

Breakout Session 2

October 13, 1:00-4:20

Architects of Resilience: creating sustainable staff development

Who cares for the caregivers? Resilience skills are more important than ever in this time of stress and uncertainty. How do we best model these strategies for youth? By the way we approach our own work within youth service organizations and how we relate to ourselves and our staff. This hands-on presentation will give valuable strategies and tools to strengthen our own resiliency and social-emotional awareness in our work with youth. *Focus on adult staff resiliency*

Presenter: Kirk Lewis

Room: TBD

Strategies for Working with Children Who Experienced Trauma – Building

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!

Learning Objectives Core Competencies:

This 3-hour workshop is broken into 3 distinct parts:

- Understanding of Trauma and the additional impact of COVID-19
- Learn basic brain development and the key role of safety
- Strategies to begin to use immediately with children to develop safe, healthy, and welcoming classrooms.

Presenter: Gloria Sherman

Room: TBD

How to plan your OST programs Virtually

Core Competencies: 10

Are you struggling with building programs for your OST youth? Come to this workshop and see what it takes to bring your staff and students on board as well as having fun while doing this. This workshop will give you some tools that will be helpful to understand the meaning of learning virtually.

Presenter: Samantha Riley

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 meditation.

Presenter: Diane Kullis

Special education Mediation Specialist

How to Help Families and Staff Build Resilience During the Covid -19 Outbreak

Core Competencies: 4,7.8

Resilience can help us get through and overcome hardship. But resilience is not something that were born with, its built over time as the experiences we have interact with our unique, individual genetic makeup. That is why we all response to stress and adversity-like that form the Covid 9 differently. Join us as we deep dive into how we can support our families and staff in helping to build resilience during Covid 19.

Presenter: Sharon Clark

Room: TBD

CDA's, Certificates and Credentials and the Importance of Building Quality in OST

Review Information on how to become certified in Out-Of-School Time and Early Childhood Start the process and work with the PD committee to help support you to reach your goal. We will work with you to every step of the way to ensure that you have a goal and a timeline to complete the process. This will be a hands-on workshop,

Presenter: MAA Professional Development Team

Room: TBD