



## Supporting Positive Mental Health for Today's Students

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| <b>Facilitator(s):</b> | Patrick Carney   |
| <b>Date:</b>           | November 27, 2017  |
| <b>Time:</b>           | 9:00 am – 3:30 pm  |
| <b>Cost:</b>           | \$150.00<br><br>(includes lunch, which is not prepared in a nut/gluten-free environment) |
| <b>Location:</b>       | Edmonton (Fantasyland Hotel)<br>17700 - 87 Avenue  |
| <b>Session Code:</b>   | 18-MH-053  |



### Target Audience

Grades K - 12 Teachers, Parents, Educational Assistants, Coaches, Administrators, District Leaders and other School-based Staff

### About this Learning Opportunity

*In addition to our need to support students who are currently experiencing Mental Health challenges, research is indicating that more focused approaches for teaching Social Emotional Learning (SEL) skills to all students supports academic success. Students do so much better when they can identify what they are feeling, manage their emotions, show empathy and resolve conflicts. Furthermore SEL is important to increase the mental health resiliency we all need for the trauma, losses, stresses and strains that come our way over time.*

This day-long workshop will focus on 3 Major Themes:

1. Incorporating SEL in every classroom – Going Beyond Awareness
  - Teachers as Human Developers – It has always been the case!
  - The Research Evidence for SEL impact on Achievement
  - SEL Core Competencies for All to Know and to Integrate
  - The Power of a Circle – a practical way to teach so much
  - More Strategies to Get Going
2. The Evolutionary Brain
  - Understanding Executive Functions to Manage Emotions
  - Kids Love this Stuff and can use it
  - Readiness to Learn – Factors to consider in every

### About the Facilitator(s)

**Partick Carney, Ph.D.** has a long-standing interest in the promotion of positive mental health. Hailing from a family of 10 children in a farming community he appreciates the vital role of the whole school community to help raise resilient children. He obtained his master and doctorate degrees from the Faculty of Education at the University of Alberta and he was a practicing psychologist in Alberta for 13 years. He has published extensively and provided workshops across Canada, in the Northwest Territories and internationally.

Pat is currently a Mental Health Lead at an Ontario School Board. He was recipient of the 2012 Award of Merit from the Ontario Psychological Association for his “significant and sustained contribution to Educational Psychology.” In 2014 he was elected to the status of “Fellow” with the Canadian Psychological Association. In 2015 he authored a book for teachers entitled “Well Aware – Developing Resilient, Active and Flourishing Students” through Pearson Canada, which became a best seller for books in education.



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- Self Regulation Basics – A revolution for self care and
  - The Case for Math Well Being / What we can Learn about
  - Physical Activity Imperatives vs Zero Movement Classrooms and
  - High Expectations, Empathy, Boundaries and Accommodations

### 3. Getting to Happiness

- Positive Psychology
- Connecting to
- Via Character
- Flourishing versus
- Strength Strategies for the Classroom

Pulling it all Together / Take Aways

*This learning opportunity is being provided through funding from Alberta Education.*