

**PSEA Department of Pupil Services Annual Conference  
Ramada Inn & Convention Center-State College**

**“STEP IT UP! From Best to Next Practices”  
August 3-4, 2016**

**Wednesday, August 3, 2016**

8:45 a.m.      **Registration for Pre-Conference Attendees**

9:30 a.m.      **Pre-Conference Training:**

**Youth Suicide in Schools**

**Matthew Bruce Wintersteen, Ph.D., Thomas Jefferson University/Jefferson Medical College,  
Department of Psychiatry and Human Behavior**

*Suicide is the second leading cause of death in the United States for middle and high school-aged youth (CDC, 2015). Educating our youth has become increasingly challenging when so many of our students are struggling with emotional or behavioral problems that impact their ability to be fully present, both physically and mentally, in the classroom. Education specialists are in a unique position in schools to support the emotional needs of students with suicidal thoughts by recognizing which students are at heightened risk for suicidal behavior and implementing brief interventions to help manage crises both inside and outside of school. This workshop will highlight specific risk factors that increase one's risk for suicidal behavior, as well as discuss the newest expert consensus list of warning signs for youth suicide. In addition to a targeted focus on risk assessment, several mini-interventions will also be highlighted that may help suicidal youth presenting in schools.*

*\*\*Check with your school district to determine if this training can be submitted for Act 71 professional development requirements.*

12:30 - 1:45 p.m. **Lunch on Your Own**

1:00 - 8:00 p.m. **Registration** - Conference Registration Desk

1:00 - 7:00 p.m. **Exhibits/Vendors** - Conference Lobby

1:45 - 3:15 p.m. **Annual Meeting/Presentation:**

**Every Student Succeeds Act and Implementation in PA**

*The Every Student Succeeds Act (ESSA), signed into law by President Obama in December 2015, shifts several areas of education policy authority back to states, and requires each state to seek stakeholder input and submit a plan for ESSA implementation to the U.S. Department of Education. As part of this process, the Pennsylvania Department of Education named four stakeholder workgroups to explore four key areas of ESSA: accountability, assessment, educator certification, and educator evaluation. PSEA leaders, members, and staff have been appointed to every one of the ESSA workgroups. A panel of DPS leaders and PSEA staff who are participating on the workgroups will provide an overview of ESSA and an update on their workgroup activities. The panelists will also discuss elements of ESSA that are of particular interest to education specialists.*

3:30 - 5:30 p.m. **Section Meetings**

**Home & School Visitor/School Social Workers Section Meeting:**

**Update on Current Topics and Resources**

**Mike Fiore, MSW, School HSV/SSW Section President**

*This session will cover several current topics including pending legislation to update current truancy laws; a new train the trainer for Act 31 requirements; a statewide effort to add certification to CSPG 201 social worker; and a new course for school staff on the suicide gatekeeping program QPR.*

**School Counselors Section Meeting:**

**Tech-Savvy School Counseling**

**Erin Rebling, School Counselor, Mifflin County School District**

*This session will review new and innovative ways to improve your school counseling program through the use of technology. Participants will learn specific ways in which school counselors can utilize technology to enhance delivery of services and data collection. Bring your phone, tablet, or laptop to this session and learn how to instantly connect and collaborate with school counselors across the globe.*

**School Dental Hygienist Section Meeting:**

**Beyond the Tooth Fairy: How to Teach About Oral Health and Have Fun Doing It!**

**Debra Barr, RDH, M.Ed, PHDHP, School Dental Hygienist Section President**

*This course will assist school pupil services personnel in presenting oral health education and literacy to elementary school-aged children and their parents. This course will motivate pupil services personnel to work with their community groups to better the oral health literacy of their school populations. A full complement of resources will be provided to empower participants with the tools and knowledge they need to get children (and their parents) excited about their smiles.*

**School Nurses Section Meeting:**

**Update on School Health Information**

**Beth Anne Bahn, Director, Division of School Health, PA Department of Health**

*Beth Anne Bahn will review the status of school health programs in Pennsylvania, including program requirements for the coming year. The review will be instructive, informative, and vital to the smooth operation of school health programs operated by public schools.*

