

# **ATTENTION TOTEM MEMBERS!!**



***WE'RE BETTER TOGETHER***  
**2019 TOTEM Spring Conference**  
Monday, March 11th & Tuesday, March 12th, 2019  
8 am to 5 pm at UAA Campus



*Dear TOTEM Employee,*

TOTEM is pleased, once again, to present the registration packet for the TOTEM Spring Conference. **All employees (including less than 8 hour) will be paid for the hours they attend the conference.** Please take a moment to read the following notes regarding this year's conference and give the TOTEM Office a call at 562-1183 if you have further questions.

**ALLERGIES:** Out of courtesy for those with allergies, please refrain from wearing perfumes or other fragrances to the TOTEM Conference.

**BROWN BAG LUNCHES:** Lunches will not be offered at the TOTEM Spring Conference this year. TOTEM will provide water during lunch. We will be offering limited door prizes, so we invite you to pack a lunch and join us. As in previous years, a light breakfast will be served before the conference.

**COMPUTER CLASSES:** We are pleased to be able to hold almost all of our computer classes at UAA this year.

**LOCATION:** This year's conference will be held at UAA Campus on 36th. Registration will be held in the Lucy Cuddy Hall (see map on page 2).

**PARKING:** At UAA, free and convenient parking is available (see map on page 2).

**REGISTRATION:** Registration can now be done from the comfort of your nearest computer. For members who wish to get a jump on the most popular classes, registration will begin promptly on Friday, February 15th, at 4:00 pm. **If your circumstances change and you cannot come to the conference, please log in and drop your classes so another member will have the opportunity to take the class.**

**VOLUNTEERS ARE ALWAYS WELCOME:** If you would like to help with morning registration, as a class assistant, with distributing tickets at lunchtime or if you have door prizes to donate, please call (562.1183) or email our office (totemassoc@gci.net).

**CHILDREN ARE NOT ALLOWED AT THE CONFERENCE:** As the TOTEM Spring Conference is considered and paid as a workday, please remain professional and **do not bring children** with you to the conference.

**ASL INTERPRETER REQUESTS:** If you are in need of an interpreter for the Spring Conference, please email your request (after enrolling on MLP), with a list of desired classes, to Peggy Perkins (perkins\_peggy@asdk12.org). **Requests must be submitted by Friday, March 1, at 4 pm.** If you miss the deadline and still wish to attend the conference, you will have to choose between classes that have already been assigned an interpreter.

## More Important Conference Information...

### **MLP Registration Deadline - March 1!!!**

Here is a quick reference on how to log on to MLP:

- Log in to [www.mylearningplan.com](http://www.mylearningplan.com). If you don't know the username or password for your MLP account, contact PL (742-3846).
- Click on the District Catalog (under Activity Catalogs) in the left column.
- Under Search Options, type "TOTEM Spring Conference" in the search box, then click "Search." DO NOT change the dates already entered.
- All classes will be listed here after 4 pm on Friday, February 15, and until 8 pm, Friday, March 1.
- PLEASE NOTE: If you cannot see a list of classes, make sure that TOTEM is listed as your "Union Affiliation" by clicking on "My User Profile" in the left hand column of the home page.

**Registration on MLP is required and open to TOTEM employees only.**

Where to go at UAA on  
March 11th & 12th:

**Register here!**

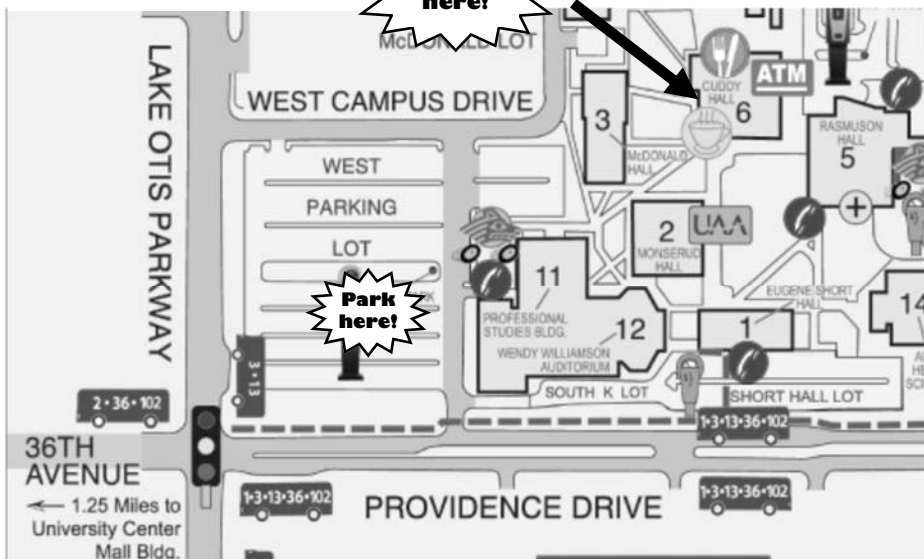
During Lunch at the Spring  
Conference....

