Tuesday, July 30, 2019

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

9:30 a.m. Pre-Conference Training
- SBIRT 101: Screening, Brief Intervention and Referral to Treatment
  Mallory Henry, Caron Treatment Centers
  SBIRT is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. This training will: educate participants on how substance use disorders develop and why young people are at increased risk, help school professionals understand the importance of screening young people for harmful and hazardous substance use so that they can intervene before a substance use disorder develops, provide school professionals with effective tools to identify harmful and hazardous substance use patterns, assist school professionals in having sensitive conversations with youth about their harmful and hazardous substance use patterns by discussing effective motivational enhancement techniques, and equip school professionals with information about school and community resources that are available if a student is in need of further assessment or referral to treatment.

12:30 – 1:45 p.m. Lunch on Your Own

1:00 - 8:00 p.m. Registration - Conference Registration Desk

1:00 – 7:00 p.m. Exhibits/Vendors - Conference Lobby

1:45 - 3:15 p.m. Annual Meeting
- Legal Update: Discussion of IEPs, 504s, IDEA, ADA, HIPAA & FERPA
  Leslie Collins, PSEA Attorney
  The presenter for this course will review current legal cases involving students with disabilities under the Individuals with Disabilities Education Act (IDEA), Section 504 of the Rehabilitation Act, and the Americans with Disabilities Act (ADA). She will also review current legal cases involving education records and requirements under HIPAA and FERPA.

3:30 - 5:30 p.m. Section Meetings
- Home & School Visitor/School Social Workers Section Meeting
  MTSS & The Role of Pupil Services
  Kathy Minnich, PhD, LCSW, SSW, Northeastern SD
  The Pupil Services Professionals’ role in the development, implementation and assessment of a Multi-Tiered System of Support cannot be understated. I will spend time discussing each of these three realms and active manners in which Pupil Service Professionals can be certain that their voices are heard and their expertise honored.

School Counselors Section Meeting
- Reviving Resilience Among Our Students and Ourselves
  Paula McCommons, STAR Center
  This interactive workshop will utilize a variety of modalities to review the key components of resiliency among youth and the adults who care for them. Participants will have the opportunity to rate their own resiliency and develop strategies to share with students and experience for themselves. Related research and resources will be highlighted throughout the workshop.

School Dental Hygienist Section Meeting
- Self-Care for a Healthier Life
  Kathy Schneeberger-Klotz, School Dental Hygienist
This session will cover the differences between physical, mental, and emotional wellness and why it is important to try to achieve balance with all 3. Why we need self-care, and how a person can develop their own individualized action plan to achieve wellness. Intellectual and social wellness will also be reviewed. Stress management/control through mindfulness and why it is important to have healthy sleep.

School Nurses Section Meeting
Integration of DexCom 6 for Your Diabetic Students:
Lindsay Whitmer, DexCom Representative
This session will discuss technological advances that improve the lives of students with diabetes and will help school nurses better understand and interact with these new continuous glucose monitoring devices.

School Psychologists Section Meeting
Self-Care for the School Psychologist
Jennifer Frank, Penn State
Take some time to think about maintaining your wellness as you approach the 2019-20 school year. Join Dr. Jennifer Frank from Penn State University to assess and intervene on the strengths and needs in your self-care profile. The presentation hopes to go beyond recommending diet and exercise and helping you to think about the perspective you bring to managing your life stresses.

5:45 - 7:15 p.m. Dinner Options
- 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
Workshop on Understanding and Approaching Grief
Lisa Zoll and Lynn Shiner
Twenty-three years ago. Lynn Shiner’s ex-husband murdered her two children, Jen and Dave, 10 and 8, on Christmas Day. This nightmare, her despair and anger, left her numb, afraid, and “zombielike,” with intense, overwhelming feelings, visions and memories. Yet, throughout her journey, she suffered feelings of inadequacy and anxiety as she struggled to fit her experience into the wisdom of traditional psychiatric models, stages and timelines, designed to help. Based on her journey, Lisa Zoll, LCSW, and Lynn have partnered and developed a new approach of the grief process called “A Grief Trajectory.” The approach is comprised of three aspects: event grief, working grief, and forever grief. It is designed to eliminate a time frame for grief, it takes pressure off the griever to meet expectations of other models, it is nonlinear, and closure is not a goal. In Lynn's mind, “You love them forever. Why wouldn’t you grieve them forever?”

Learning Objectives for this session include: Recognizing common reactions to grief; examining a less structured approach to grief, that allows grievers to focus on their journey rather than on stages, timeframes, expectations and the elimination of closure; Understanding the importance of encouraging reflection and storytelling; Walking away with solid advice on how you can help others through the grieving process.

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 to benefit the Capital Area Head Start!

