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## *Critical Thinking Mental Health COVID Summit*

**April 12th & 13th, 2021**

Embassy Suites by Hilton Dallas DFW Airport North  
2401 Bass Pro Drive  
Grapevine, Texas 76051

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### Monday April 12, 2021

**7:00 a.m.- 8:00 a.m.** Attendee Registration

**8:00 a.m.- 12:00 p.m.** The Mental Health and Brain of Youth Christy Kane PhD, PsyD

In their career, school resource officers and school administrators and staff engage with youth whose perspectives and realities are shaped by social media, video games, trauma and the ever-present world of half-truths. Having a deeper understanding of the teenage brain and how it views this modern world along with more in-depth mental health understanding will improve and impact participants' abilities to lead, guide and direct youth while helping them to have good role models to follow and tools to understand and resolve conflict while making positive education decisions.

**12:00 pm – 1:00 pm** Lunch on your own

**1:00 pm – 5:00 pm** COVID, Crisis & Consequences Kimberly Miller, PhD, MISCP

2020 turned our lives upside down! Between COVID and its consequences, division within our country, hate, and civil unrest, many of us ended up stressed out, burnt out, overwhelmed, anxious and depressed. Additionally, none of us knows when this will all end, which creates trepidation about the future and fear we will never get back to the old "normal." Beyond our struggles to successfully navigate these challenges are the struggles of our youth. The majority don't have the skills and abilities to navigate these challenges. Additionally, when they see their parents struggle, are isolated from peers, and have to learn at home, the challenges increase exponentially. This workshop will equip you with the tools and strategies you need to better navigate these challenges and assist your students in doing the same. Specifically, we will explore why our basic human needs are the foundation for mental/emotional health, explain why even the most resilient people are struggling, detail why the small things often feel hard, and provide ways you can approach your students and create a safe space to talk about the struggles they are having. Finally, we will explore the strategies you can put in place in your school, to create a more resilient and thriving environment.

### Tuesday April 13, 2021

**7:00 am – 8:00 am** Attendee Registration

**8:00 a.m.- 12:00 p.m.** COVID-19 Panel

NASRO Executive Director, Mo Canady, will facilitate a conversation with expert panelists to discuss the direct results of the COVID-19 pandemic, including the impacts of social isolation, on the students and adolescents. The goal is to discuss the current trends being seen in students and how to effectively work with those students and youth moving forward. Panelists include a School Resource Officer, School Administrator, School Counselor and Chief Juvenile Probation Officer.