

#fidlerrule

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#FRAVIRE

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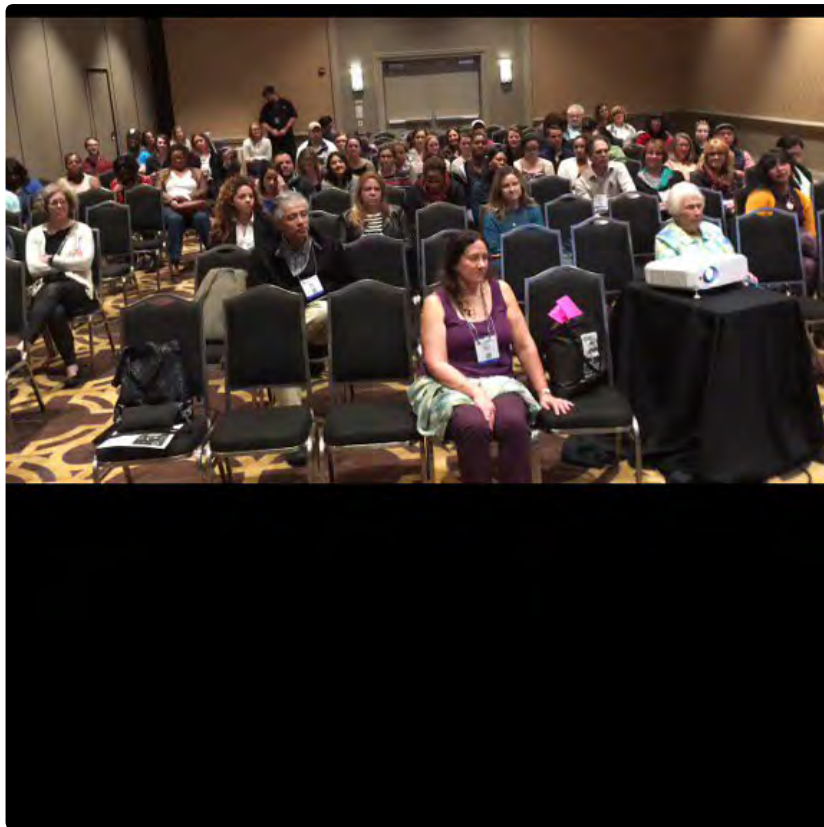
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Anthony Tobia, MD @atobiamd · 12h

New Orleans was primed to watch @TheRuleFilm Tonite with @RWJMS medical students on Twitter! #FIDLERrule



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Anousheh Shafa @annashayshay · 13h

need to first teach students that hard work --> success both inside and outside of the classroom. #FIDLERrule

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The Rule @TheRuleFilm · 13h

Looking forward to filming @atobiamd @RWJMS at SBP - you all rule! #fidlerRULE

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Carolyn @lynly13 · 13h

What is the application process like for the school? #fidlerrule

[Reply](#) [Retweet](#) [Like](#) 1 [More](#)



Bekah Gee @b_gens · 13h

Really impressive film covering an innovative charter concept that clearly works to get at-risk kids into the right mindset #FIDLERrule

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nikolas goobitosee @goobitosee · 13h

The Rule was a very powerful and thought provoking film, great choice for tonight's fidler! **#fidlerrule**



Anthony Tobia, MD @atobiamd · 13h

#FIDLERrule I received a question during the film whether any other schools in NJ are considering adopting **#TheRule**



Anthony Tobia, MD @atobiamd · 13h

For @RWJMS students who have not yet signed off, the creators of @TheRuleFilm are available to answer any questions now using **#FIDLERrule**



The Rule @TheRuleFilm · 13h

From the filmmakers - Special Thanks to all for such enlightening insights. To spreading the SBP model! **#fidlerRULE**



Stephanie Chung @s_lily_c · 13h

what an enlightening and eye opening film **#fidlerrule**



Haley Pratt @haley_pratt · 13h

LOVED **#TheRule**. Such a powerful film. **#fidlerRULE**



Julian @invisiblejules · 13h

Introspection and resilience are critical life skills. Seems like nearly everything the monastery does is to teach these. **#fidlerrule**



Anthony Tobia, MD @atobiamd · 13h

Thanks to everyone especially the @RWJMS medical students and @TheRuleFilm for making this a great experience **#FIDLERrule**



↳ In reply to Josh Kest



The Rule @TheRuleFilm · 13h

@jkest2 Yes, the school is the monks' labora and it's a synergistic relationship. **#fidlerRULE**



Josh Kest @jkest2 · 13h

Some messages we may take for granted but is emphasized to the students - There is a connection between hard work and success **#FIDLERrule**



Afua Takyi @atakyi · 13h

a great education is not enough, if the individual still only relates to their negative environment **#FIDLERrule**



Anthony Tobia, MD @atobiamd · 13h

Take your child to work day is a great reflection of "success" **#FIDLERrule**





Claudia Herreros @claudizzle1 · 13h

#FIDLERrule important reference to needs- if basic needs like safety cannot be met how can an individual reach self actualization



Anthony Tobia, MD @atobiamd · 13h

2night, SBP faculty spoke of behavioral, cognitive-behavioral, Erikson & Maslow theory-amazing exercise of integrating theories #FIDLERrule



The Rule @TheRuleFilm · 13h

Dr. Lamourt: "Sometimes we forget the basics - Primary relations are critical and when broken they heal very slowly." #fidlerRULE



Josh Kest @jkest2 · 13h

#Fidlerrule

It's amazing how the monks rely on the students probably as much as the students may rely on them. Both sides feel more purpose



Marianne Armanious @marmanious40 · 13h

same worry when pt leaves inpt hospitalization..."same home, same environment" can't change triggers, just learn coping skills #FIDLERrule



Rima Patel @Rimapatel30 · 13h

It's great that the school doesn't focus on just academics but also teamwork & discipline which ensures their longterm success. #FIDLERrule



Dan Leonor @dleonor90 · 13h

Powerful point that the environment these students go back into is capable of undoing all of the progress they made in school. #FIDLERrule



Tee Alam @tahia27 · 13h

#fidlerrule I don't think that self-actualization and accomplishment are synonymous



Anthony Tobia, MD @atobiamd · 13h

Now discussing Maslow's hierarchy - biological needs come first #FIDLERrule



Julian @invisiblejules · 13h

Creating situations where ppl are physically dependent on each other lets them learn to support each other emotionally. #fidlerrule



