

# Mental Health and Wellness in Schools

**Colorado Society of School Psychologists**

Annual Fall Conference

November 7 – 9, 2019

Vail, Colorado

## Social Media and Electronic Information

Tweet or post about your conference experience and watch for live conference updates on our social media.

**Twitter** @coschoolpsychs.

**Facebook** Colorado Society of School Psychologists

**#COschoolpsychologists**

**Electronic Handouts:** Check the 2018 CSSP Conference Google Folder for an updated conference schedule and electronic versions of session handouts: <https://tinyurl.com/y6bf3cyl> **QR CODE**



Colorado Society of School Psychologists

## Benefits of Membership

The **Colorado Society of School Psychologists (CSSP)** serves the needs of children in Colorado by:

- Providing Scholarships, Grants, and Resources
- Advocating for All Students and the Profession
- Networking and Professional Fellowship
- Providing Professional Development
- Collaborating with other Organizations
- Recognizing Excellence in the Field
- Representing CO at NASP

**It is more important than ever to be a member, It is through the efforts of CSSP that a number of legislative efforts have been shaped to better represent what we do as School Psychologists. These efforts cannot continue without support from our membership.**



## Thursday, November 7th

### Evening Sessions

4:30 pm –6:30 pm

#### **Identifying and Addressing Co-Occurring Mental Health Issues in Students with ASD**

Nicole Pearson & Kristen Kaiser, The Joshua School  
Salon A & B

*The prevalence of co-occurring mental health issues amongst individuals with ASD is four to six times higher than the general population, with research estimating that of those with ASD, between 40% and 74% will meet criteria for one or more psychiatric disorders. This session will present the latest findings regarding these co-occurring conditions and how they manifest differently in individuals with ASD. Considerations for differential diagnosis, how to deliver mental health interventions to this population and the interventions and curricula available to address these issues in school settings will be discussed.*

#### **Becoming a Trauma Informed District: Denver Public Schools's Journey to Support the Whole Child**

Ellen Kelty & Jay Grimm, Denver Public Schools  
Salon C & D

*Denver Public Schools (DPS) believes that students thrive when learning environments focus not only on academic achievement, but also on the needs of the whole child. This presentation will discuss how students need all six components of the whole child to be truly successful. The six components are: challenged, engaged, supported, safe, healthy and socially and emotionally intelligent.*

#### **Changing the Life Trajectory of At-Risk Students Through Establishing A Prevention-Focused Multi-tiered System of Supports**

Rebecca Knighton, Colorado Department of Education  
Salon E

*Higher rates of problematic behavior are seen among at-risk students and are highly correlated with decreased high school graduation rates, increased high-risk behaviors, and mental and emotional health struggles. This session is a case-study example of what one middle school did to adjust their MTSS framework to decrease problem behaviors for at-risk populations and improve at-risk student success.*

## Friday, November 8th

### Breakfast

Registration Area/Foyer

7:00 am–8:00 am

### Keynote Address

8:00 am–9:15 am

#### **Unlock Potential: Prevention is Key**

Salon E & F, Lisa Kelly-Vance, Ph.D.

*The keynote will address self-care for school psychologists, our colleagues, and the students we serve.*



### Morning Breakout Sessions

9:30 am–10:30 am

#### **Marijuana and Youth in Colorado**

Dustin Hunter, MA, Colorado School Safety Resource Center  
Sun Down

*This presentation will introduce some of the basics of marijuana and youth in Colorado. This will include a brief history of the law and what it currently says. We will also discuss some of the current statistics and trends of use among youth in Colorado and nationally, basic science of how marijuana affects the brain, and tips for how to have a conversation with young people .*

#### **It's Condom Sense: Comprehensive and Integrated Sex Education in Middle & High Schools**

Melissa Shute, Brady High School Jeffco Public Schools  
Mountain View Room

*This presentation will encourage school psychologists to expand their role to include facilitating comprehensive sexual health education in schools. Knowledge gained in this session will complement provider's existing practices for wrap around services. Attendees will receive lesson planning ideas and tangible resources to provide students when they return to their buildings.*

