



# Nassau BOCES Intensive Summer Professional Development

*Providing Mental Health and Social Emotional Resources for the Re-Opening of School in 2020-2021*

*Nassau BOCES Mental Health Consortium*

DISTRICT MH/SEL LIAISON
SUPPORT STAFF – MH SEL
ADMINISTRATORS
CLASSROOM TEACHERS
EVERYONE

	Monday June 29	Tuesday June 30	Wednesday July 1	Thursday July 2	Friday July 3
9 -10 AM					
10 – 11 AM	<a href="#">Healthy Relationships Social Emotional Learning for Students and Parenting Skills for Couples and Co-parents</a> Central Nassau Guidance 10AM	<a href="#">Coping Now</a> David Hymowitz 10 AM	<a href="#">How to Prompt Students to Engage During Distance Learning and Upon School Re-Entry</a> Dorothy Ahl, MS, ED.S. Karen Mackler, Ph.D. Lisa Navarra, MS. ED. 10 AM		
11 – 12 PM	<a href="#">Restorative Practices Summer Cohort 1</a> Day 1 of 4 Beverly Forgash 11 AM	<a href="#">Restorative Practices Summer Cohort 1</a> Day 2 of 4 Beverly Forgash 11 AM	<a href="#">Restorative Practices Summer Cohort 1</a> Day 3 of 4 Beverly Forgash 11 AM	<a href="#">Restorative Practices Summer Cohort 1</a> Day 4 of 4 Beverly Forgash 11 AM	
12- 1 PM				<a href="#">Mental Health 101</a> Rachel Priest 12 PM	
1-2 PM					
2-3 PM					

	Monday July 6	Tuesday July 7	Wednesday July 8	Thursday July 9	Friday July 10	
8 – 9 AM	<u>Mindfulness: Koru for Educators</u> Day 1 of 4 8AM- 10 AM Danielle Smith, Ph.D. and Kristin Bruning, M.D.			<u>Mindfulness: Koru for Educators</u> Day 2 of 4 8AM- 10 AM Danielle Smith, Ph.D. and Kristin Bruning, M.D.		
9 -10 AM		<u>Taking the Challenge out of Conversations</u> Cohort 1 Day 1 of 4 9 AM Joan Fretz	<u>Mental Health Consortium</u> 20-21 Kick Off Event 9:30 -11:30  <u>Understanding the Science of Addiction in the Adolescent Brain &amp; Students Self-Medicating During a Crisis</u>  <i>A neurological perspective</i>  Dr. Stephen Dewey Director of Research Education Seafield Center  & David Hymowitz Coordinator of the Behavioral Health Awareness Training & Education Program for the Nassau County Department of Human Services	<u>Taking the Challenge out of Conversations</u> Cohort 1A Day 1 of 4 Joan Fretz 9AM  <u>Mindfulness : Koru for Educators</u> Day 2 of 4 8AM- 10		
10 – 11 AM	<u>Coping Now</u> David Hymowitz 10 AM	<u>Introduction to Trauma Informed Practice</u> Ramapo for Children 10 -11:30	<u>Mental Health 101</u> Rachel Priest 10 AM	<u>Changing Challenge into Resilient Recovery</u> Karen Mackler 10 AM	<u>Trauma Informed Schools</u> Ramapo For Children 10 AM- 11:30 AM	<u>Introduction to Trauma Informed Practice</u> Ramapo for Children 10 AM – 11:30 AM
11 – 12 PM						
12- 1 PM	<u>Classroom Conversations: Suicide Awareness for the “New Normal”</u> Rachel Priest 12 PM	<u>Self-care for parents and caregivers</u> Ramapo for Children 12 PM to 1:30 OM		<u>Classroom Conversations: Suicide Awareness for the “New Normal”</u> Rachel Priest 12 PM		

