

BREAKOUT SESSIONS — 2020 Resource Family Conference

1:15pm – 2:30pm

TOPIC	SUMMARY
<p>REAL COLORS *must attend both sessions*</p>	<p>More than 2300 years ago, Hippocrates, the Greek philosopher, scientist and physician, wrote that all humans could be divided into four distinct behavior types. We will explore how we are unique in our personalities, along with valuing the differences in each other while improving understanding, empathy, and communication. Real Colors is a personality instrument that bridges temperament theory and real-life application in a way that is fun and easy to understand.</p>
<p>BREAKING THE STIGMA: Supporting Youth Mental Health through Awareness</p>	<p>Mental health conditions are the most common health issue faced by American school-aged children. One in five youth live with a mental health disorder, yet less than half of them receive needed supports. This presentation will provide participants with an overview of mental health issues that impact our youth. Specific topics include: mental health vs. mental unwellness; the role of stigma in treating mental health conditions; the influence of social media; anxiety disorders; depression and suicide; how to help a youth who may be struggling; resources for support</p>
<p>BODY SAFETY</p>	<p>People who sexually abuse vulnerable children and adults specifically target those who don't have the language to talk about it. Perpetrators use language delays and lack of knowledge to keep vulnerable children and adults silent, shamed and compliant. Having developmentally appropriate conversations about our bodies, sex, and boundaries is a crucial step in protecting vulnerable individuals. This session gives participants practical tools to talk with those they care for about sexual abuse and body safety.</p>

BREAKOUT SESSIONS — 2020 Resource Family Conference

2:45pm – 4:00pm

TOPIC	SUMMARY
<p>REAL COLORS *must attend both sessions*</p>	<p>More than 2300 years ago, Hippocrates, the Greek philosopher, scientist and physician, wrote that all humans could be divided into four distinct behavior types. We will explore how we are unique in our personalities, along with valuing the differences in each other while improving understanding, empathy, and communication. Real Colors is a personality instrument that bridges temperament theory and real-life application in a way that is fun and easy to understand.</p>
<p>THE POWER OF YET: Practicing Growth Mindset</p>	<p>Based on the research of Dr. Carol Dweck, growth mindset has become a popular concept in education and development and is as important as ever to model as positive adults in young people’s lives. Growth mindset is a forever practice. Participants will learn fun ways to build on challenges with simple practices for everyday activities and conversation.</p>
<p>WALKING THE WALK: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma</p>	<p>The purpose of this training is to enable the learner to understand the meaning of compassion fatigue and how it relates to working or volunteering in a high touch profession or field and to understand the signs and symptoms of compassion fatigue, vicarious trauma and burnout. You will also learn the tools and resources to transform compassion fatigue and to make a realistic commitment to combat compassion fatigue.</p>