



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center



Dreaming of Sleep: Behavioral Strategies for Family

Presented by Ryan Egan, Ph.D. and
Steve Arcidiacono, Ph.D.

Wednesday, February 15, 2023
9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/86GVZMR>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on February 14, 2023

Description:

Sleep is an essential and often overlooked component of physical and mental health in youth. Healthy sleep is associated with improved cardiovascular health, metabolic health, mental health, cognitive functioning, emotion regulation, and overall quality of life for children and their parents. Unfortunately, more than a third of children and two-thirds of adolescents are not attaining adequate sleep hours. Preventative sleep health strategies for children include establishing a nightly routine, daily outside exercise time, screen time limits, elimination of environmental disruptions at night, and improved management of light. Bedtime routine concerns, including separation anxiety and noncompliance, can be addressed using behavioral strategies like the bedtime pass and motivational systems.

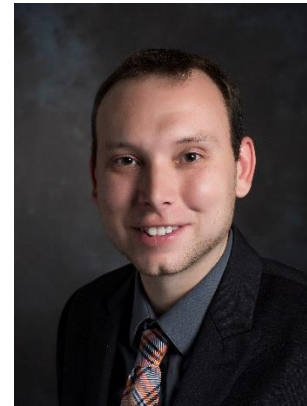
Learning Objectives:

- 1) Attendees will identify at least 3 psychosocial areas impacted by sleep in children and adolescents.
- 2) Attendees will describe at least 3 preventative strategies to help children and families improve their sleep hygiene.
- 3) Attendees discuss at least 1 specific behavioral strategy to overcome common bedtime routine problems.

Presenters:



Ryan Egan, Ph.D., is a licensed clinical psychologist (PY10565) specializing in behavior problems in young children. He received his Ph.D. in clinical psychology from Central Michigan University. He has training in multiple evidence-based treatments including Parent-Child Interaction Therapy, Trauma-Focused Cognitive Behavior Therapy, Integrative Behavioral Couples Therapy, and others. He commonly integrates sleep health into the diagnostic and treatment planning process, along with other evidence-based practices.



Steve Arcidiacono, Ph.D., is a licensed clinical psychologist (PY10133) specializing in behavioral pediatrics and cognitive-behavioral therapy with youth and their families. Dr. Steve received his Ph.D. in clinical psychology from Nova Southeastern University. Dr. Steve has provided behavioral health services to families for over a decade, which regularly involves problems with sleep health and bedtime routines. He has given several community presentations on topics including sleep health, video games/screen time management, anxiety, ADHD, and parenting through the pandemic.



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Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2023).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2024).

In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](mailto:Cristal.Montepeque@pbcgov.org) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460

Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
 - **Everyone** – All participants will see the message in their Chat pane.
 - **Organizer(s) only** – All organizers will see the message in their Chat pane.
 - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>