

WELCOME

Educator Plenary Session

Cultivating Your Wellbeing:

Mindfulness Meditation & Authentic Communication

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California Technical Assistance Center on Positive Behavioral Interventions & Supports



CaITAC **PBIS**

promoting safe and equitable learning environments

www.pbiscaltac.org



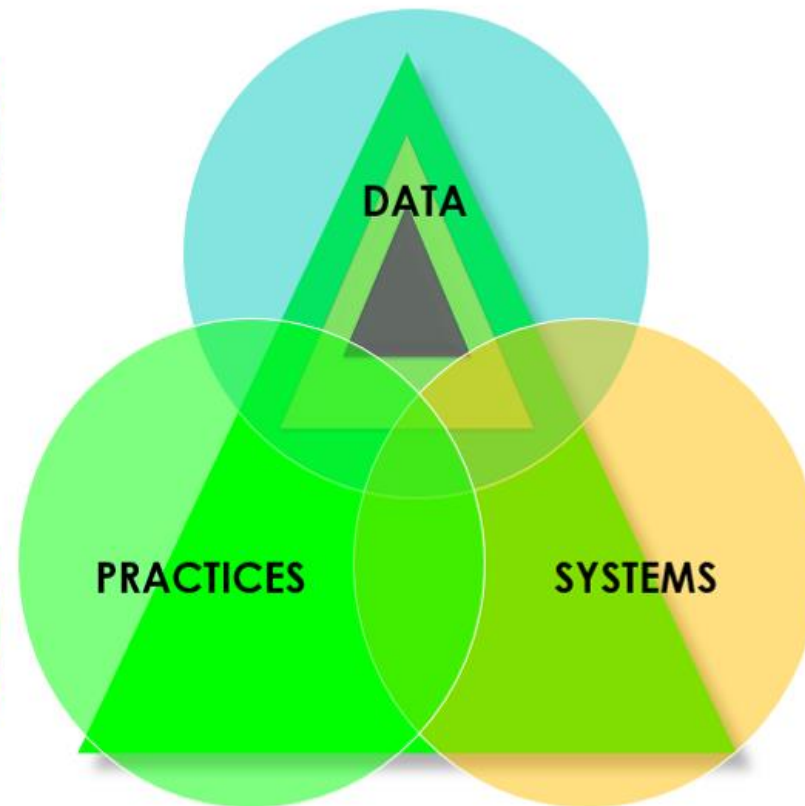
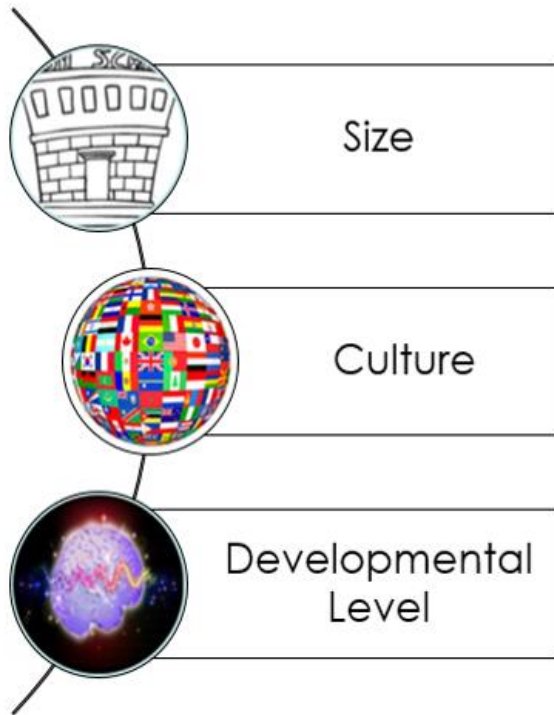
Be the Transformation

