

Regional School Health Education Institute

October 24-25, 2017

Courtyard Marriott
Farmington, NM



TUESDAY, OCTOBER 24, 2017

8:00 AM – 8:30 AM

Registration/Continental Breakfast

8:30 AM – 8:45 AM

Welcome & Introduction

*Speaker: Dean Hopper, M.A.Ed. Director, NM Public Education Department,
Coordinated School
Health & Wellness Bureau*

8:45 AM – 10:00 AM

Keynote – Mental Health & Trauma Informed Schools

Speaker: Dr. Craig Pierce, PhD, LMFT, LPCC, Founder & President, Southwest Family Guidance Center & Institute

What does it mean to be trauma and developmentally informed? What role does empathy play in being trauma informed in their professional practices? Explore the principles of neuroscience and brain development in relation to the effects of trauma, abuse, and neglect as well as the importance of early childhood development and attachment relative to sequential neuro-development. Learn about the relationship between the arousal continuum and the capacity for self-regulation. Ideas for creating a trauma informed school will be central to this session.

10:00 AM – 10:15 AM

Break

10:15 AM – 11:00 AM

General Session #1: YRSS Regional Data & Wright Family Activity

Speaker: Dr. Dan Green, MPH, Behavioral Risk Factors Surveillance, NM Department of Health

This session focuses on the implementation and analysis of the New Mexico Youth Risk and Resiliency Survey, a survey of risk behaviors and protective factors among New Mexico high school and middle school students.

EXHIBITORS

24/7 Rescue

NM DOT – Impaired
Driving & Enforcement

New Mexico Crisis &
Access Line

New Mexico Out of
School Time Network

Speak Love

11:00 AM – 11:45 AM

General Session #2: Hang up and Drive, A Homegrown Program

Speakers: *Co-Founders of Hang up and Drive, Tyler Harden, Deputy; Bill Howard, Volunteer Firefighter and Emergency Medical Responder, Blanco/Navajo Dam Fire District of San Juan County, Wayne Wendell, District Fire Chief, Blanco/Navajo Dam Fire District of San Juan County*

The digital world has given us many gifts; unfortunately it has also created an ever increasing danger in the form of distracted driving. “Hang up & Drive” is a volunteer run program developed by Fire Fighters and Sheriff Deputies to combat the distracted driving epidemic. Just as the seat belt movement began with youth, this program hopes to educate young people in the extreme dangers of texting and driving and other distractions which they will begin to pass on to parents and other elders. This “no holds barred” program, in which personal experience and stories are shared, brings the consequences of distracted driving to the students by those that deal with the aftermath first hand on an all too frequent basis.

11:45 PM – 1:00 PM

Lunch/Visit Exhibits

1:00 PM – 2:30 PM

Breakout #1: Strategies for the Trauma Informed Classroom

Speaker: *Dr. Craig Pierce PhD, LMFT, LPCC, Founder & President, Southwest Family Guidance Center & Institute*

Attendees of this course will gain insight and understanding of what it means to be trauma and developmentally informed. Learn the role empathy plays in being trauma informed in their professional practices. Explore the principles of neuroscience and brain development in relation to the effects of trauma, abuse, and neglect. The importance of early childhood development and attachment in relation to sequential neuro-development and information on the relationship between the arousal continuum and the capacity for self-regulation are also addressed. You will leave with ideas for creating a trauma informed school.

Breakout #2 – Question, Persuade, Refer: Suicide Prevention

Speakers: *Twila Becenti-Fundark, Northwest School Mental Health Advocate, NM Department of Health, Office of School and Adolescent Health and Nancy Kirkpatrick, Youth Suicide Prevention Program Coordinator, NM Department of Health, Office of School and Adolescent Health*

QPR (Question, Persuade, and Refer) is a Gatekeeper Training for Suicide Prevention. The QPR model is designed to teach lay and professional “gatekeepers” the warning signs of suicide, how to offer hope, how to get help and save a life.

Breakout #3 – Nutrition

Speakers: *Megan Sommer, B.S., Nutritionist, NM Public Education Department, Coordinated School Health and Wellness Bureau*

This session focuses on activities that promote healthier lifestyles and how to incorporate physical and nutrition education in every class. We will be exploring technology and modern tools to promote personal health goals and achievements.

