



2023-2024 Iowa State Education Association & Iowa ASCD

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

3-Day Sessions

- Winter Session 2024 at Clear Lake, IA: January 16 & 19, and February 29 2024 (8:00 am-4:00 pm)
- Spring Session 2024 at West Des Moines: March 4 & 5 and April 8 2024 (8:00 – 4:00 pm)

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.

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 works for the people we serve. Systems must align to how people function and what truly supports them to move forward. If you choose to be an educator, you choose to support vulnerable children... our staff must be given the proper systemic support to do so. This work must be led by champions who understand how to best meet the needs of our children through the adults that serve them. The initial adjustments always come through the adults... children are just bringing what their life experiences have taught them... enter a solution focused discussion regarding how to build that system together.

Day 1 & 2: The WHY, the WHO, and the HOUSE January 16 & 19, 2024 or March 4 & 5 2024

Participants will explore the impact of varying factors on the mental health of our children. They will establish a clear understanding of the neurological and psychological implications of trauma on children and their learning. The WHY of the work will be outlined within a strong foundation which will serve as a platform for the remainder of the series. School culture will be outlined as an imperative part of effective educational systems. Participants will learn 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, and clarity surrounding role definition, that have the capacity to change the trajectory of their system and who they serve. Schools are the "houses" that education occurs within... the results we achieve have a direct correlation to the health of the "house" itself. Teams will leave with action steps to implement prior to day three.

Day 3: Setting the Interdependent Table

February 29 or March 5, 2024 (Pre-requisite Day 1 & 2)

Participants will have the opportunity to reflect and share their experiences with application and implementation following day one and two. Identified successes and barriers will be discussed with a focus on solutions. Teams will be introduced to Life Space Crisis Intervention as a highly effective strategy for children who struggle with maladaptive behavior 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" and the partnering components of Teach to Heal. In addition, tools will be introduced to assist teams in preparing for high quality teaming within their systems.

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, Mental Health Staff.

Where: Winter Series-Jan/Feb Clear Lake AEA, 9184 ST, Suite B, Clear Lake, Iowa

Where: Spring Series - West Des Moines Hilton Garden Inn, 205 S 64th Street, West Des Moines

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)

No cost to ISEA School Counselor Members (includes lodging and License Renewal reimbursement)



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

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