



C & C Mentor Webinar Series: Session One

April 29, 2020

9:00 AM – 11:00 AM

Welcome & Introductions:

- ❖ Host: Amanda Charlesworth, YIC Program Specialist, USBE
- ❖ Presenter: Anna Smyth, Managing Director of Mindfulness Utah and Founder of Thrive Utah LLC
- ❖ Nic Shellabarger, YIC Education Specialist, USBE
- ❖ Presenter: Ann Jones, Mentor Coordinator, Granite School District YESS Program

Communicating in
Crisis and Transition:
How to use
Mindfulness in
Mentor Visits/Self-
Care

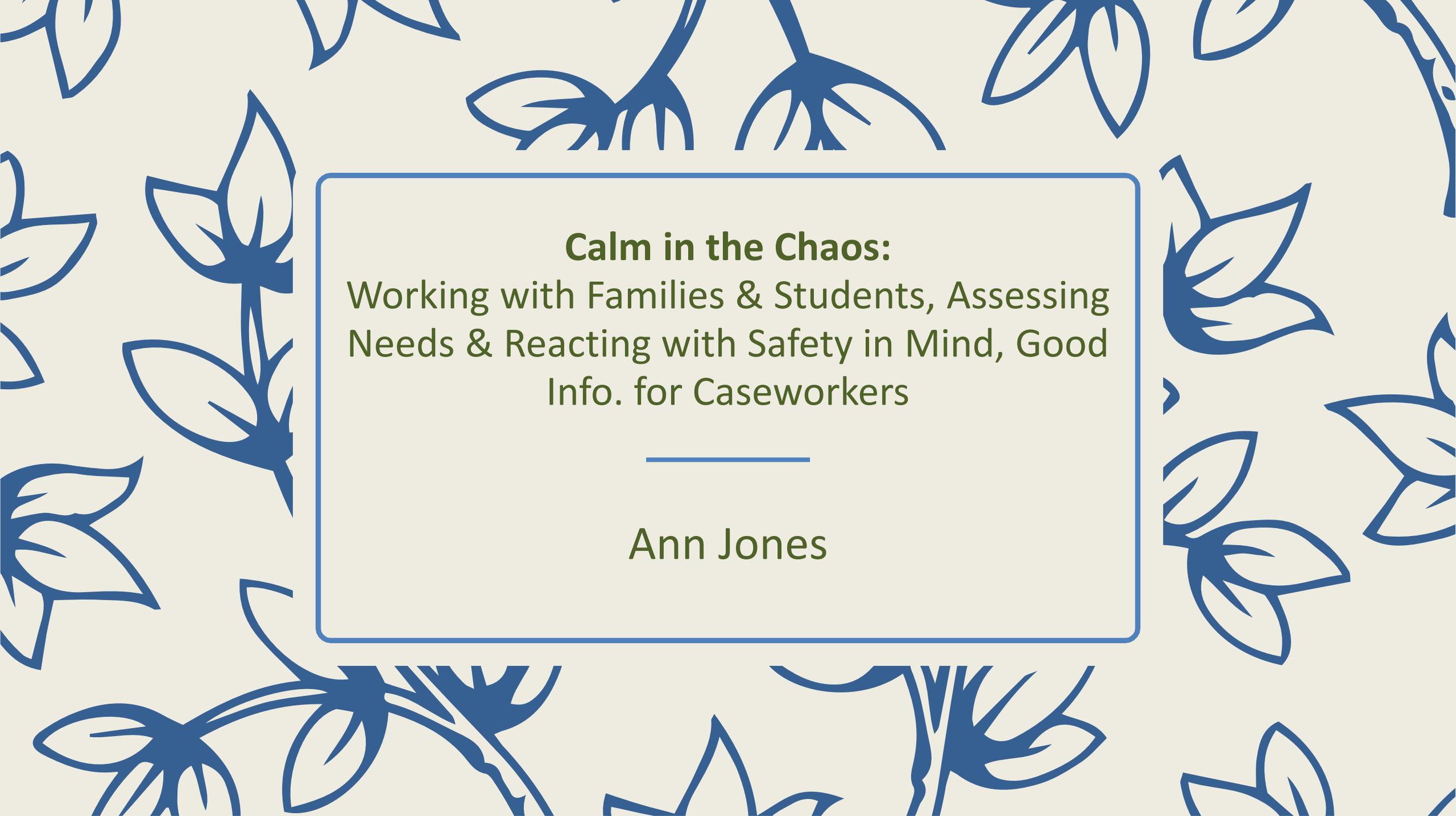
Anna Smyth



Why Mentoring is Important

Nic Shellabarger





Calm in the Chaos:
Working with Families & Students, Assessing
Needs & Reacting with Safety in Mind, Good
Info. for Caseworkers

Ann Jones

Now more than Ever!

Ann Jones. Granite School District.
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IT'S ALL ABOUT
FINDING THE
CALM
IN THE CHAOS

Calming Chaos with our Students



"When little people are overwhelmed by big emotions, it's our job to share our calm, not to join their chaos."

-L.R. Knost

- Don't join in their chaos
- How can we share our calm?
 - Be a happy voice vs "happying them up"

Calming Chaos with our Students