← In reply to Rick DeMaio



The Rule @TheRuleFilm · 13h

@fidler2985 Here's to POP activist Larry Hamm #fidlerRULE



View conversation



The Rule @TheRuleFilm · 13h

SRP Dean of Discipline John Rowe: "There's a big difference between discipline

RULE SBP Dean of Discipline John Howe. "There's a big difference between discipline and punishment." #fidlerRULE



Anthony Tobia, MD @atobiamd · 13h

spiritual approaches are not alien to psychiatry - addiction medicine
#HigherPower #FIDLERrule



Caroline @carolinexjoy · 13h

"The really important things are the ones you can't measure"... issues of standardized testing as measures of success #fidlerRULE



Marianne Armanious @marmanious40 · 13h

#FIDLERrule "Pray as though everything depended on God. Work as though everything depended on you." - Saint Augustine #oraetlabora



Rick DeMaio @fidler2985 · 13h

"blow your horn for jobs not wars!" love it. #FIDLERrule



Anthony Tobia, MD @atobiamd · 13h

Again - now positive reinforcement - hard work -> success #FIDLERrule



Kapil @Kapil94463789 · 13h

Inpt psych and The Rule remind me never to take the idea of "home" for granted. Giving some1 a home is giving some1 a new life #FIDLERrule



Anousheh Shafa @annashayshay · 13h

"Kids want to succeed, I just don't think adults give them enough chances to" Wanting to succeed is a natural feeling #FIDLERrule



The Rule @TheRuleFilm · 13h

More from SBP's Dr. Lamourt: "Trust and vulnerability are at the core of solid counseling." #fidlerRULE



Jones Thomas @jthomas4900 · 13h

Great way to continue the building of self confidence and worth by giving the older students responsibility #fidlerrule



Bekah Gee @b_gens · 13h

I just realized the significance of the boys wearing hooded shirts just like their mentors, the monks #FIDLERrule



Jayne Illovsky @jayneillovsky · 13h

No metal detectors, no locks on lockers... Because trust is already developed. #StBenedictsPrep #atruecommunity #fidlerRULE



nikolas gochitovoo @gchitovoo · 13h



nikolas gooditosee @gooditosee · 13h

Building that sense of connectedness and trust in each other by working as one is a great lesson learned from the 5 day hike #fidlerrule



Josh Kest @jkest2 · 13h

#FIDLERrule the small group method with a group leader allows more focused attention to the many youths which is priceless



The Rule @TheRuleFilm · 13h

Quoting Dr. Ivan Lamourt, Dean of Counseling: "Our educational philosophy from Br. Dennis: Love the kids." #fidlerRULE



Andrew Chen @crackerjack1990 · 13h

#FIDLERrule "Do you really love me"... "James do you believe I love you" "no you're just doing this because you're a priest" - heartbreaking



Kelly @Scoutniss · 13h

#fidlerRULE the monks are modeling the need for self care. They tend to their spiritual needs in order to be more present for their students



Shantel Suncar @Shantel__S · 13h

"The most powerful human experience is to be able to feel forgiveness" #FIDLERrule



Marianne Armanious @marmanious40 · 13h

Acting out= do you love me? So in conduct disorder in youth...who needs the therapy? Sometimes the parents maybe ? #FIDLERrule



Rick DeMaio @fidler2985 · 13h

young men who must feel so abandoned - how they are able to take control of their own lives at such a young age is remarkable #FIDLERrule



Claudia Herreros @claudizzle1 · 13h

#FIDLERrule Seems like a sense of spirituality is also very important component of this paradigm



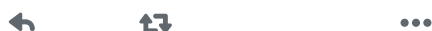
Neal Dharmadhikari @nealalphabet · 13h

#FIDLERrule it's great to see that the groups leaders really do care about the growth of their peers and are not just there to discipline



Anthony Tobia, MD @atobiamd · 13h

Children with a FH of violence, EtOH abuse, physical/ sexual abuse are at > risk for suicide #FIDLERrule



Steph Huang @mamaremis · 13h

Sad to think of numb being normal for a kid and how difficult it must be to change that #fidlerrule

← ↻ 1 3 ⋮



Lauren Kurlander @laurensharisays · 13h
Implying chronically elevated cortisol levels because of the environment
#FIDLERrule

← ↻ 1 ⋮



Anthony Tobia, MD @atobiamd · 13h
youtube.com/watch?v=YhxjNY... **#FIDLERrule** youtube.com/watch?v=MD3Dds... 2 epic songwriters agree with you...

Anousheh Shafa @annashayshay

"Academic problems are not academic" - incredibly powerful. We learn more outside the classroom. **#FIDLERrule**

← ↻ 2 ⋮



Lessley Chiriboga @Inchiriboga · 13h
Jobs, leadership, education, they're getting real world experience but by choice not because of they're being forced to do it **#fidlerRULE**

← ↻ ⋮



Angela Gitau @njo235 · 13h
#FIDLERrule I am in such awe of them. They were given an opportunity to self direct and they are doing such a great job!

← ↻ 1 ⋮



Ritu Nahar @RituNaaa · 13h
Sweeping floors "this is what u don't want to be doing all ur life" work builds community **#FIDLERrule**

← ↻ 1 ⋮



The Rule @TheRuleFilm · 13h
Yes, Saint Vincent Academy - amazing success **#fidlerRULE**

Suzanne Elshafey @Suz1124

Does a similar school/program exist for girls in Newark? **#FIDLERrule**

← ↻ 2 ||| ⋮



Diana Compito @DianaCompito · 13h
It's easy to meditate in silence, but if you can meditate in all the noise of life, it makes all that life easier to handle **#FIDLERrule**

← ↻ ⋮



Neal Dharmadhikari @nealalphabet · 13h
#FIDLERrule the sense of brotherhood in the school promotes accountability

← ↻ 3 ⋮



Suzanne Elshafey @Suz1124 · 13h
Does a similar school/program exist for girls in Newark? **#FIDLERrule**

← ↻ 1 ⋮



Anousheh Shafa @annashayshay · 13h
"Academic problems are not academic" - incredibly powerful. We learn more outside the classroom. **#FIDLERrule**

← ↻

← ↻ 1 ⋮



Justin @ohjp123 · 13h

learning to love and respect oneself as well as to give love should be considered preventative medicine #fidlerrule

← ↻ 8 ⋮



Kee Brooks @sunshineblue00 · 13h

#fidlerrule I'd like to see the social-emotional outcomes related to these students' interactions with the women in their lives.

