



Join B3: Brain Body Boost for a Social and Emotional Learning Conference on July 28

During this free, one-day conference, you'll hear from local Social and Emotional Learning leaders in the educational and healthcare sectors. By attending this conference, you'll earn relicensure hours, receive a swag bag, and learn about the free community resources that are at your fingertips to support SEL in your school.

CAN'T JOIN IN PERSON? Follow along virtually through our livestream conference the same day.

WHEN: Wednesday, July 28, 2021,
8:15 a.m. to 2:15 p.m.

WHO: All 4th-6th grade teachers, PE teachers, elementary principals, district administrators, and school counselors.

WHERE: Jordan Applied Technology Center (JATC) South Campus -
12763 Park Ave. Riverton, UT 84065

HOW TO REGISTER:

1. Log in to your MIDAS account
2. Search for course number 58275
3. Submit your registration information

Once you've registered, you'll receive a confirmation email with conference details and form to select in-person or virtual attendance.

STILL HAVE QUESTIONS?

Email b3@selecthealth.org



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Social and Emotional Learning Conference

July 28, 2021 | AGENDA



8:15-8:45

Registration

8:45-9:00

Welcome/Agenda

9:00-10:00

School Mental Health as the Foundation for Academic Success: Aaron Fischer, PhD, BCBA-D, LP, LBA

10:00-10:30

Change Your Words... Change Your Mind: Lessons in Fostering Grit Through a Growth Mindset: Chaz Pounder, Out-of-School Time Specialist

10:30-10:45

Break/Snack

10:45-11:15

Healthy Mental Habits in Children: Celeste Buckley, PsyD (University of Utah Pediatric Psychologist)

11:15-11:45

How B3 Can Boost SEL Efforts in Your School: Emmalee Boyland, BS, CHES

11:45-12:30

Lunch

12:30-1:20

Considerations in Building an Elementary School SEL Program: Olin Levitt, Ph. D, C-IAYT

1:20-1:50

Talking to Tweens: An Emotional Wellbeing Program for Middle Schoolers Jessica Strong, MPH, MCHES

1:50-2:05

Post-conference Survey and Raffle

2:05-2:15

Thank you/Adjourn



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SPEAKER BIO'S AND PRESENTATION DESCRIPTIONS

School Mental Health as the Foundation for Academic Success: Aaron Fischer, PhD, BCBA-D, LP, LBA

Bio: Dr. Fischer is the Dee Endowed Professor of school psychology, adjunct assistant professor of psychiatry, and director of the University of Utah Huntsman Mental Health Institute's School Mental Health Collaborative. He is a Licensed Psychologist and Licensed Board Certified Behavior Analyst who has worked with individuals with mental and behavioral health concerns, and their families for over 15 years. His research focuses on the intersection of innovative technology and school mental health, specifically telehealth applications to support diverse students, caregivers, and educators.

Presentation Description: This presentation will discuss multi-tiered school mental health as a framework to support student social-emotional, behavioral, and academic success. Content will include a discussion of ways educators can create safe and supportive school communities for all students—ranging from class and school wide practices to therapeutic services provided by school psychologists, counselors, and social workers. The presentation will highlight the importance of working on mental health collaboratively within schools and between community partners, and the benefits of strong mental health programming on student academic achievement.

Change Your Words... Change Your Mind: Lessons in Fostering Grit Through a Growth Mindset: Chaz Pounder, Out-of-School Time Specialist

Bio: Chaz Pounder has been highly involved with youth programming since 2008. He has served with youth in Outdoor Recreation and Outreach programs for the Boy Scouts of America along with working in the classroom as a Study Skills Instructor & Behavioral Coach. Chaz has spent many years working in Out-of-School Time programs as frontline staff, Site Coordinator, and Afterschool Director. Chaz currently works for the Utah Afterschool Network as an Out-of-School Time Specialist and STEM Trainer.

Presentation Description: According to emotional intelligence expert Travis Bradberry, "Humans are creatures of habit. If you quit when things get tough, it gets that much easier to quit the next time." Having a growth mindset helps youth develop grit and overcome challenges. Learn how to foster this mindset in your work with youth by considering how your feedback can promote or detract from a growth mindset. We'll use different resources and exercises to help you experience the ways in which different types of students need different forms of feedback. You will come away with strategies to build growth mindsets and grow grit in all of the youth you work with.

