Running Groups for Acting Out Adolescents

Frank Picone, LCSW, March 31, 2016, 9:30 to 4:00, Fairmount Behavioral Health System, Philadelphia, 5 CEU’s

Description: The goal of this training is to provide clarity regarding the role of an effective adolescent group leader. Trainees will develop a deeper understanding of the power of the group process and how to effectively utilize it. Strategies to better engage adolescents in the group process and to manage challenging behaviors will be emphasized. The workshop will include the development of social skill building activities and methods to lead them.

Workshop Objectives: Participants will be able to:

1. Discuss at least 2 reasons why group work is a powerful therapeutic modality for adolescents
2. Describe how trauma in the youth’s life contributes to emotional outbursts and the development of survival skills
3. Identify the 3 conditions that are essential to create an optimum group environment
4. Understand the 3 stands of the Nurtured Heart Approach and how they are used in group to support group norms
5. Identify the 7 essential group norms and how to introduce them
6. Identify at least 5 of the 10 guidelines for running effective groups
7. Explain the role of the group leader in the 3 phases of group development
8. Understand how to impart key social skills through the use of games

Agenda:

9:00   Registration, continental breakfast

9:30   Introductions, Objectives

10:00  The power of the group process

10:15  How the youth’s early environment result in the development of survival skills

10:45  Break

11:00  The 3 conditions group leaders must create

11:15  The Nurtured heart Approach
12:00  Buffet lunch- no charge

1:00  The 7 essential group norms and how to introduce them

1:30  The 10 guidelines or running effective groups

2:00  Break

2:15  The role of the group leader in each of the 3 phases of the group development

2:45  Group activities and practice running groups

3:45  Questions, evaluations, certificates, end at 4 pm

**Cost, When and Where:** 3–31–16, 9:30 – 4:00, Fairmount Behavioral Health System, 561 Fairthorne Ave. Phila. PA 19128, 5 CEU’s, $130 per person, directions below; fee includes CEU’s, presentation, all handouts, certificate, continental breakfast, buffet lunch, PM refreshments, For more information call 610 203 1926

**CEU Hours:** This program is co-sponsored by Bryn Mawr College Graduate School of Social Work and Social Research. As a CSWE accredited program, Bryn Mawr College GSSWSR is a pre-approved provider of continuing education for social workers, professional counselors, and marriage and family therapists in PA and many other states.

**About the Speaker:** Frank Picone, LCSW, a certified School Social Worker, is the founder and director of Positive Culture Change, a provider of clinical, communication, leadership and management training to professionals working with youth across the country. He is also an Instructor for the School of Social Work, at Rutgers College and wrote and published a training manual, Managing Crisis in Schools and Residential Settings. Frank has worked in a variety of settings and roles including in community mental health centers as a crisis screener and primary therapist, in a family service office as a family therapist, and in residential treatment settings serving severely emotionally disturbed youth as a clinical and administrative director. Frank served as manager of New Jersey’s Residential Treatment Centers for the NJ Children’s System of Care and was the Director of Residential Services for the Carrier Clinic in Belle Meade NJ. For more information on Frank’s background and trainings visit his website at [www.positiveculturechang.com](http://www.positiveculturechang.com).

**Registration:** 3 Ways to Register: Register on line: [www.sourcesforhumanservices.com](http://www.sourcesforhumanservices.com) by Phone: 610–203–1926  Mail: Sources for Human Services, 62 Parkridge Drive, Bryn Mawr, PA 19010, by Fax: 484–417–6150, training6000@gmail.com

**Registration Form:** I am registering for: Running Groups for Acting Out Adolescents, Frank Picone, LCSW, 3–31–16, 9:30 to 4:00, Fairmount Behavioral Health System, 561 Fairthorne Ave. Phila., PA 19128, 5 CEU’s, $130 per person, buffet lunch included
Name_______________________________________________
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Job
Title________________________________________________
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Agency/Company/School____________________________________
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Address______________________________________________
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City:_______________________________________State______
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Phone
1_______________________________________________

Phone 2
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(important for confirmation/notifications–print clearly)

Method of Payment ($130) ______ Check _______ Purchase order ________ Bill me ________ Credit Card (preferred) – call 610 203 1926

Please make checks or purchase orders payable to Sources for Human Services, and mail to: Sources for Human Services 62 Parkridge Drive, Bryn Mawr, PA 19010

Discounts: Discounts of 20 % per person can be offered for agencies that register 5 or more staff

Cancellations and refunds: Registrants may cancel up to five days prior to the seminar. Refunds cannot be given after that date.

