



Building the Heart of Successful Schools



Virtual Conference Brochure

December 3 and 4, 2020
Pre-Conferences December 2, 2020

Message from State Superintendent

Dear Colleague:

Welcome to this year's virtual Building the Heart of Successful Schools Conference!

I want to thank the Student Services/Prevention and Wellness Team, along with the Wisconsin Safe and Healthy Schools Center, for planning the 20th year of this conference. This year's conference will feature a special lineup of keynote speakers and breakout sessions, which aims to help students become academically prepared and socially and emotionally competent.

The Conference will provide prevention, health, and wellness strategies to create positive school climates while building resilience and supporting students' mental health. Emphasis will be placed on the Whole School, Whole Community, Whole Child model to ensure all students are safe, supported, healthy, engaged, and challenged.

Thank you for all you do to support students and staff.

Carolyn Stanford Taylor
State Superintendent



Agenda At-A-Glance

Virtual Pre-Conferences: Wednesday, December 2

| | |
|-----------------|---|
| 9:00am - 4:00pm | PREPaRE 1 |
| 9:00am-11:00am | Social Emotional Learning–Training of Trainers |
| 11:30am-3:30pm | DPI Anti-Human Trafficking Video Facilitation Guide & Lessons |
| 12:00pm-3:00pm | Facing Anxiety |

Virtual Conference Day 1: Thursday, December 3

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|-------------------|--|
| 9:00am - 9:15am | Welcome |
| 9:15am - 10:15am | Opening Keynote Presentation: Part I –Kevin Hines, Cracked Not Broken |
| 10:15am - 10:30am | BREAK |
| 10:30am - 12:00pm | Opening Keynote Presentation: Part II -Kevin Hines, The Art of Wellness |
| 12:00pm - 1:00pm | LUNCH BREAK |
| 1:00pm - 2:15pm | Sectional Option 1a: Last on the List? |
| 1:00pm - 2:15pm | Sectional Option 1b: Suicide Prevention Panel Discussion |
| 2:15pm - 2:30pm | BREAK |
| 2:30pm - 4:00pm | Sectional Option 2a: Just Give Me the Strategies |
| 2:30pm - 3:30pm | Sectional Option 2b: Social & Emotional Learning Journey - 4K to 8 |

Additional pre-recorded sectionals are available to view instead of a live-streaming sectional, or at any time in the next year

Virtual Conference Day 2: Friday, December 4

| | |
|------------------|--|
| 9:00am - 9:05am | Welcome Back + Mindfulness Activity |
| 9:05am - 12:00pm | Closing Keynote Presentation: Laura van Dernoot Lipskey, Navigating Amidst Overwhelming Times |

Virtual Pre-conference: Wednesday, December 2

PREPaRE 1 - Comprehensive School Safety Planning: Prevention Through Recovery

Lynn Verage, *Regional Coordinator,*
Wisconsin Safe & Healthy Schools Center

Carol Zabel, *Regional Coordinator,*
Wisconsin Safe & Healthy Schools Center

AGENDA: 9am-4pm, *details TBA*

**Online Session, Zoom link will be emailed to registrants
approximately 1 week in advance**

Schools play a critical role in meeting the needs of students, staff, families and often the local community during times of crisis. PREPaRE is the only comprehensive curriculum developed by school-based professionals with firsthand experience and formal training.

PREPaRE 1 curriculum builds on existing personnel, resources and programs; provides for sustainability; and can be adapted to individual school needs and size. The PREPaRE curriculum has been developed by the National Association of School Psychologists (NASP). For more information:

<http://www.nasponline.org/prepare/index.aspx>

PREPaRE 1 (one-day, ONLINE) Focuses on Crisis Planning

- Provides a broad overview of the school safety and crisis team's roles and responsibilities, with a special emphasis on crisis prevention and preparedness.
- Demonstrates an overall checklist of needs for environmental and psychological safety
- Target audience: any school professional or community provider/agency who serves on a crisis team and/or is involved in establishing or promoting school safety.

[Register](#) for this session by November 18th. *Early registration is required by NASP in order to allow time to complete the online session pre-work.*

[Click here](#) for more details on pre-work and information on the online session.

