25th Annual MAHPERD Spring Conference

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

Schedule

7:45-8:15am  Registration
8:15-8:30    Welcome ~ Kerri Smith, MAHPERD President -Elect
8:30-9:30am  Keynote Speaker: Claire Perry, We Coach

“Healing Centered Environments: The Unique Power of Sport and Physical Activity”
9:40-10:40am  BREAKOUT SESSIONS (choose one)

*Creating a safe and supportive classroom for all learners* –
This session will discuss preventative strategies and routines you can incorporate within your class setting to help support students through a trauma sensitive approach. We will discuss why challenging behaviors occur as a trauma response and ways to prevent, respond and work through these challenging episodes.

**Presenters:** Barbi Kelley and Tessa Piantedosi, Harvard Public Schools

*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

10:50-11:50  BREAKOUT SESSIONS  (choose one)

*Trauma Informed Strategies and Tools for your Classroom and School Wide*
This session will give educators tools and strategies they can begin using in their classroom/gym to help students who have experienced trauma. Strategies will include de-escalation techniques, tools to have in a “take a break space”, and SEL activities. This session will also go over school-wide systems that can be put in place to provide consistent expectations for all students, which is critical to those students who have experienced trauma.

**Presenter:** Kalieigh Keizer, Fort River Elementary School, Amherst, MA
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: Kyrah Altman, LEAD

11:50-12:45  Lunch & Exhibits  (Lunch: Included with Registration)

12:50-1:50pm  BREAKOUT SESSIONS  (choose one)

Trauma-Informed Coaching
Presenter: Claire Perry, We Coach

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 experience trauma-informed fitness and self-defense techniques and learn tools to make physical activity trauma-informed.

Presenters:  Meg Stone, Executive Director, IMPACT Boston; Erica Austin, Founder and Director, StrongHer Fitness for Survivors
2:00-3:00pm   BREAKOUT SESSIONS  (choose one)

How physical educators/health educators can work beside their school nurse in servicing students with trauma

Presenter: Massachusetts School Nurses Association

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: Kyrah Altman, LEAD

3:00-3:10pm

Closing: Evaluations/PDP's