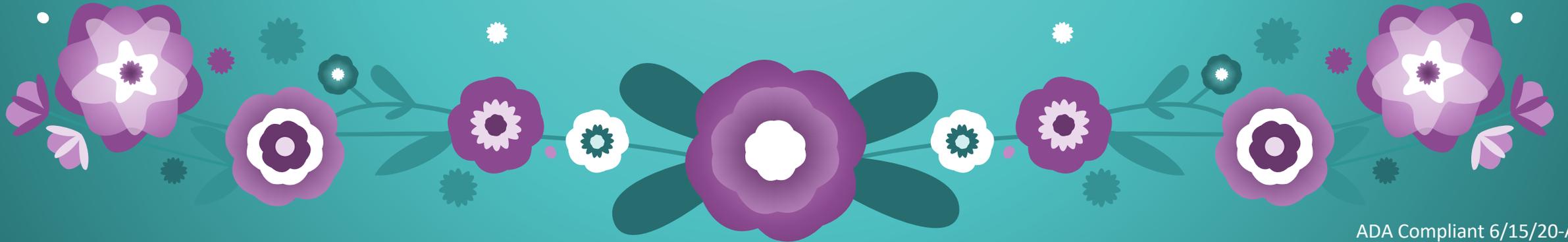


C&C Mentor Webinar Series: Session Two

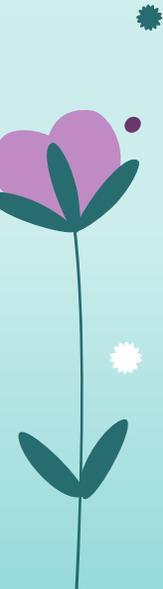
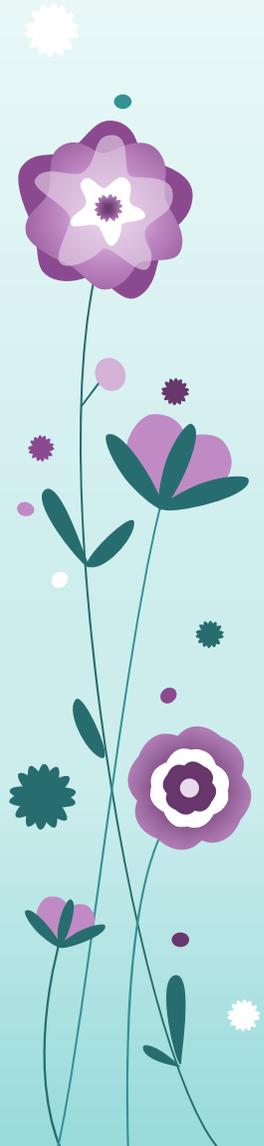
May 13, 2020

9:00am – 11:00am



Today's Agenda:

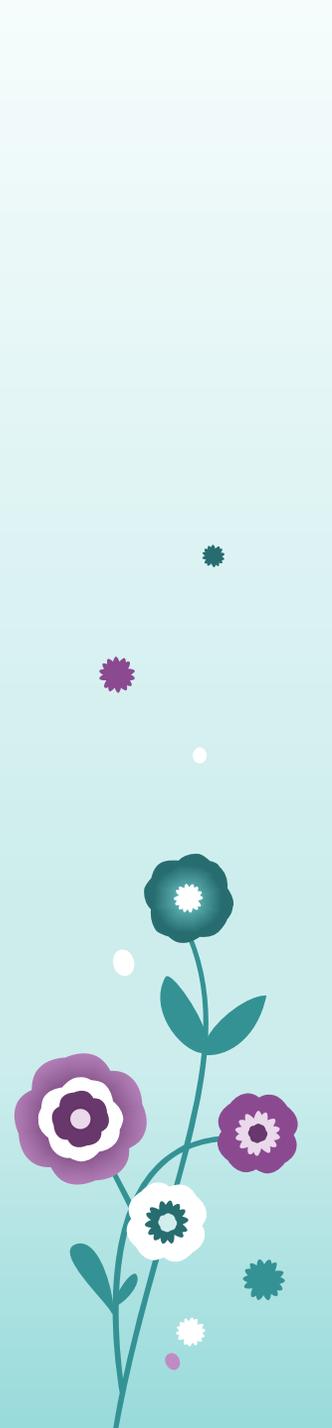
- Welcome and Mindfulness Moment – Amanda Charlesworth, Program Specialist YIC, USBE
- Trauma Informed Interactions: Tools to Use with Students – Tanya Albornoz, Prevention Specialist, USBE
- Motivational Interviewing – Clarissa Stebbing, Prevention Specialist, USBE
- Wrap-up and Reminders – Amanda Charlesworth, Program Specialist YIC, USBE





