



thrive
Alliance Group



MENTAL WELLNESS PROFESSIONAL DEVELOPMENT

Professional Development Presentations

What's included?

- 30-50 minute video presentation
- Discussion guide
- Additional resources to share with faculty, parents and students

For more information, visit
www.thrivealliancegroup.com

THRIVE ALLIANCE GROUP PROFESSIONAL DEVELOPMENT



School leaders want to ensure that staff members have the necessary training to respond appropriately to mental health challenges and create a healthy climate and culture. Thrive's professional development can simplify that process with researched-based relevant content to share so everyone can thrive.

PRESENTATION DESCRIPTIONS

Creating a Trauma-Informed Learning Environment

Past traumatic experiences can lead to behavioral problems in the present that interrupt and prevent learning in a school setting.

In this presentation, participants learn:

- What is trauma and how it affects our neurobiology
- How a child may think, feel, and behave when functioning in "survival mode"
- How to identify triggers in a child's environment that lead to the experience of traumatic stress
- Specific steps that help traumatized children regulate emotions and control problematic behaviors

Crisis Intervention

This presentation gives you the tools and strategies to engage in effective crisis intervention so that you can de-escalate crises, maintain safety, and help people in crisis return to a pre-crisis level of functioning.

In this presentation, participants learn:

- How to identify basic de-escalation tools for individuals in crisis
- How to recognize types of crisis and differentiate between Tier 1, 2 and 3 levels of crisis
- Strategies for defusing crises at group and schoolwide levels
- How to support people recovering from a crisis
- How to support colleagues during and after a crisis

De-Escalation of Behavior & Emotions: Least Intrusive Techniques (2-Part Presentation)

This topic is essential to our work, yet most educators no training in these skills. Provide your staff with the tools they need to be successful.

In this presentation, participants will learn:

- 12 specific de-escalation techniques to use with a person experiencing heightened emotions & behavior
- Common mistakes to avoid when a person is experiencing BIG feelings
- How to proceed after a student's behavior has subsided
- 10 specific proactive strategies that can help prevent future outbursts

Diversity, Equity, and Inclusion: Fostering Best Practices for Schools

The face of public education has evolved over the years, including more students with various learning abilities and cultural backgrounds. This presentation equips schools with the background knowledge and procedures needed to meet their diverse needs. We explore how attitudes and language have evolved over time and take steps to reduce bias and microaggressions. Together we can create, or enhance, a culture of acceptance where all students feel seen and appreciated.

In this presentation, participants learn:

- DEI terminology to create a foundation of common language
- The value of DEI practices
- How to create a climate & culture of acceptance and appreciation of one another
- The importance of our daily language
- Inclusive practices that will support our diverse student populations

PROFESSIONAL DEVELOPMENT PRESENTATIONS



Presentation Descriptions

Early Childhood Classroom Support (3-Part Presentation)

Set your youngest students up for success! Effective early childhood classrooms create a foundation of student learning that we can build on for years to come.

In this presentation, participants will learn:

- The Importance of Fostering Positive & Inclusive Preschool Classrooms
- Practical Strategies for Promoting SEL Development
- Activities and Interventions for Early Childhood Classrooms

Increasing Student Engagement Using Positive Behavioral Supports (2-part presentation)

Managing classroom behavior is critical for creating a supportive learning environment, yet many teachers are unprepared to handle this daily challenge. Without effective tools and strategies, learning is disrupted and teachers become frustrated. Worst of all, the wrong disciplinary tactics can have long-term negative impacts on students, perpetuating the cycle of failure.

In this presentation, participants learn:

- The four functions of problematic student behavior in the classroom
- How to identify behavior and respond appropriately
- Proven strategies for effective behavior management in the classroom
- How to help students develop resilience and coping skills
- How to incorporate behavior management strategies into daily classroom practice

Instructional Strategies to Address Stress and Anxiety in Your Classroom

Stress is a response to a specific situation or event, while anxiety is a general feeling of unease that is not always related to a specific event. Self-regulation, rapport building, movement breaks, and establishing routines and structure are only a few of the strategies that can be used to address stress and anxiety in the classroom.

In this presentation, participants learn:

- The nature of stress and anxiety and how they impact our schools
- How stress and anxiety can be either harmful or helpful
- Tools adults can use to manage their own stress and anxiety
- Strategies to help students manage their stress and anxiety in the classroom

Integration of Mental Health Goals into the IEP

Former Director of Special Services, Patricia Hovey, clarifies why and how to use mental health goals in student learning plans. Establishing common procedures and language among your school counselors, Child Study Team (CST), as well as the Intervention & Referral Services committee (I&RS), or Response to Intervention (RTI) committee will create a focused approach to maximize support services and promote student growth.

