



The following is a list of workshops offered through Gads Hill Center's *Healthy Minds, Healthy Schools* program.

Anti-Bullying and Conflict Resolution

1. ***Bullying Prevention:*** This workshop will go over the different forms of bullying (physical, emotional, social, and cyber), why it's important to intervene, and what we as parents/students/educators can do to help. Moreover, we will discuss the prevalence of bullying, the impact on children of different developmental levels, and the enabling behavior of a bystander. This workshop will give participants the confidence to make effective interventions.
2. ***Restorative Justice Through Restorative Conversations:*** Restorative conversations function as an alternative form of conflict-resolution to common punitive measures. This workshop will discuss the long-lasting benefits to school culture that restorative practices can provide. We will define the main principles of restorative conversations (acceptance, preparation, gathering, follow-up), as well as train participants on the essentials of being the peace keeper. The main objective of this workshop is for participants to confidently implement this alternative form of conflict resolution in their schools and even to carry the practices of effective communication and empathy-building into personal interactions.

Cultural Humility, Diversity, and Community-Building

3. ***Cultural Humility – Biases, Perspectives, and Awareness:*** This workshop will enable participants to understand how their unconscious (unknown) biases influence how they perceive others. Participants will learn that unconscious biases are not limited to race and ethnicity, as biases are unconscious beliefs every individual holds about certain social or identity groups. In addition, we will explore how cultural priming intensifies the effects of unconscious biases. Participants will learn how our own biases influence the information and people they are drawn to. Additionally, we will discuss the importance of being aware of one's own biases and examine the ways one can practice bias awareness. This workshop will be an interactive and reflective experience, allowing students/parents/teachers to identify possible ways in which they may hold biases. The goal is, by discovering their own biases, participants will more strongly identify commonalities, rather than differences, between themselves and others.
4. ***Effective Communication, Professionalism, Boundaries:*** This workshop will provide conflict resolution strategies for participants as well as discuss different communication styles to enable participants in identifying and developing effective communication skills and healthy, professional boundaries. Similarly, we will discuss the ways parents/teachers can implement effective communication in the classroom and at home.
5. ***LGBTQ Awareness:*** This workshop will address information about language and terms, as well as the various challenges LGBTQ members face. Participants will learn how to become allies and provide guidance for referrals in counseling and harassment reporting. Resources will be available for all members in the community and guidance for continuing support.

Child Development

6. **Developmental Stages (Extensive Support):** This workshop will provide participants with the skills to differentiate between which developmental behaviors are appropriate and which behaviors may warrant a developmental evaluation for services. Participants will learn factors that influence behavior and what steps to take when services are needed. Additionally, it will include discussion on brain development, addressing how neural connections are formed and the extent to which stress can negatively impact development without the environmental supports. Participants will learn methods to positively support the cognitive, social, emotional, and physical development of children. This workshop will guide participants through the developmental milestones to look for from newborn to teenagers, and offer strategies to promote positive development.

School Engagement and Classroom Support

7. **Working with Children with Special Needs:** This workshop will guide teachers on how to select appropriate strategies when working with children with special needs, all of which may vary based on the level of inclusion, including adapting the environment and materials as well as providing peer/adult assistance. This workshop will focus on the importance of inclusion qualities of inclusive environments, and strategies for managing behavior.
8. **Motivational Learning by Highlighting Cultural Roots:** This workshop will discuss how cultural ties and values in Latino and African-American communities can be used to encourage learning. Participants will have the chance to expand their knowledge on implementing activities celebrating diversity and cultural traditions. The overall purpose for this workshop is for participants to celebrate, rather than ignore, the diversity of cultures to better relate to the students they serve.

Civic Engagement, Social Justice, and Developing an Informed Community

9. **Social Justice:** This workshop seeks to educate on the efficacy of addressing behavioral problems through a mental health and civic engagement perspective in comparison with strictly punitive measures, allowing students to learn prosocial values that benefit themselves and the community.
10. **Immigration Rights Training:** During a time of frequent human rights violations toward immigrants, this workshop seeks to educate participants on the rights immigrants have and how to ensure those rights are upheld. Additionally, participants will learn how to create a safety plan in case of difficult legal circumstances that can occur to protect individuals and their families.

