

Mary Fowler
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SUMMARY

Author of four books, numerous articles and book chapters. Educator, advocate, international consultant and public speaker with thirty years experience educating, training, developing, and coaching thousands of educators, parents, and general populations. Specialize in psycho-educational trainings and the use of evidence-based, positive strategies and supports for social, emotional, and behavioral challenges associated with attention deficit hyperactivity and related disorders, adverse life experience and traumatic stress. Personally taught over one thousand learners as a former classroom educator. Trained and experienced service delivery provider in four emotional recovery programs including Classroom Culture Community Based Intervention, Skills for Psychological Recovery, Sources of Strength, and More Than Sad Suicide Prevention. Self motivated, with superb problem-solving and communication skills. Appreciate collaboration and team work.

EXPERIENCE

Self-Employed Positive Difference PD 1988-present
Personal and Professional Development Trainer, Consultant, Coach and Advocate

- Develop, design and deliver psycho-educational trainings to general educators, school administrators, parents and organizations to understand and effectively manage the challenges of educating or parenting children and youth with behavioral and emotional difficulties and disabilities. Provide trainings for diverse and multi-cultural populations.
- Delivered services to an estimated ten thousand parents and educators with an aggregated highly satisfied presenter rating of plus 85%.
- De-construct problems. Propose and implement positive action plans with strength-based, resiliency focus. Assess ineffective practices and direct the use of evidence-based initiatives that improve outcomes.
- Advocate and resolve parent, child, and school conflict.

RWJ Barnabas Health Institute for Prevention Lakewood, NJ 2016-present
Program Director, Upstream Suicide Prevention Program

- Co-direct county-funded suicide prevention grant program to deliver across the lifespan suicide prevention education to the general public.
- Responsible for sourcing venues, community outreach, and training adolescents and adults across the lifespan in suicide prevention education using curricula developed by American Foundation for Suicide Prevention: *Talk Saves Lives* and *More Than Sad* and SAHMSA, *Skills for Psychological Recovery (SPR)*
- Train community members and interested organizations to deliver the AFSP curricula.

- Co-wrote the application for this competitive grant.

**Barnabas Health Institute for Prevention
Turning the Tides Program**

Lakewood, NJ

2014-2015

Facilitator, Turning the Tides

- Led CBI (Classroom, Community, Culture-based Intervention) youth and teen groups in community and school settings. Served children and youth affected by a wide range of traumatic events, including children with disabilities.
- Provided Sources of Strength Peer Leadership/Adult Mentor one-day training to participating school districts.
- Provided site-based individual Skills for Psychological Recovery (SPR) to parents and children affected by natural disaster and adverse life experiences. Presented the trainings at multiple agencies including court ordered adult probation for opiate users, parents of children in Children’s System of Care in Monmouth and Ocean counties. Also provided bi-lingual SPR to Hispanic parents and caregivers with bi-lingual interpreter. Connected individuals to mental health services as indicated.
- Administered school-based Skills for Psychological Recovery (SPR) training to middle school classes.
- Collaborated with team members on community and school outreach efforts for all programs.
- Participated in county-agency and community meetings including Children’s Interagency Coordinating Council, Emotional and Spiritual Subcommittee of Monmouth County Long-term Recovery Group, the monthly Monmouth County Traumatic Loss Coalition Meetings.

**Traumatic Loss Coalitions for Youth
Rutgers University Behavioral Health Care**

Piscataway, NJ

2013-2013

Independent Service Provider of CBI and SPR—per hourly basis

- Collaborated on the design, development and dissemination of marketing materials for use in community outreach to locate and identify disaster-affected adults and children who could benefit from CBI and SPR programs. Publicized programs at school functions.
- Led a summer CBI-Teen group for displaced youth. Co-led an early elementary aged group who witnessed a community shooting.
- Facilitated individual SPR with survivors; made indicated mental health referrals and provided sources for unmet needs. Initiated and led an SPR community support group.