1-2 PM	<a href="#">Restorative Practices Summer Cohort 2 Day 1 of 4 Beverly Forgash 1 PM</a>	<a href="#">Restorative Practices Summer Cohort 2 Day 2 of 4 Beverly Forgash 1 PM</a>	<a href="#">Restorative Practices Cohort 2 Day 3 of 4 Beverly Forgash 1 PM</a>	<a href="#">Restorative Practices Summer Cohort 2 Day 4 of 4 Beverly Forgash 1 PM</a>	
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	Monday July 13	Tuesday July 14	Wednesday July 15	Thursday July 16	Friday July 17	
8 – 10 AM	<a href="#">Mindfulness: Koru for Educators Day 3 of 4 8AM- 10 AM Danielle Smith, Ph.D. and Kristin Bruning, M.D.</a>			<a href="#">Mindfulness: Koru for Educators Day 4 of 4 8AM- 10 AM Danielle Smith, Ph.D. and Kristin Bruning, M.D.</a>		
9 -10 AM		<a href="#">PREPaRE 2 training for Support Staff Day 1 of 4 Dorothy Ahl 9 AM – 12:30 PM</a>	<a href="#">Taking the challenge out of conversations Cohort 1 Day 2 of 4 Joan Fretz 9AM</a>		<a href="#">Taking the challenge our of conversations 1A Day 2 of 4 Joan Fretz 9AM</a>	
10 – 11 AM	<a href="#">SEL/MH Team Liaison Planning Meeting Nassau BOCES 10 AM</a>		<a href="#">Mental Health 101 Rachel Priest 10 AM</a>	<a href="#">PREPaRE 2 training for Support Staff Day 2 of 4 Dorothy Ahl 9AM – 12:30 PM</a>	<a href="#">Healthy Relationships SEL for students and Parents Central Nassau Guidance 10 AM</a>	<a href="#">PREPaRE 2 training for support staff Day 3 of 4 Dorothy Ahl 9AM – 12:30 PM</a>
11 – 11:30 AM	<a href="#">Introduction to Trauma Informed Practice Ramapo for Children 10 AM</a>					<a href="#">PREPaRE 2 training for support staff Day 4 of 4 Dorothy Ahl 9AM-12:30 PM</a>
11-12	<a href="#">Restorative Practices Summer Cohort 2 Day 1 of 4 Beverly Forgash 11AM</a>		<a href="#">Restorative Practices Summer Cohort 2 Day 2 of 4</a>	<a href="#">Restorative Practices Summer Cohort 2 Day 3 of 4</a>	<a href="#">Restorative Practices Summer Cohort 2 Day 4 of 4</a>	

			<a href="#">Beverly Forgash</a> 11AM		<a href="#">Beverly Forgash</a> 11AM		<a href="#">Beverly Forgash</a> 11AM		
12-1PM							<a href="#">Mental Health 101</a> <a href="#">Rachel Priest</a> 12PM		
1-2 PM									
2-3 PM		<a href="#">Introduction to Trauma Informed Practice</a> <a href="#">Ramapo for Children</a> 2PM							
3- 4PM									

	Monday July 20	Tuesday July 21		Wednesday July 22	Thursday July 23	Friday July 24
9 -10 AM		<a href="#">Taking the Challenge out of Conversations</a> Day 3 of 4 9AM <a href="#">Joan Fretz</a>			<a href="#">Taking the Challenge out of Conversations</a> 1A Day 3 of 4 9AM <a href="#">Joan Fretz</a>	
10 – 11 AM	<a href="#">Return to new school environment and emotional wellbeing</a> <a href="#">David Hymowitz</a> 10AM	<a href="#">Mental Health 101</a> 10 AM <a href="#">Rachel Priest</a>	<a href="#">Changing Challenge into Resilient Recovery</a> <a href="#">Karen Mackle</a> 10 AM	<a href="#">Return to new school environment and emotional wellbeing</a> <a href="#">David Hymowitz</a> 10 AM	<a href="#">MH SEL Liaison Meeting</a> <a href="#">Nassau BOCES</a> 10 AM	
11 – 12 PM	<a href="#">Restorative Practices Summer Cohort 4</a> Day 1 of 4 <a href="#">Beverly Forgash</a> 11 AM	<a href="#">Restorative Practices Summer Cohort 4</a> Day 2 of 4 <a href="#">Beverly Forgash</a> 11 AM		<a href="#">Restorative Practices Summer Cohort 4</a> Day 3 of 4 <a href="#">Beverly Forgash</a> 11 AM	<a href="#">Restorative Practices Summer Cohort 4</a> Day 4 of 4 <a href="#">Beverly Forgash</a> 11 AM	
12- 1 PM					<a href="#">Mental Health 101</a> <a href="#">Rachel Priest</a> 12PM	

	Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31
8 – 10 AM	<a href="#">Mindfulness: Koru for Educators</a> Day 1 of 4 8AM- 10 AM <a href="#">Danielle Smith, Ph.D. and Kristin Bruning, M.D.</a>			<a href="#">Mindfulness: Koru for Educators</a> Day 2 of 4 8AM- 10 AM <a href="#">Danielle Smith, Ph.D. and Kristin Bruning, M.D.</a>	
9 - 10 AM		<a href="#">Prepare 1 training for Admins</a> Day 1 of 2 9AM – 12:30 <a href="#">Dorothy Ahl</a>	<a href="#">Mindful Communication Cohort 1</a> Day 4 of 4 9AM <a href="#">Joan Fretz</a>	<a href="#">MH/SEL Liaison Meeting</a> Nassau BOCES 9 AM	<a href="#">Addressing the Social Emotional Needs of the School Community Upon the Re-Opening of School</a> <a href="#">Karen Alamo, Merrick UFSD</a> 9 AM
10 – 11 AM	<a href="#">Classroom Conversations: Suicide Awareness for the “New Normal”</a> <a href="#">Rachel Priest</a> 10AM		<a href="#">Mental Health 101</a> <a href="#">Rachel Priest</a> 10AM	<a href="#">Prepare 1 training for Admins</a> Day 1 of 2 9AM <a href="#">Dorothy Ahl</a>	<a href="#">Introduction to Restorative Circles</a> Summer Cohort Combo 1day 1 of 2 9:30 AM <a href="#">Beverly Forgash</a>
11 – 12 PM	<a href="#">Restorative Practices Summer Cohort 5</a> Day 1 of 4 <a href="#">Beverly Forgash</a> 11 AM		<a href="#">Restorative Practices Summer Cohort 5</a> Day 2 of 4 <a href="#">Beverly Forgash</a> 11 AM	<a href="#">“BEST” Practice Every Kid Is ONE Caring Adult</a> Away from Being a Success Story POB MAP Advisory Program	<a href="#">Restorative Practices Summer Cohort 5</a> Day 3 of 4 <a href="#">Beverly Forgash</a> 11AM
12- 1 PM				<a href="#">“BEST” Practice Every Kid Is ONE Caring Adult</a> Away from Being a Success Story POB MAP Advisory Program	<a href="#">Restorative Practices Summer Cohort 5</a> Day 4 of 4 <a href="#">Beverly Forgash</a> 11AM
				<a href="#">Mental Health 101</a> <a href="#">Rachel Priest</a> 12 PM	

			<a href="#">Administra tion Day 1 of 3 11AM -1 PM</a>		<a href="#">Program Administra tion Day 1 of 3 11AM -1 PM</a>	
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	Monday August 31	Tuesday Sept 1	Wednesday Sept 2	Thursday Sept 3	Friday Sept 4
8 – 10 AM					
9 -10 AM	<a href="#">MH/SEL Liaison Meeting Nassau BOCES 9AM</a>	<a href="#">Introduction to Restorative Circles Summer Cohort Combo 2 Day 1 of 2 9:30 AM Beverly Forgash</a>			
10 – 11 AM		<a href="#">Mental Health 101 Rachel Priest 10 AM</a>			
11 – 12 PM					
12- 1 PM	<a href="#">Classroom Conversations: Suicide Awareness for the “New Normal” Rachel Priest 12 PM</a>				<a href="#">Mental Health 101 Rachel Priest 12 PM</a>

## Keynote Address and Launching of the 2020-2021 Nassau BOCES Mental Health Consortium

July 8<sup>th</sup> 9:30 AM -11:30 AM

Understanding the Science of Addiction in the Adolescent Brain

&

Students Self-Medicating During a Crisis

**Dr. Stephen Dewey**

*Director of Research Education  
Seafield Center*

**&**

**David Hymowitz**

*Coordinator of the Behavioral Health Awareness Training & Education Program for the Nassau County Department of Human Services*



**Stephen L. Dewey** received his Ph.D. from the University of Iowa. He completed his postdoctoral fellowship in the Neurology Department at Stony Brook University. In 1986, Dr. Dewey was recruited to the Chemistry Department at Brookhaven National Laboratory (BNL). During his 23-year tenure at BNL, Dr. Dewey conducted pre-clinical and clinical research on the effects of addictive drugs on the human brain. These studies led to the development of an effective pharmacologic treatment for addiction – currently in clinical trials worldwide. In 1992, Dr. Dewey joined the faculty of the Psychiatry Department in the School of Medicine at New York University. In 2009, Dr. Dewey moved his team to the Feinstein Institute for Medical Research at Northwell Health and joined the faculty of the Zucker School of Medicine at Hofstra/Northwell. In 2014, Dr. Dewey accepted an appointment as the Director of Research Education at Seafield Center, the largest in-patient treatment facility on Long Island. In 2020, he became the Director of Research Education and Training at the New York Center for Living. Dr. Dewey has published more than 250 peer-reviewed scientific research articles, book chapters, and abstracts.