← ↻ ⋮



Megan Bock @mbock13 · 13h

multiple smaller tight knit communities allows more opportunity for leadership at school #fidlerrule

← ↻ 1 ⋮



Dan Leonor @dleonor90 · 13h

These student leaders have been taught well. "How do we help him?" rather than "How do we punish him?" #FIDLERrule

← ↻ 3 ⋮



Anousheh Shafa @annashayshay · 13h

As a first year teacher, I was warned about how students may "act out" during the holiday season, a difficult time #FIDLERrule

← ↻ 1 ⋮



Lauren Pioppo @lauren_pioppo · 13h

Allowing the students three opportunities to come back to the school may break the cycle of helplessness #fidlerrule

← ↻ 1 ⋮



Anousheh Shafa @annashayshay · 13h

Youths of color suffer from #learnedhelplessness as they become used to hearing that "they aren't good enough". #FIDLERrule

← ↻ 1 ⋮



Anthony Tobia, MD @atobiamd · 13h

REAL curriculum reform! #FIDLERrule

Kee Brooks @sunshineblue00

#fidlerrule No bells, no locks, and mixed age advisory! I like the move away from the traditional, industrialized school environment.

← ↻ 1 ⋮

← In reply to Justin



Lauren Kurlander @laurensharisays · 13h

@ohjp123 the school to prison pipeline #FIDLERrule

← ↻ 2 ⋮

[View conversation](#)



Anousheh Shafa @annashayshay · 13h

As a prior HS teacher in the Oakland, CA. I wish we had a "Leahy House" - a safe haven w/ "Abbas" for kids without fathers #FIDLERrule

← ↻ 4 ⋮



Anthony Tobia, MD @atobiamd · 13h

Some @RWJMS medical students will be visiting #StBenedictsPrep later this





month to see the school first hand #FIDLERrule #bootcamp



6



Lessley Chiriboga @Inchiriboga · 13h

Students are given support if they make a mistake to come back to school but at the same time that there is a limit to it #fidlerRULE



Lauren Kurlander @laurensharisays · 13h

What sets this apart from the 100s of schools trying to do the same thing is the students' opportunities to lead #identification #FIDLERrule



4



Justin @ohjp123 · 13h

Makes me wonder just how much of our incarcerated population is a byproduct of a lack of belonging and structure as kids #fidlerrule



8



Caroline @carolinexjoy · 13h

"how do we help him"? Demonstrates the foundations of this school. Changing the circumstances rather than punishment #fidlerrule



2



Anthony Tobia, MD @atobiamd · 13h

In Community Mental Health, Hollingshead & Redlich found that social class played a significant role in psych dx and treatment #FIDLERrule



Rosalie Yan @rosalie_yan · 13h

Recurrent themes include the feeling of safety, and the feeling of home. These young adults find that feeling at school. #FIDLERrule



Marianne Armanious @marmanious40 · 13h

Overarching theme: your individual decisions affect the WHOLE. Your grades, your attendance...accentuating purpose in each life #FIDLERrule



1



Megan Bock @mbock13 · 13h

A school that emphasizes success inside and outside the classroom #continuity #fidlerrule



3



Kee Brooks @sunshineblue00 · 13h

#fidlerrule No bells, no locks, and mixed age advisory! I like the move away from the traditional, industrialized school environment.



Azad Hirpara @ajh1591 · 13h

I can see how this school functions as a form of cognitive therapy -- removing maladaptive thoughts and empowering students #FIDLERrule



1



Anthony Tobia, MD @atobiamd · 13h

no better model than med student: never heard 1 complain of too much work when teaching = amt of work #FIDLERrule

Keya Thakkar @kthakkar90

Love the duality of the monks' approach: support AND discipline. It gives these kids encouragement and structure all at once. #FIDLERrule

👤 ↻ 1 ⋮



Carolyn @lynly13 · 13h

By creating groups and activities, the program continuously instills responsibility and leadership skills #fidlerrule

👤 ↻ ⋮



Jacob Winograd @JacobWinograd1 · 13h

"Riots, looting?" Was it PTSD causing the freshman class to keep declining in number? #fidlerrule

👤 ↻ 1 ⋮



Allie Tabakin @allie_tabakin · 13h

#FIDLERrule "There are no metal detectors. We feel safe" - sad that he feels the norm is walking through a metal detector to go to school

👤 ↻ 2 ⋮



David Hao @haoyoudo · 13h

Taking it back to the basics with group therapy.

Ora et labora 🐝

#FIDLERrule

👤 ↻ 3 ⋮



Angela Gitau @njo235 · 13h

#FIDLERrule, trust, the lack of it, is uniform amongst all these young men!

👤 ↻ 1 ⋮



Julian @invisiblejules · 13h

Similarities btwn approach of this monastery and with sending kids to military school in terms of structure in young ppl's lives #fidlerrule

👤 ↻ 1 ⋮



Michael Weintraub @valjean678 · 13h

"Somebody starts drinking"-history of alc abuse perhaps inducing psychiatric problems. Making these children's lives even harder #fidlerrule

👤 ↻ 1 ⋮



The Rule @TheRuleFilm · 13h

The monks take a vow of stability of place - they live in Newark! #fidlerRULE

Keya Thakkar @kthakkar90

Love the duality of the monks' approach: support AND discipline. It gives these kids encouragement and structure all at once. #FIDLERrule

👤 ↻ 1 || ⋮



Anthony Tobia, MD @atobiamd · 13h

When u succeed, ur less likely to become preoccupied on the work it took to get there #FIDLERrule

Krutika Parasar @joshbatman21

@atobiamd The kids look like they enjoy it a lot more too!

← ↻ ⋮



Ritu Nahar @RituNaaa · 13h

"kids want to succeed adults just don't give them the chance to" letting the kids run the school! #FIDLERrule

← ↻ ⋮



Rick DeMaio @fidler2985 · 14h

#FIDLERrule this young student sounds like I did on my first psychiatry consultation over the phone. half hesitation/half confidence.

← ↻ 1 ⋮



nikolas goobitoesee @goobitoesee · 14h

These monks are insanely inspirational individuals #fidlerrule

← ↻ ⋮



Keya Thakkar @kthakkar90 · 14h

Love the duality of the monks' approach: support AND discipline. It gives these kids encouragement and structure all at once. #FIDLERrule

← ↻ 3 ⋮



Anthony Tobia, MD @atobiamd · 14h

...by simply being around ppl who inspire: the same reason teaching faculty come to work every day #FIDLERrule

Rick DeMaio @fidler2985

@atobiamd removing the word 'quit' from their learned vocabulary.