## Friday, November 8th

### Morning Breakout Sessions

9:30 am—10:45 am

#### **Executive Functions in Preschoolers: They Do Exist!**

Steven Guy, Ph.D. Sponsored by Psychological Assessment Resources (PAR)

Salon E & F

*The development of executive functioning begins from birth and is critical to the academic and social success for students. Early identification and intervention has been proven to assist students at high risk for executive functioning difficulties. It will also examine methods of preschool assessment and most importantly, methods of intervention to assist typically and atypically developing students.*



#### **Thriving as an Early Career Practitioner Panel (Early Career and Graduate Students)**

Moderator: Krista Klabo, Ed.S

Panelists: Bri Swanson Ed.S., Wynne Bosik Psy.D., Molly Baird &

Catherine Thompson, Psy.D.

Salon A & B

*This presentation will focus on strategies and skills that early career professionals can implement on Monday. The panelists will review their lived experience to review what has helped them be successful & what they might have done differently.*

#### **Let's Not 'Wait and See': Let's Make it Better Together**

Marcy Willard, Ph.D. LP & Anna Kroncke, Ph.D. LP, Clear Child Psychology

Salon C & D

*This presentation is a deep dive into the lived experience of autism evaluations in the community. The talk concludes with a variety of practical and clear strategies that can be implemented immediately in a wrap-around approach to support families in the school, family, and community in obtaining much needed evaluations and services for children with autism.*



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### Morning Breakout Sessions

10:45 am — 11:45 am

#### **Interdisciplinary Collaborations for Addictions in Schools to Promote Mental Health Wellness**

Amy K. McDiarmid, Ph.D. & Kirsten Brown, Ph.D., University of Denver

Sun Dow Room

*Participants will gain an importance and understanding of the interdisciplinary adolescent addictions specialization and how it can be used across school and other settings through the use of the University model as an example. Participants will explore the unique needs of various schools and adolescent addiction and how successful partnerships are created, maintained and improved upon throughout the process. Participants will understand how the NASP standards for training future school psychologists are incorporated throughout the experience.*

#### **Utilizing the SSIS SEL to Create a Multi-Tiered Support System that is Responsive to All Students**

Kathleen Woodward, Ed.S., Pearson

Mountain View Room

*This presentation is meant to help school and district personnel gain an understanding of effective ways to expand mental health supports. Participants will leave feeling hopeful and empowered to lead efforts for a social emotional and mental health expansion within their schools/districts. They will also gain ideas of evidence-based tools that mental health providers are currently using to support preventative practices, even if their primary role is to provide services to students identified with a disability.*

### Membership Luncheon

11:45 pm—1:15 pm

Krista Klabo, Ed.S., CSSP President

Salon E & F

Relax over a delicious meal, included in your registration, and enjoy great conversation with colleagues and friends.

The Membership Luncheon includes:

- CSSP's annual membership meeting (**policy and procedure vote**)
- The Presidential Address
- Membership Appreciation and Awards, including student scholarships and mini-grant Recipients, School Psychologist of the Year, and Special Recognitions

## Friday, November 8th

### Afternoon Breakout Sessions

1:30 pm—3:00 pm

#### **Self-Regulation and Active Problem Solving**

Briana Makofske, Ph.D. LP, Summit Psychological Assessment & Consultation

[Sun Down Room](#)

*This presentation will address the gap that exists between a small, structured group setting and the general classroom, identify the challenges that make it difficult for children to apply their learned skills, and offer ways to incorporate reasonable challenges to help students problem-solve and practice their learned strategies successfully in other settings. Examples will be provided for how to structure the activity, differentiate the activity for various age groups and skill deficits, and debrief with students.*

#### **Improving Equity in SLD Identification: Advancing Peer Comparison Methods**

Cameran Simpson, Alison Hargarten Ed.S., & Paige Powers Ed.S., Aurora Public Schools

[Mountain View Room](#)

