

# MASMHC & NSMHC

## Session Descriptions & Designated CEs



MIDDLE AMERICA  
**School Mental Health**  
CONFERENCE

### **Wednesday, May 29<sup>th</sup> | Keynote 1 8:50 – 9:50**

Dr. Elizabeth Connors

**Title:** Cultivating Hope for School Mental Health System Transformation

**Overview:** This keynote is designed to kick off the conference by recognizing the tremendous assets we have to continue advancing comprehensive school mental health – both in terms of local wisdom and expertise among passionate multidisciplinary school-family-community teams and national tools and frameworks to support and scaffold their efforts. Key concepts for gradual, innovative, sustainable school mental health system improvements will be shared, including district examples from across the United States.

**Credits available:** ANCC/APA/ LADC/ACE General, Basic

### **Wednesday, May 29<sup>th</sup> | Breakout 1: 10:05 - 11:00**

**Title:** Synergizing Schools and Services: A Team Approach to Empowering Students and Families

**Presenter:** Cynthia Doth

**Organization:** Hazelden Betty Ford Foundation

**Overview:** Over the past 5 years schools have experienced dynamic changes in providing instruction to students, support to staff, and connections with families. National data identifies an increase in substance use and mental health concerns for youth and young adults. These changes have contributed to the heightened tensions in schools and families. This presentation will focus on an innovative partnership between schools and dually licensed treatment providers to screen, appropriately intervene, make adequate referrals for students and families to access services, and ensure students and families follow through. We will discuss evidenced based approaches to better align with students and families and explore ways to improve communication in the family system. By working together as a collaborative team with outside agencies, schools can focus on what they do best, serve “America’s students to promote student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access” (US Dept of Edu.).

**Credits available:** ANCC/APA/ LADC/ACE Clinical, Intermediate

**Title:** Building Bridges: Harnessing Community Partnerships for Student Mental Health Literacy

**Presenter:** Claire Brown, Claudia Granillo

**Organization:** The Wellbeing Partners

**Overview:** The journey between wanting to implement Mental Health programming as a tier one support for students to actually launching a program is a long and difficult road. Explore a case study example from The Wellbeing Partners, who, thanks to many community partnerships, were able to implement a three-pronged approach to Mental Health Literacy for middle school students and families. Discover how community partnerships fostered collaboration and played a vital role in helping overcome obstacles to the program. Attendees will gain insights into the planning, implementation, and community engagement strategies that contributed to the program's effectiveness.

**Credits available:** ANCC/APA/ LADC/ACE General, Basic

**Title:** More than Self-Care: Supporting Organizational Wellness Lessons Learned from 16 School Districts

**Presenter:** Mark Sander, PsyD, Cheryl Holm-Hansen, PhD, Aubrie Hoover

**Organization:** Midwest Center for School Mental Health

**Overview:** The last several years have been challenging, impacting mental health of both students and staff. We know that staff need support so they can support students’ academic and emotional needs. We will share highlights from a 16-district initiative to strengthen staff well-being in northeast Minnesota. We will describe efforts underway to assess staff well-being, create wellness teams, and implement strategies to support school staff. Staff surveys and wellness team reflections have been used to inform recommended strategies for schools and districts concerned about staff well-being. We will share our successes and challenges and outline our emerging lessons learned.

**Credits available:** ANCC/APA/ACE General, Basic

**Title:** Build Me Up, Buttercup: Leveraging The “It” Factor in a Train the Trainer Model Supporting Tier 1 Classroom Practices for Student and Staff Wellbeing

**Presenter:** Jen Pollock & McKayla LaBorde

**Organization:** ESU #3

**Overview:** In this dynamic session, we will delve into the innovative implementation of a train-the-trainer model series, bringing together exemplar Tier 1 practices to support the social, emotional, behavioral, and mental well-being of students in the classroom. This series is not just about theory; it's about practical application. We will explore how rock star teachers can serve as trainers, sharing their expertise and insights to influence and support their colleagues to create a more inclusive and supportive learning environment for all students. From building positive relational environments to practical ideas for fostering connections among students, this session will provide tangible examples and samples of content and implementation supports. By the end of the session, participants will be equipped with the knowledge and tools to replicate a similar structure and foster a supportive and nurturing educational environment that prioritizes the well-being of all students.

**Credits available:** ANCC/APA/ACE Clinical, Advanced

**Title:** Reflective Practice

**Presenter:** Tammy Sassaman, LCSW

**Organization:** Nebraska Juvenile Justice Association

**Overview:** In today's busy lifestyle, many of us push through our days without giving much thought of what the day entailed. We often do not pay attention to how our words and/or actions impact others. Reflective practice enables us to reach an improved awareness of ourselves, our knowledge and understanding, our skills and abilities, and our workplace habits. In this interactive session, attendees will learn what reflective practice is, how to implement skills and strategies, and how to learn from experiences. Addressing anxiety and depression along the way is crucial. Self-reflection allows us to learn and improve future interactions.

**Credits available:** ANCC/APA/ LADC/ACE General, Basic

**Title:** Navigating AI and Mental Health in Schools

**Presenter:** Thang Tran & Janet Cook

**Organization:** University of Nebraska Omaha

**Overview:** This session will unravel the nuanced relationship between artificial intelligence (AI) and student mental health, presenting a wealth of research-based information to empower our educators in fostering a supportive and balanced learning environment. This session aims to enhance awareness, understanding, and proactive strategies regarding the impact of AI on student well-being.

