



# 2024 Best Practices Conference on Behavioral Health

*sponsored by*

*The New Hampshire School Administrators Association (NHSAA)*

**Tuesday, November 12th**

**Grappone Conference Center**

**Concord, NH**



## Agenda

Tuesday, November 12, 2024

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8:00 - 8:30am	Registration & Coffee - Visit with Exhibitors
8:30 - 8:45am	Welcome, Review of Program and Introduction of Exhibitors - <i>Dr. Mark MacLean, Executive Director, NHSAA</i>
8:45 - 10:15am	Opening Keynote - Salon A/B (see page 3)
10:15 - 10:35am	Refreshment Break - Visit with Exhibitors
10:35 - 11:35am	Concurrent Sessions - Block #1 (see page 4)
11:45am - 12:45pm	Concurrent Sessions - Block #2 (see page 5)
12:45pm - 1:45pm	Lunch - Salon A/B - Visit with Exhibitors
1:45 - 2:45pm	Closing Session - Salon A/B (see page 6)
2:45 - 3:00pm	Raffle & Adjournment

### Special Thanks to Our Diamond Business Partners!



### **Creating Systems of Care for NH Children & Youth: a Retrospective** **~ Dellie Champagne, Community Engagement Coordinator, New Futures, Inc.**

Join us for a historical review of our state's legal obligations and support the behavioral health of the children and youth of New Hampshire through the experiences of advocate who worked to amend our laws and bolster the system.

In 2016, the NH Children's System of Care (CSoC) became a law known as RSA 135 – F. In 2019, the law was strengthened as a result of the passage of Senate Bill 14. The newly strengthened law added additional programs and supports to build out the Children's Mental Health System in NH. Where did we start and where are we now as a state in meeting the needs of our children and youth?



#### **A little about our Keynote Speaker**

Dellie Champagne is a Program Manager for CASA of NH. She received her B.A. and M.Ed. in Education from the University of New Hampshire. She serves on the boards of Safe Schools, Center for Trauma Responsive Practice Change, and NFI North. She was awarded the 2017 Champions for Mental Health Award and the 2019 Citizen of the Year Award from the NH NASW chapter.

**Session Information**

**Location Information**

**Restorative Circles**

**Concord**

~ ***Sarah Sherman, M.Ed., EBD., Founder, Removing Barriers***

Restorative Circles are a trauma informed, restorative practice that is showing growing research in all the benefits for students and schools. They're a way to make students feel seen and heard, make connections, build community, as well as teach the 5 SEL Competencies (self awareness, self management, social awareness, relationship skills, responsible decision making). Learn the various types of Circles, how they can be implemented at the Tier I, II, & III levels, as well as what the essential components are to be effective. There will be lots of discussion, small group application practice, and collaboration.

**SEBH Screening: Personalization for Social-Emotional Wellness**

**Merrimack**

~ ***Christine Downing, Director of Curriculum, Instruction, & Assessment, SAU #s 100, 75, &32) and Steve Rappleyea, Executive Consultant, Branching Minds***

Schools are partnering with families and different organizations to support the social, emotional and behavioral health of all students. This session will explore aspects of tier one Screening and tier two intervention systems and resources to support schools in these efforts.

**Engaging Youth in Mental Health Awareness and Suicide Prevention: A Panel Discussion**

**Pierce**

~ ***Lindsay Gilbert, Executive Director, Sarah Gould, Training & Program Manager, Connor's Climb Foundation, Lorraine Connell, Owner, Peers Not Fears, Isabella Pelley, Youth Ambassador, Bow High School, Magda Bartel, Youth Ambassador, Ella Campbell, Youth Ambassador, Exeter High School, & Leah Lynskey, Youth Ambassador from Oyster River High School***

Come learn about two youth serving organizations, Connor's Climb Foundation and Peers Not Fears. The focus of the session will be on a new collaboration between the two organizations. The Youth Ambassador Program gives high school youth from all over New Hampshire the opportunity to gain leadership experience and bring mental health awareness to their schools and communities. You will hear from staG from both programs, but more importantly you will hear from, and have the opportunity to ask questions of, some of the youth serving as inaugural ambassadors in this new program.

**Curricular Connections: Integrating a School Therapy Dog Program**

**Salon C**

~ ***Laura Wheeler, School Counselor, Nottingham School***

Are you interested in starting or expanding a therapy dog program at your school? In this session we will explore the various ways to connect therapy dog work to curriculum, interventions, and tiered supports for students. From starting a therapy dog program to direct work with students, this workshop will provide practical steps that can be taken to integrate a four legged friend into your building. Laura Wheeler has over 20 years of school counseling and consulting experience, and is a certified therapy dog handler. Her golden retriever, Winnie, will accompany her in this session to demonstrate first hand the benefits of having a canine friend on staff.



