



Mental Health and Wellness Conference 2016

Tools for Fostering Success at Home, in School, and Throughout Life

October 29, 2016

8 a.m. - 2 p.m.

Fairfax High School

Participants will be able to customize their day to include attending the keynote presentation, choose from multiple sessions, visit exhibits, and purchase a snack.

AGENDA

8 a.m. - 12:30 p.m.	Concessions Available
8 a.m. - 12:30 p.m.	Exhibit Hall Main Hallways
8 - 10 a.m.	Registration
9 - 9:50 a.m.	Breakout Sessions 1
10 - 11:15 a.m.	Opening Remarks Auditorium Dr. Jane Lipp Assistant Superintendent Department of Special Services Keynote Dr. Dena Simmons Director of Education Yale Center for Emotional Intelligence
11:30 a.m. - 12:20 p.m.	Breakout Sessions 2
12:30 p.m. - 1:20 p.m.	Breakout Sessions 3
12:30 - 2 p.m.	Documentary Presentation <i>Resilience: The Biology of Stress and the Science of Hope</i> Auditorium



This event is a collaboration between Fairfax County Public Schools, Fairfax County government, and the community. In addition to presentations, exhibits will showcase local resources and services available for youth and their families.



Karen K. Garza, Ph.D.
Superintendent of Schools

Welcome to the 2016 Mental Health and Wellness Conference

On behalf of Fairfax County Public Schools, the Fairfax County Government and a number of community groups, I thank you for coming to this important event. Your commitment to engaging in an open and meaningful conversation around this vital topic is critical. I commend our community partners and the county government for their ongoing support in helping us foster wellness and resiliency in our students. The FCPS family is committed to working with the community to continue the dialogue established in our inaugural conference in the Spring of 2014.

Schools, families and communities must work together to foster a nurturing, supportive environment for our teens. This summit is a reflection of the collective efforts made in Fairfax County to address building resiliency and overall well-being in our youth. Thank you for being a part of this community conversation.

Presenter



Keynote Speaker

Dena Simmons, Ed.D.

Director of Education at the Yale Center for Emotional Intelligence

Emotional Intelligence

Emotions matter, and they matter a great deal in all aspects of our lives. Creating emotionally intelligent communities can help us build a happier, healthier, more productive, compassionate, and just society. In this presentation, Dr. Dena Simmons will provide participants with a brief introduction of the five key skills of emotional intelligence: recognizing, understanding, labeling, expressing, and regulating emotion. She will also give an overview of RULER, an evidence-based approach to teaching emotional intelligence developed by the Yale Center for Emotional Intelligence. Participants will explore several strategies for regulating emotions, particularly RULER's Meta-Moment. Throughout her presentation, Dr. Simmons will share opportunities for connecting emotional intelligence to culturally responsive practices.

10-11:15 a.m.

Auditorium

Sponsored by the Kellar Family Foundation



Fostering
Wellness and
Resiliency



Presenter



Featured Speaker

Gloria Addo-Ayensu, M.D. M.P.H

Director of Health, Fairfax County

Dr. Addo-Ayensu, along with members of the Fairfax County Multicultural Advisory Committee, will offer three presentations, each of which address an aspect of **strengthening connectedness in our diverse community**.

Session 1: Break the Silence

Many people with mental health issues suffer in silence because of the shame and stigma surrounding mental health. These attitudes toward mental illness are shaped by culture, religious teachings and societal beliefs about mental illness. In this session, Fairfax County Health Director Dr. Gloria Addo-Ayensu will discuss forces that make it difficult to address the psychosocial needs of individual and families with diverse backgrounds and lay the foundation for scaling up ongoing efforts to mobilize faith leaders, mental health professionals and others within Fairfax County's diverse communities to engage in conversations that foster collaboration, resiliency and healing.

Session 2: You are Not Alone

In this session, Rosalia Fajardo, Multicultural Family and Education Center Executive Director, will talk about her own personal journey through depression and her road to recovery. Anyone who has been overtaken by hopelessness, despair and fear will appreciate this frank talk about finding light at the end of the tunnel. Those in attendance will also learn more about the systems in place to support those who suffer with mental health conditions.