In 1994, Dr. Dewey initiated an outreach program designed to educate people about the science of addiction. Based on his research findings, this program has expanded to school districts throughout Long Island, the tri-state area and across the US. His informative message has reached hundreds of thousands of school-age children, parents, teachers, administrators, and counselors. “Dr. Dewey’s message is science-based, objective, and delivered with a sense of urgency, compassion and caring that commands attention.” stated former LICADD Executive Director, Dr. Jeffrey Reynolds. Recently, Dr. Dewey accepted an appointment to the Suffolk County Board of Health where he hopes to continue his education efforts in the fight against drug abuse.

Dr. Dewey’s research has been featured on 20/20, Dateline, Good Morning America, ABC, NBC, CBS, FOX, CNN, FOX News, News 12 Long Island, The New York Times, The Wall Street Journal, and Newsday.

Dr. Dewey is the recipient of many honors and awards. These include the Department of Energy’s Distinguished Research and Development award and its ER100 award, The Brookhaven Award for Distinguished Effort in Community Service, Man of the Year in Science, Man of the Year in Education, the Officer John Jantzen Memorial Award for Prevention, Caron’s Community Service award and its Research award....twice! In addition, Dr. Dewey



**David Hymowitz** is a licensed social worker with 30 years of experience working in the human services field. He has held positions as an educator, program developer, clinician and support group leader for youth, adults and families, as well as, administrative and executive roles.

Currently he is the Coordinator of the Behavioral Health Awareness -Training & Education Program for the Nassau County Department of Human Services where he oversees trainings for both professional staff and community members. He is a certified trainer for Youth Mental Health First Aid and Narcan and has developed numerous workshops focusing on mental health, chemical dependency and suicide prevention.

David has spent the last year as a community member to the Nassau County Superintendent's Subcommittee on Mental Health and Chemical Dependency and has recently been asked to join their long-term planning committee. During that time period he has collaborated with numerous Nassau County School Districts to develop and implement programs to meet the NYS SEL mandates, including staff, parents and student trainings, as well as, the development of behavioral health team protocols and working towards meeting the needs of changing school communities and cultures.

He is a certified master trainer for FEMA's Crisis Counseling Program and for the past 20 years he has served as an adjunct professor at both Hofstra University's Health Professions and Family Studies Department and SUNY at Stony Brook's School of Social Welfare.

### **Registration is open to ALL for the July 8<sup>th</sup> session**

The **Nassau BOCES Mental Health Consortium** is a collective of school districts convened to address the prevalent issues surrounding mental health and wellness in the school community. The consortium is designed to offer practical skills and in-depth knowledge that will assist member districts in the implementation of plans and goals to address current or future NYSED regulations or recommendations surrounding mental health education and social emotional learning. The consortium meets monthly and offers targeted workshops on a regular basis. Workshops are designed to allow consortium members and workshop participants to turn-key the information from our sessions to their home districts.

**For more information about the Nassau BOCES mental health consortium please contact**

**Dr. Mitch Goodkin, Coordinator of Professional Development at [mgoodkin@nasboces.org](mailto:mgoodkin@nasboces.org)**

*In order to comply with social-distancing guidelines, **all 2020-2021 Mental Health Consortium meetings will be done virtually, until further notice.***



All workshops require registration through My Learning Plan - see hyperlinks to register.  
 All workshops will be done via ZOOM. After registering on MLP, approved attendees will be given a  
 Registration link to ZOOM. Registrants must register ALSO with Zoom to get meeting invitation.



**Summer Workshops**

Workshop and Speaker	Description	Dates/Times	Intended Audience
<p><b>*BEST PRACTICE* Addressing the Social Emotional Needs of the School Community Upon the Re-Opening of School</b>            Karen Alamo, District school counselor, Merrick UFSD &amp; Andrea McCabe, teacher, Merrick UFSD.</p>	<p>Now more than ever we must shift our mindsets toward promoting overall wellness in our schools. During this workshop, we will share ways to support the social emotional development of our students and renew our school community</p>	<p><a href="#">July 31<sup>st</sup> 9AM</a></p>	<p><b>Teachers</b></p>
<p><b>*BEST PRACTICE* Every Kid is ONE Caring Adult Away from Being a Success Story – Plainview Old-Bethpage MAP Advisory Program</b>  <b>Alice Bowman, Ed.D.</b> Principal Plainview Old-Bethpage MS  <b>Joseph A. Coladonato, Ed.D.</b>, Principal Howard B.Mattlin MS</p>	<p>Administrators from the Plainview Old-Bethpage school district will present the districts "MAP" program. MAP is an advisory model that focuses on linking each adult in the middle school buildings to a group of students. Topics and discussions will be centered around Before SCHOOLS begin two questions that should focus THEIR WHY (SCHOOLS TO WATCH INFO) 1) What do we do well as a school? 2) What more do our kids need? The MAP advisory model is based on research that indicates that now more than ever a relationship with one adult is paramount "Every Kid is ONE Caring Adult Away from Being a Success Story" It is highly recommended that all schools develop some type of community/relationship building program to ensure student success and sense of belonging. Join POB leaders as they describe how they have accomplished such a remarkable working model and successful program,</p>	<p><a href="#">July 28<sup>th</sup> &amp; 29<sup>th</sup> 11AM-1PM</a></p>	<p><b>Administrators</b></p>
<p><b>Changing Challenge into Resilient Recovery</b>  <b>Karen Mackler, Ph.,D.</b> School Psychologist            Lawrence UFSD</p>	<p>Participants will identify their own unique feelings during our national health crisis. We will acknowledge that fear, loss and powerlessness are common feelings and should not be ignored. Understand what resiliency is and how to grow it. Using self-care and mindfulness to more forward from challenge. Working as a community to fuel mental wellness</p>	<p><a href="#">July 7<sup>th</sup> 10 AM</a>  <a href="#">July 21<sup>st</sup> 10 AM</a></p>	<p><b>Teachers</b></p>

