

BREAKOUT SESSIONS

Suspension CANNOT be the intervention:

Suspending kids is very unproductive for academics. Some kids get suspended on purpose to get out of work or away from something they do not want to cope or deal with. There are many alternatives that motivate students better than suspending them. This workshop will provide alternatives to suspensions that prove to be much more effective in getting students' behavior to change. Learning Objectives for Presentation:

- The participant will examine the high costs of increased suspension.
- The participant will understand the connection between social – emotional and academic learning.
- The participant will explore programs to address disruptive behaviors.
- The participant will use a systematic instrument to assess for universal systems around behavioral expectations.

Presented by - Dr. Delarious Stewart, Ferguson Florissant School District - Assistant Superintendent of Student Services"

Be Their Hero: Trauma Informed Care:

Two out of every three students in the United States are impacted by a traumatic event. When students experience trauma or an extremely stressful situation, it's normal and natural for them to have a hard time coping afterwards. I'm passionate about teaching educators how to support individuals impacted by trauma. I specialize in inspiring teachers that they can support these students and be the hero in their life journey. During this training participants will learn:

1. Learn how many students are impacted by childhood trauma and how to identify them.
2. Learn how the brain and body respond to trauma and how that impacts student behavior.
3. Leave with a 'Call to Action' and be equipped with many specific tools that are easy to use to support their students.

Presented by - Mr. Josh Varner, Fulton Public Schools - School Social Worker

Leading, Teaming and Engaging Community during a Crisis-A story of WSCC: All objectives for this session will allow for schools to use the Whole School, Whole Community, Whole Child (WSCC) model to support structured decision making in all areas of health and wellness.

The breakout session will focus on using existing resources within your district as well as intentional expansion of your resources for successful WSCC wrap around structures. This session will show how WSCC can be used to support districts in a time of crisis, forward movement, strategic planning as well as everyday operations.

The WSCC model can be a powerful supportive tool for leadership, helping to structure strong relationships within teams, foster connected learning and spark passion in staff for future endeavors.

Presented by - Dr. Ashley Krause , Farmington School District - Associate Superintendent ; Ms. Shana Turner , Farmington School District - Director of Elementary Education "

Vitamin E(ducator):

It's no secret that any role in education requires a different level of mental, and sometimes physical, dexterity. Making it through an entire school day (Zoom or in-person) can many times feel like a monumental accomplishment if we don't feed ourselves the right way. Join Jessica Arico, veteran educator, professional physique athlete, and doctoral candidate specializing in nutrition and fitness for educators, to learn how to fuel your body to power through your workday, and set you up for the rest of your life adventures! Participants will learn how nutrition plays a direct role in how an educator feels during the day, throughout their career, and how it can set them up for a high impact life post-career. This session covers nutrition basics, tips and tricks to make reaching nutrition goals easily, and an ask-me-anything nutrition session.

Presented by - Mrs. Jessica Arico, City of St. Charles School District - Secondary Curriculum and Instruction Specialist

Supporting Learning Communities Through Grief:

Community violence. Car accident. Death of a staff member. What can school professionals do to support students and staff through traumatic losses such as these? This session will give participants a basic understanding of the physiological responses to trauma and grief, as well as the common observable grief responses. We'll explore research-based best practices, review their setting's current procedures, and identify key strategies to consider when revising school and/or district crisis plans.

Presented by - Mrs. Wendy DuCasse, Special School District of Saint Louis County - Social Worker

The Arts and Student Wellness:

In this session, we'll explore the myriad opportunities that the arts provide in developing a student's communication skills, personal voice, agency and connections to community. We'll explore the role that arts educators can play in support of student wellness, and the aspects of arts engagement that lead to student wellness and success.

Presented by - Mrs. Phyllis Pasley, Missouri Alliance for Arts Education - Executive Director

Stop Drowning in Email - Techy Self Care to Help be More Present at School and at Home:

School leaders are drowning in email, spending countless hours at a computer, rather than in classrooms or with their families/personal lives. Learn 3 tips from streamline email to reduce stress, increase productivity, and spend more time on the things you love.

