

# R.O.C.K Rise Up Session Times and Rooms

Location	Room #	Room #	Room #	Room #	Room #	Room #	Room #	Room #	Room #	Room #	Room #	Room #	Room #	Room #
	A 301	A 302	A 407	A 415 L	A 416 L	B 202	B 203	B 207	B 400	B 206	C 202	A 100L	C 203	C 204
8:30-9:30	<b>PBIS Road Map for Administrators</b> Anna Michaels and Dr. Barbara Barnes (Educators)	<b>Restorative for Beginners - Nakeenya Wilson</b> (Educators)	<b>Anxiety Strategies to help our Students Soothe their Souls</b> <b>GT Credit</b> Jennifer Cowen (Educators, Community, and Parents)	<b>The Impact of Early Childhood Trauma on Brain, Behavior, and Child Development: Implications for Educators K-12</b> Jennifer Cowen (Educators)	<b>How to build Positive Relationships/ a Positive Culture</b> Ruben Dominguez (Educators)	<b>Cool Down in the Classroom</b> Erin Poage - Counselor, Erika Phillips - PEAKS Teacher, Connie Clifton (Educators)	<b>It's Not an If, It's a When: Knowing the Signs and Avoiding the Costly Mistakes with NSSI and Suicide</b> Lori Vann, MA, LPC-S (Educators, Community, and Parents)	<b>Getting Starting with ELL's: Social and Emotional Supports</b> Mara Betancourt, Director of Language Acquisition <b>Sheltered Instruction</b> (Educators)	<b>Electronic Screen/Gaming/ Social Media Addiction: The Latest Cognitive Research Parents Need to Know</b> Sean Lawler Dr/Special Agent - Tactical Instructor/EMT/ Active Shooter Instructor (Educators, Community, Parents, and Students 7th - 12th)	<b>Morning Meetings</b> Kelli Palmer and Samantha Cobb (Educators)	<b>Helping Children Handle Their Feelings</b> The Parenting Center (Parents)	<b>Why Play and Having Fun Help Create a Buffer Against Stress in Families and Classes</b> Jason McCoy, LCSW-S, RPT-S (Parents, Community and Educators)	<b>Spanish Offering: Español-Haciendo las Reglas y Implementado las Consecuencias/ Making Rules and Enforcing Consequences</b> The Parenting Center (Parenting and Community)	<b>What is YMHA and how can it make a difference in my life?</b> Heather Alexander and Robin Barr High School Counselors (Parents, Educators, and Community)
9:45-10:45	<b>Data Dig with PBIS to Increase Student Culture</b> Anna Michaels and Dr. Barbara Barnes (Educators)	<b>Restorative for Beginners - Nakeenya Wilson</b> (Educators)	<b>Calming the Gifted Mind</b> <b>GT Credit</b> Lori Kennedy, MS, LPC, NCC, RPT (Educators, Parents)	<b>How to Talk to Children About Addiction</b> Kyle Pillans Children's Counselor Betty Ford Center (Educators, Community, Parents)	<b>Building Positive Relationships and Positive Culture</b> Jessica Schuch, Stephen Smith, Ruben Dominguez (Educators and Parents)	<b>Mindfulness Matters: Non-Medicated Strategies for Behavior Concerns</b> Erica Woods Early Learning Center Assitant Principal (Educators, Community, Parents)	<b>Keep it Real Simple- Incorporating Wellness into Your Busy Life</b> Alicia Jones (Educators, Community, Parents)	<b>Getting Starting with ELL's: Social and Emotional Supports</b> Mara Betancourt <b>Sheltered Instruction</b> (Educators)	<b>Let's Be Honest: The Truth About Teen Substance Use</b> Tishara A. Jackson, Ed.D., LCDC-I (Students Grades 7-12)	<b>Difficult Times and Difficult Talks</b> Lauren Brown, M.Ed., LPC (Community and Parents)	<b>Communicating with Your Teen</b> The Parenting Center (Parents)	<b>Gentle Yoga</b> Fran Schmidt, 200 RYT (Educators, Community, Parents, Students)	<b>Spanish Offering: Criando un Niño de Carácter</b> <b>Fuerte/Parenting the Strong-Willed Child</b> The Parenting Center (Community & Parents)	<b>The Power of Social/ Emotional Learning in Secondary Schools</b> Michelle Somerhalder, Lisa Simmons, Summer Martin, Heather Alexander (Parents, Educators, Community Students Grades 7-12)