**Credits available:** ANCC/APA/ LADC/ACE Clinical, Intermediate

### **Wednesday, May 29<sup>th</sup> | Breakout 2: 11:15 - 12:10**

**Title:** Fostering Digital Resilience for the Smart Gen

**Organization:** SmartGen Society

**Presenter:** Amie Konwinski

**Overview:** Join us in this insightful presentation as we delve into three key learning objectives aimed at enhancing our understanding of the intricate relationship between social media and behavioral health, and equipping educators with practical strategies for promoting digital wellness in children and families. This presentation is designed to equip educators with the knowledge and tools needed to positively address the evolving dynamics of social media and behavioral health, fostering a proactive and informed approach to digital wellness for the benefit of students and families.

**Credits available:** ANCC/APA/ LADC/ACE General, Basic

**Title:** Supporting the Social-Emotional Needs of Twice-Exceptional Students

**Presenter:** Alissa Doobay

**Organization:** University of Iowa Scanlan Center for School Mental Health

**Overview:** Students presenting with both high cognitive/academic ability and a disability (e.g., Autism, ADHD, Learning Disorder) are referred to as “twice exceptional.” This population presents with a unique set of social-emotional needs due to their asynchronous development and limited access to specialized support. For example, emerging research indicates that twice-exceptional Autistic students show heightened risk for suicidality. This presentation will provide an overview of twice-exceptionality, identify key challenges and vulnerabilities for this population, and offer evidence-based recommendations for supporting the social-emotional wellbeing of twice-exceptional students in the classroom.

**Credits available:** ANCC/APA/ACE Clinical, Basic

**Title:** Nurturing Resilient Minds: Strategies for Cultivating Hope & Healing for School Communities

**Organization:** Social Anxiety Help, LLC & New Albany Floyd County Schools

**Presenter:** Kyle Mitchell

**Overview:** Join me in an exploration of practical approaches tailored for school counselors, administrators, and personnel. In my session, I dive into transforming social anxiety into confidence, establishing proactive mental health practices, and addressing the

specific challenges of student mental health within the school environment. The audience will discover actionable insights to create a culture of hope and healing, fostering a resilient and supportive atmosphere for both students and staff.

**Credits available: ANCC/APA/ LADC/ACE Clinical, Intermediate**

**Title:** Increasing Hope to Heal and Thrive

**Organization:** The School Care Team

**Presenter:** Tina Wooldridge and Shannon Tenney

**Overview:** Identifying, experiencing, and developing hope increases well-being. In fact, researchers have identified hope as the single best predictor of well-being compared to any other measures of trauma recovery. Hope is one of five key concepts in Wellness Recovery Action Planning (WRAP®), an evidence-based personalized wellness and recovery framework. In this interactive session, we will briefly introduce WRAP, discuss the neuroscience of hope, share research findings related to hope, and provide practical strategies for increasing hope for ourselves and for the youth we serve.

**Credits available: ANCC/APA/ LADC/ACE Clinical, Intermediate**

**Title:** Overdose: A 360 Degree Perspective

**Presenter:** Ryan Paul Carruthers, PhD, LMHP, LADC, CPSS

**Organization:** CenterPointe

**Overview:** From the lived experience of walking in on my son in the midst of an overdose, to the professional experience of advocating for overdose prevention and harm reduction strategies, this will take a 360 degree view of the overdose epidemic we are in the midst of. Reducing stigma requires open conversations and sharing of experiences, along with accurate information, knowledge gained through experience, and hope that it doesn't have to continue happening.

**Credits available: ANCC/APA/ LADC/ACE Clinical, Basic**

**Title:** The Balanced Professional: Grounded Hope & Self-Awareness in the Workplace

**Presenter:** Vern Davis-Showell

**Organization:** Papillion - La Vista Community Schools

**Overview:** This presentation will explore the intersection of grounded hope and self-awareness, offering participants a unique approach to navigate challenges while achieving professional (and maybe even personal) growth. We will discuss the concept of grounded hope and distinguish it from optimism as well as explore strategies to maintain a positive outlook while staying rooted in reality. Participants will also learn how emotional regulation and self-awareness contribute to more thoughtful decision making, increased empathy and overall workplace success.

**Credits available: ANCC/APA/ACE General, Basic**

### **Wednesday, May 29<sup>th</sup> | State Discussion 1: 12:50 - 2:15**

**Overview:** Attendees from each state will join a facilitated, state-specific breakout where they will collaboratively create a state action plan on how to best move a school-based mental health forward in their state to best serve youth, families, and community.

**Credits available: ANCC/APA/ACE General, Basic**

### **Wednesday, May 29<sup>th</sup> | Breakout 3: 2:30 - 3:25**

**Title:** Promoting Resiliency Through Times of Uncertainty Utilizing Novel THRIVE Intervention

**Presenter:** Mindy Chadwell, Kaitlyn Young, Caitlyn Jezowitz, Eliza Godfrey

**Organization:** UNMC Munroe Meyer Institute

**Overview:** Adolescence is a time of transition requiring cognitive flexibility and skills to cope with change. This is particularly true in the wake of the COVID-19 pandemic with increases in depression, anxiety, social isolation, mood-related concerns, and suicidal ideation (Loades et al., 2020). In response to the pandemic, authors developed a novel intervention, THRIVE, for implementation within school-based settings. Grounded in Acceptance and Commitment Therapy (ACT), THRIVE aims to increase adolescents' abilities to cope with stress and increase engagement in valued activities. This presentation will equip participants with skills to implement the intervention and data-based tools to evaluate its impact.