Session 3: The Village Response

This panel, facilitated by Iman Johari Addul-Malik, will explore strategies to strengthen the bonds of trust through greater communication. By engaging and empowering "credible messengers" across our diverse communities in Fairfax County we will work to dispel unhealthy myths and stigmas that stand as barriers confronting mental health and wellness issues. These credible messengers are drawn from faith, cultural, ethnic, and healthcare leaders. It takes trusting and connected relationships to build a healthy village. Imam Johari will facilitate this incredibly insightful panel discussion.

A Community Within the College: Helping Student Transition from High School to Post-Secondary Education

Tracy Bell, Disabilities Counselor, Northern Virginia Community College (NOVA)

Cynthia Delacruz, Counselor for Pathway Connection, Northern Virginia Community College (NOVA)

This session will explore the various benefits of choosing to enroll at Northern Virginia Community College upon graduating from high school. The session will also cover the many ways that NOVA holistically supports its students' well-being.

(adolescents)

Avoiding Power Struggles With Children and Adolescents

Tanya Hardy, M.Ed., Behavior Intervention Teacher, FCPS

Power struggles with children can be exhausting and defeating. They can be avoided, however, by utilizing a few simple strategies. The presenter will equip participants with a variety of strategies that can be used to stop power struggles before they even begin.

(elementary, adolescents)

Offered Sessions 1 and 3

Building on Strengths to Support Hope, Engagement, and Well-Being

Michele Webb, Project Manager, Student Learning Plans, FCPS

Successful people know their talents and build on those talents for the rest of their lives. Learn how to access the results of the StrengthExplorer survey in Family Connection and the resources available to help support students with their unique talents. Focusing on a strengths model with students builds hope, engagement, and well-being.

(adolescents)

Offered Sessions 1 and 2

Building Resiliency Military Connected Youth

Matt Ragone, Ed.S., Principal, FCPS

Becky Harris, M.A., NCSP, School Psychologist, FCPS

The presenters will help participants learn more about the unique challenges military connected youth face given their lifestyle. Topics covered during this workshop will include the social-emotional and educational impact living the military lifestyle has on military connected youth; the unique challenges military connected youth face; and strategies for how schools and the community can partner to support Military Connected Youth and their families.

(elementary, adolescents)

Challenging Anxious Feelings

Kasey Cain, Resource Counselor, FCPS

Everyone experiences worry. For some this feeling is easily managed but for others help is needed. Join this session's exploration of resources aimed at supporting elementary aged children work through worried thoughts and feelings.

(elementary)

Executive Function and Academic Habits: Building Blocks for Success

Matthew Johnson, Educational Specialist, School Counseling, FCPS

This session will cover information about executive functioning skills and academic habits, the connection between the two, and how they are essential to students' academic success and social/emotional development. Participants will walk away with resources and tools, which can be used for classroom lessons and small group interventions

(elementary, adolescents)

Fostering Resilience and Reducing Risk-Taking Behaviors: What Students are Telling Us

Dede Bailer, Ph.D., Coordinator, School Psychology Services, FCPS

Jennifer Spears, Educational Specialist, Mental Wellness, FCPS

This session will provide an overview of the 2015-16 Fairfax County Youth Survey where participants will learn what 45,000 students in our school division are telling us about their behavior, experiences, and other factors that influence their health and well-being. Suggestions and strategies will be offered which adults can implement to foster assets, build resilience, and reduce risk-taking behaviors in youth, regardless of the adult's role in an adolescent's life (parent, teacher, coach, youth leader, family member).

(adolescents)

How to Keep Your Kids Safe in Today's Digital World

Rick Stegman, Educational Specialist, Instructional Technology, FCPS

Come learn ways to help address many of the online issues students and families will face. This session will deal with issues such as Identity Formation and Social Media, Sexual Identity and Sexting, Predators and Teen Sex Trafficking, and Cyberbullying. The session will also give actionable parenting tips and resources for you to share and use.

(elementary, adolescents)

NAMI Northern Virginia Parent and Educator Workshop

Cheryl Johnson, National Association of Mental Illness (NAMI) Volunteer

Taylor Johnson, National Association of Mental Illness (NAMI) Volunteer

This session provides education about mental health in children and teens, hopeful stories from parent and young adult presenters, and information about local resources for students, families and schools. Specific elements incorporated include: warning signs and symptoms, and how to support the mental health needs of children and teens; personal, hopeful stories by parent and young adult presenters with lived experience; and information about National Alliance on Mental Illness (NAMI) Northern Virginia's signature programs.

