



MENTAL HEALTH Lunch and Learns



CESA 7 is here to support you through this challenging school year and we realize you already have so much on your plate. CESA 7 is inviting you to join us for monthly Lunch and Learns regarding Mental Health Programming. You are able to register for the Lunch and Learns as a series or as individual sessions.

These **1 hour LUNCH AND LEARNS** are meant to support and develop your mental health programming and **increase the impact** you have with your students in any delivery model. You will walk away with tools, strategies, and curriculum to implement immediately.

Intended Audience: School Counselors, School Social Workers, School Psychologists, Family and Consumer Science, Phy Ed, and Health Teachers, and Directors of Pupil Services. Contact Dr. Marci Waldron-Kuhn with any questions via mkuhn@cesa7.org

	January 14, 2021 11:00 a.m.-noon	February 11, 2021 11:00 a.m.-noon
<p>Cost \$100 for the series or \$25 per Lunch and Learn</p> <p>Click here to register for the Lunch and Learn Series</p> <p>Or click on the individual Lunch and Learn registration links.</p>	<p>Youth Mental Health First Aid</p> <p>Youth Mental Health First Aid is designed to teach teachers, school staff, students, parents, family members how to help an adolescent (age 12-18) who is experiencing mental health, addiction challenges or is in crisis. This session will familiarize participants with common mental health challenges for youth and introduce the 5 step action plan for how to help young people in crisis.</p> <p style="text-align: center;">Session Registration Link</p>	<p>Human Trafficking Prevention</p> <p>Human trafficking is a serious and complex problem that is not only a national issue but a local one as well, and is present in every county in the state of Wisconsin including cities, suburbs and rural areas and is a lot more common than many people are aware of. Participants will learn the importance of continuing to teach personal safety and protective factors along with learning about specific anti-human trafficking curriculum and resources for staff and student programming.</p> <p style="text-align: center;">Session Registration Link</p>
March 11, 2021 11:00 a.m.-noon	April 8, 2021 11:00 a.m.-noon	May 13, 2021 11:00 a.m.-noon
<p>Youth Suicide Prevention</p> <p>An important step in protecting all students from the dangers of suicide is the ability to recognize the warning signs of suicidal ideation and take the appropriate steps to keep suicidal students safe. Participants will learn about the three best practices in caring for people at risk for suicide that can be delivered effectively. This session will also introduce resources to utilize with youth that self-harm.</p> <p style="text-align: center;">Session Registration Link</p>	<p>Bullying Prevention</p> <p>Whether you are new to this topic or a veteran of bullying prevention, the best place to start is to get a clear picture of just how comprehensive is your approach. Participants in this session will introduce a Bullying Prevention Program Assessment Tool and the nine components necessary to implement an effect bullying prevention initiative.</p> <p style="text-align: center;">Session Registration Link</p>	<p>Vaping Prevention</p> <p>The use of e-cigarettes by youth has skyrocketed to epidemic proportions both in Wisconsin and nationally. The products are easy to conceal and contain as much nicotine as an entire pack of cigarettes. E-cigarette use by young people also increases the likelihood of conventional cigarette use and addiction to other substances. Participants will be introduced to prevention resources and curriculum to use with students, staff and families.</p> <p style="text-align: center;">Session Registration Link</p>