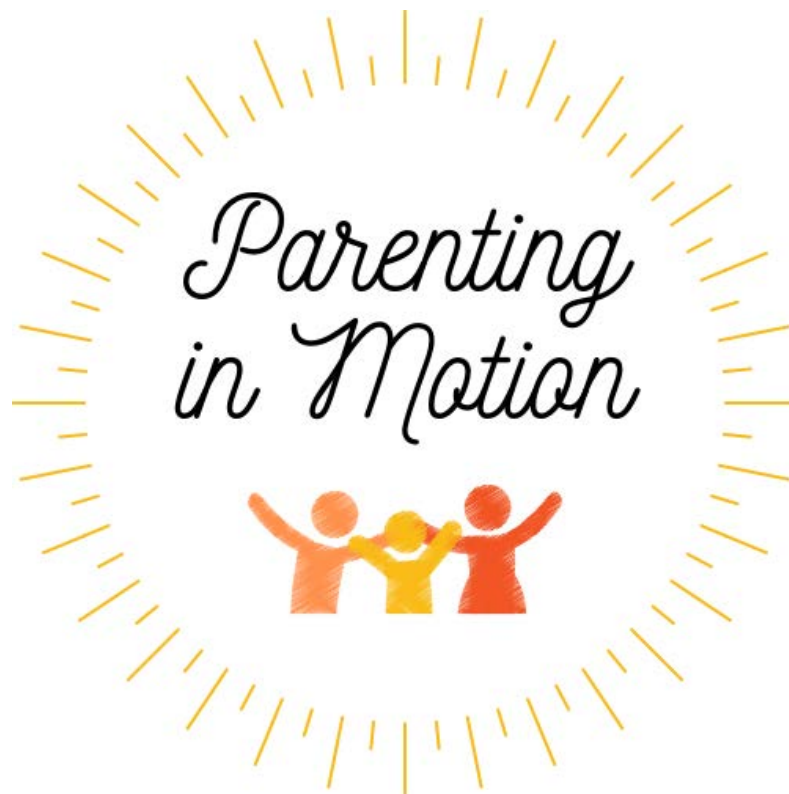


Schedule of Presenters

Time	Tuesday 10/27	Wednesday 10/28	Thursday 10/29
12:00 p.m.	Introduction	Introduction	Introduction
12:10 p.m.	Margaret Jessop, PsyD <i>ABC of Stress and Mindful MEDS for Mental Health</i>	Jetta Cruse <i>Creating your Pandemic Soundtrack: Easing Stress through Music & Movement</i>	Suzanne Courtney, PsyD <i>Where the Wild Things Are... They're in You!</i>
12:40 p.m.	Donna Voor, LCSW <i>Tap Though It: EMDR Resources at Home</i>	Eileen Kalman <i>Tales of Getting Un-stuck: Incorporating Movement to Propel Children Through Daily Activities</i>	Nancy Michael, PhD <i>It Doesn't have to be this Hard... Neuroscience & Responding to COVID</i>
1:10 p.m.	<i>5 Minute Break</i>	<i>5 Minute Break</i>	<i>5 Minute Break</i>
1:15 p.m.	Mindful U, LLC <i>Yoga & Mindfulness for Families</i>	Colleen Spano <i>Your Brain on Yoga</i>	Nicole Williams <i>Moving from Surviving to Thriving</i>
1:45 p.m.	Elly Wynia, LCSW <i>COVID Couples Communication: IMAGO Style</i>	MJ Murray Vachon, LCSW <i>Our Social Dilemma</i>	Saira Rahman, MD <i>COVID-19 & Children Pediatrician Dr. Saira Rahman on What Parents Should Know</i>
2:15 p.m.	<i>5 Minute Break</i>	<i>5 Minute Break</i>	<i>5 Minute Break</i>
2:20 p.m.	Angela Henry, LCSW <i>Odds and Ends of the Anxiety Umbrella</i>	MJ Murray Vachon, LCSW <i>Sleep: The New Skill Set</i>	Ben Domonkos <i>Help Your Child Stay in the Right Zone!</i>
2:50 p.m.	Alison Levey <i>Growth Mindset for Young Minds</i>	Emily Rupchock <i>Learning to Thrive</i>	Margaret Jessop, PsyD <i>The Changing Adolescent Brain and The COVID Challenges</i>
3:20 p.m.	<i>5 Minute Break</i>	<i>5 Minute Break</i>	<i>5 Minute Break</i>
3:25 p.m.	Cassie Seal <i>Healing in Motion: Energizing your Body from the Inside Out</i>	Dalila Huerta <i>Processing Through Art: Stress Relief, Mindfulness, and Positive Affirmations</i>	Derrick Perry <i>Teens and Violence</i>
3:55 p.m.	Community Concerns	Community Concerns	Community Concerns
4:00 p.m.	Q & A	Q & A	Q & A



If you see me, children are invited to attend this presentation



Presenters

A list of all summit presenters and a description of what they will be discussing.



Margaret Jessop PsyD



OAKLAWN
Toward Health & Wholeness



St. Joseph County
CARES



Colleen Spano

Founder of Sunshine Behavior Services, LLC

Your Brain on Yoga

Wednesday 10/28 at 1:15 p.m.

- What happens to our brains when stressed vs. what happens to our brains when we do yoga
- Why yoga is good for people of all abilities
- How to use yoga to help your whole family feel peaceful and connected



Suzanne Courtney, PsyD

Director of Behavioral Science, Graduate Medical Education St. Joseph Regional Medical Center

Where the Wild Things Are... They're in You!

Thursday 10/29 at 12:10 p.m.

