Taking Action! Keeping our Children, Schools, Families, and our Communities Healthy!



November 16, 2017

The Massachusetts PTA

invites you to join us at our

2nd Annual Health Summit



REGISTER TODAY!

The Conference Center at Waltham Woods, Waltham, MA.

Taking Action!

Keeping Children, Schools, Families and our Communities Healthy! 2017 Mass PTA Health Summit Program of Events

7:30—8:00 am: Registration, Healthy Buffet Breakfast, and Networking

8:00—8:20 am: Conference Opening:

Moderator-Mass PTA Health, Safety and Wellness Chair

Welcome from Mass PTA President Welcome from National PTA President

Welcome from Erin Wholey, NEDC /Partner/ Sponsor

8:20—8:30 am: BOKS — "Let's Start Moving"

8:30—9:30 am: Plenary Session: Morning Keynote Speakers

Mass PTA Health, Safety and Wellness Chair

Keynote Speaker (s) - Plenary

Welcome-MTA Leader (s) /Partner/Platinum Sponsor

9:30—9:45 am: Summit Break and Networking

9:45—11:00 am: Session A- Break Out Rooms

1-6 Workshops/Panel Presentations/Round Table Discussions

11:05—12:20 pm: Session B- Break Out Rooms

7-12 Workshops/Panel Presentations/Round Table Discussions

12:20—1:00 pm: Lunch and Networking

1:00—1:10 pm: Break, Networking Movement: BOKS — "Let's Keep Moving"

1:10—2:15 pm: Luncheon Keynote Speakers: "Taking Action!"

Keynote Speaker (s)

Moderator: Mass PTA Health, Safety and Wellness Chair Person

2:15—2:30 pm: Closing Remarks

National PTA President Mass PTA President

*All Exhibitors will set up between 6:30-7:30 am

2017 Workshop Selections: Session A

1. Creating Healthy Communities through Diversity and Inclusion: Juan San Miguel and Matthew John Rodriquez

Today's communities are becoming increasingly diverse affecting the health of our children, families, teachers, and schools. Problems and challenges in our communities stem from barriers deep in our complex personalities. This interactive workshop explores one barrier, our biases, how they shape our assumptions and stereotypes, and eventually how it shapes our schools and communities for better or worse. Taking action through diversity and inclusion will help develop healthy communities.

2. Real Life Experiences: Head Injuries and Concussions in Sports Panel: Kathleen Thornton, Michelle Kelly, and Linda Brown

This panel presentation aims to teach about real life experiences of schools, athletic trainers, and survivors in dealing with sports-related head injuries. Michelle Kelly from Somerville Public Schools will talk about innovative programming involving student ambassadors to raise awareness about concussion. Kathleen Thornton will discuss her in-depth experience working with parents and students in sports. A speaker from Brain Injury Association from Mass. will speak about recovering and surviving from a concussion. Finally, a speaker from Concussion Legacy Foundation will present an overview of Concussion 101, what everyone needs to know. Linda Brown will moderate the Panel.

3. Clean and Green: DIY Cleaners and Best Practices: Alicia McCarthy

Cleaning is an essential part of our daily lives, and some chemicals within cleaning products can be associated with human and environmental health issues. Green cleaning practices and products can assist in protecting the health of students, teachers, and staff while increasing cost savings and the lifespan of cleaners. This workshop provides participants an interactive opportunity to learn about green cleaning; "Do It Yourself" recipes; and helpful tools that empower participants to play an active role in evaluating cleaners

- **4. Minding Your Mind: Just Talk about It Suicide Prevention Toolkit: Sheila Gillin, LCSW** The "Just Talk About It Suicide Prevention Toolkit" is designed to train both adults and youth on how to assist adolescents who exhibit signs of mental health disorders including depression, anxiety, and suicidal ideation and has been approved by the Best Practices National Registry. The interactive presentation is designed to provide factual knowledge, facilitate discussion, ease communication, and enlighten teachers, parents, and students to the warning signs of mental health issues in adolescents and teens.
- **5.** Gender Identity and Expression: A Personal Perspective: Jeff Perrotti and Erik Champy This workshop will feature students and parents speaking about laws, policies, and best practices for supporting transgender and gender nonconforming students.

