

2022 Social Emotional Wellness Symposium: *Building Resilience*

Thursday, March 24, 2022

7:45-8:15	Registration ~ Light refreshments
8:15-8:30	Welcome & Opening Remarks ~Dr. Theresa Craig <i>Mindfulness Demonstration</i>
8:30-11:45	<i>Navigating the System & Accessing Care</i> ~ Julie Love, MSN, APRN, PMHNP-BC <i>Key Note ~ Creating Therapeutic Classrooms</i> ~Dr. Carolyn McKearney
10:30-10:45	Break ~ Book Raffle
11:45-12:20	Lunch ~ Courtyard Buffet
12:20-12:45	Book Raffle Activator Presentation ~ Minding Your Mind
1:00-3:15	<i>Your Well-Being Matters Supporting Others Begins with Supporting Yourself</i> ~ Susan McNamara, M.A., CHHC
2:15-2:30	Break ~ Book Raffle
3:15-3:30	Evaluation/Wrap Up

~Proudly Sponsored by the Southeast Collaborative Regional Organization~

Speaker Profiles & Workshop Descriptions

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Julie Love, MSN, APRN, PMHNP-BC, has been the director of the McLean School Nurse Liaison Project since its creation in 2015. Ms. Love has been a nurse practitioner and psychiatric nurse for 20 years, working with people of all ages in a wide range of settings. She has also been a nursing instructor, teaching pediatrics, maternity, and psychiatric nursing for several Boston area nursing schools.

Previously, Ms. Love has worked as a school nurse in Somerville, and a camp nurse in New Hampshire. She is passionate about promoting respect and compassion for people with mental illness.

Navigating the System and Accessing Care

Most programs addressing mental health in schools focus on recognizing symptoms, screening students, and developing school accommodations, with the rather blithe recommendation to then “refer the student for treatment.” Unfortunately, mental health care is a complex system and finding a provider can be an incredibly frustrating process. Families already struggling with their child’s issues often need assistance, and turn to the school for guidance. This presentation will help nurses, counselors, and other school staff to:

- Understand what is provided by the different levels of care, and which are appropriate for different situations
- Develop an organized system for mapping the resources available in their area
- Guide and support families through the process of accessing mental health care
- Collaborate with the family and providers to support the student in the school setting



Dr. Carolyn McKearney has worked her entire career in the field of special education. She began as an adapted physical education teacher and then a special education teacher. In later years she worked as a special education administrator. In her current role with South Coast Educational Collaborative (SCEC), Carolyn works with district teams to create therapeutic environments for all students. Carolyn is a non-violent crisis prevention instructor and MARC bullying prevention trainer. Dr. McKearney also serves as the associate executive director of internal and external professional development for SCEC.

Creating Therapeutic Classrooms

Given all the recent societal pressures, students may be more anxious than ever. How do we create environments that support students in this “new normal”? This presentation discusses strategies for supporting students and introduces the four components of a therapeutic classroom as outlined by behavioral psychologist, Dr. Kevin Plummer.

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Susan McNamara, M.A., CHHC is an adjunct professor at Westfield State University where she has taught the course "Relaxation Techniques" for the past fifteen years. The course explores the impact that self-care, nervous system regulation, and greater self-awareness has on health and well-being. Susan is also a Certified Holistic Health Counselor and Professional-Level Kripalu Yoga Teacher. She is trained in Mindfulness-Based Stress Reduction and holds a Master's Degree in Counseling Psychology. She is also trained and educated at the doctoral level in Clinical Psychology. Susan has just finished her first book, *Remembering What Matters Most*.

For the past twenty-five years Susan has been contemplating, researching, and most importantly, living the questions around how to meet real human needs while aligning with life-affirming values, deep purpose, and meaning. Susan can be reached at RememberingWhatMattersMost.com

Your Well-Being Matters: Supporting Others Begins with Supporting Yourself

Education is a demanding profession. In the face of high classroom needs, diminishing resources and increasing stress levels, burnout and sickness are on the rise now among our educators. As are depression, anxiety, sleep disorders and poor physical health. While we are often aware of the impact this has on us and others, it can sometimes feel too challenging to address. But when we are more resourced, we are in a position to meet life in and out of the school community with more health, grace, ease and clarity. In addition, we come to serve as a positive and powerful role model for students and their families during times of great uncertainty and overwhelm. Getting the support we need is not only necessary for our own health and well-being, it is the essential path to creating and maintaining a thriving school community. This session will guide you through a session on self-care where you will learn perspectives and techniques to help you de-stress, sleep better, reduce anxiety, feel more at ease in the midst of challenging times, and much, much more.

