



# Student Services and Programs

## 2020-21 Workshops and Trainings

The San Diego County Office of Education Student Services and Programs department is offering the following workshops and trainings to support positive school climate and student health and wellness efforts during the 2020-21 school year.

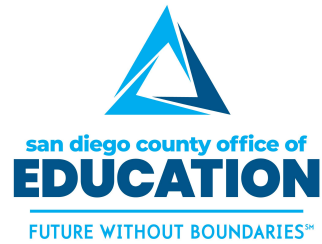
All trainings are delivered by department staff or partner agencies with expertise and project experience in the featured content areas. Most trainings are offered at one of [SDCOE's four locations](#).

Trainings can also be scheduled in schools, community, or workplace settings and are available to any organization interested in hosting. Additional costs may be associated with some trainings provided outside of the SDCOE. Unless other arrangements are made with SDCOE, host agencies will be responsible for participant recruitment and registration, facility reservation and room setup. SDCOE can provide all necessary equipment if the designated training room does not have a built-in system that meets the needs of the training.

Some of the training programs listed below can be tailored for specific audience groups and customized with district-specific data and activities.

Details, including costs and a registration link, are included below and can also be found on the [Student Services and Programs OMS calendar](#).

Please contact Student Services and Programs at 858-298-2077 for more information on these and other specialized services available to assist you in ensuring our schools are safe and our children are healthy.



**Student Services and Programs 2020-21 Workshops and Trainings**

**Alcohol, Tobacco, and Other Drug Prevention**

**Mental Health and Well-being**

**Nursing and Student Health**

**Restorative Practices**

**Safety and Student Engagement**

**Student Wellness & Positive School Climate**



## Alcohol, Tobacco, and Other Drug Prevention

**Brief Intervention:** The goal of this training is to build skills of counselors and other providers working with adolescents. It is a short-term counseling intervention that consists of two to four sessions aimed at adolescents who use alcohol and/or other drugs. It uses motivational interviewing, cognitive behavior therapy and the stages of change model. It is a research-validated strategy to reduce adolescent substance abuse.

Date: January 14, 2021, & January 15, 2021, March 25, 2021, & March 26, 2021

Time: 8:30am – 12:00pm

Location: *All trainings will be conducted via Zoom*

Registration: January 14, 2021, & January 15, 2021 - <http://sdcoe.k12oms.org/918-192034>

Registration: March 25, 2021, & March 26, 2021 - <http://sdcoe.k12oms.org/918-192036>

**CHKS Administration Training:** Participants learn about the vital information necessary for the administration of the California Healthy Kids Survey in schools.

Date: TBD

Time: TBD

Location: *All trainings will be conducted via Zoom*

Registration:



## Mental Health and Well-being

**Anxiety in Young People:** Anxiety disorders will affect one in four youth over their lifetime. It is the most prevalent disorder among children and adolescents. In addition to learning how to best help students who suffer from anxiety, we must also increase our understanding of the disorder. Topics include: Most common types of anxiety disorders, signs and symptoms, risk factors, anxiety in schools, strategies to use with students, and resources to support students.

**Dates:** November 2020, March 2021 (specific dates TBD)

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**

**Asset-Based Relationships with Youth:** This interactive training will provide participants with the Developmental Asset Framework and strengthen the asset-building efforts that already exist in your school including: Understanding the research between assets and academic success, the process of developing or enhancing meaningful adult relationships with students, turning weaknesses into strengths, the Developmental Relationships Framework and the outcomes that are connected to it.

**Dates:** November 2020, March 2021 (specific dates TBD)

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**



## Nursing and Student Health

**Managing Students with Seizures:** Participants attending this training will learn about: The impact of seizures on learning and behavior; current treatment options and their side effects; simple strategies for creating a more positive and supportive environment; critical issues related to medication administration; key components of a seizure action plan; appropriate first aid for all seizure types; the essential elements of seizure training for school personnel; and steps you can take now to help maximize educational and developmental opportunities for students with seizures.