6. Nutrition Panel: Fueling the Body and Mind to Play Healthy: Shannon Ashcroft, Monique Bellefleur, Erin Wholey and Kate Millett

Following the desired habits for nutrition and physical activity is not always easy. A panel of experts on food and nutrition resources, healthy eating, and physical activity for children will discuss strategies to reach a healthy lifestyle for children and families.

2017 Workshop Selections: Session B

7. Kids=Active Minds: Using Physical Activity to Boost Student Achievement: Erikka Moreno, Laura Burati, and Nicole Dibitetto

The CDC recommends kids should be moving 60 minutes every day, but 4% of schools nationwide provide daily PE. Learn how BOKS can work with you to empower parents, teachers, and other community members to create school-based physical activity opportunities for students. BOKS provides FREE curriculum, training, and support to get kids moving before/after school, in the classroom, and during recess to enhance learning. We practice what we preach, so come prepared to get moving!

8. Examining Yoga in Schools: Lindsay Lucarelli

Students are stressed more than any other population, with over 50% of teens exhibiting clinical-levels of anxiety and children's confidence peaks at age 8. Yoga is a proven tool to integrate into today's high-demand classroom environments that aligns with Massachusetts' Academic-Social-Emotional learning standards. Yoga-based concepts expand a student's toolbox to manage the stressors of each day. More so, yoga is proven to enhance a student's self-confidence, connection to others, and ability to transition. We will experience practices in yoga, witness testimonials from school, and explore the integration of yoga in schools.

9. Alcohol & Developing Brains: Unique Best Practices in Underage Drinking Prevention: Helen Gaynor

Conversations among parents and kids are up, and underage drinking is down; however, our work isn't over. Learn about *Ask, Listen, Learn*, Responsibility.org's free alcohol education program for youth ages 9 -12 and their parents and educators. We'll explore unique ways to integrate science/research-based alcohol education into your class or program. We'll discuss curriculum standards, resources for parents, underage drinking research, and specific best practices. Games, videos, and discussion will be at the helm of this session.

10. The Therapeutic Crisis Intervention System for Families, Schools, and/or Developmentally Disabled: Michael R. Baldassarre, Ed.D.

Now in its fourth decade, Cornell University's Therapeutic Crisis Intervention (TCI) System is available for any child care organization or family support agency or group. By applying the principles of TCI, parents, teachers, and direct care workers can learn to successfully manage difficult situations with children and young adults. Research based methods for turning times of stress, anxiety, frustration, and anger are instrumental in creating opportunities for relationship building and understanding.

11. A Parent's Guide to Being a Vaccine Advocate: Rebecca Vanucci

This presentation will outline ways that parents can become vaccine advocates in their community. The presentation will include information on the benefits of vaccination, common myths about vaccines, school immunization and exemption data, how to find your local school's immunization and exemption rates, and effective communication strategies to support vaccines.

12. Navigating the Cyber World: Camila Barrera

This workshop reviews the challenges and dangerous situations that may arise through use of the Internet, social media and smart phones. It is important for parents to be aware of the popular apps, social media sites and programs used by youth online. This workshop explains the issues and possible consequences from cyber bullying, sexting, and revealing identifying information to strangers.

Meet Your 2017 Presenters

Shannon Ashcroft is the Massachusetts State Coordinator for Action for Healthy Kids. In addition to AFHK, Shannon now works as a Corporate Wellness Consultant and Wellness Coach. She received her B.S. in Exercise Physiology and M.Ed. in Health Promotion and Disease Prevention. She works with AFHK to fight childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives.