(adolescents)

Nurturing Resilience at Home

Karin Spencer, Ed.D., Parent Resource Services, Loudoun County Public Schools

Research indicates that executive function and self-regulation skills develop throughout the childhood, adolescent and early adulthood years and that these skills support individuals in becoming more resilient. These skills are essential to a child's ability to filter distractions, prioritize tasks, set and achieve goals and control impulses. Moreover, they help children to get along with others and do well in school. This session, geared towards families, will highlight practical strategies for the home environment. Participants will leave with concrete ideas and resources.

(elementary, adolescents)

Our Minds Matter, a Student-Led Movement Supported by The Josh Anderson Foundation

Lauren Anderson, Executive Director, The Josh Anderson Foundation

In this breakout session, participants will learn about Our Minds Matter, a student-led movement to change the school culture around mental health. Minds Matter student-led clubs aim to encourage their peers to seek help, be socially connected and build healthy habits and coping skills through school-wide awareness activities. (adolescents)

Parental Involvement as a Key to Meaningful Progress for Student Anxiety

Megan Urbassik, Ph.D., School Psychologist, Loudoun County Public Schools

In this breakout session, participants will learn about Our Minds Matter, a student-led movement to change the school culture around mental health. Minds Matter student-led clubs aim to encourage their peers to seek help, be socially connected and build healthy habits and coping skills through school-wide awareness activities. (elementary, adolescents)

Promoting Social-Emotional Wellness in Students

Paul Bordelon, SPSP, School Psychologist, FCPS

Allie Farris, Ed.S., NCSP, School Psychologist, FCPS

This session is for parents and teachers and will offer information and strategies for promoting social-emotional wellness in students. The presenters will discuss strategies to identify and develop student strengths to build resiliency, foster self-esteem, maintain positive attitudes, and encourage non-academic talents. The presenters will also provide strategies for parents and teachers to address social-emotional challenges such as anxiety, depression, perfectionism, and other behavioral challenges. (elementary, adolescents)

Offered Sessions 1 and 2

FEATURED SPEAKER

Strengthening Connectedness in our Diverse Community (1): Break the Silence

Gloria Addo-Ayensu, M.D.

Director

Fairfax County Health Department

Many people with mental health issues suffer in silence because of the shame and stigma surrounding mental health. These attitudes toward mental illness are shaped by culture, religious teachings and societal beliefs about mental illness. In this session, Fairfax County Health Director Dr. Gloria Addo-Ayensu will discuss forces that make it difficult to address the psychosocial needs of individual and families with diverse backgrounds and lay the foundation for scaling up ongoing efforts to mobilize faith leaders, mental health professionals and others within Fairfax County's diverse communities to engage in conversations that foster collaboration, resiliency and healing. (elementary, adolescents)

Stress Less Through the College Admissions Process

Emily Emery, Educational Specialist, FCPS

Jeannine Lalonde, Associate Dean of Admissions, University of Virginia

Lauren Wagner, Senior Assistant Director of Admissions, GMU

Alice Robertson, School Counselor, FCPS

Rebecca McGill, Associate Director and Transfer Coordinator, Office of Undergraduate Admissions, Marymount University

This panel will focus on separating some of the truths-from-fiction around academic preparation and perceived necessary qualifications through the admissions process. Additionally, the panel will focus on the importance of finding a "school that fits" versus "fitting into a school." (adolescents)

Offered Sessions 1 and 2

Supporting Your Child's Self-Regulation through Mindfulness and Play

Laura Thieman, LCSW, RPT, School Social Worker, FCPS

Richard Hang, M.Ed., School Counselor, FCPS

Merging mindfulness and play builds impulse control, emotional control, body awareness, and lowers anxiety. In this hands-on session, participants will learn specific, targeted strategies to support self-regulation at home and in the classroom. This session will bring together and distill research-based concepts from the fields of counseling and social work into a practical and creative tool box accessible to parents, teachers and clinicians alike. (elementary)

Teens in Translation

Heather Kirby, LCSW, CSAC, M.Ed., Therapist, Kirby Creative Clinical Solutions

What are the signs that a student may be self-harming and what can parents do? This presentation will provide information on what self-harm is and what it is not, reasons teens engage in self-harm behaviors such as cutting and how supportive adults can help them to stop harmful behaviors and begin to find better ways to express their feelings. (adolescents)