Healthy Mental Habits in Children: Celeste Buckley, Psy.D, Licensed Psychologist

Bio: Dr. Celeste Buckley received her undergraduate education at the University of Georgia and her Psy.D. in Clinical Psychology from the School of Professional Psychology at Wright State University. After completing postgraduate training in Pediatric Psychology at Primary Children's Hospital she was appointed to the faculty at the University of Utah in the Division of Pediatric Psychiatry and Behavioral Health as an Assistant Professor. Dr. Buckley provides psychological services to children, adolescents, and young adults. Her primary research interests include evaluation and treatment of patients with pediatric sleep disorders and diabetes. Among others, one area of specialty is providing evaluation, treatment, and consultation services for individuals served by the Sleep Behavioral Clinic.

Presentation Description: The purpose of the presentation is to discuss healthy mental habits in children, including sleep and emotional regulation. Techniques to address sleep, identify emotions, and utilize basic coping skills will be provided.

How B3 Can Boost SEL Efforts in Your School: Emmalee Boyland, BS, CHES

Bio: Emmalee Boyland is a University of Utah Alumni and has a bachelor's degree in Health Promotion and Education, with an emphasis in Community Health. She is currently utilizing her skills as the Community Relations Coordinator and B3 Program Manager for SelectHealth, working with schools, districts, and other community organizations to help people live the healthiest lives possible. Over the past year, she has maintained and facilitated B3: Brain Body Boost, a unique wellness program for teachers and students. Emmalee grew up in West Jordan and now lives in Riverton with her husband, dog, and 2 kittens. She enjoys playing all recreation sports like soccer, softball, and kickball, traveling to her favorite place, Lake Tahoe, and trying out new, local restaurants.

Presentation Description: B3: Brain Body Boost is a free, school-based wellness program focused on helping teachers bring health education into the classroom while getting students active. With its focus on overall health and wellness, many of the B3 lesson plans, activities, and resources incorporate social and emotional learning techniques and skills. Through participation in B3, teachers have access to all these resources that can support other SEL efforts.

Considerations in Building an Elementary School SEL Program: Olin Levitt, Ph. D, C-IAYT

Bio: Dr. Levitt is a school psychologist in Jordan School District. He is eclectic in his approach and likes to include mind-body practices in his work with youth. Dr. Levitt has been trained through Mindful Schools and is a certified yoga therapist and qigong instructor. He currently works at West Jordan Middle School and spends two evenings a week at the Jordan Family Education Center as an intake specialist and lead teacher of Elementary Anger Management.

Presentation Description: Ideas to Consider: Make SEL a regular topic of discussion in the classroom; Mix and match SEL content (i.e., be flexible); Address both skill and performance deficits; Orchestrate role plays that encourage cooperation between students; Target stress awareness (e.g. Teen Stress-o-Meter); Adopt a trauma informed approach; Provide support for important transitions (e.g. Middle School Field Guide).

Talk to Tweens: An Emotional Wellbeing Program for Middle Schoolers Jessica Strong, MPH, MCHES

Bio: Jessica Strong, MPH is the Community Health Manager at Primary Children's Hospital. In this role, she oversees pediatric community health initiatives for the hospital and the Intermountain Healthcare system. These initiatives include hospital car seat programs, community outreach & education, and early intervention programs. The Hospital's Hold On To Dear Life brand includes 8 injury prevention campaigns; with Suicide Prevention as the newest. Previous to this role, Ms. Strong worked as a project manager in Integrated Care Management, and as a health educator in the Oncology program for Intermountain Healthcare. She is passionate about prevention and helping health systems address the social determinants of health. Ms. Strong holds a Bachelors degree in Health Promotion and Education from the University of Utah and a Master of Public Health from Brigham Young University. She is a Master Certified Health Education Specialist (MCHES) and a Child Passenger Safety (CPS) technician. In her free time, she loves to spend time with her family, play in the mountains, volunteer with the Girl Scouts, and cheer for Utah football.

Presentation Description: Covid has taken a toll on the mental health of youth. Primary Children's recently launch a new emotional wellbeing program for parents of tweens. The program is designed to give tactical skills and resources for parents to promote mental health with their kids. Resources are all free, online, and work great in schools too.