11:00-12:00	<b>Building Relationships through Morning Meetings</b> Jamie Fieldhouse, Kimberly Fleischer, Trish McKeel, Ginette Peralta-Suarez - Chisolm Trail Intermediate (Educators)	<b>Restorative for Beginners - Nakeenya Wilson</b> (Educators)	<b>Stress-reduction for High Achieving Students</b> <b>GT Credit</b> Misty Phy, Sarah McMurdo (Educators and Students Grades 7-12)	<b>Relationships Make a Difference: 24 Hours Makes A Difference</b> Lise Cook (Educators, Community, Parents)	<b>All the Feels: Meeting Them Where They Are</b> <b>GT Credit</b> Tami Sewell (Educators)	<b>Tools for Managing Stress and Anxiety</b> <b>GT Credit</b> Tiana Shivers, LPC (Educators, Community, Parents)	<b>Brain Breaks with a Twist</b> Dinah Stringer, Kelly Kaczmarek (Educators)	<b>How to "V.I.B.E" with Your Child</b> Connie Vadnais Certified Life Coach (Parents)	<b>BullyProof! Your Life by Being A.R.M.ed</b> Sarah McKinzie Director of Inspired Reality (Educators, Community, and Parents, Students Grades 5th - 12th)	<b>Empowering Boys</b> Mardochee Gaston (Parents)	<b>Building Self-Esteem</b> The Parenting Center (Parents)	<b>Mindfulness through Movement</b> Heather Wilson, Raven Krieg (Parents, Community)	<b>Spanish Offering: Español-Mejorando El Auto-estima/ Building Self-Esteem</b> The Parenting Center (Community & Parents)	<b>The Dangers of Social Media and Technology Addiction</b> Jeff Dickson Hillwood Middle Assistant Principal (Educators, Parents, Community, Student Grades 5-12)
1:00-2:00	<b>PBIS: You can do it!</b> Jennifer Glick and Danielle Stevens (Educators)	<b>Circle Up - Tier 1 Circles - 3 hour block - cap 15 attendees - Nakeenya Wilson</b> (Educators)	<b>Start with a Smile</b> <b>GT Credit</b> Gayle Terry (Educators)	<b>Trauma-Informed Support</b> Dr. Jennifer Baggerly, Professor of Counseling/ University of North Texas at Dallas & Counselor at Kaleidoscope Behavioral Health (Educators, Parents, Community, Students Grades 7-12)	<b>CICO: How to Implement a Relationship Based Positive Intervention for Challenging Students</b> Sara Mollenbrey Intervention Counselor (Educators)	<b>Creating a Calm Down Area in the Classroom</b> <b>GT Credit</b> Misty Phy, Sarah McMurdo (Educators)	<b>Captain of The Ship!: Mindful Parenting in A Topsy Turvy World</b> Leittia Knight Parent/Lab Scientist/IT Analyst/Mindful Meditation Teacher (Parents and Community)	<b>Talking through ART!</b> Lori Kennedy, MS, LPC, NCC, RPT (Community, Parents, Students)	<b>What's an ACE? Understanding Adverse Childhood Experiences</b> Tishara A. Jackson, Ed.D; LCDC-i (Educators, Community, Parents)	<b>It's Not Rocket Science - Understanding Failure to Launch</b> Russell Baxter LPC (Educators, Parents, Community, Students Grades 7-12)	<b>Parenting the Strong-Willed Child</b> The Parenting Center (Parents)	<b>NetSmartz Internet Safety</b> Carol Logan, Community Educator, Alliance for Children (Students Grades 2-8)	<b>Spanish Offering: Entendiendo a tu Hijo con Deficit de Atencion/Hiperactividad / Understanding your ADHD Child</b> Roland Johnson (Parents and Community)	<b>Mindfulness</b> Jamie Walker, M.A., L.P.C. (Parents, Community, Educators)