Dr. Michael Baldassarre is a lifelong educator with more than twenty years of experience in

working with children, young adults, and families. Working in schools he has held the positions of Special Education Teacher, Principal, Director of Special Education, and Superintendent of Schools. He is one of only 36 professionally registered instructors (worldwide) of Therapeutic Crisis Intervention for Families (TCIF), Therapeutic Crisis Intervention for the Developmentally Disabled (TCIDD), and Therapeutic Crisis Intervention for Schools (TCIS) by Cornell University's Bronfenbrenner Center for Translational Research. Dr. Baldassarre currently serves the Everett Public Schools as Director of Special Education.

Camila Barrera is the Prevention & Education Coordinator for Middlesex Partnerships for Youth. Camila has an extensive background in prevention, with expertise in domestic violence and sexual assault prevention. Camila was the Coordinator for the Youth Access to Support and Services Project, she received the Innovations Award given by the Massachusetts Office of Victims Assistance in 2016. Camila is a pursuing her Master of Social Work through Simmons School of Social Work.

Monique Bellefleur, Ed.M is a two-time alum of Boston University. Monique graduated first with her B.A. in Psychology and then with her Ed.M in Clinical Mental Health Counseling. She has clinical experience in the fields of suicide prevention, psychiatric rehabilitation, and eating disorder treatment. As a clinician & Director of Community Education at MEDA, the Multi-Service Eating Disorders Association, Monique works clinically with clients through eating disorder support groups, assessments, skills sessions, and coaching for parents and loved ones in addition to managing MEDA's Education & Awareness program offering presentations to community on eating disorders and building body confidence.



Linda Brown has been the Program Coordinator for the Head Injuries and Concussions in Schools Initiative in School Concussion Initiative at Mass. Department of Public Health (DPH) for the past five years and works on all implementation activities of the MDPH sports concussion regulations. These activities include drafting concussion model policies for schools, providing technical assistance and outreach to schools and health care providers, performing data collection and analysis, participating in program evaluation, preparing educational materials and organizing and conducting

DPH Youth Sports Concussion Advisory Group.

Laura Burati is the Program and Training Manager for an internationally known physical activity program that is getting kids moving all over the world! When Laura is not traveling around the country leading trainings to educate about the importance before school physical activity (and BOKS), she teaches the program at her local Massachusetts elementary and middle schools. She believes it is crucial to make fitness fun for kids, so they develop healthy lifelong habits, a passion that is evident in the BOKS curriculum Laura created.



Nicole DiBitetto is the Boston Area Coordinator for BOKS. After receiving her BS in Nutrition from Boston University and her M.Ed. at UMASS, Nicole has devoted her life to educating students about the importance of being physically active and eating a well-balanced diet. Currently, she oversees programming in 60 schools in the Boston area and loves nothing more than seeing BOKS kids moving and having FUN!

online and in person trainings for stakeholders, hospitals, parents and schools. She also runs the

Helen Gaynor is the Education and Outreach Lead at the Foundation for Advancing Alcohol Responsibility, where she works to develop alcohol education content for the organization's longstanding program, Ask, Listen, Learn: Kids and Alcohol Don't Mix. In addition, she manages the program's partnerships and stakeholder outreach, researching ways to effectively reach parents, teachers and administrators. Helen studied at the George Washington University, earning a degree in Anthropology and International Affairs with a Global Public Health Concentration.

