A Paraeducator’s Role in Assisting Students Impacted by Environmental Adversity
Grade Level: K-12
Jodie Dittmar, Education Specialist, CA Dept. of Education, Diagnostic Center, Central CA Department of Education

In this workshop, participants can consider what seems to be increasing impacts of environment and trauma in our schools. Day to day experiences of students impacted by poverty, homelessness, foster placement or trauma will be discussed in relationship to cognitive, emotional, educational and behavioral development, and corresponding supports. Participants will:
1. Gain understanding of the needs of “at risk” students due to prenatal exposures, trauma, poverty, homelessness or foster placement.
2. Gain strategies for assisting “at risk” students.
3. Briefly consider “self” and “community” care within Multi-Tier Systems of Support

Achieving Work/Life Balance
Grade Level: All
Robin Wood, Health Program Manager, California’s Valued Trust (CVT)

Balancing the demands of career and personal life is an ongoing challenge for most of us. Participants will gain insight into work-life balance strategies. They will be given tools to use to learn how well they manage work and their personal lives, and effective ways to make small changes to meet their individual goals. Discussion includes defining a healthy work-life balance, time management techniques, and effective tools to use each day.

Autism and Evidence-Based Classroom Practices - NEW
Grade Level: All
Dr. Marissa Congdon, Assistant Professor, California State University, San Bernardino

Overview on Autism and discussion on evidence-based practices used in the classroom with learners with Autism. Some activities will be included and samples and/or video examples will be embedded in the presentation.

Autism Spectrum Disorders from A to Z: (Assessment to Zany Conversation)
Grade Level: K-12
Ananda Aspen, Education Specialist, Central California Diagnostic Center, CA Department of Education

The differing abilities of individuals with Autism Spectrum Disorders can be both a delight and a source of frustration for families and educators. Issues and interventions will be discussed, as well as some of the current trends in both science and advocacy regarding this unique disorder. Some very interesting case studies will be presented and some surprising outcomes. Be prepared to learn, laugh and listen to what some individuals with autism would like us to know. Participants will be able to: recognize the positive characteristics of many individuals on the spectrum, which may lead to a better understanding of this interesting group; understand current trends in the world of Autism Spectrum Disorders; gain an overview of some evidence-based practices and resources that may support families and schools.
Bullying Basics: Prevention & Response
Grade Level: All
Ginevra Scherini, Member Education and Staff Development Representative, California School Employees Association

Research has shown that bullying is a public health issue that negatively impacts school climates. It is important to see bullying as a public health problem that schools and educators must address. This workshop will define bullying, reveal the impact of bullying in our communities, and address effective and ineffective prevention and response strategies.

This class will help you:
- Define bullying and violence
- Identify bullying prevention and response strategies
- Review modern bullying statistics

CalPERS from Hire to Rehire
Grade Level: N/A
Debb Jachens, Member Benefits Coordinator, California School Employees Association

This program has up-to-date information on CalPERS issues and the new laws affecting CalPERS. If you are part of CalPERS, you need to know how the system works, what benefits are available while you are employed, and how to protect your retirement funds if you leave your current employment. You will learn what information CalPERS uses to calculate your retirement and how to find out if your contributions are correct so you will receive the maximum monthly retirement to which you are entitled. You will also learn what your beneficiary will receive upon your death before or after retirement.

Coaching for Student Success (formerly Coaching in the Classroom)
Grade Level: K-12
Ginevra Scherini, Member Education and Staff Development Representative, California School Employees Association

You have a unique opportunity to influence and encourage students daily. As a classified employee, you can engage with students in a way that fosters trust and a positive environment. This workshop will teach you how to use a five-step process to engage students in a coaching and mentoring relationship that helps them achieve success.