Breakout #4: The A’Gin Project, a Model for Providing Sexual Health Education to Native American Youth

Speakers: *Representatives from Tewa Women United*

Providing unique resources for support, choice, connection, and access to information and resources about childbearing, breastfeeding, and parenting, creates opportunities for positive family experiences and decision making during childbirth and early childhood for women who often experience cultural and socio-economic barriers to reproductive health and wellbeing. Too many of our women do not have positive role models for how

to transition successfully into motherhood, and are learning for the first time about breastfeeding support, healthy baby care, parenting and strategies for coping with the challenges of the post-partum period. Learn about our YVK Doula Project, part of our overall effort to heal past traumas and integrate mind, body and spirit to create Beloved Families and Communities, and the importance of providing opportunities for women to heal from past trauma, connect with their bodies, and access their own senses of power, for it is in these ways that our family generations and communities will grow stronger.

2:30 PM – 2:45 PM

Break/Visit Exhibits

2:45 PM – 4:15 PM

Breakout #1 – Youth Health Literacy: Self-Care Tool Kit

Speakers: *Tessa Medina-Lucero, MPH, Adolescent Health Coordinator*

This workshop provides fun and meaningful activities for youth about healthcare. Learn about the six areas of health, various components of a doctor's appointment and self-care tips.

Breakout #2 –Wellness Policy 101: Fundamentals & Requirements to Establish a Strong Wellness Policy

Speaker: *Jimmie Thompson, Health Education Coordinator, NM Public Education Department, Coordinated School Health Wellness Bureau*

A school district wellness policy is not only a federal and state requirement, but a critical component to the success of promoting student wellness. The policy embodies a coordinated approach to student health and wellness including the involvement of food service directors, principals, athletic directors, teachers, nurses, school health or wellness council members, parents, students and community members. This session, intended for the individuals responsible for updating, implementing, and monitoring compliance of their school district wellness policy, covers the required minimum federal and state wellness policy requirements as well as components to enhance the district's current policy. Bring a copy of your current school district wellness policy as this session provides an opportunity to assess your policy content, identify areas missing required language and identify content that can be strengthened or enhanced.

Breakout #3: I am Me - Understanding the Intersections of Gender, Sexuality, and Identity

Speaker: *Jenn Jeverson, M.S., Prevention at Play, LLC*

I Am Me: Understanding the Intersections of Gender, Sexuality, and Identity is an educational training video exploring the challenges that LGBTQ+ young people face, and how adults can be supportive allies. The 45-minute video defines the concepts of gender identity, gender expression, and sexual orientation, and provides an in-depth picture of how LGBTQ+ young people are marginalized in their everyday lives and the serious outcomes they face as a result. With personal stories from LGBTQ+ young people and adult advocates woven throughout, the main theme of adult allyship is exemplified through LGBTQ+ youth sharing how they need to be supported. Take advantage of the opportunity to view the video and participate in an interactive, post-screening discussion.

Breakout #4: Continuing Support for Parenting Teens

Speaker: *Jessica Aufrichtig, Project Director, New Mexico Public Education Department*

Expectant and parenting teens face many barriers in attending and succeeding in school. Schools play a critical role in supporting the health and well-being of young parents and promoting their school achievement, attendance and engagement. We can assist young parents by acknowledging and reinforcing their commitment and motivation to stay in school and be successful. This session provides a framework for school and community collaboration and specific resources and innovative strategies about how to create supportive environment for expectant and parenting teens that promotes resiliency and success.

WEDNESDAY, OCTOBER 25, 2017

7:30 AM – 8:00 AM

Continental Breakfast

8:00 AM – 9:30 AM

Breakout #1: Strategies for Developing and Implementing an Inclusive Exemplary Sexual Health Education (ESHE) Curriculum

Speaker: *Anne Marlow-Geter, MPH, HIV/STI Prevention Education Coordinator, NM Public Education Department*

This session focuses on strategies for developing and implementing an inclusive exemplary sexual health education (ESHE) curriculum.

Breakout #2: Safe Schools Planning: What YOU Need to Know in an Emergency and Why It's Not Rocket Science

Speaker: *Lisa Hecker, Safe Schools Program Coordinator*

In New Mexico, as in the rest of the nation, we are looking at strategies to keep students, staff and faculty safe in our schools by assisting schools and their community partners with the development and revision of site-specific Safe Schools Plans (SSP), preventing and mitigating an occurrence and/or recurrence of adverse events, properly training school staff and students to assess, facilitate and implement response actions to emergency events, and providing the basis for coordinating protective actions prior to, during and after any type of crisis.

