

Mental Health in Schools Conference

# Working Together: Coordinating School Mental Health Supports

August 9-10, 2016 | Charlottesville, Virginia



Virginia Department of Education, Office of Student Services

# MENTAL HEALTH IN SCHOOLS CONFERENCE

## Working Together: Coordinating School Mental Health Supports

Omni Hotel, Charlottesville, Virginia  
August 9-10, 2016



### Tuesday, August 9, 2016

**8:30 am – 9:15 am**    **Registration.** . . . . . *Pre-function Area*

**9:15 am – 9:30 am**    **Welcome and Opening** . . . . . *Jefferson Ballroom*  
*Jo Ann Burkholder*  
*Director, Office of Student Services*  
*Virginia Department of Education*

**9:30 am – 10:45 am**    **General Session Keynote** . . . . . *Jefferson Ballroom*

#### **"Coordinating School Mental Health Supports"**

*Sharon Hoover Stephan, Ph.D.*  
*University of Maryland School of Medicine*

**10:45 am – 11:00 am**    **Break/Transition.** . . . . . *Pre-function Area*

**11:00 am – 12:15 pm**    **Breakout Sessions**

**Session A** . . . . . *Salon A*

#### **Best Practices for Supporting Students With Anxiety and Depression**

*Sharon Hoover Stephan, Ph.D. and Jeff Q. Bostic, M.D., Ed.D.*

This session will present best practices for supporting students with anxiety and depression in a multi-tiered system of student mental health support. Participants will learn about screening and assessment tools to identify, assess and monitor anxiety and depression. Specific evidence-based interventions and skills to reduce anxiety and depressive symptoms will be introduced, and participants will have the opportunity to practice clinical techniques for addressing depression and anxiety in school. The presentation will also include guidance on teacher consultation to support depressed and anxious students, and an overview of psychotropic medication treatment for pediatric anxiety and depression.

**Session B.** . . . . . *Salon B*

#### **Mental Health- Applying Trauma Informed Strategies in School Settings**

*Monique Williams, MA, Project Development and Training Specialist*  
*Department of Behavioral Health and Developmental Services*

This session will discuss how traumatic experiences affect children in a variety of ways, some of which go unrecognized as reactions to trauma. This trauma can lead to children being misdiagnosed and treated punitively when challenging behaviors are exhibited and can also impede learning within the school setting. By better understanding the impact of trauma and the inter-relationship of trauma and learning, schools can use positive discipline practices that support students, foster their success, and build relationships to promote resiliency.

**Session C** . . . . . *Salon C*

**Understanding and Supporting Gender Diversity in the Schools**

*Todd A. Savage, Ph.D., NCSP, Associate Professor, University of Wisconsin-River Falls*

Gender diverse students face a myriad of challenges affecting their abilities to succeed at school and at home. The purpose of this session is to augment the participant's awareness of gender identity and gender diversity, in general; to assist the participant in constructing a knowledge base pertaining to gender identity, gender diversity, and the schools; and to increase the participant's potential to work successfully with this population of students. Direct instruction, videos, and large group interactions will be employed to enhance participant learning.

**12:15 pm – 1:15 pm Lunch and Transition** . . . . . *Atrium and Preston*

**1:15 pm – 2:30 pm Breakout Sessions Repeated.** . . . . . *Salons A-C*

**2:30 pm – 2:45 pm Break.** . . . . . *Pre-function Area*

**2:45 pm – 4:00 pm Breakout Sessions Repeated.** . . . . . *Salons A-C*

## Be sure to visit the RESOURCE FAIR

Wednesday, August 10, 2016, 8:30 am – 12:30 pm

### Family Access to Medical Insurance Security (FAMIS)

Smiles for Children  
Virginia Department of Education  
School Nutrition Programs

Virginia Department of Education  
Parent Ombudsman

Youth Mental Health First Aid

Virginia Association of  
Visiting Teachers/School Social Workers

Virginia School Counselor Association

Virginia Academy of School Psychologists

Virginia Department of  
Behavioral Health and Developmental Services



## Wednesday, August 10, 2016

**7:30 am – 8:00 am**    **Breakfast** . . . . . *Pre-function Area*

**8:00 am – 9:15 am**    **Breakout Sessions**

**Session D** . . . . . *Salon A*

### **Rx Drug Abuse in the US: Crisis???** and Consequences

*Mary Louise Embrey, MLE Consulting, LLC*

This session will provide the scope of the problem of the prescription drug/opiate crisis, highlight the U.S. response to the crisis, and discuss the illness of addiction – with overdoses being the leading cause of accidental deaths in the U.S. The session will include detailed information on prevention resources and describe how caring adults in schools can become community change agents.