← ↻ ⋮



Michael Plietz @MCPlietz · 14h

This school is critical in the Identity vs Role Confusion stage of development. Changes answer to who they can be. #FIDLERrule

← ↻ 1 ⋮



Claudia Herreros @claudizzle1 · 14h

#FIDLERrule great to see how this school functions as a community and these same probs can be applied to solving real life situations

← ↻ ⋮



Caroline @carolinexjoy · 14h

Teachable moments... Taking negativity and turning it into positive experiences #FIDLERrule

← ↻ 1 ⋮



Jenny Yu @jenclm07 · 14h

for teens, crossing the threshold of becoming "men" from "boys" and learning how they are differentiated is character shaping #FidlerRule

← ↻ ⋮



Dan Leonor @dleonor90 · 14h

The idea of building trust is important for both educators and healthcare professionals. #FIDLERrule

← ↻ 1 ⋮



Ritu Nahar @RituNaaa · 14h

"Once you know someone's story they're no longer a blank face" this novel



approach to education is stunning **#FIDLERrule**



1



Lauren Pioppo @lauren_pioppo · 14h

incredible that this school offers so many options of study, including academics, art, life skills, hiking, etc **#fidlerrule**



1



Andrew Chen @crackerjack1990 · 14h

#FIDLERrule damn this is like some Henry David Thoreau stuff - going into the woods to get back to the essentials



2



Melissa Villars @Mgvillars · 14h

#fidlerrule this school is truly focusing on the 'whole person ' it seems like this is key to its success



← In reply to Susan Gorin



Susan Gorin @SPGorin · 14h

@SPGorin **#fidlerRULE** 160+ people totally into THE RULE.



1

1



[View conversation](#)



Kelly @Scoutniss · 14h

#fidlerRULE the narrative matters. Stories matter.



nikolas goobitosee @goobitosee · 14h

Providing these students with a sense of hope when many may feel hopeless in a city such as Newark **#fidlerrule**



Carolyn @cal_june · 14h

Inspiring to see that this school focuses not only academics but also life skills **#fidlerrule**



2



Lessley Chiriboga @Inchiriboga · 14h

Keeping both mental and physical health in mind for the school's curriculum, it's a encompassing environment **#fidlerRULE**



Patty Pensuwan @pattawan14 · 14h

It takes forever to build trust. It only takes one instance of broken trust to impact your outlook on relationships **#FidlerRule**



1



Anthony Tobia, MD @atobiamd · 14h

Note there's no "outside influence/temptation" for these kids, removing the need for instant gratification **#FIDLERrule**



1



Kim Lynch @Lynch_KimberlyA · 14h

The amount of faculty at St Benedict's that are alums speaks to the success of the program and how much students believe in it **#FIDLERrule**



2





Alyssa Schochet @alyssa_schochet · 14h

"Everyone is starting on the same page"-- a much needed fresh start for these teenagers #FIDLERrule

↩️ ↻️ 1 ⋮



Anthony Tobia, MD @atobiamd · 14h

"experiential education" (episodic memory) forms more lasting experiences than "chalk talk" (semantic) #FIDLERrule #ClerkshipsRULE

↩️ ↻️ 4 ⋮



Marez Megalla @MarezMegalla · 14h

(Cont) physical exam to build trust between doctor and patient, its not just about gathering the history #FIDLERrule

↩️ ↻️ ⋮



Joy Lee @joyjlee · 14h

While providing a safe environment is important, safe schools need to be followed by safe afterschool programs for continuity. #FIDLERrule

↩️ ↻️ ⋮



Marez Megalla @MarezMegalla · 14h

The idea of touch to build a trusting relationship- reminds me of a nytimes article about the importance of the (to be cont) #FIDLERrule

↩️ ↻️ 1 ⋮



Azad Hirpara @ajh1591 · 14h

Love the idea of having older kids counsel the younger ones. The ability to relate to your teacher goes such a long way #FIDLERrule

↩️ ↻️ 1 ⋮



Ritu Nahar @RituNaaa · 14h

Learning how to trust, starting with a hug #FIDLERrule

↩️ ↻️ 1 ⋮



Rosalie Yan @rosalie_yan · 14h

#FIDLERrule participation in athletics, an example of sublimation: a mature defense mechanism channeling impulses into sports

↩️ ↻️ ⋮



Shreya @shreya967 · 14h

Teaching leadership and trust by appointing older students as mentors #FIDLERrule

↩️ ↻️ ⋮



Suzanne Elshafey @Suz1124 · 14h

Trusting someone means you're willing to be vulnerable & for these youngsters being vulnerable has to balance w/ survival #FIDLERrule

↩️ ↻️ ⋮



Anthony Tobia, MD @atobiamd · 14h

How best to spread the work of SBP and @TheRuleFilm??????? #FIDLERrule

Ali Saifuddin @rwjmedstudent

@atobiamd #FIDLERrule helping kids in Newark dealing with psychosocial issues! model can be applied to other cities in NJ (ahem... Camden)

↩️ ↻️ 1 2 ⋮



Keya Thakkar @kthakkar90 · 14h

Making school a safe environment that handles all of the issues a student deals with, at school and at home, is a great approach #FIDLERrule

👤 ↻ 2 ⋮



Marianne Armanious @marmanious40 · 14h

"Consistency needed for trust" reminds me of how demented/severely psychotic pts do better in home/familiar environments #FIDLERrule

👤 ↻ ⋮



Diana Compito @DianaCompito · 14h

physical activity = very important for mental health #fidlerrule

👤 ↻ ⋮



Parth Shukla @Parthshukla111 · 14h

Somebody give this guy a medal. He's a hero. #FIDLERrule

The Rule @TheRuleFilm

@Parthshukla111 Fr. Ed likes to say that they operate like a diner - open 24/7 #fidlerRULE

👤 ↻ ⋮



Sabrina Barata @SbarataBaratasc · 14h

Mistrust indicates a standstill at Erikson's first psychosocial stage #FIDLERrule

👤 ↻ ⋮



Andrew Chen @crackerjack1990 · 14h

#FIDLERrule this activity where the freshmen are blindfolded and lead by a partner - a common form of interpersonal therapy?

👤 ↻ 1 ⋮



Anthony Tobia, MD @atobiamd · 14h

Basic Trust is established as early as 1 year of age #Erikson #FIDLERrule

👤 ↻ 1 ⋮



Caroline @carolinexjoy · 14h

older students as mentors makes them responsible for the success of others. Creating a family environment missing elsewhere #FIDLERrule

👤 ↻ ⋮



Kee Brooks @sunshineblue00 · 14h

#fidlerrule I would argue that there are protective factors related to ethnic minority status and extended family units!

