

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



Student Support Summit

Empowering Adults to Answer a Silent Cry

November 7, 2016

8:30 a.m. to 3:30 p.m.

Montague High School Auditorium

4900 Stanton Boulevard

Montague, MI 49437 231-894-2661

**A Day for Educators,
Counselors,
School Leaders,
Social Workers, Parents,
Counselors, Clergy,
Coaches, Psychologists,
Youth Leaders, and
Community Members**

Suicide Safer Communities: Understanding and Influencing Prevention



Patricia K. Smith, MS, Coordinator Violence Prevention Program Injury & Violence Prevention Section Michigan Department of Community Health

To be successful at the community level, suicide prevention must be comprehensive. Patricia Smith will discuss what makes a community “suicide safe,” focusing on what engaging in the full spectrum of suicide prevention really looks like. Adam D. Swanson, MPP, senior prevention specialist at the national Suicide Prevention Resource Center (SPRC), will then share information about the work of the SPRC and discuss prevention and messaging resources that are applicable within school-based and youth-serving settings. The SPRC is the nation’s only federally supported center dedicated to advancing the National Strategy for Suicide Prevention. Funded by the Substance Abuse and Mental Health Services Administration, SPRC develops, curates, and disseminates suicide prevention resources and technical assistance for the Garrett Lee Smith grantees and state suicide prevention coordinators.



Adam D. Swanson, MPP Senior Prevention Specialist, Suicide Prevention Resource Center, Washington, D.C.

**SCECHs Available
Pending Approval**

**Learn More About:
Response to Trauma**

Resiliency

Coordinated Care

**The First 48 Hours
After a Crisis**

System of Care

**Mindfulness: Evidence,
Outcomes, and Practice**

Building a School Culture

Student Re-Entry

**BONUS! QPR - Suicide
Prevention 4 - 5 p.m.**

Register Online Today, Space is Limited

muskegonisd.org/development Cost: \$25.00 (includes lunch)



It is the policy of the Muskegon Area Intermediate School District that no staff member, candidate for employment, program participant, or recipient of services shall experience discrimination on the basis of race, color, national origin, sex (including sexual orientation or transgender identity) disability, age, religion, height, weight, marital or family status, military status, ancestry, genetic information, or any other legally protected category (collectively "Protected Classes"), in its programs and activities, including employment opportunities. The MAISD is an equal opportunity employer.

Workshop Descriptions

KEYNOTES

Building a Resilient Community, Together

Julia Rupp and Lauren Meldrum, HealthWest

This session will explore various elements of wellness which impact individuals, schools, and communities. Research, collaborative community initiatives, and take-home strategies will be presented for building a more resilient community, together.

The Next Steps - Whole School, Community, Child: Coordinated Care through Strong Partnerships, Programs, and People

Leadership Teams from HealthWest, MAISD, Pine Rest, Forest View, and MAPS

In this two-part presentation the presenters will provide the audience with a vision for an effective "System of Care" that addresses the needs of the Whole Child in Muskegon County. Part two will focus on a collaborative process and protocol that will effectively enhance the outcomes of students and families in care and/or placement.

Breakout #1

Positive Behavior Intervention and Supports: Building a School Culture that Works for All Students

Jennifer Nelson, School Climate & Culture Consultant, MAISD

PBIS is a proactive approach to establishing the behavioral and social culture supports needed for all students in school to achieve social, emotional, and academic success. Jennifer Nelson will provide a framework for assisting school personnel in building a continuum of behavioral supports that enhance student outcomes, peer relationships, school safety, and student connectedness.

Breakout #2

Suicide Awareness and Proactive Response

Patricia Smith, MDCH

What do we really mean when we talk about "suicide prevention"? Are we talking about screening and early intervention or something farther upstream before a crisis even develops? Patricia will talk about the many facets of prevention and discuss with participants where they might best be able to start in their communities.