Mindfulness Moment

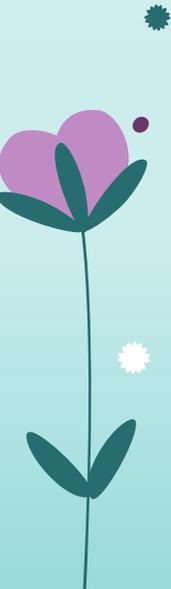
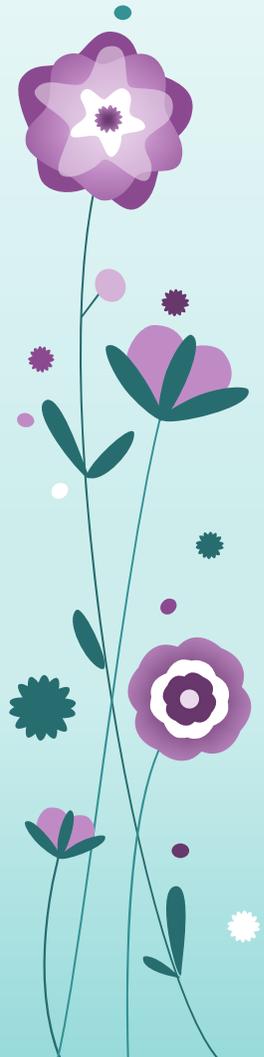
Audio from <https://www.youtube.com/watch?v=iebciuBXCh4>



Three Minute Guided Meditation



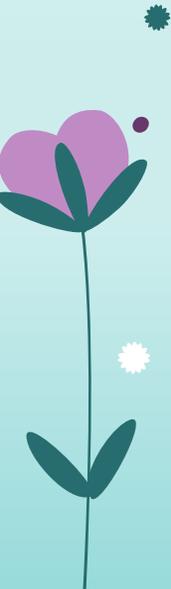
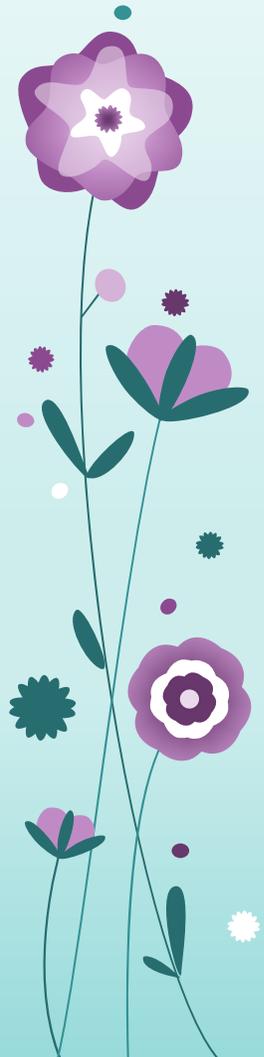
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Three Minute Guided Meditation

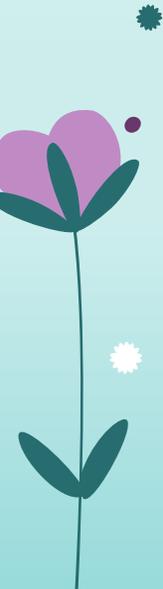


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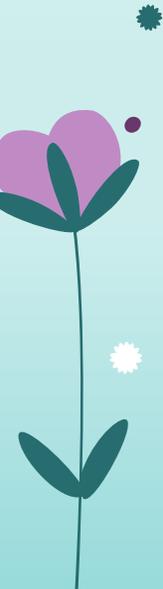
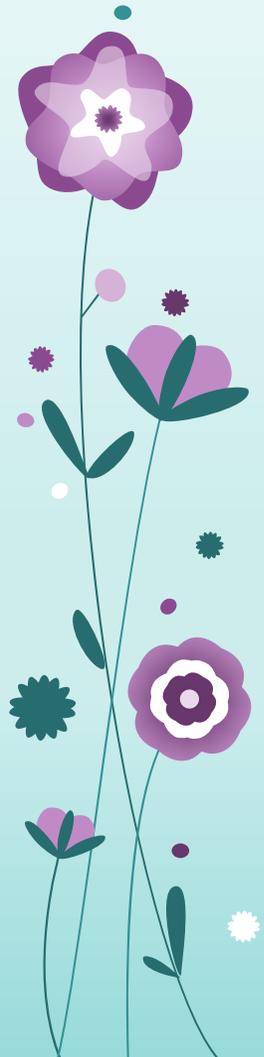


