

## SUPPORTING SCHOOL MENTAL HEALTH IN THE WAKE OF COVID-19



# Program

Welcome to our virtual conference! The transition back to school this year will be unlike any before. The pandemic has been challenging for students and educators. We want to help you meet your students' mental health needs, while also taking care of yourselves. We're happy you've chosen to join us to learn more about these critical topics.

This conference is made available through the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) and the Mental Health Association in New York State, Inc. (MHANYS).

The Northeast and Caribbean MHTTC is located at Rutgers, Department of Psychiatric Rehabilitation and Counseling Professions and is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) to support and enhance the mental health workforce throughout federal region 2 (i.e., New Jersey, New York, Puerto Rico, and the US Virgin Islands). We offer FREE training and consultation directly to schools and community organizations affiliated with schools to enhance their capacity to address student mental health.

MHANYS successfully advocated for the passage of a NY state law requiring schools to provide mental health education as part of their health curricula. MHANYS believes that it is imperative for educators to have an understanding of mental health and wellness, for schools to be prepared to respond to the mental health needs of students, and for communities to work together to support access. The School Mental Health Resource Training Center provides student education, staff development, collaboration, and consultation to support these efforts.

## Contact

### Northeast and Caribbean MHTTC

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### MHANYS

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Northeast and Caribbean (HHS Region 2)

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# Sessions

## Accessing Sessions

We hope you will join as many sessions as possible. Below and on the following page you will find descriptions of each session, when they are available, and a zoom link to attend each session. Please note there is a separate link for each session. *Please keep this program handy so you can easily access each session.*

## Breaks

We have built in breaks between sessions so you can attend all sessions and still move around, stretch, have your lunch, and practice self-care. Please note the start and end times for each session.

## Your Feedback is Very Important!

We are very interested in your input. Please take a minute or two after each session to complete our brief survey. You will be redirected to the survey following each session. Direct links to the surveys are also available under each session.

## Wednesday, August 19, 2020

### Session 1: 9:00 am - 10:00 am ET

**Welcome and Mental Health: Through the Eyes of a Teenager**  
Ann Murphy, Ph.D., CPRP, Amy Malloy, MSW, M.Ed.,  
Caroline Shea

#### Description:

Directors of the Northeast and Caribbean MHTTC and the MHANYS will provide a brief welcome and orientation to the conference. Our keynote speaker will share her perspective as a 2020 high school graduate and the sister of a student living with a mental health condition. She has learned some tips and tricks that are more personal and less clinical, but are none the less very important to keep in mind as we focus on student mental health.

Zoom Link: <https://bit.ly/3aq4dXy>

Survey Link: <https://ttc-gpra.org/P?s=361779>

### Session 3: Noon - 1:15 pm ET

**When School Starts Back: Helping Students Cope with Crisis and Loss during the COVID-19 Pandemic**  
David Schoenfeld, MD, FAAP

#### Description:

This session provides practical advice on how to help students understand and cope with the current COVID-19 pandemic and how to support grieving students. Participants will be introduced to free on-line professional developmental materials from the Coalition to Support Grieving Students at <http://www.grieving-students.org>. Together, we will consider how best to support students during this evolving pandemic.

Zoom Link: <https://bit.ly/2DTuqBV>

Survey Link: <https://ttc-gpra.org/P?s=561245>

### Session 2: 10:15 am - 11:30 am ET

**SEL Techniques and Tools for Adults and Students: The Foundation for Successful Learning, Remote or In-person**  
Liz Warner, Erica Brentan, M.Ed, Patricia Heindel, Ph.D.

#### Description:

As educators' attention turns toward preparing for reopening schools in the fall, it is critical that the priority be on providing social-emotional and mental health supports for all staff, students, and families. The presenters will share tools and resources for increasing adult and student social-emotional competencies and for creating learning environments that promote a sense of belonging and safety.

Zoom Link: <https://bit.ly/3fVc9kL>

Survey Link: <https://ttc-gpra.org/P?s=964570>

### Session 4: 1:30 pm - 2:30 pm ET

**Supporting Student Mental Health Through Uncertain Times**

Amy Malloy, MSW, M.Ed., Sue Wollner, MPA

#### Description:

Worry and stress about COVID-19 and social injustice is likely to have an impact on student mental health and learning as we return to school. Learn how a whole-school approach can support student wellness during uncertain times with a focus on resiliency and connectedness.

Zoom Link: <https://bit.ly/33X6fxe>

Survey Link: <https://ttc-gpra.org/P?s=462915>



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# Thursday, August 20, 2020

## Session 1: 9:00 am - 12:30 pm

**The Power of Resilience-Based, Trauma-Sensitive, Strength Focused Communication in Working with Youth**  
Ken Ginsburg, MD, MS.Ed.

### Description:

This talk will introduce the essentials of delivering strength-based, trauma-sensitive care and offer strategies to APPLY these principles. It will focus on the power of well-boundaried loving human connection in healing, restoring a positive sense of self, and giving control back to youth; and discuss the imperative of creating safe, secure, and sustained adult relationships for young people.

Zoom Link: <https://bit.ly/3iDmvHK>

Survey Link: <https://ttc-gpra.org/P?s=343732>

## Session 2: 1:00 pm - 2:30 pm

**A Mindfulness Approach to Educator Wellness: Developing Acceptance Skills and Strengthen Commitment to Act**  
Imad Zaheer, Ph.D.

### Description:

Todd Whitaker said "The best thing about being a teacher is that it matters. The hardest thing about being a teacher is that it matters everyday". This is even more true today with COVID-19, racial unrest and uncertainty and fear as we go back into the new school year. This presentation will help provide mindfulness strategies based on Acceptance & Commitment Training (ACT) to help develop more flexibility in the face of stress and commit to taking action towards what matters to you.

Zoom Link: <https://bit.ly/343E3J1>

Survey Link: <https://ttc-gpra.org/P?s=255247>

## Need Help?

Please contact: **Meredith Bell**

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## Zoom Instructions

The screenshot shows a Zoom Webinar window with a 'Thank you for joining us today!' message. A 'Question and Answer' window is open, showing a test question and a text input field. A 'Zoom Webinar Chat' window is also open, showing a message and a 'To:' field. Annotations with arrows point to various elements: 'Click here to maximize your session view' points to the maximize button; 'Enter Full Screen' points to the full screen button; 'All questions (1)' and 'My questions (1)' buttons are highlighted in the Q&A window; 'You can switch between questions you've asked and those asked by others using these buttons.' points to these buttons; 'You can use the Q&A feature to ask questions of the host and presenters...' points to the text input field; 'The chat feature will allow you to talk with other people in today's webinar.' points to the chat window; 'The To field will tell you who will receive your message...' points to the 'To:' field; 'To: All panelists' points to the recipient selection dropdown; and 'Your text can only be seen by panelists' points to the chat content area. At the bottom, 'Click Here to adjust your audio settings' points to the audio settings icon, and 'Click here to leave the session' points to the 'Leave' button.

Please enter your questions to the host or presenters in the Q&A window only. Use the Chat to talk with other people in the session.



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