

Excellence
Fairness
Choice
Opportunity
Diversity
Citizenship

Opening Minds



Wolf Creek Public Schools
1st Annual
Mental Health
Symposium
October 25, 2014

CONFERENCE ORGANIZING COMMITTEE:

Michelle Green, Family School Liaison Worker, Ponoka Elementary School; **Candice Griffith-Wilton**, School Social Worker, Ponoka Outreach School
Donna Monks, School Social Worker, Bentley School; **Barb Pears**, District Behavior Consultant, Wolf Creek Public Schools
Barb Reaney, District Social Worker, Wolf Creek Public Schools

WELCOME!

We are pleased to welcome you to the 1st Wolf Creek Public Schools Mental Health Symposium. The Symposium consists of 15 sessions with a dynamic keynote speaker, all brought together to help you discover innovative and powerful ways to learn both professionally and personally. Our committee has worked hard to ensure this Symposium is first class in terms of program, comfort, amenities and learning experiences. We sincerely hope you enjoy the Symposium!

REGISTRATION

Registrations Dates:

- September 18 – October 17, 2014:
 - Wolf Creek Public Schools employees only
- September 24 – October 17, 2014:
 - All Non-Wolf Creek Public Schools employees

Registration Steps:

Refer to the following website to view the program, payment options and registration:

<http://www.wolfcreek.ab.ca/Mental%20Health%20Symposium%202014.php>

PAYMENT INSTRUCTIONS

Non-Wolf Creek Public Schools Employees:

- Early-Bird (deadline September 30, 2014) - \$100
- After Early-Bird deadline - \$125

Cheques will **NOT** be accepted.

Payment through on-line registration only. No refunds.

*Prices include lunch, snacks and giveaways!

QUESTIONS

Please contact:

Barb Reaney
District Social Worker
Inclusive Learning Services
Wolf Creek Public Schools

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Saturday, October 25, 2014 and Wednesday, October 29, 2014 Full Day-Sessions (2 days)		
1.	Mental Health First Aid	Day 1: 10:00 – 4:30 Day 2: 8:30 – 4:30
Saturday, October 25, 2014 Welcome 8:30 – 8:45 AM		
Keynote: 8:45 – 9:45 AM		
2.	Ensuring Children’s Well-Being: What Do They Need From Us?	Beth Hachkowski
Saturday, October 25, 2014 Breakout Sessions 10:00 – 11:30 AM		
3.	Effects of Historic Abuse-focused Trauma on Present Behavioral Patterns	Steve Skakum and Joey DesChamps
4.	Executive Functioning	Joanna Johns
5.	How to Deal with Students Who Engage in Self-Injuring Behaviors	Norene Gillespie and Jane Nabigambo
6.	Supporting Sensitive Children With Understanding, Patience and Pride!	Beth Hachkowski
7.	Suicide Prevention	Dawne Adkins
Lunch 11:30 – 1:00 1:00 – 2:30 PM		
8.	Getting to Change: What Really Works	Donna Kerr
9.	Making Secure Connections: Looking at the Effects of Cyberbullying on Youth	Katie Kitschke
10.	Introduction To Anger?	Dr. David Block
11.	Reactive Attachment Disorder and a Continuum of Supports through a DSM 5 Lens!!	Aaron Block
12.	Understanding Grief	Dr. Paul Spate
2:45 – 4:15 PM		
13.	From Conflict to Coping: Understanding the LSCI Conflict Cycle	Barb Pears
14.	School-Based Interventions for Anxiety within RTI	Aaron Block
15.	Working with Individuals with Addiction Issues	Sheila Dodge and Cara Greene

FULL-DAY CONFERENCE SESSION

8:30 AM – 4:30 PM

Mental Health First Aid

Presenters:

Amber Hester, Assistant Superintendent of Inclusive Learning Services, WCPS

Lana Nogue, Director of Inclusive Learning Services, WCPS

Janice Swanson, Director of Inclusive Learning Services, WCPS

Barb Reaney, District Social Worker, WCPS

****This is a two day session.***

The first day is Saturday, October 25 from 10:00 AM to 4:30 PM with the second day taking place on Wednesday, October 29 from 8:30 AM to 4:30 PM at Wolf Creek Public Schools Division Office in Ponoka, AB.

