

AGENDA

Date | Time April 29, 2021 ▪ 8:30 am – 2:30 pm Location Northwest Regional ESD | via Zoom



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MENTAL HEALTH SUMMIT

Family Edition

"Community Caring and Well-Being, and the Return to School"

SESSION 1: 10:30 am
– 12:00 pm

Breakout Sessions

- 1. Engaging Families in Meaningful Participation at Every Level of the System** – It is the right thing to do to engage parents and direct caregivers in the care and education of their child. Today, more than ever, our child serving systems are wanting to engage and support the capacity for parents and caregivers to give voice to what truly is effective in service delivery at the individual, program, and policy levels. However, this isn't always as it seems.

This session will explore strategies that have truly helped to get parents engaged, and keep them engaged in their child's education. The focus of the discussion will be around parents and caregivers of children and youth experiencing behavioral health challenges. A select panel of parents will also offer a range of experiences to help educators and other systems level practitioners to consider as they look at the many ways that families can be engaged in sharing their experiences in order to inform or educate others about what works best for them.
- 2. Internet Safety for Kids** – Description to follow.
- 3. Introduction to Trauma-Informed Nutrition & Feeding** – Join us for an introduction to the six principles of trauma-informed nutrition and mealtime. We will discuss how you as an educator and parent can use these strategies to support the health of youth and families during these uncertain times. This program is brought to you by Oregon State University Extension Service using the Nourished and Thriving Toolkit developed by SPOON.
- 4. Out of School Time—What's Mental Health Got To Do With It?** – Child care, after school, and summer programs play an important part in the mental health and well-being of children and youth who have access to them. Research on the effect of these programs on mental health will be discussed as well as different strategies for increasing opportunities for kids to participate. Examples from Oregon and nationally will be provided.
- 5. Question, Persuade, Refer (QPR): Suicide Prevention Training** – QPR is an evidence-based educational program that helps participants recognize the early warning signs of suicide and assist a person at-risk in getting the help they need. Participants will learn about risk factors, warning signs, and common myths about suicide. This three-step action plan is an evidence-based strategy that can result in lives saved.

Sandy Bumpus, MSW, Executive Director
Oregon Family Support Network

Kody Harris
WA County Sheriff's Office

Jenny Rudolph, Assoc. Professor of Practice
Lura Kennerly, Education Program Assistant
OSU Extension Service Family & Community
Health Program

Katie Riley, Ed.D., President
Washington County Kids

Andy Cartmill, Senior Program Educator
WA County Addictions Services

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SESSION 2: 1:00 –
2:30 pm

Breakout Sessions

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- 3. Let's Unplug! Alternatives to Screen Time** – We can all use a little less screen time these days! Zoom fatigue is real. Join us to learn and explore alternatives to screen time: indoor or outdoor activities, community events and resources, individual or group activities. This interactive session will provide time and space for encouraging and exploring things we can do without looking at our screens.
- 4. Mental Health: Supporting Our Youth and Families of Color** – As students return to school, they will all need immediate support to cope with the events of the past year. But the trauma of the pandemic will likely outlast the virus itself, especially for BIPOC students, and schools must remain equipped to provide appropriate and racially equitable mental health treatment long after COVID-19. In this session, we will explore the impact of the events of this last year and discuss how we can support our youth and families of color now and into the future.
- 5. Pathological Demand Avoidance Syndrome** – Pathological demand avoidance syndrome has historically fit under the umbrella of Autism Spectrum Disorder, PDD-NOS. The disorder is characterized by an anxiety-driven need to be in control, which presents through a continued resistance to everyday demands using social manipulation strategies. This presentation will cover the characteristics of PDA, differentiated diagnosis, and will provide strategies for professionals and families.
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Jessica Cox, M.S., Autism Specialist
NWRESO

Andy Cartmill, Senior Program Educator
WA County Addictions Services

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Post Event

Please [complete post event survey](#) and download
Certificate of Attendance (or scan QR code)