<p style="text-align: center;"><b>Coping Now</b></p> <p><b>David Hymowitz</b> , <i>Coordinator of the Behavioral Health Awareness Training &amp; Education Program for the Nassau County Department of Human Services</i></p>	<p>This health crisis has created a new living and working environment. Many difficulties and uncertainties have been created. This workshop will focus on how this crisis is different than previous ones and what unique stressors and impacts it is having on staff. In particular it will focus on the challenges staff are experiencing as they try to balance working from home, taking care of their family and their own self-care. Strategies for coping, self-compassion and communication will also be discussed. Staff will be encouraged to share how they are managing, how to support one another and the value of developing support systems for themselves. It will also cover recognizing the signs and symptoms of people who may be having a more difficult time in their lives and themselves.</p>	<p style="text-align: center;"><a href="#">June 30<sup>th</sup> 10 AM</a></p> <p style="text-align: center;"><a href="#">July 6<sup>th</sup> 10 AM</a></p>	<p style="text-align: center;"><b>Administrators</b></p> <p style="text-align: center;"><b>Teachers</b></p>
<p style="text-align: center;"><b>Healthy Relationships Social Emotional Learning for Students and Parenting Skills for Couples and Co-Parents</b></p> <p style="text-align: center;"><b>Central Nassau Guidance &amp; Counseling</b></p>	<p>Social and emotional learning is a key component for student education. Project FORWARD is a grant-funded program that provides evidence-based education about healthy relationships and communication skills in the form of a 12 hour workshop to students. These workshops help students to understand more about themselves, how to engage in healthy relationships, how to identify unhealthy ones, and how to improve their communication skills.</p> <p>Along with providing support and education to the students of your school, reaching the parents is also a vital component. Project FORWARD, also provides evidence-based education to couples and co-parents to assist with strengthening their relationship skills, along with parenting education and skills in the form of a 12 hour workshop.</p>	<p style="text-align: center;"><a href="#">June 29<sup>th</sup> 10 AM</a></p> <p style="text-align: center;"><a href="#">July 15<sup>th</sup> 10 AM</a></p>	<p style="text-align: center;"><b>School Support Staff</b></p> <p style="text-align: center;"><b>School Support Staff</b></p>
<p style="text-align: center;"><b>Introduction to Restorative Circles Summer Cohort Combo</b></p> <p><b>Beverly Forgash, Nassau BOCES iirp trainer</b></p>	<p>This workshop is the *second* part to the Introduction to Restorative Practices workshop. This class will focus on how to set up circles in person and virtually, types of circles, when to use circles, ideas for circles and re-integrative circles. This workshop will use Restorative Practice Circle ideology, as taught by the International Institute of Restorative Practice. ***This workshop is only open to those who completed The Virtual Intro to Restorative Practices workshop.***</p>	<p style="text-align: center;"><a href="#">Cohort 1</a> <a href="#">July 30<sup>st</sup> 9:30 AM</a> <a href="#">and July 31<sup>st</sup> 9:30 AM</a></p> <p style="text-align: center;"><a href="#">Cohort 2</a> <a href="#">September 1<sup>st</sup> 9:30 AM</a> <a href="#">and September 2<sup>nd</sup> 9:30 AM</a></p>	<p style="text-align: center;"><b>All persons who have completed the Introduction to Restorative Practice Online Course</b></p>
<p style="text-align: center;"><b>Introduction to Trauma Informed Practices</b> <a href="#">Ramapo for Children</a></p>	<p style="text-align: center;">In this virtual session, participants will: Identify what primary and secondary trauma is and how they present in young people and adults.</p>	<p style="text-align: center;"><a href="#">July 1<sup>st</sup> 12 PM</a></p>	<p style="text-align: center;"><b>Teachers</b></p>