**Date:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**

**Managing Students Who Self-Injure:** Non-suicidal self-injury is an increasingly common behavior among school-aged youth and occurs with regularity. This training will help schools to have well-articulated protocols for detecting, intervening in, and preventing self-injury. Although specific protocols and practices are likely to vary considerably from school to school, this training provides an overview of best practices for detecting and responding to self-injury in school settings.

**Date:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**

**School Nurses Resource Group:** The school nurse is typically the leader in the school community to oversee school health policies and programs. The school nurse often serves in a pivotal role to provide expertise and oversight for the provision of school health services and promotion of health education. Using clinical knowledge and judgment, the school nurse provides health care to students and staff, performs health screenings, and coordinates referrals to the medical home or private health care provider. The school nurse serves as a liaison between school personnel, family/community, and health care providers to advocate for health care and a healthy school environment. Content may include: School nursing issues/hot topics, implementation of legal mandates, continuing education, and networking opportunities.



**Dates:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**No Cost**

**School Nurses Institute:** The School Nurses Institute is a 5-day crash course in school nursing for new school nurses and/or a review/update for current school nurses. Speakers are school nurse experts and community professionals covering a variety of topics including: Overview of school nursing, school nurse roles and responsibilities, medication administration, caring for the student with medical needs, immunizations, mental health, communicable disease, and disaster/crisis preparedness.

**Dates:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**

**Sexual Health Educator:** This training program is for educators in school, community, and clinic settings who want to build their knowledge and capacity in sexual health and sexuality education. Objectives of the training are to: Summarize the California Healthy Youth Act requirements for comprehensive sexual health instruction, build comfort and capacity for teaching sexual health education, describe common STDs including the similarities, differences and inter-relationship between HIV and STDs, describe current national, state and local trends for the major reportable STDs, and youth sexual behavioral data, describe California Minor Consent & Confidentiality laws, and review how to answer sexuality related questions in a classroom or group setting.

**Dates:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**

**Two-Day Training for Unlicensed School Personnel who Provide Health Services in the School Setting:** This 2-day training for health clerks, instructional aides, school office personnel and any staff providing health services to students are welcome to attend. A wide variety of



topics related to the health needs of students will be addressed, including: Record keeping, lice, confidentiality, communicable/infectious disease, diabetes, seizure first aid and epilepsy.

**Date:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**

## Restorative Practices

**Building a Virtual Restorative Community:** Provide participants with the basic concepts of how to use Restorative Practices (RP) in a virtual format including: Teach/practice mindfulness; Develop Community Agreements; Conduct virtual check-ins; Conduct pair-shares (“empty the cup”) and Conduct small group and large group discussions

**Dates:** September 3, 2020, October 1, 2020, November 5, 2020, December 3, 2020, January 7, 2021, February 4, 2021, March 4, 2021, April 1, 2021, May 6, 2021, June 3, 2021

**Time:** 2:00 p.m. to 3:30 p.m.

**Locations:** All trainings conducted via Zoom

**Registration:**

September 3, 2020 - <http://sdcoe.k12oms.org/918-190978>

October 1, 2020 - <http://sdcoe.k12oms.org/918-190979>

November 5, 2020 - <http://sdcoe.k12oms.org/918-190981>

December 3, 2020 - <http://sdcoe.k12oms.org/918-190982>

January 7, 2021 - <http://sdcoe.k12oms.org/918-190983>

February 4, 2021 - <http://sdcoe.k12oms.org/918-190984>

March 4, 2021 - <http://sdcoe.k12oms.org/918-190985>

April 1, 2021 - <http://sdcoe.k12oms.org/918-190986>

May 6, 2021 - <http://sdcoe.k12oms.org/918-190987>

June 3, 2021 - <http://sdcoe.k12oms.org/918-190988>

**Cost:** No Charge, but pre-registration is required

**Restorative Leadership:** Provide participants in leadership positions with a clearer understanding of how to use Restorative Practices (RP) in leadership: Communicating the



restorative message; The restorative leadership model; Empowering vs. oppressive leadership; Developing a restorative school culture and Strategies to help staff feel honored and valued

