



Presenter:

Amy Scheel-Jones brings depth and breadth of experience to capacity building and change management strategies. In her work as a School Counselor, Amy spent 10 years developing expertise in practical approaches to prevention, resiliency and fostering wellbeing. A committed youth and family advocate and systems thinker, Amy has consistently applied these core principles to accelerate practice transformation efforts in educational settings, behavioral health system planning, and cross-sector community impact efforts. The core of her work includes sustainable system transformation grounded in trauma-responsive principles, positive youth development, and resilience enhancement. Specifically, Amy oversees the Consortium on Trauma, Illness & Grief in Schools (TIG), a regional collaboration of comprehensive training and integrated crisis response network serving participating districts for over 18 years.

Areas of focus include training and consultation on the impact of childhood adversities (ACEs), trauma-responsive practices, resilience development, behavioral health system transformation, anxiety, suicide, strategic planning for crisis response, and change management for school-based initiatives. She received her BS in Human Development and Family Studies at Cornell University followed by her MS in Education in Counseling from SUNY Brockport.



Facing Anxiety:

STRATEGIES TO SUCCESSFULLY UNDERSTAND, ENGAGE AND SUPPORT STUDENTS WITH ANXIETY AND THEIR FAMILIES

Through real life experience as a school counselor with specialized training in anxiety and the parent of a child with an anxiety disorder, this seminar will highlight essential knowledge and skills needed to deliver effective support to anxious students in a school setting. Participants will deepen their understanding of anxiety's impact on brains, bodies and behaviors. Additional emphasis will be placed on best practice strategies for school-based staff to increase engagement and improve academic, health, behavior and attendance outcomes within a Multi-Levelled System of Support.

This session will establish a strong foundation of knowledge of anxiety and its impact on brains, bodies and behavior. Interactive activities and discussions will allow participants to apply the content to their daily work with students and families.

Online - Zoom March 10 OR March 18

- Register for only one session -

The link and passcode to the Zoom session will be emailed to you approximately one week before the session

- **Wednesday, March 10, 2021** | 9:00 am-3:00 pm (Lunch 12:00pm-1:00pm) | \$50.00
Register: <https://login.myquickreg.com/register/event/event.cfm?eventid=26973>
- **Thursday, March 18, 2021** | 9:00 am-3:00 pm | \$50.00
Register: <https://login.myquickreg.com/register/event/event.cfm?eventid=26974>

SEND PAYMENT TO: CESA #4, 923 East Garland Street, West Salem, WI 54669
ATTN: Mary Devine

PLEASE include and clearly define: Participant name, exact name of workshop, and date with all checks or purchase orders. Thank you!

Registration Assistance: Mary Devine, CESA #4

(800) 514-3075; mdevine@cesa4.org