



OLENTANGY WELLNESS WORKSHOP



Helping Your Student Flourish Through Everyday Wellness

Welcome to the inaugural Olentangy Wellness Workshop. We are glad you are here to grow in your understanding of ways to support students' mental health and well-being. We hope that you build your personal toolkit with practical strategies and resources to help your student flourish inside and outside of the classroom.

March 9, 2024 | 8:00 AM-12:00 PM
Olentangy Orange High School | 2840 E Orange Rd | Lewis Center, OH



March 9, 2024

Workshop Agenda

All workshops are available during each session

8:00 - 8:30 A.M.

Registration & Coffee Commons

8:30 - 9:15 A.M.

Panel Discussion Theater

9:25 - 10:10 A.M.

Session 1 Classrooms

10:20 - 11:05 A.M.

Session 2 Classrooms

11:15 - 12:00 P.M.

Session 3 Classrooms

The Wellness Expo will be open throughout the day in the Commons. We encourage you to visit our community partners between sessions.

Mental health support is available for attendees during the workshop in the student services area. Please see a workshop volunteer for more information or assistance.

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WELLNESS WORKSHOP



March 9, 2024

Panel Discussion

Theater

The panel will explore well-being and mental health from a student perspective. Students will discuss ways in which adults can best support them in order to flourish in the classroom and beyond.



Sridurga K.

Senior
Berlin High School



Jack M.

Senior
Berlin High School



Chris W.

Senior
Berlin High School



Pranathi I.

Sophomore
Liberty High School



Dr. Michelle Blackley

Moderator
OLSD Chief
Academic Officer



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March 9, 2024

Workshops

Carie Frabotta

*OLSD: Oak Creek
Elementary*

Calm In The Chaos

Room 1206

Use mindfulness with students to help set them on a path to well-being that they can use throughout their school career and beyond. Recognize what stress and anxiety may look like in your student. Learn about the brain and how it responds to stress and anxiety. Experience mindfulness for yourself so that you can apply it to your own student. Walk away with clear and concise tools that will help bring calm in the chaos.

Dr. Jennifer Cheavens

*The Ohio State
University*

Making Hope Happen: Increasing Hope To Reach Your Goals

Room 1207

In the psychological literature, hope is defined as a way of thinking about your goals that increases the likelihood that you'll reach them. In this session, we will learn how psychologists define hope and review research that hope is something that can be learned. Further, we will practice making goal maps to link where you are now to where you want to be. Finally, we will discuss ways to maintain hope when obstacles to your goals are encountered.



March 9, 2024

Workshops

Nathan Bonofiglio

***Helpline of Delaware
and Morrow Counties***

Helping Your Child/Student Save a Life

Room 1211

We will discuss how parents and staff can be supportive of children who may be struggling with their mental health or are worried about a friend. This presentation will include an overview of the “Signs of Suicide” program that students currently receive in 7th and 9th grades, as well as practical advice that will better equip parents and staff to assist young people with situations concerning mental health.

Jackie Lipnos

***Helpline of Delaware
and Morrow Counties***

What Is An Askable Adult & How Do I Become One?

Room 1212

Young people are more resilient to stress and adversity when they have meaningful relationships with at least one trusted adult. To ensure that your child or student feels safe coming to you when they are struggling, join us to learn more about what makes an adult askable, understand the four skill areas that adults can strengthen to become more askable, and hopefully make a commitment to become more askable for the youth in your life.



March 9, 2024

Workshops

Dr. Nik Allan

*The Ohio State
University Wexner
Medical Center*

***Avoiding Avoidance and
Embracing Uncertainty: A
Guide to Accepting Anxiety as a
Challenge***

Room 1214

We will embark on a comprehensive journey to demystify anxiety, illuminating its central role in keeping us safe as well as its relationships with broader mental health challenges. We'll delve deep into the key characteristics that often serve as precursors to anxiety and other mental health conditions, such as intolerance of uncertainty, anxiety sensitivity, and loneliness.

