***Morris County Psychological Association***



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**January 12, 2022**

**Harm Reduction:  Evidence and Practical Applications with Emerging Adults**

Presented by:

Dr. Nathan McClelland

*This program is intended for psychologists, psychiatrists, social workers, nurses, mental health counselors, marriage and family therapists, and graduate students. It will be presented at an intermediate level, meant for those with some prior knowledge of the subject matter. The presenter does not have any commercial support and/ or conflict of interest for this program****.***

**Meeting announcements:**

* Hayley Hirschmann introduced herself as the new president of MCPA. She also announced that there are several open board positions (treasurer or treasurer apprentice, president elect, and student representative)
* Susan Neigher is looking for volunteers to judge the high school awards program
* There was an email from NJPA looking for feedback on the No Surprises Act, please respond
* The presentation on Feb 9th will not be for CE credit

***-Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

**Meeting Attendees:**

Leslie Becker-Phelps

Kristen Bekelja

Roderick Bennett

Randy Bressler

Elizabeth Burke Beaty

Sarah Dougherty

Janie Feldman

Anthony Ferrer

Irene Fisher

Kenneth Gates

Ashley Gorman

Judith Herschlag

Hayley Hirschmann

Corrine Kalafut

\*Barbara Kauffman -

Melissa Klika Mack

Barbara Semkow Kurlansik

Phyllis Lakin

Stuart Leeds

Ilana Leve-El

Marilyn Lyga

Charles Mark

Nate McClelland - presenter

Ilysa Michelson

Sharon Ryan Montgomery

Susan Neigher

Carly Orenstein

Marcy Pasternak

Francine Rosenberg

Nicole Safonte-Strumolo

Jayne Schachter

Kenneth Schulman

Nancy Sidhu

Jeffrey Singer

Brenda Stepak

Tamsen Thorpe

Steven Tobias

Mary Toolan

Daniel Watter

Aaron Welt

Paul Yampolsky

Michael Zito

**Presenter Bio:**

Dr. Nathan McClelland is a psychologist licensed in New Jersey and New Yorik and is an associate at Morris Psychological Group in Parsippany, NJ.  He works with a wide range of presenting concerns including life transition issues, and challenges of young adulthood.

**Overview and objectives of today’s talk:**

Emerging adulthood has in recent years been characterized as a developmental life stage separate and distinct from both late adolescent and young adulthood.  Harm reduction is comprised of a collection of concepts and strategies with the aim of minimizing negative outcomes associated, most typically, with drug and alcohol use/misuse, contrasting with abstinence-driven approaches.  The presentation will look to address application of harm reduction strategies specifically within the emerging adult population.

*Learning Objectives:  By the end of the session, participants will be able to:*

1. Summarize the current research on emerging adulthood as a distinct life phase.  
2. Discuss evaluation and treatment concepts for emerging adults and failure to launch individuals  
3. Identify harm reduction concepts and strategies.  
4. Apply concepts discussed to applicable patients.

**Q & A:**

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**