



Workshops and Presenters

Sunday February 12, 2012

9:30 AM – 3:00 PM

The Balanced Teen: Strategies for Success In and Out of School

Denise Pope, PhD

In this workshop, we will explore some of the themes from the keynote in further depth. Come prepared for an interactive discussion on more concrete strategies to promote youth well-being and engagement with learning as informed by Jewish text and tradition. We'll talk about how parents can promote academic achievement while minimizing stress on their teens, how to encourage more sleep and healthier habits, and ways to handle media and extracurricular overload.

Denise Pope, Ph.D., is a Senior Lecturer at the Stanford University School of Education specializing in student engagement, curriculum studies, qualitative research methods, and service learning. She is co-founder of Challenge Success, a research and intervention project that aims to reduce unhealthy pressure on youth and champions a broader vision of youth success. She lectures nationally on parenting techniques and pedagogical strategies to increase student health, engagement with learning, and integrity, and is widely featured in print, online and television media. Her book, "Doing School: How We Are Creating a Generation of Stressed Out, Materialistic, and Miseducated Students" (Yale University Press, 2001) was awarded Notable Book in Education by the American School Board Journal, 2001. Dr. Pope is a 3 time recipient of the Stanford University School of Education Outstanding Teacher and Mentor Award.

Redefining Achievement: What Can We Learn From Jewish Tradition?

Rabbi Howard Ruben

In this workshop, we will continue to explore some of the themes from the keynote in further depth. Come prepared for an interactive discussion on more concrete strategies to promote youth well-being and engagement with learning as informed by Jewish text and tradition. We'll talk about how parents can promote academic achievement while minimizing stress on their teens, how to encourage more sleep and healthier habits, and ways to handle media and extracurricular overload.

Rabbi Howard Ruben is Head of School at the Jewish Community High School of the Bay in San Francisco. Prior to this position, he was the Senior Rabbi at Anshe Chesed Fairmount Temple in Beachwood, Ohio, and Executive Director of Cincinnati's Bureau of Jewish Education. In these roles, Rabbi Ruben particularly enjoyed helping Jewish teens find their path to spiritual and ethical learning as well as their love of Judaism and growth as adults. His work with Jewish teens dates to his time as the assistant director of UAHC (now URJ) Camp Swig Institute in Saratoga. Prior to entering the rabbinate, he was a partner in the law firm of Severson & Werson in San Francisco and held lay leader positions on the boards of the Jewish Community Relations Council and the Jewish Bulletin of Northern California. Rabbi Ruben was a Wexner Graduate Fellow and a member of the inaugural class of Rabbinic Fellows of the Hartman Institute in Jerusalem.

Dayenu: When is "Good Enough" Good Enough as Parents of Teens and as Jews?

Rachel Brodie, MA

The pendulum for what constitutes good parenting among Jews in America has swung wildly over the last 100 years. An exploration of ancient Jewish sources offers some counter-cultural perspective on the obligations of a parent and the limits of "compassionate care" for a child. Join us for a lively discussion of classic texts, pernicious stereotypes and comic relief from the "blessed burden" of parenting.

Rachel Brodie is the newly appointed C.J.O. (Chief Jewish Officer) of the JCC of San Francisco. Rachel was a co-founder and Executive Director of Jewish Milestones from 2004-2011. A New Yorker by birth and temperament, Rachel settled in the Bay Area in 1997, after spending a year in Israel on a Melton Senior Educator's Fellowship. She holds an M.A. in Rabbinic Literature from The Jewish Theological Seminary of America and a B.A. in Literature and History from Brown University.

How Healthy Boundaries and Clear Expectations Support Your Child

Rick Concoff, MA

Explore specific skills and concrete techniques for building mutual trust, respect and communication with your teen. Take a look at when to be the parent, when to be the mentor and when to be the friend, and have distinct lines for those roles. Focus in on tools for being aware of your parenting "non-negotiables", "up for discussion" and "choose your battles" issues. Get in touch with what you intuitively know already in parenting.

