

YIC WEBINAR SESSION TWENTY-NINE



December 14, 2022



ADA Compliant: 2/2/2023



AGENDA

- Welcome, Mindfulness Moment and Introduction of Presenters – Amanda Charlesworth, USBE YIC Program Specialist
- Restorative Practices: Compass of Shame and Affect Psychology – Amy Steele-Smith, USBE Prevention Specialist
- Substance Use Prevention Refresher and Updates – Clarissa Stebbing, USBE Prevention Specialist

Mindfulness Tips During the Holidays:

- Practice active listening
- Be open to the emotions of others and yourself
- Let go of judgment—both for yourself and others
- Balance the “shoulds” with awareness of your own needs
- Practice self-compassion



PRESENTER INTRODUCTIONS





Amy firmly believes that 99.9% of the population wants to be successful. Children want others to be proud of them and they want to do a good job. She looks for and loves to be part of teams that create the opportunity to make that a little easier for them. Amy graduated with a Bachelor's degree in Criminal Justice and a Master's degree in Social Work. She is licensed in the areas of School Social Work and Special Education and is currently working towards her Psychological Autopsy Certification.

Amy is part of the Utah State Board of Education Prevention team where she works with Board Members, Legislators and LEAs on policies regarding Bullying, Absenteeism, Human Trafficking, and Sexual Abuse Prevention efforts. She is a part of the State Crisis Response team and a member of the Domestic Violence Fatality Review Committee. She has worked with Native American Tribal Councils and enjoys working with marginalized populations.



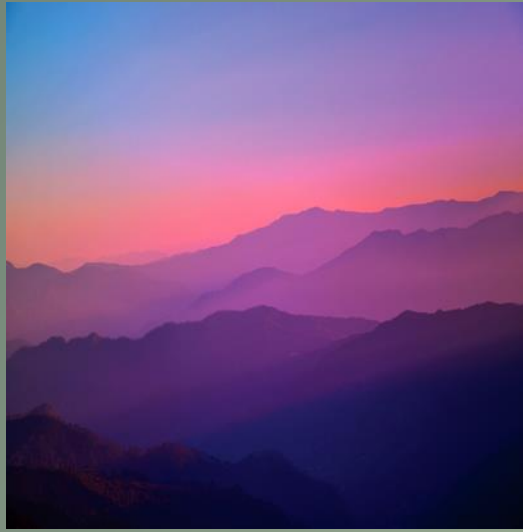


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Clarissa is a Prevention Specialist for the Utah State Board of Education (USBE). Her work at USBE is primarily focused on substance use prevention and she is responsible for the coordination of the Statewide underage drinking and substance abuse prevention program. Prior to joining USBE, she spent 11 years working at a non-profit mentoring organization where she coordinated mentoring programs within the community and within partnering schools' after-school programs. She has also worked at a substance use disorder treatment center for adolescents. She is a Certified Health Education Specialist (CHES) and her passion for health and wellness led her to graduate school at the University of Utah where she received her M.S. in Health Promotion and Education.

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Post-Training
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Questions?

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<https://schools.utah.gov/yic/contact>