Breakout #3: College Readiness

Speaker: *Michelle Vignery, 21st Century Community Learning Centers (CCLC) Coordinator, NM Public Education Department*

Can students' future trajectories be impacted by a basketball game, cooking class, or character development session? If these activities are transparently tied to future aspirations, a good lesson plan can become a great lesson plan! There are many strategies available to bridge college and career readiness with health and wellness. Learn why college/career connections are important at any grade level, and several strategies for content integration into any subject matter.

Breakout #4: Children's Greif Center

Speaker: *Jade Richardson Bock, Executive Director of the Children's Grief Center of New Mexico*

How do children grieve differently than adults? What are some of the common pitfalls to which bereaved youth are vulnerable? Grief can manifest as physical ailments, substance abuse, depression, increased tardiness and absences, poor school performance, and anxiety disorders. Learn to identify key differences between bereaved youth at different developmental stages. Our typical cultural responses to grief (i.e. fear of explicitly discussing death, obscuring the facts with euphemisms, offering platitudes, ignoring death) are not helpful to youth. Explore how to replace typical responses with more effective responses and compassionate companionship as well as ideas to support guardians so they may better understand their grieving student at home.

9:30 AM – 9:45 AM

Break

9:45 AM – 11:15 AM

Breakout #1: Youth Resiliency Project

Speaker: *Anne Marlow-Geter, MPH, HIV/STI Prevention Education Coordinator, New Mexico Public Education Department*

The New Mexico Youth Risk and Resiliency Survey (YRRS) is a tool to assess the health risk behaviors and resiliency (protective) factors of New Mexico high school and middle school students. The YRRS is part of the national CDC Youth Risk Behavior Surveillance System (YRBSS), but the survey results have widespread benefits for New Mexico at the state, county, and school district levels.

Breakout #2: Drug Abuse Prevention

Speaker: *Travis Leyva, Disease Prevention Program Manager, NM Department of Health*

This session explores epidemiology profile of Opiate Overdoses and Overdose Deaths in NM and in the four corners region of the state, Comparison of Drug Use Prevention Strategies in the last 30 years, and discussion of why/how teens perceived drug abuse, social/peer pressures that come along with drug abuse, and decision-making components for teens and how educators can role model teens to making smart decisions.

Breakout #3: Resources and Support for Housing Unstable Youth

Speaker: *Dana Malone, State Coordinator for the Education of Homeless Children and Youth, New Mexico Public Education Department*

Students experiencing homelessness and expectant and parenting students face many barriers in attending and succeeding in school. School staffs are in an ideal position to link them to the necessary resources and services that promote their educational, parenting and life success. This session focuses on what resources are available within the educational system to address their needs and what school staff can do to ensure that they continue to not only grow, but thrive.

Breakout #4: Confident Me! Dove Self-Esteem Project

Speaker: *Margaret Mines, Physical Education Teacher, Cleveland Middle school/Ambassador, Dove Self-Esteem Project*

Confident Me! Is a one session and five session self-esteem program for middle school and high school students. It uses skill based health education and focuses on: challenging unrealistic sociocultural ideals of appearance; media literacy with respect to these ideals; reducing appearance comparisons and appearance conversations; and encouraging body activism and positive behavior change. This session will bring awareness and education to the program for any middle and high school interested in using this free curriculum.

11:15 AM – 11:30 AM

Break

11:30 AM – 12:45 AM

Closing Session – Building a Culture of Resiliency

Speaker: *Tiffany Wynn, MA, LPCC-S, Executive Director, Santa Fe Mountain Center*

Resiliency can be seen as many different things; personal strengths, social competence, problem solving ability, autonomy and sense of purpose, to name a few. These strengths can be seen as developmental possibilities that can be ignited in all individuals through the provision of correct supports and opportunities. If they are not immediately evident, consider them dormant, just waiting for nurturance, support and the right facilitation to wake them up! Explore the 4 C's of resiliency as discerned from the literature, and offer immediate tools and techniques on how to support the creation of resilient school environments. Teachers, administrators and students will benefit from understanding how to implement resiliency components into every interaction.

