



Medical Lake SCHOOL DISTRICT

MLSD TRAINING: 2018-19 DISTRICT COURSE CATALOG

OCTOBER	<p>10/17/18 6:00 pm- 8:00 pm</p>	<p><u>Suicide Prevention – and QPR training:</u></p> <p>QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.</p> <p>People trained in QPR learn how to:</p> <ul style="list-style-type: none"> · Recognize someone in crisis · Review the risk of suicide · Reach out and offer support · Apply a suicide intervention model · Link people with community resources
	<p>Trainer/s:</p>	<p>Sabrina Votava, President, Fail Safe for Life Suzanne Greenhall, Marriage and Family Therapist – Whitworth Intern</p>
	<p>Location:</p> <p>Audience:</p>	<p>Hallett Elementary (Library)</p> <p>parents, guardians, caregivers, staff</p>
NOVEMBER	<p>11/6/18 6:00 pm- 8:00 pm</p>	<p><u>Recognizing the signs of PTSD:</u></p> <p>Could someone you love be experiencing Post traumatic stress disorder?</p> <p>Benefits of attending:</p> <ul style="list-style-type: none"> · Understand what PTSD is · Understand who can develop PTSD · Understand the effects of PTSD on the brain and the subsequent symptoms · Understand how PTSD can impact marriage and family relationships · Identify tips and resources for managing the symptoms of PTSD
	<p>Trainer/s:</p>	<p>Suzanne Greenhall, Marriage and Family Therapist – Whitworth Intern potential guest speakers from Whitworth Dr. Mark Baird and Dr. Dave Baird</p>
	<p>Location:</p> <p>Audience:</p>	<p>Hallett Elementary (Library)</p> <p>parents, guardians, caregivers, staff</p>
NOVEMBER	<p>11/14/18 4:00 pm- 6:00 pm</p>	<p><u>Pre-sports: Play activities to Get your Child Ready for any Sport</u></p> <p>With higher numbers of students specializing in sports at an</p>

		<p>earlier age, the number of injuries requiring medical treatment, including surgery, are on the rise for teens. Cross training has been thought of as a good way to reduce injury by decreasing the likelihood of muscle imbalance and overuse. This introduction to purposeful play will review body systems related to movement in order to provide a background for developing broad based play strategies to improve coordination and motor planning that is anticipated to lay the foundation for more optimal sport performance with a reduced risk for injury.</p>
<p>JANUARY</p>	<p>Trainer/s:</p> <p>Location:</p> <p>Audience:</p>	<p>Dr. Chris Beadle, Physical Therapist for MLSD</p> <p>Hallett Elementary (Library)</p> <p>parents, guardians, caregivers, staff</p>
	<p>01/08/2019 6:00 pm- 8:00 pm</p>	<p><u>No Drama Discipline:</u></p> <p>Describes an approach that incorporates observation with knowledge of the individual child, situation, and child development to guide appropriate behavior.</p>
<p>JANUARY</p>	<p>Trainer/s:</p> <p>Location:</p> <p>Audience:</p>	<p>Dr. Theresa McDowell, Medical Lake SD psychologist</p> <p>Hallett Elementary (Library)</p> <p>parents, guardians, caregivers, staff</p>
	<p>01/15/2019 6:00 pm- 8:00 pm</p>	<p><u>Overcoming parent/adult child communication challenges:</u></p> <p>Whether you are parenting a toddler or a teenager or working with one, good communication is the key to building; positive parent child relationships and mutual respect.</p> <p>Benefits of attending:</p> <ul style="list-style-type: none"> · Identify your preferred communication style · Identify positive ways to communicate with your child · Identify effective ways to communicate during a conflict · Identify ways to avoid negative communication

	Trainer/s: Location: Audience:	Suzanne Greenhall, Marriage and Family Therapist – Whitworth Intern Hallett Elementary (Library) parents, guardians, caregivers, staff
JANUARY	01/24/2019 5:00 pm- 7:00 pm	<u>Developing Healthy Boundaries:</u> This course allows the learner to identify healthy physical, emotional and mental boundaries. Allowing for the true self to emerge and live a happier life.
	Trainer/s: Location: Audience:	Tawni Barlow, Special Services Director for MLSD Hallett Elementary (Library) parents, guardians, caregivers, staff
February	02/05/2019 6:00 pm- 8:00 pm	<u>Depression:</u> Depression is not a sign of weakness. It is a mood disorder that can cause severe symptoms that may affect how one; feels, thinks, and handles daily activities such as sleeping, eating, and working. Depression is also a treatable medical condition. Benefits of attending: <ul style="list-style-type: none"> · Understand the risk factors for depression · Identify the signs and symptoms of depression · Determine if you or a loved one is dealing with depression · Identity tips and resources for managing the symptoms of depression
	Trainer/s: Location: Audience:	Suzanne Greenhall, Marriage and Family Therapist – Whitworth Intern Hallett Elementary (Library) parents, guardians, caregivers, staff
FEBRUARY	2/12/19 6:00 pm- 8:00 pm	<u>Understanding Individual Education Programs (IEPs)</u> An Individualized Education Program (IEP) is a written statement for a student eligible for special education that is developed, reviewed, and revised in accordance with state