- The function of anger and oppositionality.
- How to remain an ally to your child while teaching regulatory skills.



Jetta Cruse

Founder/Executive Director of Adaptive Arts

Creating Your Pandemic Soundtrack: Easing Stress Through Music & Music

Wednesday 12/28 at 12:10 p.m.

- Music and Movement have the ability to connect us to Emotions
- Intention applied to music and motion create a useful, transformation tool, that we can easily access when we are stressed and grieving



Ben Domonkos

Help Your Child Stay in the Right Zone!

Thursday 10/29 at 2:20 p.m.

- Learn why your child might not be able to express why they are frustrated
- Learn about the right language to use when your child is frustrated
- Learn tools to help children get back into the GREEN Zone





Angela Henry, LCSW

Odds and Ends of the Anxiety Umbrella

Tuesday 10/27 at 2:20 p.m.

- Understanding some of the atypical challenges of the anxiety umbrella
- The role of collaboration
- How guilt and shame affect anxiety

Dalila Huerta

Educator and Consultant

Processing Through Art: Stress Relief, Mindfulness, and Positive Affirmations

Wednesday 10/28 at 3:25 p.m.

Learn how to use art to process your emotions (for adults and children!). Process art focuses on the the experience of making art, rather than the finished product. This presentation will show three examples of art-making as a method of stress relief, mindfulness activity, and tool for positive affirmation.



Margaret Jessop

Child Psychologist and Author of *Hornets and Hippos*

ABC of Stress and Mindful MEDS for Mental Health

Tuesday 10/27 at 12:10 p.m.

- How stress moves through the body
- Mindful MEDS that help digest stress
- How helping our community, helps us too

The Changing Adolescent Brain and The COVID Challenges

Thursday 10/29 at 2:50 p.m.

- Why mental health issues can develop in adolescents.
- Why adolescents move towards peers and away from parents.
- Why they take more risks and how to help them do it safely.



Eileen Kalman

Retired Special Educator

Tales of Getting Un-stuck: Incorporating Movement to Propel Children Through Daily Activities

Wednesday 10/28 at 12:40 p.m.

Kids sometimes gets stuck in non-functional patterns and behaviors that interfere with getting things done. Movement can be used to calm, to excite, and propel them through better days.





Alison Levey

Author

Growth Mindset for Young Minds

Tuesday 10/27 at 2:50 p.m.

Growth mindsets are critical to building confident learners who are not afraid to make mistakes. A tangible toolkit is one way to help them understand the concept of growth mindset and integrate the behaviors into their day to day lives.

Nancy Michael, PhD

Director of Undergraduate Studies Neuroscience and Behavior at the University of Notre Dame

It doesn't have to be this hard... Neuroscience & Responding to COVID

Thursday 10/29 at 12:40 p.m.

- It's okay to feel stressed
- All strategies presented make sense in the context of neuroscience
- The easiest path forward is to show up for each other



Mindful U

Tuesday 10/27 at 1:15 p.m.

Mindful U was founded by Mindi Dugard, RN, RYT and Rachael von Eschenbach, MS CCC-SLP, RYT. Mindi has been a practicing registered nurse for 20 years and is a registered yoga teacher who specializes in children's yoga. Rachael has been a licensed pediatric speech language pathologist for 23 years and is a registered yoga teacher who is certified in children's mindfulness.

MJ Murray Vachon, LCSW

Our Social Dilemma

Wednesday 10/28 at 1:45 p.m.

- Defining Adolescence and why the Teen Brain loves Social Media
- Introducing a process that helps teens better manage social media
- Teen & Parent partnering so teens feel more empowered by having the skill set of managing their phones

Sleep: The New Skill Set

Wednesday 10/28 at 1:45 p.m.

- Self-Care is: NESTS (Nutrition, Exercise, Sleep, Technology Management and Stress)
- Seventy-Three percent of adolescents do not get enough sleep therefore we need to help them learn how to do this foundational piece of Self-Care.
- Five things to do to sleep better





Saira Rahman, MD

COVID-19 & Children

Pediatrician Dr. Saira Rahman on What Parents Should Know

Thursday 10/29 at 1:45 p.m.

Emily Rupchock

Director of Early Learning Partnerships

Learning to Thrive

Wednesday 10/28 at 2:50 p.m.

- What is resilience?
- We can all build resilience.
- What does resilience look like in my life?



Cassie Seal

Movement that heals: Energizing Your Body from the Inside Out

Tuesday 10/27 at 3:35 p.m.

- Flipping the switch on stress, how to use it to energize rather than deplete
 - Compassion fatigue and overwhelm, what they really mean
 - As parents we often want to give our children the very things we desperately wanted as children. Let's talk about how and why our pure intentions sometimes backfires and how we can use our past to heal the future.
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Derrick Perry

Teens and Violence

Thursday 10/29 at 3:25 p.m.





Donna Voor, LCSW

Tap Though It: EMDR Resources at Home

Tuesday 10/27 at 12:40 p.m.

- What is EMDR
- Workshop participants will learn tools to process emotional experiences using components of EMDR
- How to use the brain's innate healing ability to resolve symptoms and emotional pain

Nicole Williams

Rythm To You, CEO

Moving from Surviving to Thriving

Thursday 10/29 at 1:15 p.m.

In the moment and sustainable techniques that:

- Increases the ability to handle challenging persons and situations
- Increases wellness by decreasing anxiety, fatigue, burnout, frustration and sleeplessness



Elly Wynia, LCSW

Certified Couples & Sex Therapist

COVID Couples Communication: IMAGO Style

Tuesday 10/27 at 1:45 p.m.

- Attuned Listening
 - Reflective Responding
 - Deepened Emotional Intimacy
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