

Strengthening Our Schools, Friday, October 18th, 2019
Sanofi US, 7:45am-3:30pm

When Students Grieve: How Schools Can Help-Lisa B. Athan, MA

Lisa B. Athan, MA is the Founder and Executive Director of Grief Speaks, an organization dedicated to normalizing grief and loss in our society by means of delivering informative, cutting edge presentations, workshops and professional training session in the area of grief, loss and healthy coping in the lives of children, teens and adults.

Course target audience: School social workers, school nurses, teachers, guidance counselors, school administrators and other educational personnel who hold a key role in supporting school-age children and young adults impacted by cancer.

Course description: It is important that schools learn how to recognize, acknowledge and intervene when a student is coping with grief and loss. Learn different types of losses that students may deal with, identify signs of grief in children and teens, and discover helpful tools and strategies that best support grieving students so that they can effectively learn and thrive.

Learning Objectives:

- Attendees will be able to identify a variety of loss situations that may affect students' ability to learn including death of a loved one or friend, moving, family or student illness, divorce or parents, those affected by toxic stress or trauma and more.
- Attendees will learn how children and teens grieve differently than adults. Focus on areas affected by grief including academics, social, emotional and physical.
- Attendees will discover a variety of useful tools and strategies for intervening, supporting and building resilience in their students.
- Attendees will come away with knowledge of resources to share with students and families who have been affected by a loss situation.

Session CE amount: 1.0

Worry vs. Anxiety-Recognizing the Difference in Children-Lisa Ciarrocca, CCLS

Lisa Ciarrocca, CCLS, Certified Child Life Specialist is a graduate of Montclair State University where she holds a degree in Family Child Studies with a minor in Child Psychology. She completed her Child Life internship at Morristown Memorial Hospital in NJ. She is also a Reiki Practitioner and a Certified Grief Facilitator.

Lisa has over 29 years experience working with children, adolescents, families and professionals in, and out of, the healthcare system settings. She has been responsible for the development and leadership of a system wide Child Life program. Lisa has given numerous presentations for various organizations who serve children and families. In her work with ACLP, Lisa has served on the board three times, twice as a Director and once as Treasurer. In addition, she has served on various other committees. Currently, Lisa is the chair of the Community Based Committee.

Lisa has taken her child life role into the community and has opened her own child life private practice, The Next Step Partners in Psychosocial Care LLC located in Fanwood, NJ.

Course target audience: School social workers, school nurses, teachers, guidance counselors, school administrators and other educational personnel who hold a key role in supporting school-age children and young adults impacted by cancer.

Course description: Children today confront a wide variety of stressful events that may inhibit their natural ability to cope and heal. Difficult or unexpected experiences, such as cancer, can leave children and families unsure of how to manage... Children are particularly vulnerable, and parents and caregivers often feel unsure of how to help them to successfully understand and manage these experiences.

Learning Objectives:

- Participants will define the difference between worry and anxiety and recognize how each can manifest in children and teens who are impacted by cancer.
- Identify the common issues facing children and their families as a result of life altering experiences.
- Explore applicable tools and techniques to utilize when helping children and teenagers manage their anxiety.

Session CE amount: 1.0

When Cancer Affects the Family: The Multiple Layers of Impact-Jennifer Costa, MSW, CCLS

Jennifer Costa has a Master of Social work and is a Certified Child Life Specialist. Currently, Jennifer is an Adjunct Professor at Montclair State University and Bank Street College of Education. She is also a Sibling Support Specialist at Friends of Karen providing family centered care for children diagnosed with a life-threatening illness and their siblings throughout the duration of their treatment.

Course target audience: School social workers, school nurses, teachers, guidance counselors, school administrators and other educational personnel who hold a key role in supporting school-age children and young adults impacted by cancer.

Course description: When cancer is present in the family, each individual member experiences the disruption. Families face multiple complexities at every layer. Learn to recognize the depth of impact and strategies for how the school can support the family.

