



May 31, 2017

Keynote: Essential Principles for Navigating Relationships and Fostering Empathy

Spencer Gorin

Our students now live in a world that often annihilates critical thinking, empathy, and face-to-face dialogue. This, in turn, fosters isolation, extrinsic motivation, loss of joy and drive creating a pathway towards “sensation” but not “connection.” The very good news is that when students feel deep genuine connections with other students and the caring adults in their lives, they naturalistically gravitate towards wanting meaningful and healthy relationships. Spencer Gorin shares simple foundational concepts on how to create healthy bonds and provide experiential opportunities for relevant and courageous conversations that help students navigate relationships with a strong foundation of empathy.

Session 1

<p>Pop Knowledge Not Pills</p>	<p>Join us for up to date information on substance use among youth in Pima County. We will identify strategies and discuss actions to prevent substance use among youth.</p>
<p>Creating Empathy through Healthy Play</p>	<p>Empathy, self-regulation and problem solving skills are essential for personal and social success. Children will not perpetrate acts of aggression and violence against each other if they learn to become empathetic and solve their problems peacefully. Children who can self-regulate put the control of the classroom back into the hands of teachers and the most cooperative students. Come learn how through Healthy Play (HP) the paradigm of the most unruly child running the show is replaced as that child learns skills of success instead of disruption.</p>
<p>Understanding Your Role as a Culture Creator</p> <p><i>This presentation will occur during Sessions 1 & 2</i></p>	<p>Participate in this interactive session for assessing culture and climate on a personal, school, and district level. Activities will tap into anti-bias mastery skills such as Identity, Understanding the Language of Bias, Culture and Communication, Assessment, and Action Planning. Participants will walk away with a template and framework to replicate the activity at the building site.</p>
<p>Teaching Empathy...One Book At A Time</p>	<p>Join us for story-time! Come and learn how to make a story come to life for children. You will leave with a new perspective on how to read and present a story to elementary children. Books are a great tool to help students understand other people’s feelings. Empathy is not easy to teach, but with a good book, and a little creativity, you’ll be amazed at how your students will be able to make real-life connections that are modeled from a storybook character.</p>



Session 2	
<p>Adolescent Sexuality: A Empathetic Viewpoint</p>	<p>Attendees take a look at Adolescent Sexuality and the impacts that society, culture and personal beliefs play in having empathy for the sexually active youth of today. Attendees will examine their own personal beliefs on sexuality and how they perceive their idea of “normal sexual behavior” vs. the “reality” of what is really happening with today’s youth. The goal of this presentation is to allow the participant to understand the adolescent point of view when it comes to sexual behavior, and to grow in empathy towards teen situations and the difficulties they face as sexually active teens.</p>
<p>Feng Shui in the Classroom? Really?</p>	<p>This workshop will look at the energy (or ch’i) of our surroundings and examine how classroom layout and design can be adjusted to bring balance, creating a better learning experience for our students, and a greater sense of connection for our teachers. We will look at specifics, such as positioning of desks, clutter, color, lighting, and the overall flow of the energy in the classroom. As an exercise, we will break down the various personalities of our students and experiment to see if there is a connection between the nine energy sections outlined in the Chinese Bagua and where the students choose to sit. Illustrations from local classrooms will be utilized. The goal of the session is to help you see your classroom from a different perspective, based on an understanding of how the energy flow can be enhanced to achieve positive results for everyone!</p>
<p>LGBTQ 101</p>	<p>The LGBTQ 101 will provide introductory level information about identities and provide best practice and competency suggestions for those working in various settings. The presentation will identify the distinctions between sex, gender, and sexuality, recognize ways assumptions can be made based on gender expression, define the identities indicated by “LGBTQ+”, and describe practical cultural awareness tools for being inclusive and respectful.</p>



Session 3	
<p>Youth and Food Benefit Assistance: How to Combat the Stigma</p>	<p>In this presentation, we will take a glance on how stigma of food benefits and nutrition assistance programs impact youth. We aim to identify community resources and activities within our schools that will assist in the increase participation of youth in nutrition programs.</p>
<p>Creating Equitable and Effective Learning Environments by Using Culturally Responsive PBIS Practices</p>	<p>As American classrooms continue to become more diverse and teachers and schools accountability continues to rise, the importance of understanding the cultural nature of education and the need to consider culturally responsive practices become paramount. The Achievement Gap in education is a frequent topic of discussion, but the major role the Discipline Gap plays is often overlooked. Participants will learn the construct of culture as it relates to school systems, how the disproportionality issue impacts student achievement, discover culturally responsive practices and explore equitable approaches to discipline at schools.</p>
<p>Reaching out to Hidden Youth: Experiencing Homelessness from a Young Person's Point of View.</p>	<p>Learn about the challenges youth experiencing homelessness face, from their perspective. Receive tips on how to tackle difficult issues with students and how to open the lines of communication. Come away with resources that you can use to help connect youth to support services in the community.</p>
<p>Is Your School Trauma Informed – Should It Be?!?!</p>	<p>This session will review the need for Trauma Informed Care in schools and the connection to multi-tiered systems of support (MTSS) to increase a student's strengths and address the needs of students affected by trauma.</p> <p>Participants will learn how Trauma-Sensitive schools can build on MTSS efforts by providing universal (tier 1) supports across the school environment. Together we will explore targeted strategies (tier 2) and individual interventions (tier 3) that can help a child who has been traumatized. And finally, participants will be shown resources that are available for low or no cost.</p>
<p>Session 4: World Café'</p>	



