

Healthy & Safe Schools Summer Institute

EMPATHY & BEYOND!

MAKING SCHOOLS AND COMMUNITIES WHOLE

MAY 31 & JUNE 1, 2017

WELCOME

On behalf of our office and the planning committee I am delighted to welcome you to our Summer Institute, *Empathy & Beyond! Making Schools and Communities Whole*. I believe this is a timely topic that we must address as an education community.



Empathy & Beyond! Making Schools and Communities Whole is aimed at understanding and developing empathy in our schools in order to help our students discover personal success. I hope you find the next 2 days stimulating and pertinent to your daily work!

Dustin J. Williams

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Pima County Superintendent of Schools

Healthy & Safe Schools

Healthy & Safe Schools is a program designed to assist learning communities in creating, maintaining, and growing safe and supportive school cultures. In its third year of existence, this initiative continues to offer workshops, create partnerships and link schools with community resources to build healthy and safe environments.



School Health Innovation Partnership (SHIP)

A key collaborator in planning *Empathy & Beyond!* is the School Health Innovation Partnership (SHIP). The SHIP partnership, established with the Pima County Health Department, offers support and resources to schools on the emotional, social and physical development of students to increase student achievement.



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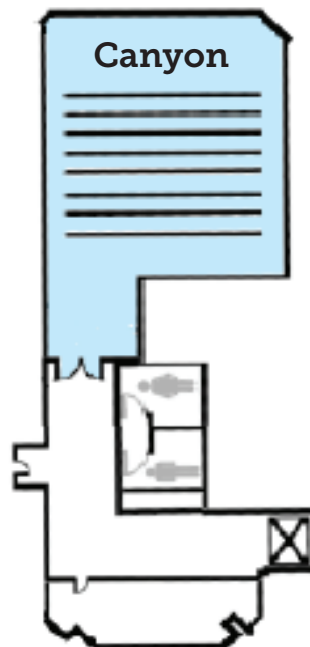
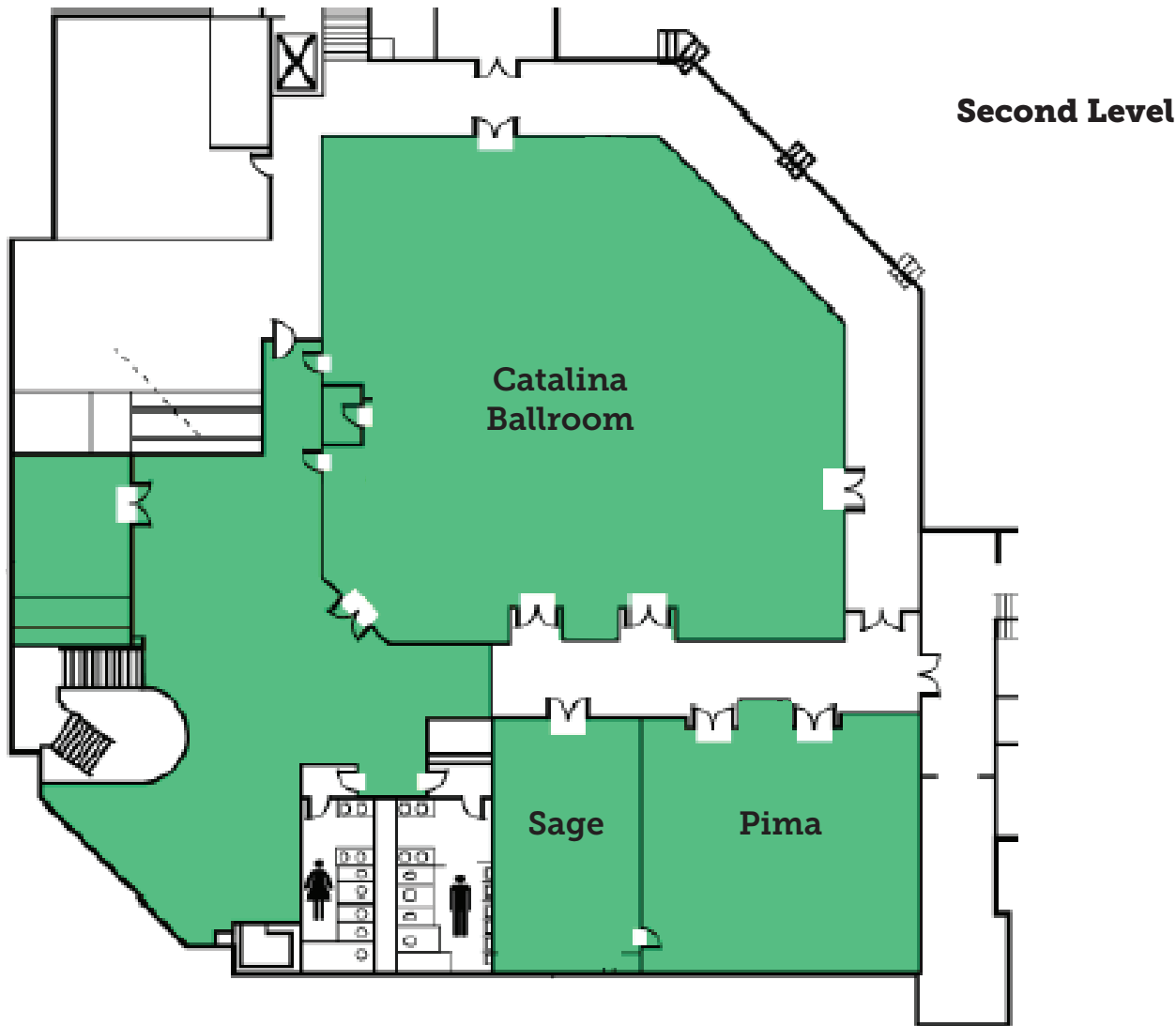
In-Kind Supporters

