



2020 Colorado Safe Schools Summit Virtual Speaker Series

October 2, 9, 16, 23, 2020

AGENDA

October 2, 2020 2:00 PM – 3:30 PM

Marc Schoen, Ph.D.

Resilience: Become a Master of Discomfort

Mastering discomfort is at the heart of becoming resilient. Our instincts are wired to avoid discomfort, and to pursue the path of least resistance. In earlier times these instincts were central to survival; but in today's times, they are more likely to put us in harm's way – where this primitive wiring actually makes our lives more vulnerable. To truly become more hardy, it is now vital to rewire these ancient predispositions. Learn tools and strategies that can help you rewire your brain and body's reaction to discomfort, and thereby boost your resilience in these unsettling times.

Dr. Schoen has specialized in Mind-Body Medicine for over 25 years. He is an Assistant Clinical Professor at UCLA's Geffen School of Medicine where he specializes in Boosting Performance and Decision Making Under Pressure and Mind-Body Medicine. He works extensively with elite athletes, professional and college, as well as, executives and UCLA medical students in strengthening their ability to thrive under pressure, and in competitive and uncomfortable conditions. His method of Discomfort Training and Pilates for the Brain builds hardiness and resilience, by rewiring the fear region of the brain which is responsible for Performance Under Pressure.

October 9, 2020 1:00 PM – 2:30 PM

Jason R. Kilmer, Ph.D.

Emerging Science on Cannabis: Implications for Schools, Parents, and Prevention

As science emerges that explores the impact of cannabis use, a clearer picture emerges as well about impacts on academic outcomes, mental health, athletic performance, and addiction risk. In this virtual presentation, we will explore these scientific findings, consider what this means for schools and student success, identify the important role parents can play in impacting use, discuss prevention and intervention opportunities.

An Associate Professor in Psychiatry and Behavioral Sciences at the University of Washington (UW), and serves as an investigator on several studies evaluating prevention and intervention efforts for alcohol, marijuana, and other drug use by college students. In addition to research and teaching, he has worked extensively with college students and student groups around alcohol and other drug prevention programming and presentations throughout his career (including student athletes, fraternity and sorority members, residence life, and first-year students), both at UW and on campuses across the nation. Jason also serves as the chairperson of Washington state's College Coalition for Substance Abuse Prevention.

October 16, 2020 2:00 PM – 3:30 PM

Nicholas D. Thompson, LCSW

School Climate

A presentation focused on how to best support this generation of students. We will look at how focusing too much on new and concerning behaviors can cause us to go to a place of fear, frustration, and uncertainty. When we go to a place of fear, we disconnect from our students. Attendees will leave with a deeper understanding of the developmental stage of adolescence, stress of academic expectations, and the importance of allowing our students to build self-efficacy. In addition to a deeper understanding, attendees will return to their schools with strategies to better connect with and support students.

A Licensed Clinical Social Worker, he earned a Bachelor's degree in psychology from the University of Colorado at Boulder and a Master's degree in Social Work from the University of North Dakota. Mr. Thompson has been working with youth and their families for over 13 years in a variety of settings including middle and high schools, private practice, residential treatment facilities, and detention centers. He has a private practice in Boulder, Colorado, give trainings and presentations to students, staff of school districts, and parents, and host a podcast for parents of adolescents called "Perspective for Parents."



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October 23, 2020 2:00 pm – 3:00 pm

Madelyn Gould, PhD, MPH

Suicide Contagion Among Adolescents

Evidence has accumulated to support the idea that suicidal behavior is "contagious" in that it can be transmitted, directly or indirectly, from one person to another. During the past two decades, research has increased our understanding of factors that contribute to suicide contagion and has led to the development of strategies to mitigate its occurrence. The current presentation will (1) provide the context with which suicide contagion fits into the constellation of contributing factors to suicide; (2) summarize the sources of evidence of suicide contagion; (3) discuss hypothesized mechanisms underlying suicide contagion; and (4) present ways to contain suicide contagion.

Dr. Gould is the Irving Philips Professor of Epidemiology in Psychiatry at the Columbia University Medical Center. During the past three decades, she has conducted numerous federally funded grants from the National Institute of Health (NIMH), Centers for Disease Control (CDC), and Substance Abuse and Mental Health Services Administration (SAMHSA), and published several seminal articles on youth suicide risk and preventive interventions. Her current projects focus on the evaluation of suicide crisis interventions using new media (e.g., chat and text crisis services) as well as traditional telephone crisis services. Her research - most notably in the areas of suicide contagion/clusters; screening and assessment of suicide risk; and crisis interventions - has laid the groundwork for state, national and international suicide prevention programs. This reflects Dr. Gould's strong commitment to applying her research to program and policy development.