



# From Surviving to Thriving: Supporting Mental Health and Wellness for All

## WHO SHOULD ATTEND?

School staff who are in positions of supporting and responding to youth and school staff mental health needs

## COST:

- Each one half-day RLC event: \$125/person
- Winter Academy only: \$225/person (including breakfast and lunch)
- ALL RLCs & Winter Academy: \$600/person

Come join us! Afternoons of RLC days:  
\$200/4 part series - Join us for the Social Emotional Systems Support Collaborative

## REGISTER ONLINE:

[www.cesa6.org/events](http://www.cesa6.org/events)

## LOCATION:

- CESA 6 Offices
  - 2300 State Rd 44, Oshkosh, WI 54904
- Virtually via Zoom

## CONTACTS:

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## SCHEDULE



### Enhancing Educator Resilience: Creating a Culture of Wellness

October 4th, 2023

8:30-11:30 am

*Amy Scheel-Jones, MS Ed*

Director of Trauma-Responsive Care and TIG for Coordinated Care Services, Inc,  
Contributing Author

This session will highlight individual and systemic strategies that are integral to sustaining longevity as a professional educator. Emphasis will be placed on building an organizational culture that supports the wellness of staff as an essential element in education. Strategies for individuals and that collegial teams can adopt as part of their self-care practice will be explored. Participants will have the opportunity to further examine the dynamic interplay of self-awareness, healthy boundaries, practical strategies, and school culture in fostering or undermining professional resilience.



## **Our Journey Through the Developing Nervous System as We Rewire Our Perceptions of Discipline**

December 11th, 2023

8:30 -11:30 am

*Lori L. Desautels, Ph.D.*

Associate Professor, Butler University (Focus: Applied Educational Neuroscience / Brain and Trauma), Author

In this presentation, we will explore how our nervous systems are impacted by adversity, trauma, and experiences of resiliency through deepened connections and sensory regulation. Behaviors are only signals or indicators that the brain and body are struggling in survival states of functioning. In our time together, we will explore how we get out in front of the behavior through our procedures, routines, and transitions. We will also explore the differences between co-regulation and coercive regulation which is the foundation of discipline practices that move us through challenging moments while attending to our emotional, social, and physiological health.

## **WINTER ACADEMY: TIERS 1, 2 AND 3: SUPPORTS AND INTERVENTIONS TO ADDRESS STUDENT MENTAL HEALTH, TRAUMA AND SEL**

January 30th, 2024

8:30 am - 3:30 pm

*Terry Scott, Ph.D.*

Professor, Distinguished Scholar, and Director of the Center for Instructional and Behavioral Research in Schools (CIBRS), University of Louisville

*Meghan Martin, Ph.D.*

*School Mental Health Consultant with the Center for Instructional and Behavioral Research in Schools, University of Louisville*

Mental health promotion, trauma sensitive practices, and social emotional supports are most effective when they are embedded across student-serving systems. This full day of learning will explore tier 1 universal supports for prevention, universal screening and assessment, as well as evidence-based tier 2 and tier 3 interventions. Participants will dive into essential classroom strategies and interventions for preventing and supporting students who are experiencing challenging behaviors.

## **Applying a Trauma Responsive Lens to Student Centered Planning**

February 14th, 2024

8:30-11:30 am

*Amy Scheel-Jones, MS Ed*

All students deserve the dignity of high expectations in academics, behavior, and attendance. We also recognize that some students will experience challenges in meeting these expectations. This session will more deeply explore a trauma-responsive framework to assist with developing and implementing strength-based plans from a trauma-responsive lens. Participants will have the opportunity to be refreshed in the impact of stress and trauma on school success, review a helpful planning framework, explore developmentally appropriate strategies to address underlying needs, and practice their application of this approach in relatable scenarios.

## **Empowering Others and Informing Your System: Best Practices for Maximizing Student and Family Voice**

April 15th, 2024

8:30-11:30 am

*Presenters/Panel TBD*

TBD

