



# The Rosenberry Conference

*Pediatric Sleep Problems:  
A Primer for Behavioral Health Clinicians*

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[childrenscolorado.org/ce](http://childrenscolorado.org/ce)

**May 3, 2019**

**Provided by**

Pediatric Mental Health Institute

Children's Hospital Colorado

Anschutz Medical Campus

Aurora, CO



**Children's Hospital Colorado**

Affiliated with  
 University of Colorado  
Anschutz Medical Campus

## Course Description

Pediatric sleep disorders are a relatively common problem for children and adolescents. However, mental health providers, including psychologists, social workers, counselors, and psychiatrists, often receive insufficient training on treatment of pediatric sleep disorders. This course will offer opportunities to increase competence, understanding, and skills in assessing and treating pediatric sleep disorders. Specifically, the course will provide current, evidence-based descriptions of behavioral treatments for sleep disorders that most commonly affect infants, children, and adolescents.

## Objectives

Upon completion of this conference, participants should be able to:

- Identify ways to implement evidence-based assessment of sleep disorders in their practice with pediatric patients.
- Discuss the factors contributing to chronically insufficient sleep among youth, and the mental and physical consequences of this phenomenon.
- Describe evidence-based behavioral approaches for several common sleep problems affecting infants, young children, and adolescents.

## Continuing Education Credit

### Medical:

Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Children's Hospital Colorado designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Licensed Clinical Social Work:

An application to award NASWCO Continuing Education Credits has been submitted. Determination of credit pending.

### Others:

A general certificate of attendance will be provided for all other providers.

Completion of the online evaluation is required for crediting.

## Location and Parking

The conference will be held at Children's Hospital Colorado on the Anschutz Medical Campus, 13123 E. 16th Avenue in Aurora, Colorado 80045. Please enter through the main hospital entrance and take the glass elevators to the Conference and Education Center on the second floor.

Anschutz Medical Campus employees must park in their designated area.

Free parking for conference guests will be provided with detailed instructions to access the designated lot(s). Please arrive early to allow sufficient time to park.

Visit [childrenscolorado.org/your-visit/locations/aurora-driving-directions/](https://childrenscolorado.org/your-visit/locations/aurora-driving-directions/) for driving directions to the hospital.

## Acknowledgement

The Rosenberry Conference is an annual event held in honor of Walter S. Rosenberry III, a former board member and benefactor of Children's Hospital Colorado. Mr. Rosenberry's support of Children's Hospital Colorado and Department of Psychiatry and Behavioral Sciences provides us with an opportunity to recognize and honor those individuals who have made significant contributions to the field of psychology and behavioral sciences.



## Agenda May 3, 2019

Note: Morning sessions will integrate psychiatric comorbidities; sleep, cognition, and academic performance; medical comorbidities; and technology use as it pertains to each topic

7:45	Continental Breakfast and Registration
8:30	<b>Welcome &amp; Introduction</b> <i>Douglas K. Novins, MD</i> <i>Cindy Buchanan, PhD</i>
8:45	<b>Session One: Typical Sleep Across Development and Healthy Sleep Habit</b> <i>Valerie Crabtree, PhD</i>
9:30	<b>Session Two: Pediatric Sleep Disorders and Common Sleep Problems</b> <i>Lisa Meltzer, PhD</i>
10:15	Break
10:30	<b>Session Three: Consequences of Insufficient or Poor Quality Sleep</b> <i>Valerie Crabtree, PhD</i>
11:15	<b>Session Four: Clinical Assessment of Sleep</b> <i>Lisa Meltzer, PhD</i>
12:00 p.m.	Lunch
12:45	<b>Session Five: Treatment Overview (Infants &amp; Young Children; School Aged &amp; Adolescent)</b> <i>Valerie Crabtree, PhD and Lisa Meltzer, PhD</i>
1:45	Break
2:00	<b>Session Six: Breakouts</b> <b>Breakout A: Infants and Young Children Discussion of Cases</b> <i>Lisa Meltzer, PhD</i> <b>Breakout B: School Aged and Adolescent Discussion of Cases</b> <i>Valerie Crabtree, PhD</i> <b>Breakout C: Circadian Rhythm Sleep Disorders and Treatment for Adolescents</b> <i>Stacey Simon, PhD</i> <b>Breakout D: Pediatric Sleep and Obesity</b> <i>Richard E. Boles, PhD</i>
3:00	Break
3:15	<b>Session Seven: Breakouts</b> <b>Breakout E: School Start Time</b> <i>Valerie Crabtree, PhD and Lisa Meltzer, PhD</i> <b>Breakout F: Sleep and Psychiatric Disorders Among Youth</b> <i>Benjamin Mullin, PhD</i> <b>Breakout G: Sleep and Autism</b> <i>Terry Katz, PhD</i> <b>Breakout H: Fussy Baby Network Colorado</b> <i>Kelly Glaze, PsyD</i>
4:15	Evaluation
4:30	Adjourn

