

[Register here](#) for **BHSS 2023 Pre-conference** **Strategies to Support Youth Struggling with Stress and Anxiety- A Multi-Tiered Approach**



WHEN:

Wednesday, December 6, 2023 - In-person pre-conference session 8:30am-11:30am
\$75.00, includes breakfast - available at 7:30am

WHERE:

- In-person— at Glacier Canyon Conference Center - Wilderness Resort in Wisconsin Dells

PRE-CONFERENCE PRESENTERS:

Madeline Tolkan Conrad, LCSW has been the Associate Director of Student Services at CESA 9 since July 2019. In her role, she provides support for districts through coaching, professional development, and direct services for students, staff, and families in the area of mental health, behavior, and SEL. Prior to CESA 9, Madeline was a school social worker in a Minneapolis suburb for 20+ years and worked as a Hospital Social Worker at Children's Minnesota. She has her BSW from UW-Madison with a certificate in Women's Studies and her MSSW from UW-Madison with a focus on Social Work in Educational Settings.

Angie Pliska is the Behavior & Mental Health Intervention Professional at CESA 9.

SESSION DESCRIPTION:

According to the 2021 WI Youth Risk Behavior Survey, more than one in two students reported anxiety (52.2%), which continues a long-term trend of increasing percentage of students struggling. For this reason, school-based mental health professionals, school staff, and community providers are providing collaborative, supportive, and evidence-based interventions for students and their families. Utilizing interactive activities, participants will explore student impact of anxiety, and co-occurring challenges, on students and identify strategies using a multi-tiered approach to respond to these needs.

Session Objectives:

- Understand the impact of anxiety on students, schools, and our communities
- Identify strategies and interventions that support anxious students and their families
- Strengthen our multi-tiered and multidisciplinary approach to help schools model, teach and intervene with students struggling with anxiety-related issues through:
 - Focus on promoting overall mental health and well-being for all students by incorporating mental health education, mindfulness/relaxation techniques, a positive school climate, and SEL
 - Targeted small group interventions, check-ins/monitoring, and support plans that provide necessary accommodations
 - Intensive interventions that include individual counseling, referral to external services, crisis management, FBA/BIPs, and planned transitions to/from community-based programming

FOR MORE INFORMATION, UPDATES, AND CONFERENCE REGISTRATION:

Visit <https://www.wishschools.org/resources/BHSS.cfm>.

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connects and inspires Wisconsin educators in order to serve every student.**



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