Offered Sessions 1 and 3

The Power of Mindset

Karen Durocher, Ph.D., Program Manager, Responsive Instruction, FCPS

Research has shown that a growth mindset fosters higher student achievement. Participants will explore characteristics of teacher, student, and parent mindset and become familiar with strategies that promote a growth mindset. (elementary, adolescents)

Trauma and Its Impact on Younger Students

Marcie Cohen, MSW, LCSW/LCSW-C, School Social Worker, FCPS

Participants will gain knowledge and awareness as to what constitutes psychological trauma and how it affects students' bodies and brain functioning with an emphasis on younger students. (elementary)

Twice Exceptional Learners in the Elementary Classroom

Beth Baldwin, Educational Specialist, Advanced Academic Programs, FCPS
Lori Bedsole, Educational Specialist, Advanced Academic Programs, FCPS

Twice-exceptional (2e) learners have the ability to think, reason, and problem-solve at advanced levels but may also have special learning needs. Participants will explore the issues and challenges as well as strategies that may be implemented to ensure academic success for this unique group of learners.

(elementary, adolescents)

Understanding Depression and Anxiety

Leonardo Espiña, V.A., Prevention Specialist, Fairfax-Falls Church Community Services Board
Maria Prenger, MSW, Prevention Specialist, Fairfax-Falls Church Community Services Board
Pouneh Zeraat, M.Ed., CSAC, Fairfax-Falls Church Community Services Board

What is the impact of depression and anxiety? This presentation will take a deeper look into the signs and symptoms, risk factors and much more. Above all, providing you with tools to become a better self manager and find ways to cope with the illness.

(elementary, adolescents)

What is This New Buzz Word... Executive Functioning?

Joy Holmer, LCSW, School Social Worker, FCPS

Come to find out how improving executive functioning will help improve your child's attention, focus, impulse control, following directions, study skills, task initiation, and working memory.

(elementary, adolescents)

CONTINUING THE CONVERSATION: FOLLOW-UP TO KEYNOTE PRESENTATION

Understanding, Developing and Gaining the Skills for Creating an Emotional Charter

Dena Simmons, Ed.D.

**Director of Education
 Yale Center for Emotional Intelligence**

We all thrive when we feel safe—at home, at school, at work, anywhere. As a follow-up to her Keynote presentation, Dr. Simmons will guide participants through a deeper understanding and application of an emotional charter. By participating in this experiential session, participants will gain the skills necessary to be able to build a charter of their own whether at work, home, or school.

(elementary, adolescents)

Academic Advising for a Balanced Life

Kristen Biernesser, Resource Counselor, FCPS

**Darrell Sampson, Manager,
 School Counseling Services, FCPS**

Participants will learn how to support students in selecting middle and high school classes that reflect their interests, that are challenging without being overwhelming, and that support their future goals.

(adolescents)

Alcohol and Drug Use/Abuse Prevention

**Mary Valad, MSW, LCSW, LSATP,
 School Social Worker, FCPS**

In this session, various aspects of alcohol and drug use/abuse among youth will be explored. Current information on trends and potential ramifications of the early onset of use/abuse will be examined. Finally, prevention strategies and resources will be discussed.

(adolescents)

Brain-Based Disorders in Children, Teens, and Young Adults: When to Know There is a Problem and What To Do

**Timothy Fratto, Ph.D.,
 Clinical Neuropsychologist,
 Neuropsychology Associates of Fairfax**

This presentation will focus on common neuropsychological problems and issues that arise in children, adolescents, and young adults including how to identify symptoms of attention-deficit/hyperactivity disorder, learning difficulties, and traumatic brain injury (concussions). This presentation will explain the different cognitive functions of the brain, and how they are implicated in these disorders. Suggestions regarding clinical assessment and how to partner with the school to gain the necessary accommodation will be made.

(elementary, adolescents)

Building on Strengths to Support Hope, Engagement, and Well-Being

**Michele Webb, Project Manager,
 Student Learning Plans, FCPS**

Successful people know their talents and build on those talents for the rest of their lives. Learn how to access the results of the StrengthExplorer survey in Family Connection and the resources available to help support students with their unique talents. Focusing on a strengths model with students builds hope, engagement, and well-being.