# Registration is Online

[childrenscolorado.org/ce](http://childrenscolorado.org/ce)

## Register early as space is limited!

Register online by April 12, 2019 to receive the early registration fee. You will receive a confirmation email with important conference details shortly after completing the online registration process.

Registration Fees	By 4/12	After 4/12
Professionals**	\$165	\$185
Verified Students***	\$145	\$165

\*\*Children's Hospital and University of Colorado employee are eligible for a discounted rate at the time of registration.

\*\*\*email student status verification to [shaun.ayon@childrenscolorado.org](mailto:shaun.ayon@childrenscolorado.org) within two days of registration

We wish to thank Pediatric Mental Health Institute for supporting a reduced registration rate for CHCO/UCSOM staff.

## Payment Options

Online credit card payment only.

## Cancellation Policy

The registration fee is non-refundable. However, you may send a substitute by contacting Shaun Ayon. The Planning Committee reserves the right to alter the agenda or cancel the conference in the event of an unforeseen circumstance, or if the minimum registration is not attained by April 12, 2019 with a full refund to participants.

## Further Information

If you have questions, please contact [shaun.ayon@childrenscolorado.org](mailto:shaun.ayon@childrenscolorado.org) or 720-777-2700. To request arrangements to accommodate a disability, please notify us at least 3 weeks prior to the conference.

## Guest Faculty

### Valerie Crabtree, PhD

**Associate Faculty, Department of Psychology,  
St. Jude Children's Research Hospital  
Chief of Psychosocial Services, St. Jude Children's Research Hospital  
Pediatric Psychologist, St. Jude Children's Research Hospital**

Valerie M. Crabtree, Ph.D. is an Associate Faculty Member, Department of Psychology and Chief of Psychosocial Services at St. Jude Children's Research Hospital. In addition to her clinical and administrative work, Dr. Crabtree conducts research on sleep and fatigue in children with cancer. Her work includes a focus on interventions to include alertness and energy level in children undergoing treatment for cancer and in brain tumor survivors, particularly those who have been treated for craniopharyngioma. Dr. Crabtree is certified in behavioral sleep medicine and in 2015, she and her co-author, Dr. Lisa Meltzer, published a book entitled, *Pediatric Sleep Problems: A Clinician's Guide to Behavioral Interventions*.

### Lisa Meltzer, PhD, CBSM

**Associate Professor of Pediatrics, National Jewish Health  
Adjunct Associate Professor of Family Medicine,  
University of Colorado School of Medicine  
Pediatric Psychologist, National Jewish Health**

Lisa Meltzer is an Associate Professor of Pediatrics at National Jewish Health and an Adjunct Associate Professor of Family Medicine at the University of Colorado School of Medicine. Dr. Meltzer is board certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine, and is a Diplomate of the Board of Behavioral Sleep Medicine. She directs both the Pediatric Behavioral Sleep Clinic and Actigraphy Clinic at National Jewish Health. She is also the co-author of *Pediatric Sleep Problems: A Clinician's Guide to Behavioral Interventions*. Dr. Meltzer has a funded program of research examining the impact of deficient sleep on health outcomes in adolescents with asthma, sleep in children with chronic illnesses and their parents, the development and validation of objective and subjective measures of pediatric sleep, and the impact of changing school start times on health outcomes.