**Mental Health Association of New Jersey
New Jersey Hope and Healing Monmouth Team**

Verona, NJ

2012-2013

Crisis Counselor

- Located, identified, and counseled disaster-affected individuals, families, and communities. Assisted survivors with a wide range of emotional recovery needs for post traumatic stress management including information and education; tips for coping, identifying sources of

strength and protective factors. Facilitated individual SPR and crisis counseling. Established and co-led a community support group.

- Screened for risk factors and event reactions, referred survivors in need of mental health services or disaster case management, and provided links to resources for unmet needs.
- Staffed FEMA disaster recovery centers. Established and staffed regularly scheduled hours at community centers. Canvassed neighborhoods with team members and represented organization at local community events and government meetings. Teamed with disaster case managers and TSA staff when requested.
- Delivered all required agency reports and data sheets on time. Attended all FEMA and agency trainings including non-mandatory trainings as an actively engaged participant.

Children and Adults with ADHD (CHADD) Landover, MD
Vice-president of Government Affairs 1989-1992
Professional Advisory Board 1992-1994

Co-masterminded and spearheaded a national grassroots advocacy campaign to raise public awareness and knowledge of ADHD's impact on affected children and families. During my tenure as a professional volunteer, the organization succeeded in securing a change in existing federal special education law to specifically include attention disorders in federal disability and civil rights statutes and regulations; increased number of member chapters from twenty-four to over four hundred in two years; advocated and testified before federal appropriations committees to fund research and training which resulted in an initial appropriation of 6.5 million dollars for the development of NIMH multi-site, multi-modal treatment study and in-service educator training.

Teaching and Related Work Experience

Adult Education English Teacher Jan. 2002-June 2004
Union Beach Board of Education, Union Beach, NJ

Developed and aligned English high school curriculum with state board of education standards and competencies. Mentored, taught, and coached diverse cultural, linguistic, and socio-economic learning population. Provided individualized instruction for students with disabilities and ELL needs. Coordinated and administrated the state proficiency assessment; implemented mandated testing accommodations for students with disabilities. Developed 504 plans and implemented IDEA Individual Education Plans.

Reading/Language Arts Teacher Sept. 1998-Feb. 2000
Maple Place School, Oceanport, NJ

Developed and implemented literature based curriculum using a variety of instructional approaches in general education, heterogeneously grouped population of middle school learners. Collaborated with pupil personnel services and 504 coordinator to develop and administer accommodations, modifications, and other support services for students known or suspected to have disabilities.

Reading/Language Arts Teacher Sept. 1996-June 1998
Thompson Middle School, Middletown, NJ

Administered and implemented literature-based curriculum using a variety of instructional approaches

including cooperative learning and direct guided instruction for middle school learners. Presented multiple trainings on attention deficit/hyperactivity disorder to parents and teachers, including rights and responsibilities under IDEA and Section 504.

Reading/Language Arts Teacher

Sept. 1994-June 1996

Matawan Avenue Middle School, Matawan, NJ

Implemented a whole language reading/language arts curriculum to eighth grade students in inclusive classroom to eighth grade students, including many at-risk learners. Instructed students in preparation of state mandated early warning test assessment. Member, Principal's Pupil Assistance Committee

English Teacher (Interim Position)

Sept. 1993-Jan. 1994

Red Bank Regional High School, Little Silver, NJ

Taught ninth-grade English basic skills, eleventh-grade American literature, and twelfth-grade British literature courses to learners with poor performance indicators or disability-related needs in general education. Presented a district-wide in-service training on teaching distractible students.

Adjunct Writing Instructor

Sept. 1988-Jan.1989

Brookdale Community College, Lincroft, NJ

Instructed students in English 095, a basic skills writing course with emphasis on the writing process method.

Language Arts Teacher

Sept. 1977-April 1979

Warwick Valley Middle School, Warwick, NY

Created and implemented language arts curriculum with grammar and writing emphasis for seventh and eighth grade students.

English Teacher

Sept. 1975-June 1976

Westfield Senior High School, Westfield, MA

Instructed students in genres of drama and novel. Developed expository writing skills for ninth-grade students. Supervised freshman play production.