*Attendance at both days is required in order to obtain certification.

Mental Health First Aid aims to improve mental health literacy, and provide skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. Topics covered in this training include mood disorders, anxiety disorders, psychosis, substance use disorder as well as mental health crisis situations such as suicidal behavior, overdoses, panic attacks, and reactions to traumatic events. This program does not teach people how to be therapists. It does teach people how to: recognize the signs and symptoms of mental health problems; provide initial help; and guide a person towards appropriate professional help.

OPENING KEYNOTE

8:45 AM – 9:45 AM



Beth Hachkowski

Ensuring Children's Well-Being: What Do They Need From Us?

As we see symptoms of mental health problems in today's children many search for answers to decrease and treat them. In the midst of this search – there can be worry, guilt, and blame. While researching answers there can be Google, books and confusion! While seeking treatment, there can be contradicting opinions and recommendations.

What if during this quest for answers we adopted a shift in perspective that focused on what children need to grow and realize their potential as human beings? Moreover, how can parents maintain their pivotal role in raising children who are maturing and in turn have good mental health?

In this keynote address Beth Hachkowski will discuss the challenges of mental health problems and explore how in the search for answers we can lose sight of what our children need. Utilizing her professional experience of treating mental illness in outpatient and inpatient facilities coupled with her current work as a parent consultant; she hopes to bring an inspiring message of hope with ideas to create conditions to promote emotional and behavioral growth in children.

More About Beth Hachkowski...

Beth Hachkowski has been a Registered Psychologist in Alberta for over 14 years. In her present private practice, Beth provides counseling and parent consultation to those in need of assistance in making sense of children in their care. The foundation of her practice is based on looking at the roots of troubling and problem behavior.

Beth uses the development framework of Dr. Gordon Neufeld, Clinical Psychologist as one of the theoretical foundations of her psychological practice. Beth is the first

and only Alberta resident to join the Neufeld Institute Faculty. It was while working as a School-Based Behavioral Consultant that she began using this approach in assessing and supporting children in schools. She has also worked in Child Protection, Treatment Resident Programs and Mental Health and with these experiences has come to appreciate and value Dr. Neufeld's teachings.

Beth's areas of interest include parenting consultation (adoption/foster parents), aggression problems and challenging behaviors in children and adolescents.

As a mother of a 10-year-old boy, Beth cherishes her time raising him and watching him grow!

BREAKOUT SESSIONS

10:00 AM – 11:30 AM

3. Effects of Historic Abuse-Focused Trauma on Present Behavioral Patterns

Presenters: Steve Skakum, Rapid Crisis Response, Maskwacis Health Services/Maskwacis Ambulance Services and Joey DesChamps, Elder

This presentation includes the following:

- Brief historical overview focused on abuses suffered by Maskwacis Peoples
- Description of symptoms associated with complex post-traumatic stress
- Present behavior patterns witnessed
- Discussion of approaches used to limit the debilitating effects on a population

Participants familiar with these issues, please bring questions.

4. Executive Functioning – Why can't they do what you know they can do?

Presenter: Joanna Johns, District Provisional Psychologist, Wolf Creek Public Schools

Executive Functioning refers to the ability and skill that helps us to regulate behavior, make decisions, and achieve our goals. Students with executive functioning deficits can sometimes be seen as lazy, disorganized, inattentive, and/or emotionally volatile. Learn about what executive functioning is, about some of the specific functions and suggestions about helping students with these difficulties. This presentation will focus on students in middle school, junior high and high school.

5. How to Deal With Students Who Engage in Self-Injuring Behavior

Presenters: Norene Gillespie and Jane Nabigambo, AHS, Lacombe and Wetaskiwin Mental Health

This session will provide information on the potential causes of self-injurious behavior and what purpose it serves for the young person. Participants will also be provided with general information on how to help a young person who self-injures.

