

Mental and Behavioral Health Symposium

Rebuilding, Renewing, Reconnecting



Registration Open:
[https://www.calstatela.edu/
academic/ccoe/registration
-mbh-symposium](https://www.calstatela.edu/academic/ccoe/registration-mbh-symposium)

March 19th, 2022
9AM-12:30PM
Virtual Event

Keynote Speaker: Lisa Baylis
Self-Compassion: The Foundation of Resilience During a
Time of Burnout

Lisa Baylis has been sharing wellbeing strategies for the last 20 years. A natural born connector with an innate ability to make people feel valued and heard, she is an instructor, a counsellor, a facilitator, and a mother. Lisa is a published author of *Self-Compassion for Educators* as well as, the creator of the AWE Method — *Awakening the Wellbeing for Educators* — which merges self-care, mindfulness, and self-compassion. Lisa has a master's degree in Counseling Psychology and a bachelor's degree in Physical Education. She has taught internationally and locally. Currently, she is a high school counsellor in the Greater Victoria School District. Trained by mindful self-compassion pioneers Chris Germer and Kristin Neff, Lisa is also a certified Mindful Self-Compassion teacher.





Symposium Agenda

9:00-9:05am	Welcome
9:05-9:50am	Keynote: Lisa Baylis
9:50-10:00am	Short Break
10:00-10:45am	Presentation 1
10:45-10:50am	Short Break
10:50-11:35am	Presentation 2
11:35-11:40am	Short Break
11:40-12:30pm	Presentation 3

Presentation 1

Workshop: The Pros and Cons of Teletherapy (Christiaan Kier)
[zoom link]

Workshop: Teachers' Wellbeing Matters: Strategies to Promote Wellness
Among Educators (Elina Saeki, Hector Teran, & Sara Lee)
[zoom link]

Workshop: Improving Social Outcomes for Students with ASD
(Michelle Dean & Ya-Chih "Jilly" Chang)
[zoom link]

Poster Session:

- Preservice Teachers' Barriers to Inclusion (Bridget Eason)
- Pandemic Stress and Coping in Adults with Intellectual and Developmental Disabilities in Urban Los Angeles: A Qualitative Interview Study (Robin Dodds & Karolyn Maurer)
- The Journey of Autism Diagnosis: Views and Experiences of Korean American Immigrant Mothers (Hyeyoung Kim, Sohyun An-Kim, Han Lee, & Robin Dodds)
- Reconnecting Juvenile Justice Youth: Opportunities for Growth (Catherine. Sturm)

[zoom link]





Presentation 2

Round Table Discussion: The Truth About Veteran Suicides and How to Help (Carol Calandra & Juan Sanabria)

[[zoom link](#)]

Workshop: Promoting Teacher Well-Being Using Mindfulness Based Interventions and CBT (Stephanie Alvarado & Veronica Gastelum)

[[zoom link](#)]

Workshop: Hard Conversations Made Easy: A Toolkit for Helping Professionals (Morgan Abraham & Joseph Hamilton)

[[zoom link](#)]



Presentation 3

Workshop: Mending a Broken Wing: Healing through Peer Support (Frances Siu, Janet Velasco, & Andrea Nunez)

[[zoom link](#)]

Workshop: Implementing Modern Counselor Wellness and Self-Care Techniques (Michele Mahr, Felicia Flores)

[[zoom link](#)]

Workshop: Mindfulness as a Culturally Responsive and Trauma-Informed Approach in the Remote Learning Environment (Sara Ozuna)

[[zoom link](#)]

Workshop: Rebooting School Culture: Building Trust and Inclusivity During Challenging Times (Alia Elasmr)

[[zoom link](#)]