FC Tucson
Pima County Health Department
Pima County JTED
Loft Cinema
Lotus Message & Wellness Center

Teacher Parent Connection
Treasures for Teachers
Westward Look Resort & Spa

THANK
YOU!

Sheraton Tucson Map



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MAY 31

7:30 am - Registration

7:50 am - Welcome Keynote *Catalina Ballroom*

Keynote Speaker:

Spencer Gorin

"Essential Principles for Navigating Relationships and Fostering Empathy"

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.



9:25 am - Session 1

10:50 am - Session 2

12:05 pm - Lunch *Catalina Ballroom*

12:45 pm - Session 3

2:15 pm - World Café *Catalina Ballroom*

Session 1 | May 31, 2017

Pop Knowledge Not Pills

Rául Munoz, *BSBM, Program Coordinator, Pima County Health Department*

raul.munoz@pima.gov

Room: Sage

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.

Creating Empathy through Healthy Play

Spencer Gorin, *RN, BSN, Alcohol and Other Drug and Harm Reduction Program Specialist, The University of Arizona*

spencergorin@gmail.com

Room: Pima

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.**

Understanding Your Role as a Culture Creator *

Melissa Medvin, *MA, A WORLD OF DIFFERENCE© Institute Provider*

arizona@adl.org

Room: Sabino

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 including Identification, 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.** *This extended workshop will occur during Sessions 1 & 2. Participants must attend both.

Teaching Empathy...One Book at a Time

Shari Attebery, *MA, NCC, Elementary School Counselor*

s.l.attebery@maranausd.org

Room: Canyon

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.**

Session 2 | May 31, 2017

Adolescent Sexuality: An Empathetic Viewpoint

Ernestina Limón, *Program Coordinator, Community Outreach & Education Team, Pima County Health Department*

ernestina.limon@pima.gov

Room: Sage

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.**

CANCELLED

Feng Shui in the Classroom? Really?

Kevin Walters, *MURP, Owner, Feng Shui Planning*

kevin@Fengshuiplanning.com

Room: Pima

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, create 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 build 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!**

LGBTQ 101

Tatum Craft and Monique Garcia, *Health Education Specialists, Southern Arizona AIDS Foundation*

tcraft@SAAF.org | mgarcia@SAAF.org

Room: Canyon

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.

Session 3 | May 31, 2017

Youth and Food Benefit Assistance: How to Combat the Stigma

Natalia Santos, *MPH, Food Systems Program Coordinator, The University of Arizona Nutrition Network*

nataliasantos@email.arizona.edu

Room: Sage

Many of our students deal with hunger on a daily basis. Come learn how you can support them and their families. 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.

Creating Equitable and Effective Learning Environments by Using Culturally Responsive PBIS Practices

Yadira Flores, *PhD, School Psychologist, Koi-Education*

Yadira@koi-education.com

Room: Pima

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.**

Reaching Out to Hidden Youth: Experiencing Homelessness from a Young Person's Point of View

Kim Flores, BA & Matt Schmidgall, MS, Program Coordinators, Youth on Their Own, Daniela Zasa, BS, Program Manager, Youth on Their Own, and Craig Wunderlich, LCSW, MSW Social Worker at Cholla High School

dzasa@yoto.org

Room: Sabino

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.