Wednesday, July 31, 2019

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

8:15 - 9:45 a.m. General Session
Vaping and Juuling in adolescents and adults
Dr. Jonathon Foulds
The objectives of this presentation are as follows: Explain why cigarettes are very harmful and addictive; Describe what we mean by “electronic cigarettes” and describe recent data on how widely they are being used by school students and adults; Describe the evidence of the relative harmfulness of cigarettes and electronic cigarettes; Describe the very recent rise of Juul and podmods; Describe my interpretation of the risks and benefits of e-cigs for individual and public health

9:45 - 10:00 a.m. Break
10:00 – General Session

**Connected, But Not…The Complicated Lives of Teens Today**

Deborah McCoy, Compass Mark

With a full thirty-five percent of teens preferring digital communications with their peers instead of in-person connections, there has been a real decline in the face-to-face social interactions. At the same time, there has been a sharp rise in mental health issues among our youth. This workshop will examine exactly how our youth connect, as well as: The latest research addressing the rise in mental health issues among youth, including major depressive disorder, self-harm and suicide; Current trends in social media and digital communication; Communities and inclusion in the online, connected world; How we can help youth bridge the deficit of person-to-person connections and relationships.

11:30 a.m. – Lunch

1:00 p.m. – Breakout Sessions I

**A. Medical Marijuana**

Christine Roussel, Director of Pharmacy, Doylestown Health

Dr. Roussel will present the most current data and share her personal research associated with the use of medical marijuana. She will identify several important points school professionals need to know about the topic; medical vs. recreational use, conditions treated, side effects, risks, impact on learning, current laws and access for certified patients.

**B. Being Trauma Informed – When Behavior Plans Don’t Work**

Meredith Hollis

The goal of this presentation is to expand the audience’s perspectives on children who are impacted by developmental trauma, such as neglect; divorce; physical, emotional and sexual abuse; significant familial mental health and substance abuse; witnessing domestic violence; displacement and homelessness. Further, this presentation can help us to identify what the behaviors of a child who has experienced developmental trauma look like in the classroom setting, and how we can be better able to respond to those students’ unique needs by having learned strategies to utilize within the classroom setting in order to mitigate significant behavioral and emotional manifestations that negatively impact educational performance and progress.

**C. Self-Care for a Healthier Life**

Susan Schneeberger-Klotz

This session will cover the differences between physical, mental, and emotional wellness and why it is important to try to achieve balance with all 3. Why we need self-care, and how a person can develop their own individualized action plan to achieve wellness. Intellectual and social wellness will also be reviewed. Stress management/control through mindfulness and why it is important to have healthy sleep.

**D. Advocates for Children and Education Training**

Jennifer Statler, PSEA Government Relations

Advocates for Children and Education (ACE), is PSEA’s elite grassroots program designed to empower members to become advocates for their profession and for students in our schools. ACEs strengthen PSEA’s ability to persuade legislators to pass strong legislation – such as policies dealing with school safety, student to professional ratios, and CPR, and to stop legislation that will negatively impact our children and our public schools. Legislators who enact the rules, regulations and laws governing our professional lives need to hear from the people who really know what occurs in your offices, schools and classrooms. A powerful way to change what has been happening is to build positive relationships and share your stories with legislators. ACEs can make a difference!

2:45 - 3:00 p.m. – Break

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

**A. Basics of Immigration**

Jacquelyn Kline, Partner – Cambria & Kline PC – Attorneys at Law
Issues related to immigration status can negatively impact the academic success of children as well as their health. This session will provide information on how immigrants can normalize their status and the many issues and challenges faced by immigrants and the children of immigrants in today’s public schools.

B. **Are you anxious about your students with anxiety missing too much school?**
   **Mike Fiore and Stephanie Warshaw**
   This session will discuss how we can incorporate the new attendance law to help our students get back to learning as soon as possible. We will discuss the rise in anxiety among our students, what your school can be doing to help, how to get families to buy in to the process, collaborating with community resources and other strategies/interventions. As a result, all of our anxiety will decrease!

C. **Resilience in Action**
   **Ali Rothrock, Minding Your Mind**
   Ali is a national speaker who shares her experience with embracing the gift of challenge, overcoming adversity and learning true resilience. As a sixteen-year old, Ali became a volunteer firefighter and experienced sexual harassment, sexual assault, and years of bullying at the hands of her fellow firefighters. Unaware of how deeply the constant stress was affecting her, Ali began to change psychologically and emotionally until she was no longer mentally well. While struggling to pursue her passion for firefighting, Ali developed Post Traumatic Stress Disorder that kept her stuck in the past and kept her from engaging in life. Through working with a wonderful therapist and surrounding herself with the love and support of family and friends, Ali learned how to take her life back and live it freely. Ali was able to re-identify herself as a victor instead of a victim and loves helping people do the same.

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