**Credits available: ANCC/APA/LADC/ACE Clinical, Intermediate**

**Title:** Supporting Children & Adolescents in Out of Home Care

**Presenter:** Connie Schnoes, Mary Elizabeth Bailey

**Organization:** Father Flanagan's Boys' Home

**Overview:** Understanding how children and adolescents experience living in out of home care is central to providing effective services to them. This presentation includes a personal experience of living in foster care, the challenges to mental health encountered and protective factors that supported her positive outcomes. Strategies for identifying common challenges youth in care experience will be described. Strategies for establishing positive, trusting relationships with these children and adolescents will be described. How teachers and mental health professionals can support children in out of home care to achieve positive outcomes will be described.

**Credits available: ANCC/APA/LADC/ACE General, Basic**

**Title:** Healing School Communities Through the Use of Therapy Animals

**Presenter:** Julie Lord, MS, LIMHP

**Organization:** ESU3

**Overview:** Sit, stay, heal. There has been increased attention recently on the use of animals in school communities and how their presence might help address the need for healing and hope without words. This presentation will outline the basics to getting a therapy dog certified for this type of work, potential barriers, and benefits to having therapy animals in the educational environment. Real world examples will be presented, and participants will have an opportunity to interact with Yeti, a certified therapy dog who has worked in schools both in the therapy room and beyond.

**Credits available:** ANCC/APA/ACE Clinical, Basic

**Title:** Using Hope Science to Improve Behaviors

**Presenter:** Scott Butler & Liz Bartels

**Organization:** Project Harmony

**Overview:** Hope is the number one predictor of future well-being outcomes. Hope is easy to define, easy to assess, and easy to teach and practice; yet fewer than half of our nation's youth are hopeful. Many of the problematic behaviors encountered by educators is rooted in hopelessness. This session provides of the current research on hope science. Participants will examine common school behavior problems through the lens of hope to identify new and effective interventions that educators can use to drive well-being outcomes.

**Credits available:** ANCC/APA/LADC/ACE Clinical, Intermediate

**Title:** Solutions to Addressing Classroom Challenges After COVID-19: Teacher Perspectives

**Organization:** Boys Town

**Presenter:** Patrick Tyler, PhD & Kristin Duppong-Hurley, PhD

**Overview:** This presentation will share results from a mixed-methods research study conducted with teachers across the United States to gain an understanding of the challenges faced in the classroom since the COVID-19 pandemic, and solutions to address these challenges. Electronic surveys on school climate and social emotional learning were collected from 105 teachers. Focus groups were conducted with 57 teachers to gather teacher perspectives on techniques they have found helpful to address classroom challenges since COVID-19. Teacher views were also compared based on grade level (i.e., elementary, middle) and location (i.e., metropolitan, non-metropolitan). Useful techniques will be shared with participants.

**Credits available:** ANCC/APA/ACE General, Basic

**Title:** School-based Mental Health in Missouri: Strengthening Training & Technical Assistance

**Presenter:** Melissa Maras, Lisa Dierking, Chrissy Bashore, Marjorie Cole

**Organization:** University of Missouri, Missouri Department of Elementary & Secondary Education

**Overview:** An interdisciplinary, interagency team is strengthening state-level capacity to advance best practices in school mental health in Missouri. With key representation from Missouri's departments of education, health, and mental health, this collaborative is adapting existing resources to reflect the distinct history and culture of school mental health in this state. Join us as we share successes, lessons learned, and next steps for this work.

**Credits available:** ANCC/APA/ACE Clinical, Intermediate

## **Wednesday, May 29<sup>th</sup> | Keynote 2 3:40 – 4:40**

John Coyle

**Title:** Resiliency 2.0 - Applying Design Thinking to Stress and Resiliency.

**Overview:** Instead of trying to manage or reduce stress or get work-life balance back, learn how to perform better under greater stress (and enjoy it)! Explore a new model of resiliency, one where proactive challenges are designed to build capacity for ever greater performance under pressure while learning the latest neuroscience of recovery. Change your relationship with stress by using the 3R method - Reduce, Recover, and Reframe.

**Credits available:** ANCC/APA/ACE General, Basic

## **Thursday, May 30<sup>th</sup> | Keynote 3 8:45 – 9:45**

Saun-Toy Latifa Trotter, LMFT

**Overview:** Ms. Trotter is a healer and psychotherapist who brings over 20 years of experience providing trauma-informed and culturally responsive services to adolescents and families. She has experience practicing in school health centers, residential treatment facilities, in-patient, and psychiatric units. Her practice is rooted in youth development principles. As the Clinical Director of School-Based Behavioral Health Services at UCSF Benioff Children's Hospital Oakland, she has expanded school-based services to include health education and a youth wellness advisory board. Ms. Trotter is a contributing author to *School Social Work: Engaging Social Justice and Racial Equity from Practitioners' Perspectives*. She has provided training and consultation for many child-serving organizations, including Castlemont and McClymond's High Schools, Alameda County, MISSEY, New York Department of Health

and Mental Hygiene, and Huckleberry Youth Programs. She is committed to evidence-based and culturally rooted practices that foster individual and collective health, wellbeing, and liberation.