**Dates:** September 8, 2020, October 13, 2020, November 10, 2020, December 8, 2020, January 12, 2021, February 9, 2021, March 9, 2021, April 13, 2021, May 11, 2021, June 8, 2021

**Time:** 1:00 p.m. to 3:00 p.m.

**Locations:** All trainings conducted via Zoom

**Registration:**

September 8, 2020 - <http://sdcoe.k12oms.org/918-190917>

October 13, 2020 - <http://sdcoe.k12oms.org/918-190918>

November 10, 2020 - <http://sdcoe.k12oms.org/918-190919>

December 8, 2020 - <http://sdcoe.k12oms.org/918-190920>

January 12, 2021 - <http://sdcoe.k12oms.org/918-190921>

February 9, 2021 - <http://sdcoe.k12oms.org/918-190922>

March 9, 2021 - <http://sdcoe.k12oms.org/918-190923>

April 13, 2021 - <http://sdcoe.k12oms.org/918-190924>

May 11, 2021 - <http://sdcoe.k12oms.org/918-190925>

June 8, 2021 - <http://sdcoe.k12oms.org/918-190926>

**Cost:** No Charge, but pre-registration is required





## Safety and Student Engagement

**Student Records, Custody & Residency: Policies, Procedures, Plans and Practices:** This all-day interactive workshop will cover the main elements related to student records: maintenance, access and disclosure, challenge and amendments, and destruction. Participants will be able to work through real case scenarios to check for understanding and proper application of the state and federal laws, policies, and best practices related to student records.

Date: September 18, 2020  
Time: 9:00am to 3:00pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191015>

### Incident Command System Training

Training Objectives:

- Familiarize participants with the Incident Command System concepts and terminology
- Provide an overview of the roles and responsibilities under the Incident Command System
- Discuss current usages of how ICS is being used during the Covid-19 era and in other unprecedented situations.

Date: September 23, 2020  
Time: 9:00am to 1:00pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191682>

### Supervisor of Attendance

During the 2019 – 2020 school year, SDCOE certified supervisors of attendance throughout the county. This certification need only be completed by districts every two years in order to comply with Education Code 48245 which states that "In any district or districts with an average daily attendance of 1,000 or more school children, according to the annual school report of the last preceding school year, no district supervisor of attendance shall be appointed, unless he has been lawfully certificated for the work by the county board of education".

Date: September 25, 2020  
Time: 9am to 11am  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191558>



**Suspension & Expulsion Training - Policies, Procedures, Plans and Practices:** This all-day interactive workshop will take participants through the entire suspension and expulsion process. Topics will include, but are not limited to, the suspension process and limitations, investigative steps (including search and seizure, use of surveillance cameras, and involvement of law enforcement), the expulsion process and limitations, considerations for students in special populations, challenges and appeals, and the maintenance and transfer of discipline records. Participants will be able to work through real case scenarios to check for understanding and proper application of the laws, policies, court decisions, and best practices that guide the suspension and expulsion process.

Date: October 6, 2020  
Time: 9:00am to 3:00pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191560>

### **Diamond Safety Training**

This all-day workshop will take the school Diamond Safety Team (assistant principal, school resource officer, campus security, school counselor and school psychologist) on a journey jammed packed with teamwork exercises designed to educate and explore the roles of each Diamond Safety Team member. This dynamic, but sensible approach to school safety will take the participant through an actual case in which the application of a variety of prevention, intervention and response techniques and protocols proved to be critical to the outcome of the case. The participant will leap past the theory phase of school safety and land in the fast pace world of life-saving execution and decision-making. Topics will include, but are not limited to Threat Assessment, Stop the Bleed, ICS, Campus Security and Covid-19, Options-Based Response Strategy and the use of technology in school safety.

