

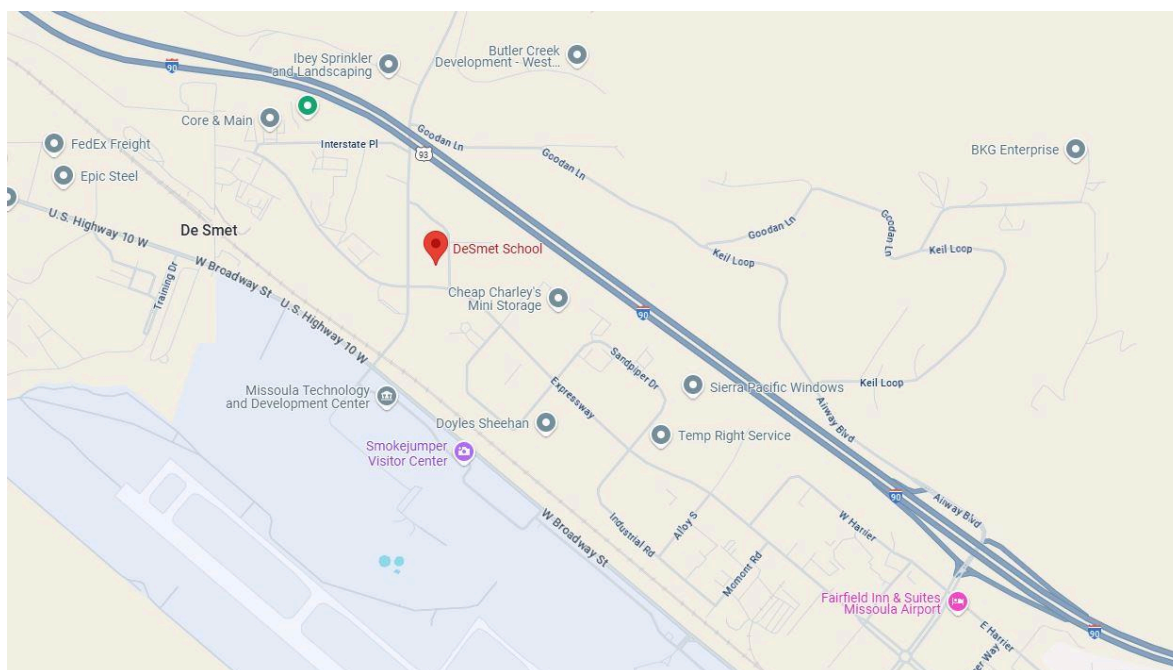


June 13, 2025 Student and Staff Wellness Mini-Conference

Agenda

Location: Desmet School 6355 Padre Ln. Missoula, MT or Virtually (platform varies by presenter).

All in person sessions will take place in the same room—thus there is no transition time between sessions. You will be able to come and go as necessary to take care of personal business. All sessions are one hour in duration with the exception of QPR training which is approximately 1.5 hours. There will be a 45 minute lunch break. Lunch will be provided for onsite participants.



If coming from I-90, use the Airport Exit.

Conference Evaluation Form

Feedback from participants helps improve our offerings. Please complete this anonymous survey after the event: <https://forms.gle/Ru9s1PRr6PiFLnDK6>

Contact information for Organizers

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June 13, 2025 Student and Staff Wellness Mini-Conference



Schedule at a Glance

Time	Face to Face Session	Presenter	Remote Session	Presenter	Zoom Link
7:30 AM-8:00 AM	Registration and Coffee/Pastries (in person participants)				
8:00 AM 9:30 AM	QPR	Tamara Tolleson Knee and Tina Hayes	QPR	Aubrey Howell and Emily Hargis	https://us02web.zoom.us/j/82929443920?pwd=qxeLagv5O1DrPHfvkqWvYX2wbCZZWIM.1
9:30 AM -10:30 AM	Opioid Prevention and Response/Narcan Training	Tamara Tolleson Knee, Tina Hayes, and Leah Fitch-Brody	Creating Resilient Students: Building Webs of Support	Lisa Kerscher	https://us02web.zoom.us/j/85097620728?pwd=Fba8pO4jbnu5G7r28ZaG8rVDbirLAD.1 Meeting ID: 850 9762 072 Passcode: 272386
10:30AM-11:30 AM	Cannabis & Student Wellness: Navigating the Impacts on Youth Development	Jacqueline Kline	Teacher well-being through the lens of Ayurveda, mindfulness & nervous system tools	Jess Mattiae	https://meet.google.com/jnc-dkbs-ptr
11:30 AM-12:15 PM	Lunch (provided for in person participants)				
12:15 PM -1:15 PM	Teacher well-being through the lens of Ayurveda, mindfulness & nervous system tools	Jess Mattiae	Cannabis & Student Wellness: Navigating the Impacts on Youth Development	Jacqueline Kline	Microsoft Teams Join the meeting now Meeting ID: 257 274 190 340 3 Passcode: kw9pT2bd
1:15 PM-2:15 PM	De-escalation–Hybrid Session	Tamara Tolleson Knee	De-escalation–Hybrid Session	Tamara Tolleson Knee	https://umontana.zoom.us/j/91074904532?pwd=ra3SNi8JdbEVaAWQ7k2qYLi8RC1FC8.1
2:15 PM-3:15 PM	Resiliency–Hybrid Session	Nancy Berg	Resiliency– Hybrid Session	Nancy Berg	https://umontana.zoom.us/j/92465500503?pwd=WoesGQoOxGfLJuFASfSbkVWcWkfQKe.1
3:15 PM-4:15 PM	Happiness–Hybrid Session	Nancy Berg	Happiness– Hybrid Session	Nancy Berg	https://umontana.zoom.us/j/96955608064?pwd=rIUu6tB2G0iZ24wscgDIVaqZL6qhzL.1



