

# MENTAL HEALTH MATTERS

PSD disclaimer: While PSD is grateful for their contribution, these speakers/presenters do not represent Poudre School District and their appearance at this event does not constitute an endorsement.

Room	Session Title	Session Description	Category	Sessions	Presenter
W111	<b>Supporting the Social and Emotional Needs of Gifted Students</b>	Students who are gifted are all different and unique. At the same time, many gifted students share some common tendencies that the adults in their lives can help them understand and manage. We will cover topics such as perfectionism, environmental and emotional sensitivity, finding a sense of belonging, fostering self-esteem, and existential depression in the context of what we know about the social and emotional strengths and needs of our gifted pre-teens and teens.	Gifted & Talented	6:00-6:50 7:00-7:50	Allison Woods, LPC Heart Centered Counseling
W109	<b>Loss Happens: Let's Deal With It</b>  <a href="http://3hopefulhearts.com">3hopefulhearts.com</a>	This session will focus on strategies to cope with grief. Participants will gain a better understanding of how teens grieve and feel more confident in supporting each other and teens who are grieving all types of losses.	Grief	6:00-6:50 7:00-7:50 8:00-8:50	Kristin Glenn, MBA, Director of Outreach 3Hopeful Hearts
W107	<b>Home as a Safe Place</b>	Learn about creating an inclusive Safe Space at home for your youth and their friends; around gender identity or non-conformance, gender fluidity, romantic or sexual orientation, LGBTQ+ and questioning youth. Includes basic terminology, youth suicide concerns, faith based resources, conversation starters, local, state & national resources AND youth who answer the tough questions. This is a non-discriminating, safe space for all people who attend.	LGBT	6:00-6:50 7:00-7:50 8:00-8:50	Kimberly Chambers SPLASH Youth & NoCO Pride
ROUND HOUSE	<b>Emotional Regulation and Stress Management in Daily Life</b>	This session will talk about how doing art and fishing are great for mindfulness	Mental Health	6:00-6:50 7:00-7:50 8:00-8:50	James Schultz James Schultz Counseling
W104	<b>Praise versus Validation</b> <a href="http://www.centennialpeaks.com">www.centennialpeaks.com</a>	A discussion on the differences between praise and validation. Exploring how validation can protect adolescents from emotional and behavioral problems.	Mental Health	6:00-6:50	Yohance Humphery, LCSW Centennial Peaks Hospital
W108	<b>Gentil – Actitude positiva para vivir – Reconociendo la ansiedad y la depression</b>	This session will give you information on how identify symptoms of anxiety and depression in young adults. What do to about it, where to find resources. Esta sesion le dara informacion de como identificar sintomas de asiedad y la depression en los jovenes. Que hacer, y donde encontrar recursos.	Mental Health	6:00-6:50	Lucero Castro FloreSer – Positive Interactions for Growth
W106	<b>Navigating Mental Health Issues for Teens and Young Adults</b>  <i>6:00-6:50 (Servicios de traducción al español estarán disponibles)</i>	This session will describe important issues related to depression/suicide, anxiety, stress, anger, eating disorders, major mood disorders, substance use and relationships (etc., that are common for teens and young adults). Coping skills will be shared and a good foundation will be given in terms of how to get help for these issues and what to look for in terms of finding healing and recovery.	Mental Health	6:00-6:50 7:00-7:50 8:00-8:50	Dr. Steve Blad, Ph.D. Licensed Clinical Psychologist Private Practice (all ages) Psychologist & SummitStone Health Partners (Adult Psychologist)
W102	<b>Mental Health and Traditional Outdoor Recreation</b>  <a href="http://www.coloradoyo.org">www.coloradoyo.org</a>	American kids today spend an average of four to seven minutes a day outside in unstructured play. That is over 50 percent less time than their parents did. This is a concern given the growing body of research that says the outdoors benefit a child physically, socially, emotionally and cognitively. Moreover if our children don't experience nature, they won't value it. Additionally, while Colorado may boast the nation's healthiest adult population, our youth obesity rate is rising rapidly. Barriers like time, transportation, money, access, and lack of interest and understanding keep kids from getting outside and developing the lifelong passion for the great outdoors. Igniting this passion in our youth is vital for the well being of Colorado citizens, our wildlife and our way of life. This session will look at how Colorado Youth Outdoors uses Quality Relationship Units, QRU's, to help families build healthy relationships using time +traditional outdoor recreation + intentional relationship building.	Mental Health	6:00-6:50 7:00-7:50	Gregg Knoll Colorado Youth Outdoors