MONDAY we will be awarding the 2019/20 \$250 Professional Growth and \$500 Continuing Education Member Scholarships.

TUESDAY we will be accepting nominations from the floor for the following TOTEM Board of Director positions:

- President
- Secretary
- Member at Large - Instructional
- Member at Large - Non Instructional

Prior to the Conference you may also nominate yourself or another TOTEM member by sending an email to [totemassoc@gci.net](mailto:totemassoc@gci.net) or by faxing the Nomination Form to 562-0688. The form and other information are available on the TOTEM website at [www.totemassoc.org](http://www.totemassoc.org).



### **HOW TO BE SURE YOU ARE PAID FOR ATTENDING SPRING CONFERENCE:**

The only way you will get credit and be paid for attending the conference is to:

- **Be registered for each session** you attend on MLP and
- **Sign in and out** on the official class rosters at each session attended.

**There will not be any certificates of attendance/completion given at the conference.** TOTEM staff will confirm your attendance on MLP. You will be able to print verification of attendance from MLP starting Monday, March 18th.

**You must be registered** in My Learning Plan to have admittance into a session. There will be staff available to register you for classes at the conference on Monday and Tuesday if necessary, but session availability will be very limited. Classes fill quickly and we encourage you to pre-register on MLP. If staff registers you into MLP on Monday and Tuesday at the conference, you will be given a paper admission slip for the session(s). That slip must accompany the class roster with your signature. **Please note: Monday and Tuesday registration is for new registrations only. No changes will be made to existing registrations.**

The only way TOTEM staff will confirm your attendance in MLP is by having the verification of session registration in MLP, your signature on the class rosters and, in the case of a Monday and/or Tuesday late registration, the session admission slip.

### **SPRING CONFERENCE BASKETS**



After past year's successes, TOTEM has decided to hold another basket silent auction. TOTEM will

donate all the proceeds from the auction to Breast Cancer Research.

Please have a designated TOTEM representative from your school email us by March 9th to let us know:

- That you are doing a basket
- The names of the participants helping with the basket.

Email: [totemassoc@gci.net](mailto:totemassoc@gci.net)

# EmpCenter Totem Conference Job Aid

## Employee Totem Conference Directions using EmpCenter

Employees who have attended the Totem conference must enter a Professional Leave request in EmpCenter, and the instructions are provided below.

1. Login to My Learning Plan (MLP) to verify your conference sessions times, and print them.  
<https://www.mylearningplan.com/Index.html>

2. Login to EmpCenter and **create a leave request** for Professional Leave.
  - ◆ In the **comments** section, type “Totem Conference” and select **Next**.

3. **Change the hours** to match your MLP hours. Select **Update**.

Action	Date	Pay Code	Hours
	Mon 03/09/2015	Professional Leave	7.5
	Tue 03/10/2015	Professional Leave	3.5

4. Select **Submit**.
  - ◆ If your conference hours are more than your normal scheduled hours you may get a warning. Click **Submit** and the request will process.

5. Turn in your MLP verification to your Timekeeper. Once your supervisor has approved the leave request, the Timekeeper will verify that the time matches your MLP verification.
  - ◆ **Timekeepers:** If the conference hours are over the normal scheduled hours you will need to acknowledge the Exception for the time to be paid.