*This presentation will provide a comprehensive overview of the creation of a psychometrically rigorous peer comparison model developed by an urban district in Colorado. Through the creation of this tool, practitioners are able to compare a peer across multiple data points to matched peers. This tool can be utilized for improving equitable SLD identification among CLD students. Participants will learn about the creation of this tool, the local norming process, and ways in which the tool can be utilized. Please note that this presentation is sponsored by the Colorado School Bilingual Mental Health Network.*

#### **All About Anxiety**

Ali Schroer, LCSW, Schroer Counseling & Consulting

[Salon C & D](#)

*The purpose of All About Anxiety is three-fold. First, the presentation will highlight the prevalence of anxiety, evidence-based practices (CBT & ERP), and hands-on strategies that can be used both in and out of schools to minimize anxiety with children and teens. Attendees will leave with interventions that have immediate application and approaches that can directly decrease anxiety among students on both large and small scales.*

#### **Fostering Relationships in Co-Taught Classrooms**

Shannon McKinney, Denver Public Schools

[Salon A & B](#)

This presentation aims to review the six different models of co-teaching, discuss both the positive and negative attributes of each model of co-teaching, discuss how school psychologists can be operational in facilitating successful collaboration. Additionally, this presentation will review the common barriers with possible solutions.

### Afternoon Breakout Sessions

2:00 pm—5:00 pm

#### **Early Childhood Mental Health: Prevention is Key**

Lisa Kelly-Vance, Ph.D., Sponsored by Colorado Department of Education

[Salon E](#)

*The purpose of this workshop is to provide information about addressing mental health in young children. Participants will learn strategies they can implement with preschoolers and their families that prevent problems and reduce existing concerns. Case examples will be provided.*

#### **Creating a Culture of Balance**

Beth Collins & Meghan Ofer, Douglas County School District

[Salon F](#)

*This presentation details how the staff implemented restorative practices and grown the school's capacity. The presentation reviews how to build staff capacity, targeted self-regulation program, professional development, and MTSS program.*

### Afternoon Breakout Sessions

3:15 pm—4:45 pm

#### **Behavior and Relationships - What Works When Nothing Else is Working**

Michael Sykes, M.A., & Ron Ringenbach, Ph.D., Denver Public Schools

[Sun Down Room](#)

*This training will provide participants with skills to de-escalate challenging situations by building authentic relationships. It also highlights how relationships can improve social emotional and academic outcomes, dive into intersectionality and deepening our understanding of how students and educators show up, and reflect on our "WHY".*

#### **School-Based Autism Assessment Practices: A Survey of Colorado School Psychologists**

Ryan Trowbridge, RBT & Bryn Harris, Ph.D., University of Colorado Denver

[Mountain View Room](#)

*This presentation will share the analysis and results of a study reviewing Colorado school psychologist's school-based autism assessment practices. By participating in this presentation attendees will be more informed on the current state of autism assessment practices in Colorado and have an opportunity to provide suggestions for future use of the data collected.*



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## Friday, November 8th

### Poster Session

8:00 am Set Up  
 1:30 pm—2:30 pm Judging Time Block  
 7:00 pm Announcement of Winners at Fishbowl Raffle and Social

#### **Soliciting Student Voice in Post-High School Aspirations**

Molly Baird

#### **Understanding the Relationship Between Adverse Childhood Experiences and Academic Achievement in a Clinical Sample of Children Who Have Experienced Abuse, Neglect, or Trauma**

Natalie Battis

#### **Dispositional Resilience and Academic Success**

Jannessa Kitchin

#### **Suicide Risk Assessment: Standardization, Comprehensiveness, and Follow-Up Procedures in the State of Colorado**

John Davenport



**GILLEM  
STAFFING**

Special Service Provider

## Friday, November 8th

#### **Hungry for More: Food Insecurity and School Psychology**

Lisa Mickelson & Cassandra Mort

#### **Student Perspectives on Mental Health Services in Denver Public Schools**

John Davenport

#### **Do Fidgets Affect Academic Achievement and On-Task Behavior**

Caitlyn Hartjes, Kaitlin Anderson, Helen Maroeca, Kayla Ederveen,  
Lisa Mickelson & Dr. David Hulac

