



# CESA 12 Mental Health Summit 2018

April 5, 2018 9:00 a.m. – 4:30 p.m.

April 6, 2018 9:00 a.m. – 3:30 p.m.

8:30 Registration (Two Day Conference)



AmericInn Conference Center • 3009 Lakeshore Drive East • Ashland

## KEYNOTE PRESENTATIONS:

### **Peter Jonas: Brain-Based Learning, Leadership, and Laughter for Health**

This presentation provides a synthesis of the brain research behind using humor to improve leadership and learning for health and wellness.

### **Monica Wightman & Sue McKenzie:**

### **Compassion Resilience Toolkit for School and Services Organizations**

How are we filling and refilling our tanks and those of our colleagues and employees? Explore the concepts of compassion fatigue and resilience through activities that can be brought back to use with staff in your school and organization.

## Breakout Sessions

- **Social & Emotional Learning: A Universal Approach to Supporting Student and Adult Mental Health** (*Beth Herman*)
- **It's Complicated: Understanding Fetal Alcohol Spectrum Disorders and Co-occurring Disorders** (*Ruth Richardson*)
- **Practical Aspects of Brain-Based Learning, Leadership, and Laughter** (*Peter Jonas*)
- **Understanding ACEs (Adverse Childhood Experiences)** (*Elizabeth Lexau*)
- **The Power of Kindness: Bully Prevention in the Schools** (*Deb Muskett*)
- **Cultivating Presence in Yourself and Your Environment** (*Rachel Pufall*)
- **Who Let the Dogs In? Panel Discussion of Using Therapy Animals in Schools** (*Nicole Crosby*)
- **Shifting Perspectives for Positive Student Outcomes** (*Jessica Nichols*)
- **4K-1<sup>st</sup> Grade Mental Health** (*Julie Betchkal*)

**FREE:** This professional development opportunity is supported through funding from the Early Childhood Pre-School Discretionary Grant and the Regional Service Network IDEA Discretionary Grant.

**(Continental Breakfast & Lunch Provided)**

Register Online at:

<https://goo.gl/aYCwqQ>

Questions? Contact: Judy Ross at  
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