

MISIC's Social-Emotional Learning Conference: Making a Difference - POSTPONED to Monday, September 14, 2020

Room	Opening 8:30-9:45	Breakout Session 1 9:50-10:45	Breakout Session 2 10:55-11:50	Lunch 11:50-1:00	Breakout Session 3 1:00-1:55	Wrap Up Session 2:05-3:00
	<p><b>Room 106/107</b></p> <p><i>Who Do We Expect Our Students To Be?</i></p> <p>Jennifer Ulie-Wells Please Pass the Love</p>	<p><b>Room 108</b></p> <p><i>When Our Teachers Thrive, Our Kids Thrive Too: Creating and Sustaining Thriving School Systems</i></p> <p>Maria Lantz - Associate Principal at Stowe Elementary in Des Moines and Co-Founder of the Social Emotional Learning Alliance for Iowa (SEL4IA)</p>	<p><b>Room 108</b></p> <p><i>All Learning is Social &amp; Emotional: Integrating SEL into Tier 1</i></p> <p>Brian Christoffersen, MEd. Education Liaison @ Four Oaks Family &amp; Children Services</p>	<p><b>Room 106/107</b></p> <p>Joan Becker</p> <p>Author of <i>Sentenced to Life-Mental Illness, Tragedy, and Transformation</i></p>	<p><b>Room 108</b></p> <p><i>RISE: Wellness &amp; Resilience Framework™</i></p> <p>Tonya Hotchkin Tanager Place</p>	<p><b>Room 106/107</b></p> <p><i>Making a difference; the power of YOU</i></p> <p>Tonya Hotchkin Tanager Place</p>
	<p>Maria Lantz SEL4IA Intro</p>	<p><b>Room 109</b></p> <p><i>Digging Deeper into Who Do We Expect Our Students To Be?</i></p> <p>Jennifer Ulie-Wells Please Pass the Love</p>	<p><b>Room 109</b></p> <p><i>Ending the Silence</i></p> <p>Nina Richtman NAMI Iowa</p>	<p><b>Lunch catered by Hickory Park of Ames</b></p>	<p><b>Room 109</b></p> <p><i>PBIS: Creating a Supportive Environment for All Students</i></p> <p>Wendy Sawyer, Megan Brackemyer, Kevin Oswald Winterset MS (4-6)</p>	
	<p><a href="#"><u>Click here to register now.</u></a></p>	<p><b>Room 112</b></p> <p><i>You, Classroom Teachers, Are The Most Important Tool in the Trauma Sensitive Practices Toolbox</i></p> <p>Kim Bodholdt Prairie Lakes AEA</p>	<p><b>Room 112</b></p> <p><i>You, Classroom Teachers, Are The Most Important Tool in the Trauma Sensitive Practices Toolbox (repeated)</i></p> <p>Kim Bodholdt Prairie Lakes AEA</p>		<p><b>Room 112</b></p> <p><i>TEAM with CHARACTER COUNTS!</i></p> <p>Allie Gardner Character Counts</p>	
		<p><b>Room 113</b></p> <p><i>Relationship Building Strategies</i></p> <p>Jeff Herzberg Prairie Lakes AEA</p>	<p><b>Room 113</b></p> <p><i>Self-Care for Individuals and Organizations</i></p> <p>Jeff Herzberg Prairie Lakes AEA</p>		<p><b>Room 113</b></p> <p><i>Build Their Mental Health Without Losing Yours</i></p> <p>Liz Cox Polk County Health Services</p>	
		<p><b>Room 114</b></p> <p><i>Tipping the Scales: Building Resilience Through Research-Based Practices</i></p> <p>Lance Wheeler Franklin Covey</p>	<p><b>Room 114</b></p> <p><i>Teaching the Social Emotional Standards through Play</i></p> <p>Tom Rendon - Iowa AEYC Coordinator of Head Start State Collaboration Office at Iowa Dept of Ed</p>		<p><b>Room 114</b></p> <p><i>Becoming a Trauma-Informed District</i></p> <p>Corey St. John &amp; Kendra Alexander Winterset CSD</p>	