#### **Fostering Behavioral and Social Emotional Development: Concurrent Validity of BIMAS-2**

Annabel Li & Leslie Tremayne

#### **Do Stability Balls Affect On-Task Behavior?**

Helen Maroeca, Kayla Ederveen, Kaitlin Anderson, Caitlyn Hartjes,  
Lisa Mickelson & David Hulac

#### **From Research to Classroom: Evaluation of an Executive Skills Intervention**

Breanne Barela

#### **Brain Pain! Concussion Identification, Management and Prevention In Your School**

Anne Boris

#### **Instruments of Social Emotional Wellness and their Importance on Mental Health Outcomes**

Angelica C. Kim, Candice Pedroza & Maria Ruiz

#### **PBIS: It's Role in Reducing Racial Disproportionality in Discipline Practices and How to Make it More Culturally Responsive**

Tessa Kranski & Sarah Edwards



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## Friday, November 8th

### Afternoon Breakout Sessions

3:15 pm—4:45 pm

#### **Trauma-Sensitive Frameworks within Career and Technical Education**

Morgan Beidleman, MA, REACH Learning Services

Salon A & B

*This session examines a promising case study of a community-based Coffeehouse that provides career and technical education (CTE) through a trauma-sensitive lens to better meet the needs of at-risk youth.*

#### **Social Media: Connection vs. Isolation**

Margaret Griffin, Ed.S. and Melanie Potyondy, Ph.D., Poudre School District

Salon C & D

*Participants will gain an understanding of current data around youth social media usage, including information about positive and negative impacts of social media upon interpersonal effectiveness, behavioral regulation, and mental health. Practical tips for guiding social media usage will also be provided.*

### Fishbowl Raffle and Social

6:00 pm—8:00 pm

## Fishbowl Raffle and Social

Grand Ballroom

Purchase raffle tickets and have fun betting on self-care items, professional related products, and more! Participants must be present during the drawing to win. **100%** of the profits raised from the raffle go towards scholarships and mini-grants for school psychology graduate students and early career professionals.

**TICKET**

### Student Social

8:00 pm—10:00 pm

Bart & Yeti's

Students, enjoy this opportunity to relax and share some beverages and fun with other students from across the state at **Bart & Yeti's** group room. Along with the excellent beer choices and reasonable prices, you will share a well-deserved break. Any and all graduate students and their partners are invited to come.

## Saturday, November 9th

### Networking Breakfast

7:00 am—10:00 am

Colorado Ballroom

The networking breakfast is open to all attendees. The networking event is 7:30 am to 9:30 am. Come network, learn about various district, and learn about the CSSP board and available positions over your morning cup of Joe!

### Morning Breakout Sessions

8:00 am—11:00 am

#### **Behavioral Assessment of Youth: Where Comorbidity is the Norm, not the Exception**

Sam Goldstein, Ph.D., University of Utah

School of Medicine

Sponsored by MHS Assessments

Salon F



*Psychologists are increasingly faced with the evaluation of youth (i.e., children and adolescents) with multiple mental health disorders. For example, youth with Autism typically suffer from two additional psychiatric disorders such as ADHD, Oppositional Defiant Disorder or a Specific Learning Disability. Youth with anxiety, depression or learning disabilities typically suffer from one or two additional disorders.*

#### **Motivational Interview for Systems Change: An Introduction for School Psychologists**

David Hulac, Ph.D., University of Northern Colorado & Ali Walsh, Denver Public Schools

Salon E

*School psychologists know that creating safe classroom & school experiences is a critical feature of promoting mental health and preventing emotional and behavioral problems. While school psychologists know many interventions, these approaches are frequently met with resistance. Motivational Interviewing is a technique that supports an individual's intrinsic motivation to prepare for necessary changes.*