Presented by - Ms. Kenya Fuemmeler, Boonville High School - Principal

Employee Wellness Initiatives for Retention and Recruitment Too:

Employee wellness is garnering much attention of school administrators today. Even before the pandemic, teacher stress was linked to burnout, reduced job satisfaction, lower student academic performance, and higher turnover. The cost of turnover in schools estimated at over \$7 billion nationally each year. The 2016 Missouri School Health Profiles reported that 40.8 % of Missouri schools included

employee wellness objectives in their School Improvement Plans; this metric had increased to 50.6% in 2020. A statewide survey of principals in March 2021 (by Missouri Healthy Schools) revealed the top-ranked area where schools needed more support and/or resources was addressing the social, emotional, and mental health needs of school staff. This session will:

- 1) Provide background information and benefits of investing in employee wellness initiatives
- 2) Describe steps for building or expanding an effective employee wellness initiative to address chronic condition management, employee retention, and employee recruitment
- 3) Share resources, strategies, and tools to assist districts and schools in building a successful and sustainable employee wellness initiative

Presented by - Dr. Eric Armbricht, St. Louis University - School of Medicine - Professor - Department of Health and Clinical Outcomes Research; Mrs. Laura Beckmann, Missouri Healthy Schools (DESE) - MHS Project Manager

Results of Statewide Surveys to Measure School Health Policies and Practices:

In alternating years, Missouri schools participate in two national projects to measure school health policies and practices to address student and employee health – School Health Profiles and Youth Risk Behavior Surveillance Survey. The results certainly inform federal policymakers and state program administrators, but can also assist school leaders in building support for local strategies.

- 1) Provide an overview of the methods and results of School Health Profiles and Youth Risk Behavior Surveillance Survey

- 2) Describe ways for principals and superintendents to access and use data for addressing student and employee health programs
- 3) Share resources, strategies, and tools to assist schools with adopting the Whole School Whole Community, Whole Child (WSCC) model

Presented by - Mrs. Laura Beckmann, MA, Missouri Healthy Schools (DESE) - DESE MHS Project Manager - Consultant; Dr. Eric Armbricht, PhD, Professor, St. Louis University - School of Medicine - Department of Health and Clinical Outcomes Research"

Smart, Good, and Strong: Bayless' Comprehensive Approach to Wellness:

Come learn about Bayless School District's comprehensive approach to wellness which was built upon a shared leadership model with extensive stakeholder engagement. Leave with ready-to-implement, high-leverage strategies to improve student, staff, and community wellness in your own school, district, or organization.

Presented by - Mr. Andrew Mertens, Bayless School District - Wellness Coordinator; Ms. Amy Ruzicka, Bayless School District - Assistant Superintendent

Self-care? Don't care:

Supporting school staff who are sick & tired of being sick & tired: The past decade has shifted schools to prioritize staff wellness promotion as a key component of overall school wellness. Now in our third pandemic school year, adults in our school communities are struggling, and traditional professional development on self-care may be doing more harm than good. Schools need actionable strategies to evolve their local contexts to move beyond just talk to really walk the walk of staff wellness. Acknowledging the seemingly insurmountable challenges schools are facing, this session will focus on equipping participants with practical tools, ideas, and resources to promote staff well-being. Presenters will overview implementation barriers to staff wellness promotion in schools, including challenges associated with the language we use, past efforts that missed the mark, and the reality of sustaining an educational workforce that is sick and tired of being sick and tired. Participants will be encouraged to laugh, commiserate, and share concrete examples of how they've succeeded in shifting from being problem-solvers to solution-seekers. This presentation will focus on accessible ways schools can effectively enable individual well-being by strengthening organizational resilience through small actions that can make a big difference for school professionals.

Presented by - Dr. Melissa Maras, University of Missouri - Research Consultant; Dr. Shari Sevier, Missouri School Counselor Association - Director of Advocacy

Self-Care: From Awareness to Action:

The conversation about self-care is crucial to retaining teachers, especially with the work in education being more demanding than ever. Instead of finding ways to promote self-care for our educators, perhaps the focus should be on the things in our current system that have become so taxing and challenging that make self-care such a necessity. Join Missouri's Teachers of the Year as they lead a solutions-oriented session that will bring awareness to issues that are affecting teachers across the state. Then collaborate with other leaders to determine action steps that can be taken to ensure our teachers are supported in order to retain qualified teachers that every student deserves access to.