	<p>Understand how trauma impacts the brain, bodies, and therefore influences behavior of young people.</p> <p>Prepare to support themselves and other staff in practicing self-care and reducing the risks of secondary trauma.</p> <p>Identify tools for increasing a sense of safety and equity among young people and adults.</p> <p>The workshop will include time for break outs and reflection.</p>	<p><a href="#">July 2<sup>nd</sup> 2 PM</a></p> <p><a href="#">July 6<sup>th</sup> 10 AM</a></p> <p><a href="#">July 10<sup>th</sup> 10 AM</a></p> <p><a href="#">July 13<sup>th</sup> 10 AM</a></p> <p><a href="#">July 14<sup>th</sup> 2 PM</a></p>	
<p><b>Mental Health 101</b> Rachel Priest, Mental Health Association of Nassau County</p>	<p>Mental Health and Wellness 101 presents an opportunity for participants to reframe the term “mental illness” to an understanding that we all have mental health; it is not just the presence or absence of an illness. We will discuss how mental health impacts adults and youth alike, review signs and symptoms one may notice (both in person and virtually) in ourselves and other, and review the importance of risk and protective factors. Also covered are the promotion of coping strategies, help-seeking behaviors and the concept of recovery.</p>	<p><a href="#">July 7<sup>th</sup> 10 AM</a> T</p> <p><a href="#">July 16<sup>th</sup> 10 AM</a> T</p> <p><a href="#">July 21<sup>st</sup> 10 AM</a> T</p> <p><a href="#">July 23<sup>rd</sup> 12 PM</a> T</p> <p><a href="#">July 28<sup>th</sup> 10 AM</a> T</p> <p><a href="#">September 1<sup>st</sup> 10 AM</a> T</p> <p><a href="#">September 4<sup>th</sup> 12 PM</a> T</p> <p><a href="#">July 14<sup>th</sup> 10 AM</a> A</p> <p><a href="#">July 30<sup>th</sup> 12 PM</a> A</p>	<p><b>Teachers</b></p> <p><b>Administrators</b></p>
<p><b>Taking the Challenge out of Conversations: How to communicate so you’ll both feel heard (Teacher Cohort and Administrator Cohort)</b> Joan Fretz, Positive School Climate Consultant.</p>	<p>Challenging times call for school adults to communicate issues and needs without judgment or blame. This workshop series provides a simple 4-step process for improving our ability to:</p> <ul style="list-style-type: none"> <li>- say what we are observing without evaluation,</li> <li>- listen for and acknowledge the feelings and needs of others,</li> <li>- state our needs, and then</li> <li>- make requests instead of demands.</li> </ul> <p>This process, called Mindful/Nonviolent Communication serves as a consistent way for school adults to develop respect and trust in relationships with all stakeholders, and model the social and emotional skills that serve as the foundation of supportive schools. Developing schools where people want to teach and learn begins with how we communicate. The success of</p>	<p><b>Teacher Cohort</b></p> <p><a href="#">July 7<sup>th</sup> 9 AM</a></p> <p><a href="#">July 14<sup>th</sup> 9AM</a></p> <p><a href="#">July 21<sup>th</sup> 9 AM</a></p> <p><a href="#">July 28<sup>th</sup> 9AM</a></p> <p><b>Administrator Cohort</b></p> <p><a href="#">July 9<sup>th</sup> 9 AM</a></p> <p><a href="#">July 16<sup>th</sup> 9 AM</a></p> <p><a href="#">July 23<sup>rd</sup> 9 AM</a></p>	<p><b>Teachers &amp; School Support Staff</b></p> <p><b>Administrators</b></p>

