

A **FREE** professional development opportunity for 4-H youth development professionals, school educators, and community organizations.

Helping Youth in Times of Crisis and in the Aftermath of Hurricanes!

Sponsored by:



7-Dippity

Custom Educational Programs & Materials

The Louisiana 4-H Program is partnering with 7-Dippity, Inc. to provide FREE virtual based training and educational resources to help youth and our communities in the difficult times in the aftermath of the hurricanes and COVID. ***All trainings will be recorded and made available to registered participants.*

Register online at
<https://bit.ly/3llvQQu>



DECEMBER 14, 2020, 1:00 – 4:00 pm

Impact of Trauma on Youth: Lessons Learned and Implications for Promoting Resilience in Youth

This workshop will provide an overview of research and lessons learned from previous disasters regarding their impact on children and adolescents' emotional functioning and physical health. A framework will be presented for understanding how best to intervene with youth and promote resilience during times of stress, such as after Hurricane Laura and during the current COVID pandemic. This workshop will also provide information on how best to utilize the After The Storm material.

Facilitators: Annette M. La Greca, Ph.D., ABPP; Distinguished Professor of Psychology and Pediatrics, University of Miami and Scott Sevin, President of 7-Dippity

DECEMBER 15, 2020, 2:00 – 5:00 pm

Supporting Youth Mental Health Through A Trauma-Sensitive Lens

This session will provide an overview of what to expect from students' social, emotional, and behavioral functioning after Hurricane Laura and how a "trauma-informed" lens can be used to promote student resilience, connection, and wellbeing. Linkages between trauma exposure and behavior will be highlighted, as well as other observable warning signs that students might need extra mental health support. Some specific social-emotional learning (SEL) strategies will be highlighted for use in classroom or other group settings.

Facilitators: Elizabeth H. Connors, Ph.D., Assistant Professor of Psychiatry (Psychology Section), Child Study Center at the Yale School of Medicine and Scott Sevin, President of 7-Dippity

DECEMBER 16, 2020, 9:00 am - 12 noon

Strategies for Selfcare: Key Lessons Learned From Previous Disasters

Caring for the mental health needs of Extension, school staff and other adults working with children is vital during a highly stressful period, such as after Hurricane Laura and during the COVID-19 pandemic. A key lesson learned from previous disasters demonstrates that educators are not going to be at their best teaching and supporting their students if they are not okay themselves. Supporting long-term recovery for youth begins with supporting the wellbeing of the adults they will be working with. This workshop will provide lessons learned from previous disasters, specific strategies for engaging in self-care, and additional ideas and tools for supporting adult mental health needs.

Facilitators: Elizabeth Granzow, MSW and Scott Sevin, President of 7-Dippity