

All in this Together: Mental Health & Well-Being for Students, Families, and Each Other
 9:30-10:30am Tuesdays weekly

	DATE	Session Title	Presenter	Facilitator	CORE Panel	Guest Panel
1	4/30/2024	Maintaining Wellness in the midst of systemic distress -Burn out protection (system level) -intervention or successful implementation as "case presentation" -polling participants/word cloud (slido)/free text	Sarah Roane	Holly Gasper	Julie Balaban, Kay Jankowski, Miranda Collins, Lucy Pilcher, Caroline Christie, Katie Roach, Brenna Morgan	
2	5/7/2024	Trauma informed care/psychological safety for students and families	Caroline Christie (Lucy)			
3	5/14/2024	Trauma informed care/psychological safety for staff	Lauren Szkodny			
4	5/21/2024	Practical approaches to mental health and substance use in schools -polling	Lucy Pilcher			Andrea Smith (Hanna)
5	5/28/2024	Tools/strategies to engage families -outreach efforts or collaboratoin efforts - what are people seeing, doing, sharing, how is it working etc.	Carrie Russell			Christine Ball (Hanna) Courtney Porter
		Direct strategies for helping students deal with their own emotions*as part of each session				