This class will help you:
- Discuss the benefits of coaching
- Identify the characteristics of a good coach
- Practice using coaching skills
Conflict Management Essentials  
Grade Level: All  
Laura Moore, Member Trainer, California School Employees Association Member Trainer Program  
Trent Ballard, Human Resources and Training Manager, California School Employees Association

Conflict in the workplace is inevitable and “normal.” What’s not normal is when conflict escalates and begins to negatively impact school climate, including your overall workplace satisfaction. In Conflict Management Essentials, you’ll discover multiple, effective modes for dealing with conflict, how to self-manage during a conflict, and strategies for dealing with common workplace conflict.

This class will help you:  
• Identify reasons people get into conflict  
• Define conflict handling modes  
• Discuss strategies for managing conflict

Creative Journaling for Self-Care and for the Classroom  
Grade Level: All  
Beth Mattsson, Member Benefits Coordinator, California School Employees Association

Come enjoy this creative workshop to de-stress and take care of yourself while learning new techniques to use with your students in the classroom! Learn how to use these classroom-tested, proven methods for self-care, stress reduction, relaxation, improved learning, reduced anxiety, including test anxiety, emotional resilience, self-regulation, healing from trauma, dealing with our inner bully, and more. Using simple art exercises accessible to everyone, dialogues with the non-dominant and dominant handwriting, and a variety of journaling techniques, this method brings about life-long positive changes for both students and adults. Learn about brain research, the inner family, and how these methods have been used in the classroom, as well as for your own self-care! The Creative Journal Method was developed by art therapist, teacher, and author, Lucia Capacchione, Ph.D. She has written 20 books on this topic, including The Creative Journal Method, The Creative Journal for Children, The Creative Journal for Teens, and many more.

CSEA College Programs - NEW  
Grade Level: N/A  
Daniel Jones, Chief Engagement Officer, The Student Resource Center  
Dr. Rajeev Swami, Chair, Department of Education, Central State University

The CSEA College Programs offer you and your family members the opportunity to earn an associate degree or a bachelor’s degree at little to no out-of-pocket cost. All programs are online and are offered through our partnership with Eastern Gateway Community College, Central State University, and Union Plus. Eastern Gateway and Central State are both fully accredited, public, non-profit institutions in Ohio. More than 40,000 union families from across the United States have taken advantage of this program since its inception!

There are several degree options available, which will be covered in detail during the presentation. Find the right path for you based on your current college experience. Learn which option is right for you or your family members—Associate vs. Bachelor—and how to determine the best pathway for your education. The presentation will also address the issues surrounding obtaining the California Teaching Credential, and Central State University will have representatives from the School of Education to answer questions on the topic of credentialing. Representatives from both programs will be on-hand during the presentation and throughout the conference to address your specific questions.
Depression Awareness and Treatment
Grade Level: All
Dr. James Farris, MFT, Value Options

This workshop increases awareness about depression. It teaches participants how to recognize the signs and symptoms and identifies resources that can help depressed individuals and their loved ones.

Emotional and Behavioral Disturbance (EBD): A new approach to understanding (Foundational course)
Grade Level: K-12
Ananda Aspen, Education Specialist, Central California Diagnostic Center, CA Department of Education

This training will examine the impact that adverse childhood experiences have on the developing child, and the behavioral manifestations and subsequent impacts on learning. Common behavioral responses that manifest in problems with self-regulation and academic learning will be discussed as they relate to common educator reactions to interfering behaviors.

Participants will be able to:
- Understand how many students’ adverse experiences are unrelenting, which is why these children live much of their lives in survival mode, responding to their world by fighting, by being frozen into inaction by fear, or by fleeing.
- Evaluate current exclusionary discipline policies and develop a determination to support and understand why these students often can’t learn as well as those who haven’t been traumatized.
- Discuss and analyze why trauma-exposed students often don’t form healthy relationships and how to support trust, safety, and build resiliency and protective factors.

