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Project INTERFACE Newsletter

Volume 1, Issue 5

Dear Mental Health Professionals:

Cyberbullying is our focus in this issue of the Project INTERFACE Newsletter. Learn about the Massachusetts Aggression Reduction Center's Cyberbullying Intervention Train-the-Trainer program, other upcoming continuing education opportunities, and Parenting Tips on avoiding cyberbullying. We hope you will find this information helpful, and share it with your clients as appropriate.

Project INTERFACE continues to receive overwhelmingly positive feedback from both providers and parents. We recently heard from Barbara Krakowsky, Director of Boston College Children's Center, who gave us permission to share this response:

"Project Interface proved to be a great resource for me in a couple of instances when a family and child in our care had a crisis. Having a counselor advise me on important issues and also provide appropriate referrals for the family made helping them so much easier. Thank you!"

Thank you again to all providers who participate in Project INTERFACE. If you have not yet updated your profile, please e-mail us at interface@warmlines.org to receive instructions for easy updating online.

Spotlight on Upcoming Events

Things that Matter...Stress Management & Emotional Health

Six Thursdays: October 1, 8, 15, 22*, 29 and November 5, 2009

Time: 4:30- 6:30 pm (October 22 only: 5:30- 7:30 pm)

MSPP Program No: SM12

CE Credits: 12

Tuition: Mental Health & Healthcare Professionals: \$275, General Public: \$195

MSPP is pleased to offer a new program to both mental health professionals and the general public on developing enhanced stress management tools that can lead to improving overall emotional health and well being. Some of the latest thinking and research in the areas of brain functioning and healthy living practices will be presented.

For more information and to register, please visit www.mspp.edu/stress.

Continuing Education for Mental Health Professionals

MARC Train-the-Trainer Cyberbullying Intervention

October 15, 2009, 12:00 pm- 2:00 pm at Bridgewater State College

The Massachusetts Aggression Reduction Center (MARC) aims to bring low- or no-cost services to K-12 education in Massachusetts in the areas of bullying prevention, cyberbullying education and prevention, and violence prevention.

The MARC Train-the-Trainer Cyberbullying Intervention program will bring participants up to date on the latest developments in cyberbullying, including legislation, case studies, and online issues such as gossip sites. Recent MARC research on motives and circumstances related to cyberbullying will be presented.

For more information and to register, visit www.bridgew.edu/marc, email marc@bridgew.edu or call 508-531-1784.

Continuing Education for Early Childhood Professionals

Aggression in Young Children

Thursday, September 24, 2009, 7:00 pm - 9:00 pm at WarmLines in Newton

Instructor: Deborah Weinstock-Savoy, Ph.D.

MSPP Program No: AG22

CE Credits: 2

Tuition: \$40

Hitting and kicking, biting and spitting, grabbing and shoving, yelling and name-calling: Why do young children engage in such behaviors-and how should adults respond? This program will examine aggression observed in toddlers, preschoolers, and early elementary-age children. We will discuss the importance of development, temperament, learning, and environment, and explore why some children are more likely to behave aggressively than others. Participants will learn specific strategies for reducing aggressive behavior and helping children find more positive ways of managing feelings and solving problems.

For more information and to register visit www.mspp.edu/ce, email ce@mspp.edu or call 617-244-1682.

Tips for Parents

How to Avoid Cyberbullying

from Dr. Elizabeth Englander, Director of MARC: Massachusetts Aggression Reduction Center

- **Discuss social networking sites.** Talk to your children about how something FUN can also be dangerous. Monitor these sites regularly.
- **Review cell phone rules.** Educate your children about cell phone abuse before it happens. Review how to react to abusive or scary messages: they should save and report them, but not reply.
- **Discuss values and general principles regarding all electronic communications.** Make sure your children understand that you expect civil and polite behavior at all times - both online and offline.

For more helpful tips on how to avoid cyberbullying, visit www.bridgew.edu/marc.

Recent Article

Where Can the Doctor Who's Guided All the Others Go for Help?

"Psychiatry is a relatively safe profession, but it has a hazard that is not apparent at first glance: if you are in it long enough, there may be no one to talk to about your own problems." In her recent New York Times article, Elissa Ely, M.D. outlines the challenges and options for mental health professionals in search of therapy.

Learn more at: www.nytimes.com/2009/06/23/health/23mind.html

Project INTERFACE at WarmLines A subsidiary of the Freedman Center at MSPP

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