

C&C Webinar: Session Seven

October 8, 2020

9:00 am – 11:00 am



Agenda:

- 9:00 am – 9:05 am – Welcome and Introductions – Amanda Charlesworth
- 9:05 – 9:15am – Mindfulness Moment – Michelle Knight
- 9:15 am – 10:00 am – Resilience in Young Children – Jerri Sagers & Corby Eason
- 10:00 am to 11:00 am – Preparing Students for Postsecondary Success – Kalee Crandall



PRESENTER INTRODUCTIONS

Amanda Charlesworth

Michelle Knight, Project Advancing Wellness and Resilience in Education



Michelle Knight is the Project AWARE Grant Manager at the Utah State Board of Education focusing on suicide prevention and mental health resources for K-12 schools. Previously, she worked as a project facilitator for the University Neuropsychiatric Institute at the University of Utah Hospitals and Clinics overseeing the development and implementation of the SafeUT app. While working on her MHA/MBA at Weber State, Michelle coordinated the \$3.4 million merger of mental health resources in which she oversaw the development of the Utah Statewide CrisisLine and 3-digit text line. She is a certified QPR instructor. Michelle graduated from Weber State University with a Master of Health Administration in April 2019, and a Master of Business Administration in December 2019.



Jerri Sagers, School Counseling Educational Specialist



Jerri works for the Utah State Board of Education (USBE) Safe & Healthy Schools Team as a School Counseling Educational Specialist. Before joining USBE she worked in Tooele County School District as a secretary, elementary school counselor, District Behavior Specialist, PBIS District Coach, Youth-In-Custody Coordinator, a Vice Principal, and an Elementary School Principal. Jerri holds a B.A. in Psychology, M.Ed. in Educational Counseling and has an Administrative endorsement.

- Jerri says:
 - What has driven me in the education field has been the desire to be an advocate for students in whatever capacity that might be. I believe that “All of us has a story that defines us.”
 - I have lived out in the country most of my adult life. Although it took me many years to embrace it, you could call me a country girl and I would love it!



Corby Eason, Prevention Specialist

Corby Eason is a Prevention Educational Specialist at the Utah State Board of Education. Prior to working for the USBE, Corby worked as a high school and middle school counselor.

Corby graduated from Brigham Young University with a Bachelor of Art in Psychology. He earned his Master's in School Counseling from the University of Phoenix and is currently completing his Administrative License program.



Kalee Crandall, Safe and Healthy Schools Team Project Support Specialist



Kalee Crandall has been working at the Utah State Board of Education as the Safe and Healthy Schools Project Support Specialist for almost five years now designing, developing, and facilitating different courses. She has been teaching *Strengthening Career Readiness for all Students* since Fall, 2016 and *Building a College-Going Culture for all Students* since January 2020, after developing the course for USBE. She earned her BS in Health Education from Utah Valley University, her MS in School Counseling from Utah State University, and is now currently working on a Ph.D. in Data Management from Dakota State University.





MINDFULNESS MOMENT

Strategies for Personal Self-Care

This resource is designed to support families and educators during this unprecedented time. Please be mindful to take care of yourself first. "It is not selfish to refill your own cup so that you can pour into others."

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook.



Here are some simple strategies that might be useful to consider:

Set and maintain healthy boundaries



Take a break from watching, reading or listening to news stories... including social media.



Unplug – give yourself permission not read email or answer phones for certain time blocks. Set up automatic responses with your availability.

Practice mindfulness strategies such as deep breathing, yoga, stretching, or meditation.

The following are a few guided body scan links:

 tinyurl.com/yxyyennv
tinyurl.com/uhmxe29

Create a menu of personal activities that you enjoy:

- Cooking
- Family Time
- Gaming
- Fitness
- Music
- Coloring
- Puzzles
- Reading
- Mechanics



Give yourself permission to participate in at least 1 a day!

Gratitude journal: look for 1–3 things each day that you are grateful for and record it in a journal or notebook.



Share what you are feeling with others. It normalizes the concern for others & for you.



 Utah Crisis Line: 1.800.273.TALK
Warm Line: 801.587.1055



Connect with those you care about – Use: Zoom, Google Hangouts, Facetime, Marco Polo, etc.



Recognize and address signs & symptoms of Compassion Fatigue. Seek supports when needed.

Post Training Survey and Additional Webinar Dates



October 8, 2020 Post Training Survey Link:
<https://forms.gle/yrPn7GdoJbpEgStR7>

Session Seven – Eleven schedule:

- Special Session: October 21st 9:00 – 10:00am
 - Education Transition and Career Advocate (ETCA) – Evyann Stinson
 - C&C overview for ETCAs – USBE YIC Team
- Session Eight: November 9, 2020 9:00am to 11:00am
 - Motivating Students – Ashley Lower
 - UFACET Form Overview – Tanya Albornoz
- Session Nine: December 9, 2020 9:00am to 12:00pm
 - Protective Factors – Tanya Albornoz
- Session Ten: January 13, 2021 9:00am to 11:30am
 - SPED 101 (specific to C&C) – Naté Dearden
 - Agencies Working Together: Schools, JJS and DCFS – April Graham and Jackie Chamberlain
- Session Eleven: February 10, 2021 9:00am to 11:00am
 - Recognizing Unhealthy Relationships – Lauren Davis