Empowering LGBTQ+ Youth through Story – NEW
Grade Level: 6-12
Justin Tindall, Director, Education and Global Programming, It Gets Better Project
McKenna Palmer, Community Liaison, It Gets Better Project

In 2010, Dan Savage and his partner, Terry Miller, uttered three words in an online video that would give rise to a global movement — it gets better. Since that video went live, over 60,000 additional videos have been shared, each containing a personal LGBTQ+ story that uplifts, empowers, and connects LGBTQ+ youth around the globe. Join us as representatives from the It Gets Better Project share some of their favorite LGBTQ+ stories, explain how these stories can be used to inspire youth in schools, and why such stories matter now more than ever.

Everyday Stress Management
Grade Level: All
Robin Wood, Health Program Manager, California’s Valued Trust (CVT)

Stress is part of life. How we manage our stress is the variable. In this interactive workshop, participants will learn to recognize the signs that they are experiencing stress, recognize the circumstances that trigger their stress reactions and learn as well as experience stress reduction and management techniques to help them cope and relax. They will begin to assemble a “toolbox” that includes tools that they can use in stressful situations every day.
Exercise – NEW  
Grade Level: K-12  
Ananda Aspen, Education Specialist, Central California Diagnostic Center, CA Department of Education

This workshop will provide an overview of Exercise as an important evidence-based practice (EBP) for ASD and related disorders for elementary and middle school students (although this does not limit its use for other ages). Exercise can be effective in reducing challenging and stereotypical behaviors and increasing engagement and social-emotional health. The focus will be on practical applications for infusing exercise into the instructional program, how to use it in combination with other EBPs, and how to collect data.

Participants will be able to:

- Review exercise research as an evidence-based practice for instruction and intervention in combination with other interventions as part of a behavioral package and as a stand-alone EBP.
- Explore how to integrate exercise into instructional programming and behavior management systems, infuse movement and strengthening procedures into lesson plans, use innovative and inexpensive tools and resources, and collect data.
- Understand how exercise can be used to reduce challenging behavior, increase appropriate learning behaviors, and improve motor skills and physical fitness.

Gunfire in the Hallway  
Grade Level: All  
Clark Morrow, Crime Prevention Program Coordinator, San Bernardino County Sheriff’s Dept.

Over 100,000 guns go into schools illegally every day in America, in backpacks and pockets and car trunks. In many communities, there are more gun outlets than McDonald’s restaurants. Many kids think they’re not “dressed to impress” unless they’re packing heat. Do you know the “arming habits” of each segment of your student population? Do you know the difference between urban and rural tastes in on-campus weaponry, and the tactics kids use to smuggle guns into the classroom? This fact-laden presentation tackles the most alarming student practice imaginable, and does so with fast-moving slides, videos and disturbing examples of student gun violence. Tools for dealing with the threat are examined in this highly interactive presentation.

Introduction to SoulCollage®  
Grade Level: All  
Beth Mattsson, Member Benefits Coordinator, California School Employees Association

SoulCollage® is a creative and satisfying collage process. Using magazine images, scissors and glue, you are invited to tap into your imagination and intuition to create collaged cards representing all the various aspects of yourself and your unique journey. Journaling from the cards offer insight. No artistic skill or experience is necessary. We are all artists! All card making supplies are provided.
Know Your Rights
Grade Level: N/A
Heng Lim, Labor Relations Representative, California School Employees Association

Know Your Rights trainings are intended to provide CSEA members with the knowledge they need to be aware of the rights to which they are entitled, to recognize when their rights have been violated, and to take steps to protect their rights. This Know Your Rights training is specifically geared towards the common issues faced by paraeducators, including the 20-day rule, evaluations, and direct supervision.

Latest Trends Among the Youth
Grade Level: All
Clark Morrow, Crime Prevention Program Coordinator, San Bernardino County Sheriff’s Dept.

