

Promoting Positive Mental Health in our Schools and Communities 2017

The Power of Mindsets and Resiliency: A Day with Dr. Robert Brooks

March 28, 2017

8:30 a.m. to 3:30 p.m. (CDT)

Workshop #082-17

GRREC Office & Training Facility • 230 Technology Way • Bowling Green 42101

The PPMHSC Partners and GRREC are pleased to offer a day with Dr. Robert Brooks as we move the work of Interconnecting Mental Health in Schools forward. He will present on two topics, "**Strategies for Nurturing Motivation and Resilience in Challenging Youth,**" and "**Can We Take Care of Youth if We Don't Take Care of Ourselves?**" Using "mindsets" as a central concept, Dr. Brooks will describe the mindset and strategies of educators and mental health professionals who are effective in reaching and teaching youth. He will not only give us tools to be effective with challenging youth, but will describe a specific framework with techniques for developing stress hardiness and resilience in order to promote our own physical and emotional well-being. His talks are filled with practical, realistic suggestions and he is renowned for the warmth and humor he uses to bring his insights and anecdotes to life. GRREC consultants, Randi Womack and Rebecca Gaddie, will conclude by leading us on how to actively implement these concepts in our current work.

Learning Targets:

- Learn specific interventions for nurturing motivation, learning, self-discipline, caring, hope and resilience in youth.
- Increase awareness of lifestyle changes that lead to focusing on "personal control" vs. expending time and energy on situations over which we have little or any influence.

Presenter: Presently Dr. Brooks is on the faculty of Harvard Medical School and maintains a part-time private practice where he sees children, adolescents, adults, and families. He has authored or co-authored sixteen books, including Raising Resilient Children; Understanding and Managing Children's Classroom Behavior: Creating Sustainable, Resilient Classrooms; and Angry Children, Worried Parents. He also has worked with Sesame Street, received numerous awards for his contributions to mental health education and substance abuse prevention, and co-produced the documentary, "Tough Times, Resilient Kids." See more information at www.drrobertbrooks.com.

Audience: Key stakeholders working with challenging youth in the fields of education, mental health and juvenile justice.

Date: Tuesday, March 28, 2017

Location: GRREC Office & Training Facility • 230 Technology Way • Bowling Green, KY

Time: 8:30 AM to 3:30 PM CDT

Registration and breakfast will begin at 8:00 AM; Lunch will be provided

Cost: \$25 per person

EILA: 6 hours of EILA credit will be provided; CEUs for Psychology and Social Work will be submitted (TBD)

Limited to 220 Participants

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Please Print:

Name of Participant: _____ Position _____

District: _____ School: _____

Cell #: _____ Email: _____

P.O. # _____ (required for registration) _____ (Check #) Check Enclosed

Note: School districts (or schools) will be billed following the activity based upon registration. Cancellations must be made within five (5) working days of the activity to avoid being billed for fee. Substitutions will be allowed.

Registration Deadline: March 21, 2017

[Click Here to Register Online](#)

or

Fax this completed form to GRREC at (270) 563-2208

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Green River Regional Education Cooperative
230 Technology Way • Bowling Green, KY • 42101
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**For information or questions, contact Kathy Maciel
by phone at 270-563-2113 or e-mail kathy.maciel@grec.org**