Self-Care and Stress Management

11. **Self-Care:** When life's stressors occur, the best response is a plan for taking care of oneself to help overcome this stress. This workshop will teach participants self-care strategies to stay healthy while dealing with everyday life challenges. Participants will learn a variety of strategies that can be individualized to meet their social-emotional and developmental needs.
12. **Stress Management:** This workshop will educate participants on how the inability to manage stress affects cognitive processes, such as memory and concentration. Specific stress-management techniques will be explored, such as exercise, positive-thinking, and building a support system. Additionally, the contagious nature of how individual cope with stress will be discussed.

Mental Wellness and Mental Health

13. **Mental Health First-Aid:** Many people developing mental health disorders do not get professional help or delay getting professional help. This workshop will teach participants to recognize when a person is at-risk of developing a mental illness. Participants will learn how to talk about mental health problems and how they can provide information, support, and guidance to their loved ones.
14. **De-Stigmatizing Mental Illness:** This workshop will explore common myths about mental illness and provide the facts behind existing misconceptions. Moreover, various mental illnesses will be discussed, including ADHD, autism, depression, and anxiety. The overall objective of this workshop is for participants to understand the reality of living with mental illness as well as how societal misunderstanding can be a barrier to proper care. Moreover, participants will learn tools to better support those struggling with mental illness.
15. **Gang Members and Mental Health:** Individuals in gangs often have challenging life circumstances leading up to their decision to join in addition to adverse experiences during their membership. This workshop will explore the role of mental health in the lives of gang members and how specific trauma can affect their behavior and decision-making process. Additionally, prevention and intervention strategies will be explored.

Addressing Trauma

16. **Community Violence:** This workshop will discuss the high prevalence of verbal and physical community violence as it pertains to underserved communities in Chicago. Moreover, participants will learn the many psychological effects of witnessing violence, including stress, trauma, and anxiety. These not only impact school performance, but also halt the development of positive attachments to others. By incorporating protective factors, schools and individuals can prevent the detrimental impacts of community violence.

17. **Responding to Trauma in Minority Communities:** This workshop will address common causes of trauma as they relate to specific communities. Participants will learn how traumatic events affect the neural system, shifting responses from relying on learning brain to survival brain, and ultimately impact behavior, inhibiting academic success. In addition to understanding the spectrum of trauma, the audience will be able to understand the disproportionate exposure to trauma in minority communities and how to establish trauma-informed care in school communities while remaining culturally sensitive in their approach. Culturally-relevant strategies for prevention and intervention will be explored, such as how the climate of a school community through extracurricular activities and creating a safe space can be effective in supporting the mental health needs and stability of students.
18. **Grief and Loss:** This workshop will help participants navigate how to support a grieving child using developmentally-appropriate strategies. Participants will have the opportunity to explore the many concepts and beliefs grieving children may hold, emotions they may feel, and behavior they may exhibit. Moreover, techniques for helping grieving children, considering cultural and gender differences.
19. **Child Abuse:** This workshop will explain how to identify the different forms of child abuse, as well as how to report suspected abuse. Participants will explore the reasons why child abuse goes unreported, as well as enhance their confidence to intervene. This workshop will also explain the specifics of mandated reporting and who is a mandated reporter.

Addressing Challenging Behaviors

20. **De-Escalation Tactics:** By providing individuals with proper tools for successful de-escalation, they can become capable of regulating aggressive behavior on their own. This workshop will train participants to recognize the physical signs of agitation in others, and to provide proper interventions early-on before escalation occurs.

If you are interested in having professional development workshops for your staff, please contact Gads Hill Center's Director of Programs, Rosa Julia Garcia Rivera, at rrivera@gadshillcenter.org. Gads Hill Center is an approved CPS vendor. These services can also be provided à la carte for \$225/hour.