2:15-3:15	<b>Our Journey with PBIS</b> Megan Hull and Lisa Gage, Ridgeview Elementary (Educators)		<b>Growth vs Decay</b> <b>GT Credit</b> Elizabeth Eubanks (Parents, Educators)	<b>Brain Processing and the Emotional Effects in the Classroom</b> Nancy Disterlic, M.A.T., LDT, CALT, STARS Teacher (Educators, Community, and Parents)	<b>Social Emotional Learning Tier 1 Toolbox</b> Lauren TeGantvoort, Molly Brown (Educators)	<b>Adolescent Drug Trends: Including Current Research on Juuling</b> John Haenes (Parents, Community and Educator)	<b>Mindfulness to Reduce Anxiety and Stress</b> <b>GT Credit</b> Christina Jones Counselor and Andi Gowins Intervention Counselor (Parents)	<b>5 to Thrive</b> Stacy Blevins and Danielle Grimes (Educators, Parents, Community, Students Grades K-4)	<b>Lions, Tigers, and Bears: Chronic Stress in a Teenage World</b> Tishara A. Jackson, Ed.D; LCDC-i (Students Grades 7-12)	<b>Non-Violent Communication: A Useful Strategy for Students, Parents, Teachers, and Partners</b> Nicole Van Ness, PsyD, LMFT-S (Educators, Community, Parents, Students Grades 7-12)	<b>Making Rules and Enforcing Consequences</b> The Parenting Center (Parents)	<b>The Mood Meter - a Practical Tool for Understanding Emotion</b> Jennifer Halm, Suzanne Gibson (Educators, Parents, Community, Students Grades 5-12)	<b>Spanish Offering: Usando el Ennegrama para Descubrir tu Personalidad y la de tu Hijo / Parenting by Using the Enneagram</b> - Roland Johnson (Parents and Community)	<b>Be Aware...Be Very Aware!</b> Connie Vadnais (Students Grades 5-7)
3:30-4:30	<b>Using Positive Behavior Support and Restorative Practices to build a strong positive campus culture</b> Tracy Vineyard and Julie Parton, TMS Administration (Educators)		<b>Anxiety Stress and Perfectionism: Awareness and Action</b> <b>GT Credit</b> Donna Hodge (Educators, Parents)	<b>The Importance of Self-Care</b> Jennie Fincher, PH.D., LPC-S and Bailey McAdams, M.Ed, LPC (Parents, Community, Educators, Students Grades 7-12)	<b>The 5 Love Languages of Children and Adults</b> Lauren Brown, LPC, M.Ed. (Parents, Educators)	<b>Bring the Hippocampus Back to your Campus!</b> Megan Hull, Becka Fleming, Becca Ford (Parents, Community, Educators)	<b>Becoming an Ally: Supporting Our LGBTQ+ Students and Peers</b> Melissa Finstad (Parents, Educators, Community, Students Grades 7-12)		<b>Mindful or Mind FULL?</b> Heather Alexander, Counseling, Fossil Ridge (Educators, Community, Parents, Students Grades 7-12)	<b>Parenting with a Purpose: Creating Intentional Partnerships with Parents</b> Patrice Dunn M.Ed., LPC-S (Parents, Community and Educators)	<b>Co-Parenting Basics</b> The Parenting Center (Parents, Community)	<b>Getting Real About Mean Girl Behavior</b> Heather Stark - Gracefully Strong (Educators, Community, Parents, Students Grades 7-12)	<b>Spanish and English - Offering: Love and Logic Overview-</b> Janie Smythe (Parents)	