### *Who Do We Expect Our Students To Be?*

**Presenter:** Jennifer Ulie-Wells, Please Pass the Love

Suicide is the second leading cause of death for young people in Iowa and at least 20% of young people have a mental illness with fewer than 20% receiving treatment. In 2018, the Iowa Youth Survey indicated that 21% of survey participants shared that they had seriously contemplated suicide in the last year. School board member and Executive Director of Please Pass the Love School Mental Health Initiative, Jennifer Ulie-Wells, will share her story of trauma, suicidal ideation and how extra adults in her life kept her alive. This jam-packed session will explore basic mental health characteristics, toxic stress on the brain, and suicide prevention warning signs. Sometimes knowing is half the battle.

### *When Our Teachers Thrive, Our Kids Thrive Too: Creating and Sustaining Thriving School Systems*

**Presenter:** Maria Lantz - Associate Principal at Stowe Elementary in Des Moines and Co-Founder of the Social Emotional Learning Alliance for Iowa (SEL4IA) Educator burnout, low percentages of teacher retention, rising adult mental health needs, compassion fatigue and vicarious trauma are ensuring that schools will not get equitable outcomes for kids. When our educators are not cared for properly they cannot give their best selves to kids. It is our job as leaders to create cultures where we focus on the health and well being of our staff. Throughout this presentation we will look at ways to increase the SEL of our adults, dig into adult self care, utilize restorative practices and determine ways to lead our organizations with a culture of high care and high expectations. Promoting this work with our teams will benefit the "whole" staff member and help change outcomes for our students. You will leave this presentation with a plethora of strategies and an action plan to create a system where every person in your school learns to thrive.

### *Digging Deeper into Who Do We Expect Our Students To Be?*

**Presenter:** Jennifer Ulie-Wells, Please Pass the Love

What is the magic answer to meeting all students' social and emotional health needs? Dr. Ulie-Wells will demystify how to meet student and adult needs with evidence-based strategies and resources including the importance of adult self-care. You can't take care of others if you don't take care of yourself first.

### *You, Classroom Teachers, Are The Most Important Tool in the Trauma Sensitive Practices Toolbox*

**Presenter:** Kim Bodholdt - Prairie Lakes AEA

Are you a thermostat or a thermometer in your classroom? The thermostat determines the atmosphere of your classroom. The thermometer only reacts to it. In this session, learn how regulation (the ability to focus, control your emotions and adjust to change) of both adults and students in a classroom can have a huge impact on the environment. You will take away simple strategies you can use to help students as well as yourself, as an educator, stay regulated. You are the most important tool in the trauma sensitive practices toolbox.

### *Relationship Building Strategies*

**Presenter:** Jeff Herzberg, Prairie Lakes AEA

We know that relationships are the key to our success with students. Does a "Relationship Gap" exist within your classroom, building or district because we agree that it is important but we aren't investing the time and resources into making it happen? Are we hoping this happens without explicit direction or strategies? Join us for a session that explores two strategies for building and deepening relationships with students (and our colleagues for that matter) so that you can leave with something in your hand that you could implement tomorrow, next month or in the Fall.

### *Tipping the Scales: Building Resilience Through Research-Based Practices*

**Presenter:** Lance Wheeler, Franklin Covey

This work session will provide participants with a comprehensive review of the impact and effects of ACE and how educators can empower students with greater resilience skills to overcome traumatic experiences.

### *All Learning is Social & Emotional: Integrating SEL into Tier 1*

**Presenter:** Brian Christoffersen, MEd. Education Liaison @ Four Oaks Family & Children Services

In this interactive workshop, we'll examine the power of our human emotions and how they affect 'academic' learning. We'll engage in collaborative strategies that can be utilized in all content areas from PreK-12th grade. We'll explore the guiding principles of Iowa's new SEL competencies and how to support educators in developing a strong lens to integrate these skills with core content. Social Emotional Learning (SEL) is something we do all day everyday and provides opportunities for developing skills necessary for the workforce of today and the future.

### *Ending the Silence*

**Presenter:** Nina Richtman, NAMI Iowa

NAMI's Ending the Silence (ETS) program is designed to help young people and educators learn about signs and symptoms of mental illness, how to recognize the early warning signs and resources available for support or treatment. In a typical ETS presentation, presenters share their own stories to create a moving and interactive experience for those in attendance. Nina Richtman, Program Manager at NAMI Iowa, will share the ETS presentation, as well as resources available through NAMI Iowa for schools and community groups across the state.

