



# 2019 Winter Forum Agenda & Session Descriptions

## *Agenda*

- 5:15 – 5:45**      **Meet and Greet - Library**  
Dr. Thomas Tucker, Superintendent  
& Other District Leaders
- 5:55 – 6:00**      **Evening Introductions - Commons**  
Melody Fields, DAC Chair
- 6:00 – 6:10**      **Welcoming Remarks - Commons**  
Chris Zimmerman, Cimarron Middle School Principal
- 6:10 – 6:30**      **Keynote Address - Commons**  
Sarah Davidon, Director of Research & Adolescent Strategy  
Mental Health Colorado
- 6:40 – 7:15**      **Breakout Session 1 - various locations**  
Please see session descriptions
- 7:20 – 7:55**      **Breakout Session 2 - various locations**  
Please see session descriptions
- 8:00 – 8:35**      **Breakout Session 3 - various locations**  
Please see session descriptions
- 8:40 – 9:00**      **Closing Remarks - Commons**  
Dr. Thomas Tucker, Superintendent

*Catering for the DAC Forum is provided by*  
***Ponderosa High School Culinary Arts Program***



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## *Session 1 (6:40 - 7:15)*

### **TRACK 1—Career Ready**

#### **Collaborative Campus & Technical Training**

Did you know that DCSD currently has over 50 Continuing Technical Education (CTE) options available for students? Come learn about all the programs, the logistics of enrolling in a program at one school while attending another, and what new options are coming in the near future!

#### **Location: A Pod—Rooms 101 & 102**

Speakers: Joy Griffin - Coordinator, Career and Technical Education  
Danny Winsor - Director of Schools/Choice Programming

### **TRACK 2—Mental Health: Elementary Focus**

#### **Dealing with Stress & Anxiety**

Studies show that stress and anxiety are increasingly common in our youth. In this session, you'll hear from our district Counseling Team, Healthy Schools Team, and Nursing Services who will identify common signs of anxiety in elementary-aged children. School supports will be discussed. They will also share how parents can positively support their students and where to turn for help when needed.

#### **Location: Commons**

Speakers: Ann Fitch - Elementary Counselor  
Kimmy Romine - Healthy Schools  
Lisa Kantor - Health, Wellness, and Prevention

### **TRACK 3—Mental Health: Secondary Focus**

#### **Dealing with Stress & Anxiety**

Stress and anxiety may look different in the secondary setting due to puberty, academic, extra-curricular and social demands. In this session, you'll hear from members of the district Counseling and Healthy Schools Teams, and Nursing Services who will identify common signs of stress and anxiety in older children. School supports will be discussed. They will also share how parents can positively support their students and where to turn for help when needed.

#### **Location: C Pod—Rooms 101 & 102**

Speakers: Lauren LaComb - Healthy Schools  
Kelli Clay - Middle School Counselor  
Celia Flanigan - Health, Wellness, and Prevention



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## *Session 2 (7:20-7:55)*

### **TRACK 1—Career Ready**

#### **Collaborative Campus & College Ready Options**

The Collaborative Campus between DCSD and Arapahoe Community College is set to open in Castle Rock later this year. Learn about this exciting new campus, as well as the variety of concurrent enrollment options available across the district. With the current options, students have the ability to earn an Associate's Degree prior to high school graduation, which could save families tens of thousands of dollars. We'll also discuss the logistics of taking classes at multiple locations.

#### **Location: A Pod—Rooms 101 & 102**

Speakers: Joy Griffin - Coordinator, Career and Technical Education  
Danny Winsor - Director of Schools/Choice Programming

### **TRACK 2—Mental Health: Elementary Focus**

#### **Prevention and Intervention: What is in Place & Where to Seek Support**

Elementary students need social and emotional supports whether or not they are in crisis or experiencing a mental illness. The elementary mental health team consisting of school counselors, social workers, and psychologists provides opportunities for students to learn emotional skills that prepare them for ordinary life crises. Elementary students require a variety of social and emotional skills to navigate life circumstances, whether it be moving, losing a friend, a teacher transferring, family crisis or grief and loss. Prevention and School Culture will discuss DCSD's continuum of social and emotional supports and learning that are offered, beginning with prevention programming, curricular Social Emotional Learning (SEL) to topic-specific intervention such as social skills for individual and small groups of students.

#### **Location: C Pod—Rooms 101 & 102**

Speakers: Ann Walton - Prevention and School Culture  
Marissa Williams - South Ridge Elementary Counselor

### **TRACK 3—Mental Health: Secondary Focus**

#### **Suicide, Prevention and Intervention**

The U.S. is currently in the midst of a youth suicide epidemic, and Colorado has one of the highest rates of teen suicide in the country. Students at ThunderRidge High School recently won a grant to implement Oasis, a suicide prevention program they developed after a tough year at their school. Hear about their program, and about programs throughout the district that focus on suicide prevention and interventions to protect our teens and build resilient youth.

#### **Location: Commons**

Speakers: James Montoya De Smidt - Prevention and School Culture  
Mia Hayden, Rohan Nipunge, and Melanie Shoe - Oasis Mental Health



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## ***Session 3 (8:00 - 8:35)***

### **TRACK 1—Career Ready**

**Career Ready Visions for the Future** - In recent months, local business leaders have increased calls for additional technical education opportunities within our community. This session will discuss current opportunities in Douglas County, ongoing employer needs, and their thoughts on future programming.

**Location: A Pod—Rooms 101 and 102**

**Speakers:** Laura Tuel, Vice President of Workforce & Education,  
Parker Area Chamber of Commerce Foundation

### **TRACK 2—Mental Health: Safety & Security**

#### **Emergency Response: “What Happens When”**

A security event at a school is every parent’s worst nightmare. While you won’t hear too many specifics (for security reasons), this session will focus on how threats to our buildings are handled and the collaborative programs in place between the Douglas County School District, local law enforcement, and our schools.

**Location: C Pod—Rooms 101 & 102**

**Speaker:** Rich Payne, Director of School Safety and Security

### **TRACK 3—Mental Health: Secondary Focus**

#### **Substance Use: DCSD Prevention & Response**

You’ll hear from DCSD’s Restorative Practice team lead and the Douglas County Youth Substance Abuse Prevention Coalition lead. They will share Douglas County data on youth substance use. Parents will receive strategies for talking with their youth and hear about current work being done in the school district to support students. Parents will also hear how the school district is collaborating with community partners to provide prevention and intervention to support our youth.

**Location: Commons**

**Speakers:** Zac Hess - Health, Wellness, and Prevention  
Steve Martinez - Tri-County Health Department

### ***A Very Special Thanks to Each of Our Speakers and to:***

*DCSD’s Students, Teachers & Staff*

*Mental Health Colorado*

*Parker Area Chamber of Commerce Foundation*

*Tri-County Health Department*

*Stephanie Crawford, Sandy Maresh & Matt Reynolds*

*Laura Welch, Stephanie Murphy & Marco Fields*