



### Where and When:

Tuesday, August 25, 2020  
from 9:00 AM to 4:00 PM EDT

**NOTE: This is a virtual workshop designed to support educators and youth service providers in Maine.**

Members of Aroostook Community Collaborative (ACC) and Northern Maine Education Collaborative (NMEC) are encouraged to attend as their leadership wishes to use the frameworks presented in this workshop to guide efforts in the 2020-2021 school year.



### Meet Our Presenters

#### Martha Staeheli, PhD

Director, School Mental Health Initiative  
New England MHTTC and  
Instructor, Yale School of Medicine  
Department of Psychiatry

#### Christine Mason, PhD

Director, Childhood-Trauma Learning  
Collaborative and Executive Director,  
Center for Educational Improvement

#### Dana Asby, MA, MEd

Education Coordinator,  
New England MHTTC and Director,  
Innovation and Research Support, Center  
for Educational Improvement

Attendees are eligible to receive SIX (6) hours of CEU credits for participation in our morning and afternoon sessions. Our morning session is open to all attendees. Our afternoon session will focus on practical approaches and strategies for educators specifically. Accordingly, only school-based staff are eligible to participate in the afternoon working session.

## School and Community-based Trauma-skilled Practices Supporting Youth: The Childhood-Trauma Learning Collaborative's Compassionate School Mental Health Model *A Special Session for Educators and Youth Service Providers in Maine*

Join us for a one-day virtual workshop to help your community to alleviate trauma, toxic stress, and mental health challenges for youth and those who work with them.

### Our Plan for the Day

#### Morning Session: 9:00 a.m. - Noon

##### *For educators and youth service providers in Maine*

Community members who work with youth in their roles as mental health service providers, medical professionals, police officers, and with other organizations will join educators to:

- Learn about the neurobiology and lasting health effects of trauma and stress
- Gain mindfulness skills and strategies to address trauma and mental illness for staff and students
- Understand how schools and community organizations can work together to vision for a compassionate response to trauma
- Brainstorm community-based solutions in breakout rooms

#### Yoga to Relax and Restore, with our trainer Dana Asby

##### Noon - 1:00 p.m. *Optional for all attendees*

Enjoy a pre-recorded session of our hosted hour of relaxing yoga to reduce stress and increase happiness.

#### Afternoon Session: 1:00 p.m. - 4:00 p.m.

##### *For educators in Maine*

Our afternoon working session is designed for educators to gain practical experiences with visioning and taking the initial steps to implement trauma-skilled practices in your schools. We will guide you through the first steps of our 8-step iterative visioning process. To help inform your implementation, participants will take a demonstration version of the online School Compassionate Culture Analytical Tool for Educators (S-CCATE). Independently validated with over 800 educators, this tool can be used for progress monitoring as you enhance your compassionate response to mental health challenges.

### Maine educators will return to our virtual workshop for:

- A facilitated visioning session where school leaders and educators can begin preliminary planning for their compassionate response to trauma and mental illness
- A demo of the School Compassionate Culture Analytical Tool for Educators, a valid and reliable online school culture assessment
- A Q&A session with Maine C-TLC Fellows and staff

**This is a complimentary workshop offered to educators and youth service providers in Maine. We invite school administrators, educators, school-and community-based mental health service providers, and service providers in community-based organizations, hospitals, or police departments working with youth in Maine to register. For more information, contact [dasby@edimprovement.org](mailto:dasby@edimprovement.org).**