

**PSEA Department of Pupil Services Annual Conference
Ramada Inn & Convention Center-State College**

***“Mental Health Matters”*
August 1-2, 2018**

Wednesday, August 1, 2018

8:45 a.m. **Registration for Pre-Conference Attendees**

9:30 a.m. **Pre-Conference Training**

Preventing Violence through Earlier Intervention and Awareness

LaVarr McBride, Penn State Beaver

Through extensive research and case study of the families of individuals who have perpetrated acts of mass violence, Professor McBride brings with him first person interviews and a cautionary tale regarding missed warning signs and missteps made with children when they were in high school, and shares the perspectives of parents, administrators, teachers, and students. We will talk about what should one look for in precursor behavior to a mass shooting and how schools can help at-risk youth gain confidence in their ability to control their own behavior.

1:45 - 3:15 p.m. **Annual Meeting**

Educators Leading in the Age of ESSA: Developing the Voice of Pupil Services Professionals

Brad Hull & Beth Zampogna, PSEA Staff

Come and learn about ESSA in all of its facets with emphasis on the school quality indicators of career readiness and chronic absenteeism. Then work together with your colleagues to develop your personalized talking points around policy issues that are important to pupil services professionals and enhance your ability to communicate with policy makers around ESSA implementation. Participants will walk away with their self-created talking points for that purpose and provide PSEA with needed feedback for its advocacy work.

3:30 - 5:30 p.m. **Section Meetings**

Home & School Visitor/School Social Workers Section Meeting

HSVs and SSWs in Pennsylvania. Who, what, when, how and where ... and maybe why. What we know ... and what we don't

Peter Fidgett, School HSV/SSW Section President

Participants will learn about the School Social Worker and Home and School Visitor roles in Pennsylvania schools and a demographic analysis of developments over the last 10 years or so. Participants will develop an understanding of the influences on the distribution of HSV and SSW and hypothesize reasons for the relative growth and decline of the roles and future developments. Participants will engage in facilitated discussion, drawing from the data and their own and others experience to better understand the material. Questions and sharing of experiences and ideas will be encouraged.

Chronic Absenteeism: Understanding the Research-Based Interventions

Brad Hull and Beth Zampogna, PSEA Education Services Staff

Pennsylvania has selected chronic absenteeism as one of the ESSA school quality indicators on which all schools will need to report. This session will discuss this indicator in the context of ESSA nationally and Pennsylvania in specific. Schools that are identified for chronic absenteeism will need to implement a school improvement plan. Using a jigsaw approach, participants will learn and share research-based strategies and interventions to address issues in chronic absenteeism and will walk away with the confidence of a foundational understanding of the issue.

School Counselors Section Meeting

Mental Health Trends in Schools – (1 hour)

Patti Brenner

What really matters to a school counselor when considering the mental health of your students? In these highly politicized times, what can we do to be sure that we are reaching all of our students from those who feel socially marginalized to those type A personalities and everyone in between? The topics explored in this presentation will include an overview of the recent impact and effects of technology on Generation Z, the impact and effects of drugs and addiction. In addition, the impacts that our current political environment has

had on marginalized populations and immigrants will be discussed. Based on these trends, you will learn about techniques, strategies, programs and partnerships that will address how we can help our youth navigate through the challenges that confront them based upon these trends.

School Counselor's Role in ESSA – Developing Career Portfolios Artifacts (1 hour)

Brad Hull and Beth Zampogna, PSEA Education Services Staff

As part of Pennsylvania's ESSA accountability system, one indicator will be the number of students who have a specified number of artifacts in their career portfolio by the 5th, 8th, and 11th grade. This session will briefly discuss this indicator including ESSA reporting requirements, Chapter 339 K-12 School Guidance Plans, and the Career Education and Work Standards. The bulk of the session will equip participants with the ability to understand and facilitate the creation of quality student career portfolio artifacts.

