



Promoting Students' Mental Health in Trauma Informed Classrooms

Facilitator(s):	Stephanie McConnell
Date:	November 28, 2018
Time:	9:00 am – 12:00 pm
Cost:	\$25.00
Location:	Edmonton (ERLC Office at Elmwood School) Room 17/18, 16325 - 83 Avenue
Session Code:	19-MH-078



Target Audience

Teachers, Educational Assistants

Also Recommended For

District Leaders, Administrators, Counselors and anyone committed to ensuring success for students

About this Learning Opportunity

Traumatic experiences can happen to anyone. These events involve actual or perceived threats to the safety and wellbeing of a child or someone close to them. These frightening events change the way our students see the world and themselves. They can have a serious impact on a child's social, emotional, physical and cognitive development. With this knowledge caregivers and professionals can create hope and healing by promoting their students wellbeing in trauma informed classrooms.

In this interactive session, you will:

- Learn what trauma is and how it impacts a child/youths development
- Explore how a student's trauma has impacts on you as we discuss vicarious trauma
- See how the role of attachment can act as a buffer for children/youth in creating resiliency
- Build a list of strategies that promote a whole school approach to support students

This session addresses the TQS competency #4: Establishing Inclusive Learning Environments

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

About the Facilitator(s)

Stephanie McConnell is an Educator for Alberta Health Services in the department of Children, Youth, & Families - Addiction & Mental Health. Stephanie is a Registered Nurse who has dedicated her career to mental health. Stephanie has worked as a Registered Nurse and Clinical Nurse Educator on the child and adolescent inpatient units, as well as in the children's mental health emergency department; she has also spent time teaching for the Faculty of Nursing at the University of Alberta. Stephanie currently provides both professional development and caregiver education sessions with the aim to increase awareness and understanding of mental health challenges that can impact children and youth. Stephanie is here to share her knowledge and experience with the intention of promoting positive mental health in children, adolescents, and families.