

Region 11 DHH Community of Practice is honored to offer this professional development opportunity!

No Longer Chasing Behaviors: Post-Pandemic Responses to Children (and Adults!) Experiencing Stress, Anxiety, and Trauma

Thursday, February 2, 2023

12:00 – 4:00 p.m.

Fee: \$25

Register online:

[metroecsusmyquickreg.com event calendar](https://metroecsusmyquickreg.com/event-calendar)

Registration Deadline: January 31, 2023

Virtual- Link will be sent to registrants

Registration Contact

Gail Jankowski gail.jankowski@metroecsus.org

Program Contact

Kayna Plaisted kayna.plaisted@metroecsus.org

Presenter: Sara Ranssi, LICSW, RPT-S, SEP, Hope and Healing Family Counseling, LLC

Description: Students of all ages are experiencing stress, anxiety, and mental health challenges at higher rates than ever before. So are the adults in their lives! This presentation will utilize the Polyvagal Theory to explain the nervous system's response that leads us to feel shut down and withdrawn, as well as agitated, frustrated, and overwhelmed. This presentation will include experiential activities, examples specific to working with youth with a hearing loss, and new learning that promotes self-care, social connection, and finding welcoming relationships/environments to move us toward social engagement, better executive functioning, and more connection to the school community.



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