**School Psychologists Section Meeting:**

**Using the Diagnosis of Dyslexia in Evaluation Reports**

**Ginny Kelbish, Psy.D., School Psychologist Section President**

*In October, 2015, the United States Department of Education, Office of Special Education and Rehabilitative Services clarified that the terms dyslexia, dyscalculia, and dysgraphia could be referenced in evaluation reports. Parents and teachers often ask if a student has dyslexia as though it is a separate identification from specific learning disability in reading. School psychologists must be clear on the use of the term dyslexia to help parents and teachers understand the use of the term. Bring your own knowledge of dyslexia and how to assess for it to further develop your understanding of what dyslexia is and how to help parents and teachers develop their understanding of the term. Dyscalculia and dysgraphia will also be discussed.*

5:45 - 7:15 p.m. **Dinner Options:**

- On Your Own
- Pre-Registered DPS Dinner
- **School Dental Hygienists with Beth Anne Bahn – PJ Harrigan's Bar and Grill**  
*Update the CSDH on SDH Certification, Dental Manual/web pages, and discussion of other pertinent school dental health changes.*

7:15 - 7:45 p.m. **Conference Opening with PSEA Officer**

7:45 - 9:15 p.m. **General Session:**

**Media and Healthy Sexuality and Relationships: The Impact on Youth**

**Mandy Mundy, Director of Education and Training, Network of Victim Assistance**

*Although sexual content in the media can affect any age group, adolescents may be particularly vulnerable. Adolescents may be exposed to sexual content in the media during a developmental period when gender roles, sexual attitudes, and sexual behaviors are being shaped. There is growing concern about young people's exposure to sexual content through media and its potential effects on their sexual attitudes, beliefs, and behaviors. This workshop will explore the research and the practical implications of sexualized media content on youth.*

9:30 - 10:45 p.m. **Social: Live entertainment and cash bar**

**Thursday, August 4, 2016**

7:30 - 8:15 a.m. **Registration/Continental Breakfast**

8:15 - 9:45 a.m. **General Session:**

**Mind Fullness and Mindfulness: An Introduction to Human Being**

**Barbara Ivanko**

*In the past five years, mindfulness practices have gained widespread interest and popularity. This is in large part due to the research done by Jon Kabat-Zinn and Saki Santorelli at the University of Massachusetts Medical School on the benefits of Mindfulness-based Stress Reduction (MBSR). This evidence, subsequent research, and the experiences of thousands of new mindfulness practitioners have led to a movement that shows no sign of slowing down! In this presentation, participants will learn about the origins of mindfulness practice, the neurological impact of meditative practices, the benefits of mindfulness in schools and for adults, and some practices they can do at home.*

9:45 - 10:00 a.m. **Break**

10:00 a.m. **General Session:**

**Executive Functions: What Are They and What Can We Do to Help?**

**Dr. J Stone, Clinical Neuropsychologist and Certified School Psychologist**

*Executive functioning - often described as the CEO of the brain - is increasingly recognized as a significant factor in student success. It refers to a set of skills that regulate, integrate, and coordinate other, more basic, cognitive functions, such as speaking, writing, and even remembering. Executive functioning may not help us understand a task, but it will help us get started, stay on task, and stop when necessary. It helps us plan our time, organize our tasks, and be flexible with changes. You can imagine the impact that deficits in this area could have with students - and you likely know students who have excellent executive functioning and excel. In this workshop, Dr. Stone will briefly describe and explain executive functioning and how to identify them, but he will spend more time discussing strategies that can help students compensate for weaknesses and strategies to actually build this skill set.*

11:30 a.m. -  
1:00 p.m. **Lunch**

1:15 - 2:45 p.m. **Breakout Sessions I**

**A. Animal Assisted Therapy**

**Tracy Giest, Ph.D.**

*An estimated two-thirds of young people who need mental health services in the United States are not receiving them. School districts all over the nation are struggling to find innovative interventions that are effective in supporting this growing population of school-aged children in need of emotional support services while dealing with reduced state and federal funding. A cost-effective and innovative intervention being introduced in some school settings is animal-assisted therapy (A-AT). The purpose of this presentation is to present the findings of the author's recent dissertation that explored animal-assisted therapy used with children and adolescents with mental health disorders in school settings. After attending this presentation, the participant will have a working knowledge of a successful A-AT program that can be replicated in other schools.*