## Local Faculty

### Richard E. Boles, PhD

**Associate Director of Research, JFK Partners  
Associate Professor of Pediatrics, University of Colorado School of Medicine  
Pediatric Psychologist, Adolescent Metabolic and Bariatric Surgery Center  
and Lifestyle Medicine Level 1 Weight Management,  
Children's Hospital Colorado**

Dr. Boles is a licensed pediatric psychologist with specialization in child behavior and nutrition. He is an Associate Professor for the Department of Pediatrics at University of Colorado Anschutz Medical Campus, and currently provides individual and group outpatient services in the Lifestyle Medicine Level 1 Weight Management Clinic and the Adolescent Metabolic and Bariatric Surgery Center at Children's Hospital Colorado. His programmatic research has focused on how modifiable environmental factors, including the arrangement of the physical environment and parent-child interactions, impact child and parent behaviors related to the prevention and treatment of obesity. His federally funded research has examined instrument development, clinical trial development, and the dissemination of efficacious programs to prevent and treat childhood obesity. He earned his doctoral degree in clinical child psychology from the University of Kansas and completed his residency and fellowship at Cincinnati Children's Hospital Medical Center.

### Kelly Glaze, PsyD

**Senior Instructor  
University of Colorado School of Medicine**

Kelly Glaze, PsyD is a Senior Instructor with the Irving Harris Program for Child Development and Infant Mental Health in the University of Colorado School of Medicine. She is also the Assistant Director of the Warm Connections Program, which integrates infant mental health providers into Special Supplemental Nutrition Program for Women, Infants and Children (WIC) clinics throughout the Denver metro area. She served as a Fussy Baby Network Colorado Specialist while completing her postdoctoral fellowship through the Harris Program and continues to implement the model in her other role as a supervising psychologist in the Child Health Clinic at Children's Hospital Colorado. Dr. Glaze earned her master's and doctoral degrees in Psychology from the University of Denver.

### Terry Katz, PhD

**Senior Instructor with Distinction, Department of Pediatrics,  
University of Colorado School of Medicine  
Psychologist, Developmental Pediatrics, Children's Hospital Colorado**

Dr. Katz is a psychologist who has been privileged to work with individuals with developmental disabilities and their families for over 30 years. Dr. Katz co-founded the Sleep Behavior Clinic in Developmental Pediatrics in 2009 and has worked in the clinic since it was established. Her research interests include ways to assess, predict, and improve sleep difficulties in children with autism spectrum disorders (ASD). Other research interests include gross motor development in children with ASD and gaining a greater understanding of individuals with ASD who have minimal verbal skills. She co-founded a toileting clinic in Developmental Pediatrics in 2011 and continues to work in this clinic. Dr. Katz has helped develop a number of educational materials for families and providers that help individuals with ASD sleep better, increase their toileting skills, and successfully complete medical procedures. She has written a book on sleep for families: *Solving Sleep Problems in Children with Autism Spectrum Disorders: A Guide for Frazzled Families*.

### Benjamin Mullin, PhD

**Assistant Professor of Psychiatry, University of Colorado School of Medicine  
Psychologist, Pediatric Mental Health Institute, Children's Hospital Colorado**

Benjamin Mullin is a psychologist in the outpatient clinic at the Pediatric Mental Health Institute at Children's Hospital Colorado. His research focuses on investigating cognitive and neurobiological contributors to anxiety, as well as the emotional consequences of disrupted sleep among children and adolescents. Clinically, he focuses on providing evidence-based behavioral interventions for youth with emotional disorders and those with chronic sleep difficulties. He obtained his doctorate in clinical psychology from the University of California, Berkeley and completed a postdoctoral fellowship in translational sleep science at the University of Pittsburgh School of Medicine.

### Stacey Simon, PhD

**Assistant Professor of Pediatrics, University of Colorado School of Medicine  
Pediatric Psychologist, Pulmonary Medicine, Children's Hospital Colorado**

Dr. Stacey Simon is a pediatric psychologist with a specialty in behavioral sleep medicine. She has a Ph.D. in Clinical & Health Psychology from the University of Florida and is currently an Assistant Professor of Pediatrics at the University of Colorado Anschutz Medical Campus. Dr. Simon works with infants, children, and adolescents and their families in the sleep center at Children's Hospital Colorado, providing behavioral assessment and treatment for sleep problems including insomnia, circadian rhythm disorders, and adherence to treatment for obstructive sleep apnea. Dr. Simon's research examines the impact of insufficient sleep and circadian misalignment in adolescents on health outcomes including insulin resistance, dietary intake, and weight.