Virtual Pre-conference: Wednesday, December 2

Social Emotional Learning: Training of Trainers

Beth Herman, MSE, *School Mental Health Training Consultant, Wisconsin Department of Public Instruction*

AGENDA: **Option 1** - 9am-11am; **Option 2** - 1pm-3pm, *details TBA*

Online Session, Zoom link will be emailed to registrants approximately 1 week in advance

Building the Social and Emotional Learning (SEL) expertise of your staff can be challenging, however, it is not impossible. Developing SEL trainers in your district is a sustainable way to ensure that all staff receive the necessary training to support your SEL efforts moving forward.

In this Training of Trainers, participants will expand their SEL expertise, learn how to train staff in the fundamentals of Social and Emotional Learning and will receive all the materials needed to do so.

The training materials are provided in these core modules:

- Why SEL?
- What is SEL?
- SEL Frameworks
- SEL and Equity
- School/District Implementation
- Building Adult SEL Competence
- Classroom Implementation
- Assessing SEL

These modules can be implemented as one whole day of training, or divided up over time.

Additional Information: Registration is available as a part of the Building the Heart of Successful Schools conference registration - the first session in this series is offered on the pre-conference day (December 2). **When you [register](#) for the SEL TOT on December 2, you will automatically be registered for the additional sessions in this series, for the same time slot. (January 14, February 18)**

Reminders, required pre-work and the link for the Zoom session will be emailed to you approximately 1-2 weeks before each session.

Virtual Pre-conference: Wednesday, December 2

DPI Anti-Human Trafficking Video Facilitation Guide and Lessons - Training for School Staff

*Julie Incitti, MSW, CAPSW School Social Work Consultant,
Wisconsin Department of Public Instruction*

*Asia Jackson, M.S., Anti-Human Trafficking Coordinator,
Bureau of Youth Services at the Department of Children and Families*

*Corrie B. Warning, CAPSW, SSW, School Social Worker,
Milwaukee Public Schools*

AGENDA: 11:30am-3:30pm, with breaks scheduled each hour

***Online Session, Zoom link will be emailed to registrants
approximately 1 week in advance***

This session will provide school staff, such as pupil service staff, training on using the DPI Anti-Human Trafficking Video Facilitation Guide and accompanying videos with students. While not restricted to pupil service staff, staff should have some training and experience handling difficult topics, handling student disclosures, and the ability to assess risk and safety concerns.

Participants will gain access to the video series, as well as the facilitator guide and related resources. Participants will be able to lead lessons for students grades 7-12 to help them understand what human trafficking is, some of the dynamics involved, and to recognize warning signs and unsafe situations, how to get help, and where to find additional resources.

Virtual Pre-conference: Wednesday, December 2

Facing Anxiety: Strategies to Successfully Understand, Engage and Support Students with Anxiety and Their Families

Amy Scheel-Jones, M.S., *Senior Consultant,
Coordinated Care Services, Inc.*

AGENDA: 12:00pm-3:00pm, *details TBA*

**Online Session, Zoom link will be emailed to registrants
approximately 1 week in advance**

Through real life experience as a school counselor with specialized training in anxiety and the parent of a child with an anxiety disorder, this session will highlight essential knowledge and skills needed to deliver effective support to anxious students in a school setting. Participants will deepen their understanding of anxiety's impact on brains, bodies and behaviors. Additional emphasis will be placed on best practice strategies for school-based staff to increase engagement and improve academic, health, behavior and attendance outcomes within a Multi-Levelled System of Support.

The session will establish a strong foundation of knowledge of anxiety and its impact on brains, bodies and behavior. Interactive activities and discussions will allow participants to apply the content to their daily work with students and families.



Virtual Conference: Thursday, December 3

Opening Keynote - Kevin Hines, Brain Health Advocate & Storyteller

9am-12pm

Kevin Hines is an award-winning brain/mental health and suicide prevention activist, entrepreneur, multiple award-winning filmmaker, best-selling author, international educator and speaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. The fall would break his body, but not his spirit. Today, Kevin dedicates his life to saving lives and encouraging others to seek help and spread empathy by spreading the message of hope and sharing his story. He is one of the most respected and admired voices of lived experience. Kevin's story is a remarkable testament to the strength of the human spirit and a reminder for us to love the life we have.

