

**20th Annual Fall for Education Conference
UW–La Crosse Institute for Professional
Studies in Education**

November 4-5, 2017

“Mental Health and Trauma in PK-12”



Welcome to the University of Wisconsin–La Crosse!

**Student Union–UW La Crosse Campus
521 East Avenue North, La Crosse WI**

**Free Registration is Required to attend at :
uwlax.edu/pse**

Welcome!

20th Annual Fall for Education Conference

“Mental Health and Trauma in PK-12”

Hello, Everyone!

Welcome to the 20th Annual Fall for Education Conference! This year our conference theme is “Mental Health and Trauma in PK-12.” This two-day event will provide you with an array of presentations directly relevant to your practice. I hope you all have a wonderful conference experience!

Best,

Dr. Pat Markos, Director, Professional Studies in Education



Never stop learning, growing, teaching!

Saturday, November 4, 2017

7:00—8:00am	Registration	Bluffs, 2nd floor
7:00—8:00am	Breakfast (for those who reserved meals)	Bluffs, 2nd floor
8:00—8:30am	Introductions—Pat Markos, Ph.D., Director of Professional Studies in Education	

8:30—10:00 am **Opening Keynote: Dr. Jeffrey Kottler, California State University**

10:00—10:15 am **Break—Refreshments**

10:20 am—11:50-am Breakouts

◇ **Laura Kestenberg—Take a Breath, Take a Break: A Useful Meditation Toolkit for Educators and Students**

Teachers and their students often feel overwhelmed during the academic year. Research has demonstrated that the practice of mindfulness aids in stress reduction even when practiced in brief 3-5 minute intervals. Recent fMRI studies have shown that mindfulness meditation effects brain changes and improves physical and emotional well-being. This workshop will review three brief mindfulness techniques that teachers can feel comfortable using for their own and their students' growth and well-being. Basic mindfulness techniques such as deep breathing, mandalas, and desk yoga will be reviewed and practiced to help those in the teaching professions reduce the effects of stress and burnout fatigue. The three techniques covered in this workshop can be done in the office, in the classroom, and at home and can be practiced by people across the lifespan.

◇ **Cheryl Bartky—Dancing with Trauma, Helping Students Move Ahead**

Traumatic events impact students' bodies and brains—thus their capacity to learn. This highly experiential workshop presents a dynamic and creative paradigm for educators like you to understand and help your students suffering from trauma. By exploring core dance principles you will experience tangible tools to more enjoyably and effectively help your students (and yourself!) move ahead cognitively and emotionally.

◇ **Alison DuBois— When Caring Hurts: Identifying Signs of Burnout and Compassion Fatigue in Education**

◇ **Jeffrey Kottler— What Leads to Lasting Change**

11:50—12:35pm **Lunch—Processing Time**

◇

Saturday, November 4, 2017 cont.

12:45—2:15pm Breakouts

Third Floor

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◇ **Jeffrey Kottler— What Leads to Lasting Change**

La Crosse B3 Learning Community Presentations

2:20—4:35pm

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- ◇

Sunday, November 5, 2017

7:15—8:00am	Registration	The Bluffs, 2nd Floor
7:15—8:00am	Breakfast	The Bluffs, 2nd Floor
8:00—9:30am	Opening Keynote: Ryan Montgomery	The Bluffs, 2nd Floor

Embrace Your Awesomeness

9:30—9:45am **Break—Refreshments**

9:45—10:55am **Breakout Sessions** **Third Floor**

- ◇ **Lacie Ketelhut, Gundersen Lutheran—ACES Intro & Highlights of Trauma Informed Care**
Bridget Todd—Supporting Youth through a System of Care
Utilizing best practices in the field of juvenile justice combined with cross system collaborations, La Crosse County created a System of Care response as an alternative to juvenile arrests in their community. This presentation will review the process utilized to analyze local data and trends; the impact of meaningful collaborations within the community; and provide an overview of the Coulee Region System of Care, a unique partnership between La Crosse County Human Services and the La Crosse School District designed to ensure youth remain in school and ready to learn through an integrated system of supports.
- ◇ **Barbara Blackdeer-McKenzie—Mending Broken Hearts, one approach to community healing from intergenerational trauma**
Mending Broken Hearts (MBH) offers cultural history, greater understanding of our past and present, and activities for kick-starting the interrupted mourning process of First Nations people who suffered multiple eras of grief, loss, and trauma. Presenter applies MBH for the Ho-Chunk Nation people in Wisconsin. This session will provide an overview and sample of some of activities that make MBH a powerful community healing method.
- ◇ **Greg Lovell — Mindfulness for Educators**
Participants will gain an understanding of what mindfulness is, experience several different mindfulness practices, and explore how to apply mindfulness in schools.
- ◇ **Nancy Lockett— Supporting Students in Evidencing Mental “Toughness”: The Evolution from Portfolios to Blogs**
Addresses the necessity for students to understand the four psychological needs for the human spirit and how to plan and accomplish them in their own lives for a more physically and mentally healthy lifetime. Will share the direct actions that students can practice to meet these psychological needs and show examples of how teachers have asked their students to collect, reflect, select and present evidence of their progress in addressing their psychological “toughness”.

Sunday, November 5, 2017 cont.

11:00—12:10pm Breakout Sessions
Floor

Third

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Sunday, November 5, 2017 cont.

12:15—1:00pm Lunch

1:05— 2:15pm Breakout Session

- ◇ **Addictions**
- ◇ **Heather Quakenboss/Diane Diazgranados—Behavior Health Project**
- ◇ **Ann Yehle—Trauma Informed Yoga**
- ◇ **Will Vanroosenbeek—LBGTQ Community Mental Health Issues**
- ◇ **Tracy Stinson—Justice Circles**
- ◇ **Tomah B1 Learning Community—Intergenerational Trauma**

2:15 —2:30pm Break—Refreshments

**2:30—4:00 pm Closing Keynote: Kristin Soures—Fostering Resilient Learners:
Strategies for creating a trauma sensitive classroom**

3:55—4:15 Send off—Prize Drawing

Master of Education - Professional Development (ME-PD)

Spring Sites Begin January 2018:

Blended

Chippewa Falls, Onalaska, Madison,
Manitowoc, Wisconsin Rapids

Online

Blended–Social Studies Emphasis

Adventure Based ME-PD: Madison–Starts Spring 2018

Also in Spring 2018:

- ◆ Educational Leadership Certificate–Principal (5051)
- ◆ Reading:
- ◆ Post-Masters Certificate Programs:
 - ◆ Professional Learning Community
 - ◆ English Language Arts Elementary



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