👤 ↻ ⋮



Kee Brooks @sunshineblue00 · 14h

#fidlerrule As a Chicagoan, this film hits home! Relevant topics such as learned helplessness and transgenerational hopelessness.

👤 ↻ ⋮



The Rule @TheRuleFilm · 14h

Join the analysis by experts @atobiamd @RWJMS @nasponline Jump in #fidlerRULE

👤 ↻ 📊 ⋮



Anthony Tobia, MD @atobiamd · 14h





Anthony Tobia, MD @atobiamd · 14h

older students appointed as leaders is important: e.g. the #1 risk to start smoking is an older sibling who smokes **#FIDLERrule**

↩ ↻ 2 ⋮



Diana Compito @DianaCompito · 14h

It's nice that they have the school as a safe haven to escape to when they need to **#fidlerrule**

↩ ↻ ⋮



Ritu Nahar @RituNaaa · 14h

#FIDLERrule importance of father figure in family structure is a recurring theme "academic problems are not academic"

↩ ↻ ⋮



Marez Megalla @MarezMegalla · 14h

The idea of athletics to provide an avenue for students to develop talents, deal with emotions, succeed in a different avenue **#FIDLERrule**

↩ ↻ ⋮



Jenny Yu @jenclm07 · 14h

On a related note, there both sides of a coin with regard to mental health: neglect and overbearingness: [nytimes.com/2015/12/26/nyr...](https://www.nytimes.com/2015/12/26/nyr...) **#FidlerRule**

↩ ↻ ⋮



Anthony Tobia, MD @atobiamd · 14h

interesting take: poverty serving as a chronic trauma resulting in what we view as **#PTSD #FIDLERrule**

Kelly @Scoutniss

#fidlerRULE Avoidance/ numbing, common symptom of PTSD. Highlights the need for trauma informed schools.

↩ ↻ ⋮



Afua Takyi @atakyi · 14h

A child's future success depends on multifactorial components but a stable and supportive family has the largest influence. **#FIDLERrule**

↩ ↻ ⋮



Ali Saifuddin @rwjmedstudent · 14h

@atobiamd **#FIDLERrule** helping kids in Newark dealing with psychosocial issues! model can be applied to other cities in NJ (ahem... Camden)

↩ ↻ 1 ⋮

↩ In reply to Kerly Guerrero



Lauren Kurlander @laurensharisays · 14h

@guerreke including Dr. Hunt at Princeton!! **#FIDLERrule**

↩ ↻ 1 ⋮

[View conversation](#)



Rahab Oza @rahobza · 14h



Bekan Gee @b_gens · 14h

I consider myself really lucky to have always had someone at home asking me "how was school" and "what did you learn today" #FIDLERrule

↩️ ↻️ 2 ⋮



Suzanne Elshafey @Suz1124 · 14h

Sports create a sense of team and belonging that can balance some of the fragmented family dynamic #FIDLERrule

↩️ ↻️ 1 ⋮



Andrew Chen @crackerjack1990 · 14h

#FIDLERrule reference to the super predator myth? mobile.nytimes.com/2014/04/14/opi...

↩️ ↻️ 2 ⋮



Anthony Tobia, MD @atobiamd · 14h

#FIDLERrule In addition to going to college, these kids may be following in @TheRealJRSmith's footsteps...

↩️ ↻️ 1 ⋮



David Blitzer @dave_blitzer · 14h

Hobbes believed that we inherently want to give into desires #Id #FIDLERrule

↩️ ↻️ ⋮



Kerly Guerrero @guerreke · 14h

#threedoctors are alumni from RWJMS that grew up in newark escaped their environment through education #FIDLERrule

↩️ ↻️ 2 ⋮

↩️ In reply to Parth Shukla



The Rule @TheRuleFilm · 14h

@Parthshukla111 Fr. Ed likes to say that they operate like a diner - open 24/7 #fidlerRULE

↩️ ↻️ 1 || ⋮ View conversation



Lauren Kurlander @laurensharisays · 14h

The Bad Seed vs. A Clockwork Orange indirectly referenced #FIDLERrule

↩️ ↻️ ⋮



nikolas goobitoesee @goobitoesee · 14h

The same methods used for modeling behavior here at Benedict I recently witnessed being effectively used at drug rehab centers #fidlerrule

↩️ ↻️ ⋮



Kelly @Scoutniss · 14h

#fidlerRULE Avoidance/ numbing, common symptom of PTSD. Highlights the need for trauma informed schools.

↩️ ↻️ ⋮



Dan Leonor @dleonor90 · 14h

This school recognizes the impact that environment has on development.



Hopefully this will prevent future personality d/o's #FIDLERrule



Anthony Tobia, MD @atobiamd · 14h



Without Healthy Narcissism, one can't develop empathy and compassion for others #FIDLERrule "u can't love others til u luv urself"



Caroline @carolinexjoy · 14h

Holidays can be one of the most stressful time for kids. They lose the daily support they gain through the school system #FIDLERrule



Marez Megalla @MarezMegalla · 14h

Coping with the stress of familial distress around holidays by becoming numb and subsequent learned helplessness #FIDLERrule



Janice Chou @janicechou87 · 14h

Antisocial behavior is product of both modeled violent behavior as well as recklessness from lack of self-preservation #fidlerRULE



Shreya @shreya967 · 14h

Important to treat our patients as a whole rather than focusing on a single problem just like these kids #FIDLERrule



Alyssa Schochet @alyssa_schochet · 14h

identifying the cause of anger in order to move past it #FIDLERrule



Parth Shukla @Parthshukla111 · 14h

Father Ed, Master of Hope. This guy is my hero. Hope has fantastic utility in depression, these guys knew what they were doing. #FIDLERrule



Anthony Tobia, MD @atobiamd · 14h



Martin Seligman is known for the #learnedhelplessness theory #FIDLERrule



Lauren Pioppo @lauren_pioppo · 14h

Hopelessness is commonly associated with suicide #fidlerrule



Marianne Armanious @marmanious40 · 14h

(Cont.) but truly it's having appropriate expectations and faith that these kids can meet them. #FIDLERrule



