



CENTRAL RIVERS AREA EDUCATION AGENCY Well-Being Professional Learning Opportunities for District Staff

Central Rivers AEA: Well-Being Professional Learning Opportunities for District Staff

To log into the courses, please visit [AEA Online Registration System](#).

Course Title (Course #, Section #)	Format	Credit Options?	Intended Audience	Level (Introductory, Intermediate, Advanced)	Course Description/Objectives
DBT in Schools for Educators Dates: Aug 10-Sept 27, 2021 Course #201613 Section #307346	Blended	1 Licensure Renewal	Educators (all interested staff)	Introductory	This course is designed to support educational staff's understanding of Dialectical Behavioral Therapy (DBT) Techniques, skills, and strategies as applied in the school setting. Participants will develop an understanding of the basis of DBT skills in schools, the effectiveness of DBT Interventions, Terminology, skills and strategy development.
Making Connections in Early Childhood: Executive Functioning and Self-Management Course #201724 Section #307588 Section #307596	Hybrid/ Blended	1 Licensure Renewal or Participant Only	Educators	Introductory	The executive functions are a set of processes that all have to do with managing one's self and one's resources in order to achieve a goal. It is an umbrella term for neurologically-based skills involving mental control and self-regulation. Participants will develop positive classroom environments, develop intentional, explicit and differentiated lesson plans to meet the needs of all learners, and will evaluate/generate authentic or classroom assessment tools to collect (observational) data and use the data to make instructional decisions in regards to executive function and self-management.



CENTRAL RIVERS AREA EDUCATION AGENCY

Well-Being Professional Learning Opportunities for District Staff

<p>Suicide Awareness Workshop</p> <p>Dates: Sept. 1 - Sept.22 Course #190785 Section # 295635</p>	Blended	N/A	All interested staff	Introductory	<p>Suicide is the second leading cause of death for our youth. It is crucial for school staff to have a comprehensive understanding of our role in suicide prevention. Through synchronous learning and application opportunities, participants will dispel myths, increase suicide awareness, develop an understanding of suicide protective/resilience factors, risk factors, and warning signs, and increase knowledge of how to respond when a student expresses suicidal ideation.</p>
<p>PREPaRE Workshop 1</p> <p>Course # Section # Dates: September 18, 2021 and September 20, 2021</p>	Virtual	N/A	<p>Multi-disciplinary teams of mental health and educational professionals working at all grade levels in districts, such as administrators, security professionals, counselors, teachers, nurses, and other staff involved in school safety/crisis prevention/crisis preparedness efforts.</p>	Introductory	<p>The PREPaRE curriculum has been developed by the National Association of School Psychologists (NASP). PREPaRE training is ideal for schools committed to improving and strengthening their school safety and crisis management plans and emergency response. PREPaRE trains school-employed mental health professionals and other educators how to best fill the roles and responsibilities generated by their membership on school crisis response teams.</p> <p>Schools play a critical role in crisis prevention and response, meeting not just the needs of students but also of staff and families. To serve this function, schools must have crisis plans and teams in place that encompass preparedness, prevention, response and recovery, both short- and long-term. School safety and crisis teams must be adequately trained in terms of types of crises, systems, procedures, and the unique mental health needs that can arise as the result of a crisis.</p> <p>PREPaRE Workshops 1 is for multi-disciplinary teams of mental health and educational professionals working at all grade levels in districts, such as administrators, security professionals, counselors, teachers, nurses, and other staff involved in school safety/crisis prevention/crisis preparedness efforts.</p>



CENTRAL RIVERS AREA EDUCATION AGENCY

Well-Being Professional Learning Opportunities for District Staff

Suicide Risk Assessment Workshop Dates: Oct. 6 - Nov. 3, 2021 Course # 160489 Section #	Blended	N/A	School-based mental health professionals	Intermediate/Advanced	Suicide is the second leading cause of death for our youth. School staff play a critical role in supporting our youth. This workshop is intended to increase the participant's knowledge base in performing suicide risk assessments. Participants will be able to differentiate between a suicide risk screening and suicide risk assessment, identify when a risk assessment should occur, and understand the key components of a suicide risk assessment.
Mental Health Characteristics and Interventions Dates: October 4, October 12, and October 25, 2021 Course# 15254 Section# 307912	Face to Face	1 Licensure Renewal Credit	All Interested Staff	Introductory	This course is intended to assist participants in having an increased knowledge in the area of mental health. Specifically, the course is designed to 1) help participants recognize & understand various childhood mental health diagnoses so that they are able share information with teachers/school personnel, 2) understand the current research regarding mental health and the implications for educational practices, 3) understand how mental health issues are manifested in the classroom setting, and 4) have an awareness of assessment and interventions practices.
PREPaRE Workshop 2 Dates: October 11, 2021 October 18, 2021 and October 25, 2021 Course # Section #	Virtual	N/A	Multi-disciplinary teams of mental health and educational professionals working at all grade levels in districts, such as administrators, security professionals, counselors, teachers,	Intermediate	<p>The PREPaRE curriculum has been developed by the National Association of School Psychologists (NASP). PREPaRE training is ideal for schools committed to improving and strengthening their school safety and crisis management plans and emergency response. PREPaRE trains school-employed mental health professionals and other educators how to best fill the roles and responsibilities generated by their membership on school crisis response teams.</p> <p>Schools play a critical role in crisis prevention and response, meeting not just the needs of students but also of staff and families. To serve this function, schools must have crisis plans and teams in place that encompass preparedness, prevention, response and recovery, both short- and long-term. School safety and</p>



