



2024 Iowa State Education Association & Iowa ASCD

Teach to Heal: Systemic Approach to Support Mental Health in Our Schools

3-Day Sessions

Student Mental Health on Your Mind?? *“Teach to Heal is the best professional learning opportunity I have attended in thirty years in education. Teach to Heal provides an effective response to the real struggles kids and schools are facing.”* Superintendent

We know that the mental health of our students is at the top of our lists as educators. Kids’ needs are increasingly complex, and our staff are increasingly exhausted. We cannot continue to attempt to meet the needs of students the way we have in the past, hoping for a different result. Our systems are built to get the results they are getting... and it is time for a paradigm shift.

Join Danielle Theis, mental health and trauma expert, as she guides us toward a road map for change. Systemic change that aligns to the reality of what kids and schools are experiencing now. If you choose to be an educator, you choose to support vulnerable children... enter a solution focused discussion regarding how to build that system together.

We know that the mental health of our students is at the top of our lists as educators. We know their needs are increasingly complex and we know our staff are increasingly exhausted. We cannot continue to attempt to meet the needs of our students the way we have in the past hoping for a different result. Our systems are built to get the results they are getting... and it is time for a paradigm shift.

Day 1 & 2: The WHY, the WHO, and the HOUSE

Participants will explore the impact of varying factors on the mental health of our students. The WHY of the work will be outlined as a strong foundation which will serve as a platform for the remainder of the series. School culture, and corresponding adult beliefs and attitudes, will be outlined as imperative forces on effective education systems for WHO we serve. Participants will identify and discuss the components working for, and against, their systems and develop a plan for moving forward as a united front. Teams will walk away with applicable tools that have the capacity to change the trajectory of their system and who they serve in the HOUSE we call school.

Day 3: Setting the Interdependent Table

Participants will have the opportunity to share their experiences following the application of day one and two. Successes and barriers will be discussed with a focus on solutions. Clear role definition will be outlined as an imperative component of the Teach to Heal work. Teams will be introduced to Life Space Crisis Intervention as a highly effective strategy for children who struggle with maladaptive patterns and dysregulation. Teams will leave with an understanding of how to introduce and support this intervention modality within the structure and culture of a healthy "house." implementation following day one and two.

Teach to Heal is an infrastructure for schools who are seeking to integrate the necessary components to meet the needs of all learners. This is not the easier path... but it is right for kids. Come start your Teach to Heal journey with this series.

Who should attend: Administrators, School Counselors, Behavior Interventionists, Teachers, School Teams, Mental Health Staff.

One License Renewal Credit available through ISEA Academy

Registration <https://iowaascd.org> events tab

Iowa ASCD Members: \$600.00

Non-members: \$645.00 (includes a one-year membership in Iowa ASCD)

****Attention:** School Counselors who are members of the Iowa State Education Association will have their registration costs covered (includes the registration fee, lodging, and license renewal credit) through the Ross Trust Reserve Funds. Enter ISEA in the PO Blank.



Danielle Theis is a national consultant on mental health and trauma-responsive schools and Master Trainer for Life Space Crisis Intervention Program.

danielletheisconsulting.com