2022 Social Emotional Wellness Symposium: *Building Resilience*

Friday, March 25, 2022

7:45-8:15	Registration ~ Light refreshments
8:15-8:30	Welcome & Opening Remarks ~Catherine Vieira-Baker <i>Mindfulness Demonstration</i>
8:30-11:45	<i>Key Note ~The Hidden Strengths of Vulnerable Students: Understanding and Fostering Resilience</i> ~ Dr. Craig Murphy
10:30-10:45	Break ~ Book Raffle
11:45-12:20	Lunch ~ Courtyard Buffet
12:20-12:45	Book Raffle Activator Presentation ~ Terry O'Neill-Kearton, READS School Counselor and her dog Finn!
1:00-3:15	<i>Resilience, Relationships and Relief – Using Positive Psychology to Thrive in Tough Times</i> ~ Pam Garramone, M.Ed.
2:15-2:30	Break ~ Book Raffle
3:15-3:30	Evaluation/Wrap Up

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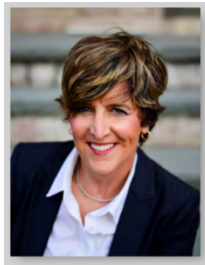
Friday, March 25, 2022



Dr. Craig Murphy, founder of the Family and Educational Wellness Center is a nationally certified school psychologist. He received his PhD and MS from the Pennsylvania State University, both in school psychology. He is an Associate Professor in the School Psychology Program at William James College. In addition, Dr. Murphy is the clinical director of the Summit Therapeutic program, an alternative school program that falls under the auspices of the Bi-County Collaborative (BICO). Dr. Murphy is also the founder and executive director of the Family and Educational Wellness Center in Franklin, MA. In that role, he consults to school districts and school-based programs for students with emotional and behavioral disabilities, often meeting with students directly and conducting comprehensive neuropsychological evaluations, clinical evaluations, and risk/threat assessments. Finally, Dr. Murphy is the co-author of *The Influential School Leader* along with Dr. John D'Auria. The book examines critical contributions to educational leadership from the fields of social and organizational psychology, and proposes a framework for school leaders to use to increase their influence and improve schools.

The Hidden Strengths of Vulnerable Students: Understanding and Fostering Resilience

Dr. Craig Murphy will review some of the most recent and promising research on resilience and discuss its importance for educators and school-based programs. Specific implications for assessment, intervention, consultation, and collaborating with families and community-based providers will be presented. Finally, examples from actual school-based cases will be shared with the audience in hopes of generating lively and engaging conversation



Pam Garramone, M.Ed. is an award-winning speaker who presents positive psychology - the science of happiness - to students, educators, and corporate and community employees.

Through professional training and meaningful personal practices, Pam has found that the smallest changes make the biggest difference. You can truly become happier through the development of a new mindset and simple yet powerful exercises. Pam has shared her insights with thousands of stressed out and over-burdened youth and adults who have learned that feeling happier is simple when you practice happiness habits.

In addition to being an in-demand speaker, Pam is a positive psychology speaker, life coach, the founder of Thrive Now Boston, and the author of *Be, Happier*. For more information, visit www.pamgarramone.com.

She has been asked to return at the request of previous attendees of the SCRO Symposium.

Resilience, Relationships and Relief – Using Positive Psychology to Thrive in Tough Times

Really 2020/2021? Do you feel like 'I'm still standing better than I ever was' or do you feel defeated, stressed and anxious or a bit of both and lots of other feelings? Are you one day thinking 'I got this' and the next wishing you could retire to a tropical island?

The past year plus has been full of challenges. How do we handle and recover from difficulties that we face? In this session, you will learn simple strategies to build resilience, relationships and feel a sense of relief! Jump start your energy, release stress, and enJOY a bit of a respite.