June 13, 2025 Student and Staff Wellness Mini-Conference



Session Descriptions

QPR

QPR(Question, Persuade, Refer) training is a suicide prevention program designed to teach individuals how to recognize the warning signs of suicide, ask the right questions, offer support, and refer someone to the appropriate professional help. The training is focused on providing participants with the skills to intervene in a crisis situation, reduce stigma surrounding mental health, and potentially save lives. It's suitable for people of all backgrounds and is often used by educators, community members, healthcare professionals, and others who want to make a positive impact in preventing suicide. Through this training, individuals become empowered to take action and support those in need, helping create a safer, more connected community.

Opioid Prevention and Response

Schools can play an important role in preventing overdose fatalities in our community.

Participants will learn tools to prevent and reduce overdose fatalities. Topics include:

- *Facing the Problem:* An overview of the prevalence of overdose in Montana.
- *Understanding Overdose and Opioids:* Facts about overdose and opioids.
- *Narcan – A Life Saving Tool:* How Naloxone/Narcan works and how and when to use it (participants will be given the option to take free Narcan)
- *Other Tools and Resources to Prevent and Reduce Overdose Fatality:* Local tools and resources such as Medications for Opioid Use Disorder (MOUD), treatment and recovery options, as well as other harm reduction tools will be covered.

Creating Resilient Students: Building Webs of Support

During this session, participants will explore the Full-Color Web of Support™ framework, which integrates extensive wellness and youth development research into one practical, measurable model. This introductory session equips participants with innovative tools to amplify each youth's strengths and help them self-activate their complex system of support. Participants learn how to help youth build protective factors to mitigate trauma and decrease risk behaviors, such as bullying, substance abuse, suicidal ideation, and more. Participants walk away with the capacity-building skills to recognize, appreciate, and magnify what is right about youth, assuring their chance to flourish.

Cannabis & Student Wellness: Navigating the Impacts on Youth Development

Join Jacqueline Kline for a dynamic and informative session that delves into the effects of cannabis on youth brain development, physical health, and emotional well-being. With increasing cannabis use among students in Montana, it's critical for educators to understand the long-term impact this has on their students' wellbeing and academic success. This session will explore state-wide data on cannabis use, offering insights into the evolving landscape of youth



June 13, 2025 Student and Staff Wellness Mini-Conference



substance use. We'll discuss evidence-based practices (EBPs) and strategies to foster healthy coping mechanisms, and explore alternatives to suspension that support student wellness. You'll also discover practical tools for recognizing and addressing cannabis-related issues within schools, including vapes and other items hidden in plain sight.

Teacher well-being through the lens of Ayurveda, mindfulness & nervous system tools

Even in an ideal situation, being a teacher is draining! In today's teaching environment, there are even more factors that can leave us burned out. Join us as we explore what drains a teacher, and the quick, enjoyable tools that restore us. We will dive into teacher self care, mental health and nervous system regulation from the lens of Ayurveda (the sister science to yoga). In Ayurveda, we use the concrete lens of keeping "vata" (wind energy) in balance to tend our well being. Too much vata (communication, multitasking, stimulation) overwhelms us and leaves us burned out. We can balance this then by decreasing "vata" with quick, simple, enjoyable and easy to integrate tools that can empower and nourish you so that you can do your good work, and still maintain your health!

Resiliency

This training session is designed to help participants build resilience and learn tools for managing stress. It will explore the five key components of professional resiliency: self-regulation, intentionality, perceptual maturation, social support, and self-care. The session will delve into intentionality and perceptual maturation, focusing on personal optimization through happiness, gratitude, and positive psychology. Participants will learn how to detoxify workplace attitudes by understanding the differences between internal and external locus of control, choice versus demand, real versus perceived threats, outcome-driven versus best practice, and the acknowledgement of systemic demands.

Happiness

Applying the science of Positive Psychology, which is the study of strengths that enable individuals to thrive, this session will highlight happiness strategies that can be implemented in both one's personal and professional life. The session will discuss Positive Psychology, define happiness, consider the meaning of life and learn the big "five" Positive Psychology interventions. These concepts will be provided in a dynamic, interactive presentation that includes examples of intervention implementation.