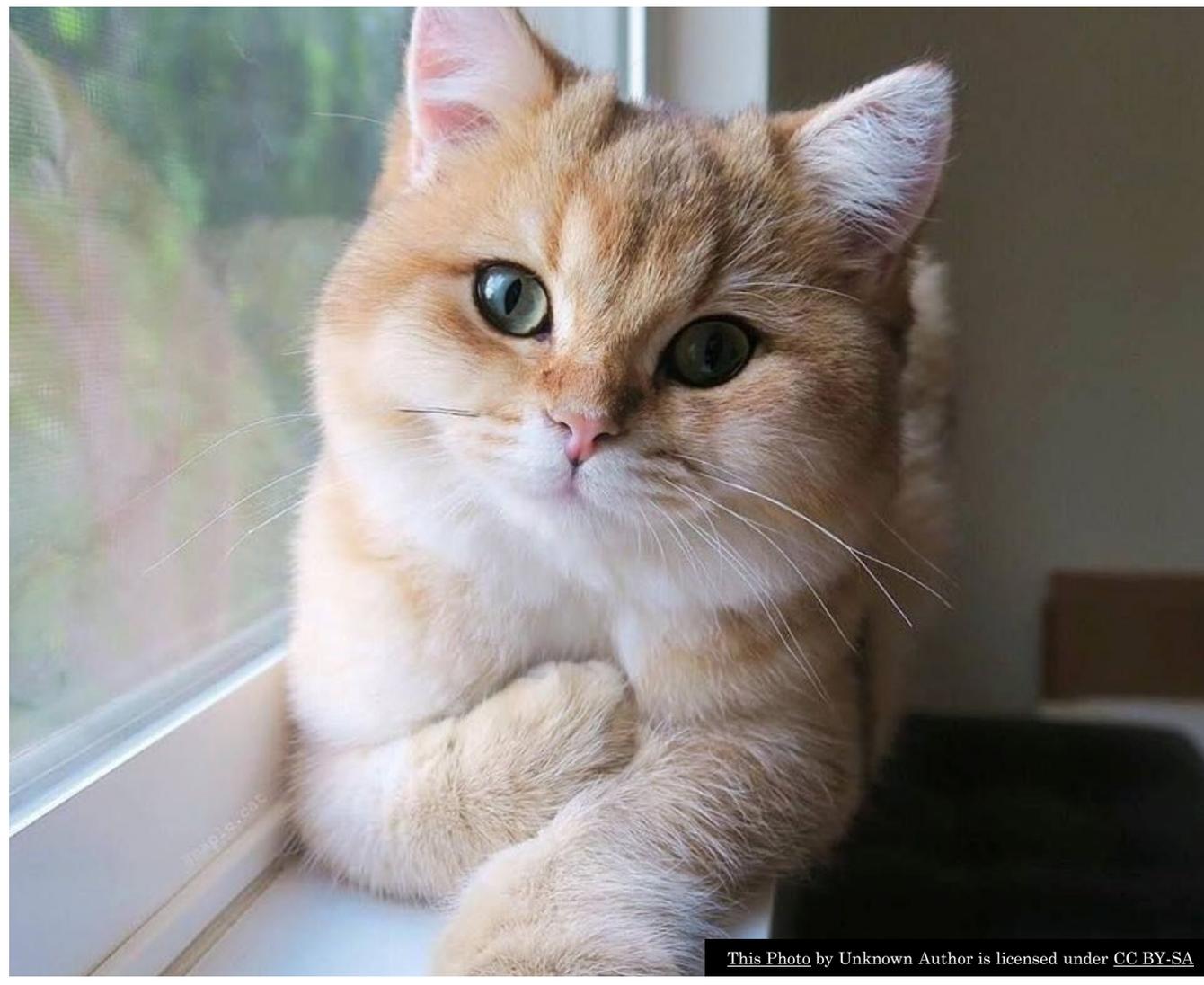


Three Minute Guided Meditation

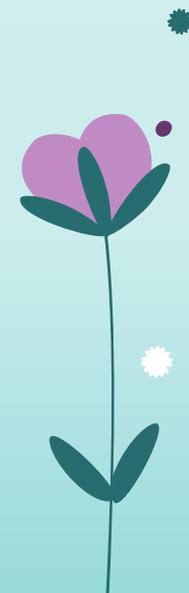


Three Minute Guided Meditation





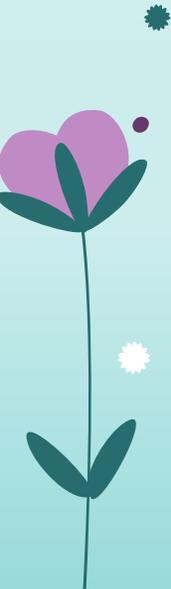
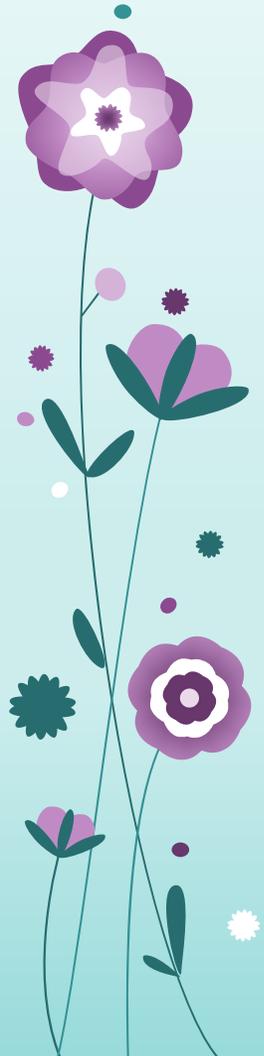
Three Minute Guided Meditation



Three Minute Guided Meditation