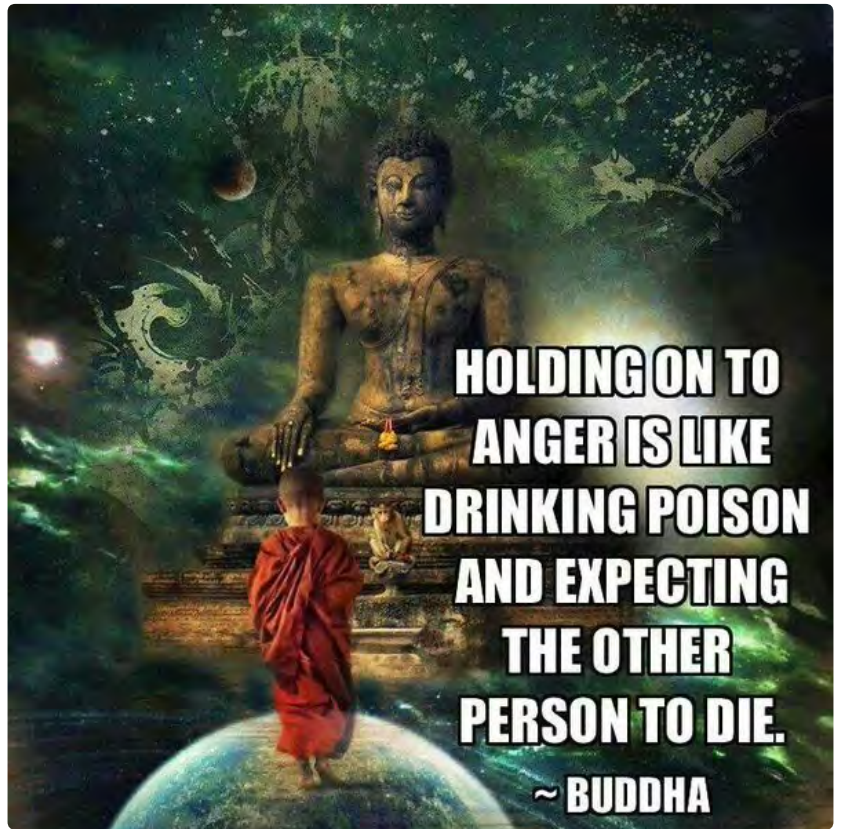
Hillary Raab @Raabhm · 14h

Building kids up... The importance of it can't be stressed enough. We see it everyday in pediatrics #FIDLERrule



Ritu Nahar @RituNaaa · 14h

#FIDLERrule



← ↻ 1 ...



David Blitzer @dave_blitzer · 14h
Learned helpless can still be unlearned #seligman #FIDLERrule

← ↻ ...



Marianne Armanious @marmanious40 · 14h
Fr. Ed's personality can come off as "tough" (euphemism used today "conservative")...(cont...) #FIDLERrule

← ↻ ...



Lauren Kurlander @laurensharisays · 14h
Isolation of affect being used as a defense mech when describing prev abuse #FIDLERrule

← ↻ 1 ...



Marez Megalla @MarezMegalla · 14h
"Insulting a kid doesn't work" - shows that positive reinforcement is more powerful than negative in eliciting behavior changes #FIDLERrule

← ↻ ...



Anthony Tobia, MD @atobiamd · 14h
#FIDLERrule #TheRule is also an exercise of behaviorism and the power of modeling behavior #FrEd

← ↻ ...



Caroline @carolinexjoy · 14h
Building up kids instead of breaking them down. Sounds so simple in concept, yet why do so many kids still face negativity? #FIDLERrule

← ↻ ...



Carolyn @lynly13 · 14h



#fidlerrule true his comment about building a student up at school, especially when you don't know the quality of the student's home life



Sabrina Barata @SbarataBaratasc · 14h

Shifting attitudes to fit behavior can alleviate cognitive dissonance - empathy can beget caring behavior **#FIDLERrule**



Emily Nguyen @larrydadog · 14h

#fidlerrule sense of hopelessness is a major component of depression and a dangerous risk factor for suicide



Nisha Dhawlikar @NDhawlikar · 14h

#fidlerrule "family feud over the family business" to fight for a solid foundation



Andrew Chen @crackerjack1990 · 14h

#FIDLERrule realizing the futility of positive punishment and breaking down the ego



1



Kerly Guerrero @guerreke · 14h

one reason for Newark riots was due to the state deciding to build UMDNJ (now NJMS) displacing many people **#FIDLERrule**



Angela Gitau @njo235 · 14h

#FIDLERrule I love that they look at these young men as whole individuals and not just the snap shot they see at school.



Andrew Chen @crackerjack1990 · 14h

#FIDLERrule 14, 15 year old kids speeding with stolen cars - conduct disorder



Anthony Tobia, MD @atobiamd · 14h

#FIDLERrule #hope is also the core of preventing depression as Learned Helplessness is a proposed etiology of Major Depression



1



Sabrina Barata @SbarataBaratasc · 14h

Solution vs dissolution- what drives these factions? **#FIDLERrule**



Lauren Kurlander @laurensharisays · 14h

Failing schools in US cities with mostly black and Latino students have increased rates of ADHD, conduct d/o **#FIDLERrule** #brownvsboardofed?



2



nikolas goobitosee @goobitosee · 14h

Leaving the outside environment and home stressors at the door is a unique approach to schooling in these neighborhoods **#fidlerrule**



Julianbotta @julianbotta · 14h



If the culture is broken, maybe you need to raise new generations outside that culture to allow them to succeed. #FIDLERRule

Reply Retweet 1 More



Kee Brooks @sunshineblue00 · 14h
#fidlerrule "[Racism] is America's original sin". Compelling story telling!

Reply Retweet More



The Rule @TheRuleFilm · 14h
Monks motto is ora et labora - balance of prayer and work which infuses the school #fidlerRULE

Reply Retweet 1 More



Shreya @shreya967 · 14h
The benefits of a combination of group and individual therapy #FIDLERrule

Reply Retweet More



Rosalie Yan @rosalie_yan · 14h
These youth found their missing "father figure" at school (literally) #FIDLERrule

Reply Retweet More



Ritu Nahar @RituNaaa · 14h
#FIDLERrule tanning monks, love the story telling! The history behind the school and emerging challenges is fascinating!