(adolescents)

Offered Sessions 1 and 2

Executive Functioning: A Comprehensive Look at a Complicated Process

**Mike Axler, Psy.D.,
 School Psychologist, FCPS**

**Joshua Kefer, Psy.D.,
 School Psychologist, FCPS**

Executive functioning is increasingly being recognized as an essential skill set for achieving successful educational, social-emotional, and behavioral outcomes. In this session, participants will learn how these abilities interact to affect learning and behavior, how deficits in these areas lead to academic and behavioral difficulties, and how to detect and effectively address executive functioning challenges when they arise.

(elementary, adolescents)

Failure to Launch: How to Help Your Child Avoid Pitfalls and Successfully Transition Into Adulthood

Johanna Kaplan, Johanna, Ph.D., Director, Washington Anxiety Center of Capitol Hill

"Failure to launch" has become a common colloquialism to describe the inability of young adults (ages 18-34) to develop effective methods of coping with more complicated, emerging stressors as they grow into adults. In this talk, we will address how a comprehensive cognitive-behavioral treatment model can be used to address the inability to successfully transition to an independent, functional adult and how to implement these skills when your child is younger. This workshop will also present attendees with a review of factors to identify those at risk for "failure to launch," and discuss the benefits of using a cognitive-behavioral treatment modality. In this talk, we will discuss an intervention model which can be used to address a young adult's inability to successfully transition to an independent, functional adult and how parents/guardians can implement these skills when the child is younger.

(elementary, adolescents)

Fostering Resilience in Our Youth

Heather Tedesco, Ph.D., Applied Psychologist

Research shows that resilience is crucial to psychological health and that the ability to bounce back from failure is essential to facing challenges. There are many ways parents can actively encourage and develop resilience in their children. This session will examine why resilience matters so much and what we can do to help children increase it.

(elementary, adolescents)

Offered Sessions 2 and 3

Get Out of Bed, Get to School: Strategies to Successfully Re-Engage Anxious or Depressed Students

Devra Gordon, Clinical Therapist, Dominion Hospital

Lindsay Howard, Dance/Movement Therapist MA R-DMT, Dominion Hospital

If you've ever had a kid resistant to go to school, whether it be a day or a month of days, this is the session for you! We will discuss practical tools and interventions which can be used for one day or one month to reinforce school attendance. We will share examples of plans that have been effective for a variety of ages to decrease missed days and increase family and school harmony.

(elementary, adolescents)

Homework, Organization and Planning Skills (HOPS): A Systematic Approach to Organization and Planning Skills that Teaches Students Foundations Skills for Developing Executive Functioning

Ronne Lancaster, MS, CAGS, School Psychologist, FCPS

The session will provide information on the HOPS intervention that can be used with individuals or small groups. This intervention teaches students in a systematic and methodical manner how to build skills designed to increase organization, planning and time management. Advantages of the intervention include collaboration between student and teacher, increased homework completion and improving study skills, increased self-awareness and monitoring, and greater access to learning time.

(elementary, adolescents)

How Stressed Out is Your Child?

Cathi Cohen, Director, In Step

Are you worried that your child is stressed? Stress comes from many sources and has a cumulative effect on children. Stress can also lead to more serious health conditions. Attend this important session with Cathi Cohen, LCSW, psychotherapist and author to learn common stressors for children and teens; strategies to help them lower stress and understand when it is time to seek help.

(elementary, adolescents)

Learn More in Less Time: Balancing Academics and Extra Curriculars

Ann Dolin, M.Ed., Founder, Educational Connections

Did you know that 84% of students study by re-reading—the most inefficient way of studying? In "Learn More in Less Time: Balancing Academics and Extra Curriculars", award winning author Ann Dolin, M.Ed. will teach you the top three, research-based study skills students need to be successful in school, strategies to avoid procrastination while studying, and tips and tools to avoid distractions from media.

(elementary, adolescents)

Offered Sessions 2 and 3

Managing Good and Bad Stress in Everyday Life

Andrew Raab, School Counselor, Catholic Diocese of Arlington

Participants will examine where stress typically occurs in their life (home, school, or with friends) and learn how to manage stress full situations successfully.