PART I: CRACKED NOT BROKEN

Kevin shares his story of hope and celebration of life. Kevin Hines is a mental health advocate, global speaker, best-selling author, documentary filmmaker and entrepreneur who reaches audiences all over the world with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age), he attempted to take his own life by jumping from the Golden Gate Bridge. He is one of only thirty-four (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

PART II: THE ART OF WELLNESS:

Kevin discusses his process for wellness, resilience and recovery. In order to be self-aware and cognizant of his mental wellness, Kevin has developed a 10 step evidence-informed regimen to stay on track and monitor the signs of falling off track. Clinical studies are discussed that prove why these are important to maintain wellness for everyone, not just those with a diagnosed mental illness. Audiences come away with a knowledge of how to build their own toolkit for maintaining their mental wellness, as well as the wellness of their loved ones.

***Kevin Hines' keynote will livestream 9:00am-12:00pm Thursday, December 3.
The session will be available for playback
for registered conference participants for 10 days.***

Virtual Conference: Thursday, December 3

Sectional Option 1a: Last on the List? Deepening Your Awareness and Enhancing Your Wellness Using Self-Coaching Strategies

1pm-

Amy Nelson, CAPSW, *School Social Worker, Wauwatosa West High School*

Tenet: Health

Age: All, 4K-12

As you know, educators are rarely drawn to wellness sections (*the past me included!*). We take care of others and often forget about ourselves. Through exploring our values and thoughts, including those that sabotage our wellness, participants will learn strategies to use on their own self-care journey. Fully honoring our values and beliefs brings fulfillment and gives us energy. Enter our inner saboteur, with thoughts that deliberately damage and destroy our confidence, hope, and resilience. Through fully exploring this saboteur, participants will shine a light on the dissonant voices within and begin to develop self-coaching strategies that honor their values and improve their wellness.



***This sectional will livestream at 1:00pm Thursday, December 3.
The session will be available for playback
for registered conference participants for the 2020-2021 school year.***

Virtual Conference: Thursday, December 3

Sectional Option 1b: Suicide Prevention Panel

Breanna Woznicza, *Hortonville High School Music/Band Teacher, Sources of Strength Advisor*

Jennie Katrichis, *School Psychologist, Elmbrook Schools, Hope Squad Advisor*

Aimee Schneidewent, *School Psychologist, Elmbrook Schools, Hope Squad Advisor*

Brian Dean, *Educational Consultant, AODA, School and Traffic Safety Wisconsin Department of Public Instruction*

Moderated by:

Alissa Darin, *Regional Coordinator, Wisconsin Safe & Healthy Schools Center*

Jackie Schoening, *Regional Coordinator, Wisconsin Safe & Healthy Schools Center*

Tenet: Safety

Age: All, 4K-12

Learn about suicide prevention peer to peer programs Sources of Strength and Hope Squad. Staff and students that have implemented these programs in their schools will share insights into their experiences and the processes they use to run the program. DPI will also share information about suicide prevention law and funding opportunities for peer to peer programs. Panel members can answer questions from the audience.

***This sectional will livestream at 1:00pm Thursday, December 3.
The session will be available for playback
for registered conference participants for the 2020-2021 school year.***

Virtual Conference: Thursday, December 3

Sectional Option 2a: Just Give Me the Strategies

Katie Rein, *Associate Director of School Improvement Services, CESA #9*

Tenet: Support

Age: All, 4K-12

Looking to support the mental health and academic engagement of students? Join me to learn about CASEL's SEL signature practices and to find out how the many strategies of each practice connect to other mental health innovations (TSS, CRP, UDL, PBIS). Participants will engage in the signature practices, so come with your 'student hat' on. You will leave with the knowledge of why these strategies address multiple innovations as well as a bank of resources, websites, and video links to support your planning for strategy implementation back in your school/district.