This is the one presentation that adults need to see most. There are thousands of ways young people today can get into trouble, and they seem to be taking advantage of all of them. Plus, those methods of self-endangerment seem to change daily. In this workshop, you will gain a bird’s eye view of the world of juvenile mischief and mayhem in the 21st century; everything from social media misdoings, to the latest fads in self-intoxication, to how adolescents are taking the world’s oldest profession onto school campuses, to how gangs and gang tactics are morphing before our very eyes. Unless you are on the front lines of law enforcement, you will be shocked and surprised by what the little ones are up to—often right under the noses of their parents and school officials.

Making Math Fun
Grade Level: All
Catherine Vittorio, Curriculum Coordinator, PreK-8 Mathematics, San Bernardino County Superintendent of Schools

Through the use of questioning strategies, problem solving tasks, games, and non-traditional practices, educators can support learners in expanding their understanding of number systems and the connections to everyday life. In this hands-on workshop, participants will have an opportunity to experience engaging strategies and practices that support the development of number sense and mathematical fluencies in all learners. Participants will gain resources and easy implementation activities.

Making Mindfulness Work for You
Grade Level: All
Dr. James Farris, PhD, MFT, Value Options

Practicing mindfulness can help improve your concentration, memory, and overall health. This workshop teaches participants the benefits of mindfulness, obstacles to mindfulness, and strategies for increasing and practicing mindfulness.
Maximizing Student Engagement; Minimizing Disruptive Behavior  
**Grade Level:** K-12  
**Jodie Dittmar, Education Specialist, CA Dept. of Education, Diagnostic Center, Central CA Department of Education**

This workshop will focus on successful strategies the Paraeducator can use to increase the engagement of all students, most especially those with ADHD and students with “non-severe disabilities” in RSP, intervention or general education settings. Proven accommodation strategies for inclusive settings will be shared, as well as tips for dealing with student attention, anxiety, sensory, and social difficulties. Collaboration and communication strategies will be briefly highlighted, as well as executive functioning, learned helplessness, and impacts of environmental adversity.

Participants will:
- Review various disabilities and other student needs that impact student participation in the classroom
- Participate in activities to proactively increase student engagement
- Participate in activities to proactively and reactively address common classroom behavior problems
- Leave with resources and tools appropriate to classrooms in every tier of Multi-Tier Systems of Support

Mindsets of the Inclusive Educator – NEW  
**Grade Level:** All  
**Dr. Zhanna Preston, Executive Director of Special Education, Murrieta Valley Unified School District**  
**Cynthia Vargas, Esq., Special Education Attorney, Fagan, Friedman & Fulfrst LLP**

Participants will receive an overview of Inclusive Education. Inclusion of students with severe disabilities remains a subject of controversy in education and impacts the role and duties of teachers, administrators, and paraprofessionals. The presenters will discuss shifts in mindsets required to effectively include students with disabilities in the general education environment.

Positive Psychology: The Key to Happiness  
**Grade Level:** All  
**Dr. James Farris, PhD, MFT, Value Options**

Positive psychology is the study of the strengths, attributes, and behaviors that enable individuals, families, and communities to thrive in an emotionally healthy way. Participants learn how positive emotions are linked to increased longevity, lowered rates of depression and emotional distress, good health, and better coping skills during times of stress.

Practical Strategies to Modify Lessons for Students with Disabilities – NEW  
**Grade Level:** K-12  
**Nicole Eredics, Inclusion Specialist, The Inclusive Class**

Learn how to make curriculum modifications in minutes so classroom lessons become accessible and achievable for students with severe learning and intellectual disabilities. Whether you are a seasoned paraeducator or new to the profession, this session will give you the resources, tips, and strategies you need to modify K-12 content. Specifically, participants will learn when and how curriculum modifications are used, techniques for modifying grade level content, as well as shown numerous real-life examples. Paraeducators will leave the session feeling confident in their ability to modify lessons for students with disabilities.
Self-Care is Self-Respect: You Are Worth It! – NEW
Grade Level: All
Martha Wade, Executive Director and Founder, A Quarter Blue

Self-care is not selfish; self-care is self-respect. Because we respect that you do for people in need, we need you to take care of yourself. Experience stress-relieving methods to assist in your self-care. Throughout this workshop, you will experiment with various methods of self-care. You will determine various practices that you can implement at the office or at home to increase your overall health, productivity, and longevity in your field. Please come dressed to de-stress.