June 1, 2017

Keynote: *Beyond Empathy to Kindness*

Jeannette Maré

Jeannette Maré will lead an in-depth discussion of the challenges and opportunities we encounter in every interaction as we strive to create a kinder community. During this presentation, Jeannette will reflect on her own personal experiences with kindness in the face of devastating grief, as well as her work with Ben's Bells Project and the power of kindness to transform people and communities. She will discuss the emerging body of research on the science of kindness. Jeannette will also discuss how we can go beyond empathy in the process of being kind.

Session 1

Overcoming the Invisible Achievement Gap through Evaluation, Empathy and Engagement

The educational needs of students in foster care have often gone unrecognized and unmet, leaving many of them trailing their classmates in academic achievement. This achievement gap has been largely invisible to educators and child welfare professionals alike. This session will discuss the distinct educational challenges that students in foster care face, including high rates of school mobility, a lack of consistent educational decision makers, and the negative impact of trauma on their ability to learn. It will also provide educators with practical tips and tools that they can take back to their schools and classrooms to help students in foster care overcome these obstacles.

Making School Safe for Children with Asthma

The state of Arizona recently passed legislation allowing schools to stock quick relief medication* which can be used when a child or adult is experiencing respiratory distress. This presentation will provide background information on the legislation and explain how your school can get involved to make school a safer place for children with asthma. (*Hear about the donor that is providing the medication at no cost to school or parents.)

Understanding Children's Grief

This presentation will describe the different ways in which children grieve and the significant role that school personnel play when a child is grieving in the school setting. It will also highlight the different programs offered by Tu Nidito and how to refer a child and his/her family.

Emotional Intelligence: What is it? Why is it Important?

This workshop will provide a basic understanding of Emotional Intelligence and how to enhance it, and practical steps to apply EI concepts in the classroom, the office, and even at home. Using these tools, participants will be able to achieve greater interpersonal awareness, connect more effectively with others, manage stress, engage in healthy conflict and collaboration, and be more optimistic and resilient.



Session 2	
<p>Text, Talk, Act for Mental Health</p>	<p>Text, Talk, Act uses text messaging to facilitate a face-to-face conversation on mental health. Participants gather in small groups (3-4 people) with one cell phone per group. They text START to the number 89800 to receive a series of text messages that guides their group through a conversation on mental health: why it is important, how to care for it, and how to help a friend in need. The text messages include videos, social media interactions, polling questions and discussion questions. See how this can be used with your students and your staff!</p>
<p>Coordinating to Help Homeless Students and Families</p>	<p>Learn about the homeless services' Coordinated Entry System and how students/families across Pima County can be connected with housing resources, while working to stay in school during a 'housing crisis.' Find out how people experiencing homelessness in our community are assessed and referred to housing resources to meet their needs. Understand how housing resources in our community are prioritized to people with the most need for these resources. See how school districts can be part of this system.</p>
<p>The Power of Reinforcement: A Scientific Approach to Motivating Students and Understanding Behavior</p>	<p>Participants will discover evidence based and scientifically tested interventions, strategies, and techniques to motivate students, patients, or other clients. Participants will also learn to identify and understand the functions of behavior and how to create positive, effective behavior change systems in various settings. An overview of autism spectrum disorders (ASD) will provide participants with useful information on how to understand the disorder and improve the learning outcomes of children with ASD and other developmental or learning disorders.</p>
<p>How Do We Build Community When there is So Much Space Between U and I?</p> <p><i>This presentation will occur during Sessions 2 & 3</i></p>	<p>This interactive and engaging session, will examine the roots of prejudice and oppression and provide a framework and common language for open dialogue. It will also address Microaggressions -- behaviors or statements that can inflict insult or injury despite our intentions to the contrary. We will explore the many ways in which biases "show up" in daily life, how we can interrupt them and disperse their harmful and splintering effects.</p>



<i>Session 3</i>	
Text, Talk, Revive Civility and Respect	Text, Talk, Revive Civility uses text messaging to facilitate a face-to-face conversation on civility in our everyday lives and our politics. Participants gather in small groups (3-4 people) with one cell phone per group. They text CIVILITY to the number 89800 to receive a series of text messages that guides their group through a conversation on civility: why it matters in our lives, how we can create more of it, and how it can be strengthened in our politics. The text messages include videos, polling questions and discussion questions. See how this can be used with your students and your staff!
What Drives Self Injury	What drives self-injury in adolescents, what are the warning signs, how we can support treatment, recovery, and maintenance!
Fun Ways to Help Students (and YOU) Tune in, Focus, and Connect: Mindfulness Tools for the Classroom	Feeling the need to unwind from the year? Want some proven tools for you and your students? Come ready to practice and play! We will learn by doing in this fun and highly interactive workshop. You will walk away with an understanding of mindfulness and empathy and how it impacts school culture.