Date: October 30, 2020  
Time: 9:00am to 3:00pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191782>



**PREPaRE - Crisis Intervention and Recovery: The Roles of School-Based Mental Health – Book 2:** This two-day workshop is designed to provide school-based mental health professionals with the knowledge, and to begin to develop, the skills needed to meet the immediate needs of students and staff following a school-associated crisis.

Dates: November 4, 2020 & November 5, 2020

Dates: February 10, 2021 & February 11, 2021

Time: 9:00am to 3:00pm

Location: Online training via Zoom

Registration link: November 4 and 5, 2020 – <http://sdcoe.k12oms.org/918-191582>

Registration link: February 10 and 11, 2021 – <http://sdcoe.k12oms.org/918-191683>

**Legislative Update - Laws, Policies, Notifications and Implementation:** Each year, new legislation impacts the daily operations and systems in our public schools. As the majority of these laws go into effect in the middle of the school year, county, district, charter and school site leaders are faced with many challenges in keeping track and complying with these laws. The primary focus of this legislative update will be on new laws affecting the areas supported by student services/child welfare and attendance staff.

Date: November 17, 2020

Time: 9:00am to 3:00pm

Location: Online training via Zoom

Registration: <http://sdcoe.k12oms.org/918-191550>



**Threat Assessment:** This workshop will review the Virginia Student Threat Assessment Guidelines which have been recognized on the SAMHSA's National Registry of Evidence Based Programs and Practices. The Virginia model provides a practical, site-based team approach for conducting thorough, accurate assessments of students' threats of violence. Team member roles, actions steps, documentation and follow-up support will be addressed, and sample district and site protocols will be provided.

A complete site-based threat assessment teams should include a school administrator, school psychologist, school counselor and/or school social worker and a police officer.

Date: November 18, 2020  
Date: March 18, 2020  
Time: 9am to 3pm  
Location: Online training via Zoom  
Registration: November 18, 2020 – <http://sdcoe.k12oms.org/918-191700>  
Registration: March 18, 2020 – <http://sdcoe.k12oms.org/918-191705>

**InterDistrict Transfer Essentials:** This workshop will cover the laws, policies, and procedures related to residency, interdistrict transfer, and appeals to the San Diego County Board of Education.

Date: January 11, 2021  
Time: 9am to 12pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-171299>

**Chronic Absenteeism - Data Analysis, Best Practices and Strategies:** This workshop will address how local education agencies can analyze multiple measures of attendance and implement age-appropriate strategies within a multi-tiered system of support to meet the needs of students with persistent school attendance problems. Participants will be guided through the initial development of an attendance improvement plan.

Date: January 12, 2021  
Time: 9:00am to 1:00pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191549>



**Comprehensive School Safety Planning:** Will take an in-depth look at the legal requirements for Comprehensive School Safety Plans (CSSP). Participants will be guided through the mandated development and annual review process, as well as a component by component look at each of the required CSSP elements.

Date: January 20, 2021  
Time: 9:00am to 1:00pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191587>

**Section 504 Training - Policies, Procedures, Plans and Practices:** This interactive training will provide participants with policy considerations and best practices in the identification, evaluation, eligibility, review, and exit process related to Section 504. Participants will also practice applying their skills and knowledge in real case scenarios.

Date: February 2, 2021  
Time: 9:00am to 3:00pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191573>

**Active Shooter TOT Training:** This is a workshop for school employees on Options Based Responses for Schools in Active Shooter and other armed assailant situations. It will lead their school or school district through the planning process needed to support the implementation of this approach.