In this presentation, participants learn:

- Why and when it is appropriate to integrate mental health goals into educational plans
- How to differentiate and develop appropriate goals and objectives
- How to determine the appropriate level of student care through their educational plans
- How to involve caregivers in developing appropriate student goals and objectives
- How to facilitate a support team to ensure student progress

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Presentation Descriptions

Intervention for School Refusal

Is school avoidance a problem in your school? School refusal behavior (SRB) remains one of the most challenging behaviors for school staff, families, and students. Recognizing the dynamics and knowing how to intervene are imperative to helping school refusing students to return to functioning.

In this presentation, participants learn:

- The form and function of SRB
- How to differentiate between the positive reinforcement profile and the negative reinforcement profile
- The 5 common family profiles and how they impact on addressing SRB
- How to develop and implement the components of reintegration plans
- Mental health issues that underlie and contribute to SRB

Intervention for Self-Harm & Self-Injury, NSSI

Non-Suicidal Self Injury (NSSI) is alarming to parents and professionals and also widely misunderstood.

In this presentation, participants learn:

- How to identify the causes of NSSI
- The warning signs of NSSI
- How to contract for safety with a self-injuring person
- How learning to sit with and work with feeling helps a person reduce NSSI
- How to distinguish between NSSI and suicidal behavior
- The reporting and intervention protocols at your school

Introduction to Transference-Focused Psychotherapy (TFP) & Engaging the Challenging Parent

The basic principles of TFP can be utilized to de-escalate heated situations and resolve student, staff, and parent conflicts. These interventions can also be used while conducting mental health screenings. Early intervention can foster growth and understanding for all involved.

In this presentation, participants learn:

- How to address student needs through the lens of transference-focused psychotherapy
- The importance of contracting, goal setting, dominant object relations dyads, and the 3 channels of communication
- Case scenarios to apply various intervention tools
- Types of challenging parents and the tools to help

Mental Health Integration in the School Setting

It is an accepted principle that mental health and wellness is imperative for students and staff functioning. By establishing a climate and culture of mental wellness schools are better able to reach students academically and prepare them for success in life after graduation. This presentation shows the value of integrating the clinical (therapeutic) and school (educational) models, understand the different tiers of intervention, the importance of documentation, some important statistics regarding mental health disorders, and when to involve Child Protective Services.

In this presentation, participants learn:

- The emotional backpack students bring to school
- The appropriate level of care for students
- The tiers of intervention
- A working definition of Mental Health
- The common mental health issues experienced by students
- When and how to involve outside agencies for intervention

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Presentation Descriptions

Paraprofessionals Empower Student Learning

Paraprofessionals spend a great deal of time with students (especially English language learners and those with special needs), yet these staff members often have the least amount of training. This presentation serves as a foundation to help paraprofessionals support student independence and participation in the classroom.

In this presentation, participants learn:

- Who exactly is a paraprofessional?
- The 10 most common expectations for paraprofessionals
- The role of paraprofessionals in supporting students
- Best practices for empowering student learning

Record Keeping, Recording & Data Collection

This presentation identifies ways to avoid litigation by explaining FERPA & HIPAA regulations. In addition, your district's Intervention & Referral Services committee (I&RS) and Child Study Team (CST) members will benefit from reviewing what it means to triangulate data through your student information system to make data-based decisions and create appropriate student goals.

In this presentation, participants learn:

- The difference between FERPA, HIPAA, and student records
- How to utilize the data from your student information system (SIS) to support your work
- Why we should use attendance, discipline, and grades as data for decision making
- How to analyze the data collected to determine appropriate student interventions

Reintegrating Students After School Refusal, Hospitalization, or Risk Assessment

School avoidance has become a significant issue. This presentation will review how to support students after an extended absence due to school refusal or hospitalization. We will also address how to follow up with a student upon returning to school after a suicide risk assessment screening. In each circumstance, we must exercise care and sensitivity in creating a plan and following up to ensure that the student receives the necessary support.

In this presentation, participants learn:

- The need for creating plans that support students when they return to school after school refusal, hospitalization, or a risk assessment
- How to coordinate and implement effective reintegration plans for school refusal
- How to develop appropriate re-entry meetings after psychiatric hospitalizations
- How to follow up after a risk assessment screening

Risk Assessment & Suicide Screening

Understanding the risk factors and having tools to intervene with students experiencing suicidal ideation are key components in the effort to prevent youth suicide. The presentation will highlight the demographics of youth suicide, the general goals of risk assessment, and the use and interpretation of the Columbia Suicide Severity Rating Scale (C-SSRS).

In this presentation, participants learn:

- The definition of suicidal ideation
- The important statistics regarding suicide
- The risk factors for suicide
- The protective factors against suicide
- How to administer and interpret the C-SSRS

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Presentation Descriptions

School Shootings and Violence

During this presentation, we will review several infamous school shooting incidents in order to highlight identifiable patterns that can help us prevent future occurrences. Specifically, we highlight key warning signs and discuss interventions with students who are showing the red flags associated with school violence. This presentation will bring awareness to some of the challenges we all face in schools today and help guide you in developing and carrying out your district's policy.