**Credits available: ANCC/APA/LADC/ACE Cultural Competence, Intermediate**

### **Thursday, May 30<sup>th</sup> | Breakout 4: 10:00 - 10:55**

**Title:** Empowering Minds: Using Acceptance and Commitment Therapy Techniques in Schools

**Presenter:** Skyler VanMeter, Kaitlyn Young

**Organization:** Munroe-Meyer Institute, University of Nebraska Medical Center

**Overview:** Behavioral health approaches are effective in addressing youth internalizing concerns (e.g., anxiety, depression). Over the past two decades, “third wave” behavior therapies (e.g., acceptance and commitment therapy, dialectical behavior therapy) have gained significant popularity in clinical settings due to their flexibility and emphasis on context (rather than content) of thoughts and emotions (Hayes, 2017). This proposed presentation will introduce the audience to the foundational concepts, empirical support, basic techniques, and potential for school-based applications of acceptance and commitment therapy techniques for adolescents.

**Credits available: ANCC/APA/LADC/ACE Clinical, Advanced**

**Title:** Meeting the Needs of ALL Students Through High Quality School Mental Health Systems & Practices

**Presenter:** Nicole Skaar of

**Organization:** University of Northern Iowa

**Overview:** This presentation will describe the implementation of a MTSS focused on student mental health and well-being in rural schools. Data gathering, teaming, and interventions provided across all three tiers of support will be discussed. There will be a discussion about universal mental health screening procedures and providing mental health services within special education. Presenters will describe successes and struggles with implementation and sustainability of this system of supports.

**Credits available: ANCC/APA/LADC/ACE Clinical, Intermediate**

**Title:** A Place for Emotional Regulation: Applying Environmental Psychology to Support Student and Teacher Well-Being

**Presenter:** Robert Van Haften

**Organization:** University of Surrey- Environmental Psychology / BCDM Architects

**Overview:** We dream of ‘doing it all’ and each step forward requires an increasing amount of motivation and resilience. By cultivating an environment that encourages emotional regulation, we can strengthen our resilience for hope and healing. Participants will learn how attitudes and behaviors are influenced by their environments and receive ideas for simple adjustments to cultivate an emotionally supportive classroom. This presentation uses studies from the field of environmental psychology and experience in architectural design to share how teachers can use their classrooms as a tool to support regulation, motivation, and resilience.

**Credits available: ANCC/APA/LADC/ACE General, Basic**

**Title:** Our Journey: Building Understanding of Mental Health District Wide

**Presenter:** Carrie Novotony-Buss, Anne Keith, Susie Chadwick, Vanessa Meyer

**Organization:** Millard Public Schools

**Overview:** One of the greatest concerns of educators coming out of the pandemic is the well-being of the children they come in contact with each day. In collaboration with MHTTC, Millard Public School embarked on a journey to increase staff knowledge about mental health by utilizing ClassroomWISE (Well-being Information and Strategies for Educators). ClassroomWISE is a training package created for educators to support the mental health of students in their communities. Join us to hear how one district worked collaboratively to develop a professional learning experience that will build staff understanding and connect to MTSS-Behavior processes to support students now and in the years to come. Attendees will learn about MHTTC’s ClassroomWISE and its potential to assist educators and support the mental health needs of children/students in their community. Attendees will learn about one District’s implementation and professional learning model to meet the needs of educators utilizing ClassroomWISE over multiple years.

**Credits available: ANCC/APA/ACE General, Intermediate**

**Title:** Best Practices in School Mental Health Supervision

**Presenter:** Lauren Scanlan, Mindy Chadwell, Erika Franta

**Organization:** Munroe Meyer Institute

**Overview:** Supervision presents significant opportunities for learning and skill development. The National Association of School Psychologists, the American School Counselor Association, and the American Psychological Association all recognize supervision as a professional competency area that involves specific knowledge and skills distinct from direct care. However, a substantial number of school mental health professionals have no formal training in supervision (Falender and Shafranske, 2004; Studer, 2005). This presentation will outline roles and responsibilities of mental health supervision in a school setting, describe elements of a developmental, competency-based approach, and provide best practices for developing a supervision contract.

**Credits available: ANCC/APA/LADC/ACE Clinical, Advanced**

**Title:** It's Real: Partnering with AFSP to Bring Suicide Prevention Training to Teens

**Presenter:** Grace Manley

**Organization:** American Foundation for Suicide Prevention (AFSP) Nebraska Chapter

**Overview:** Empower yourself to champion student mental health awareness with evidence-informed, age-appropriate suicide prevention training. American Foundation for Suicide Prevention Area Directors Grace Manley (Nebraska) and Joani Wolfe (Iowa) will review the organization's mission and give insights into the tailored "It's Real: Teens & Mental Health" trainings for Middle School, High School, and College students. Attendees will learn how to forge partnerships with AFSP for access to these crucial programs in their schools and communities, always free of charge. Participants will leave the session equipped to bring "It's Real" directly to students.

**Credits available:** ANCC/APA/ACE General, Basic

### **Thursday, May 30<sup>th</sup> | Breakout 5: 11:10 - 12:05**

**Title:** It All Begins with Leadership: How to Engage School Leaders to Support Mental Health Initiatives

**Presenter:** Andrew Rikli & Deb Anderson

**Organization:** Papillion La Vista Schools

**Overview:** Implementing a district wide school mental health initiative requires that school board members, administrators, and school mental health staff be involved as early as possible to identify priorities and plan programming. This presentation will provide practical strategies in three areas: 1) How to gain buy-in from district leadership; 2) How to incorporate the knowledge and expertise of school mental health staff; and 3) How to prioritize and develop programs to meet students' mental health needs.