(elementary, adolescents)

Mentally Healthy Environments for Young Children

Karin Spencer, Ed.D., Parent Resource Services, Loudoun County Public Schools

Learn how to establish home and school environments that foster resilience in young children. Participants in this interactive session will explore practical strategies grounded in both theory and practice. Each recommended practice is aligned with protective factors that promote resilience in young children such as relationships, self-regulation, and executive functioning skills.

(elementary)

Promoting Social-Emotional Wellness in Students

Paul Bordelon, SPSP, School Psychologist, FCPS
Allie Farris, Ed.S., NCSP, School Psychologist, FCPS

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(elementary, adolescents)
Offered Sessions 1 and 2

FEATURED SPEAKER

Strengthening Connectedness in our Diverse Community (2): You are Not Alone

Rosalia Fajardo, J.D.

**Director of Outreach
 Parent Advocacy Training Center**

In this session, Rosalia Fajardo, Multicultural Family and Education Center Executive Director, will talk about her own personal journey through depression and her road to recovery. Anyone who has been overtaken by hopelessness, despair and fear will appreciate this frank talk about finding light at the end of the tunnel. Those in attendance will also learn more about the systems in place to support those who suffer with mental health conditions.

(elementary, adolescents)

Stress Less Through the College Admissions Process

Emily Emery, Educational Specialist, FCPS

Jeannine Lalonde, Associate Dean of Admissions, University of Virginia

Lauren Wagner, Senior Assistant Director of Admissions, GMU

Alice Robertson, School Counselor, FCPS

Rebecca McGill, Associate Director and Transfer Coordinator, Office of Undergraduate Admissions, Marymount University

This panel will focus on separating some of the truths-from-fiction around academic preparation and perceived necessary qualifications through the admissions process. Additionally, the panel will focus on the importance of finding a "school that fits" versus "fitting into a school."

(adolescents)

Offered Sessions 1 and 2

Talking Without Words: Helping Those Who Self-Harm

Jennifer Min, School Psychologist, FCPS

R.D. Charlie Brown, LCPS, NCC, Reconnection Facilitator, Red Cross

What are the signs that a student may be self-harming and what can parents do? This presentation will provide information on what self-harm is and what it is not, reasons teens engage in self-harm behaviors such as cutting and how supportive adults can help them to stop harmful behaviors and begin to find better ways to express their feelings.

(adolescents)

Trauma 101: Empowering Families and Educators

Maria Genova, Ph.D., School Psychologist, FCPS

Kelly Henderson, Ph.D., Executive Director, Formed Families Forward

Research suggests that approximately one in four children will experience a traumatic event by the age of 16. Families and educators, as frontline partners for children, benefit from strong foundational knowledge regarding 1) recognizing the signs of trauma, 2) understanding how trauma reactions may influence behavioral, emotional, and academic outcomes, and 3) home and school-specific strategies to address these issues. Through active learning, attendees will review these areas with an emphasis on developing strong home-school partnerships to further enhance students' academic and social growth. Attendees will leave with practical strategies for immediate use, as well as knowledge of school and community based resources.

(elementary, adolescents)
Offered Sessions 2 and 3

Understanding Mood and Anxiety Disorders in Students

Khan, Sajjad, Ph.D., MSW, LCSW, Therapist, NeuroScience, Inc.

This workshop is to inform parents, teachers, and students about the signs and symptoms associated with mood and anxiety disorders. The workshop will cover biological and environmental stressors as well as methods for assessment and treatment strategies, including cognitive-behavioral therapy (CBT) approaches. The topics will cover those aspects of mood and anxiety symptoms that impact functioning, quality of life, and academics.

(elementary, adolescents)

An Administrator's Approach to Fostering Schoolwide Resiliency in the 21st Century

Adrian Williams, Assistant Principal, FCPS

Educators use positive relationship-building techniques to promote healthy student behavior and reduce stress among male and female students working through social-emotional concerns.

(adolescents)

Avoiding Power Struggles With Children and Adolescents

Tanya Hardy, M.Ed., Behavior Intervention Teacher, FCPS

Power struggles with children can be exhausting and defeating. They can be avoided, however, by utilizing a few simple strategies. The presenter will equip participants with a variety of strategies that can be used to stop power struggles before they even begin.