***This sectional will livestream at 2:30pm Thursday, December 3.
The session will be available for playback
for registered conference participants for the 2020-2021 school year.***

Virtual Conference: Thursday, December 3

Sectional Option 2b: Social Emotional Learning Journey - 4K to 8

Adam Scanlan, Principal, Director of Special Education, Swallow School District

Annie DiPietro, Library Media Specialist, Swallow School District

Tenet: Sustainability

Age: Elementary and Middle

Learn how the Swallow School District in Hartland, WI is working to engage families and community members as we integrate and grow our SEL programming. Our presentation will highlight what we've been implementing in three areas; elementary, middle school, and at the district level. We will break down programming at grade levels 4K-8, discuss teacher training, communication strategies, community involvement, school-wide initiatives and funding. Our school community believes in the importance of strong SEL programming and we look forward to sharing strategies that can easily be implemented in districts around the state to grow SEL programs.



***This sectional will livestream at 2:30pm Thursday, December 3.
The session will be available for playback
for registered conference participants for the 2020-2021 school year.***

Virtual Conference: Pre-recorded Sectional

Advancing Educator Compassion Resilience

Liz Krubsack, *School Mental Health Consultant,
Wisconsin Department of Public Instruction*

Molly Herrmann, *Educational Consultant, HIV/AIDS, YRBS, AWARE
Wisconsin Department of Public Instruction*

Tenet: Health

Age: All, 4K-12

Now, more than ever, educators may be feeling compassion fatigue, an umbrella term for burnout and secondary trauma. With the current challenges comes an opportunity to build staff resilience skills such as setting realistic expectations, setting appropriate boundaries, and engaging in meaningful self-care. In this session, participants will explore several strategies to advance their own compassion resilience and refocus themselves on the sense of purpose that drew them to the field.



This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

Virtual Conference: Pre-recorded Sectional

Anti-Human Trafficking Intro for School Staff

*Julie Incitti, MSW, CAPSW School Social Work Consultant,
Wisconsin Department of Public Instruction*

*Asia Jackson, M.S., Anti-Human Trafficking Coordinator,
Bureau of Youth Services at the Department of Children and Families*

*Corrie B. Warning, CAPSW, SSW, School Social Worker,
Milwaukee Public Schools*

Tenet: Safety

Age: High

Human trafficking is the misuse of other people and in sex trafficking, it occurs for the purpose of using people for sexual activities. Trafficking occurs in cities, suburbs, and rural areas. It is a statewide issue. Join us for a recorded interview with Julie Incitti, School Social Work Consultant at DPI, Asia Jackson, Statewide Anti-human Trafficking Coordinator, and Corrie Warning, School Social Worker in Milwaukee Public Schools. They discuss the basics of what human trafficking is, how school staff can recognize warning signs, how staff should handle disclosures, mandated reporting responsibilities, and steps for prevention. Additional resources and links for further learning will be included.

***This sectional is pre-recorded and will be available for playback
for registered conference participants for the 2020-2021 school year.***

Virtual Conference: Pre-recorded Sectional

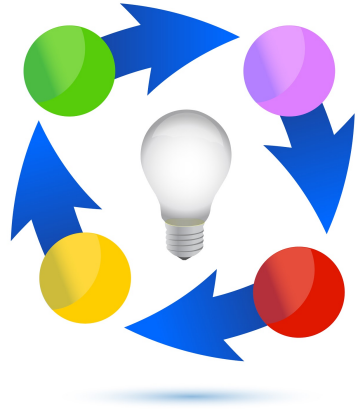
Building a School Based Mental Health Consortium: From Referral to Funding

Tracey Kelz, *Director of Student Services,*
Marshfield School District

Joann Greenlee, *Mental Health Navigator,*
Marshfield School District

Tenet: Sustainability

Age: All, 4K - 12



This presentation will walk participants through a step-by-step process the Marshfield School District used in order to build a school-based mental health consortium. We will discuss why we chose to start a consortium, how we started the process including funding options and provide an overview of our finished model. We will provide examples of our referral process, strategic action plan, overall structure and sustainability of the system and how we overcame some funding barriers to services.

This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

Virtual Conference: Pre-recorded Sectional

Empower Students: Teaching Students About Their Brain

Katie Berg, ME Ed., *Supporting Neurodiverse Students Statewide Coordinator, CESA #1*

Tenet: Positive Challenge

Age: All, 4K - 12

Participants will learn the importance of teaching basic brain function to students with neurodiverse needs. Information about the amygdala hijack, the paths our brains get stuck in and our sensory processing systems will be shared. Participants will leave with strategies and resources to create their own lessons on how the brain works.