Breakout #3

Fostering Resilience in Young People; Building in Protective Factors

Sandra Bush, Mental Health First Aid Instructor, HealthWest

Some young people can bounce back from adversity or change very quickly while others struggle. Coping and adapting to stress and changes can be fostered as a child grows. Resilient children tend to be more empathetic, better communicators, and are better at problem solving. The people around a child help to build resilience in that child and these are things we can all learn. Sandra Bush served on her school board for 12 years, coached girls basketball at Muskegon Community College, currently coaches basketball at Orchard View High School, and is a respected and enthusiastic instructor of Mental Health First Aid. Join us as we talk about instilling resilience and protective factors in our children in order to provide them with improved coping skills.

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Workshop Descriptions

Breakout #4

Building Resilience and Connectedness with Staff and Students through Mindfulness

Stacie Hopkins-Schrumpf, LMSW and Stephanie Lathrop, LMSW, MAISD

Are you or your students stressed out and you aren't sure what to do to help yourself or them? Mindfulness is for you! Mindfulness is paying attention, on purpose, in the present moment, without judgement. Mindfulness practices provide individuals with a positive way to connect with themselves and others. It provides resilience to help staff and students purposefully respond versus react in all situations. If you want to slow down, look at yourself and each situation differently, Mindfulness is where to start. "Happiness is an inside job."

Breakout #5

Enhancing Student Re-Entry Outcomes Post Hospitalization: A Call for Collaboration, Coordination, Follow-up, and Monitoring

Rhonda Brink, Director, Pine Rest Contact Center; Matt Johnson, Community Liaison, Forest View Hospital

Our youth today face many social and emotional challenges that may include acute or chronic mental health issues. These issues may sometimes lead to clinic treatment or hospitalization. In this segment the presenters will provide the participants an understanding of how to navigate the referral process, how to prepare the student and family for placement, what to expect from in-patient treatment, how to coordinate with the aftercare plan and process, and how to effectively assist in the student's re-entry process.

Breakout #6

The First 48 Hours After a Crisis

Joellen Rhyndress, Psychological First Aid Specialist, HealthWest; Nick Jaskiw, School Psychologist and David Erickson, School Social Worker, Montague Area Public Schools; Alena Zachary-Ross, Superintendent, Muskegon Heights Public School Academy System

Being in the midst of a school crisis can be intense, stressful, and overwhelming for the students, families, staff and community involved. Critical Response Team members from these three organizations will take participants on a journey through the first 48 hours of a critical incident. Through this process the team will present strategies and practices that assist in responding to, mitigating, and recovering from these traumatic events. An emphasis on prevention, planning, and preparedness will resonate throughout the presentation.

FREE Bonus Session! QPR - Suicide Prevention Training 4:00 - 5:15 p.m.

Following the conference at 4:00 p.m. on November 7, certified trainers from HealthWest will be offering QPR (question, persuade, refer) Gatekeeper Certification Training at no cost in the Montague High School auditorium. This is an evidence-based suicide prevention skills training. The more people in a community who know QPR, the fewer suicides occur in that community.

Advance registration is required: <http://nov7qpr.eventbrite.com>

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Breakout #7

Advocate, Collaborate, Care:

We're in this Together

*Poppy Hernandez, Mary Jo French and Kelly France,
Good for YOUth*

Do you ever feel like you are alone in your work, or do you encounter barriers when working with people from other community agencies? Representatives from our community's inter-agency collaborative "Good For YOUth" will present strategies for effective community practice and collaboration across child-serving organizations. These strategies will support meaningful outcomes for youth in our community while also making your job easier and more fulfilling.

Breakout #8

**The Hidden Part of the
Iceberg: Understanding Young People
& Their Risky Behaviors**

*Andrea Lehman, LPC, and MandiLynn Esman, LMSW,
TF-CBT Certified Specialists, Services of Hope Counseling*

There is not one simple answer for every child. If those who serve youth know how trauma impacts each individual child, how to build resilience within those children, how to create safer classrooms, young people will have fewer difficult behaviors, and fewer instances of being "tuned out." Behaviors are just the tip of a complex "iceberg." A deeper look gives us insight not just into the child but also how we might better assist that young person with their reactions to triggers and events.

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- Psychologists
- Clergy
- Coaches
- Youth Leaders
- Community Members

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Pending Approval**

Questions?

Michael Pyne at HealthWest
231-724-6618

Nicholas Jaskiw at
Montague Area Public Schools
231-981-4598



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