

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