



The First Annual Healthy School Communities: VISION IN ACTION

Registration Now Open:

This exciting conference is designed specifically for pupil personnel, guidance and counseling staff and administrators!

Location: P/NW BOCES
Yorktown Heights, NY

Time: 8:00 am – 3:00 pm

Date: March 21, 2014

Cost: \$35



To Register: www.pnwboces.org/catalog

Keynote:

Tapping Into Your Best- When Your Best is Needed: Steven Birchak

Dr. Birchak will take a look at how to become reenergized even when we feel overwhelmed. Change produces tension. Tension can bring out the worst in us. We live in an era of road rage, aggression, and hostility. If we are not careful, this stress can disrupt careers, work settings, personal lives, and society. The most successful professionals are more skilled in human relationships than any other area of life. Dr. Birchak has spent 20 years studying the effects of aggression in our culture and its effects on individuals. In today's educational world of high demands, change, and difficult people, it's a challenge to maintain our sanity. Dr. Birchak will take a humorous and insightful look at three essential lessons for obtaining success. He will offer strategies for building our passion, reducing our stress, and increasing effective skills for ourselves and the individuals we work with. Dr. Birchak will also incorporate some of the latest information regarding cyber bullying and the DASA. The presentation will cover: Civility – Essential skills for building civility and how to eliminate practices that don't work. Conscience – Differences between those who care and those who don't, and how we can build conscience in others? Collaboration – What skills do effective collaborators have that miserable people don't?

Workshops:

Embracing Change through Resilience- The 5 Mental Skills to Survive Life's Tough Times: Steven Birchak

Dr. Birchak will examine strategies for how to become reenergized even when we feel overwhelmed. In today's world of aggression, hostility, high demands, and stress, it's difficult to maintain our sanity. Dr. Birchak will share the 5 mental skills that allow effective professionals to build powerful shock absorbers. The presentation will ask reflective questions pertaining to contentment, growth, personal control, compassion, and optimism. Using stories, examples, and strategies, Dr. Birchak will give participants the opportunity to build these personal skills and acquire the personal power that every organization needs. He will offer strategies for building our passion, reducing our stress, and increasing effective skills for ourselves and the people we work with.

Parents and Teachers as Allies: Sharon McCarthy, and NAMI Westchester Members

A 4 person panel presentation to school professionals on the warning signs of mental illness in children and adolescents and how parents and schools can work together. Presenters consist of an educator, a parent of a child with a mental illness, a person in recovery, and NAMI Westchester Family to Family Educator.

5 Classroom Interventions to Support the Developing Self: Chris Parrott

Children develop natural defensive structures that protect the self from harm, but also may cause emotional conflict and cognitive decline. These defenses can also hinder the full potentials of instruction. This presentation outlines the reasons why students create defenses (they serve a purpose!) and how to release the tight grip defenses have on growth and maturation. Interventions are suggested to help teens move toward being fully functioning, productive members of your classroom and community.

Sex, Drugs and The Teen Brain: How Developing a Sense of Self Thwarts Destructive Decisions: Chris Parrott

This discussion relates research on motivation to help teens understand their own personal intrinsic versus extrinsic beliefs. Teens often make decisions with little regard to consequence because their brains are developing unevenly. When they understand this and apply what matters to them to how they make decisions, they learn to be more proactive, safe and reliable. Risk-taking, stress, resilience, connecting with adults, and finding success through failure are all discussed.

A Walk in Someone Else's Shoes: Ellen Bieber, Stephanie Kurchak and Ellen Fabian

This is an experiential workshop on teaching empathy to students regarding neurological conditions. Participants will "take a walk in someone else's shoes" while learning about neurological disabilities such as Tourette's Syndrome, ADHD, Dyslexia, OCD, and Traumatic Brain Injury. A lesson plan will be provided so participants can use this with their own middle school and high school students.

Schools in the Front Line in the War Against Bullying: Paula Dante

A presentation on DASA and the challenges posed by the new regulation from a student support perspective. Information from the School Safety roundtable discussions of the Hudson Valley will be shared.

Introduction to Life is Good Playmakers: Stephen Beck

Using play therapy to help heal trauma in children. Interactive activities that empower support staff to use play therapy in supporting students who have had traumatic experiences.

Drive Achievement Through Resiliency: Roseanne DeCesari

Traditionally, schools have used ABC data to identify students that are at risk. This information alone does not tell the whole story. Researchers have identified 6 critical resiliency skills that differentiate successful at-risk students from similarly situated, yet struggling peers. By building resiliency skills, educators can unlock their students' potential by addressing the underlying social-emotional causes of academic difficulties and meeting the needs of the whole child.

The Developing Adolescent Brain: Terence J. Houlihan

During the adolescent years, the brain undergoes transformations that are necessary to take children through their teen years into adulthood. Exploring, understanding, and taking these changes in context provide educators with the tools to improve their

- Connections with students
- Classroom management
- Instructional strategies

Becoming a Visible Ally for LGBT Youth: Carol Fessler

Participants will learn important statistics regarding LGBT youth in schools, understand their own level of acceptance of LGBT youth, learn the four requirements for a school to become safe for LGBT youth, be introduced to GLSEN and local resources for LGBT youth and receive free materials to support their visibility for LGBT youth in their school.

Creating Suicide Safety in School: Pat Breux

In this workshop session, participants will experience an overview of "Creating Suicide Safety in School" a national best practice model endorsed by the New York Association of School Psychologists. The "Creating Suicide Safety in School" model is designed to assist schools in a planning process in which they can assess their current school preparedness to address suicide safety, receive guidance on current best practice and learn about resources, training and tools that are available at low or no cost to schools in New York State.

Helping Students at Risk for Suicide: Pat Breux

This workshop will provide information on identifying and assisting students at risk for suicide in school settings. An introduction to evidence-based and best practice assessment tools and information about how to access further training at no cost will be provided. Safety planning will also be discussed.

Solutions Not Suspensions: Lisa Syron

Current data on the rate of suspensions in Westchester is followed by local and national data about the negative impact of suspensions on students and the community. This is followed by a presentation of alternatives to suspension.

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