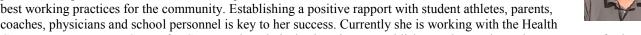
Meet Your 2017 Presenters



Sheila Gillin is a licensed clinical social worker and a certified child and adolescent psychotherapist with over fifteen years of experience in the mental health field. Sheila obtained her undergraduate degree in Psychology from the University of Delaware and a Masters of Social Work from Bryn Mawr College Graduate School of Social Work and Social Research. Sheila serves as the Clinical Director for Minding Your Mind. In this role, Sheila serves as a clinical program trainer and a mental health consultant. In addition to her work with Minding Your Mind, she has a clinical counseling practice where she provides individual, family and group counseling to a broad range of clients including adults, adolescents and

Michelle Kelly has served as the Head Athletic Trainer for Somerville High School for the past 10 years. She developed a district wide concussion policy and serves as the District Coordinator for Concussion Management. This unique position allows her to help both families and students navigate their recovery process, as well as providing teachers and staff with a better understanding of how to best support their students. Her passion to improve the health and well being of all students is evident in the constant dedication to create best working practices for the community. Establishing a positive rapport with student athletes, parents,

children. Her areas of clinical practice include depression, grief/loss, anxiety, relationship and transitional issues.



Careers program at our Center for Career and Technical Education to establish a student ambassador program to further enhance educating parents and students within the community.



Lindsay Lucarelli, M.S., RYT-200, RYCT-95 is the creator of Twisted Kids YogaTM, a movement and mindfulness program that is committed to developing yoga-based curriculum accessible for all children of all abilities. Lindsay has been anchored in the world of body movement and examination through 15 years developing products for New Balance, Puma, L.L. Bean, and Patagonia - in addition to being an indoor cycling and group fitness instructor. Yoga became a language of play, connection, and redirection when Lindsay integrated yoga-based movements with her son when her family was told he would never hear. Through this experience, Lindsay recognized the value of yoga movement to manage everyday stressors for children of varying abilities - seeding the mission of

TKY. Lindsay Lucarelli is a School Consultant, Guest Lecturer, RYT-200, RYCT-95, and certified as a Creative Relaxation® Level 2 trainer, Level 2 ChildLight Yoga, and trained in OmAbilities® - Yoga for Teens and Adults with Special Needs. She has expanded yoga and relaxation study for children with Autism, ADD, Anxiety and other special needs. In addition, Lindsay offers adult-focused yoga classes and is a 10-year certified MOSSA group fitness instructor. Lindsay holds a Masters in Science from Simmons College and a Bachelors of Science from the University of Mass. Dartmouth

Alicia McCarthy is a Cleaning Laboratory Specialist at the Toxics Use Reduction Institute (TURI) in Lowell, Massachusetts. Her work includes assisting Massachusetts companies with finding safer alternatives for both janitorial and industrial cleaning. Alicia has a BS in Environmental Health and an MS in Occupational and Environmental Hygiene from the University of Massachusetts Lowell. Alicia has presented at national conferences and local organizations on green chemistry and cleaning. In 2016, she won the National Most Valuable Student Pollution Prevention (MVP2) Award. Alicia is passionate about empowering both scientists and citizens with the knowledge and resources to create a more sustainable, healthy world.





Kathleen "Kate" Millett is formerly the Executive Director of the Office for Nutrition, Health and Safety Programs and the Center for Student Support at the Massachusetts Department of Elementary and Secondary Education. She directly oversaw the Child Nutrition Programs and Coordinated School Health Programs in Massachusetts schools and other community settings. Kate is a licensed dietitian nutritionist in MA and served on the MA Food Policy Council. She served as state agency director representative on the national board of directors of the School Nutrition Association. She served on the US Department of Agriculture's Professional Standards Task Force. Over thirty plus years, Kate has continued her commitment to

children and families through work with key stakeholders to expand the child nutrition programs and connect allied partners and organizations to reach those in need. Through collaboration with the John C. Stalker Institute of Food and Nutrition, in her position at ESE, Katie supported advancing the education and professional development of child nutrition professionals statewide.

Erikka Moreno has her degree in Human Biology from Stanford University with a focus on Health, Nutrition, and Human Performance. Before joining BOKS, Erikka worked for HealthCorps, promoting healthy lifestyles to high schoolers in Los Angeles, CA. Erikka started with BOKS supporting local Boston programs, and transitioned into managing nationwide outreach, school engagement and events. As a college athlete, Erikka loves staying active and is a certified CrossFit Level 1 and CrossFit Kids Trainer.