Dates: March 29, 2021  
Time: 9am to 3pm  
Location: Online training via Zoom  
Registration: <http://sdcoe.k12oms.org/918-191685>



## Student Wellness & Positive School Climate

### **Commercial Sexual Exploitation of Children (CSEC) Awareness Training for**

**Educators:** This training is designed to provide participants with awareness and education to identify and support students who can be at-risk or victims of CSEC. Topics include: Defining human trafficking and sex trafficking, risk factors and vulnerabilities, recruitment, warning signs, social and emotional dynamics of CSEC, addressing the growing problems of victims of Commercial Sexual Exploitation through a law enforcement's approach, CSEC and schools, and mandated reporting.

**Dates:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**

### **Commercial Sexual Exploitation of Children (CSEC) - Engaging Students Involved in**

**CSEC:** Learn how to work more effectively with students who have experienced or been involved in CSEC. Topics covered: definitions and concepts, trauma and child welfare services, recruitment tactics and techniques, demand, pimp control, understanding victims, trauma bonding, engagement and practice strategies for working with students involved in CSEC, resilience building, and resources.

**Dates:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**

### **GLSEN 1.0 - Creating a Safe Space for Lesbian, Gay, Bisexual, and Transgender Youth 1.0**

Topics covered in this training include: Current federal and state laws that address bullying and harassment, how to take a stand against bullying and harassment in schools, bullying that targets LGBT (Lesbian, Gay, Bi-Sexual and Transgender) youth, what it means to become an "ally" to LGBT youth, how to comply with the Fair Education Act – SB48 and The Success and Opportunity Act – AB1266, which mandates the contributions of LGBT people into the curriculum and ensures fair opportunities for transgender students.

**Dates:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**



**No Cost**

**GLSEN 2.0 - Creating a Safe Space for Lesbian, Gay, Bisexual, and Transgender Youth 2.0**

Topics covered in this training include: “REAL” life case studies dealing with issues of LGBTQIA students in schools, intersectionality: racism, sexism and their relationship to LGBTQIA discrimination, the school prison pipeline as it relates to our students and the hope for Restorative Justice, focus on SB48 and the importance of inclusive curriculum for all students, forum to discuss challenges, concerns, as well as what has worked on participants’ sites.

**Date:** TBD

**Time:** TBD

**Location:** *All trainings will be conducted via Zoom.*

**Registration:**

**No Cost**



**“QPR: Question, Persuade & Refer” Gatekeeper Training for Suicide Prevention:** Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year, thousands of Americans like you are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in this Gatekeeper course in as little as 90 minutes.

**Locations:** *All trainings will be conducted via Zoom.*

**Dates, times, and registration links:**

September 24, 2020 (1:30-3:00) - <http://sdcoe.k12oms.org/918-189898>  
October 15, 2020 (10:30-12:00) - <http://sdcoe.k12oms.org/918-189902>  
November 19, 2020 (1:30-3:00) - <http://sdcoe.k12oms.org/918-189903>  
December 10, 2020 (10:30-12:00) - <http://sdcoe.k12oms.org/918-189904>  
January 21, 2021 (1:30-3:00) - <http://sdcoe.k12oms.org/918-189906>  
February 18, 2021 (10:30-12:00) - <http://sdcoe.k12oms.org/918-189907>  
March 18, 2021 (1:30-3:00) - <http://sdcoe.k12oms.org/918-189908>  
April 15, 2021 (10:30-12:00) - <http://sdcoe.k12oms.org/918-189909>  
May 20, 2021 (1:30-3:00) - <http://sdcoe.k12oms.org/918-189910>  
June 1, 2021 (10:30-12:00) - <http://sdcoe.k12oms.org/918-189911>

**No Cost:** Pre-registration is required.

**Youth Mental Health First Aid:** Sometimes, YOU are the First Aid! A young person you know could be experiencing a mental health challenge or crisis. You can help them. You are more likely to encounter someone — a friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a five-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

**Dates:** TBD

**Time:** TBD

**Locations:** *All trainings will be conducted via Zoom.*

**Registration:**

**Cost:**