Is Your School Trauma Informed –Should It Be?!?!

Debi Neat, M.Ed, Learning Systems Facilitator, Coach, Koi-Education

debi@koi-education.com

Room: Canyon

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.

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.

Session 4 | May 31, 2017

World Café

Hostess: Mary Bouley

Room: Catalina Ballroom

Join us at our World Cafe where we will create a living network of collaborative dialogue around questions that matter in service to our real work. This is an opportunity to synthesize your learning, share ideas, and engage in deeper thinking around the inspiring topics of the day.

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JUNE 1

8:00 am - Registration & Resource Fair

8:50 am - Keynote *Catalina Ballroom*

Keynote Speaker:

Jeannette Maré

"Beyond Empathy to Kindness"

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.



10:15 am - Session 1

11:30 am - Lunch *Catalina Ballroom*

12:15 pm - Session 2

1:45 pm - Session 3

Session 1 | June 1, 2017

Overcoming the Invisible Achievement Gap through Evaluation, Empathy and Engagement

Arayah Larson, *Volunteer Coordinator*, Julee Aros-Thornton, Jennifer Harris, *Education Liaisons*, FosterEd AZ

alarson@youthlaw.org

Room: Sage

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

Dr. Joe Gerald, *MD, PhD, Associate Professor*, UA College of Public Health

geraldj@email.arizona.edu

Room: Pima

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

Amanda Marks, *MSW, Community Impact Director*, Tu Nidito Children & Family Wellness

amanda@tunidito.org

Room: Sabino

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?

Michelle Pitot, *Chief of Staff: Women's Center for Economic Opportunity, Director: Women's Counseling Network*, YWCA

mpitot@ywcatucson.org

Room: Canyon

This workshop will provide a basic understanding of Emotional Intelligence (EI), 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 | June 1, 2017

Text, Talk, Act for Mental Health

Basant Virdee, *Communications Coordinator, National Institute for Civil Discourse, The University of Arizona*

basant@email.arizona.edu

Room: Sage

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!**

Coordinating to Help Homeless Students and Families

Pamela Moseley, *BAS, Program Coordinator, Pima County CSET (Community Services, Employment and Training)*

pmoseley@pima.gov

Room: Pima

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.**

The Power of Reinforcement: A Scientific Approach to Motivating Students and Understanding Behavior

Yvette Marie Margaillan M.S., M.Ed., BCBA, CEO, Clinical Director, ABA Consulting Group

yvettemarie@abaconsultinggroup.org

Room: Sabino

Learn to identify and understand the functions of behavior and how to create positive, effective behavior change systems in various settings. Participants will discover evidence based and scientifically tested interventions, strategies, and techniques to motivate students, patients, or other clients. 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.

How Do We Build Community When There Is So Much Space Between U and I? *

Michelle Pitot, *Chief of Staff* and E. Liane Hernandez, *Community Outreach and Education Director, YWCA*

mpitot@ywcacucson.org

Room: Canyon

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.

Participants will:

- **engage with the presenters and each other to understand what prejudice, oppression and microaggressions are and discuss how they can diminish our work towards inclusion across difference. 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.**
- **gain a heightened understanding of themselves and their ability to make a difference in the world in areas that can sometimes feel overwhelming and threatening.**

* This extended workshop will occur during Sessions 2 & 3. Participants must attend both.

Session 3 | June 1, 2017

Text, Talk, Revive Civility and Respect

Basant Virdee, *Communications Coordinator, National Institute for Civil Discourse, The University of Arizona*
basant@email.arizona.edu

Room: Sage

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

Holly Babb-Preusser, *BS, Site Manager Clinical Department of Sin Puertas, Pima Prevention Partnership*
preusser@thepartnership.us

Room: Pima

Participants will learn **what drives self-injury in adolescents, what the warning signs are**, and 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

Shelly Hubman, *MA, Co-founder, The Mindfulness Education Exchange*
shelly@mindfuledex.com

Room: Sabino

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. This is Mindfulness!

You will walk away with:

- **an understanding of mindfulness and empathy and how it impacts school culture**
- *direct experience with engaging and easily-implemented activities to help improve empathy, focus, self-regulation, and stress management in the classroom*
- *the “hows and whys” of the activities and their application, including a handout with detailed instructions*

Notes



PIMA COUNTY

SCHOOL SUPERINTENDENT

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