HS-PBIS

SYMPOSIUM

*during these
transformative times*

**VIRTUAL
Fall Session
November 5, 2020**



Flannery and Kato, 2012

For Your Consideration

REFLECT on “WHY”

you are part of high school reform

ENCOURAGE

coalescing around the topic

CELEBRATE

participation and involvement in the transformation

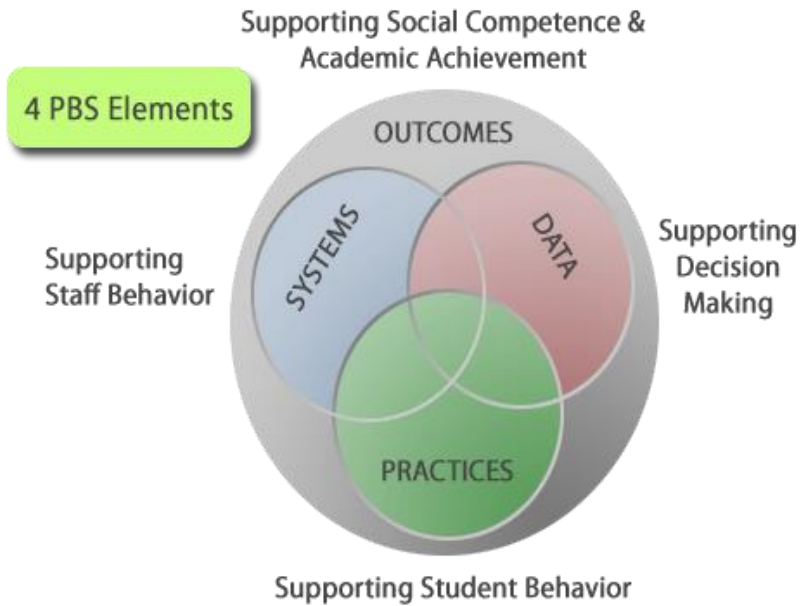
AUTHENTIC ENGAGEMENT

MTSS ADULT WELLNESS

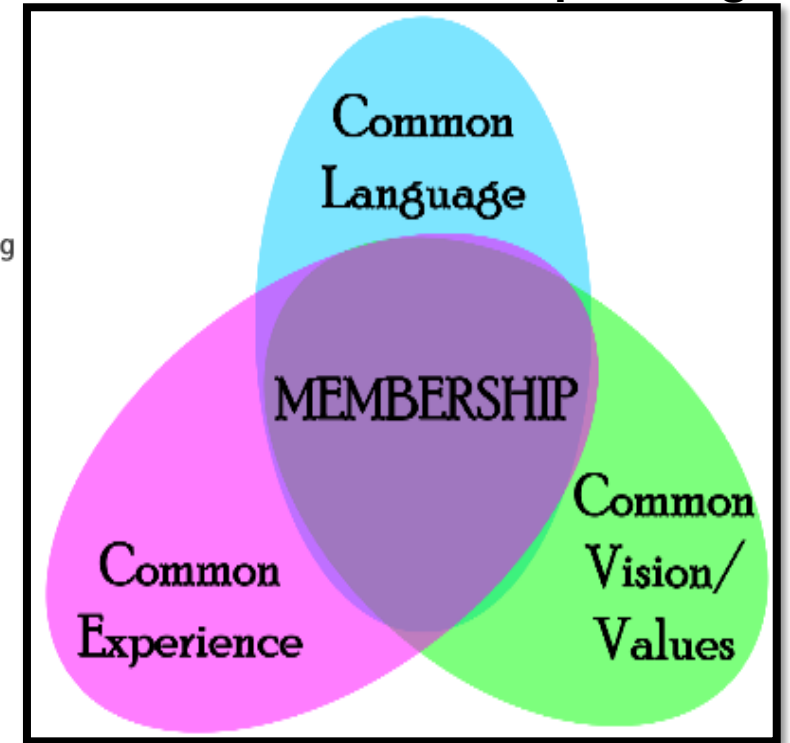
<https://www.pbis.org/video/session-a3-pbis-forum-2020-multi-tiered-systems-to-support-adult-wellness>