Jon Juravich

*OLSD: Liberty Tree
Elementary*

***Drawing with Mr. J: Exploring
Emotions and Experiences Through
Drawing***

Room 1219

It can be hard to start conversations about the emotions and experiences that affect the kids in our lives. A great place to start- drawing. And no, you do not need to be a trained artist or have all the fanciest supplies to experience the benefits of this process. Learn about the digital series "Drawing with Mr. J", an Emmy Award-winning video series from WOSU Classroom that supports social and emotional learning through brief and engaging drawing challenges.



March 9, 2024

Workshops

Tracie Bayer

*National Alliance of
Mental Health (NAMI)
Mid-Ohio*

Ending the Silence

Room 1220

Ending the Silence for Families provides information about mental health conditions and how to work with school staff and their child to help students be most successful in the classroom, at home, and in the community. It also presents information about how to find treatment for students, as well as resources, support and more.

*Kristen Armbrust
Joel Barcalow
Megan Pawsey*

*The Ohio State
University*

Effectively Managing Your Stress While Modeling Self- Care for Your Student

Room 1221

Learn about stress, how it impacts you and your student, and ways to manage it. Discuss self-care strategies for yourself and your student.



March 9, 2024

Workshops

***Dr. David Michalec
Dr. Dawn Greathouse***

*Nationwide Children's
Hospital*

Mental Health & Children: What We Know And How We Can Help

Room 1222

The session will include an overview of the research surrounding children's mental health. We will also share strategies and intervention ideas for families to better support the mental health needs of children. Our aim is to have a lively and active discussion about these issues.

***Jennifer Furey
David Hayward***

*OLSD Instructional
Technology Department*

Digital Wellness And Balance: Supporting Your Child In A Digital World

Room 1223

What are students actually doing on their smartphones? Are today's youth addicted to their screens? This session explores the complexity of students navigating the digital age. Participants will gain insight into why simply putting their phones away isn't as easy as it seems as well as strategies for helping their student's develop digital wellness and balance.

Olentangy
WELLNESS WORKSHOP



March 9, 2024

Workshops

***Peter Stern
Heather Cole***

***OLSD Equity and
Inclusion Department***

Restorative Language For Parents and Caregivers

Room 1226

Join us for a workshop focused on cultivating 'connection-first' relationships with young people through subtle yet impactful shifts in our language. Discover the power of restorative parenting as we introduce key concepts, followed by an interactive session where participants will explore and practice two strategies designed to enhance mutual engagement, accountability, and growth.

Erica Boone

***OLSD Curriculum
Department***

Understanding and Supporting Students in Achievement Culture

Room 1227

What does it mean to succeed? This session examines achievement culture and will uncover why students feel extreme pressure to be "the best" at all costs. Participants will discuss ways to redefine success in order to help students embrace more balanced and healthier mindsets.



March 9, 2024

Expo Partners

- Olentangy Schools Student Well-Being Department
- Delaware Public Health District
- HelpLine of Delaware and Morrow Counties
- Delaware-Morrow Mental Health and Recovery Services Board
- Delaware County Sheriff's Office
- Store It Safe, Ohio Chapter of the American Academy of Pediatrics
- NAMI Mid-Ohio
- Prevention Awareness Support Services
- Big Brothers Big Sisters of Central Ohio
- Ohio State Wexner Medical Center Harding Hospital
- Neighborhood Bridges

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WELLNESS WORKSHOP

Special Thanks

- **Olentangy Schools Board of Education Members:**

Dr. Kevin Daberkow, Brandon Lester, Kevin O'Brien, Lizett Schreiber, Dr. Libby Wallick

- **District Leadership Team led by Superintendent Todd Meyer and Treasurer Ryan Jenkins:**

Dr. Michelle Blackley, Krista Davis, Dr. Jack Fette, Jeff Gordon, Nancy Freese, Randy Wright

- **District Communications Team led by Krista Davis**

- **Curriculum, Instructional Technology, Equity &**

Inclusion, Student Well-Being Teams led by Dr. Michelle Blackley

- **Olentangy Orange High School Custodial and**

Administrative Team led by Principal Monica Asher



Scan for more information and resources