- Be Consistent
 - Scheduled visits
 - Do what you say you will do
 - “I can count on you”

CONSISTENCY
IS 

Calming Chaos with our Students



- **Face to Face Visits are Clutch!**
- Mentors could meet with students by:
 - Using free online connection resources such as:
 - [Google Hangouts](#), [Zoom](#), [Apple Facetime](#), [Facebook Messenger](#), etc.
 - [Google Voice](#) allows use of your personal cell phone without sharing the number
 - Porch to car visits – keeping 6’ distance minimum
 - Calling on landlines
 - BE CREATIVE!

**ASKING THE RIGHT
QUESTIONS TAKES
AS MUCH SKILL AS
GIVING THE RIGHT
ANSWERS.**

Calming Chaos with our Students

- Assessing Needs/Barriers
 - Ask about THEM
 - If you had to guess . . .
 - Are you safe?
 - Focus on SKILLS and NEEDS
 - Books, worksheets, other interests

Calming Chaos with our Students



- BRING ORDER
- Help them schedule their day
- Help them chart their progress
- Give informed feedback

Calming Chaos with our Families



- Ask about the parents **FIRST**
 - How can I help?
 - What are the most immediate needs
 - Calming the chaos at home will do more than **ANYTHING** else we can do to help
 - Safety concerns
 - Become an ally