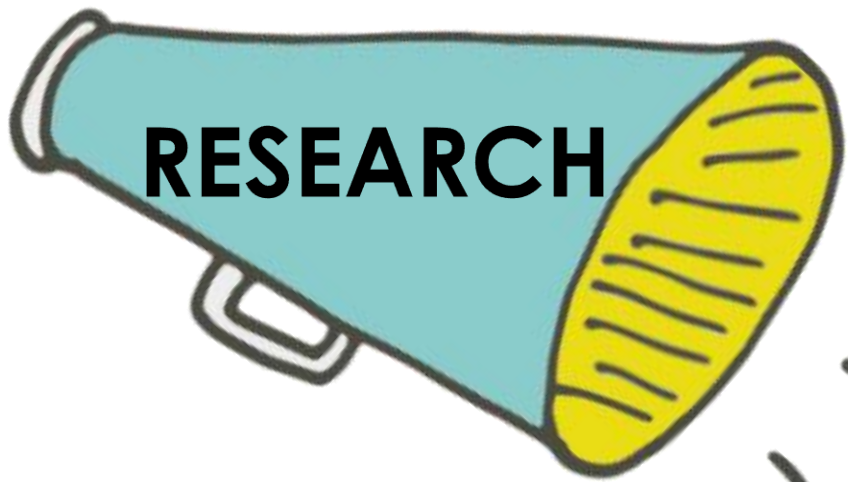
Multi-Tiered Systems of Support



Adult Wellness Brief Center on PBIS www.pbis.org



Normalizing a Culture of Wellness



STAFF WELLNESS

Schools that prioritize staff wellness demonstrate positive staff interactions, a shared commitment to student success, and an increased sense of warmth. (Bradshaw, et al., 2008)

Teachers who experience occupational stress tend to demonstrate a lack of emotional support and negative interactions with students, producing additional stress for at-risk students (Hamre, & Pianta, 2005; Oberle & Schonert Reichl, 2016).



Workplace Stress

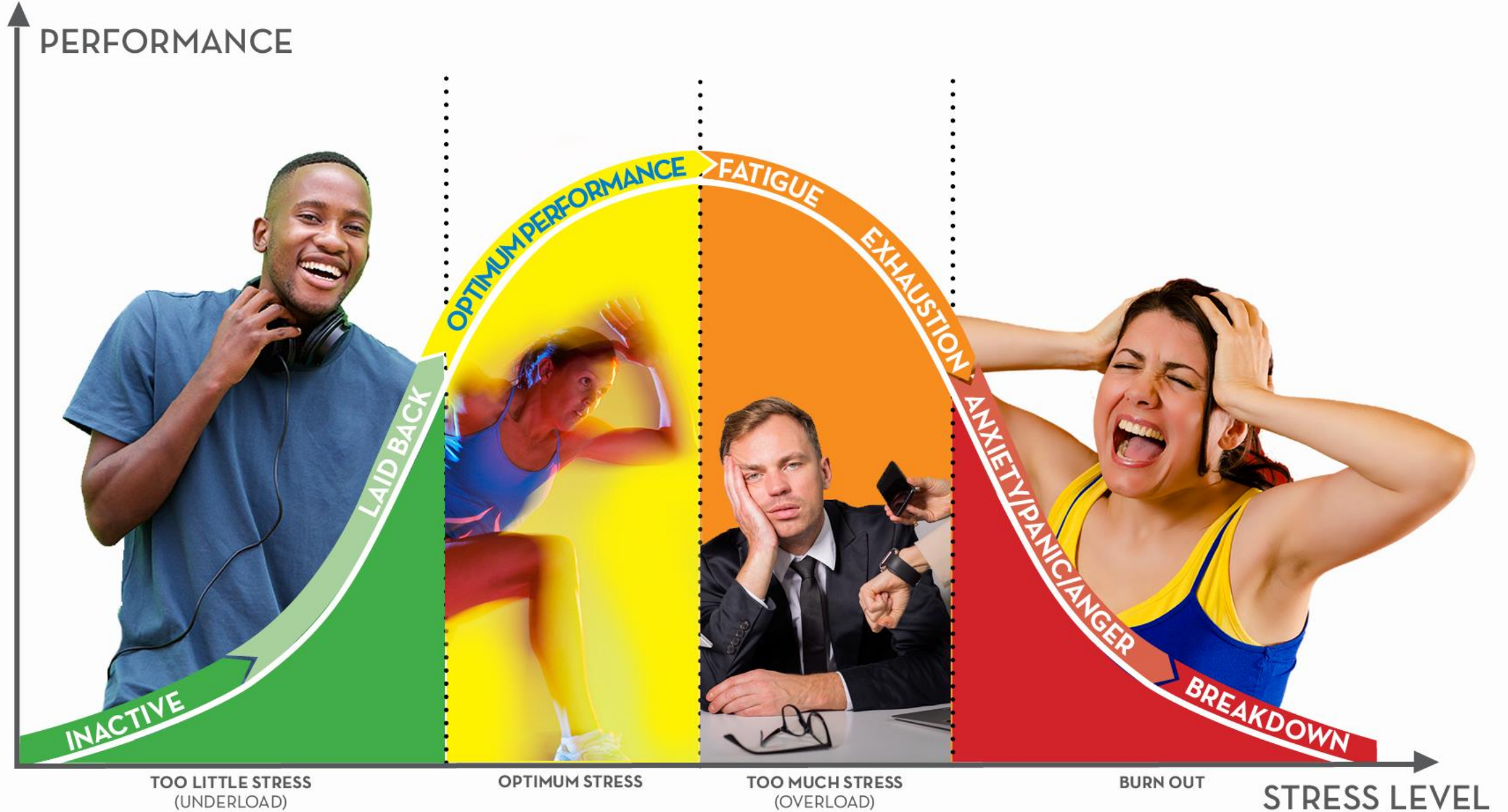
Numerous surveys and studies confirm that occupational pressures and fears are far and away the leading source of stress for American adults and that these have steadily increased over the past few decades.

