

SUMMER ACADEMY 2025 COURSE DESCRIPTIONS

MONDAY, JULY 21ST - JOSH VARNER

WORKSHOP WITH JOSH VARNER, AUTHOR OF BE THEIR HERO

Josh Varner serves as a guiding force for educators, offering insights and strategies to support trauma-impacted students. His experience as a mental health professional, school counselor, and coordinator of at-risk student programs, he understands their challenges and empowers them with empathy and expertise.

Workshop will include:

- Trauma-Informed Care
- In-depth coverage of key concepts from "Be Their Hero"
- Stress Management
- Next steps with Administrators
- Interactive exercises and discussions

TUESDAY, JULY 22ND - KATIE BERG

SUPPORTING NEURODIVERSE STUDENTS

Are you newer to working with students with autism? Come join us on a walk through of common strengths and barriers that might arise for a student identified with autism in accessing, engaging and progressing in their education. Learn a process of asking "why" and how to stay curious when we are challenged by behavior or social actions we don't understand.

Objectives:

- Familiarize participants with characteristics of autism spectrum disorder
- participants will leave with an understanding of common barriers to learning associated with autism to be able to use it to support individuals
- Participants will be given information to help change their approach to supporting student needs

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WEDNESDAY, JULY 23RD - GARRETT LANCELLE

CRISIS PREVENTION INTERVENTION

Join us for an essential Crisis Intervention and prevention training session tailored specifically for K-12 school staff. In the dynamic education environment, effectively managing and preventing behavioral escalations is paramount to fostering a safe and supportive learning environment for all students.

This comprehensive training equips participants with the knowledge and skills to handle disruptive behaviors confidently before they escalate. Throughout the session, attendees will gain insights into proactive strategies for identifying at-risk students and implementing preemptive interventions.

Key Learning Objectives:

- Understanding the importance of crisis intervention & prevention in K-12 school settings.
- Recognizing early warning signs & triggers of potential behavioral escalations.
- Learning nonverbal & verbal de-escalation techniques to defuse hostile or belligerent behavior effectively.
- Exploring best practices for maintaining safety while promoting positive student behavior.
- Enhancing communication strategies to foster a supportive classroom environment.

Whether you're a teacher, counselor, administrator, or support staff member, this training offers invaluable tools and strategies for effectively managing and supporting positive student behavior in the classroom. Join us as we empower educators to create environments where every student can thrive.

THURSDAY, JULY 24TH - KRISTIN JACOBSON & JASON HALUSKA

FIRST AID FOR MENTAL HEALTH

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan to help young people in crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.