

AGENDA

Date | Time April 29, 2021 • 8:30 am – 2:30 pm Location Northwest Regional ESD | via Zoom



[REGISTER
HERE!](#)

MENTAL HEALTH SUMMIT

"Community Caring and Well-Being, and the Return to School"

| | | |
|---------------------------------------|---|--|
| 8:30 am | Log-in to Zoom (Link to be provided) | |
| 9:00 am | Welcome to the 6 th Annual Mental Health Summit! | DeAnna Negrete, Children's System Liaison, WA County Dept. Health & Human Services Cathy Jensen, Executive Director K-12 Special Education, NWRES D |
| 9:15 am | Keynote: "Trauma Informed Care (TIC) in Response to Toxic Stressors" <i>During this time, Dr. Davis will speak about the impact of these times on individuals, organizations, and communities. Participants will be asked to consider the role of trauma informed approaches play in addressing accumulated toxic stress while critiquing limitations of applying only this lens.</i> | Mandy Davis, Ph.D., LCSW, Director Trauma Informed Oregon |
| 10:15 am | Break | |
| SESSION 1: 10:30 am – 12:00 pm | Breakout Sessions | |
| | 1. *Engaging Families in Meaningful Participation at Every Level of the System – It is the right thing to do to engage parents and direct caregivers in the care and education of their child. Today, more than ever, our child serving systems are wanting to engage and support the capacity for parents and caregivers to give voice to what truly is effective in service delivery at the individual, program, and policy levels. However, this isn't always as it seems. <i>This session will explore strategies that have truly helped to get parents engaged, and keep them engaged in their child's education. The focus of the discussion will be around parents and caregivers of children and youth experiencing behavioral health challenges. A select panel of parents will also offer a range of experiences to help educators and other systems level practitioners to consider as they look at the many ways that families can be engaged in sharing their experiences in order to inform or educate others about what works best for them.</i> | Sandy Bumpus, MSW, Executive Director Oregon Family Support Network |
| | 2. *Introduction to Trauma-Informed Nutrition & Feeding – Join us for an introduction to the six principles of trauma-informed nutrition and mealtime. We will discuss how you as an educator and parent can use these strategies to support the health of youth and families during these uncertain times. This program is brought to you by Oregon State University Extension Service using the Nourished and Thriving Toolkit developed by SPOON. | Jenny Rudolph, Assoc. Professor of Practice Lura Kennerly, Education Program Assistant OSU Extension Service Family & Community Health Program |
| | 3. *Keep Kids Safe Online – There are steps parents can take to keep their kids safe online. Senior Deputy District Attorney, Andy Pulver, leads the Child Abuse Team for the Washington County District Attorney's Office. He knows firsthand the strategies these predators use to exploit children. Join us for a virtual discussion as Mr. Pulver details the latest threats kids face and how parents can guard against them. | Andy Pulver, Senior Deputy District Attorney WA County District Attorney's Office |
| | 4. LGBTQ+ Student Support – Student voices will be centered in this informational presentation on LGBTQ+ identities, creating non-gendered spaces through our use of language, and LGBTQ+ student rights. | Gretchen Mollers, District Outreach & Engagement Specialist, Office of Equity & Inclusion: LGBTQ+ Student & Staff Support Beaverton SD |
| | 5. *Out of School Time—What's Mental Health Got To Do With It? – Child care, after school, and summer programs play an important part in the mental health and well-being of children and youth who have access to them. Research on the effect of these programs on mental health will be discussed as well as different strategies for increasing opportunities for kids to participate. Examples from Oregon and nationally will be provided. | Katie Riley, Ed.D., President Washington County Kids |
| | 6. *Question, Persuade, Refer (QPR): Suicide Prevention Training – QPR is an evidence-based educational program that helps participants recognize the early warning signs of suicide and assist a person at-risk in getting the help they need. Participants will learn about risk factors, | Andy Cartmill, Senior Program Educator WA County Addictions Services |

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warning signs, and common myths about suicide. This three-step action plan is an evidence-based strategy that can result in lives saved.

- 7. Self-Care for Educators** – Let's be honest, we have all struggled with a personal challenge/ stressor that has impacted our work lives. How do we continue to be the best version of ourselves, to show up and be present for our students, and to make a difference?

Integrate self-care in your workplace; Support your colleagues; Find out why self-breaks are important; How to stay calm in an unstable world; Be a champion for positive school climate and culture; Daily self-care routines and rituals (what are they?); Meditation and mindfulness in real time; Design a personal self-care plan today; Move beyond theory and walk away with action-oriented change.

- 8. Trauma Informed Schools Rooted in Equity Practices. An Initial Exploration** – This session will explore how focusing on equity can help practitioners improve their trauma informed approaches to better serve all students and more fully mitigate the impact of trauma and chronic stress often ignored or not recognized within our systems.

This session will also explore the impact of microaggressions on the neurobiology of marginalized students, families, and practitioners and how practitioners can avoid further retraumatization.

