



TIDEWATER DISTRICT VIRGINIA JUVENILE JUSTICE ASSOCIATION

presents the

15th ANNUAL SPRING INSTITUTE

March 30 & 31, 2006

Quality Inn, 705 Atlantic Avenue, Virginia Beach, Va.

We are excited to offer 2 days of quality training to VJJA members! We hope you will find the topics timely and informative. Lunch on both days is included in the registration. DRESS IS CASUAL! We will also have a "HAWAIIAN SHIRT" contest so be sure to wear one if you want a chance to win great prizes!

YOU CANNOT REGISTER AT THE TRAINING! Money **MUST** accompany your registration form. Tidewater VJJA members will get priority until February 24th. After that date, registration will be open to all members on a space available basis. E-mail confirmations will be sent. The training will be held in the Festival Center at the Quality Inn Oceanfront. Free parking is available on the 1st floor of the 9th Street Parking Garage. You must enter the Parking Garage from Atlantic Avenue to get the free parking! ROOM RATES are \$59 and all rooms are oceanfront with balconies. Please call the hotel at (757) 428-8935 to make your reservation by March 10th.

THURSDAY, MARCH 30, 2006

8:30 - 9:00 **REGISTRATION**

9:00 - 12:00 **OPENING REMARKS – Mr. Barry Green, Director, Virginia Department of Juvenile Justice**

KEYNOTE SPEAKER – Dr. John Rosemond, Child Psychologist & Syndicated Columnist

“WHAT DO WE EXPECT, ANYWAY?”

In this provocative talk, Dr. Rosemond analyzes the problems in today's parenting that are resulting in an epidemic of troubled teens who cause trouble. There's a solution, but it's not one that's popular or going to be popular any time soon. Unfortunately, coming to our senses concerning America's kids may require more than a few school shootings a year.

12:00 - 1:00 **LUNCH** (provided)

1:00 – 2:30 **3 KEYS TO EFFECTIVE DISCIPLINE**

Dr. John Rosemond, Child Psychologist & Syndicated Columnist, Gastonia, NC

The Three "Keys" to Effective Discipline are Commanding Communication, Compelling Consequences, and Confirming Consistency. John describes these as three legs of the disciplinary tripod and emphasizes that weakness in one of the legs will cause the entire structure to "wobble" if not collapse altogether.

2:45 – 4:30 **CULTURAL COMPETENCY WITHIN THE CONTEXT OF JUVENILE JUSTICE**

Dr. Lee Underwood, Clinical Psychologist, LPC, CSOTP

An overview of critical components of cultural competency and human relations skills. Training will focus on how to apply said information on a daily basis.

5:00 **RECEPTION** (Washington Room)

FRIDAY, MARCH 31, 2006

9:00 – 12:00 **TEAM COMBAT STRATEGIES AT THE BURNOUT BATTLEFRONT:
Creatively Managing Stress and Conflict and Building Team Cooperation through Humor**

Mark Gorkin, LCSW, “The Stress Doc”, Washington, DC

In a “24/7” world, managing stress and burnout and effective team communication and cooperation are on everybody's mind. The pressures to sustain individual and organizational productivity and morale have never been greater. Learn to channel stress and frustration into safe sharing, cooperative/creative action and team building.

12:00 - 1:00 **LUNCH** (provided)

1:00 – 2:30 **WORKSHOPS**

A. PERSONAL WELLNESS – John Heath, M.Ed., CSAC, Yorktown, VA

Purpose of this workshop is to emphasize personal care for human service workers – better understand the dynamics of stress and the impact upon our lives and identify numerous strategies for decreasing the impact of stress. Numerous techniques and strategies will be presented to combat the effects of stress and enhance our quality of life.

B. ISAFE – Internet Safety for Juvenile Justice Professionals – Lt. Charles Hightower, Va. Beach Sheriff's Office

This workshop will provide the knowledge, skills, and information to return to the workplace and promote internet safety with clients and families.

2:45 – 4:15 **WORKSHOPS (Repeat)**

TIDEWATER VJJA's 15th ANNUAL SPRING INSTITUTE

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ABOUT THE SPEAKERS



John Rosemond, Child Psychologist & Syndicated Columnist

John Rosemond has worked with families, children, and parents since 1971 in the field of family psychology. In 1971, John earned his masters in psychology from Western Illinois University and was elected to the Phi Kappa Phi National Honor Society. In 1999, his alma mater conferred upon John the Distinguished Alumni Award, given only once per year. Upon acceptance, he gave the commencement address. From 1971-1979, he worked as a psychologist in Illinois and North Carolina and directed several mental-health programs for children. From 1980-1990, John was in full-time practice as a family psychologist with Piedmont Psychological Associates in Gastonia. Presently, his time is devoted to speaking and writing. John is syndicated in approximately 225 newspapers nationwide. He has written eleven best-selling parenting books. He is also one of America's busiest and most popular speakers and most certainly the busiest and most popular in his field. He travels the length and breadth of the USA some 8 months a year, providing presentations and workshops to parents and professionals who work with children and families.



Mark Gorkin, LICSW, "The Stress Doc"™

An international/Celebrity Cruise Lines speaker, psychotherapist, syndicated writer and author of *Practice Safe Stress: Healing and Laughing in the Face of Stress, Burnout & Depression*. Recently interviewed by BBC Radio, Mark is a "Motivational Humorist" for corporate, government, association, and non-profit clients. He leads dynamic and interactive, inspiring, and fun programs on stress & burnout, managing anger and conflict, and team building and organizational change. All his programs are dynamic and inspiring, interactive and fun. The Doc is also America Online's "Online Psychohumorist"™ (Keyword: Stress Doc). In 2003, the Doc received the National Association of Social Workers-Metro-DC Chapter's Social Work Entrepreneur Award. The Doc runs his weekly "Shrink Rap and Group Chat" on AOL/Digital City [DC Stress Chat](#). See his multi-award-winning, *USA Today Online "HotSite"* -- www.stressdoc.com [Stress Doc homepage](#) (cited as workplace resource in a National Public Radio). Finally, Mark is an advisor to The Bright Side™ -- www.the-bright-side.org -- a multi-award winning mental health resource.

(Please detach and mail)

15th ANNUAL SPRING INSTITUTE REGISTRATION

NAME: _____ PHONE: _____

AGENCY: _____ E-MAIL: _____

RECEPTION: _____ (Please check if planning on attending)

COST

2 Day Event - \$25 for members*

1 Day Registration - \$15 for members*

For 1 Day Registration, please indicate which day:

Thursday Friday

*Membership Applications available at:

www.VJJA.org

Make checks payable to: "VJJA"

MAIL TO:

Diane Floyd, VJJA Training Consultant
c/o Va. Beach CSU
2425 Nimmo Parkway, Bldg. 10-A
Virginia Beach, VA 23456
diane.floyd@djv.virginia.gov

TIDEWATER PRIORITY DEADLINE: February 24th

REGISTRATION DEADLINE: March 22nd

(Limited to 165!)