Reply Retweet 1 More



Ryan Townsend @ryanjt · 14h
#fidlerrule I wish I went to a school like this. I didn't NEED a Father Ed in my life, but it would have been nice

Reply Retweet More



Caroline @carolinexjoy · 14h
Distressing social situations effect an individual in all aspects of life #FIDLERrule

Reply Retweet More



Marez Megalla @MarezMegalla · 14h
(Cont) especially since they may not know their family history. The school is giving them a family to which to connect. #FIDLERrule

Reply Retweet More



My Info @wongdanielg · 14h
#fidlerrule group therapy integrated in the classroom... awesome idea

Reply Retweet 1 More



Marez Megalla @MarezMegalla · 14h
Its interesting that the students learn the background of their school, allowing them to connect to a history (to be cont) #FIDLERrule

Reply Retweet More



Lauren Kurlander @laurensharisays · 14h
Thousands were displaced during this time to build NJMS #FIDLERrule

Reply Retweet More



Hillary Raab @Raabhm · 14h
This documentary reminds us to think about our patients backgrounds and how that impacts their overall health #FIDLERrule

Reply Retweet More



Parth Shukla @Parthshukla111 · 14h

Father Ed is a boss. Also--awesome use of group and individual therapy
#FIDLERrule

↩️ ↺ 4 ⋮



Patty Pensuwan @pattawan14 · 14h

Stability, good role models, and morality are keys to a strong adolescent foundation #fidlerrule

↩️ ↺ 1 ⋮



Timothy Satty @timsatty · 14h

Insane to expect students to leave their home environment at the door to school
#FIDLERrule

↩️ ↺ 1 1 ⋮



Shreya @shreya967 · 14h

The monks are instilling a sense of community in and defining the concept of family for this extremely vulnerable population #FIDLERrule

↩️ ↺ ⋮



Andrew Chen @crackerjack1990 · 14h

#FIDLERrule what's up with the sound editing? Pretty distracting

↩️ ↺ 1 ⋮



Shantel Suncar @Shantel__S · 14h

"Ask that next question" #FIDLERrule

↩️ ↺ ⋮



Nisha Dhawlikar @NDhawlikar · 14h

#fidlerrule it's interesting to reflect throughout The Rule on how my own background and experiences affect my education

↩️ ↺ 2 ⋮



Anthony Tobia, MD @atobiamd · 14h

Familiarity abolishes fear and racism. What a great charter to build a school!
#FIDLERrule

↩️ ↺ 1 ⋮



Andrew Chen @crackerjack1990 · 14h

#FIDLERrule "who else is not comfortable with silence" pressured speech?

↩️ ↺ 1 ⋮



Hillary Raab @Raabhm · 14h

I think we can all relate to The quote about silence and our fear of what we think about in the silence #FIDLERrule

↩️ ↺ ⋮



Parth Shukla @Parthshukla111 · 14h

#FIDLERrule Leahy house -- environment/support system makes HUGE impact in teenage mental health

↩️ ↺ 1 ⋮



Lauren Kurlander @laurensharisays · 14h

Just described a compulsion of playing noise to escape intrusive thoughts i.e. obsessions #FIDLERrule

← ↻ 1 ⋮



Bekah Gee @b_gens · 14h

The group and individual therapy must really shape how these students view their surroundings #FIDLERrule

← ↻ ⋮



Michael Plietz @MCPlietz · 14h

Great demonstration of the need for a combo of nature and nurture to develop personality disorders #FIDLERrule

← ↻ 4 ⋮



Angela Gitau @njo235 · 14h

#fiderrule the rule

← ↻ 1 ⋮



Douglas Matijakovich @marinaramonday · 14h

We must understand the child's past before can help the child's future #FIDLERrule

← ↻ 1 ⋮



Anthony Tobia, MD @atobiamd · 14h

These filmmakers are simply groundbreaking @TheRuleFilm #FIDLERrule

Ryan Townsend @ryanjt

#fiderrule I like a good documentary that makes me feel hopeful about humanity. Too many make me think the world is beyond help

← ↻ ⋮



ASad @lexirae423 · 14h

#fiderrule bringing it close to home

← ↻ 2 ⋮



Shreya @shreya967 · 14h

This is exactly what these kids need to overcome the struggles of urban life #FIDLERrule

← ↻ ⋮



Anthony Tobia, MD @atobiamd · 14h

The monks of SBP are an extension of the family unit and become of prime importance to adol/children with broken families #FIDLERrule

← ↻ ⋮



Lauren Kurlander @laurensharisays · 14h

Creating a stable environment during key developmental years of the brain and mind #FIDLERrule

← ↻ 1 ⋮



Soha Shah @ssshah111 · 14h

School working to alter socioeconomic barriers and improve long term outcomes for these kids #fiderrule


← ↻ ⋮







Hillary Raab @Raabhm · 14h


Confronting these children's barriers to promote their future #FIDLERrule





← ↻ ⋮

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Stephanie Chung @s_lily_c · 14h
environment plays a large role in the development of children #fidlerrule



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Anthony Tobia, MD @atobiamd · 14h 
Becoming "unplugged" in 2016 is a major battle in reaching troubled youth #FIDLERrule



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Alyssa Schochet @alyssa_schochet · 14h
Breaking down barriers in order to maximize learning #FIDLERrule





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Caroline @carolinexjoy · 14h
This school focuses on making the students realize what they can change, rather than becoming products of their environment #FIDLERrule







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hungrierthanyou @hungrierthanyou · 14h
Family influence is often far underappreciated in medicine #FIDLERrule









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Lauren Pioppo @lauren_pioppo · 14h
Reminding me that it's important to consider the home life of a child with behavioral issues #fidlerrule





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Ryan Townsend @ryanjt · 14h
#fidlerrule I like a good documentary that makes me feel hopeful about humanity. Too many make me think the world is beyond help





2

- 



Melissa Villars @Mgvillars · 14h
#fidlerrule this is such an important topic including the socioeconomic, and family components of mental health










- 

Bekah Gee @b_gens · 14h
This program is asking the hard questions to push these kids, which is exactly what they need #FIDLERrule









- 

Anthony Tobia, MD @atobiamd · 14h 
Fr. Ed's challenge about "having fun" is a form of Cognitive-Behavioral Therapy #CBT challenging false beliefs #FIDLERrule



1

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Haley Pratt @haley_pratt · 14h
We don't give up on kids. We help them. #fidlerRULE


- 

Susan Gorin @SPGorin · 14h
#fidlerRULE



#FIDLERrule Maslow's hierarchy of needs: first your physiological and safety needs must be met before self actualization



Hillary Raab @Raabhm · 14h

Father Ed embodies the resentment these kids have toward their absentee fathers **#FIDLERrule**



Lessley Chiriboga @Inchiriboga · 14h

This place is eliminating the fear and stopping the chain before it can move forward **#fidlerRULE**



