

## HOW EVERYDAY MINDFULNESS CAN BUILD SELF-AWARENESS, SELF-REGULATION AND LEAD TO LIFELONG RESILIENCY

**Tuesday, April 7, 2020 6:00 - 8:30 pm**

*Presenter: Anna R. Silberg Ph.D., Co-Founder Reset MindBody, Executive Director of Adolescent and Adult Programming*

In this workshop, Dr. Silberg will explore how mindfulness is used as a social-emotional learning curriculum in schools and can be used to teach core social emotional competencies at home. Participants will also learn why mindfulness is critical for developing self-awareness, emotional regulation, impulse control, responsible decision making and the ability to be kind to oneself and others. Dr. Silberg will share how the body reacts to the stress response and how mindfulness can reduce stress and re-regulate the nervous system. Participants will leave with an understanding of how mindfulness can be used as a vehicle for trauma sensitivity.

## RESILIENCE: THE PATH TO HOPE AND MEANING

**Tuesday, April 21, 2020 6:00 - 8:30 pm**

*Presenter: Monica Caldwell, MSW, LCSW, Director of Mental Health Programs, RISE*

The scientific literature on resilience is extensive, and is especially relevant now to help us begin to answer the question, "So, we've learned about Adverse Childhood Experiences (ACEs), what's next?" Come to this seminar to learn about eight protective factors that you can embed universally in your agencies and schools to enhance resilience in young people. An individual student protocol will be offered to apply resiliency-building efforts across the tiers of support. These same resiliency-promoting protective factors can be a frame for our own well-being as professionals committed to working with youth and families. Caution: The power of your influence in young people's lives and a reflection on your own resilience may leave you feeling hopeful!



## Mission Statement

The mission of Parents United is to present timely and relevant information in a neutral forum for parents and professionals who work with children. The lectures and presentations offered each school year provide links, knowledge and networking to the community for the ultimate benefit of our students.

## About Parents United . . .

Parents United is a coalition of 27 school districts in collaboration with educators, community resources and related service providers focused on empowering parents of children with disabilities to become effective advocates and informed decision-makers. This non-profit community-based organization provides regular informational workshops featuring experts presenting a wide range of topics relative to students with disabilities and their families. Parents United began with 4 districts in 2002-03 and has grown exponentially.

## The Board

Parents United is funded and governed by the special education directors of the member districts. An Executive Board is elected for 2 year terms and the offices up for election are staggered so experienced members are always on the Board. It meets at least 4 times a year to determine programs, speakers, and operational procedures under the adopted By-Laws. Members of the current Executive Board are:

Anthony Strancke, President  
straant@pewaukeeschools.org

Gena Santharam, President-Elect  
gsantha@richmond.k12.wi.us

Ken Kassees, Treasurer  
kkassees@gmail.com

Mary Cimbalknik, Community Liaison  
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Colleen McHugh-Moore, Member-at-large  
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Therese Kwiatkowski, Member-at-large  
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Cheri Sylla, Parent Representative  
csylla@cesa1.k12.wi.us

Kara Roeming, Event Coordinator  
events@parentsunitedwi.org

## What attendees are saying . . .

I LOVE the topics and the speakers seem to be the best in the business. As my son grows I REALLY appreciate finding out what to watch for in the future and try to be pro-active in helping him through school life.  
*Robin Stevens, Parent, Waukesha School District*

I am scheduled to attend more workshops in the coming months and am always impressed with the high quality. Keep up the great work!  
*Judy Ertel, Speech/Language Pathologist, Elmbrook School District*

Love what Parents United offers to the community!

*Sue McKenzie Dicks, Vice President  
Healthy Culture Rogers InHealth and WISE*

# 2019-2020 FREE PROGRAMS



## Celebrating our 18th year!

### Sponsored by the school districts of

Arrowhead	Lake Country	Oconomowoc
East Troy	Menomonee	Pewaukee
Elmbrook	Falls	Richmond
Fox Point/ Bayside	Mequon/ Thiensville	Shorewood
Franklin	Merton	Stone Bank
Greendale	Mukwonago	Waterford
Hamilton	Muskego/ Norway	Watertown
Hartland/ Lakeside	New Berlin	Waukesha
Kettle Moraine	North Lake	Wauwatosa