(elementary, adolescents)
Offered Sessions 1 and 3

Bullying and Cyberbullying in FCPS

Stefan Mascoll, Coordinator, Student Safety and Wellness, FCPS

This presentation will educate attendees on what bullying is and how it is addressed in FCPS. The state of bullying through the eyes of students will also be discussed as data from the Fairfax County Youth Survey is provided.

(elementary, adolescents)

Courageous and Mindful Parenting: Effective Communication and Strategies that Yield Top Results

Felicea Meyer-DeLoatch, Social Worker, FCPS

Janice Dalton, Principal, FCPS

This empowering session will provide tools and techniques that will allow you to remain calm and begin to build a healthier relationship and more effective communication style between you, your child, your family and others. This session is for anyone who wishes to improve their communication with others as well as gain positive strategies to increase their effectiveness within their home, work environment and community.

(elementary, adolescents)

Don't Stress. Express!

Devra Gordon, Clinical Therapist, Dominion Hospital

Lindsay Howard, Dance/Movement Therapist MA R-DMT, Dominion Hospital

Trying to get kids to talk about their stress can be challenging! How do we help them to feel safe and accepted when we ask them uncomfortable questions? How can we challenge their resistance while honoring their need for independence? This session will explore ways to creatively engage students in identifying emotions around stressful situations.

(elementary, adolescents)

Drug Awareness for Parents

Brian Maslowski, Alcohol, Tobacco, and Other Drugs (ATOD) Seminar Instructor, FCPS

This session will focus on what parents should know about current trends of adolescent drug use and tips for raising drug free children. We will have a paraphernalia display and an open discussion about trends of teen substance abuse, its impact on development, and provide resources available in the community.

(elementary, adolescents)

Fostering Resilience in our Youth

Heather Tedesco, Ph.D., Applied Psychologist

Research shows that resilience is crucial to psychological health and that the ability to bounce back from failure is essential to facing challenges. There are many ways parents can actively encourage and develop resilience in their children. This session will examine why resilience matters so much and what we can do to help children increase it.

(elementary, adolescents)

Offered Sessions 2 and 3

Fostering Resiliency in the Whole Child: How mental Wellness, Prosocial Behaviors, and Academic Achievement are Interconnected

Jeanne Veraska, Project Manager, Project AWARE, FCPS

Alex Case, Principal, FCPS

The presentation will focus on the "whole child" and how to build resiliency. The FCPS Portrait of a Graduate will be used as the framework for how to support the development of emotional literacy skills in order to further cultivate healthy youth. The presentation will address how building a youth's capacity in mental wellness, prosocial behaviors and academic achievement are all interconnected.

(adolescents)

Learn More in Less Time: Balancing Academics and Extra Curriculars

Ann Dolin, M.Ed., Founder, Educational Connections

Did you know that 84% of students study by re-reading – the most inefficient way of studying? In "Learn More in Less Time: Balancing Academics and Extra Curriculars", award winning author Ann Dolin, M.Ed. will teach you the top three, research-based study skills students need to be successful in school, strategies to avoid procrastination while studying, and tips and tools to avoid distractions from media.

(elementary, adolescents)

Offered Sessions 2 and 3

Preventing Emotional Indulgence: How to Make Sure Your Child is Prepared to Leave the Nest

Craig James, LCSW

Angelina Harris, MA, MSW

For many parents trying to balance their own busy lifestyles with the growing and evolving social calendars of their kids can be a challenge. As a result, sometimes parents can overcompensate by giving them too much freedom to make their own choices or giving them too many material things to occupy their time independently. Many parents just do not realize the resources they can tap into to help prevent this from happening. This presentation will help to define emotional indulgence, identify types of emotional indulgence, provide examples of emotionally indulgent behaviors and explain how emotionally indulgent children behave as adults. This presentation will help parents learn to support the needs of their children and teens by adapting their parenting style to prevent and guard against emotional indulgence.

(adolescents)

Reducing Stress Among Diverse Adolescent Populations

Reston Bell, Ph.D., Clinical Psychologist, Office of Forensic Services, Washington, DC

The facilitator aims to work with attendees interested in meaningfully supporting and collaboratively working with teens from diverse populations. A brief PowerPoint presentation will feature research and best practice highlights. In addition, various activities will be used to explore how the experiences of these teens impact their help-seeking when stressed.