**Credits available:** ANCC/APA/ACE General, Advanced

**Title:** Cultural Humility in Working with Students of Color: Understanding the Journey of White School Counselors in the Midwest

**Presenter:** Thang Tran

**Organization:** University of Nebraska Omaha

**Overview:** This presentation explores the development of cultural humility among White school counselors in the Midwest, focusing on their experiences working with students of color. It delves into the need for cultural humility in a changing educational landscape and its relevance to school counseling. Drawing from two scholarly manuscripts (from my dissertation), I present empirical research, using Interpretative Phenomenological Analysis, and findings that provide valuable insights into the challenges and opportunities faced by White school counselors as they strive to provide culturally agile counseling services. Attendees will gain practical strategies and a deeper understanding of how cultural humility can enhance counseling practice.

**Credits available:** ANCC/APA/LADC/ACE Cultural Competence, Intermediate

**Title:** Unveiling the Shadows: Understanding Human Trafficking in Schools

**Presenter:** Megan Reese, Stephanie Olson

**Organization:** Educational Service Unit #2, The Set Me Free Project

**Overview:** This presentation aims to shed light on the critical issue of human trafficking within the context of schools. This session is not only an opportunity for awareness but also a call to action. Together, we can work towards building a resilient educational environment that safeguards the well-being of students and actively contributes to the global fight against human trafficking.

**Credits available:** ANCC/APA/LADC/ACE General, Basic

**Title:** Enhancing School Culture and Fostering Healing Post-COVID: Boys Town School-Based Behavioral Model at Omaha Central High

**Presenter:** Alesia Montgomery, MS, Christy Flaherty-Colling, PhD

**Organization:** Omaha Public Schools & Boys Town

**Overview:** This presentation will examine the implementation of Boys Town's Safe & Healthy Secondary Schools at Omaha Central High to address the increase in negative student behaviors exhibited after pandemic isolation and related trauma. We will detail the steps of the change management process to identify "pain points" and explore solutions that aligned with existing school culture, traditions, and other initiatives. This included soliciting stakeholder input, creating buy-in, identifying an existing implementation team, training staff, and conducting follow-up coaching and support. Work included teaching skills, building relationships, addressing student behavior consistently amongst staff, and approaching students in a positive way.

**Credits available:** ANCC/APA/LADC/ACE General, Intermediate

**Title:** Community Collaboration in Crisis Work

**Presenter:** Kayla Renney, Asad Dahir, Samira Adam

**Organization:** Nexus Family Healing

**Overview:** An overview on how community organizations developed and implemented the first of its kind, immediate mobile response program for youth and their families within Minnesota largest city and county.

**Credits available:** ANCC/APA/ACE General, Basic



**Title:** Empowering Adolescents: Early Intervention Strategies for Substance Misuse Prevention

**Organization:** PreventEd

**Presenter:** Presley Menendez

**Overview:** The focal point of this presentation is GuidEd, an innovative initiative developed in collaboration with schools, juvenile justice courts, and other youth-serving organizations in 2014. GuidEd's unique approach operates independently of institutional youth-serving agencies, granting adolescents and families the flexibility to access services for addressing substance misuse without mandatory involvement with these institutions. Join us to gain insights into the multifaceted issues surrounding adolescent substance use and explore tailored strategies to tackle these challenges through early intervention programs. In addition to discussing the advantages of such programs, this presentation aims to equip learners with tools needed to develop, implement, maintain, and assess the efficacy of early intervention initiatives.

**Credits available:** ANCC/APA/LADC/ACE Clinical, Intermediate

### **Thursday, May 30<sup>th</sup> | Breakout 6: 12:45 - 1:40**

**Title:** Facilitating Groups in Rural Schools

**Presenter:** Jason Mather, Alice Sweat

**Organization:** ESU #3

**Overview:** Working in rural Nebraska schools, we have seen a need for students to have the opportunity to learn skills related to their emotional and social needs. Students benefit from having a safe space to learn how to interact with their peers, develop skills that can help them both in the classroom and in their day-to-day life, and find connection with other students who may struggle with similar matters. This presentation will include an overview of how to identify students who may benefit from a skills group, the process of starting the group, and barriers. We will engage the audience in practicing skills that are taught in the group in order to provide practical applications. The skills covered will include five senses grounding, "fact or opinion", and safe space visualization.

**Credits available:** ANCC/APA/LADC/ACE Clinical, Advanced

**Title:** Support ALL students' social emotional learning (SEL) and mental health needs by implementing Comprehensive School Mental Health Systems

**Presenter:** Cheryl Holm-Hansen, PhD, Mark Sander, PsyD

**Organization:** Midwest Center for School Mental Health

**Overview:** This presentation will share how to implement critical modules of the Comprehensive School Mental Health Systems developed by the National Center for School MH and MHTTC integrates social emotional learning (SEL) interventions/programs with Multi-tiered Systems of Support (MTSS/PBIS). This presentation will outline how mental health providers and educational systems can partner to support students' wellbeing and educational growth by implementing Comprehensive School Mental Health Systems Best Practices and the SHAPE System. The presenters will discuss the curriculum and share examples of how to implement the curriculum in local schools and school districts.

**Credits available:** ANCC/APA/ACE General, Intermediate

**Title:** Trauma: Supporting Students

**Presenter:** Connie Schnoes

**Organization:** Father Flanagan's Boys' Home

**Overview:** There is increased attention to and awareness of the frequency and impact of trauma. However, when trauma is not identified it may impact a child's functioning and may go unrecognized by adults in the child's world. This presentation will identify and define the various types of trauma. How trauma may impact children and adolescents will be described. Key principles for insuring children and adolescents are approached from a trauma informed perspective will be described. Strategies for addressing trauma will be presented. Establishing self-awareness and self-regulation skills are foundational for trauma treatment.