**B. "Why Does this Keep Happening to Me?": Mindfulness and Habitual Patterns**

**Barbara Ivanko**

*It is easy to get caught in habits of thinking and reacting. This results in our ending up in the same old arguments with those close to us. It also causes us to have automatic reactions to student behavior and misbehavior, progress, or absence of progress. Since these behaviors are often unconscious, we may not even realize that they work against us in the goal of creating an optimal learning environment. Increasing awareness of how these patterns emerge and of your own style of thinking and reacting brings the opportunity to see things differently, make new choices, and become "unstuck" in the classroom, at home, and in day-to-day life.*

**C. Chocolate & Poverty**

**Stacey Spangenburg, Admissions Counselor, Milton Hershey School**

*Utilizing poverty statistics and the research of people like Eric Jensen, PhD, Dr. Ruby Payne, Dr. Donna Beagle, and Jonathan Kozol, this workshop addresses the characteristics and traits of students/families in poverty. Topics include: the "hidden rules" among the classes, the behavior patterns of many in poverty, assessing resources available to families, and how economic realities affect daily living. The workshop will include video clips from the PBS documentary "People Like Us", group discussion and exercises, and lecture. Participants will receive handouts including the training outline and a listing of recommended resources.*

**D. Tourette Syndrome and the Educator**

**Michelle Ulishney, Community Speaker for the Pennsylvania Tourette Syndrome Alliance**

*Often Tourette Syndrome is joked about or stereotyped as a person saying profanities uncontrollably; however, that represents only 10 to 15 percent of the most complex cases. Participants will learn about Tourette Syndrome, its impact on learning, and how to help students function in the learning environment to the best of their ability.*

2:45 - 3:00 p.m. **Break**

3:00 - 4:30 p.m. **Breakout Sessions II**

**A. Social Thinking Across the Home and School Day: The ILAUGH Model**  
**Stacie Dojonovic, Transition Facilitator, Fox Chapel Area School District**

*This session is designed to teach professionals and parents frameworks, concepts, and strategies so that they may better understand the social learning experience and guide others toward improved social processing and social skills. Attendees will gain new insights into the power of their own social emotional intelligence as they explore their social motivations and how they process and respond to social information. We will dissect the hidden rules, contemplate how social rules change with age, and discuss how social skills affect how one interprets and responds to social-academic information and assignments.*

**B. Evidence-based Programs for Wellness**  
**Joann Dorr, Manager, Families Living Well**

*Families Living Well provides a continuum of support to Bucks County families to make healthy lifestyle choices. This includes the implementation of a treatment program in combination with the development of maintenance and preventative programs for students ages 3 to 18 and their families. This initiative addresses the barriers and needs of the community to make healthy choices. The KidShape2.0 model is the cornerstone of Families Living Well, which includes 10 pediatric health and wellness programs for children in pre-school through high school. Families Living Well is coordinated through Community Health Services at St. Mary Medical Center, Langhorne.*

**C. The Juvenile Justice System and Schools: Working Together**  
**Sean Cassidy, Juvenile Probation Supervisor, Bucks County**

*This presentation will include an overview of the Pennsylvania Juvenile Justice System, including diversion, the court process, roles of juvenile probation officers and other professionals, and the Pennsylvania Juvenile Act. Relationships and information exchanged between probation officers and school staff will be discussed. Best practices will be presented with examples of how school staff and probation staff can work together in the best interests of juvenile offenders.*

**D. Intersex to Interaction**  
**Dr. Monica Snyder, DVM**

*Dr. Monica Snyder, DVM, was diagnosed with an intersex condition at 14 years of age. According to the Intersex Society of North America, "Intersex is a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male." Working within the school setting, you may encounter students who were born with this intersex condition. Throughout this session, participants will be provided with insight into the world of intersex conditions, treatments, surgical interventions, physical and emotional implications, and advocacy/support options that are available. Questions and dialogue will be highly encouraged.*

4:30 - 4:45 p.m. **Program Conclusion/Award Door Prizes**