	<p>all other school climate initiatives depend on this. Strategies for encouraging our colleagues to learn and support this approach to personal and professional communication will be discussed.</p> <p>NOTE: Schedule 4 sessions with the same cohort.</p>	<a href="#">July 30<sup>th</sup> 9 AM</a>	
<p><b>Mindfulness Konu for Educators</b>  <b>Dr. Danielle Smith</b>, Jericho High School Psychologist and  <b>Dr. Kristin Bruning</b>, Psychiatrist</p>	<p>Koru Basic is an introductory mindfulness course that consists of four 2-hour sessions via Zoom, each containing a maximum of 15 students. All sessions include a short opening meditation followed by mind-body skills and mindfulness meditation practice. Through these exercises, individuals will learn how to...</p> <ol style="list-style-type: none"> <li>1. More effectively manage stress through skills training</li> <li>2. Become more aware of thought patterns and behaviors that contribute to their stress levels.</li> <li>3. Build and sustain a meditation practice</li> </ol> <p>Participants will get access to an app that will provide them with the practices learned in the course. Additional mindfulness coaching by Drs. Smith and Bruning will occur in-between class sessions via the Koru app to support the practices.  Schedule 4 sessions with same cohort.</p>	<p><b>Cohort I</b>  <a href="#">July 6<sup>th</sup>, 9<sup>th</sup>, 13<sup>th</sup> &amp; 16<sup>th</sup> 8AM to 10 AM</a></p> <p><b>Cohort II</b>  <a href="#">July 27<sup>th</sup>, 30<sup>th</sup>, August 3<sup>rd</sup> &amp; 6<sup>th</sup> 8AM to 10 AM</a></p>	<p>ALL</p> <p>ALL</p>
<p><b>PREPaRE 1 Training</b>  <b>Dorothy J. Ahl , MS. EdS.</b>, Educational Consultant, 34 years as a Special Education Teacher and School Psychologist. Member of NASP, NYASP, SCPA and NCPA. Executive Board of LI SELF, LI SPAN, and NCPA. NASP's PREPaRE Curriculum, NYS Dignity Act Trainer.</p>	<p>Comprehensive School Safety; Emergency Operations Plans Components; Safety and Crisis Teams; Levels of Crisis Response; Physical and Psychological Security; Vulnerability Assessments; Accounting for all Persons; Communications and Warnings; Functional Crisis Exercises and Drills; Reunification Plans; Public Health, Medical and Mental Health Concerns; Crisis Recovery and Memorials; Continuity of Operations Plans; Threats and Specific Hazards; After Action Reports; Tabletop Drill Activity; Examining Effectiveness of Crisis Plans</p>	<p><b>Administrators</b>  <a href="#">July 28<sup>th</sup> 9AM - 12:30 PM</a>  <a href="#">July 29<sup>th</sup> 9 AM – 12:30 PM</a></p>	<b>Administrators</b>
<p><b>PREPaRE 2 Training</b>  <b>Dorothy J. Ahl , MS. EdS.</b>, Educational Consultant, 34 years as a Special Education Teacher and School Psychologist. Member of NASP, NYASP, SCPA and NCPA. Executive Board of LI SELF, LI SPAN, and NCPA. NASP's PREPaRE Curriculum, NYS Dignity Act Trainer.</p>	<p>Evaluating for Psychological trauma; Psychological Trauma: Risk Factors and Warning Signs  Conducting Psychological Triage; Triage Hands On Activity; Providing Psychological Interventions and Responding to Psychological Trauma; Psychological Education; Stabilization; Group Crisis Intervention Strategies and Activities; Individual Crisis Intervention Strategies and Activities; Psychological Recovery; Psychotherapy; Examining the Effectiveness of Psychological Interventions; Care for the Caregiver</p>	<p><a href="#">July 14<sup>th</sup> 9 AM 12:30</a>  <a href="#">July 15<sup>th</sup> 9 AM – 12:30</a>  <a href="#">July 16<sup>th</sup> 9 AM – 12:30</a>  <a href="#">July 17<sup>th</sup> 9 AM- 12:30</a></p>	<b>SEL/MH Support Staff</b>