### PROGRAM LOCATION\*

### INGLESIDE HOTEL

2810 Golf Road, Pewaukee, WI

\*All programs held at Ingleside Hotel with exception of January 15, 2020

### To register for an event visit:

<http://parentsunitedwi.org/register-now/> or 262-345-7810

**Website:** [parentsunitedwi.org](http://parentsunitedwi.org)

**Twitter:** @parentsunitedwi

**Facebook:** ParentsUnitedWI

# Day Programs

## FERRARI BRAIN WITH BICYCLE BRAKES: SUPPORTING STUDENTS WITH ADHD

**Tuesday, October 8, 2019 9:00 - 11:30 am**

*Presenter: Patric Mattek, Ph.D., PKM Clinical Solutions LLC*

Dr. Patric Mattek, a clinical psychologist, will discuss the nature and neurobiology of the Attention Deficit/Hyperactivity Disorder (ADHD) and our brain's executive functions. Dr. Mattek specializes in the assessment and treatment of ADHD. He will provide a clear definition of the executive functions and updates on the most recent research in this area. The impact of potential deficits in executive functioning will be discussed, as will the construct of ADHD. Youth with deficits in executive functioning can face significant challenges in school, socially, and at home. Dr. Mattek will discuss potential interventions and strategies for promoting success across those domains.

## DEVELOPING COMPASSIONATE, ENGAGED & EXPERT LEARNERS

**Wednesday, November 6, 2019 9:00 - 11:30 am**

*Presenter: Jen Townsend M.Ed., Educational Consultant*

Understanding how social connections fuel our brains allows us to create learning opportunities that will engage all learners. Combining Social Emotional Learning (SEL) with Universal Design for Learning (UDL) ensures access to successful learning experiences for all. This session will use an appreciative inquiry approach and provide tools for educators to identify what's working in their practice to engage learners. We will reference resources from the SEE-KS (Social Emotional Engagement Knowledge and Skills) to guide our learning and provide us future resources as well as strategies for our daily practices

## RESILIENCE: PREVENTING AND BUFFERING THE IMPACT OF TRAUMA

**Wednesday, December 4, 2019 9:00 - 11:30 am**

*Presenters: Sue McKenzie, Director, Rogers InHealth & David Woodford, Student Assistance Coordinator, Pewaukee School District*

Trauma can come in many forms throughout life. Resilience allows us to minimize the impact using our strengths and connections. Our daily responses to the challenges our children face are the building blocks for their trauma response.

## ANXIETY IN CHILDREN/ADOLESCENTS

**Tuesday, February 11, 2020 9:00 - 11:30 am**

*Presenter: Amanda Heins, Psy.D., Adolescent Center for OCD and Anxiety, Rogers Memorial Hospital*

In this presentation, we'll explore different types of anxiety children/adolescents may experience, as well as how anxiety can manifest in different settings such as home and school. From there, we'll discuss common pitfalls well-intending parents/school providers can fall into (also known as symptom accommodation) and effective strategies parents/school providers can use to support their child/student.

## ADOLESCENT DRUG TRENDS, GETTING PAST NO, AND PARENTAL SUPPORT

**Tuesday, March 10, 2020, 9:00 - 11:30 am**

*Presenter: Jason Relle, LCPC—Clinical Director, Mary Egan, MAM, CADC—Director of Outreach, Jami Ditto, MS, CADC—Community Relations Coordinator, Rosecrance Health Network*

Talking to a teenager about substance abuse and or treatment can be a huge challenge for even the most involved, well-meaning parent or adult. Rosecrance presenters will cover how to talk with your teen, trends in behavioral and drug treatment, the recovery process and the importance of family support. Rosecrance is a private, non-profit organization offering comprehensive, nationally accredited, evidence-based addiction and mental health treatment for teens and adults in WI, IL and IA. They have a long history of leadership in substance abuse and mental health care.