This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

Virtual Conference: Pre-recorded Sectional

The Role of Student Services in Providing Direct and Indirect Services to Students During Online Learning: Teleservice and Collaboration to Promote Student Access, Engagement and Safety

Tim Peerenboom, *School Psychology Consultant,
Wisconsin Department of Public Instruction*

Andrea Bertone, *Special Education Consultant,
Wisconsin Department of Public Instruction*

Tenet: Engagement

Age: All, 4K - 12

Online Learning and Teleservice are likely to continue to be an efficient way to provide services to many students within an equitable Multilevel System of Support beyond the pandemic. This session will focus on practices, strategies and tools student services professionals can use to adapt to changing instructional models (in person, virtual, blended/hybrid) collaborate with increased engagement and support mental health and safety of students through teleservice. Participants will also be provided a brief overview of conducting risk assessments and crisis response while providing virtual services.

This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

Virtual Conference: Pre-recorded Sectional

School SBIRT Panel

Jane Larson, *School Social Worker,
Superior High School*

Samantha Wellnitz, *AODA/Youth
Development Coordinator,
Beloit Memorial High School*



Moderated by:

Tracy Herlitzke, *Director, Wisconsin Safe & Healthy Schools Center*

Carol Zabel, *Regional Coordinator, Wisconsin Safe & Healthy Schools Center*

Tenet: Positive Challenge

Age: Middle, High

What is SBIRT? SBIRT stands for Screening, Brief Intervention and Referral to Treatment. Originally developed for delivery in busy health care settings, SBIRT offers an efficient, evidence-based, and comprehensive service to address selected behavioral health concerns among adolescents (e.g., alcohol/other drug involvement).

In this session a panel of staff that have been implementing SBIRT will share insights into their experiences and the processes they use to run the program. Panel members will answer frequently asked questions about School SBIRT. WISH moderators will also share information about participation in future School SBIRT projects and trainings.

This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

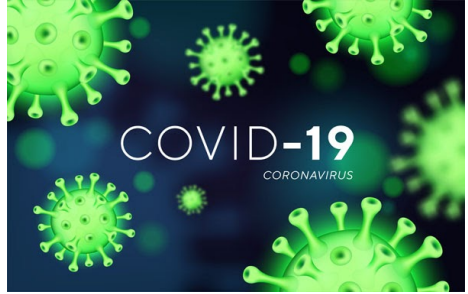
Virtual Conference: Pre-recorded Sectional

School Safety and Emergency Preparedness/Lessons Learned from the Pandemic

Shelley Joan Weiss, *Safety Consultant,*
Sun Prairie Area School District

Chad Whalley, *Associate Principal,*
Sun Prairie High School

Michael Hinske, *Consultant*
Wisconsin Department of Public Instruction



Facilitator: Brian Dean, *Educational Consultant, AODA, School and Traffic Safety*
Wisconsin Department of Public Instruction

Tenet: Safety

Age: All, 4K-High

Sun Prairie Area School district will describe their preparation and response to COVID-19. Practical lessons learned will be shared in order to help other school districts prepare for the future.

Michael Hinske will tell his story of working with the Wisconsin School for the Deaf and Hard of Hearing and the Wisconsin School for the Blind and Visually Impaired in preparing new school safety plans just as the pandemic hit and the need for equitable considerations in developing a school safety plans especially in response to a pandemic.

This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

Virtual Conference: Pre-recorded Sectional

Students, Staff, & Community - Growing SEL Practices at the High School Level

*Sarah Dianich, Associate Principal,
Mukwonago High School*

*Stephanie Krenz, Associate Principal,
Mukwonago High School*

Tenet: Sustainability

Age: High

Building systems and structures to support social emotional well-being at the high school level can be challenging. During this session you will learn about the universal opportunities for all students, as well as, specific interventions that have been used at Mukwonago High School. We will share the systems and structures that have helped to make these interventions possible. In addition, we will highlight how we have grown staff awareness, knowledge, and engagement in addressing the social emotional well being of themselves and their students.