CENTRAL RIVERS AREA EDUCATION AGENCY

Well-Being Professional Learning Opportunities for District Staff

			nurses, and other staff involved in school safety/crisis prevention/ crisis preparedness efforts.		<p>crisis teams must be adequately trained in terms of types of crises, systems, procedures, and the unique mental health needs that can arise as the result of a crisis.</p> <p>PREPaRE Workshops 2 is for multi-disciplinary teams of mental health and educational professionals working at all grade levels in districts, such as administrators, security professionals, counselors, teachers, nurses, and other staff involved in school safety/crisis prevention/crisis preparedness efforts.</p>
<p>Anxiety in Schools: How Can Educators Help?</p> <p>Dates: January 14-February 25, 2022 Course #157676 Section #</p>	Hybrid	1 Licensure Renewal Credit	All Interested Staff	Introductory/ Intermediate	This course is intended to assist participants in having an increased knowledge base in anxiety and anxiety related disorders. Specifically, the course is designed to 1) help participants recognize & understand anxiety and anxiety disorders 2) understand the current research regarding anxiety disorders and the implications for educational practices, 3) develop a basic understanding of how to assess student symptoms to inform instructional interventions, and 4) build a toolbox for classroom based interventions/teaching strategies.
<p>Universal Supports for Students on the Autism Spectrum</p> <p>Dates: February 22, 2022 - February 22, 2022 Course #189907 Section #307682</p>	Blended (Zoom)	Participant Only	Educators	Introductory	3-hour Zoom workshop of our year 2 staff and other AEA staff that wish to take it. It will include the following topics: Autism Characteristics, Medical reports and diagnosis, National Standards Project and research-based interventions, Structured Teaching, Communication Needs and Supports, Positive Behavioral Supports, and State and Community Resources.
<p>Anxiety in Schools: How Can School-Based Mental Health Professionals Help?</p>	Hybrid	1 Licensure Renewal Credit	School-Based mental health professionals	Intermediate	This course is intended to assist participants in having an increased knowledge base in anxiety and anxiety related disorders. Specifically, the course is designed to 1) help participants recognize & understand anxiety and anxiety disorders 2)



CENTRAL RIVERS AREA EDUCATION AGENCY

Well-Being Professional Learning Opportunities for District Staff

<p>Date: March 3-May 6, 2022 Course #15773 Course #295471 Section #307912</p>					<p>understand the current research regarding anxiety disorders and the implications for educational practices, 3) develop a basic understanding of how to assess student symptoms to inform instructional interventions, and 4) build a toolbox for school-based interventions/teaching strategies.</p>
<p>Help for Billy Book Study</p> <p>Contact Rusti Sparks (rspark@centralriversaea.org) if team is interested</p> <p>*Note: This course is designed to be completed with a learning group, not individually</p>	Blended		All Interested Staff	Introductory	<p>In her book, Help for Billy, Heather Forbes offers understanding to educators about trauma and the impact on the development of children and strategies to more effectively address the resulting behaviors in the classroom. During this book study, participants will not only read the book; they will also participate in the activities and reflections contained in the accompanying workbook. This book study and discussion was created for a team of educators. Participants are responsible for purchasing their own book and study guide.</p>
<p>Youth Mental Health First Aid</p>	<p>Contact AEA Regional Administrator or Cindy Rurup (crurup@centralriversaea.org)</p>		All Staff	Introductory	<p>Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.</p>



CENTRAL RIVERS AREA EDUCATION AGENCY

Well-Being Professional Learning Opportunities for District Staff

Teen Mental Health First Aid	Contact AEA Regional Administrator or Cindy Rurup (crurup@centralriversaea.org)		High School Students	Introductory	Teen Mental Health First Aid teaches high school students how to identify, understand and respond to signs and symptoms of mental health or substance-use issues in their friends and peers.
Adult Mental Health First Aid	Contact AEA Regional Administrator or Cindy Rurup (crurup@centralriversaea.org)		All Interested Staff	Introductory	Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.
Universal Strategies and Implementation Coaching for Students with Autism Dates: to be determined Course #189847 Section #	Face to Face				This course is an instructional model designed to introduce or enhance already implemented empirically based instructional strategies for students with Autism or other communication-based developmental disabilities. The course is designed to work with school teams of at least two staff to help create building-level capacity for instruction with this population of students. Staff attending will have instructional presentations on: Characteristics of Autism and Structured Teaching, Communication and Social Skills Strategies and Positive Behavioral Supports and addressing Challenging Behavior. The fifteen required contact hours will consist of group instruction and onsite coaching sessions within districts.