De-Escalation

This presentation on de-escalation strategies focuses on techniques specifically tailored for a school setting. It explores common triggers for escalation, such as feelings of rejection, betrayal, or loss of control. The training emphasizes the importance of active listening, validation, offering options, and providing choices to help de-escalate situations. Additionally, it offers guidance on



June 13, 2025 Student and Staff Wellness Mini-Conference



recognizing personal triggers and provides practical techniques for managing emotional reactions during conflict

Conference Presenters—Biographies

Nancy Berg, Director of the Montana Safe Schools Center: Nancy holds her Master's Degree in social work. She is a certified master trainer in the Applied Suicide Intervention Skills Training (ASIST) and Suicide Alertness for Everyone (safeTALK) suicide prevention protocols. Nancy is working towards her clinical social work licensure and volunteers her time at the YWCA, providing crisis walk-in and counseling services to survivors of violence and stalking.

Leah Fitch-Brody, Substance Use Disorder Prevention Coordinator at Missoula Public Health: Leah has almost 10 years of experience at her current position and more than 14 years of experience prevention focusing on a variety of topics, including sexual/relationship violence, overdose, and HIV prevention. She has a Masters degree in Intercultural Youth and Family Development from the University of Montana and is an International Certification & Reciprocity Consortium (IC&RC) Prevention Specialist. Leah facilitates two coalitions in Missoula County focused on substance use disorder prevention and harm reduction called Healthy Missoula Youth and the Missoula Drug Safety Coalition. She also facilitates an alternative to suspension/citation program with Tannis Hargrove, called INDEPTH, for students in middle and high school.

Emily Hargis, Tamarack Grief Resource Center Program Specialist: As the Program Manager at Tamarack Grief Resource Center, Emily brings years of diverse experiences in nonprofit centers across the Northwest and is always looking for new ways that TGRC can serve our communities. For decades, her work has centered around creating healing spaces, legacies, and new opportunities for people through quality services and organizational management. Her years with an organ donation organization, assisting young families, and working as an executive assistant have solidified her comfort and passion working with individuals and families throughout grief.

Christina Hayes, Training and Technical Assistance Specialist at the Montana Safe Schools Center: Tina Hayes is the University of Montana Safe School Center's Training and Technical Assistance Specialist. She earned a BA in Human Biological Sciences, BS in Business Administration and Master's in Health Administration. She brings to the center a wealth of experience including almost a decade of Emergency Management, ten years of Behavioral Health and five years of experience working directly with schools.

Aubrey Howell, Tamarack Grief Resource Center Youth and Family Specialist: For the last 10 years Aubrey has worked with Tamarack Grief Resource Center providing compassionate grief and trauma support for youth and adults including support groups, bereavement camps, and individualized one on one support. She has a specialized interest in compassionate peer



June 13, 2025 Student and Staff Wellness Mini-Conference



support for those grieving a death by suicide and focuses on postvention activities as a critical part of suicide prevention efforts in her work at TGRC.

Lisa Kerscher, Program Director with Brightways Learning: Lisa Kerscher is Brightways Learning's Program Director and leads Brightways Learning's team of expert Professional Development facilitators. A resident of Montana for more than three decades, Kersch received both her bachelor's and master's degrees from the University of Montana. Over nearly 20 years with Brightways Learning, Kersch has visited many schools, particularly across Montana and Alaska, supporting teachers, administrators, and students in their varied learning and community environments. Those experiences drive her passion for schooling systems and the relationship dynamics between administration, staff, and students in shaping school climate, whole-student success, professional growth, and staff retention.

Jacqueline Kline, Substance Use Disorder Prevention Coordinator at Missoula Public Health: With a focus on substance use prevention in early childhood, Jacqueline runs the Missoula Perinatal Substance Use Network and a local early childhood coalition: Healthy Start Missoula. Jacqueline has been working in the prevention field for 4 years, is an IC&RC Certified Prevention Specialist for the state of Montana, and sits on Missoula's Maternal Child Health Advisory Council.

Jess Matthaie, Peaceful Heart: Jess lives in her home town of Missoula with her husband and two young kids. Since 2013 she has owned and operated Peaceful Heart Yoga and Peaceful Heart Preschool, a yoga-inspired preschool. She is a 500 hour certified yoga teacher, kids yoga teacher, craniosacral therapist and energy healer, has worked with children for 22 years in a large variety of settings and is completing a certification program in Hand in Hand Parenting. Jess teaches yoga, mindfulness and connection and feeling tools to adults, parents, educators and children of all ages. Through these teachings, she focuses on the emotional health of children and the overworked people who tend and teach them. Through movement, breath, mindfulness, meditation, awareness of nervous system regulation and other innovative systems of communication and emotional awareness, Jess believes children and their educators can thrive and enjoy each other more.

Tamara Tolleson Knee, School Support Liaison at the Montana Safe Schools Center: Tammy is the School Support Liaison for the Montana Safe Schools Center. She is a member of Missoula's behavioral health committee, and worked as a Licensed School Counselor and Clinical Social Worker over three decades. When Tammy is not engaged in her work or playing jokes on co-workers, she spends time with her family, hikes around Montana, and convinces her husband to join her latest remodeling project.





June 13, 2025 Student and Staff Wellness Mini-Conference



Special thanks to Charlie at [Buff City Soap](#) for their donations for the wellness kits provided to in-person participants!