**Session Information**

**Location Information**

**Using Peer and Video Modeling to Teach SEL Skills**

**Concord**

**~ Sarah Sherman, M.Ed., EBD., Founder, Removing Barriers**

This workshop will show you how to structure the use of video modeling and peer modeling to teach, practice, and build social emotional skills in the CASEL Competencies. Learn how to implement these at the Tier I level to teach whole class expectations as well as at the Tier II/III level to teach students specific lagging skills such as using replacement/coping strategies. There will be opportunities to collaborate, work through scenarios, and apply the content to your setting so you leave with strategies you can implement tomorrow.

**Best Practices in Behavior Intervention and Student Wellness - A Model That Works!**

**Pierce**

**~ Christi Michaud, Superintendent, Nicole Lavalley, MTSS-B Coordinator, SAU #40 and Suzanne Rickard, Education Consultant, Ripple Effects**

Come learn how Milford SD leaders Christi Michaud and Nicole Lavalley designed a behavior intervention model program throughout their district that focuses on restorative practices and student wellness. Learn how they developed their "PIVOT" program for turning challenging student behavior problems into consequential learning opportunities, self-reflection and outcomes that demonstrate growth and reduce infractions. Also learn how Milford SD uses Ripple Effects as a supportive tool for their PIVOT program and how they're leveraging the program throughout the district to promote positive youth development, comprehensive prevention and personalized behavior intervention.

**Connect™ Suicide Prevention Youth Leader Program,**

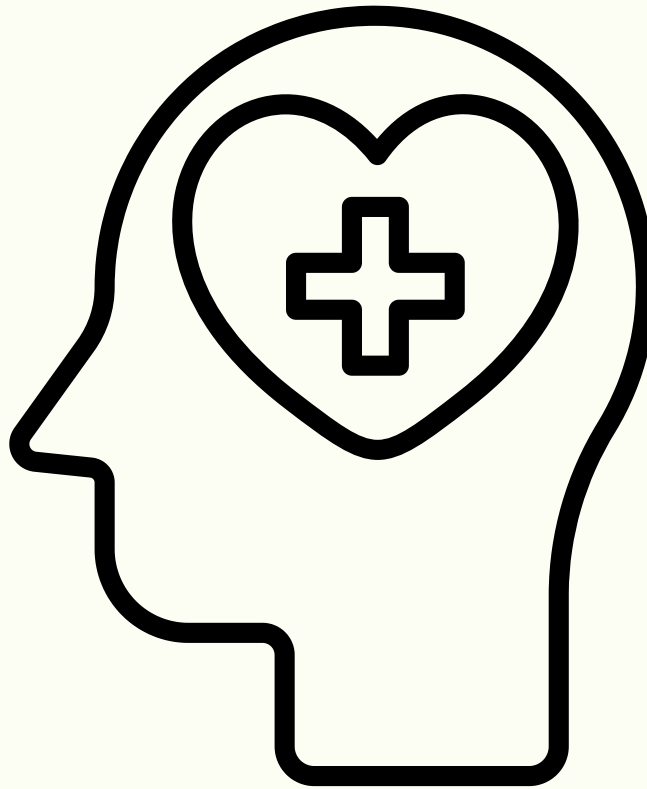
**Salon C**

**~ Amy Cook, MBA, Director of Training, NAMI**

NAMI's Youth Leader program for high school-age youth engages a group of youth leaders, in partnership with trained adults from within the school community, to co-facilitate the Connect curriculum for other teen youth or even adults in the community. Youth leaders not only learn how to recognize when peers are at risk and how to connect that person with help, but they also learn to co-present the Connect training through activities. When training youth in suicide prevention efforts, it is vital to have trusted adults trained as well, so they can respond in an effective manner when approached with concerns for peers at risk. Many high schools have used the Connect Youth Leader program to launch a variety of suicide prevention efforts within their school community! Some have started to use the Youth Leaders to co-present the Connect suicide prevention training to faculty & staff in the school in order to meet the SB282 requirements! The number of ways schools can use this program to develop or enhance suicide prevention efforts is endless!

### **The Case for a System of Care: Concord School District & Community Partners Discuss the Journey from Theory to Practice** *~ Ellen Desmond, Grants Manager, Concord School District, Tom Perlet, LICSW, Assistant Director of Children and Youth Services, & Laurie Foster, NAMI-NH Director of Children and Youth Programs*

What does it look like to establish working community partnerships that can make a difference in the lives of children and their families? How can you establish the conditions for thriving partnerships? The Concord School District, Riverbend Community Mental Health Services, and NAMI-NH have established partnerships that are putting theory into practice when it comes to harnessing partnerships that reach within and beyond the walls of our schools. Learn more about how to lay the groundwork for potential partnerships, create MOUs with community partners, face the challenges that come with system change, and leverage funding sources to launch your journey.



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