SOCIAL MEDIA AND MENTAL HEALTH
UNDERSTANDING THE IMPACT OF SOCIAL MEDIA WHEN WORKING WITH ADOLESCENTS

Dr. Ali Mattu
Dr. John Ackerman

ODOT Auditorium
1980 W. Broad Street
Columbus, OH 43224

Speaker
A Professional Conference
Presented by

September 8, 2016
8:30 am – 5:00 pm
SEPTMBER 8, 2016
Registration Begins: 8 AM
Program: 8:30 AM – 5:00 PM*
* Lunch on own
REGISTER online at www.mhafc.org

Conference Content
As we all know, most teenagers cannot imagine life without Twitter, Instagram, SnapChat and Facebook. Nearly one in four adolescents say they’re online “almost constantly,” with much of that time dominated by social media. Recent studies find that teens who use social media for two hours or more per day are significantly more likely to suffer from poor mental health, psychological distress and suicidal thoughts. This timely and interactive conference will educate attendees on how social media is impacting their adolescent clients. We’ll discuss best practices for using new media and social media as well as ethical implications, and the impact social media has as a possible suicide contagion.

Outcomes
At the conclusion of this training, participants will be able to:
1) Understand societal changes resulting from new media and social media
2) Understand the ethical implications of using new media and social media as a therapist
3) Understand the clinical implications of new media and social media and how they impact the patients therapists work with.
4) Understand best practices for integrating new media and social media into research and practice of psychotherapy.
5) Understand ways that social media can contribute to suicide contagion
6) Understand how social media can be used to reduce suicide risk by promoting social support, reducing stigma, and increasing access to critical mental health resources

Who Should Attend
Social Workers, Counselors, Marriage and Family Therapists, Psychologists, Chemical Dependency Counselors, and Nurses

Presentation Format
A multi-modal format, including PowerPoint presentations, video, discussion, Q & A and audience interaction will be utilized. Informational handouts will also be distributed.

Continuing Education
OhioMHAS Continuing Education Committee is an approved provider of Continuing Education for RNs and LPNs for the Ohio Board of Nursing and has awarded 7.0 CE contact hours per OBN003 92-2085CO.

OhioMHAS has been approved as a provider of Continuing Professional Education credit by the Ohio Counselor, Social Work, Marriage and Family Therapist Board. 7.0 CPEs have been awarded to Social Workers per RSX088902-2321CO and to Counselors per RCX068915-2296CO.

This program meets 1.0 of the three (3) hours required continuing education that addresses social work ethics or cultural competency for social workers and legal and ethical issues for professional counselors per OAC 4757-9.

OhioMHAS is approved by OPA-MCE to offer continuing education for Psychologists. 7.0 MCEs are awarded per 311334820-CO.

This program meets 1.0 of the four (4) hours of required continuing education that addresses ethics/cultural competency for Psychologists per OAC 4732.

OhioMHAS is approved by the Ohio Chemical Dependency Professionals Board to offer recognized clock hours for chemical dependency counselors and prevention professionals. The provider approval number is 50-18528 for 7.0 RCHs. This program is approved for the following content area/s: C2 – 6.0 & C9 – 1.0 / P5 – 6.0 & P3 – 1.0.
About MHAFC

Mental Health America of Franklin County is a private, not-for-profit organization, established in 1956. We are dedicated to promoting mental health in Franklin County through advocacy, education, and support services. Our programs include: information and referral to community mental health and alcohol/drug services; support groups for people with mental illness and their families; an Ombudsman program that assists clients in navigating the mental health and alcohol/drug system; online and in person mental health screenings; community and professional mental health education; Get Connected, a program for clients with severe mental illness; Pro Bono Counseling Program, free counseling for qualifying clients; Maternal Mental Health program, POEM; and, the Ohio Mental Health Caucus to educate public officials on mental health issues. We receive funding from the Franklin County ADAMH Board and United Way of Central Ohio. To become a member or find out more information, please visit us online at www.mhafc.org.

Additional Informational

Cost: $119 if postmarked by August 12, 2016
$139 if postmarked after August 12, 2016

Payment: Payment must be received with the registration form by the early registration date to receive the discount. Purchase orders will be accepted, but are not considered payment. No registration confirmations will be sent.

Discounts

- **Members**: An additional $10 discount will be given to current members of MHAFC. (See registration to join.)

- **Students and Retirees**: $20 discounts for college students who send a photocopy of their student ID with the registration form and for retirees (people retired from a mental health profession who are not working in the mental health field).

- **Pro Bono Counseling Volunteers** receive a 50% discount on full day conferences.

Refunds: There will be NO REFUNDS after September 2, but you may request a receipt for a tax-deductible donation if you cannot attend. Refunds prior to this date will be assessed a $25 processing fee. You can designate a substitute attendee.

Meals: Continental breakfast and break refreshments will be provided. Lunch will be on your own from 12:15 pm -1:15 pm. There are restaurants near ODOT within easy driving distance. A list of restaurants will be available to you at the conference.

Interpreters and Disability Information: This conference is wheelchair accessible. Sign language interpreters are available upon request. Please submit request on the registration form by September 1. Call 614-221-1441 if you require any additional assistance for a disability.
About Our Speakers

**Dr. Ali Mattu** is a clinical psychologist who specializes in the treatment of anxiety and body-focused repetitive behaviors. He aspires to bring psychology to everyone, everywhere by hosting THE PSYCH SHOW, writing about the psychology of science fiction at Brain Knows Better, presenting to the public, and advocating for the brain and behavior sciences through the American Psychological Association. Dr. Mattu is a faculty member at the Columbia University Clinic for Anxiety and Related Disorders. He received his B.A. from the University of California, Los Angeles where he majored in psychology and minored in Asian American studies. Dr. Mattu received his Ph.D. in clinical psychology from The Catholic University of America in Washington, D.C. He completed a doctoral internship at the Bellevue Hospital Center and a post-doctoral fellowship at the NYU Langone Medical Center's Child Study Center. Dr. Mattu is known as a “forward thinker” in the field of psychology and was named one of The Mighty’s mental health heroes of 2015.

**Dr. John Ackerman** currently serves as the Suicide Prevention Coordinator for the Center for Suicide Prevention and Research (CSPR) at Nationwide Children's Hospital. He directs community, school, and hospital efforts to educate others about the risks and warning signs of pediatric suicide. The CSPR promotes evidence-based strategies to support individuals at risk for depression and suicide. Dr. Ackerman and his team are passionate about reducing the devastating impact of suicide on the community. Dr. Ackerman obtained his Ph.D. in clinical psychology from the University of Delaware (2006) funded by an NIMH grant to study how disruptions in child caregiver relationships influence children’s social and cognitive development. Dr. Ackerman subsequently completed his postdoctoral fellowship at the University of Maryland School of Medicine (2008) investigating the effects of prenatal drug exposure through adolescence.