Rick Concoff, MA, Parent and Teen Educator, Director of Countywide Teen Programming at the Sonoma County Jewish Community Center, and Diller Award Teen Educator, Rick has been a professional serving the Sonoma and Marin county Jewish communities for the past 35 years. Rick is a guidance counselor and teacher at Waldorf Schools, teaching all grades and specializing in Middle and High School. Currently, Rick presents parenting classes and talks throughout the SF bay area, and authors two websites entitled parentingpanicbutton.com and teenpanicbutton.com, where he blogs helpful advice, and other resources as well.

Myths of College Admissions - Supporting Your Child During the College Admissions Process

Geoff Smith

Don't let what you read in the popular press about college admissions drive your child and you to distraction. Come find out the facts from an experienced college advisor and former admissions dean. Learn some techniques for making the college admissions process a better-planned, more realistic, and less stressful experience for both your student and you.

Geoff Smith began his career as a primary and secondary school teacher before becoming a public school principal. He joined the undergraduate admissions staff at the University of Vermont (UVM) in 1980 and moved to Middlebury College in 1986. From 1991 to 1999, he was director or dean of admissions at Middlebury, UVM, and Vermont Law School. From 1999 to 2004, he was vice president of enrollment services at Golden Gate University and dean of admissions at Saybrook Graduate School and Research Center. He joined Jewish Community High School of the Bay in August 2004.

Connecting With Your Teen – An Interactive Parenting Group

Elana Reinin, MPH, Co-Active Coach, and Sheva Feld, Ph.D.

Sometimes it seems impossible to find a way to connect with our teens. Join other parents as we explore how Jewish values can be the entry point for better communication and connection. We will focus on the art of listening and asking powerful questions. This will be a fun, interactive workshop, and you will leave with new tools in your parenting toolbox that can be put to use right away.

Elana Reinin, MPH, is a Co-Active Parenting Coach, Positive Discipline parent educator, and is the past co-president of the JCHS Parent Organization. She is the mother of a 21-year-old son and two teenage daughters.

Sheva Feld, Ph.D., President of Spirit Soaring Psychological Services, is a clinical/organizational psychologist and coach with over 30 years experience working with children and adults. Together with Elana, Sheva has coordinated parenting groups for JCHS, and is the mother of a teenage daughter.

The Sex and Sexuality Equation

Jamie Simon

Explore creative ways to talk to your teens about sex and sexuality. Address potential fears and uncover your own values around your teen's relationships and dating life. With Torah text, visualization, real life case studies and other techniques as our guides, we will explore ways to talk to your teens about sexuality and sex. You will leave with excitement and skills to have important conversations with your teens!

Jamie Simon is currently the Camp Director at Camp Tawonga, a Jewish residential summer camp in Northern California. She is a nationally recognized sexual health educator. Jamie graduated from Sonoma State University with a degree in women and gender studies. She has traveled the country inspiring youth and adults about the importance of safer sex, sexuality awareness and communication.

Parenting Teens Towards Healthy Friendships and Relationships

Naomi Tucker and Zephira Derblich-Milea

Did your parents ever talk to you about what makes a relationship healthy? Are you prepared to talk to *your* kids? Shalom Bayit is here to support you! This workshop will help you:

- Learn how to talk to your teen(s) about healthy and unhealthy relationships and friendships
- Empower your teen(s) and other young people with the skills they need to create healthy peer relationships
- Learn how to use Jewish values to anchor/promote your values
- Brainstorm what to do if you suspect your child is being abused or that your child is being abusive

Naomi Tucker is the co-founder and Executive Director of Shalom Bayit, the first Jewish domestic violence agency in Northern California and one of the first of its kind in the US. For the past 19 years Naomi has served as a bridge between the Jewish community and the secular battered women's movement through her work at Shalom Bayit locally and nationally. A teacher, writer, trainer, community organizer, and author of numerous articles and publications on domestic violence in the Jewish community, Naomi is a national consultant on faith-based approaches to ending violence in the home.

Zephira Derblich-Milea has worked as a violence prevention educator for eight years. In 2005 she began coordinating Love Shouldn't Hurt (LSH), Shalom Bayit's outreach and prevention program for Jewish youth. In 2007 She was awarded a fellowship at the Bureau of Jewish Education and co-authored the successful national LSH curriculum. Zephira leads workshops at local and national conferences domestic violence, and violence against youth.