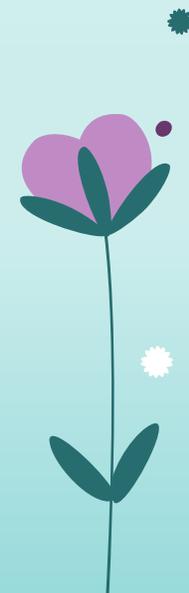
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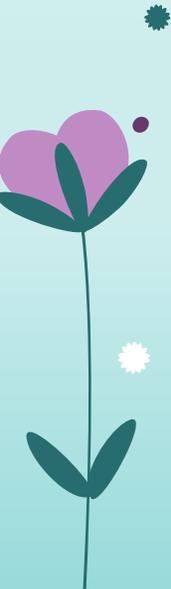
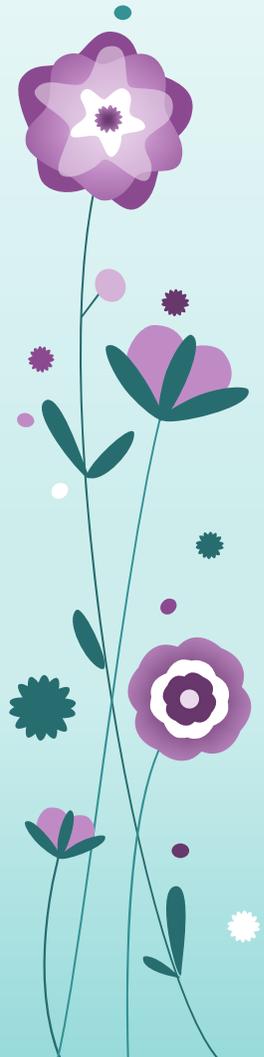
Three Minute Guided Meditation



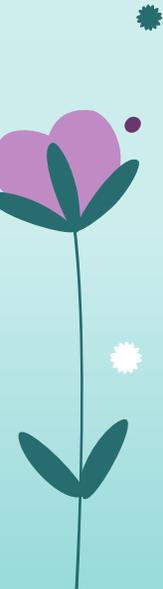
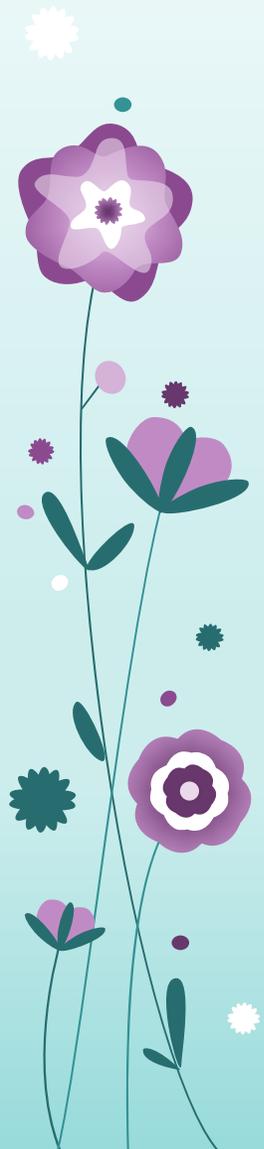
Three Minute Guided Meditation