Lisa Bates, Levi Anderson Principal
NWRES D
Jamie Hamsa, Director of Social Emotional Health & Wellness
Vernonia & Clatskanie SDs

Alfonso Ramirez, Trauma Informed Specialist
Zinnia Un, Equity & Inclusion Director
Tigard- Tualatin SD

12:00 – 1:00 pm Lunch Break

12:30 – 12:50 pm Mindfulness Break

Lisa Bates, Levi Anderson Principal - NWRES D

SESSION 2: 1:00 – 2:30 pm

Breakout Sessions

- 1. *Engaging Families in Meaningful Participation at Every Level of the System** – It is the right thing to do to engage parents and direct caregivers in the care and education of their child. Today, more than ever, our child serving systems are wanting to engage and support the capacity for parents and caregivers to give voice to what truly is effective in service delivery at the individual, program, and policy levels. However, this isn't always as it seems.

This session will explore strategies that have truly helped to get parents engaged, and keep them engaged in their child's education. The focus of the discussion will be around parents and caregivers of children and youth experiencing behavioral health challenges. A select panel of parents will also offer a range of experiences to help educators and other systems level practitioners to consider as they look at the many ways that families can be engaged in sharing their experiences in order to inform or educate others about what works best for them.

Sandy Bumpus, MSW, Executive Director
Oregon Family Support Network

- 2. Growth Mindset & Community Building** – Do you have a "fixed mindset" or a "growth mindset"? Attend this breakout session to learn more about these differing ways of thinking and approaching problems. Participants will uncover how fostering a "Growth Mindset" leads to more resilience, better problem-solving and critical thinking abilities, and ultimately higher achievement. This session will also cover the importance of belonging within your community and learning through play. Participants will partake in breakout rooms and team-building exercises.

Bailey Kose, Wellness Coordinator & Outdoor Site
School Supervisor
Megan Snow, M.S., CCC-SLP
NWRES D

- 3. *Introduction to Trauma-Informed Nutrition & Feeding** – Join us for an introduction to the six principles of trauma-informed nutrition and mealtime. We will discuss how you as an educator and parent can use these strategies to support the health of youth and families during these uncertain times. This program is brought to you by Oregon State University Extension Service using the Nourished and Thriving Toolkit developed by SPOON.

Jenny Rudolph, Assoc. Professor of Practice
Lura Kennerly, Education Program Assistant
OSU Extension Service Family & Community Health Program

- 4. K-2nd Grade Mental Health Concerns** – Session will cover behavioral concerns seen in K-2 populations—normative behaviors vs. behavioral concerns—and offer school interventions.

Gelin Diaz, LPC
LifeWorks Northwest

- 5. LGBTQ+ Student Support** – Student voices will be centered in this informational presentation on LGBTQ+ identities, creating non-gendered spaces through our use of language, and LGBTQ+ student rights.

Gretchen Mollers, District Outreach & Engagement
Specialist, Office of Equity & Inclusion: LGBTQ+
Student & Staff Support
Beaverton SD

- 6. *Mental Health: Supporting Our Youth and Families of Color** – As students return to school, they will all need immediate support to cope with the events of the past year. But the trauma of the pandemic will likely outlast the virus itself, especially for BIPOC students, and schools must

Mark Jackson
Anderson DuBoise
REAP USA

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remain equipped to provide appropriate and racially equitable mental health treatment long after COVID-19. In this session, we will explore the impact of the events of this last year and discuss how we can support our youth and families of color now and into the future.

- 7. *Pathological Demand Avoidance Syndrome** – Pathological demand avoidance syndrome has historically fit under the umbrella of Autism Spectrum Disorder, PDD-NOS. The disorder is characterized by an anxiety-driven need to be in control, which presents through a continued resistance to everyday demands using social manipulation strategies. This presentation will cover the characteristics of PDA, differentiated diagnosis, and will provide strategies for professionals and families.

Jessica Cox, M.S., Autism Specialist
NWRESD
- 8. *Question, Persuade, Refer (QPR): Suicide Prevention Training** – QPR is an evidence-based educational program that helps participants recognize the early warning signs of suicide and assist a person at-risk in getting the help they need. Participants will learn about risk factors, warning signs, and common myths about suicide. This three-step action plan is an evidence-based strategy that can result in lives saved.

Andy Cartmill, Senior Program Educator
WA County Addictions Services
- 9. Self-Care for Educators** – Let's be honest, we have all struggled with a personal challenge/ stressor that has impacted our work lives. How do we continue to be the best version of ourselves, to show up and be present for our students, and to make a difference?

Lisa Bates, Levi Anderson Principal
NWRESD
Jamie Hamsa, Director of Social Emotional Health & Wellness
Vernonia & Clatskanie SDs

Integrate self-care in your workplace; Support your colleagues; Find out why self-breaks are important; How to stay calm in an unstable world; Be a champion for positive school climate and culture; Daily self-care routines and rituals (what are they?); Meditation and mindfulness in real time; Design a personal self-care plan today; Move beyond theory and walk away with action-oriented change.
- 10. Trauma Informed Schools Rooted in Equity Practices. A Second Deeper Dive** – The second session will build off learnings from the first session and participants are encouraged to attend both. If unable to attend both sessions, it is perfectly okay to attend one.

Alfonso Ramirez, Trauma Informed Specialist
Zinnia Un, Equity & Inclusion Director
Tigard- Tualatin SD

*Family Session

Post Event

Please [complete post event survey](#) and download Certificate of Attendance (or scan QR code)