## HEALTHY RELATIONSHIPS AND SEXUAL ABUSE PREVENTION FOR INDIVIDUALS WITH DISABILITIES

**Wednesday, May 13, 2020 9:00 - 11:30 am**

*Presenter: Susan Kahan, MA, LCPC, University of Illinois at Chicago, Developmental Disabilities Family Clinic, Institute on Disability and Human Development*

Everyone desires to love and be loved. Myths and misconceptions about people with disabilities often create barriers to developing healthy relationships. This session will explore the facts and myths around relationships and sexuality for people with disabilities. We will discuss the importance of laying the foundation for healthy relations early on through social skills and sexuality education. Resources and strategies for teaching healthy sexuality will be presented. In addition, we will discuss risk factors, warning signs, and prevention strategies for sexual abuse and commercial sexual exploitation (trafficking) of individuals with disabilities. The goal of this presentation is to increase awareness around the need to provide individuals with proper information in order to promote healthy relationships and to recognize and avoid unhealthy and unsafe relationships.

# Evening Programs

## AN OVERVIEW OF ADOLESCENT SUBSTANCE USE AND ADDICTIVE BEHAVIORS

**Tuesday, September 24, 2019, 6:00 - 8:30 pm**

*Presenter: Michelle L. Maloney, PhD, LPC, CAADC, Executive Director of Addiction Services, Rogers Behavioral Health*

Substance use and addictive behaviors have been in the media for the past several years. These stories include the opioid crisis, increased legalization of marijuana, readily available CBD oil and increased vaping advertisements. In addition, recent studies have demonstrated the correlation between addictive behaviors (such as gaming, sexting and gambling) and increased substance use. This presentation will present an overview of these behaviors and the resulting impact on an adolescent's brain and subsequent substance use. In addition, the hidden costs and dangers of marijuana and vaping will also be discussed. Lastly, practical applications for parents will be presented.

## GUARDIANSHIP, DECISION-MAKING OPTIONS AND SPECIAL NEEDS FINANCIAL PLANNING

**Tuesday, November 19, 2019 6:00 - 8:30pm**

*Presenters: Victoria L. Davis Davila, J.D., Davis & Pledl, SC and Kathleen Oberneder ChSNC®, Financial Advisor, Crescendo Wealth Management, LLC*

In this session, participants will learn about a spectrum of decision-making options available for people with disabilities. We will discuss informal supports, supported decision-making agreements, powers of attorney, and guardianship, and cover both personal/health care and financial/estate decisions. We will discuss 529 ABLE accounts and special needs trusts (SNTs), and learn how these planning tools interact with one another.

## INTELLIGENT LIVES FILM SCREENING & DISCUSSION

**NOTE LOCATION!**

**Wednesday, January 15, 2020 6:00 - 8:30 pm**  
**Location: Sharon Lynne Wilson Center for the Arts, 19805 W. Capitol Dr. Brookfield, WI**

INTELLIGENT LIVES stars three pioneering young American adults with intellectual disabilities – Micah, Naieer, and Naomie – who challenge perceptions of intelligence as they navigate high school, college, and the workforce. INTELLIGENT LIVES challenges what it means to be intelligent, and points to a future in which people of all abilities can fully participate in higher education, meaningful employment, and intimate relationships.

## POST-SECONDARY OPTIONS: WHAT COMES NEXT FOR ME?

**Tuesday, January 28, 2020 6:00 pm - 9:00 pm**

*Presenters: Cheri Sylla, WSPEI Family Engagement Coordinator, CESA #1, Jen Hilgendorf, Transition Services Coordinator, CESA #1, Cindi Pichler, AT Program Manager, IndependenceFirst & Student Panelists*

This session will include a discussion of the planning and decision-making process (PTP Development), a discussion on accommodations and supports to assist individuals with disabilities to be successful; and a panel discussion with young adults who have chosen to follow one of these paths and college, additional training, and/or right into a job.

## PARENTING AND TEACHING WITH LOVE AND LOGIC

**Two date options:**

**Tuesday, February 25, 2020 6:00 - 8:30pm**

**Wednesday, March 18, 2020 6:00 - 8:30pm**

*Presenters: Gena Santharam, K-8 Principal and Jody Calarco, School Counselor, Richmond School District*

Love and Logic is a philosophy of raising and teaching children which allows adults to be happier, empowered, and more skilled in their interactions with children. Love and Logic offers adults an alternative way to communicate with children. The Love and Logic techniques produce results because the techniques are simple, practical, and easy to learn. The concepts behind Love and Logic place a heavy emphasis on respect and dignity for children and at the same time allow parents to grasp simple approaches instead of learning difficult counseling procedures.

Turn to next panel for more