

## A PK-12 Systemic Approach to Support Mental Health in Our Schools!

Iowa ASCD & ISEA Co-Sponsor the Learning Series Addressing  
Mental Health Needs in Our Schools!

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What about the mental health of today's youth?  
What about the violence to & by the youth of today?  
What is the role of educators?  
What are the signs of trouble?  
What is your plan?



**Do not miss this three-part series for your leadership team!**  
**September 25, September 26, and November 13, 2023**

**Facilitated by Danielle Theis**, national consultant on trauma-responsive schools. (teachtoheal.org)

### Why Attend

- Let's be honest. The **last two years have been demanding, challenging, and tough.**
- **Today's education environment is not the same post-pandemic!**
- These sessions will provide clarification of **our roles in supporting ourselves and students.**
- According to the National Center for Mental Health Promotion and Youth Violence Prevention **25% to 30% of youth experience trauma.** That number **has likely increased** due to numerous, sudden and drastic changes – bringing mental stress, loss and turmoil into our lives
- We must be **aware, and solution focused.**
- We must **have a systemic team plan.**

### Teacher retention an issue for your district?

Join us to learn how to support the educators in this changed education environment.

Support for Staff & Students!

Register your team today! Events tab

Special Offer for Counselors that are members of ISEA. Registration and Lodging covered by Ross Trust!

**Who** should attend: School Leadership Teams including administrators, school counselors, behavioral interventionists, social workers, school psychologists, teachers, health workers, community liaisons.

### Part 1: Teach to Heal: Foundation & Recovery September 25, 2023

In order for schools to become Trauma Responsive, they must first comprehend the true impact that trauma has on children's ability to be responsive to adult managed places and learning environments. *Teach to Heal's Foundational* training will cover these components to set the stage for the remainder of the series. *Teach to Heal's Recovery* training will focus on the impact of the last two

years of events and how our educational leaders, including school counselors, should plan to support professionals, student support staff, and our students.

**Part 2 & 3: Teach to Heal: Role Definition & Culture and Environmental Management**  
**September 26, 2023** (Pre-requisite Part 1)

As schools move toward Trauma Responsive Strategies they must provide clarity around role definition. This sounds easier than it is. *Teach to Heal's Role Definition and Culture and Environmental Management* training focuses on the imperative nature of clear role definition in our schools. We will also focus on what must be in place in our systems to establish and maintain cultures that foster what is necessary to meet the needs of ALL our students. In addition, we will define how to utilize the learning environment as an instructional tool to maximize student engagement and progress.

**Part 4: Teach to Heal: Setting the Interdependent Table**

November 13, 2023 (Face to Face) (Pre-requisite Parts 1 & 2 & 3)

This day of learning will allow us the opportunity to review and discuss implementation thus far. We will share our challenges and talk about how to move forward. Teach to Heal's Setting the Interdependent Table training will assist leaders in maintaining effective teaming processes inclusive of solution focused thinkers integrating their awareness of trauma responsive strategies with the perceptions of those they serve. This is the most critical discussion we have as educators. Our kids and the success of our schools depends on it.

**Join Danielle Theis, a trauma expert, Psychotherapist, Principal, and Special Education Director, ([teachtoheal.org](http://teachtoheal.org))** as we start this journey together!

**Lock these dates on your calendar and bring your leadership team.....**

- Part 1: September 25, 2023
- Parts 2 & 3: September 26, 2023
- Part 4: November 13, 2023

**Daily Schedule:** 8:00 am – 4:00 pm

- 8:00 am: Check-in, light breakfast items available
- 8:30 am session begins
- 9:00 am – 4:00 pm in session
- Lunch provided on site

**Where:**

- September 25 & 26, 2023, November 13, 2023: Hilton Garden Inn, 205 S 64<sup>th</sup> Street, Des Moines, IA

**Lodging:** Hilton Garden Inn, 205 S 64<sup>th</sup> Street, Des Moines, IA

Rate = TBD Dates Available: September 25 & 26. (Sunday, Monday)

Book by TBD

**\*\*\* Special Offer!! School Counselors** who are members of Iowa State Education Association are supported through the Ross Trust Charitable Fund managed through ISEA and **all costs including lodging and registration will be covered through Ross Trust reserve funds** because this is an ISEA co-sponsored event. (For more information, please contact Cindy Swanson, [cindy.swanson@isea.org](mailto:cindy.swanson@isea.org))

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

**\*\*\*See Special Offer Below for School Counselors who are members of ISEA!**

September 25th, Sept. 26th, November 13, 2023 <https://iowaascd.org> events tab

- **Early Bird: through September 1, 2023**
  - Iowa ASCD Members: **\$600** includes all three sessions
  - Non-Members of Iowa ASCD: **\$645** includes all sessions & 1 year membership in Iowa ASCD
- **After September 1, 2023**
  - Iowa ASCD Members: \$645 (all 3 sessions)
  - Non-Members Iowa ASCD: \$690 (all sessions & 1 year membership)

**Where: All sessions - Hilton Garden Inn, 205 S 64<sup>th</sup> Street, Des Moines, IA**

For those who register with a P.O.

Address to Iowa ASCD Email the PO to: Becky Martin at [rjmartin@mchsi.com](mailto:rjmartin@mchsi.com)

OR US Mail to: Lou Howell, Iowa ASCD, 835 NE Boston Parkway #4413, Waukee, IA 50263

**\*\*\*Special Offer!! School Counselors who are members of ISEA registration fee and hotel room is funded through the Ross Charitable Trust Reserve Funds.**

To register: In the payment section – **select PO and type ISEA in the blank.**

**\*Renewal Credit: One Iowa License Renewal Credit available if attending all 3 sessions.**

***We look forward to learning with you!***

Lou Howell, Iowa ASCD, Executive Director [louhowell@gmail.com](mailto:louhowell@gmail.com)

Cindy Swanson, ISEA Teaching & Learning Specialist, [cindy.swanson@isea.org](mailto:cindy.swanson@isea.org)

Becky Martin, Iowa ASCD, [rjmartin@mchsi.com](mailto:rjmartin@mchsi.com)

**[Iowa ASCD Event Cancellation Policy](#)**

**Registration/Cancellation Questions:** Contact Becky Martin [rjmartin@mchsi.com](mailto:rjmartin@mchsi.com) [319-533-8050](tel:319-533-8050)