In this presentation, participants learn:

- The history of school shootings in the U.S. and how these incidents reveal identifiable patterns that can help prevent future school shootings
- Red flags and warning signs that indicate an individual is at risk for gun violence and other violent behavior
- The steps we can take to intervene and support students identified as being at risk for gun violence and other violent behavior

The Impact of Adoption on Mental Health

This presentation will cover the impacts of adoption on one's mental health and how we can play a supportive role in the school and create increased awareness for other students. Specifically, we'll look at core issues that adoptees experience, common missteps to avoid in working with these students, common concerns of adoptive parents, and the importance of supporting adoptees in learning about their birth family and history.

In this presentation, participants learn:

- The best ways to communicate with adoptees as well as common pitfalls to avoid
- Core issues that adoptees experience and how these can impact mental health
- The core concerns of adoptive parents and how to support parents with these concerns
- The importance of supporting adoptees in learning about their birth family and understanding their history

The Unmotivated Student

An unmotivated student can be a source of frustration for parents, teachers, peers and others who are in the child's life. This presentation will review common behaviors of an unmotivated student, as well as possible reasons for this issue. Since this behavior often elicits counterproductive responses from others, understanding the dynamic can guide an approach based on empathy rather than on frustration.

In this presentation, participants learn:

- The various forms that lack of motivation, or amotivation, can take
- The functions beneath amotivation, or the purposes it serves the student
- How motivation can be negatively impacted by trauma, substance abuse, environmental factors or an oppositional stance by a student
- Interventions that school professionals have successfully used to address amotivation

Understanding and Responding to Behavioral Issues

Effective behavior management is proactive and requires an understanding of why a student is engaging in a particular behavior. It is also important to sustain collaboration between teachers, administrators and support staff. This presentation helps you combine these elements to empower your staff with effective strategies.

In this presentation, participants learn:

- The function or purpose behind challenging behaviors
- How to distinguish between effective and ineffective responses to behavior
- How to prepare to collaborate effectively with colleagues to address behavior
- How proactive planning helps reduce problematic behavior

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Presentation Descriptions

Understanding and Working with Student Depression

Rates of adolescent depression are on the rise, directly impacting student engagement. We will help you better understand this growing mental health issue and provide strategies to address it in your schools.

In this presentation, participants learn:

- The current trends in student depression
- Significant factors that contribute to youth depression
- How to identify a variety of signs and symptoms in school
- Strategies educators can use when working with students who are depressed

Understanding and Working with Students who Identify as LGBTQIA+

LGBTQIA+ is an acronym that represents many groups. LGBTQIA+ students are often subject to discrimination and are five times more likely to experience mental health symptoms. This presentation will clarify the differences between the many groups, examine gender and sexual expression in the context of child and adolescent development, describe the mental health risks faced by LGBTQIA+ students, and provide specific steps schools and school staff can take to create a safe space for all students.

In this presentation, participants learn:

- LGBTQIA+ represents not one but many groups by being able to differentiate the meanings of each letter in the acronym
- How to articulate key aspects of identity development in childhood and adolescence and how these relate to the development of gender identity and gender expression
- The mental health risks faced by LGBTQIA+ students
- Why it is important to create space for healthy gender and sexual identity expression in schools and specific steps schools can take to accomplish this

Understanding Trauma-Informed Care

Students who experience trauma are prone to many different emotional and behavioral difficulties due to deficits in self-regulation and, as a result, their behaviors. In this presentation, you will learn how trauma affects the brain, how triggers that remind a person of past trauma can result in repeated experiences of survival-in-the-moment states, and how to utilize the principles of Trauma Systems Theory to help students cope with and recover from past trauma while improving their emotional regulation in the school setting.

In this presentation, participants learn:

- How to define trauma
- How to differentiate low-road from high-road thinking
- How triggers lead to Survival-In-The-Moment States
- The 4 R's of Survival States
- The components of recovery from trauma

Untangling the Web: How Social Media Affects Mental Health

Teens spend an average of 8 hours per day online and on social media. When does that become problematic, and what can educators do to encourage healthy habits?

In this presentation, participants learn:

- The latest data & trends regarding smartphone and social media use among children and teens
- How social media impacts the mental health and well-being of young people
- How screens can be used as a tool to connect rather than disconnect
- Tools and strategies for educators to effectively manage screen time and social media use



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Presentation Descriptions

Working Through Teacher-Student Conflict

Conflicts between teachers and students often result from miscommunication and avoidable power struggles. This presentation uses principles from Applied Behavioral Analysis and Transference Focused Psychotherapy to guide you in avoiding conflicts and defusing them when they do occur.

In this presentation, participants learn:

- The sources of teacher-student conflict and how to avoid common triggers
- The dynamics of power struggles and how to use principles of Applied Behavioral Analysis to exert your influence more effectively
- Principles of Applied Behavioral Analysis and Transference Focused Psychotherapy to improve communication with students and colleagues