6. Supporting Sensitive Children With Understanding, Patience and Pride!

Presenter: Beth Hachkowski, WJS Family Intervention Program and Hachkowski Psychological Services

Sometimes children with sensitivities will look like they have maladaptive symptoms and decreased functioning socially and behaviorally. Unfortunately, sensitivity can be seen as disorder in some children due to the world being so overwhelming and troubling. As a result, defenses will develop and although they are there to serve and protect, these defenses (walls) can make it challenging to support children with sensitivities.

In this session, Beth will discuss how increasing our understanding and finding alternate ways to support sensitive children will unlock opportunities for connection and growth.

7. Suicide Prevention

Presenter: Dawne Adkins, Education Coordinator/Community Helpers Coordinator, Suicide Information & Education Services

Suicide Information & Education Services will offer an introduction to suicide prevention – the warning signs, important questions to ask. The Human Matrix concept will be discussed along with an opportunity for questions. If time permits, the Community Helpers Program and how it can be implemented in your school/community will also be shared.

LUNCH (provided) 11:30 AM – 1:00 PM

1:00 PM – 2:30 PM

8. Getting to Change: What Really Works

Presenter: Donna Kerr, Kerr Creative

Most of us work with people who are not quite ready for change – welcome to the world of motivation! The latest research gives us a much better picture of how to help people move towards change – and how to avoid reinforcing *not* changing. In this lively session, we'll take a look at the fascinating findings from the Motivational Interviewing research, how they can be applied in your work, and where they might lead to.

9. Making Secure Connections: Looking at the Effects of Cyberbullying on Youth

Presenter: Katie Kitschke, SAFFRON Centre Ltd.

In this session we will be discussing what CyberBullying is and how Bullying has evolved over the years. We will look at the causes and effects of Cyber Bullying and discuss how to put in place practices that will discourage or even end CyberBullying. We will look at current event stories and converse about the impact the media has played in escalating the issues. We will talk about how to create an atmosphere of respect and empathy in the schools and in the community.

10. Introduction to Anger?

Presenter: Dr. David Block, Child Adolescent Psychiatrist

What do we do with anger? Some consider it to be one of the 7 Deadly Sins (wrath, greed, sloth, pride, lust, envy, and guttony) and others consider it to be one of the 7 Lively Blessings (rage, sorrow, guilt, love, joy, sexuality and fear). This talk is about experiencing anger and surviving it, and living better than ever.

11. Reactive Attachment Disorder and a Continuum of Supports Through a DSM 5 Lens!!

Presenter: Aaron Block, District Psychologist, Wolf Creek Public Schools

A comparison of DSM IV and DSM 5 conceptualizations of reactive attachment disorder will be discussed. Disinhibited social engagement disorder will be presented. Interventions for students to help develop social skills and emotional regulation will be provided.

12. Understanding Grief

Presenter: Dr. Paul Spate, Pastor 1st Baptist, Chairperson Ponoka Youth Centre

Everyone will face death at some point in his or her life. And yet, many people are unprepared to face the issues and feelings that come with a death experience. This seminar will focus on two things: (1) Experience – what one will normally feel and experience in a grief situation; and (2) how to help those who are going through the stages of grief.

2:45 PM – 4:15 PM

13. From Conflict to Coping: Understanding the LSCI Conflict Cycle

Presenter: Barb Pears, District Behavior Consultant, Wolf Creek Public Schools

The Conflict Cycle is LSCI's major paradigm for understanding the dynamics of escalating power struggles between adults and children. On the surface, the Conflict Cycle appears simple. Yet, its underlying concepts are complex and each individual component is important to fully comprehend in order for adults to understand how to prevent and de-escalate conflicts with children and youth.

14. School Based Interventions for Anxiety within RTI

Presenter: Aaron Block, District Psychologist, Wolf Creek Public Schools

Interventions for anxiety across large group, small group and individuals will be shared. A social emotional learning framework will be discussed. A website resource of interventions will be given to participants.

15. Working with Individuals with Addiction Issues

Presenter: Sheila Dodge and Cara Greene, Addiction Counsellors-Community Health Team, AHS Addiction Services

- Understand the difference between use, abuse, and dependency
- Learn some things you can do to help people make changes
- Gain knowledge of addiction services and community resources