

# Breakout Session 1

October 12, 9:00-12:20

*Focus on youth resiliency*

## **Mapping Resilience: simple tools to build critical skills**

What are the common threads between resilience work, trauma-informed practices, social-emotional learning, and positive youth development? This presentation will explore the simple but game-changing ways to intentionally link these concepts using evidence-based strategies and new staff practices — all leading to dramatic results, consistently high program quality, staff engagement, and youth success.

**Core Competencies: 1,4,5,9**

Presenter: Kirk Lewis

Room: TBD

## **GIVING A FISH A BATH: THE UNTOLD STORY OF THE ADOLESCENT MIND**

**Core Competencies: 1,3**

Ever think the adolescent mind was impossible to understand? Discoveries in neuroscience offer exciting insights into how the brain of our teens really work. Learn ways to engage the adolescent brain in healthy and productive ways.

Presenter: Gloria Sherman

Room: TBD

## **“Leading through Change”.**

**Core Competencies: 7,8**

Leading through Change is an interactive workshop that will explore specific tools including demand prioritization, strength leveraging, healthy risk-taking and responsible decision making through the lens of the pandemic. We will consider ways to use these tools to navigate the current situation as well as the change that is yet to come in OST.

Presenter: Beverlee Wenzel

Room: TBD

## **Bridges Out of Poverty with implicit Bias**

**Core Competencies: 7,8**

Participants will review poverty research, examine a theory of change, and analyze poverty through the prism of the hidden rules of class, resources, family structure and language. Throughout the training, participants will receive specific strategies for improving outcomes for people living in poverty. This is extremely important during this time of uncertainty as we work with our families.

Presenter: Michelle McGregor

Room: TBD

## **Strategies for Working with Children Who Experienced Trauma – Building Classroom Connections**

### **Core Competencies:1,3,4**

We have all heard about ACEs (Adverse Childhood Experiences) can have a long-term impact on brain-development, mental health, and physical health. Trauma is an experience that overloads the sensory system. COVID-19 has added a layer of additional worry, concern and stress for children and families. Learn strategies to provide the emotional, social, and cognitive supports necessary to promote resilience. One or two caring adults can positively impact children's lives forever. It could be YOU!

Presenter: Gloria Sherman

Room: TBD

## **Behavior and Restorative Justice**

### **Core Competencies:3,7,8**

Restorative Justice is an alternative approach for responding to misbehavior and Conflict. It can help to resolve behavior problems and repair relationships in a cooperative way through a variety of techniques, including mediation.

Presenter: Diane Kullis

Special Education Mediation Specialist

Room: TBD

## **Diverse, Equity and Inclusion (DEI)**

### **Core Competencies: 6**

DEI is more important for education organizations due to their work with learners of all backgrounds. Students need to feel valued and affirmed, and educators and others whose work impacts them should espouse those values by exploring and honoring differences. This workshop will focus on why the education sector on equity and serving all students, especially those who are the furthest from opportunities.

Presenter: Mallory DePrekel

Room: TBD