## Saturday, November 9th

### Morning Breakout Sessions

9:30 am—11:00 am

#### **Systemic Integration of Mental Health Supports in Jeffco Public Schools**

Mishele Stein Carroll, M.A., & Erin Sullivan, Ph.D., Jeffco Public Schools

Salon I & J

*The comprehensive and integrative health model for mental health prevention and intervention within Jeffco Public Schools is a collaborative effort between district professionals including school psychologists, social workers, counselors, and nurses within multiple departments. These professionals are working across the tiers to provide integrative prevention and intervention supports.*

#### **Riding the Waves as an Elementary Suicide Prevention: Implementation & Reflections**

Janeann Lineman-Coffman, Ph.D., Denver Public Schools

Salon G & H

*Suicide is the leading cause of death for youth ages 10 to 14-years in Colorado. While suicide prevention programming often occurs in middle and high schools, it often lacks attention in the elementary school setting. This presentation explores the Riding the Waves © curriculum. Participants will review lessons, supplemental materials, and information following a 2-year implementation phase.*

#### **What should I do if...? Skills and Strategies to Support Mental Health and Behavior in Early Childhood**

Rachel Stein, Ph.D., Tessa Kranski, Ed.S., & Emily Holden, University of Colorado Denver

Salon A & B

*School psychologists who work with young children are often asked to help mitigate difficult behaviors. This session will focus on how to conceptualize and respond to challenging behaviors and mental health needs with young children.*

#### **Suicide Prevention in Colorado**

Sarah Brummett, M.A., J.D., Colorado Department of Public Health and Environment

Salon C & D

*Come learn about the current issues and trends on suicide in the state of Colorado from the Office of Suicide Prevention.*



## Saturday, November 9th

### Afternoon Breakout Sessions

12:00—3:00 pm

#### **Social Emotional Learning (SEL) within the Context of the MTSS Framework**

Bill Brown, MSW, Colorado Department of Education & Donna Trujillo, STARR Consulting

Salon F

*Both research and evidence-based practice clearly show the strong connection between Social Emotional Learning (SEL), behaviors and academic learning. Social-emotional skills are critical for students' learning, their readiness for college and careers and their future success. This workshop will demonstrate how SEL can be integrated with School-Wide PBIS systems under the MTSS Umbrella giving participants practical tools including the completion of an action plan to guide implementation.*

### Afternoon Breakout Sessions

12:00pm—1:30 pm

#### **Making Ethical Decisions in Challenging Situations**

Franci Crepau Hobson, Ph.D.

Salon E

**(Meets NASP's Legal and Ethical Requirement)**

*This session addresses the NASP Principles for Professional Ethics, as well as best practices in approaching and solving ethical dilemmas in school psychology. The session will also include discussion of ethical case studies and practice using the problem solving model promoted by NASP's Ethical and Professional Practices Committee. Learning objectives include: Understand the need for learning and using an ethical problem solving process; Be familiar with the most common ethics-related concerns reported by school psychologists; Learn four broad ethical principles which will serve as a framework for all other principles; Know how to confront a colleague about ethically questionable practices; Be familiar with one commonly used problem-solving model.*

### Afternoon Breakout Sessions

1:45pm—3:15 pm

#### **Public Policy and Advocacy Update**

Brittany Greiert, Ph.D., & Alison Hargarten, Ed.S.

CSSP GPR Committee

Salon E

**(Meets NASP's Legal and Ethical Requirement)**



*This session will include: a review of Colorado's most recent legislative session and how newly passed bills will impact children, families, and the practice of school psychology; upcoming federal and state initiatives; a review of CSSP's legislative priorities; and, action steps that attendees can take to bring effective advocacy skills into their daily practice and get involved with future policy initiatives. This session meets the legal and ethical requirement for NCSP renewal.*

## 2019 Conference Committee

Julie Stonis

Franci Crepeau-Hobson

Julia Wigert

Krista Klabo

Sacha Mittelman

Lisa Bartilotta

Ron Glaizer

Bri Swanson

Leigh Williams

Brenna Schneider

Astrid Rasmussen

Annie Behrent

Molly Baird

**Thank You!**



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