SPEAKER BIOS

KEYNOTE SPEAKER



Dr. Craig Pierce, PhD, LMFT, LPCC is the founder and president of the Southwest Family Guidance Center & Institute. He has over 30 years of experience as a clinical counselor and family therapist. Dr. Pierce is a fellow of the American Psychotherapy Association, a

Clinical Fellow of the American Association for Marriage and Family Therapy, a board certified PTSD Clinician by the American Psychotherapy Association, a leading expert in trauma-informed treatment, the 2016 award recipient from the New Mexico Child Abuse Prevention Partnership, and author of multiple books on effective parenting.

Jessica Aufrichtig works with the New Mexico Public Education Department as the project director for New Mexico Pregnancy Assistance Fund grant, focused on increasing support, resources and service access for expectant and parenting teens enrolled in the NM GRADS program. Grant focus areas include teen dating violence prevention, case management, supporting young fathers, college and career readiness, and early childhood. She also serves as a consultant for schools regarding strategies to meet the educational needs of young parents. Jessica has 20 years of experience as a social worker serving children and families in New Mexico in the areas of child welfare, early childhood home visitation, Medicaid, school behavioral health and supporting young parents and their families. She received her bachelors of social work at the University of Texas and her masters of social work, with a focus on community organizing, at the University of Michigan.

Twila Becenti-Fundark is the Northwest School Mental Health Advocate for the NM Department of Health, Office of School and Adolescent Health. She works closely with schools by providing technical assistance, training, and support to school behavioral health professionals, administration, and staff on variety of behavioral health topics and endeavors.

Dan Green, MPH received a Master of Public Health degree from the University of Texas Health Sciences Center at Houston, El Paso Campus, with an emphasis in epidemiology and survey methodology. From 1999 until 2002 he was the director of the Center for Border Health Research (CBHR) in El Paso, Texas. While with the CBHR, he was responsible for implementing a Youth Risk Behavior Survey in El Paso and Ciudad Juárez, Mexico. Since 2002, Dan has worked with the Epidemiology and Response Division, New Mexico Department of Health, where his duties include implementation and analysis of the New Mexico Youth Risk and Resiliency Survey, a survey of risk behaviors and protective factors among New Mexico high school and middle school students.

Deputy Tyler Harden has been a Deputy for about 3 1/2 years. Tyler is a crash reconstruction specialist and investigator.

Lisa Hecker has been the Safe Schools Program Coordinator at the Coordinated School Health and Wellness Bureau at the New Mexico Public Education Department since March of 2015. As the Safe Schools Program Coordinator, Lisa is responsible for overseeing the emergency operations planning for all of NM's public and State Charter schools. She provides guidance on emergency operations planning, training and exercises, and individual technical assistance to schools as needed. Prior to joining the New Mexico Public Education Department, Lisa worked for as a U.S. Department of Homeland Security and U.S. Department of Justice contractor for 15 years. Lisa holds a B.A. in Political Science from the University of New Mexico and an M.S. in Justice from the American University in Washington, D.C.

Bill Howard is a volunteer Firefighter and Emergency Medical Responder with the Blanco/Navajo Dam Fire District of San Juan County. Bill has been in firefighter for 5 years and started his Firefighting journey in Dona-Ana County New Mexico where he joined the local Volunteer Fire Department with his son.

Nancy Kirkpatrick is the Youth Suicide Prevention Program Coordinator with the Office of School and Adolescent Health at the New Mexico Department of Health.

Dana Malone is a service-focused professional with a strong commitment to addressing the needs of New Mexico's youth in high risk situations. She has over 20 years of dedicated service to the homeless population in general and has devoted the past 11 years specifically to addressing the diverse needs of homeless children and youth. Dana has directed youth emergency shelters, as well as transitional living programs, served on board of directors for homeless programs, and provided intensive case management services and now serves as the State Coordinator for the Education of Homeless Children and Youth with the New Mexico Public Education Department, overseeing 153 homeless education programs throughout the state. Dana desires to modify systems so all of our kids can learn, succeed academically and achieve their dreams.

Anne Marlow-Geter, MPH, is currently the HIV/STI Prevention Education Coordinator, for the New Mexico Public Education Department in Santa Fe, New Mexico. She has been working in the field of HIV/STI prevention for over 18 years, specializing in community planning, program evaluation and delivery, and grant development.

Jenn Jevertson, M.S., of Prevention at Play, LLC, provides custom-designed consultation, trainings and programs to both youth and adults on topics such as community building, bullying, substance abuse, suicide, mental health, safe

schools and sexual and gender identities. She is a strong advocate for policies and programs that create safer school environments for all students, especially those most marginalized. Jenn developed the educational training video, "I Am Me" for CYFD's Center of Excellence in 2016.