Social Media and Its Impact on Students – NEW
Grade Level: All
Christine Haney, Director, Special Education/Program Operations, Riverside County Office of Education
Shelley Walsh, SpEd Curriculum, Assessment and Professional Development, Riverside County Office of Education

This presentation will discuss the latest statistics focusing on social media and the social-emotional consequences affecting pre-teens & teens. This new generation, coined Igen by Dr. Twenge, will be explored to better understand why today’s teens are more depressed, more isolated, and more disconnected to family. Recommendations and resources will be provided to assist with creating a positive environment where teens can thrive and survive.

Strategies for AAC User and People Who Support Their Communication Needs – NEW
Grade Level: All
Jekereen Barrozo, Administrator, Occupational Therapy, Riverside County Office of Education
Jenelle Kay, SLP, Riverside County Office of Education

This training is designed to be a discussion and demonstration of a variety of AAC systems. This training will provide demonstration of modeling strategies in facilitating the use of AAC in a variety of environments. Participants will return to their classroom with some basic ideas on how to implement AAC systems in their school and community.

Structured Play Groups (SPGs) – NEW
Grade Level: K-12
Ananda Aspen, Education Specialist, Central California Diagnostic Center, CA Department of Education

This workshop will address how to plan and implement Structured Play Groups (SPGs) for children with ASD and related disorders. Research on this EBP indicates that SPGs can improve social communication, social engagement, school-readiness, play, and academic skills. Structured play groups are specifically designed to teach an identified skill using modeling, role playing and prompting. The focus will include ideas for themes and models for conducting SPGs, and how to combine them with other EBPs, and how to collect data on skill development.

Participants will be able to:

- Review Structured Play Group research as an evidence-based practice for instruction and intervention in combination with other interventions such as Lego Therapy, Interactive Theater and Role Playing, and Peer-Mediated Instruction and Intervention.
- Explore ideas for starting a SPG in the school or home setting, utilize existing resources and collaborative planning templates, and acquire materials and tools for implementation.
- Understand how Structured Play Groups promote socialization and skills development.
Supporting English Language Arts and Mathematics Instruction for Students with EBD
Grade Level: K-12
Ananda Aspen, Education Specialist, Central California Diagnostic Center, CA Department of Education

This training focuses on using motivational and functional activity planning for supplementing existing ELA and Math instruction. Technology and continuing focus on active systems for student responding will be a strong focus.

Participants will be able to:
• Understand and discuss how to use technology, materials and motivational strategies to enhance student learning.
• Utilize a planning template for preliminary implementation and further exploration of topics discussed.

Supporting Students with Autism using Evidence-Based Practices
Grade Level: Pre-K, K-12
Patricia Schetter, MA, BCBA, Coordinator of ASD Education Initiatives, CEDD at the UC Davis MIND Institute
Leslie Comstock, Director Hearing Conservation and Audiology Services, Ventura County Office of Education

Presenters will share information about what the most effective practices are for supporting students with Autism that are research-based. Several EBPs will be featured that help to address challenges with behavior, social skills and learning. Participants will learn how to access free online learning modules, checklists for using the various practices and will walk away with several new resources to continue to expand their knowledge and use of EBPs for students with Autism.

The ABCs of Behavior- The student did WHAT?!!! – NEW
Grade Level: All
Erika Miramontes, Intensive Behavior Interventions Supervisor, Riverside Unified School District
Melody Hopewell, Intensive Behavior Interventions Supervisor, Riverside Unified School District

The purpose of the presentation is to help attendees describe the ABCs of student behavior (antecedents, behavior, consequences). Presentation will include practice describing behaviors accurately for teachers/behavior analysts, recording data, and analyzing potential functions of behavior as well as matching interventions in the moment to match the function.