**Credits available:** ANCC/APA/ACE Clinical, Basic

**Title:** Nurturing Resilience: LGBTQ+ Youth Suicide Prevention

**Presenter:** Molly Woodman

**Organization:** The Kim Foundation

**Overview:** This presentation on LGBTQ+ youth suicide prevention aims to shed light on the unique challenges and alarming suicide rates among lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ+) youth. Data shows that 50% of LGBTQ+ youth consider suicide. This topic requires attention, compassion, and action to create safe and inclusive environment for all young individuals. By incorporating data disclosed through LGBTQ+ youth surveys and research findings, we will create a safe space for participants to reflect on their own biases and contribute to a more accepting and supportive environment. By understanding the risk factors and warning signs of suicide in LGBTQ+ youth, participants will have the ability to advocate and respond before suicide is ever considered.

**Credits available:** ANCC/APA/LADC/ACE Cultural Competence, Basic

**Title:** Social Awareness & Family Enhancement - You make the Call

**Presenter:** Brent Carmichael

**Organization:** Arte 4 Consulting

**Overview:** Social Awareness & Family Enhancement is an interactive workshop that will challenge your understanding of cultural influences, social motivations and deceptive communication patterns effectively exploited by today's youth and street culture. Respectable Relationships, Peacefull Compromise, Responsible Decisions and Dispute Management are the cornerstones of the real-life strategies, solutions and activities workshop participants will have the opportunity to learn during the presentation. Attendees will explore ways to build resilience in young individuals as a protective factor against street group activity. They will learn about promoting self-esteem, self-efficacy, and developing coping mechanisms for dealing with adversity and conflicts in healthy ways.

**Credits available:** ANCC/APA/LADC/ACE Cultural Competence, Intermediate

**Title:** School District Threat Assessment Guidelines Creation and Implementation

**Presenter:** Christine Litzinger

**Organization:** Grand Forks Public Schools

**Overview:** Creating an effective threat assessment policy takes collaborative work and ongoing re-evaluation of guidelines. This session will walk you through one district's development of guidelines, and the ongoing adjustments, training, and collaboration that are necessary to maintain effective preparation for threat assessment. GFPS's approach involves a cross team collaborative district committee and will overview what we have learned over six years of implementation.

**Credits available:** ANCC/APA/ACE General, Intermediate

### **Thursday, May 30<sup>th</sup> | State Discussion 2: 1:55 - 3:30**

**Overview:** Attendees from each state will join a facilitated, state-specific breakout where they will collaboratively create a state action plan on how to best move a school-based mental health forward in their state to best serve youth, families, and community.

**Credits available:** ANCC/APA/ACE General, Basic

### **Thursday, May 30<sup>th</sup> | Youth Panel: 3:45 - 4:30**

**Overview:** Attendees will have the opportunity to hear from multiple youth about their personal experiences around mental health, the current climate in their schools, and what advice they would provide professionals when given the opportunity to have a voice in their own care and community.

**Credits available:** ANCC/APA/LADC/ACE General, Basic





## NEBRASKA SCHOOL MENTAL HEALTH CONFERENCE

### **Friday, May 31<sup>st</sup> | Keynote 9:00 - 1:00**

**Kyler Erickson**

**Overview:** Kyler's award-winning story takes a deep dive into mental health, adversity, and becoming the best version of yourself. His story has been told on ESPN, Fox Sports, and has been featured in the New York Times, USA Today, and ABC news. What started as an idea to make a difference in his community, quickly spread nationwide. Kyler's mission in life is very simple; To help as many people as he can. Throughout his keynote, you'll hear three main objectives.

**Credits available: ANCC/APA/ACE General, Basic**

### **Friday, May 31<sup>st</sup> | Breakout 1: 10:15 - 11:00**

**Title:** Digital Parent Academies for Schools

**Presenter:** Jay Martin

**Organization:** NDE

**Overview:** What do adults need to be aware of when devices are a big part of children's lives? The core of many of the issues seen in schools originate from digital platforms, Apps, and media. Exposure to digital nuances impact all of us on a behavioral, mental, and emotional level. Developing our digital wisdom will make us more mindful of the best practices to assist students with better digital: citizenship, literacy, privacy, and navigation within the virtual world to be safer and more secure in the real world. Digital parent academies give adults the tools to build a child's digital wisdom framework for safer platform participation.

**Credits available: ANCC/APA/ACE General, Basic**

**Title:** Wellness for One, Wellness for All

**Presenter:** Emily Arkfeld, Chandra Essex, Mackenzie Riddell, Jill Gunther, & Sarah Gentry

**Organization:** NeMTSS

**Overview:** This session will focus on the importance of creating and sustaining an environment for Emstudent and adult well-being. Participants will explore strategies to foster their own skills to support their mental wellness and, in turn, model and teach the skills to their students.

**Credits available: ANCC/APA/ACE General, Basic**

**Title:** Developing a Culture of Hope & Healing Through Restorative Practices

**Presenter:** Kelly Riley, Michele Lueders NE

**Organization:** Administrative Office of the Courts & Probation, Office of Dispute Resolution & Nebraska Mediation Center

**Overview:** Mental health impacts a student's educational success in many ways, including attendance. Restorative practices provide a process of engagement between the student, their family, and school staff that can effectively get to the heart of the matter. Facilitated restorative dialogues provide a space to understand each student's unique situation, develop a plan that considers the student's needs and what they are able to achieve, and explore additional resources that will set the student and their family up for success.