Directions: Fairmount Behavioral Health System, 561 Fairthorne Avenue, Philadelphia, PA 19128, 215-487-4000. Enter facility at Main Lobby.

If you are driving from Center City or areas South of the Philadelphia:
Take I-76 West, which is the Schuylkill Expressway, to Exit 338. This exit is Green Lane. If driving from areas south of Philadelphia, take I-95 North to I-76 West. At the bottom of the exit ramp, bear right onto Green Lane. Go 0.9 miles, crossing over a bridge and up a hill. At the traffic light, turn left onto Ridge Ave. Go 0.8 miles, past 4 traffic lights and look for the CVS and Wawa on the right. Turn right onto Fairthorne Avenue and go the entire length until it dead ends onto Fairmount’s campus.
If you are driving from South Jersey:
Take the Benjamin Franklin Bridge to I-676 West, which is the Vine St. Expressway. Follow I-676 to exit for I-76 West. You may also take the Walt Whitman Bridge to I-76 West.

Please take I-76 West, which is the Schuylkill Expressway, to Exit 338. This exit is Green Lane. If driving from areas south of Philadelphia, take I-95 North to I-76 West. At the bottom of the exit ramp, bear right onto Green Lane. Go 0.9 miles, crossing over a bridge and up a hill. At the traffic light, turn left onto Ridge Ave. Go 0.8 miles, past 4 traffic lights and look for the CVS and Wawa on the right. Turn right onto Fairthorne Avenue and go the entire length until it deadends onto Fairmount’s campus.

If driving from the Pennsylvania Turnpike or the Blue Route:
From the Northeast Extension, please take I-476 South to PA Turnpike I-276 West. If driving from the PA Turnpike, East or West get off at Exit 333-Norristown. After going through toll booth, immediately, depart ramp onto Germantown Pike East. At the first traffic light, make a right onto Chemical Road. Follow Chemical Road to Ridge Pike.

Turn left onto Ridge Pike.

If taking the Blue Route, take I-476 North to Exit 18A, Conshohocken. From Exit 18A, make a right onto Ridge Pike. Continue on Ridge Pike for approximately 4 miles. You will Pass the Andorra Shopping Center and at fork in road, bear right onto Ridge Avenue and go 1.8 miles. You will pass a Shoprite on the left. Turn left onto Fairthorne Avenue and go the entire length until it deadends onto Fairmount’s campus.

If driving from Germantown Avenue going West:
Go through Chestnut Hill and make a left onto Bells Mill Road. You will pass Chestnut Hill Hospital on the right just before Bells Mill Road. Follow Bells Mill Road to Ridge Avenue and make a left onto Ridge Avenue. You will Pass the Andorra Shopping Center and at fork in road, bear right onto Ridge Avenue and go 1.8 miles. You will pass a Shoprite on the left. Turn left onto Fairthorne Avenue and go the entire length until it deadends onto Fairmont’s campus.

If driving from Route 309 South:
Get off at the Paper Mill Road Exit, which is just after the Rt 73 exit. Make a right onto Paper Mill Road. Follow Paper Mill Road for 1.3 miles. Stay in the right-hand lane and cross over Bethlehem Pike. You are now on Stenton Ave., which bears right. At the first light, which is Hillcrest Ave., make a left. Then at the next light, make a left onto Germantown Pike. At the next light, make a right onto Bells Mill Road. Take Bells Mill Road to the next light, which is Ridge Ave. Make a left onto Ridge Ave. Stay in your right lane. Continue on Ridge Ave. for 2.3 miles. You will pass a Shoprite on the left. Turn left onto Fairthorne Avenue and go the entire length until it deadends onto Fairmount’s campus.

If driving from Route 1:
Follow the signs to get on to Route 1 South.

Get off at the Fox Street Exit. At top of ramp make a right on to Fox street. Then make a left on to Queen Lane. Once on Queen Lane go to next light, which is Henry
Ave. Make right on to Henry Avenue. Go 2.3 miles to Gates Street. You will see a turning lane and sign. Make a left on Gates and go two blocks to Ridge Ave.

Make right on to Ridge Ave. Go 0.4 miles passing the CVS and Wawa on the right. Turn right onto Fairthorne Avenue and go the entire length until it deadends onto Fairmount's campus.

**Public transportation:**
You make take either the Route 9, Route 61 or Route 65 buses

If taking the Route 9 bus exit at Ridge and Fairthorne Avenues. Walk down Fairthorne Ave. The facility will be in front of you.

If taking the Route 61 or Route 65 bus, transfer to the Route 9 bus Northbound via connection at the Wissahickon Transfer Center. Exit at Ridge and Fairthorne Avenues. Walk down Fairthorne Ave. The facility will be in front of you.