**Session E** . . . . . *Salon B*

### **Human Trafficking**

*Andrea Valencia-Bailey, Co-Founder, The Gray Haven*

*Dianne Koontz Lowman, Ed. D., Resident in Counseling; New Creations*

In this session, a brief overview of human trafficking will be provided. Many of the youth who are trafficked have been affected by adverse childhood experiences as defined in the ACEs study. The developmental, emotional, relational, and psychological impact of complex trauma is important to note, especially in efforts to prevent human trafficking. Some of the mental health issues that survivors face (including PTSD, self-harm, addiction, survivor guilt, and moral injury) will be highlighted. Trauma-informed counseling strategies that have been shown to be effective will be described including grounding strategies for an individual in crisis. Red flags to recognize individuals at-risk for being trafficked will be presented. The session will conclude with a list of recommended resources.

**Session F** . . . . . *Salon C*

### **Threat Assessments in Schools**

*John Speer, Ed. S. NCSP*

This presentation is an overview of conducting Threat Assessments in the school environment. Threats to self (suicidal ideation) and threat to others (homicidal ideation) will be addressed. The session will also emphasize identifying students in distress and pursuing interventions.

**9:15 am – 9:30 am**    **Transition / RESOURCE FAIR** . . . . . *Pre-function Area*

**9:30 am – 10:45 am**    **Breakout Sessions Repeated.** . . . . . *Salon A-C*

**10:45 am – 11:00 am**    **Transition / RESOURCE FAIR** . . . . . *Pre-function Area*

**11:00 am – 12:15 pm**    **Breakout Sessions Repeated.** . . . . . *Salon A-C*

**12:15 pm – 12:30 pm**    **Transition / RESOURCE FAIR** . . . . . *Pre-function Area*



**12:30 pm – 1:30 pm Lunch** . . . . . *Atrium and Preston*

**1:30 pm – 2:45 pm Panel Presentation** . . . . . *Jefferson Ballroom*

**Campbell County Public Schools - Making Connections to Make it Work:  
One School Systems Approach To Providing Mental Health Services**

*Linda Grubba, M.Ed., Campbell County Schools Counselor/Supervisor,  
Nicole Chalmers, M.Ed., LPC - Counselor for Cornerstone Learning Academy,  
Michelle Smith, M.Ed., NCC, ACS, PLC, RPT Clinical Director, Harvest Outreach, and  
Gary Wardlaw, M.Ed., LPC - Therapist, Horizon Behavioral Health*

The Campbell County school system is not a large one and funding for support services is always a challenge. Making the most of any additional resources we receive is vitally important. Our presentation is about developing effective and positive relationships with mental health service providers that come into our schools. A brief discussion of why these supports are needed, how to develop and maintain quality relationships within the schools, and a quick look at the success of one such collaboration will be included in our segment of the panel.

**Coordinated Mental Health and Behavioral Supports:  
Henrico County Public Schools' Journey**

*Nyah Hamlett, Assistant Superintendent,  
Catava Burton, Preventative Services Specialist, and  
Rachel Klein, Social Emotional Support Services School Social Worker*

Within the past three years, Henrico County Public Schools has steadily and diligently expanded our preventative behavioral support and mental health services throughout our school system. Our journey began with a thorough examination of discipline data and strategy development to meet the growing and changing needs of our school system. Initially, we examined discipline data and dissected it in a way that had not been done previously - by subgroups (race, disability, gender, etc.), levels (i.e. elementary, middle, and high), as well as, geographical locations within the county (by school and magisterial districts). Subsequently, we underwent a major overhaul of our Code of Student Conduct that included the involvement of multiple stakeholders. As a result, we strategically and methodically implemented multiple mental health and/or behavioral support programs, positions, and professional development sessions that we continue to focus and expand upon annually based on program evaluation data, student progress, and our efforts to close gaps.

**Pulaski County Public Schools and Student Assistance Programming**

*Jennifer Bartley, MSW-School Social Worker, Rebecca Cutter, LPC -Program Manager, School Based & Therapeutic Day Treatment -New River Valley Community Services, Jennifer Polanco, LPC - Virginia Tiered Systems of Supports and Project AWARE Division Coordinator & J. Lynne Winebarger, LCSW-School Based Supervisor -New River Valley Community Services*

Pulaski County Public Schools address mental health issues through the Student Assistance Programming and a collaborative effort with community agencies. Student Assistant Programming is a multi-disciplinary, broad-based approach to preventing problems and addressing those that do occur. Our close partnerships with local community agencies have allowed us to create innovative programs to meet the mental health needs of our students. This collaboration will be reflected in our discussion by having panel members from our local community service board, New River Valley Community Services, alongside school officials. We will discuss our current work around aligning our mental health supports with the Virginia Tiered System of Supports through the Interconnected Systems Framework.