(adolescents)

FEATURED SPEAKER

Strengthening Connectedness in our Diverse Community (3): The Village Response

Iman Johari Abdul-Malik

**Director of Outreach
Dar Al Hijrah Islamic Center**

This panel, facilitated by Iman Johari Addul-Malik, will explore strategies to strengthen the bonds of trust through greater communication. By engaging and empowering "credible messengers" across our diverse communities in Fairfax County we will work to dispel unhealthy myths and stigmas that stand as barriers confronting mental health and wellness issues. These credible messengers are drawn from faith, cultural, ethnic, and healthcare leaders. It takes trusting and connected relationships to build a healthy village. Imam Johari will facilitate this incredibly insightful panel discussion.

(elementary, adolescents)

Supporting the Development of Executive Functioning in Preschool and Elementary School-Aged Students

Ellen Goldberger, Ph.D., School Psychologist, FCPS

Karen Capell, Ph.D., School Psychologist, FCPS

Executive function is the overarching ability through which we regulate our thinking and behavior. Participants will learn about the foundation on which purposeful behavior is built and intelligence is deployed to engage effectively in the world. Participants will also learn about the ability to monitor student behavior as they engage in tasks and the essential need to realign strategies at any point that the strategy does not serve the ultimate goal.

(elementary)

Teens in Translation

**Heather Kirby, LCSW, CSAC, M.Ed.,
Therapist, Kirby Creative Clinical Solutions**

What are the signs that a student may be self-harming and what can parents do? This presentation will provide information on what self-harm is and what it is not, reasons teens engage in self-harm behaviors such as cutting and how supportive adults can help them to stop harmful behaviors and begin to find better ways to express their feelings.

(adolescents)

Offered Sessions 1 and 3

The Role of Restorative Practices in Building Emotional Literacy

**Suzanne Petersen, Supervisor,
Student Support Services,
Loudoun County Public Schools**

The session will focus on how the implementation of Restorative Practices in the schools increases social and emotional learning for our students and helps them successfully resolve conflict, communicate clearly, solve problems, and much more. Learn how the use of restorative language and circles teaches students empathy and self-awareness and creates a safe learning environment in the classroom.

(elementary, adolescents)

Trauma 101: Empowering Families and Educators

**Maria Genova, Ph.D.,
School Psychologist, FCPS
Kelly Henderson, Ph.D.,
Executive Director, Formed Families Forward**

Research suggests that approximately one in four children will experience a traumatic event by the age of 16. Families and educators, as frontline partners for children, benefit from strong foundational knowledge regarding 1) recognizing the signs of trauma, 2) understanding how trauma reactions may influence behavioral, emotional, and academic outcomes, and 3) home and school-specific strategies to address these issues. Through active learning, attendees will review these areas with an emphasis on developing strong home-school partnerships to further enhance students' academic and social growth. Attendees will leave with practical strategies for immediate use, as well as knowledge of school and community based resources.

(elementary, adolescents)

Offered Sessions 2 and 3

Yoga -Off the Mat and Into Life: Integrating Yoga Into the Classroom, Work Life, Home Life, and Everyday Life

**Mary Beth Quick, Owner/Director,
Heart and Soul Yoga**

Many schools around the country are including yoga into the daily curriculum or offering after school yoga clubs. Yoga has been described as a discipline for focusing and connecting the mind, body and spirit; research has shown that practicing yoga can help improve overall physical and mental health, improve strength, improve self-regulation, increase acceptance of self and others and much more. Learn simple yoga poses, breath work and mindfulness skills that can be included in school, at work, at home...anywhere!!

(elementary, adolescents)

Resilience: The Biology of Stress and the Science of Hope

**Presented by members of the Fairfax County
The Trauma-Informed Community Network
http://www.fairfaxcounty.gov/nsc/prevention/trauma-informed_community_network.htm**

This special presentation of the hour-long documentary (<http://kpfirfilms.co/resilience/>), directed by James Redford and premiered at the 2016 Sundance Film Festival, explores how adverse childhood experiences (ACE) can alter brain development and be predictive of future health issues. It also features the work of pediatricians, therapists, educators, and community leaders engaged in a national movement to educate others on the importance of preventing childhood trauma and treating toxic stress as ways to improve the health of future generations. Note: Following the screening will be a brief facilitated dialog, which will end on/before 2 p.m.

(elementary, adolescents)