**Credits available: ANCC/APA/ACE General, Intermediate**

**Title:** Creating an Environment that Cultivates Positive Relationships

**Presenter:** Brooke Hemmer

**Organization:** ESU #7

**Overview:** Creating an environment that cultivates positive relationships is what most school professionals strive for. However, how does one create this when faced with behaviors that seem to unravel everything they know? This session will describe interventions that the presenter implements in her classroom to help cultivate an environment where her students feel welcome, loved, and safe. This includes engaging incentive activities, an "I'm so Proud" wall, Restorative Justice, and connecting with families making them truly feel a part of the team. These interventions have been implemented in large, general education classrooms and small, self-contained settings with students of varying abilities.

**Credits available: ANCC/APA/ACE General, Intermediate**

**Title:** There's Grief There: Unveiling the Hidden Threats of Grief in Non-Death Related Symptoms

**Presenter:** Tiffany Eisenbraun

**Organization:** Affinity Community Counseling

**Overview:** This session challenges the conventional view that restricts grief to post-loss symptoms. We'll delve into diverse grief models, dissecting biopsychosocial factors affected by grief in trauma reactions, depression, anxiety, eating disorders and other mental health areas. Gain practical skills within a therapeutic framework to treat grief symptoms and help clients navigate schemas shaped by unresolved grief. Join for a learning experience, broadening your understanding of grief's impact on mental health and refining your ability to provide holistic client support.

**Credits available:** ANCC/APA/LADC/ACE Clinical, Advanced

**Title:** Multi-Disciplinary Approach to the Importance of Executive Functioning Intervention, Focusing on Movement & Mindfulness Based Techniques

**Presenter:** Meghan Delaney, Easton Klink, & Morgan Delaney

**Organization:** ESU 2

**Overview:** After this presentation we hope to deepen your understanding of executive functioning and how to engage the developing brain of our students to support their success in and outside the classroom, as well as how you can incorporate interventions for your wellbeing. We hope to offer a unique and wholistic perspective on the topic utilizing all our areas of expertise including school psychology, occupational therapy, and clinical mental health.

**Credits available:** ANCC/APA/LADC/ACE Clinical, Intermediate

### **Friday, May 31<sup>st</sup> | Breakout 2: 11:15 - 12:00**

**Title:** Cultivating Resilience

**Presenter:** Megan Harding

**Organization:** Blair Community Schools

**Overview:** This presentation will focus on defining and building emotional resilience in ourselves and others around us. We will learn about our own core beliefs and values and how those drive our reactions to situations. We will explore how to address situations as they arise and build our resilience and the way we move forward. We will look at compassion and support as we learn to be better listeners and care givers while working on our own growth.

**Credits available:** ANCC/APA/LADC/ACE General, Intermediate

**Title:** Mental Health Support Through the Tiers of MTSS

**Presenter:** Jeanna Karloff, Kim Secora

**Organization:** Millard Public Schools

**Overview:** This presentation will give participants simple, direct, and concrete examples of ideas that can be implemented to support mental health strategies through the lens of an MTSS model. We will make connections for participants on how these ideas and systems will give all participants a higher level of hope when dealing with difficult behaviors and situations. Participants will leave with goals and ideas to implement on their own or bring back to their school team to consider as a bigger piece of their MTSS process. Some examples discussed will be mindfulness, coping skills, & small group ideas.

**Credits available:** ANCC/APA/LADC/ACE Clinical, Intermediate

**Title:** The Trauma-Informed IEP: When a Student's Difficulties are More than Just Disability Driven

**Presenter:** Dr. Lisa Epp

**Organization:** UNO

**Overview:** This presentation will address the intersection of trauma and disability as it relates to the Individualized Education Program or IEP. Many schools across the U.S. acknowledge that students experience adversity and trauma, but most don't recognize how this adversity impacts a student's ability to be successful in school. Understanding how trauma may impact a student with a verified disability will lead to more effective IEPs and better student outcomes. An overview of how to write a trauma-responsive IEP will include everything from evaluation to implementation of appropriate special education services.

**Credits available:** ANCC/APA/LADC/ACE General, Intermediate

**Title:** Understanding Threat Assessment

**Presenter:** Micki Noah & Kevin Griger

**Organization:** Comprehensive Threat Advisors

**Overview:** It is an unfortunate reality in our society that the majority of school personnel will have to face decisions related to managing a threat of targeted violence. This presentation will provide an introduction to evaluation of the potential risks to school safety that students can present. This will include guides and tools to assist in determining level of risk and corresponding interventions. Additional information will be provided on best practices for developing a multi-disciplinary threat assessment team, modeling the development and implementation strategies of the Sarpy County Nebraska Threat Assessment Team.

**Credits available:** ANCC/APA/ACE General, Basic

**Title:** The State of Mental Health in Nebraska: Meeting Community Needs Through the School Mental Health Project

**Presenter:** Jennifer Farley, Janelle Walther, PhD, Amber Hartsock, Mariella Resendiz - Alvarado

**Organization:** UNL PPC, NDE

**Overview:** This presentation will begin with sharing the results of statewide surveys (UNL's Nebraska Annual Social Indicators Survey and NDE's School Mental Health Landscape Survey), which identified mental health needs, resources, access, and stigma. Next our team will share the Comprehensive School Mental Health Systems framework, a model of school-based prevention and intervention strategies to support mental health. This framework has been implemented by the Nebraska Department of Education through the School Mental Health Project to address the identified youth mental health needs across Nebraska communities. Both quantitative and qualitative results of the project will be shared, including plans for sustainability.