<p><b>Prompting for Peak Performance – How to Prompt Students to Engage During Distance Learning and Upon School Re-Entry</b></p> <p><b>Dorothy J. Ahl, MS, EdS</b> , Educational Consultant  <b>Karen Mackler, Ph.D.</b>, District Psychologist and CSE Chair, Lawrence Public Schools  <b>Lisa Navarra, M.S. Ed.</b>, President, Child Behavior Consulting, LLC</p>	<p>Presentation offering specific action skills to teach school staff who work with students with ADHD and other executive functioning challenges. At this difficult time we would like to provide support to these educators, and offer strategies to improve student engagement. We will be addressing the areas of Executive functioning and working memory. We will be providing strategies and visual aids to assist with these areas, and specifically with launching academic tasks, managing impulsivity, focusing perception, perseverance, and academic coping skills.</p>	<p><a href="#">July 1<sup>st</sup> 10 AM</a></p>	<p><b>Teachers</b></p>
<p><b>Restorative Practices</b>  <b>Beverly Forgash</b>, Nassau BOCES iirp trainer</p>	<p>This training will be (4) 60 minute sessions. Restorative Practices is the social science of building and maintaining relationships in our schools, organizations and communities. In this ONLINE workshop we will learn a brief history and theory behind restorative practices as well as strategies to implement both online and in-person in our districts and buildings.</p>	<p><b>Cohort 1</b>  <a href="#">June 29<sup>th</sup> – July 2<sup>nd</sup> 11AM</a></p> <p><b>Cohort 2</b>  <a href="#">July 6<sup>th</sup> – July 9<sup>th</sup> 1 PM</a></p> <p><b>Cohort 3</b>  <a href="#">July 13<sup>th</sup> – 16<sup>th</sup> 11AM</a></p> <p><b>Cohort 4</b>  <a href="#">July 20<sup>th</sup> – 23<sup>rd</sup> 11 AM</a></p> <p><b>Cohort 5</b>  <a href="#">July 27<sup>th</sup> – 30<sup>th</sup> 11 AM</a></p>	<p><b>ALL Staff</b></p>
<p><b>Return to the New School Environment and Emotional Well-Being</b>  <b>David Hymowitz</b>, <i>Coordinator of the Behavioral Health Awareness Training &amp; Education Program for the Nassau County Department of Human Services</i></p>	<p>Once we have been informed that we can return to work it will create another set of fears and uncertainties. This will become a transition period where people will be faced with another set of challenges that they may not feel that have control over. This workshop will assist people to anticipate what they need so they can prepare and cope, while helping their families and students/staff as well.</p>	<p><a href="#">July 20<sup>th</sup> 10 AM</a>  <a href="#">July 22<sup>nd</sup> 10 AM</a></p>	<p><b>Administrators</b>   <b>Teachers</b></p>
<p><b>SEL/MH Liaison Meeting</b>  <b>Audre Midura</b>  <b>Nassau BOCES</b></p>	<p>Meeting/Work session of district Mental Health/ Social Emotional Learning liaisons to build district teams, goals and capacity for the</p>	<p><a href="#">July 13<sup>th</sup> 10 AM</a>  <a href="#">July 23<sup>rd</sup> 9 AM</a></p>	<p><b>District MH/SEL</b></p>

	<p>upcoming school year, disseminate SED information, provide direction and assistance.</p>	<p><a href="#">July 30<sup>th</sup> 9 AM</a></p> <p><a href="#">August 31<sup>st</sup> 9 AM</a></p>	<p><b>Liaison Members</b></p>
<p><b>Self-Care for Parents and Caregivers</b> <a href="#">Ramapo for Children</a></p>	<p>Self care offers rejuvenation, clear thinking, and a refueling that benefits our personal lives and allows us to best address the needs of young people in a more meaningful way. This workshop offers: Unpacking beliefs and attitudes towards seeking and accepting support and misconceptions about resilience/toughness and its relationship to self-care Self-care tips during remote learning/physical distancing Tools for making self-care a practice for these times and when in-person programs resume Creating trauma-informed learning environments of self-care/wellness that utilize reflection, voice, and choice</p>	<p><a href="#">July 7<sup>th</sup> 12 PM</a></p>	<p><b>MH/SEL Support Staff</b></p>
<p><b>Classroom Conversations: Suicide Awareness for the "New Normal"</b> <b>Rachel Priest</b>, Mental Health Association of Nassau County</p>	<p>All too often school personal are presented with situations where they think suicide might be involved, yet they feel overwhelmed when it comes to helping the students in both traditional and virtual classrooms.</p> <p>In this 60-minute workshop, participants will learn about the warning signs and risk factors they may see in their students, and discuss ways to connect these students to safety. The primary goal of this workshop is to start school staff on a path to feeling more comfortable talking about suicide, and allow them to identify ways to be more effective in their classrooms.</p>	<p><a href="#">July 6<sup>th</sup> 12 PM</a></p> <p><a href="#">July 9<sup>th</sup> 12 PM</a></p> <p><a href="#">July 27<sup>th</sup> 10 AM</a></p> <p><a href="#">August 31<sup>st</sup> 12 PM</a></p>	<p><b>Teachers</b></p>
<p><b>Trauma Informed Schools</b> <a href="#">Ramapo for Children</a></p>	<p>In this working group for school leaders, we will use the lens of trauma informed practice to explore: Creating policies/practices where school community experiences safety and are open to learning Creating learning environments where adults and young people can learn and grow (together) through reflection, voice, and choice</p>	<p><a href="#">July 9<sup>th</sup> 10 AM</a></p>	<p><b>Administrators</b></p>