

**Nancy Rappaport, M.D.**

Dr. Nancy Rappaport is a graduate of Princeton University and Tufts University School of Medicine. A board certified child and adolescent psychiatrist, Rappaport is currently a part-time associate professor of psychiatry at Harvard Medical School. Her research, teaching, and clinical expertise focus on the collaboration between education and psychiatry. After graduating from Princeton, Rappaport worked as a science teacher at an innovative elementary school in Harlem, New York where she advocated for support for struggling families. Her life-altering experiences in Harlem inspired her to enter medical school and would help launch a robust career. Graduating from Tufts School of Medicine in 1988, Rappaport completed an internship in pediatrics and a residency in adult psychiatry, both at Massachusetts General Hospital, before completing a fellowship in child and adolescent psychiatry at Cambridge Hospital. It was during this fellowship that Rappaport forged a longstanding relationship with the Cambridge Public Schools.

Dr. Rappaport received the American Academy of Child and Adolescent Psychiatry’s Sidney Berman Award for the School-Based Study and Treatment of Learning Disorders and Mental Illness in 2012. She also received Cambridge Health Alliance’s Art of Healing Award in 2013 – an award given to one who “transcends boundaries, joyfully embraces humanity, and profoundly inspires the healing of body and spirit.” Rappaport is the author of the memoir *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide* (Basic Books, September 2009), winner of the Boston Authors Club’s 2010 Julia Ward Howe Prize. In a starred review, *Publisher’s Weekly* called the book “Fearless ... a stunning narrative of perspective, profound sadness and unrelenting hope.” She is also the author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* (Harvard Education Press, April 2012), written with behavioral analyst Jessica Minahan.

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**Finding Our Way:  
Healing Our Traumatized Children**

*A full-day conference for physicians, nurses, mental health practitioners, educators and anyone who works with children & adolescents.*

Four Winds Saratoga offers expert psychiatric and behavioral health treatment services for children, adolescents and adults. We provide four levels of treatment intensity: Inpatient, Partial Hospital, Intensive Outpatient and Outpatient Services. Our compassionate staff treats a full spectrum of psychiatric disorders, including: depression, bipolar disorder, anxiety, psychotic disorders, dual diagnosis and psychological trauma and abuse. We believe that quality treatment, delivered at the appropriate level of care, is not only clinically effective, but cost effective as well. Our goal is to provide “Clinical Excellence in a Caring Environment” to every individual that we meet.

If you would like more information about our services or would like to set up a meeting to learn more about Four Winds, please contact Michele Phillips at 518-584-3600 ext. 3310.

Referrals to Four Winds Saratoga can be made by calling 1-800-888-5448, 24 hours a day, 7 days a week.

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30 Crescent Avenue  
Saratoga Springs, NY 12866  
(518) 584-3600 ext. 3115  
**Four Winds SARATOGA**

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Please join us for this full-day educational event:

**Friday, October 4, 2019**

**8:30 a.m. - 4:00 p.m.**

**Saratoga Springs City Center  
522 Broadway, Saratoga Springs, NY**

# Finding Our Way: Healing Our Traumatized Children

Many children face adversity with traumatic abuse, neglect or special needs that often leads to apathy, learning problems or aggressive behavior. Dr. Rappaport, a seasoned child psychiatrist and associate professor in Psychiatry at Harvard Medical School provides a comprehensive, accessible, and flexible framework for intervention with traumatized children and their caregivers. As the author of the influential book *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students*, she will share the FAIR plan method of understanding and improving behavior in challenging students which looks at the function of the behavior, accommodations, interventions, and nurturing responses to traumatized students. We are inspired with new strategies for healing support to promote resilience and motivation to learn to reach the children that need us the most.

Dr. Rappaport also has provided assessments and consultation to schools for over twenty years addressing whether a “child is safe to be in school” and her research shows that many times these are students with significant trauma. She will provide critical information so that educators can know warning signals for substantive threats to promote safety in schools while also emphasizing context and nurturing developmental competencies in traumatized children. The workshop will blend didactics with interactive discussion and the use of case studies, allowing participants to learn from one another and practice new skills.

Throughout the day, participants should be able to:

- Describe why traditional behavior plans of reward and consequences often do not work for students with challenging behavior such as anxiety and oppositional behavior, and list the elements of a FAIR behavior plan.
- Describe trauma’s impact on behavior and discuss strategies for creating a trauma-sensitive environment and the importance of relationship-building.
- List the components of a comprehensive safety assessment and list key warning signs and questions to ask following a threat.
- Explain the importance of building resiliency for both provider and patients and list concrete ways that understanding learning and using humor, creativity, and empathy can help us continue to grow and learn as clinicians.

## CEU’s: 5.0 Social Workers Credits and 5.0 LMHC Credits

*Four Winds Saratoga is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0160.*

*Four Winds Saratoga is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0092.*

# Schedule

## FRIDAY, OCTOBER 4, 2019

- 8:30 a.m. Registration**  
Continental Breakfast will be provided.
- 9:00 a.m. Welcome**  
Jeffrey M. Daly, M.D.  
Medical Director, Child and Adolescent Outpatient Program, Four Winds Saratoga
- 9:15 a.m. Overview and The Behavior Code**  
Nancy Rappaport, M.D.
- 10:45 a.m. Morning Break**
- 11:00 a.m. Safety Assessments, Part 1, Case Study 1**  
Nancy Rappaport, M.D.
- 12:15 p.m. Lunch Break \***
- 1:30 p.m. Safety Assessments, Part 2, Case Study 2, Turn-Around Students**  
Nancy Rappaport, M.D.
- 3:00 p.m. Wrap-up**  
Nancy Rappaport, M.D.
- 3:45 p.m. Closing Remarks**  
Jeffrey M. Daly, M.D.

\* Lunch is not included.  
We will provide a map to local dining establishments for you to enjoy.

For questions, directions, overnight accommodation information, educational credit information or if you would like to make a special request, please contact Jennifer at 518-584-3600, ext. 3115.

# Registration Form

Name \_\_\_\_\_ Credential \_\_\_\_\_

Agency \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_ Fax Number \_\_\_\_\_

Email Address \_\_\_\_\_

SW or LMHC CEU - NYS License Number \_\_\_\_\_

## RSVP by September 27<sup>th</sup>

### Tuition Fee: \$40 per person

Seating is limited. Receipt of payment or purchase order will guarantee your reservation.

Payment enclosed in the amount of \$ \_\_\_\_\_  
(Make checks payable to Four Winds Saratoga)

Purchase Order #: \_\_\_\_\_

### Return Form with Payment to:

Four Winds Saratoga, Attn: Community Relations  
30 Crescent Avenue, Saratoga Springs, NY 12866

### Registration can be made by:

1. Faxing this form to: 518-583-2265
2. Calling: 518-584-3600, ext. 3115
3. Register and Pay Online by Credit Card  
[www.fourwindshospital.com](http://www.fourwindshospital.com), Saratoga, Educational Events

*Refunds will not be granted for any cancellations after Friday, September 27<sup>th</sup>.*