

Title of Training: Educator Wellness Skills

Description of Training: How many of us leave work tired, stressed and cranky? This half-day workshop will teach/coach mindfulness strategies to manage adult distress. Incorporating concepts from pioneering research at UW – Madison’s Center for Investigating Healthy Minds (CIHM), Mindfulness Based Stress Reduction (MBSR) and eastern meditation practices, you will learn simple strategies to reduce stress and improve feelings of wellness. These strategies can be practiced for short periods throughout the day to increase calm and a sense of well-being.

Learning Objectives:

1. Learn how to set an intention for safety and happiness that will focus and direct educator behavior.
2. Practice mindful awareness using sensations, feelings and thoughts as support for mindful instruction.
3. Learn how loving kindness and compassion practices can improve patience and resilience in adults.
4. Follow-up this workshop with a list of community and online resources to deepen and strengthen your own mindfulness practice.

Target Audience: Teachers, administrators, support staff, and pupil services.

Any Prerequisite Training or Knowledge: None

Time Frame: Half-day.

Activities/Format: PowerPoint presentation, small group activities, experiential, and feedback and/or coaching.

Size of Audience: Flexible but usually 10 to 70 people.

Trainers:

Donna A. Rifken, PhD, is a child clinical psychologist with over 30 years of experience working with severely emotionally disturbed children and youth in county mental health, school and institutional settings. She is currently working with youth in foster care, training them and their foster parents to manage the difficult emotions and behaviors that arise from complex developmental trauma. She is a writer and trainer in the field of Trauma-Informed Care for youth and believes that educators have a unique and crucial role to play in teaching youth how to manage their emotional life in order to learn and succeed. Dr. Rifken is a certified yoga instructor and maintains a regular meditation practice.

Mary Simon, MSSW, LCSW, is the Programs Manager at Community Care Programs. She has over 23 years’ experience working with traumatized youth in residential and outpatient settings. She directs the Sexual Abuse Treatment Offender Program (STOP) at Community Care Programs and works closely with foster parents of youth placed due to sexual offending problems. She interfaces with

school staff to help establish and promote healthy sexual environments. She has provided trainings in secondary schools to foster parents and community members for over 25 years.

Paulette Wijas, LCSW, has provided mental health training and treatment to traumatized youth and their families in a variety of institutional and community settings over the past 25 years. She has specific expertise in working with substance-involved youth and their parents as well as with partner violence. Paulette offers a wealth of professional expertise in EMDR (Certified Level II) and Trauma-Focused Cognitive Behavior Therapy (TF-CBT). She also provides clinical supervision for case managers working with traumatized youth and is skilled in finding common ground between the various caring adults in a youth's life.

Renee Wilberg, MSSW, has worked extensively for the past 20 years within the child welfare system, focusing primarily on foster parents of children with complex traumas. Having been a foster/adoptive parent, she understands and appreciates the energy and focus that it takes to help youth acquire self-soothing and problem-solving skills. She has enjoyed over 10 years of training adults and creates engaging workshops that are filled with important information and direct practice.

Organization: Community Care Programs is a licensed, outpatient clinic providing training and treatment services to youth and those who care about them in counties and schools across Wisconsin. Its staff includes masters and PhD level trainers and treatment providers who work directly with youth, foster/biologic parents, county workers, school staff and juvenile justice workers. Community Care Programs provides training in Trauma-Informed Care to foster parents, county workers and school staff. We also offer direct treatment to youth through Trauma-Focused Cognitive Behavior Therapy (TF-CBT), Sexual Abuse Treatment Offender Program (STOP), and Family Focused TF-CBT. For more information about Community Care Resources, visit www.communitycareresources.com.

Contact Information:

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Region(s) of the State: Statewide

Applicability to Which Tier(s): Tiers 1, 2 & 3

Cost: \$500 for training at your school plus expenses (based on 10 to 25 participants and one trainer).