Room	Session Title	Session Description	Category	Sessions	Presenter
W110	<b>My Kids are Laughing at Me...And I Love It! Positive Parenting that puts the FUN back in your Family</b> <a href="http://www.HelpingParentsParent.com">www.HelpingParentsParent.com</a>	Learn how to move towards living 'happily ever laughter' by putting some FUN back in your family. Parents will leave this workshop with tips on how to use humor, how to nurture their child's sense of humor and be better prepared to positively influence the behaviors of their children.	Mental Health	6:00-6:50 7:00-7:50 8:00-8:50	Dr. Renee Cohn Jones Helping Parents Parent, LLC
W112	<b>The Power of Presence: How the use of mindfulness can positively affect our mental wellness, and therefore everything else!</b>	Numerous studies have shown that the practice of mindfulness can positively affect our emotional, social, physical and mental health. During times of great change and increasing expectations, there is no better time than now for all of us to understand and quiet the mind. For our success, it is vital that we begin to recognize, acknowledge, and implement practices that allow us freedom from the business of our society, and recognize our mind as the amazing tool that it is when we learn to work <i>with</i> it, rather than have it work us. It is time that we begin to utilize the power of our own bodies to evoke the natural stress reduction capacity we have, and stop reverting to electronic devices or psychotropic drugs before we give our own healing capacity a chance. This presentation will review research-based findings on the value of mindfulness in regard to our mental wellness. Participants will be provided with tools to reduce stress, increase self-awareness, strengthen confidence, and understand brain-based effects of mindfulness on our mental health.	Mindfulness	6:00-6:50 7:00-7:50	Laurel Carter, MA, LPC Heart Centered Counseling & Old Town Yoga
E104	<b>Self-Harm</b> <a href="http://www.emerycounseling.com">www.emerycounseling.com</a>	This session will focus on types of self-harming behaviors, causes and reasons for self-harm and how to help decrease self-harming behaviors.	Self Harm	6:00-6:50	Bree N. Emery, MSW LCSW Emery Counseling <a href="mailto:bree@emerycounseling.com">bree@emerycounseling.com</a>
E108	<b>Understanding Self Harm</b> 7:00-7:50 <i>(Servicios de traducción al español estarán disponibles)</i>	Provide an understanding of self-harm behaviors, ways to respond as a parent.	Self Harm	6:00-6:50 7:00-7:50	Doug Wenger Heart Centered Counseling
E102	<b>Cutting: Understanding and Supporting Adolescent Who Self Harm</b>	Cutting (aka self harm) is scary and confusing for both the adolescents that engage in the behavior and also their loved ones. This presentation will help you understand what purpose the behavior serves, what to do and what to not do for someone who is engaging in self harming behaviors.	Self Harm	6:00-6:50 7:00-7:50	Kristen Cochran-Ward Connections
W105	<b>Empowering Individuals to See Beyond Their Reflections</b> 6:00-6:50 <i>(Servicios de traducción al español estarán disponibles)</i> <a href="http://www.beyondthemirror.org">www.beyondthemirror.org</a>	Healthy body image and self-esteem, Dialectical Behavior Therapy (DBT) skills introduction and skills for using in everyday life.	Self Image	6:00-6:50 7:00-7:50	Jen Knopp, MA, LPC & Bree Hough, MA, LPCC Beyond the Mirror Counseling & Wellness
E103	<b>It's On Us Fort Collins</b>  8:00-8:50 <i>(Servicios de traducción al español estarán disponibles)</i>	The "It's On Us Fort Collins" movement is dedicated to educating the community about sexual assault and bystander intervention. Come learn tangible strategies for how to respond to and prevent sexual assault/harassment in our schools and communities.	Sexual Assault	6:00-6:50 7:00-7:50 8:00-8:50	Katie Abeyta Sexual Assault Victim Advocate Center
W104	<b>Parents Preventing Human Trafficking</b> 8:00-8:50 <i>(Servicios de traducción al español estarán disponibles)</i> <a href="http://www.afacetoreframe.org">www.afacetoreframe.org</a>	Human trafficking happens (is happening) in communities like ours. In fact, in 2015, 89 kids were recovered from sex trafficking along the Front Range. Come learn about how this happens, what traffickers "look like", and how youth are vulnerable. But more importantly, come learn about what YOU can do to protect the kids in your life.	Sexual Assault	7:00-7:50 8:00-8:50	Beth Bruno, MA A Face to Reframe
E105	<b>Sexual Assault Prevention and Awareness</b>	FRHS Student Ambassadors will present a shortened version of the PSD approved sexual assault and harassment prevention presentation given to students in PSD middle and high school health classes	Sexual Assault	6:00-6:50 7:00-7:50 8:00-8:50	FRHS Student Ambassadors & Sara James
E107	<b>Child Sexual Abuse Prevention Efforts in Larimer County</b> <a href="http://www.voicescarrycac.org">http://www.voicescarrycac.org</a>	Will describe current prevention efforts for child sexual abuse, including Safety Smarts, a personal safety curriculum taught to K-3rd grade in PSD & Darkness to Light Stewards of Children Adult Prevention Training.	Sexual Assault	6:00-6:50	Liz Boeck, MSW Prevention & Events Coordinator Voices Carry Child Advocacy Center