Learning Objectives:

- Participants will examine the common reactions that children display when a family member is diagnosed with cancer.
- Participants will be able to define common stressors that occur when a family is impacted by cancer, including but not limited to the financial, social, and emotional burdens.
- Participants will explain an understanding of the role the school plays in supporting students impacted by cancer.
- Participants will recall available resources in the New Jersey area in order to better support families impacted by a cancer diagnosis.

Session CE amount: 1.0

Mindfulness in the Classroom-Sharon Kelly, LCSW

Ms. Sharon Kelly, LCSW is a counselor and account manager at Atlantic Health System, in Morristown, NJ. Ms. Kelly has been in the field of Employee Assistance and social work for over 20 years. She received a bachelor's degree from Douglass College at Rutgers University, New Brunswick, NJ and a master's degree in social work from Fordham University, New York, NY.

She is a certified Yoga instructor from Onyx Yoga Studio and with the Walt Baptiste yoga center. She is a certified Mindfulness facilitator from the Engaged Mindfulness Institute.

In addition to her work with employees and business leadership in the employee assistance field, Ms. Kelly is specifically skilled as a clinician in critical incident response and trauma work, cognitive behavioral therapy, coaching, public speaking and corporate training.

She is especially interested in employee and leadership stress management and in bringing Resilience, mindfulness and contemplative skills to the workplace and to the clinical experience.

Ms. Kelly is currently on AHS executive Resilience Committee which is dedicated to bringing resilience training to all AHS employees.

Course target audience: School social workers, school nurses, teachers, guidance counselors, school administrators and other educational personnel who hold a key role in supporting school-age children and young adults impacted by cancer.

Course description: This workshop will provide an overview of the benefits in employing mindfulness-based practices into the K-12 classroom. The experience will allow participants to practice mindfulness, as well as learn simple strategies for incorporating presence and awareness into your work with students. Science and health related research will be presented, and references for further exploration will be shared.

Learning Objectives:

- Participants will describe mindfulness based practices and its relevance in K-12 education.
- Participants will recall how to implement specific mindfulness based practices that can be used in the classroom.
- Participants will demonstrate mastery over these practices within the course of the session.

Session CE amount: 1.0

Back to School: Ensuring Academic Success-Joann Spera, MA

Joann has 43 years of experience in the field of education. She created the Educational Liaison Position at Goryeb Children's Hospital/Valerie Fund Children's Center using all past experience in education. She expanded the Educational Liaison Position to 4 other Valerie Fund Children's Centers in NJ and NY. Joann has also performed per case social work and child study team services for 29 years.

Course target audience: School social workers, school nurses, teachers, guidance counselors, school administrators and other educational personnel who hold a key role in supporting school-age children and young adults impacted by cancer.

Course description: When a child completes treatment, there are many factors that need to be considered when transitioning back to school. This workshop will explore different treatments and how cancer affects students academically, emotionally and socially.

Learning Objectives:

- **Identify** the pediatric cancers that have the highest risk for academic concerns.
- **Name** modifications that cancer patients will need upon return to school after the completion of treatment.
- **Name** the late effects of chemotherapy, as related to ongoing modifications that may be needed for school.
- **Identify** what to do to help students who experience late effects after high school. (college, technical school, work world)

Session CE amount: 1.0

Pediatric Cancer: What You Need to Know-Joann Spera, MA

Joann has 43 years of experience in the field of education. She created the Educational Liaison Position at Goryeb Children's Hospital/Valerie Fund Children's Center using all past experience in education. She expanded the Educational Liaison Position to 4 other Valerie Fund Children's Centers in NJ and NY. Joann has also performed per case social work and child study team services for 29 years.

Course target audience: School social workers, school nurses, teachers, guidance counselors, school administrators and other educational personnel who hold a key role in supporting school-age children and young adults impacted by cancer.

Course description: This workshop will give an overview of the most common types of pediatric cancers with information on varying treatments and what statistics are telling us. In addition, school professionals will learn how they can play a supporting role for the student and family.

Learning Objectives:

- Identify the most common types of cancer seen in children.
- Highlight the different treatments commonly used for various types of cancers.
- Name the specific treatment for Acute Lymphoblastic Leukemia and the unique needs for academic modifications for these children.
- Identify what action schools can take to assist students at diagnosis and during treatment.

Session CE amount: 1.0