College Field Representative

Aug. 1973-Jan. 1975

Wadsworth Publishing Company, Belmont, CA

Marketed college texts of all disciplines in three-state territory. Analyzed market trends for editorial acquisitions and signed manuscripts. Extensive travel.

Trenton Central High School, Trenton, NJ

July 1972-June 1973

Created and implemented a highly motivational curriculum using behavior modification/token economy system. Taught literacy to students with significant skill deficits. Participated in home visits in this inner-city high poverty area.

Education

Bachelor of Arts, Dual Major, English Education and English
The State College of New Jersey

Certifications

New Jersey Permanent Teaching Certificate: K-12 Teacher of English
New Jersey Registered Provider for In-service Educator Training
Senior Certified ADHD Coach

Education and Trainings

B.A. Trenton State College

Certificates:

- Permanent Certificate: Teacher of English; State of New Jersey, Department of Education.
- Registered Professional Development Provider; State of New Jersey, Department of Education.
- NJ Disaster Response Crisis Counselor; New Jersey Division of Terrorism and Addiction Service.
- Senior certified ADHD coach: Institute for Advancement of ADHD Coaching (IAAC).
- Integrative Relaxation Instructor—Yoga Nidra: Amrit Institute.
- Train the Trainer Provider: *Talk Saves Lives* and *More Than Sad*. American Foundation for Suicide Prevention

Professional Development Trainings:

- Child Traumatic Stress—Rutgers University Behavioral Health Care and New Jersey Department of Children and Families.
- Advanced Classroom, Community, Culture Based Intervention-- CBI© RWJBH Institute for Prevention
- Sources of Strength Train the Trainer Skills Session (20 hours)—Barnabas Health Institute for Prevention
- Skills for Psychological Recovery: International Trauma Center—Barnabas Health Institute for Prevention
- American Foundation for Suicide Prevention More Than Sad Training— Barnabas Health Institute for Prevention
- Intervention & Referral Services (I & RS)—Barnabas Health Institute for Prevention
- Diagnostic and Statistical Manual of Mental Health Disorders—5—An Overview, Mental Health Association of New Jersey
- Motivational Interviewing—Mental Health Association of New Jersey
- Healing the Wounded Child—COSA Workshop
- Stewards of Children—Certificate of Attendance, Darkness to Light
- Basic CBI©: The Center for Trauma Psychology International Trauma Center—3 trainings.
- PFA and Post Traumatic Stress Management Training: The Center for Trauma Psychology.
- Advanced Post Traumatic Stress Management Training Response to Protocols to Suicide: International Center for Disaster Resilience and the Center for Trauma Psychology.
- Strategies for Trauma Awareness and Resilience Level I: Summer Peacebuilding Institute of the Center for Justice and Peacebuilding: Eastern Mennonite University.
- New Frontiers in Trauma Treatment: Bessel van der Kolk.

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Publications

Fowler, M. (2015) "How to Create Emotionally Safe Classrooms Using Psychological First Aid." *ASCD Express*, Vol. 11, Issue 3. October, 2015

Fowler, M. (2012) "Want Better Behavior in Your Classroom?" *NJEA Review*. Trenton, NJ: New Jersey Education Association, February 2012.

Fowler, M. (2012) "Disabilities and Culture: A Tale of Two Schools." *ASCD Express*, Vol. 7, Issue 7

Fowler, M. (2011) *The Education Digest*. (October, 2010). "Increasing On-Task Performance for Students with ADHD." Ann Arbor, Michigan: Prakken Publications, Inc., pp. 44-50 Condensed from *NJEA Review*, 83 (March 2010), pp. 8-10.

Feifer, Steven G.; Rattan, Gurmah. (2009) "Mindful Discipline for Distressed Learners." *Emotional Disorders: A Neuropsychological, Psychopharmacological, and Educational Perspective*, Fowler, M., Middletown, MD: School Neuropsych Press, pp. 269-281.

Fowler, M. (2006) *20 Questions to Ask If Your Child Has ADHD*. Franklin Lakes, NJ: Career Press.