Room	Session Title	Session Description	Category	Sessions	Presenter
W103	<b>Social Media and You!</b>  <i>7:00-7:50 (Servicios de traducción al español estarán disponibles)</i>	Using case examples and scenarios, the presenter will talk about how cyberbullying, sexting and social media relate to Colorado Law. We will talk about the role of a school resource officer working with administration, students, teachers, and parents when confronted with these issues in a school environment. The presenter will give you tools to help you navigate through your teen's social media and technology world.	Social Media	6:00-6:50 7:00-7:50 8:00-8:50	Keith M. Maynard Fort Collins Police Department
E109	<b>Stress: What are the signs and what do we do?</b> <a href="http://stressmanagementfcc.com/">http://stressmanagementfcc.com/</a>	Identify the signs of stress in your child and discuss supports and interventions.	Stress	6:00-6:50 7:00-7:50	Dr. Jennifer Gray & Dr. Tiah Terranova Stress Management Family Counseling Center
E111	<b>Stress Less for Teens and Parents</b> <i>8:00-8:50 (Servicios de traducción al español estarán disponibles)</i>	Feeling stressed out? Come learn ways to stress less and relax more. You'll leave with several relaxation and stress-reduction techniques that you can easily incorporate into your life for more balance and peace.	Stress	6:00-6:50 7:00-7:50 8:00-8:50	Jen Strating Fort Collins Biofeedback
E110	<b>Stress and Mindfulness in Adolescents – A look at Research at CSU</b> <i>7:00-7:50 (Servicios de traducción al español estarán disponibles)</i>	Discussion of work the Adolescent Wellness Laboratory is doing to assess the effects of stress and mindfulness on developing adolescents.	Stress	7:00-7:50 8:00-8:50	Jillian Foss Adolescent Wellness Laboratory
E112	<b>Solving our Stress (SOS): How to See and Relieve Stress Using a Visual Tool</b>  <a href="https://www.linkedin.com/in/donovan-dreyer">https://www.linkedin.com/in/donovan-dreyer</a>  <a href="https://www.facebook.com/GetReadyCoaching/">https://www.facebook.com/GetReadyCoaching/</a>  <a href="https://twitter.com/getreadycoach">https://twitter.com/getreadycoach</a>  <a href="http://www.getreadycoaching.com/">http://www.getreadycoaching.com/</a>	Alleviate anxiety, relieve stress, and get in a groove by learning to use a visual system that truly makes the invisible inner realm visible! Donovan Dreyer's innovation was born through the adversity of teen trauma reaching extremes in the Frederick community. Learn how this trying situation was transmuted and transcended to bring about a powerful tool that allows parents, educators, and students themselves to visually understand emotions and stress. Solving Our Stress helps you clean up the stress mess! Come learn how to bring about the greening of the inner world!  <a href="https://www.youtube.com/channel/UClyJCN2jRA5nUa7LR61eJOg">https://www.youtube.com/channel/UClyJCN2jRA5nUa7LR61eJOg</a> Other resource: Interested school counselors can text SCHOOLCOUNSELORSQUAD to 33444 to get a pdf of Solving Our Stress. Parents can get the pdf by texting TEENTEAM to 33444	Stress	6:00-6:50 7:00-7:50 8:00-8:50	Donovan Dreyer Get Ready Coaching and Frederick High School
E106	<b>Hope For Today: Interrupting the Path to Suicide</b>	Hope for Today is an adult centered suicide awareness, education, and prevention program. Training includes understanding mood disorders and recognizing suicide warning signs, knowledge of how to respond to a person in crisis and an understanding of the available resources in the community.	Suicide	6:00-6:50 8:00-8:50	Rick Hufnagel Alliance for Suicide Prevention
E110	<b>Connection, Protection, and Action: Suicide Prevention in Poudre School District</b>  <i>6:00-6:50 (Servicios de traducción al español estarán disponibles)</i>	Parents will have knowledge of PSD's suicide prevention curriculum and protocols. Parents will have information on resources within PSD and the Fort Collins community. Parents will have tools to begin important discussions with their children. Parents will self-identify what they can do to contribute to suicide prevention efforts in their family and community.	Suicide	6:00-6:50	Margaret LeMasters, MSW, CACI and Melanie Voegeli-Morris, LCSW Poudre School District