School Dental Hygienist Section Meeting

Oral and Facial Piercings: The "Hole" Truth

Deb Barr, School Dental Hygienist President

Many youth and young adults make the decision to alter their bodies' appearance by tattooing and piercing. The focus of this presentation is on oral and facial piercing and safety. Participants will be able to identify the criteria necessary for acquiring a reputable piecing professional

School Nurses Section Meeting

Living and Learning with Cystic Fibrosis

Michael Keller

Michael will share his experiences navigating the PA public school system as a child with complex health needs. As a recent organ transplant recipient, he will also discuss this experience and the importance of organ and tissue donation.

School Psychologists Section Meeting

English Language Learners and Special Ed

David Vazquez, Pattan

An increasing number of students from culturally and linguistic diverse backgrounds are enrolling within Pennsylvania's schools. These students face unique obstacles due to limited English proficiency. It is essential that they have access to high quality core instruction within a broader continuum of supports and services. These students are frequently suspected of having a disability and school professional do not know when it is appropriate to assess for special education and which instruments to use that are culturally and linguistically responsive. Participants will examine factors that contribute to the disproportionate representation of English Learners in special education. In addition, participants will review legislation that impacts English Learners with special needs and collection of meaningful data before the referral for a multidisciplinary comprehensive evaluation.

5:45 - 7:15 p.m. **Dinner**

- On Your Own; **or** Pre-Registered DPS Dinner

7:15 - 7:45 p.m. **Conference Opening – with PSEA Treasurer, Jeff Ney**

7:45 - 9:15 p.m. **General Session**

Mental Health

NAMI – In Our Own Voice

This session will provide: (1) A first-hand account of what it's like to live with a mental illness. (2) Presenters humanize this misunderstood topic by demonstrating that it's possible—and common—to live well with mental illness. A chance to ask the presenters questions, which allows for a deeper understanding of mental health conditions and dispels stereotypes and misconceptions. (3) The understanding that hope and recovery are possible for individuals who have a mental health diagnosis.

9:30 -10:45 p.m. **Social**

Join us for an opportunity to socialize with your colleagues while we organize the donations from our DPS book drive!

Thursday, August 2, 2018

7:30 - 8:15 a.m. **Registration/Continental Breakfast**

8:15 - 9:45 a.m. **General Session**

Take It On The Run - A Kid's Guide to Street Drugs From Stimulants to Depressants

Tom Viola

It's a fast-paced world and, unfortunately, many students seek the assistance of substances to cope and get through their busy, trying days. This program will provide participants with an overview of the most common substances of abuse. Commonly prescribed psychogenic medications used for diagnosed mental health conditions will be discussed along with their potential for abuse.

9:45 - 10:00 a.m. **Break**

10:00 –
11:30 a.m. **General Session**

How and Why to Unplug: 7 Reasons that Less Screen Time Makes for Greater Well-being

Katherine Dahlsgaard, PhD, ABPP, Clinical Director of the Anxiety Behaviors Clinic, CHOP

The explosion of social media, smart phones and other handheld devices entertains ourselves and our children, but an increasing body of research suggests there are clear costs to mental health of spending too much time online. This talk will review the whys and especially the hows of how to promote and enact the joyful practice of unplugging.

11:30 a.m. –
1:00 p.m. **Lunch**

1:15 - 2:45 p.m. **Breakout Sessions I**

A. But what if I kill my mother, scream out obscenities, turn into someone else, or don't apologize quickly enough? A discussion of the signs and symptoms of very common subtypes of OCD in children

Katherine Dahlsgaard, Clinical Director of the Anxiety Behaviors Clinic, CHOP

Estimates suggest that 1 in 50 children will suffer from OCD, a debilitating neuropsychiatric condition that compromises health and well-being at school, during extra-curricular activities, and with peers. However, most of the lay public thinks of OCD as limited to washing and checking behaviors, and hence very common subtypes of OCD are missed or - worse -- misdiagnosed. This talk will familiarize you with very common subtypes of OCD that, while terrifying and difficult for children to acknowledge or talk about, are just as successfully treated when correctly identified and referred to appropriate providers.

