

7th Annual

Student Mental Health and Wellness Conference

Student Mental Health and Wellness Webinar Series

For all School District of Palm Beach County Educators

Now more than ever, we believe that supporting student and family social/emotional learning, mental health, and wellness directly contributes to a positive school climate, trauma-sensitive practices, individual and family connectedness, academic achievement, and successful students pre-K through postsecondary.

Registration via eLearning Management is required, and in-service points are available.

Attendance will be through eLM by launching the link to join the Google Meet session. The launch option will not appear until the day of the training session.

Date	Title	Objectives	Speakers
Wednesday 8/19/20 3:30 p.m. - 4:15 p.m.	Unpacking Students' Experiences with the Coronavirus	Explore how individual student experiences and mental health may differ. Discuss the impact of traumatic experiences on academics, behavior, and well-being.	**Dr. Rachelle Sosu, Psy.D.** Youth Services Department
Tuesday 8/25/20 3:30 p.m. - 4:15 p.m.	Signs, Symptoms, and Support	Recognize when a student is struggling with an emotional or mental health challenge. Learn strategies for listening to and connecting with students. Understand how to access school-based supports for students.	**Dr. Michael Kane** **Dr. Catherine Samuel Barrett** **Dr. Juan Feliciano**
Tuesday 9/1/20 3:30 p.m. - 4:15 p.m.	Extreme Self-Care	Understand adult experiences with COVID-19. Learn self-care strategies. Recognize when professional help may be needed. Learn how to access resources and support through Health Advocate.	**Cindy Persico** Health Advocate
Tuesday 9/8/2020 3:30 p.m. - 4:15 p.m.	Reconnections and Relationships	Understand the importance of re-establishing relationships with students. Review the District SEL competencies. Understand how to support a range of student experiences as they return to school.	**Stephen Kaplan** **Kristen Rulison** **Eileen Nieves** **Aleida Trinidad**
Tuesday 9/15/20 3:30 p.m. - 4:15 p.m.	Mental Health 101: School Teams = Student Success	Understand the importance of student mental health. Learn strategies for identifying and aligning school-based mental health supports. Create a model school team of professionals supporting student behavioral and mental health.	**Janele Young** **Patrice Cover**
Tuesday 9/22/20 3:30 p.m. - 4:15 p.m.	Promoting Emotional Regulation in Children: Evidence-Based Practices and Internet-Based Resources	Identify practices that promote engagement and self-regulation in virtual settings.	**Dr. Laura Cruz, Ph.D.** Youth Services Department
Tuesday 9/29/20 3:30 p.m. - 4:15 p.m.	Mental Health 101: Connecting Kids with Mental Health Referrals	Understand the importance of student mental health. Explore school-based and community-based mental health supports available to students. Learn strategies to create a model referral process that connects students to the appropriate mental health support.	**Kathy Bobby** **Dr. Michael Kane**

Supported by Our District and Community Partners

School Counseling Team Exceptional Student Education	Department of Behavioral and Mental Health Services Youth Services Department	Teaching and Learning Health Advocate

For questions or more information, contact:

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STUDENT ACHIEVEMENT THROUGH MENTAL HEALTH & WELLNESS

#MentalHealthMattersPBC

Palm Beach County School District Student Wellness