		and federal laws. The IEP guides your student's learning while in special education. It describes the amount of time that your student will spend receiving special education, any related services your student will receive, and the academic/behavioral goals and expectations for the year.
	Trainer/s:	Gwyn Prater, School Psychologist for MLSD Kathryn Ellis, Special Education Teacher for MLSD
	Location:	Hallett Elementary (Library)
FEBRUARY	Audience:	parents, guardians, caregivers, staff
	02/21/19 5:00 pm- 7:00 pm	<u>Setting Boundaries with Difficult People:</u> Explore and learn the 6 steps to sanity. Learning these 6 steps allows the learners to recognize when others have overstepped their boundaries, re-set their own boundaries and take back their life.
	Trainer/s:	Tawni Barlow, Special Services Director for MLSD
MARCH	Location:	Hallett Elementary (Library)
	Audience:	parents, guardians, caregivers, staff
	03/05/2019 6:00 pm- 8:00 pm	<u>Teen Dating:</u> If you are a parent, guardian, or mentor to a blossoming teen, it might be time to prepare for the dating conversation! Benefits of attending: <ul style="list-style-type: none"> · Understand risk behaviors and pressures teens are facing regarding dating · Understand the different types of dating abuse and the associated warning signs · Be able to talk openly about lust, love and sex with your teen · Learn how to help your teen define a healthy dating relationship and establish and maintain healthy dating boundaries
Trainer/s:	Suzanne Greenhall, Marriage and Family Therapist – Whitworth Intern	

	Location:	Hallett Elementary (Library)
	Audience:	parents, guardians, caregivers, staff
March	03/12/19 5:00p-7:00p	<p><u>Decision Fatigue</u> Making any decision involves a complex combination of tradeoffs between different wants, needs, preferences, and times. This mental work takes a significant amount of energy, and we only have a limited amount available. As that mental energy gets used up it becomes more difficult to make good decisions, often with performance suffering as a result. Are the endless decisions of modern life leading to decision fatigue, depleting our willpower to the point that we end up making increasingly poor, even self-destructive choices? Re-discover your great human strengths and evidence based strategies to beat decision fatigue.</p>
	Trainer/s:	Tawni Barlow, Special Services Director
	Location:	Hallett Elementary (Library)
April	04/09/2019 6:00 pm- 8:00 pm	<p><u>Separation and Divorce and the impact on the children</u> Parents have many worries on their mind in the midst of a separation or divorce, including how the children will deal with the separation or divorce, and often feel troubled by and unprepared for their children’s reactions to a separation and divorce.</p> <p>Benefits of attending:</p> <ul style="list-style-type: none"> · Learn tips for caring for yourself in the process · Gain understanding as to how separation of divorce impacts a child based on the age of the child at the time of separation/divorce · Learn how to minimize the effects of separation or divorce for your child based on their respective age at the time of separation or divorce
	Trainer/s:	Suzanne Greenhall, Marriage and Family Therapist – Whitworth Intern
	Location:	Hallett Elementary (Library)
	Audience:	parents, guardians, caregivers, staff

April	<p>04/16/2019 4:00 pm- 6:00 pm</p>	<p><u>Sensory Strategies for the Home and Community</u> What is the Sensory System and Self-Regulation? We use our Sensory System to evaluate and control how we react and behave. It guides our ability to block out unimportant sensory stimuli and attend to tasks at hand. Our ability to process sensory information is a foundational skill. It gives us ability to take in information from our surroundings, process it, and organize it to focus and complete our daily activities.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Neurological Pathways and Sensory System Anatomy • Reduce problem behaviors • Sensory activities and strategies to increase calming
	<p>Trainer/s:</p> <p>Location:</p> <p>Audience:</p>	<p>Josee Tareski, Occupational Therapist & Michelle Sylvester, Certified Occupational Therapist Assistant for MLSD</p> <p>Hallett Elementary (Library)</p> <p>parents, guardians, caregivers, staff</p>
April	<p>04/30/2019 5:00 pm- 7:00 pm</p>	<p><u>Solutions</u> Reduce talking about problems and focus on constructing solutions. Understand how we communicate with one another, satisfy our needs, and organize our everyday lives. Learn how to speak in terms of competencies and strengths. This is a practical based course for helping others find solutions to life's challenges.</p>
	<p>Trainer/s:</p> <p>Location:</p> <p>Audience:</p>	<p>Tawni Barlow, Special Services Director for MLSD</p> <p>Hallett Elementary (Library)</p> <p>parents, guardians, caregivers, staff</p>
May	<p>05/08/2019 4:00 pm- 6:00 pm</p>	<p><u>Speech and Language services in schools and at home</u></p> <ul style="list-style-type: none"> • Learn what a Speech-Language Pathologist does • Learn about developmental norms for speech and language • Understand communication disorders • Learn activities to encourage speech and language development at home
	<p>Trainer/s:</p> <p>Location:</p>	<p>Tori Baldwin, Speech Language Pathologist Keri Wissink, Speech Language Pathologist Kelsey White, Speech Language Pathologist District Speech team from MLSD</p> <p>Hallett Elementary (Library)</p>

Audience:

parents, guardians, caregivers, staff

Last edited 3/19