www.stress.org



The American
Institute of Stress

STRESS & PERFORMANCE



Cultivating Your Well Being



The Center *for*
Healthy Minds

Four Pillars of a Healthy Mind

Dahl, C.J., Wilson-Mendenhall, C.D., and Davidson, R.J. (2020)

The Plasticity of Well-being: A Training-based Framework for the Cultivation of Human Flourishing.



awareness



connection



insight



purpose

Well at Work: Strategies From Research to the Real World

<https://www.youtube.com/watch?v=pSFFWT7JbF4&feature=youtu.be&t=901>



“Mindfulness and the space it provides allowed us to think differently about our words, practices and then put our practices into actions.”

“We get emotional and wrapped up in everything going on; there can be challenging conversations and embodying these qualities of taking a moment before responding to check-in with myself has been supportive”

“I am now mindful before I enter into Courageous Conversations; entering from a healthy or positive place will probably help to move the work forward”

“Mindfulness has blended perfectly with sharing space in restorative circles”

“Having the ability to reflect on our own implicit bias is greatly lifted up by mindfulness practices – pausing-breathing-grounding”

“Awareness Pillar made me aware of what we don't know.”

“The practices themselves give us a stronger base in responding rather than reacting.”

“Compassion for ourselves, compassion for others and a mindful attitude of being nonjudgmental.”

