A with Rob Yin, L.I.S.W., and Valerie Cole, Ph.D.
- 3:00-5:00 **Concurrent Professional Workshops:**
- Building Leadership Capacity in Emergency Management
Charles Figley, Ph.D.
 - Facilitating Posttraumatic Growth
Richard Tedeschi, Ph.D.
 - Mindfulness as Self-Care for First Responders
Dianne Kane, D.S.W.
 - Promoting Resilience: Culturally Responsive Self-Care
Monica Indart, Psy.D.
 - Force Health Protection: American Red Cross Training
Rob Yin, L.I.S.W., and Valerie Cole, Ph.D.
 - Mindfulness-Based Stress Reduction
Stephanie Speer, M.A.

REGISTRATION

Please complete both sides

Institute for Disaster Mental Health
SUNY New Paltz
BUILDING CAPACITY: MANAGING AND MITIGATING RESPONDER STRESS
April 20, 2012

Two Registration options:

1.) Mail completed form with check or money order payable to CAS/IDMH:

Christine Waldo-Klinger, Conference Services
Student Union 64, State University of New York at New Paltz
1 Hawk Drive, New Paltz, NY 12561-2443

2.) Register by phone with credit card payments

Please call 845-257-3034 between 8:30 and 4:30 EST, Monday through Friday

Name: _____

Organization: _____

Title: _____

Address: _____

Email: _____

Daytime phone: _____

Alternate phone: _____

Please indicate which of the following best describes your role:

- Mental Health Counselor
- Psychologist or Psychiatrist
- Social Worker / Social Services Professional
- Emergency Manager
- Uniformed First Responder
- Spiritual Care Provider
- Educator
- Healthcare Provider
- Hospital Worker
- Member of Media
- New Paltz Faculty or Staff
- Community Member
- New Paltz Student
- Non-New Paltz Student
- Red Cross Worker
- Other: _____

Workshop Selection:

Please fill in numbers **1**, **2**, and **3** to indicate your first, second & third choices

- ___ Building Leadership Capacity in Emergency Management
- ___ Facilitating Posttraumatic Growth
- ___ Mindfulness as Self-Care for First Responders
- ___ Promoting Resilience: Culturally Responsive Self-Care
- ___ Force Health Protection: American Red Cross Training
- ___ Mindfulness-Based Stress Reduction