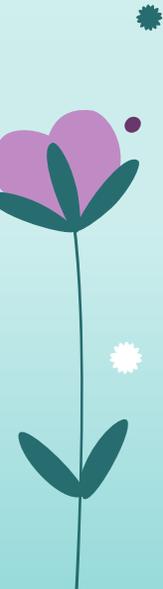
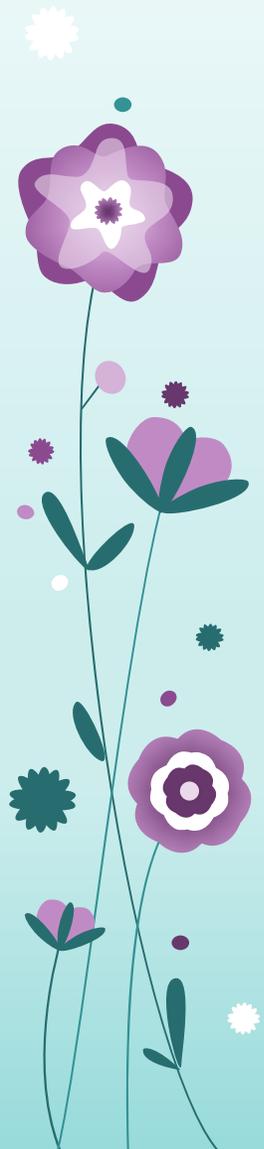
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Tanya Albornoz recently joined the Utah State Board of Education as a Prevention Specialist for at-risk students after 20 years of working in child welfare. Early in her career she worked as both a caseworker and a child welfare ombudsman. For the last 11 year, she held the position as the Foster Care Program Administrator for the Division of Child and Family Services, which included responsibilities such as training caseworkers and stakeholders; writing law and policy; overseeing contracts with partners; and researching and implementing best practice to improve Utah's child welfare system. During her time as Foster Care Program Administrator, Ms. Albornoz passionately worked to improve educational outcomes for children in foster care, and dedicated much of her energy to educating the foster care community and partners about the effects of trauma and how to counteract trauma by increasing protective factors. Tanya also recently finished her master's degree in Social Work at the University of Utah and is the mother of three beautiful daughters.



Clarissa Stebbing is a Prevention Specialist at USBE. She holds a MS in Health Promotion and Education and is a Certified Health Education Specialist. While at USBE, her focus has been primarily on substance abuse prevention and is responsible for the coordination of the statewide underage drinking and substance abuse prevention program. Prior to joining the prevention team at USBE, Clarissa spent 11 years working at a non-profit mentoring organization where she coordinated mentoring programs at partnering elementary schools, community based programs, and partnered with other substance abuse prevention/intervention community organizations. She also had the opportunity to be a mentor to a precocious, fun-loving student for over 5 years. She loves traveling, hiking, yoga, and going out to eat with family and friends.



Post Training Survey Link:

<https://forms.gle/mX4QkJFJFqskR89T7>



C&C Webinar Series:

- **Session Three: May 27, 2020 from 9:00am-11:00am**
 - SMART Goals that are Relevant to YIC & At-Risk Students – Trina Cotterman, YESS Mentor, Granite School District
 - Human Trafficking/Warning Signs of Abuse with Corby Eason, Prevention Specialist, USBE
- **Session Four: June 10, 2020 from 9:00am-11:00am**
 - Substance Abuse Prevention: How Mentors Can Make a Big Difference – Clarissa Stebbing, Prevention Specialist, USBE
 - Gang Involved Youth, One Caring Adult Away from Success – Cecily Hallman, YESS (YIC) Mentor, Granite School District
 - Protective Factors Part 1 – Tanya Alborno, Prevention Specialist, USBE
- **Session Five: June 24, 2020 from 9:00am-11:00am**
 - LGBTQ+ Safe Messaging and Supports - Amanda Darrow, Utah Pride Center Director Of Youth & Family Programs
 - Protective Factors Part 1 – Tanya Alborno, Prevention Specialist, USBE
 - Building Bridges with DCFS – Darice Peterson, DCFS