awareness

connection

insight

purpose

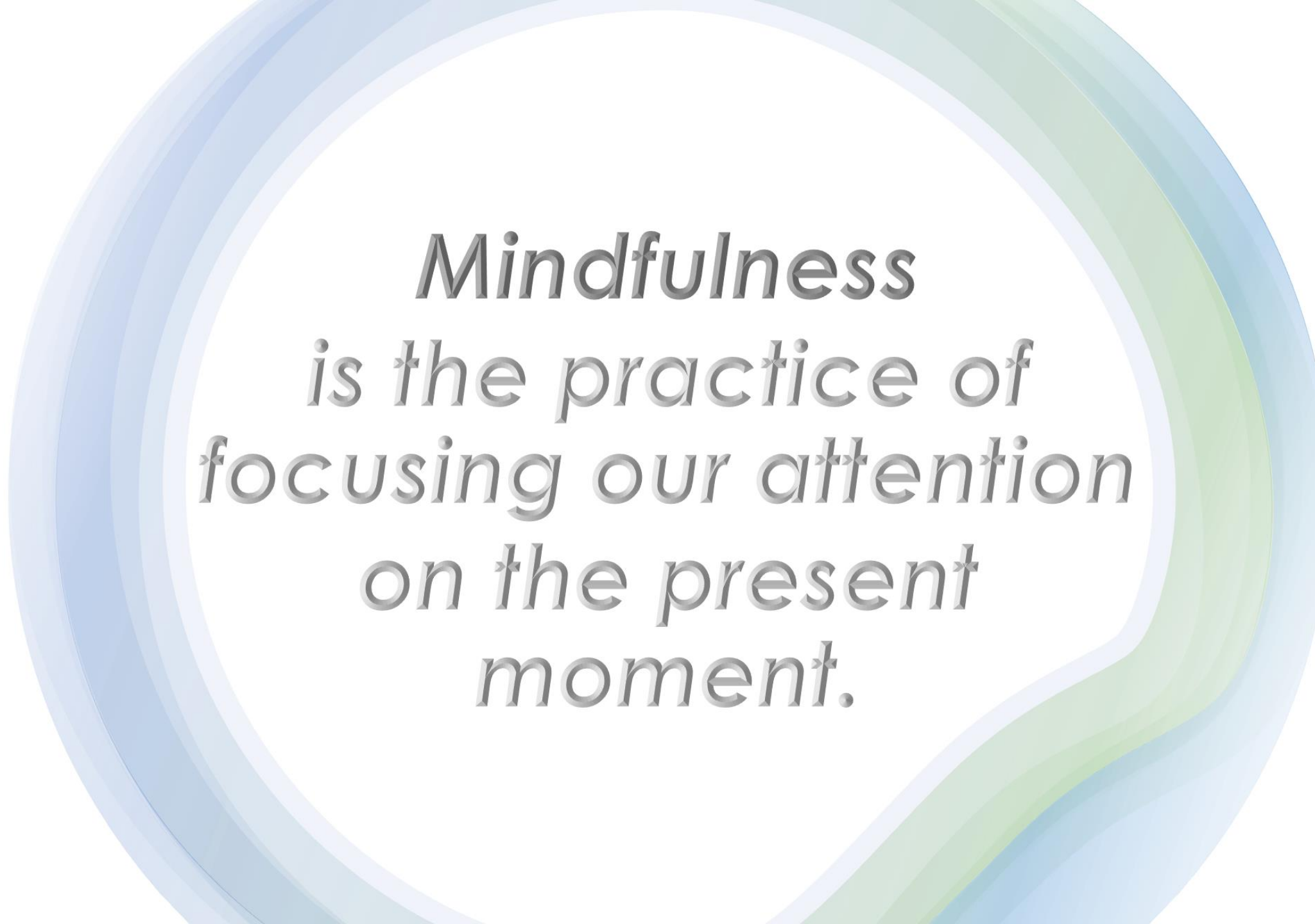


Cultivating AWARENESS

Mindfulness

Meditation

Practice



*Mindfulness
is the practice of
focusing our attention
on the present
moment.*

- 
- 1) Take Your Seat
 - 2) Place Your Attention
on the Breath
 - 3) Label Thoughts as
Thinking



NON VIOLENT
COMMUNICATION
(NVC)

I FEEL SOMETHING.



SELF-EMPATHY

I UNDERSTAND
YOUR FEELINGS.



EMPATHY

I WOULD LIKE YOU
TO UNDERSTAND ME.



HONEST SELF-
EXPRESSION

OBSERVATION



I SEE TREES OF GREEN,
RED ROSES TOO...

FEELINGS

I'M SO EXCITED, AND
I JUST CAN'T HIDE IT...
OOPS.. ADDED A THOUGHT..



NEEDS



YO, I'LL TELL YOU WHAT
I WANT, WHAT I REALLY,
REALLY WANT...

REQUESTS

HELP ME IF YOU CAN, I'M
FEELING DOWN...
AND I DO APPRECIATE YOU
BEING 'ROUND...





THANK YOU
for
Celebrating
HSPBIS
Implementation

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HS-PBIS

SYMPOSIUM

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transformative times*

**VIRTUAL
Fall Session
November 5, 2020**

FOCUS: Trauma Informed
High School PBIS Systems,
Practices & Data



HIGH SCHOOL PBIS VIRTUAL SYMPOSIUM SERIES

WINTER SESSION

JANUARY 14, 2021

8:30 a.m. - 1:00 p.m. PST

\$75

*Students Attend FREE with Adult Ally



Be the Transformation
HS-PBIS

SYMPOSIUM

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transformative times

WINTER Session
January 14, 2021

KEYNOTE

Susan Barrett Director Center for Social Behavior Supports, Old Dominion University

Integrating a Trauma-Informed Approach within the HS-PBIS Framework

ADMINISTRATOR and SUPPORT PERSONNEL Stand

Jacob Olsen, Ph.D., Assistant Professor, Counseling Program, California State University Long Beach

Providing Trauma Informed Supports through a PBIS Framework

TEACHER Strand

Ami Flammini, LCSW, Technical Assistance & Training Director, Midwest PBIS Network

PBIS Trauma-Informed Alignment for High School Classrooms

STUDENT PLUS ADULT ALLY Strand

Patti Hershfeldt, Ed.D, Co-director, Center for Social Behavior Support, Old Dominion University

Supporting Wellness for ALL Students: Examples from the Field

EDUCATOR WELLNESS Plenary

Cristy Clouse and Henri Maddocks, CalTAC-PBIS, Inc.

Cultivating Your Well-Being: Four Pillars of a Healthy Mind Practice Activities