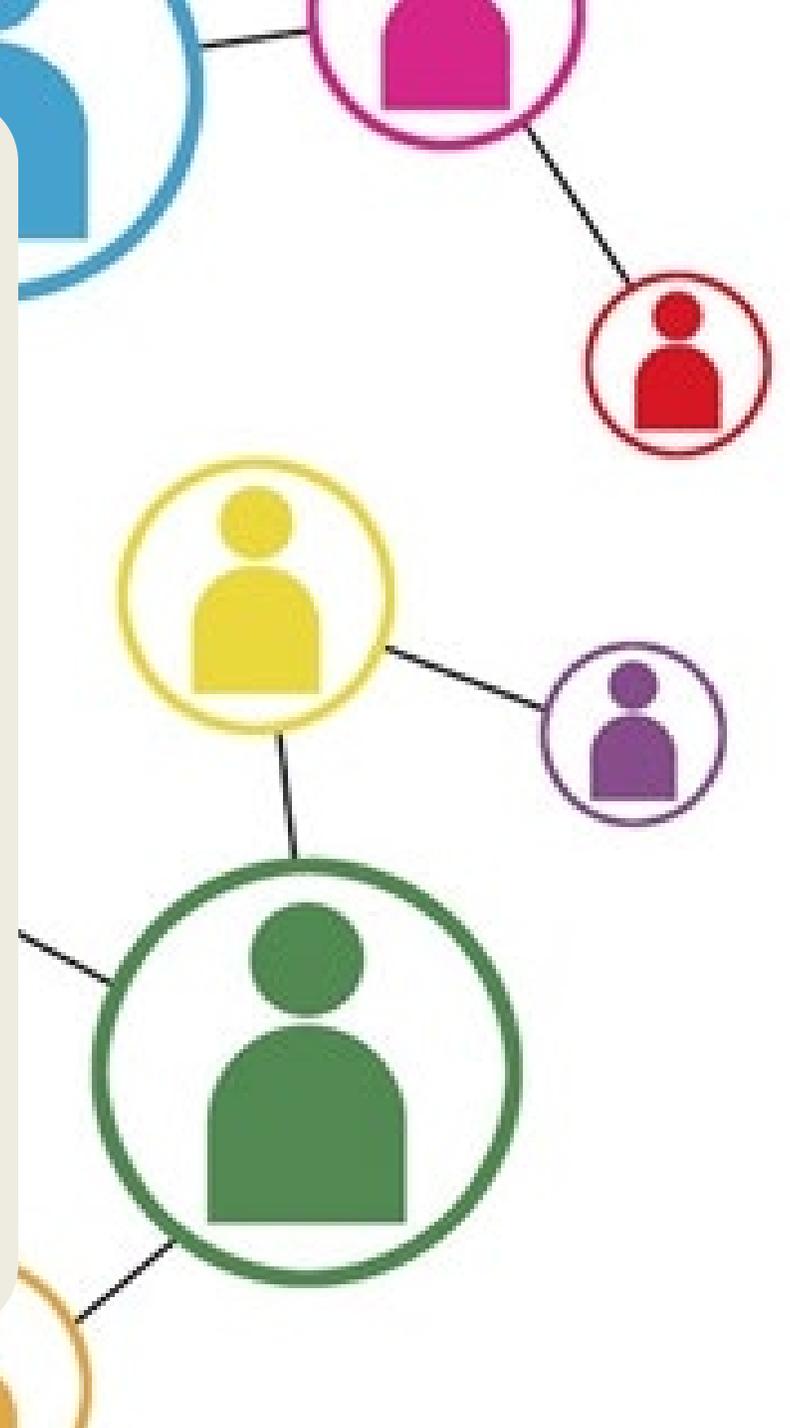


Calming Chaos with our Families

- Push Out Resources
 - Technology needs
 - How to navigate school systems
 - Community resources
 - School resources
 - Academic resources
 - Weekly calls or as needed
 - Family Safety Plan

Calming Chaos with our Caseworkers

- Refocus on needs
- Attend all meetings
- Be aware of student's reactions to missing family visits, therapy visits, etc.
- What can they do to help?
- Contact them frequently
- Inform them of safety concerns
- Encourage connections



Calming the Chaos with the Team



Teachers



Proctor Agencies



Counselors



The Rest of the Team

Calming the Chaos with the Team





*CALM
IS A SUPER
POWER*

– DO ALL THAT YOU CAN

– THEN STOP

C & C Mentor Webinar Series

2020 Schedule:

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- **May 13, 2020 from 9:00am-11:00am**
 - Trauma Informed Interactions: Tools to Use with Students – Tanya Albornoz, Prevention Specialist, USBE
 - Motivational Interviewing – Clarissa Stebbing, Prevention Specialist, USBE
 - **May 27, 2020 from 9:00am-11:00am**
 - Substance Abuse Prevention: How Mentors Can Make a Big Difference – Clarissa Stebbing, Prevention Specialist, USBE
 - SMART Goals that are Relevant to YIC & At-Risk Students – Presenter TBA
 - **June 10, 2020 from 9:00am-11:00am**
 - Human Trafficking/Warning Signs of Abuse – Corby Eason, Prevention Specialist, USBE
 - Gangs 101 – Presenter TBA
 - **June 24, 2020 from 9:00am-11:00am**
 - LGBTQ+ Safe Messaging and Supports – Presenter TBA
 - Building Bridges with DCFS – Presenter TBA
 - **More to come...**

Thank you for joining us today!

Participants must complete the post-training survey for MIDAS renewal credit or a certificate of completion. Survey Link: <https://forms.gle/MaZr4JPSSDTvkaLr7>

Questions/concerns? Please contact Amanda Charlesworth

– Amanda.Charlesworth@schools.Utah.gov

