



LIVE Virtual Event via ZOOM – Thursday, December 5th, 2024

Included in subscription

[CLICK HERE TO REGISTER ONLINE](#)

9:45 a.m. to 3:00 p.m. Lobby Open for technical assistance or if you have questions

10:00 a.m. to 12:00 p.m. BREAKOUT SESSIONS

Learning to Lean In:

A Conversation in Rethinking Taking Care of Ourselves and Others

0.2 CEUs/APPROVED for 2 OA hours

Patrick M. McKelvey, MS, LPCC-S, ECMHC, OIMHP-III, NCC

Clinical Lead Supervisor--Nationwide Children's Hospital - Big Lots Behavioral Health Services; Early Childhood Mental Health Program

What if we told you stress isn't something to avoid but to embrace? While we know that self-care is essential for wellness, we must go beyond bubble baths and drinking water to develop skills in real-time self-management to sustain this work. This presentation is not your ordinary self-care talk. In this session we will explore how stress effects ourselves and those we serve; help develop a new understanding of stress and how we can use it to deepen our work with others and apply in-the-moment strategies to use when engaging in difficult situations to mitigate the effects of stress, secondary traumatic stress, compassion fatigue and burnout.

Learning Outcomes:

1. *Identify 2-4 ways how stress impacts ourselves and those we serve*
2. *Explain 1-2 differences between what is considered "self-care" and what we consider "self-regulation"*
3. *Apply 2-3 real-time self-regulation strategies to support our wellness with others*

Using Motivational Interviewing to Build Collaborative Partnerships

0.2 CEUs

Michelle Self, STG International

Motivational interviewing is an effective tool for promoting relationships and behavior change. The principles and strategies may be used to enhance coaching partnerships and help coaches feel more confident when addressing challenging issues.

Learning Outcomes:

1. *Describe Motivational Interviewing (MI) and how it aligns with PBC.*
2. *Identify common coaching challenges and explore how MI strategies can help.*
3. *Reflect on your practice as a coach and identify ways you already use MI strategies in your practice*

Rev It Up or Calm It Down: Trauma-Informed Regulation Strategies for Everybody

0.2 CEUs

Heather Mansell, STG International

Stress has a deep impact on how infants, young children and adults are able to regulate their internal systems. Lack of regulation often shows up in or through behavior. This session uses trauma-informed practices to deepen our understanding and strengthen our support of regulation strategies with various sensory-based tools that can be used to promote regulation in the classroom, at home and everywhere in-between.

Learning Outcomes:

1. Review how dysregulation might show up in behavior.
2. Explore ways energy is matched with tasks and activities.
3. Link "regulation strategies with trauma-informed practices to be used in a variety of settings.
4. Explore sensory-based resources to support regulation in children and adults

The Impact of Substance Use Disorder & Recovery on Parenting and Children

0.2 CEUs

Beth Bitler, MSA; Certified Allied Addictions Professional, Certified Family Recovery Specialist

In this workshop, you'll learn how Substance Use Disorder impacts parenting behavior, children and family functioning – both in times of active substance use and in recovery. Participants will learn strategies for providing safety to children in homes with parental substance use, as well as support for parents and caregivers of children.

Learning Outcomes:

1. Recognize ways in which parenting behavior is affected by substance use
2. State the effects parental substance use and recovery has on children
3. Identify at least three strategies for helping children impacted by parental substance use

12:00 p.m. to 1:30 p.m.

Lunch Break

1:30 p.m. to 3:00 p.m.

General Session

NHSA Updates



Bob Bissen
Senior Director of Government Affairs

Laugh the Stress Away



Joe French

Joe French has chosen to make his life's mission to help children understand that their today does not dictate their tomorrow. He is a life-long advocate for children and strives to help every child discover and reach their full potential. Joe makes a point to empower youth to see each day as a new beginning and remind them of their power to write their own story.

Joe is currently the President of Stark County Catholic Schools. Prior to becoming the President, Joe served as the CEO of Child and Adolescent Behavioral Health, French was a classroom teacher for Plain Local Schools, Associate Director Canton Preschool, Director of Little Angels Preschool/Zion Child Development Center and Executive Director of Early Childhood Education Alliance (an early childhood non-profit that provided educational support to the Alliance community).

How stressed are you? This session will explore various techniques to reduce stress, including laughter. Participants will assess their level of stress and acknowledge that stress contributes to their overall mental health and take back strategies of how effectively reduce and manage stress.



These sessions are approved for IACET CEUs. IACET CEUs may count toward Ohio Approved credit. For more information about CEUs and OHSAI's Professional Development policies and practices, visit [www.ohsai.org/professional-development-](http://www.ohsai.org/professional-development-information/)

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Sessions submitted or approved for Ohio Approved hours will require participants OPIN # to be requested and your participation will be recorded in the Ohio Professional Registry after the session is completed.

When you register, you will receive a link and unique passcode to access the attendee portal where you can access the zoom code and any materials shared.