Myths vs. Reality Surrounding Self Injury: How to Gauge Level of Seriousness

Lisa Cohen-Bennett, Ph.D. These topics are difficult and sometimes painful. In order to stop self-destructive behavior or prevent it from starting, however, we as parents, must look, listen and speak about intense material. Therefore, this workshop will focus on the what, who, why and how of self-injury (including depression, anxiety, mood swings, excessive perfection, isolation, etc.). We will differentiate between myths that abound concerning self-injurious behavior and the realities surrounding people who hurt themselves to try to cope with their inner experiences.

When Self Injury Transitions to Suicide: Paying Attention to Thoughts, Feelings and Behaviors

Lisa Cohen-Bennett, Ph.D. Continuing with our view of intense adolescent challenges from the morning session, you will be given tools and information to help you begin to understand the difference between "calls for help" and actual wishes or attempts to end a life. Together we will discuss what to look for and how to try to help when your child is in need. This session is open to all, whether or not the morning session is attended.

Lisa Cohen Bennet Dr. Lisa Cohen Bennett has been training Foster Parents, Probation Officers, Psychiatrists, Psychologists, Social Workers, Teachers and Group Home Staff around the country and in the San Francisco Bay Area for over twenty years. She has worked in a variety of settings with severely emotionally disturbed youth and families including Residential Treatment, Hospital, Juvenile Hall, Runaway Shelter and County Mental Health facilities for over thirty-five years. Dr. Bennett also currently has a private practice in Lafayette, CA. where she specializes in trauma with teens and adults.

Breaking the Cycle of Bullying: Tools for Parents

Holly Pederson, Ph.D., MFT Bullying among pre-teens and adolescents most often takes the form of relational aggression, an indirect form of bullying that can be difficult to identify and even more emotionally painful than physical bullying. You will learn how to empower your children to break the cycle of social cruelty and relational bullying. You will learn about different forms of bullying; how to recognize the signs that your child may be impacted by bullying; and specific tools for preventing and intervening in bullying among tweens and teens. You will also learn about the powerful role of the bystander in stopping bullying, and strategies for encouraging your children to become "upstanders" who stand up and speak out against bullying in their schools.

Challenging Cyber Bullying: Tools for Parents

Holly Pederson, Ph.D., MFT This presentation will help you understand how bullying has moved from the school ground into cyberspace, including how bullying can now occur 24/7 through text messaging, social networking sites, chat rooms, blogs, bash boards and Internet gaming. You will learn how youth are using social media and technology; what cyber bullying is and how it differs from traditional bullying; how to recognize the signs that your child is involved in or a target of cyber bullying; and tips and strategies for addressing and preventing online social cruelty.

***Holly Pedersen** is the Director of the Parents Place Community Education Center and Family Violence Prevention Services at Jewish Family and Children's Services. She oversees the agency's bullying prevention program, providing trainings for schools, parents, camps and professionals throughout the bay area. Her areas of expertise are childhood abuse and trauma, domestic violence and violence prevention, conflict resolution, and bullying prevention. She has a PhD in sociology and a master's degree in marriage and family therapy from the University of Southern California.*

Talking with Teens about Drugs: A Harm Reduction Approach

Marsha Rosenbaum, Ph.D. In this workshop, Marsha Rosenbaum will facilitate a conversation about adolescent alcohol and other drug use and abuse, as well as strategies for parents to communicate with their teens about this sensitive issue. The approach is innovative, practical, and reality-based, as featured in Dr. Rosenbaum's booklet, "Safety First: A Reality-Based Approach to Teens and Drugs."

Marsha Rosenbaum is a National Institute on Drug Abuse grantee, who has published three books (“Women on Heroin, Pursuit of Ecstasy: The MDMA Experience”, and “Pregnant Women on Drugs: Combating Stereotypes and Stigma”) and well as dozens of scholarly articles and opinion pieces about drug use and abuse. Dr. Rosenbaum is director emerita of the San Francisco Office of the Drug Policy Alliance and founder of Safety First—an educational project for parents of teenagers. She currently works in drug policy reform, political fundraising, and is President of the JK Irwin Foundation.