Trauma Informed Classroom Practices – NEW
Grade Level: K-12
Christine Haney, Director, Special Education/Program Operations, Riverside County Office of Education
Esmeralda Veik, Instructional Specialist, Riverside County Office of Education
Amyleen Barrozo, Instructional Specialist, Riverside County Office of Education

Introduction to trauma informed classroom practices, what is trauma, who can be affected, how trauma can present itself in the classroom setting, and interventions to assist the staff.
True Colors ©
Grade Level: All
Laura Moore, Member Trainer, California School Employees Association Member Trainer Program
Jerry White, Member Trainer, California School Employees Association Member Trainer Program

Have you ever wanted to know why you get along with some people at work and not with others? Have you ever wondered why one person’s work style fits yours and someone else’s drives you crazy? Would you like to learn why two people may have different reactions to the same situation? If you answered yes to any of the above questions, then this workshop is designed for you. Come discover your True Colors®. Learn how your “core personality” determines your basic communication and behavioral styles both at home or with work groups. This interactive workshop promotes positive attitudes, enhances self-identity, builds cooperation and team cohesion.

Understanding Autism: A Sensory Perspective – NEW
Grade Level: All
Jekereen Barrozo, Administrator, Occupational Therapy, Riverside County Office of Education
Kelly Londenberg, Certified Occupational Therapy Assistant, Riverside County Office of Education

This training will discuss a variety of sensory processing deficits, ranging from extreme sensory sensitivity to significant lack of responsiveness towards sensory stimuli. These deficits can make daily activities such as sleeping, walking and talking difficult, leaving little energy for leisure, social and learning activities.

Understanding Emotions and the “Rage Cycle” – NEW
Grade Level: K-12
Jodie Dittmar, Education Specialist, CA Dept. of Education, Diagnostic Center, Central CA Department of Education

This workshop is beneficial to parents or educators dealing with children’s difficult behaviors and “meltdowns” at home or in the classroom. Special consideration will be given to the communicatively challenged child (whether related to the child’s age, developmental level or emotional stress). Research regarding the “rage cycle” will be shared, as well as helpful considerations in addressing behaviors in young children (or older students with limited communication or frequent “meltdowns”).

Participants will consider:
• Frequent reasons for childhood “meltdowns” at home and in school
• Myths when addressing emotional outbursts, defiance and “meltdowns”
• The “Rage Cycle” and intervention-related considerations for communicatively challenged children of any age
Understanding Reading, Writing, and Dyslexia - NEW
Grade Level: K-12
Jodie Dittmar, Education Specialist, CA Dept. of Education, Diagnostic Center, Central CA Department of Education

In this workshop, the core components of reading development, comprehension, and written responses will be reviewed, as well as specific impacts of language-based learning disabilities/dyslexia. Academic and social/emotional impacts will be considered in providing strategies and resources for the paraeducator:

- responsible for small group reading instruction
- responsible for assisting students during content text instruction (English, history, science, etc.)
- supporting students for whom English is a second language
- assisting students with written responses and paragraph construction
- looking to support students through differentiated instruction and assistive technology
- assisting students resistive to reading and writing tasks

Verbal Judo
Grade Level: All
Mike “Ziggy” Siegfried, Instructor, The Verbal Judo Institute

Verbal Judo is the martial art of the mind and mouth that can show you how to be better prepared in every verbal encounter. Verbal Judo is a proven method for preventing and de-escalating conflict by non-physical means. When personnel are tactically trained, the environment in which they work improves and threat of conflict, violence and litigation is greatly reduced. Learn to listen and speak more effectively, engage people through empathy and successfully communicate your point of view and take the upper hand in most disputes.