Presented by - Mrs. Darbie Valenti Huff, MSTA - Professional Developer; Mrs. Shelly Parks, 2019 Missouri Teacher of the Year - Teacher; Mrs. Misty Grandel, 2020 Missouri Teacher of the Year - Teacher; Mr. Darrion Cockrell, 2021 Missouri Teacher of the Year - Teacher

Family Supports for Teachers and Staff:

Support for the wellbeing of teachers, counselors, and school staff is more important than ever. ParentLink is the go-to resource for these professionals, with statewide masters-level support in problem-solving and connections to vetted resources specific to each situation. Support areas include developmental considerations, health care needs, hotline questions, age-appropriate discipline, stress management across the lifespan, and much more. This session equips participants with access pathways to all ParentLink services that inform, support, and validate some of their most important professional decisions.

Presented by - Dr. Bradd Anderson, ParentLink - Director; Mrs. Donna Garcia, ParentLink - Associate Director, Operations; Mrs. Amy Evans, ParentLink - Senior WarmLine Coordinator

Phone a friend:

Consultation & collaborative care in school mental health: Glaring mental health needs are apparent statewide across important contexts where young people live and learn. As communities struggle with educational and healthcare workforce shortages, schools and primary care settings continue to be critical mental health access points for many young people and their families. Missouri pediatric primary care providers – pediatricians, nurse practitioners, family care doctors, and others – can consult with mental health professionals, including child and adolescent psychiatrists, via the Missouri Child Psychiatry Access Project (MO-CPAP) to increase mental health access and support young people in their practices. Now is the time to extend and expand this approach by engaging schools as critical partners. This interactive session will focus on current resources and new opportunities to strengthen collaboration across educational and healthcare settings to address the children’s mental health crisis in our state. Participants will learn about MO-CPAP and how they can help young people and their families in their local school community access mental health supports by partnering with primary care providers. Attendees will be invited to contribute their experiences with community-based collaborative care in children’s mental health as new, innovative resources emerge.

Presented by - Dr. Melissa Maras, University of Missouri, Missouri Child Psychiatry Access Project (MO-CPAP) - Research Consultant; Ms. Wendy Ell, University of Missouri School of Medicine, Dept of Psychiatry - Executive Director, Missouri Child Psychiatry Access Project (MO-CPAP)

Mental Health and Wellness Amidst COVID Pandemic:

Dr. Schwarz will discuss: mental health concerns in the context of the pandemic; warning signs that we need to reach out for help; things we can do to improve wellness

Presented by - Dr. Lauren Schwarz, MO Healthy School - Neuropsychologist

We’re Here to Help! How School Psychologists Can Support Student and Teacher Mental Health to Promote Effective Teaching and Learning:

Participants will gain an understanding of how comprehensive school psychological services fits into the scope of supporting student and teacher mental health.

- Participants will gain knowledge in the unique training school psychologists bring to the table in regards to mental and behavioral health identification and intervention services.
- Participants will gain an understanding of how school psychologists can help lower barriers to learning through supporting mental and behavioral health.
- Participants will gain knowledge of how school psychologists use home-school-community collaboration to link mental health and educational services.

Presented by - Mrs. Rachele Teson, Missouri Association of School Psychologists - Nationally Certified School Psychologist

Whole Child: Whole Community:

We need to tell our own story. Let your community know the amazing things taking place in your schools. This session will focus on how to enlist your community in partnerships with your school, how to brand your school for success and how to give hope to our educators and students.

Presented by - Dr. Linda Jordan, ICLE - International Center for Leadership in Education - Senior Consultant

TBD

Presented by - Dr. Adam Drummond, ICLE - International Center for Leadership in Education - Associate Partner

TBD

Presented by - Ms. Kim Karr, #ICanHelp - Co-Founder and CEO

WELLNESS CENTER

The conference will feature a Wellness Center. Symposium attendees will be gain a better understanding and be able to practice wellness techniques in real-time.

Presented by - Mrs. Rachel Jones, DMH - Division of Behavioral Health - Manager of Trauma Informed Care - Director, Disaster Response State Grant

KEYNOTE SESSIONS

The Neuroscience of Well-Being: Hope in Learning:

The past 22 months of living through a global pandemic has had an impact on all of us. We can use neuroscience research on trauma, stress, and well-being to help us understand our responses. We can also use this research to guide our responses. This session will focus on understanding and applying the latest findings in neuroscience to improve our well-being and to give us hope for the future.

Presented by - Dr. Linda Jordan (Keynote), ICLE - International Center for Leadership in Education - Senior Consultant

TBD

Presented by - Ms. Kim Karr, #ICanHelp - Co-Founder and CEO