**2:45 pm – 3:00 pm Closing** . . . . . *Jefferson Ballroom*

## Post-Conference Session

3:00 pm – 4:30 pm Pre-registered Participants Only . . . . .James Monroe

### Confidentiality Within Collaboration: Ethical Issues for School Psychologists

*Ethics in School Psychology Practice*  
Clifford V. Hatt, Ed.D, ABPP (School)

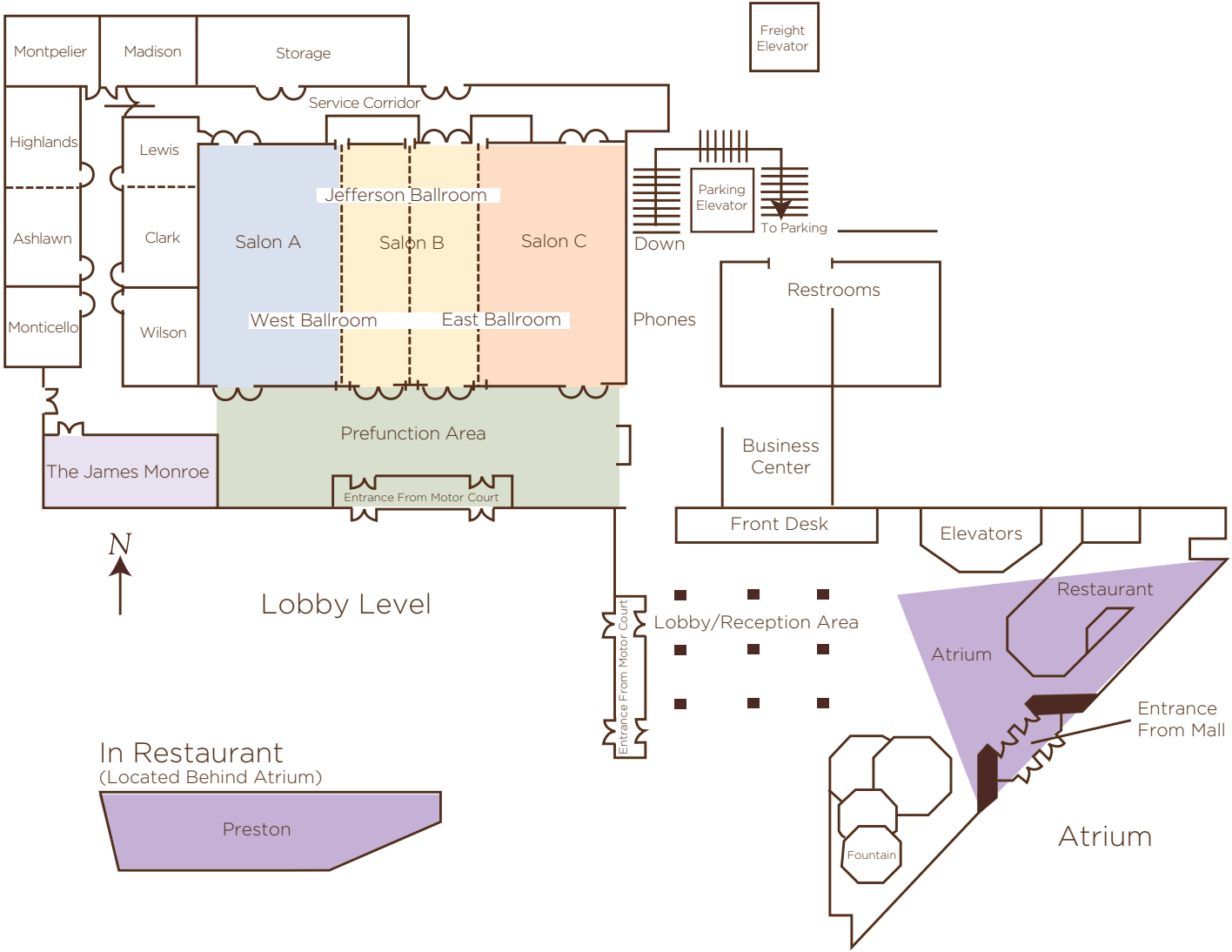
This session will consider some of the ethical issues involving confidentiality when school psychologists collaborate and consult with others in the school setting and with those in outside agencies.



# NOTES

# Omni Hotel

Charlottesville, Virginia



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