Kim Lynch @Lynch_KimberlyA · 14h

#FIDLERrule a label of a psychiatric disorder such as conduct disorder can stay with a child for life and affect school performance



Nisha Dhawlikar @NDhawlikar · 14h

So important to emphasize how family matters and a student's mindset affects school and success **#biopsychosocial #fiderrule**



Lessley Chiriboga @Inchiriboga · 14h

Is it too cheesy to quote Star Wars and say "fear leads to anger, anger leads to hate, hate leads to suffering"? **#fidlerRULE**



Anthony Tobia, MD @atobiamd · 14h

Fr. Ed may not realize it but his mere presence allows for transference for these kids **#FIDLERrule**



Caroline @carolinexjoy · 14h

In order to truly help someone, you have to understand their background and situation instead of just telling them what to do **#FIDLERrule**



Anthony Tobia, MD @atobiamd · 14h

Since re-opening in 1973, Fr. Ed has been the headmaster (Class of '63) **#FIDLERrule #GameChangers**



Janice Chou @janicechou87 · 14h

Structure of Leahy House similar to addiction residential program - develop. milestones missed/regression in addicted adults? **#fidlerRULE**



Anthony Tobia, MD @atobiamd · 14h

The **#biopsychosocial** model was theorized by psychiatrist George Engel at the University of Rochester **#FIDLERrule**



Kee Brooks @sunshineblue00 · 14h

Watchjng The Rule right now at NASP 2016! **#connectthedots #fiderrule**





Anthony Tobia, MD @atobiamd · 14h

#FIDLERrule The beginning of #TheRule spells out the biopsychosocial model of human behavior



Anthony Tobia, MD @atobiamd · 14h

#FIDLERrule PUSH "play" now...



Anthony Tobia, MD @atobiamd · 14h

#FIDLERrule 10 MINUTE WARNING: @RWJMS students should log on to djvcurtv7fsa22 and put in their passwords now



In reply to Melissa Villars



Anthony Tobia, MD @atobiamd · 15h

@Mgvillars We'll be using #FIDLERrule for tonight's session



[View conversation](#)



St. Benedict's Prep @StBenedictsNJ · 17h

Join the conversation Fri. at #fidlerRULE as Dr. Lamourt introduces screening of THE RULE in New Orleans at 8:40 pm



NASP Night At the Movies – February 12, 2016 in New Orleans



NASP thanks Marylou and Jerome Bongiorno (filmmakers), Ivan Lamourt, PsyD (School Psychologist at St. Benedict's Prep), and Anthony Tobia, MD (Dept. of Psychiatry, Rutgers Robert Wood Johnson Medical School) for their work to make NASP Night At the Movies possible. Dr. Tobia and his medical students will be conducting a live Twitter session during the film. You are invited to join the conversation!



www.BongiornoProductions.com
www.TheRuleFilm.com



Anthony Tobia, MD @atobiamd · 18h

In about 3 1/2 hours. @RWJMS students will take part in a documentary that is truly groundbreaking! #FIDLERrule



The Rule @TheRuleFilm
Join the conversation in NOLA tonite at ~8:40 pm ET
@nasponline @atobiamd @RWJMS



The Rule @TheRuleFilm · Feb 11

Friday 2.12 ~8:40 pm ET join Live Twitter Commentary #fidlerRULE Dr. Tobia



@atobiamd & RWJ med students @nasponline

Ψ NASP Night At the Movies – February 12, 2016 in New Orleans



NASP thanks Marylou and Jerome Bongiorno (filmmakers), Ivan Lamour, PsyD (School Psychologist at St. Benedict's Prep), and Anthony Tobia, MD (Dept. of Psychiatry, Rutgers Robert Wood Johnson Medical School) for their work to make NASP Night At the Movies possible. Dr. Tobia and his medical students will be conducting a live Twitter session during the film. You are invited to join the conversation!

#fidlerRULE

www.BongiornoProductions.com
www.TheRuleFilm.com

THE RULE
www.TheRuleFilm.com

In Theaters	On National PBS	In Festivals	In Progress
<p>Grand Cinema NYC Feb 2014 Cinema 16 NYC Feb 11, 2014 PMM Theatre Centre Feb 2014</p> <p>NEW TRAILER</p> <p>@TheRuleFilm</p>	<p>Feb 2016</p> <p>7:00pm Sat, 02, 2016 8:00pm Sun 02, 2016</p>	<p>AFRICA WORLD DOCUMENTARY FILM FESTIVAL</p> <p>Will Tell FIGHT DISCRIMINATION</p>	<p>Feb 2016</p> <p>Feb 2016</p>

Invited by
Whit Hesse Institute
an Educational Conference for African Americans
to create an film and discussion series

← ↻ 2 || ⋮



Anthony Tobia, MD @atobiamd · Feb 3

@RutgersU @RWJMS medical students will take part in this national event #fidlerRULE



The Rule @TheRuleFilm

@nasponline THE RULE Night at the Movies 2.12.16 in New Orleans with Live Twitter @atobiamd #fidlerRULE

← ↻ 1 ⋮



The Rule @TheRuleFilm · Feb 2

@nasponline THE RULE Night at the Movies 2.12.16 in New Orleans with Live Twitter @atobiamd #fidlerRULE

Ψ NASP Night At the Movies – February 12, 2016 in New Orleans



NASP thanks Marylou and Jerome Bongiorno (filmmakers), Ivan Lamour, PsyD (School Psychologist at St. Benedict's Prep), and Anthony Tobia, MD (Dept. of Psychiatry, Rutgers Robert Wood Johnson Medical School) for their work to make NASP Night At the Movies possible. Dr. Tobia and his medical students will be conducting a live Twitter session during the film. You are invited to join the conversation!

#fidlerRULE

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THE RULE
www.TheRuleFilm.com

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Invited by
Whit Hesse Institute
an Educational Conference for African Americans
to create an film and discussion series

← ↻ 1 || ⋮



Anthony Tobia, MD @atobiamd · Jan 27

Can't wait to have @RutgersU @RWJMS students join this national event over twitter #FIDLERrule @StBenedictsNJ



The Rule @TheRuleFilm

Filmed @nasponline INTRO w @ILamourt 2.12.16 screening in NOLA w live film analysis by RWJ @atobiamd #fidlerRULE



The Rule @TheRuleFilm · Jan 27

Filmed @nasponline INTRO w @ILamourt 2.12.16 screening in NOLA w live film analysis by RWJ @atobiamd #fidlerRULE



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