### *Self-Care for Individuals and Organizations*

**Presenter:** Jeff Herzberg, Prairie Lakes AEA

We will explore ways that many of our peers are prioritizing self-care and also things organizations can do to support this critical need. Bring your ideas and questions for this interactive session that will help you leave with things you (and your organization) can do tomorrow to positively impact self-care and reap the benefits of the strategies.

### *Teaching the Social Emotional Standards through Play*

**Presenter:** Thomas Rendon, Coordinator of Head Start State Collaboration Office at Iowa Dept of Ed

Play is essential for the healthy development of children and yet can also be a useful way to teach social emotional skills. Come learn about play and the role of teachers in observing, supporting and planning for play that aids in the acquisition and practice of social skills.

### *RISE: Wellness & Resilience Framework™*

**Presenter:** Tonya Hotchkin, LMFT RPT CTP | Associate Vice President of Programming/ Therapist at Tanager Place

The RISE framework holistically explores elements found in resilience and wellness, breaking down the important factors to nurture within a young person's life to help them move through adversity and hardship. Research indicates that our life experiences shape who we are. RISE will provide a framework to conceptualize the factors that influence creating the life experiences that promote well-being. RISE will help educators and youth builders identify how to engage with young people in a way that supports their wellness and cultivates their resilience, creating new pathways for being and succeeding in the world.

### *PBIS: Creating a Supportive Environment for ALL Students*

**Presenter(s):** Wendy Sawyer, Megan Brackemyer, Kevin Oswald, Winterset MS (4-6)

Winterset Middle School (Grades 4-6), 2019 National Blue Ribbon School awardee, shares the powerful impact PBIS has had on creating a school climate which promotes positive behavior, strong student/teacher relationships, and high levels of learning for ALL students. Hear this school's journey including tips and strategies for student success!

*TEAM with CHARACTER COUNTS!*

**Presenter:** Allie Gardner, M.Ed., M.A.T. - Assistant Director of Programs at The Robert D. and Billie Ray Center, Drake University  
CHARACTER COUNTS! is a framework designed to support the SEL needs of students and staff. Join us as we discuss the T.E.A.M. (Teach, Encourage, Advocate, Model) elements of creating a Six Pillar Culture in the classroom, school, and community. You will create a TEAM lesson plan to support your learning community.

*Build Their Mental Health Without Losing Yours*

**Presenter:** Liz Cox, Polk County Health Services

This session will include strategies that work for both students and adults and explore how relationships with students make an impact on their lives. It will dig into how you can support parent and teacher relationships to make the school day better and improve the personal mental health of teachers. It will explore how teachers can demonstrate their own coping skills to give students new tools to use in their own social and emotional development.

*Becoming a Trauma-Informed District*

**Presenter(s):** Corey St. John & Kendra Alexander, Riley Vaughn, Kelly Burkett Winterset CSD

This session will focus on the mindset and strategies needed to transition from trauma awareness to building a culture centered on meeting both the social/emotional and academic needs of all students. Presenters will map out for you the journey Winterset has been on as they have worked to become a Trauma-Informed School District. Winterset has been engaged in this work for the past 5 years and will share steps and missteps that they have made along the way. Resources and strategies will be provided to empower both staff and students.

*Making a difference; the power of YOU*

**Presenter:** Tonya Hotchkin, LMFT RPT CTP | Associate Vice President of Programming/ Therapist at Tanager Place

Research suggests that healing happens in the context of relationships with others. It is one of our most primitive needs to feel connected, cared for and worthy. I believe it is our duty to live each day using our influence to make a difference. We have opportunities through every interactions we have to plant seeds of resilience into the world and within our relationships with others. When we perceive life through the lens of hope, well-being, and love we engage in relationships in an authentic, centered way that allows for shared meaning and adaptive neuropathways to form. This presentation will focus on how we can foster resilience for the students we work with through using the power of YOU to make a difference.

[Click here to register now.](#)