Meet Your 2017 Presenters

Jeff Perrotti is the Director of the *Massachusetts Safe Schools Program for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) Students*, an anti-bullying initiative of the Massachusetts Department of Elementary and Secondary Education (ESE) and the Massachusetts Commission on LGBTQ Youth. He is the co-author with Kim Westheimer of the book, *When the Drama Club is Not Enough.* Jeff has conducted numerous workshops on gender, sexual orientation, and school climate for school administrators, counselors, nurses, coaches, teachers, parents, and students. Jeff facilitated the development of ESE's pioneering *Guidance on Gender Identity* and has assisted many schools and families in orchestrating a thoughtful, comprehensive, and successful process where students have transitioned their gender.



Matthew John Rodriquez is an active and committed public servant, championing the well being of ALL children,



particularly the most vulnerable. Matthew's volunteer and civic engagement efforts, including 17 years volunteering with local, regional, and state PTA units, has focused on particular issues facing youth in the juvenile justice system and those suffering from bullying. In his current role as President of the Illinois Parent Teacher Association. He currently represents IL PTA on over a dozen state and federal committees and councils including the Illinois Advisory Council on Bilingual Education. He is the Governor's P-20 Family Engagement Committee Chair, and the LULAC Vice President of Youth for the state education chapter. Matthew is the proud father of two sons, Mateo and Joshua, ages 22, and 7, who are the reason why he became engaged in education. They are also his inspira-

tion for advocating on behalf of ALL children and families by empowering other parents to do the same. In addition to his passion for the community, Matthew is a skilled mechanic. He has worked in aviation for 25 years and currently manages the aircraft maintenance-planning department at United Airlines. He also serves as the chair of Latin American Affairs for United as part of their multicultural business resource group.

Juan San Miguel currently owns Louisa's Legacy providing Care Coordination, Private Guardianship, Conservatorship, and Trustee services to vulnerable adults and the elderly in Alaska. He is often contacted by fellow professionals to assist in complex cases as well as request for assistance from family members of people looking for home and community based services for their loved ones. Juan takes pride in helping people in his community. Juan graduated from Bethlehem Catholic High School, Central Texas College (Associate in General Studies), and Alaska Pacific University (Bachelor in Organizational Management). He has attended Leadership Anchorage as well as numerous leadership courses in the military.

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Kathleen Thornton currently serves as an Athletic Trainer and the Team Leader for Injury Prevention / Ergonomics / Occupational Health at Southcoast Health System in New Bedford Massachusetts. As part of that role, she provides Athletic Training outreach services to various high schools, as well as, supervises

role, she provides Athletic Training outreach services to various high schools, as well as, supervises 11 Athletic Training outreach sites. Prior to taking on this role, she spent 25 years as the Athletic Trainer at Bishop Stang High School. Over the past 6 years she has presented on the topic of concussions numerous times to the public, educators, school nurses, as well as physicians. Kathy is also approved by Massachusetts Department of Public Health to provide annual concussion education that meets state law requirements. She is a member of the DPH Sports Concussion Advisory Work Group.





Rebecca Vanucci is the Immunization Outreach Coordinator for the MDPH Immunization Program. In that role, Rebecca plans the strategic educational outreach to providers, patients, and the larger community about immunizations. She actively engages outside partners and stakeholders about immunization related topics. Rebecca coordinates the major pediatric and adult immunization conferences as well as the regional Immunization Updates. She is a member of many coalitions and working groups about increasing immunization rates in Massachusetts.

Rebecca received her Master's Degree in the History of Environment Technology, Health & Medicine.

Rebecca received her Master's Degree in the History of Environment, Technology, Health & Medicine from Rutgers University/NJIT.