This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

Virtual Conference: Pre-recorded Sectional

Supporting Students Experiencing Homelessness

Kristine Nadolski, *School Administration Consultant,*
Wisconsin Department of Public Instruction

Karen Rice, *Title 1 Consultant,*
Wisconsin Department of Public Instruction

Tenet: Support

Age: High

This presentation will provide an overview of the McKinney-Vento Homeless Assistance Act and data on students experiencing homelessness in our state. Participants will learn strategies to support high school youth experiencing homelessness, including unaccompanied homeless youth. These strategies will include: building connections to school, participating in extracurricular activities, completing the FAFSA as an independent student, and connections to higher education.



This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

Virtual Conference: Pre-recorded Sectional

Tending the Heart: Mental Health and ATODA Issues for Students

Cindy Czarnik-Neimeyer, M.S., *ATODA & Mental Health Liaison,*
Catalpa Health/Appleton Schools

Chris Wardlow, MAT, CPS, *Prevention Specialist,*
Catalpa Health/Outagamie County

Tenet: Health

Age: All, 4K-High

The link between marijuana use and schizophrenia is strong. It seems schizophrenia can be a precursor to marijuana use, marijuana use can be a precursor to schizophrenia, AND they can both be branches of the same trunk of a tree.

The link between smoking and depression is strong. It seems depression can be a precursor to smoking, smoking can be a precursor to depression, AND they can both be branches of the same trunk of a tree.

In this sectional we will look at dual diagnosis, which means that a person has an addiction disorder in addition to a mental health disorder, and discuss the challenges (and the gifts!) our dually diagnosed students bring to our school community.



This sectional is pre-recorded and will be available for playback for registered conference participants for the 2020-2021 school year.

Virtual Conference: Friday, December 4

Closing Keynote - Laura van Dernoot Lipsky, founder and director of The Trauma Stewardship Institute

9am-12pm

Laura van Dernoot Lipsky, founder and director of The Trauma Stewardship Institute and author of *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* and *The Age of Overwhelm: Strategies for the Long Haul*, has worked directly with trauma survivors for more than three decades. Much of her work is being invited to assist in the aftermath of community catastrophes—whether they are fatal storms or mass shootings. She has worked locally, nationally, and internationally. Laura is known as a pioneer in the field of trauma exposure.

Navigating Amidst Overwhelming Times

- **Setting the Context for Cumulative Toll:** We will discuss the context for how a cumulative toll arises and how we'll engage in this conversation. We'll discuss some principles that may be helpful in taking in the information.
- **The Trauma Exposure Response:** These are the specific manifestations of cumulative toll. From numbing to anger to cynicism we'll dive deeply into how one is impacted individually and collectively.
- **How to Sustain Individually:** We'll look at very concrete strategies for how to create sustainability for oneself individually.
- **How to Sustain Collectively:** We'll broaden the conversation by looking at how to create sustainability for oneself within a larger context as well as how to create larger organizational, institutional, and movement-level change.

***Laura van Dernoot Lipsky's keynote will livestream
9:00am-12:00pm Friday, December 4.***

***The session will be available for playback
for registered conference participants for a limited amount of time, TBA.***

Additional Information

Continuing Education Hours

For the 2020 virtual conference continuing education hours will not be offered.

CONFERENCE COMMITTEE

Student Services Prevention and Wellness Team, DPI

Susan Piazza, Director

Brenda Jennings, Assistant Director

Brian Dean

Beth Herman

Molly Herrmann

Emily Holder

Julie Incitti

Sally Jones

Liz Krubsack

Teri LeSage

Elizabeth Pease

Tim Peerenboom

Brianna Stier

Louise Wilson

Wisconsin Safe and Healthy Schools Center

Tracy Herlitzke, Center Director

Alie Hubing, Project Coordinator

Alissa Darin, Regional Coordinator- Eastern region (CESA 7, 1, 8)

Jackie Schoening, Regional Coordinator-Southern region (CESA 6, 2, 3)

Lynn Verage, Regional Coordinator- Northern region (CESA 9, 5, 12)

Carol Zabel, Regional Coordinator- Western region (CESA 10, 4, 11)



Conference Evaluation

Use the link below to share your feedback on the 2020 conference

<https://www.surveymonkey.com/r/BHSS2020>