Travis Leyva was born and raised in Las Cruces, NM. He graduated from Mayfield High School, and continued his education at Arizona State University, where he earned a certificate degree in Kinesiology while playing 2 years of semi-professional baseball. He continued his college career at New Mexico State University and received his Bachelor's degree in Public Health in 2002. He began working with the Department of Health and held several positions as a Disease Prevention Specialist, Emergency Preparedness Coordinator, and the Border Infectious Disease Surveillance Epidemiologist. For the past 10 years he has been the Southwest Region Disease Prevention Program Manager, overseeing the STD/HIV clinics, HIV Case Management Services, Perinatal Hepatitis, Tuberculosis, and Harm Reduction Programs. He has been published for his work with the binational border influenza surveillance system between Mexico and the US, and has also been recognized statewide for his creation of the intervention tool "iHEAL - Integrated Health Education for Addictive Lifestyles".

Tessa Medina-Lucero currently works for the New Mexico Department of Health, Office of School and Adolescent Health (OSAH) as the Adolescent Health Coordinator. In this position she promotes communication and collaboration among adolescent health

Margaret Mines teaches physical education at Cleveland Middle school. She lives in Albuquerque, New Mexico and has been teaching for 14 years now and has also coached Soccer for 10 years. She still plays soccer and loves it. She is very active outside of school. She runs in races and does triathlons and is currently training for an Olympic-level race. She has two dogs. She is very excited for this adventure with Dove. She also has several awards including Middle School PE Teach of the Year for the state of New Mexico, SHAPE America 2014 Middle School PE teacher of the year for the Southwest District, SHAPE America 2015 1 of 17 Ambassadors for Dove Self-Esteem Caring guidance for the United States.

Jade Richardson Bock, executive director of the Children's Grief Center of New Mexico, began volunteering for the program as a bereavement facilitator in 2003 and joined the staff in 2005. In her time with the Center, it has grown from serving 50 individuals annually to over 500, and expanded programs in response to community need. Jade is the co-author of Parenting through Grief: the Attention Approach with psychologist and trauma expert Dr. Craig Pierce.

Megan Sommer recently joined PED and is responsible for the nutritional analysis of the National School Lunch Programs and School Breakfast Programs, to ensure compliance with federal regulations. Megan has a B.S. in Nutrition and

Dietetics from the University of New Mexico and comes to NM PED from Presbyterian Medical Services, where she was the Health and Nutrition Coordinator for Santa Fe Head Start Programs. Her hobbies include volunteering for Kitchen Angels in Santa Fe and cooking and gardening in her free time.

Tewa Women's United started in 1989 as a support group for women from the Pueblos of the northern Rio Grande concerned with the traumatic effects of colonization, religious inquisition, and militarization leading to issues such as alcoholism, suicide, domestic/sexual violence and environmental violence. In the safe space we created, we transformed and empowered one another through critical analysis and by embracing and reaffirming our cultural identity.

Jimmie Thompson, a native New Mexican, comes to the job of Health Education Coordinator with 21 years of teaching in New Mexico public schools, 17 of those in Rio Rancho Public School District. While there she taught first through fourth grades, served on site leadership, safety, SAT and Rtl teams. At the district level, she worked on the Common Core State Standards Math Transition, Report Card Alignment and Text Book Adoption teams as well as many others.

Michelle Vignery is the 21st Century Community Learning Centers (CCLC) coordinator for the State of New Mexico. Originally a native of Kansas, she moved to New Mexico in 1999, seeking a less humid climate for her naturally curly hair. She has been involved in the out-of-school time (OST) field for the past 15 years, working both locally and nationally to enhance OST instruction techniques.

Chief Wayne Wendell is the current District Fire Chief in the Blanco/Navajo Dam Fire District of San Juan County. He has 36 years' experience as a firefighter, 20 years of which in the United States Air Force.

KEYNOTE SPEAKER



Tiffany Wynn MA, LPCC, is the executive director of the Santa Fe Mountain Center. A Licensed Professional Clinical Counselor, Tiffany has served communities in the Southwest and Midwest for the last sixteen years and is a trainer and consultant for academic and treatment organizations; focusing on trauma and resiliency, bullying, behavioral management, leadership and professional development. She has been faculty for Prescott College's Master's degree in Counseling and chaired the Adventure Based Psychotherapy and Ecotherapy Concentrations.