Erin Wholey is a registered dietitian in the Boston office and helps manage outreach and collaboration with New England Dairy & Food Council's partner organizations across New England; including health professional, school and government partners. In this role, she assists staff in the development of continued education opportunities for partners, the creation of nutrition education materials and promotional resources, and planning special events or campaigns that help promote dairy as part of a healthy lifestyle. Erin also works with schools in Suffolk County, Massachusetts to help with the implementation of Fuel Up to Play 60, school wellness program that increases access to healthy foods and physical activity. Erin is a member of the Academy of Nutrition & Dietetics and is currently serving as Secretary-Elect for the Massachusetts Dietetic Association.



KEYNOTE SPEAKERS



Jessica Minahan, MEd, BCBA, is a licensed and board certified behavior analyst and special educator, as well as a consultant to schools nationwide (www.jessicaminahan.com). Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban public school systems. She is a blogger on The Huffington Post, as well as the author of The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students, with Nancy Rappaport (Harvard Education Press, 2012) and author of The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors (Harvard Education Press, 2014).

Dr. Katherine Grimes, M.D., is a child

psychiatrist and children's health services researcher, and is the Director of the Children's Health Initiative, at Cambridge Health Alliance. Previously the PI for the longrunning study of an innovative "Mental Health Services Program for Youth" system-of-care, launched by the RWJ Foundation, Dr. Grimes has an MPH from the Harvard T.H. Chan School of Public Health and is a former Faculty Research Fellow at the Kennedy School of Government. In 2016, the American Academy of Child and Adolescent Psychiatry honored her with "Distinguished Fellow" status for her contributions on behalf of children with mental health needs. Her experience with integrated care in the public sector has led to her health policy focus on improving mental health treatment access and quality for children and adolescents, as well as on expanding work-force capacity. Dr. Grimes' work as PI on studies funded by the BCBS Foundation, featured shared training by pediatric residents and child psychiatry fellows, fueling a new undergraduate



medical education initiative in integrated care for children, via the HMS-Academy. Her training efforts include a public health approach, intended to promote cost-effectiveness by recognizing those with child-hood trauma, or other social determinants of health, that may place them at greater risk for mental health outcomes disparities. Dr. Grimes is currently the PI for a multi-year SAMHSA grant to the Cambridge Public Health Commission, working alongside the state's child serving agencies to enhance systems of care for vulnerable children and families. In addition to her HMS faculty role in child and adolescent psychiatry training, she serves as a preceptor for students from both the Harvard TH Chan and the Tufts Medical Schools of Public Health.

KEYNOTE SPEAKERS



James L. Accomando of Fairfield, Conn. has been installed as the 55th president of National PTA, the oldest and largest all volunteer child advocacy association in the United States. Accomando's installation took place during a ceremony at the 2017 National PTA Convention & Expo in Las Vegas. A father of two children, the husband of a public school teacher and with a K-12 teaching credential of his own, Accomando has been engaged in education and active in PTA for nearly 20 years. Accomando firmly believes in the mission of PTA and that everyone can make a difference in the lives and futures of all children. As president, Accomando is committed to ensuring that all children have equity and quality in learning and access to a first-class public education. He will also focus on making sure PTA is relevant to today's families.

Dr. Erik Champy is Vice President of the Massachusetts Teachers Association. Dr. Champy has been an educator for more than 25 years in public education. His experience spans from preschool through graduate school. Erik has served as a teacher, guidance counselor, student teacher supervisor, and adjunct professor. He has served as the President of the Massachusetts PTA, President of the Salem State University Alumni Association, and State Director for the National Education Association.





Our Platinum Sponsor/Speaker

Parents and Teachers are two halves of a Team tasked with raising educated, well-balanced children. Getting

students engaged in learning opportunities and keeping their curiosity going — even when they are not in school — are challenges for busy families. But together, educators and family members form the bedrock of learning. The Massachusetts Teachers Association is a proud sponsor and partner with the Massachusetts Parent Teacher Association. Together, we build the future!

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