**Credits available:** ANCC/APA/LADC/ACE General, Basic

**Title:** Do You Have Two Minutes? Implements 2x10 Relationship Building School Wide

**Presenter:** Allison Ramirez, Cory Schweitzer

**Organization:** Elkhorn Public Schools

**Overview:** Presenters have implemented building wide 2x10 relationship building strategies school-wide. This presentation will provide participants a broad understanding of the 2x10 relationship building strategy, how to identify students who would benefit from the 2x10 strategy, how to train staff to use the 2x10 strategy, implementation and how to monitor progress. This is a practical overview of actual implementation which was at no cost or no additional resources to the school and using the personnel and resources a building already has to improve positive behavioral and school/classroom climate outcomes.

**Credits available:** ANCC/APA/ACE General, Intermediate

### **Friday, May 31<sup>st</sup> | Nebraska State Action Plan Discussion: 12:30 - 1:15**

**Overview:** Attendees from Nebraska will join a facilitated, state-specific breakout where they will collaboratively discuss the state action plan and address how to best move school-based mental health forward in their state to best serve youth, families, and community.

**Credits available:** ANCC/APA/ACE General, Basic

### **Friday, May 31<sup>st</sup> | Breakout 3: 1:15 - 2:00**

**Title:** Expressive Arts in Schools – Maximizing Mental Health for Students Through Innovative Group Intervention

**Presenter:** Betsey Funk & Jea Theis

**Organization:** Omaha Therapy & Arts Collaborative

**Overview:** Expressive Arts is proving to be an engaging and effective modality for encouraging student growth in the areas of self-confidence, self-expression, and social skills. The "GREAT" kids Group- Growing with Expressive Arts Together' is an Expressive Arts Group model. This group has been offered in Omaha, NE area metro schools over the last five years. Preliminary data shows increasing benefits for youth who have had access to this group. Additionally, the presenters will share innovative ways that Expressive Arts Therapy can be adapted to serve entire classrooms, including teachers and staff.

**Credits available:** ANCC/APA/LADC/ACE Clinical, Intermediate

**Title:** Strategy to Improve Family Support: Automated Texting of Content to Families of Students with Emotional/Behavioral Conditions

**Presenter:** Kristin Duppong-Hurley, Jada Loro, Sara Bharwani

**Organization:** Boys Town & Creighton University

**Overview:** Parents of students with emotional and behavioral conditions often experience issues related to stigma, a lack of knowledge of mental health and education systems and supports, and difficulty advocating for their children. We are exploring the helpfulness of delivering content to parents via automated text messaging systems. We will share the results of our pilot study where families received brief texting content and activities related to either family mindfulness or talking with their child. Most families appreciated the texted lessons and were interested in receiving additional texted lessons. We will discuss future research to expand our content of texted material.

**Credits available:** ANCC/APA/ACE General, Intermediate

**Title:** Restoring empathy in your students through restorative practices: how this paradigm is being utilized in an alternative learning setting

**Presenter:** Tanya Martin, Tim Hron, Kenneth Zoucha

**Organization:** RADIUS

**Overview:** Restorative practice principles as advocated by the International Institute for Restorative Practices are found in wisdom traditions around the world and have been a part of culture for centuries. The ability to treat others the way a person wants to be treated in a community of others can get lost in a host of ways: trauma, caregiver substance use or mental health issues, peer influences, and adverse childhood events to name a few. We intend to demonstrate our process of learning about and incorporating restorative practice principles into the Radius Center

**Credits available: ANCC/APA/LADC/ACE General, Intermediate**

**Title:** Caring Contacts: A Suicide Prevention Approach for Students

**Presenter:** Trisha Graeve

**Organization:** Children's Hospital

**Overview:** The Caring Contacts program provides brief notes of encouragement to youth that are struggling with suicidal ideations. The program assists in normalizing mental health struggles, provides encouragement to stay engaged in mental health services and reminds this vulnerable population that someone cares for them.

**Credits available: ANCC/APA/ACE Clinical, Intermediate**

**Title:** Angry/Defiant/Disruptive Students: Schools & Their Power to Change

**Presenter:** Scott Carlson

**Organization:** ESU 2

**Overview:** Angry, Defiant, Disruptive students have degrading mental health criteria/s. The earlier we intervene the better for the students themselves, their families, all teachers, all students in their classrooms, and their communities. This presentation will focus on the power of schools to change these students with the right equipment. Proven successful skills and strategies will be presented for schools to address these students that will provide healing and restoration of hope to many.

**Credits available: ANCC/APA/ACE Ethics, Advanced**

**Title:** I'll Be There for You: Leveraging Educational Service Units to Support & Sustain Comprehensive School Mental Health Systems

**Presenter:** Jen Pollock & McKayla LaBorde

**Organization:** ESU #3

**Overview:** This proposal focuses on the importance of leveraging Educational Service Units (ESUs) to support and sustain comprehensive school mental health systems. The presentation will cover the role of ESUs in promoting a comprehensive school mental health system, the benefits of leveraging partnerships between ESUs and school districts, implementation of comprehensive school mental health systems and navigating sustainability through insurance billing, and the intersection of Medicaid in public schools. Preliminary data from our insurance billing pilot will be shared.

**Credits available: ANCC/APA/ACE General, Advanced**

### **Friday, May 31<sup>st</sup> | Parent Panel: 2:15 - 3:00**

**Overview:** Attendees will have the opportunity to hear from multiple parents about their personal experiences with their youth receiving mental health care services, the current climate in their communities, and what advice they would provide professionals when given the opportunity to have a voice in their child's care and accessing services.

**Credits available: ANCC/APA/ACE General, Basic**