B. Take It On The Run - A Kid's Guide to Street Drugs From Opioids to Hallucinogens
Tom Viola

It's a fast-paced world and, unfortunately, many students seek the assistance of substances to cope and get through their busy, trying days. This program will provide participants with an overview of the most common substances of abuse. Commonly prescribed psychogenic medications used for diagnosed mental health conditions will be discussed along with their potential for abuse.

C. Overnight School Trips: Risks of Sexual Assault and Hazing
LaVarr McBride

This session will begin with a mother from West Virginia, sharing their family's story of how their son became a victim of sexual assault on a band school trip, in the hotel at night where four of the boys from the high school slept. I will also be discussing another incident that occurred to another young man on an overnight event as well. We will then present what the school response was to the incident and the missteps that were taken by many that resulted in several more children being abused. We will also talk about safety precautions developed from this unfortunate event.

D. Deadly Violence and School Shootings
Marissa Mendoza

This session will review the latest research findings investigating the phenomena of deadly school shootings. Beliefs on causes and student profiles will be explored and guidance from leading mental

health agencies will be emphasized. Challenges of tackling mental health issues in the public school system will also be touched upon.

2:45 - 3:00 p.m. **Break**

3:00 - 4:30 p.m. **Breakout Sessions II**

A. It's 2018, do you know where your students are (with regard to recognizing and harnessing positive emotions to improve resilience?)

Katherine Dahlsgaard, Clinical Director of the Anxiety Behaviors Clinic, CHOP

Young people are inundated with information regarding the recognition and management of painful emotions, such that they can easily recognize and talk about anger, sadness, anxiety, loneliness, and all the other bummers. Research and clinical experience show us that children are not nearly so facile at identifying all the variety of positive emotions that -- when harnessed -- add more joy to live, mitigate the effects of painful emotions and events, and build psychological resources and resilience. This talk will engage the audience in several exercises regarding increasing the fund of knowledge regarding positive emotion that are very appropriate for classroom settings.

B. Mental Health and Trauma and Human Trafficking

Robert K. Reed, Executive Deputy Attorney General

This session will focus on an understanding of trauma; an understanding of a number of types of unhealthy stress -- relentless stress, toxic stress, traumatic stress; basic neuroscience of what happens to a person's brain when they are subjected to unhealthy stress; a discussion of the Adverse Childhood Experiences Study; the impact that exposure to violence has on children; and the mechanisms for healing and recovery. This background will provide a way to discuss the impact of traumatic events such as school shootings but will serve as a way for educators to better understand the complexity of what may be impacting their students.

C. Suicide Prevention in Pennsylvania Schools and Colleges Initiative

Perri Rosen, PhD., Project Director of the Garrett Lee Smith Youth Suicide Prevention Grant

This presentation will overview the Garrett Lee Smith "Suicide Prevention in Pennsylvania Schools and Colleges Initiative," and describe the key components of comprehensive school-based suicide prevention efforts. The presenter will describe specific resources for mental health promotion and suicide prevention that are available for schools. These resources will include trainings, screening measures, and awareness activities relevant to educators, students, and their families, with information about how these resources can be accessed.

D. It Doesn't Get Better, YOU Get Better: Riding the Waves of Mental Illness

Gab Bonesso

Gab incorporates her own experiences in dealing with manic depression, and explains how advocating for kids has helped her to become braver and more confident in standing up for what she believes in. As a comedian, Gab advocates for mental health awareness through stories of her own struggles, and she plans to weave in her comedic material throughout her talk. She truly believes the only way to really advocate for mental health awareness, is to be more open and honest regarding our own, personal challenges.

Gab also shares her holistic approach to dealing with mania and depression, which she has developed throughout years of psychotherapy treatment. Gab credits her success with manic depression to her amazing therapists, her incredible mother who stood by her through the worst parts, and to herself for working on her mental health every second of every day. She believes that mental health is a full-time job and should be treated as such.

4:30 - 4:45 p.m. **Program Conclusion/Award Door Prizes**