Fine, A., Kotkin, R. (2003) "Future Directions in Assessment and Treatment of ADHD/LD: A Parent's Perspective." *A Therapist's Guide to Learning and Attention Disorders*, Fowler, M., San Diego: Academic Press, pp. 447-451.

Fowler, M. (2002) "ADHD Briefing Paper." Washington, D.C. National Information Center for Children and Youth with Disabilities (NICHCY).

Fowler, M. (2001) *Maybe You Know My Teen: A Parent's Guide to Helping Your Adolescent with ADHD*. New York: Broadway Books, a division of Random House. (Also published in Hebrew.)

Fowler, M. (1999) *Maybe You Know My Kid: A Parent's Guide to Helping Your Child with ADHD, Third Edition*. New York: Citadel Press. Previous editions: 1994, 1991, 1990. (Also published in Japanese, Chinese, and Hebrew.)

Fowler, M (1992) *The Educators Manual*. Plantation, Florida: CH.A.D.D.

Fowler, M. (1990) "There Must Be a Better Way for Children to Obtain Help." *Journal of Child and Adolescent Psychopharmacology*. 1.300-301.

Quinn, P., Ratey, N. (2003) "The Impact of ADHD on the Family," *Attention Deficit Hyperactivity Disorders Throughout the Lifespan: Research, Diagnosis, & Treatment*. Western Schools Continuing

Education Courses for Nurses, Western Schools Press, So. Easton, MA.

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Sample Keynote and Conference Presentations: 1991-Present

International presenter: provided keynotes and seminars to teachers and parents in Lebanon, Israel, Germany, Canada, and throughout the United States. I have also provided some training to Healing the Healers trauma recovery support group in Rumbek, South Sudan.

Annual Brain and Learning Institutes: Canada, Frankfurt, New Mexico, Connecticut

Learning and Brain Conferences: Cambridge, San Francisco, Washington, DC

Middlesex Regional Education Services Commission Regional PDA

Learning Disabilities Association State Conference, Kentucky

Conference on Attention Deficit Disorders: Jerusalem, Israel

American Psychological Association

Saskatchewan Psychiatric Association

Iowa School Psychologists Association

PTA/PTO parent training programs and parent support groups.

Certificated Trainings

- ***Psychological First Aid Certificate in Post Traumatic Stress Management: 2011.***
Trained with Robert Macy, Ph.D., Director of International Center for Disaster Resilience; sponsored by Traumatic Loss Coalition of NJ.
- ***Strategies in Trauma Awareness and Resilience, STAR Level I: 2011.***
Summer Peace Building Institute, Eastern Mennonite University, Harrisonburg, VA.
- ***Integrative Relaxation for Stress Management: 2005.***
Amrit Institute, Salt Springs, FL.

Continuing Education Hours

Trauma and Post-Traumatic Stress Disorder:

- “New Frontiers in Trauma Treatment”—weekend intensive, Bessel van der Kolk
- Suicide Prevention-1 day intensive, NJ Traumatic Loss Coalition
- Completed Level 1 and Level 2 “Brainspotting Training”, with David Grand, Ph.D., developer of the protocol used extensively for trauma healing (2 weekend intensives)

Continuing Education Trainings

- “Global Art Therapy: Beyond Borders,” MPS Art Therapy Program (full day)
- “Breakthroughs in Healing Trauma,” Belleruth Naparstek (weekend intensive)
- “The Instinctual Trauma Response and Using the Graphic Narrative,” Linda Gantt, Ph.D. (day long intensive)
- Resolving Conflict Creatively, Annual Training, Educators for Social Responsibility, 2001, New York, (weekend intensive).
- Learning and Brain Conferences, bi-annual attendance 1999-2008
Topics explored include: Brain Anatomy, Executive Functions, Learning and Memory, Attention Systems, Reading and Reading Disorders, Emotions and Behavior, Brain Evolution, Developmental Language Disorders, Child Temperament and Behavior, Enrichment, Bipolar Disorder and ADHD, Creativity, Resilience, Motivation and Feedback.

References available upon request.