

MAHPERD Professional Conference

"Supporting Students with Trauma: Strategies for Health and Physical Educators"

September 12 & 19, 2020
8:50am-12:30pm

September 12th~

8:50-9:00am **Welcome**~ Kerri Smith, MAHPERD President

9:00-10:00 **Keynote:** Megan Bartlett, Founder ~We Coach



"Healing Centered Environments: The Unique Power of Sport and Physical Activity"

The spring of 2020 has changed the world in monumental ways. For young people, many of whom may have already been exposed to trauma, the uncertainty and fear of the COVID-19 outbreak and the unrelenting stress of systemic oppression against the Black community make the need for joy and movement urgent. The need for adults- teachers, coaches, mentors and parents- who can facilitate sport in a way that creates safety and healing is even more urgent. This session will equip these adults with a fundamental understanding of how sport is uniquely suited to help kids heal and how to create healing-centered sport environments.

10:10-11:10 BREAKOUT SESSIONS (choose one)

(1) *Teaching traumatized youth to become conductors of their own soundtrack.* This workshop will explore practical applications of exercises to balance the vulnerability and resiliency of trauma.

Presenter: Beth Nassozi, LICSW, is a bereavement Specialist With BILH and along with Founder Samuel Bakkabulindi is cofounder of Bakka2thesource Inc, a 501(c)3 here in the US providing education, menstrual care, and clean drinking water in Uganda East Africa.

(2) *Intersections of Trauma: Race, Religion, Culture* Trauma is the #1 risk factor for young people to develop a mental illness. Students from minority backgrounds or who identify as part of a minority group, face a higher risk to develop and suffer from untreated mental illness than their white counterparts. Participants will learn about multi-generational trauma and how racism, discrimination, and mistrust with the healthcare system, cause barriers to treatment for many students of color. Moreover, these risk factors can exacerbate symptoms of traumatic stress and PTSD in young people.

Presenter: Kyrrah Altman, LEAD

11:20-12:20 BREAKOUT SESSIONS (choose one)

(1) *How Sport Can Heal: Even from a Distance* Nothing about "back to school" will be normal this year. Whether we are connecting with young people virtually or while physically distant, we will need to be incredibly intentional about how we show up in this new reality. In this session, we'll explore a set of tools for leveraging the power of sport to heal, even from a distance.

Presenter: Megan Bartlett, Founder ~We Coach

(2) *Caring for Ourselves is Caring for Our Students* Every day, educators bear witness to the impacts of trauma in their classroom. Young people share their stories with us through behaviors (acting out, withdrawing, overachieving), attitudes (angry, distracted, anxious), and their own words. We care deeply about our students and creating a safe and supportive learning environment. As teachers, we also have our own stories and our own pain- both past and present. The goal of this workshop is to create a space to acknowledge the cumulative toll bearing witness to trauma can have on us, and develop strategies to care for ourselves and support one another in doing this important and impactful work.

Presenter: Jessica L. Teperow ~Director of Prevention Programs
Building Healthy Communities by Ending Domestic Violence
REACH Beyond Domestic Violence

12:20-12:30 Closing Evaluations/PDP's ~ online

September 19th~

8:50-9:00am **Welcome** Kerri Smith, MAHPERD President

9:00-10:00am **BREAKOUT SESSION**

De-Escalation of Triggered Reactions

Working in a variety of school settings, it's important to have an understanding of how to de-escalate crisis situations, caused by a triggered reaction and/or unresolved trauma. Participants will learn practical strategies to de-escalate triggered reactions, such as grounding, deep breathing. Participants will also learn to encourage students to ask, "What story am I telling myself?" when confronted with a triggered reaction.

Presenter: Kyrrah Altman, LEAD

10:10-11:10 **BREAKOUT SESSIONS (choose one)**

(1) *Concussions and TRAUMATIC Brain Injury: A Public Health Issue*

The Centers for Disease Control (CDC) reports that each year, U.S. emergency departments (EDs) treat an estimated 173,285 sports- and recreation-related traumatic brain injuries, including concussions, among children and adolescents, from birth to 19 years. The short and long-term health related effects among this age group are widely being studied. This presentation will discuss the recognition, management, treatment and prevention of concussions and TBI's. We will pay close attention to the emotional and traumatic effects this injury has on our students.

Presenter: Diane Sartanowicz, MS, LAT, ATC

Director -Massachusetts Concussion Management Coalition

(1) *Listening with Intent: Laying the groundwork to support students with trauma.*

Grant will lay out some basic communication skills that will help coaches, educators, staff etc. build bridges between themselves and their athletes/young people that allow them to be open to, understand, and take action in supporting traumatized people and populations.

Presenter: Grant Hightower, Director of the METCO program at Reading Public Schools, M.Ed from Endicott in Organizational management, former sexual abuse and drug abuse counselor in adolescent shelters and residential facilities, high school and Division 2 wrestler and coach, husband and father of 4.

11:20-12:20 **BREAKOUT SESSION**

(1) *Strong and Powerful: Fitness and Self-Defense for Survivors of Abuse*

Research shows that people who have experienced abuse are more likely to be physically inactive, yet few fitness programs address the unique realities of survivors. This workshop

will present a collaborative program that combines high intensity fitness training with self-defense instruction to help abuse survivors feel stronger in their bodies and safer in the world. In this workshop, participants will learn about trauma-informed fitness and self-defense techniques, including how to modify a fitness plan so it helps to RELIEVE rather than CAUSE stress in kids and adults with trauma histories.

Presenters: Shay Orent, Program Coordinator, IMPACT Boston; Erica Austin, Founder and Director, StrongHer Fitness for Survivors

12:20-12:30 **Closing Evaluations/PDP's ~ online**