Date	Exception Message	Severity ▲	Acknowledge
Mon 03/09	7.50 hours reported exceed 3.50 scheduled hours for the day by more than 15 minutes. Timesheet will not be paid unless overridden by manager.	Error (not paid)	<input type="checkbox"/>

Session	Mon-AM			Mon-PM			Tues-AM			Tues-PM		
	A	A1	A2	B	B1	B2	C	C1	C2	D	D1	D2
50 Shades of Gray Matter: Brain, Part 1							8:00-11:50					
50 Shades Grayer: Brain, Part 2										1:10-5:00		
ASD Laptop Device Overview & ASD Applications					1:10-3:00	3:10-5:00						
Basic Behavior Interventions	8:00-11:50						8:00-11:50					
Basic Investment Education/Steps to Building an...			10:00-11:50								1:10-3:00	
The Basics of Emotions: Tears, Terrors and a Terrific...	8:00-11:50											
Be The Leader of Your Own Ship	8:00-11:50											
Building Resilience Against the Traumas of Life									10:00-11:50			3:10-5:00
Classroom Support Using American Sign Language, L 1							8:00-11:50					
Classroom Support Using American Sign Language, L 2										1:10-5:00		
Communication Without Wounds			10:00-11:50			3:10-5:00						
Dare to Be the One			10:00-11:50						10:00-11:50			
Email Etiquette					1:10-3:00	3:10-5:00						
EQ (Emotional Intelligence) In the Workplace							8:00-11:50					
FASD: Fetal Alcohol Spectrum Disorder		8:00-11:50		1:10-5:00								
First Aid/CPR	8:00						8:00					5:00
First Aid/CPR Recertification	8:00-11:50			1:10-5:00						1:10-5:00		
FLIP IT Training	8:00											
Improving Life Using Simple Self-Care Tricks		8:00-9:50			1:10-3:00							
Inclusion: The Classroom and Beyond		8:00-9:50						8:00-9:50				
Introduction to Basic Sign Language	8:00-11:50			1:10-5:00								
Introduction to Defined Contribution Retirement...									10:00-11:50			
Introduction to the PSP (Professional Standards...								8:00-9:50				
An IT Panel: Come Get Your Questions Answered!					1:10-3:00							
The Mindful Brain: Teaching Children to Be Mindful				1:10-5:00								
Navigating the ASD Login Portal & JIRA Support...		8:00-9:50	10:00-11:50									
Nonviolent Crisis Intervention							8:00					5:00
Nonviolent Crisis Intervention Refresher	8:00-11:50											
PERS: The Retirement Process								8:00-9:50				
Prompt & Prompt Fading							8:00-11:50			1:10-5:00		
Promoting Social & Emotional Competence in Early...							8:00-11:50			1:10-5:00		
Pump Up Your Alacrity with Grit								8:00-9:50			1:10-3:00	
Read & Write for Google Chrome		8:00-9:50	10:00-11:50									
Reboot Your Hard Drive										1:10-5:00		
Reinforcement Techniques	8:00-11:50			1:10-5:00								
STAR (Strategies for Teaching Based on Autism...				1:10-5:00						1:10-5:00		
Understanding Your District Benefits & the Vera...									10:00-11:50		1:10-3:00	
Youth Mental Health First Aid	8:00						8:00					5:00
Zones of Regulation				1:10-5:00								

**50 Shades of Gray Matter:  
Brain, Part 1**

Deborah Maynard  
Session C

Learn new and amazing information about the human brain! Develop an understanding of how neurological functioning can go right and wrong. Learn about some commonly used drugs and how they affect brain function. Find out about the different kinds of brain waves, perception, memory and the development of intelligence.

**50 Shades Gray:  
Brain and Your Senses,  
Part 2**

Deborah Maynard  
Session D

Discuss memory, how it can be altered and lost. Find out the secrets of emotion and their chemical basis. Look closer at perception through the eyes, ears, mouth and touch. See how sensory integration can be helpful and destructive. Learn about circadian rhythm, the effects of natural and artificial light on sleep and see how healthy sleep cycles benefit brain development and function. Discuss how physical movement affects the senses, learning and memory. Get a historical perspective on brain-based learning. Please note: *it is helpful, but not necessary*

*that you participate in Part 1 before taking Part 2.*

**ASD Laptop Device  
Overview & ASD  
Applications**

Joe Michael  
Sessions B1, B2

Learn basic and intermediate functionality of your ASD issued laptop. IT will also give you tips and guidance for best use practice. Than IT will give generalized guidance on usage of standard ASD applications pertinent to front office/admin positions. This will be a good forum for how-to questions related to applications. Come and get your questions answered! PLEASE NOTE: You must already have an ASD issued laptop to participate in this class. One will not be provided for you.

**Basic Behavior  
Interventions**

Tia Jennings, Taryn Simmons, &  
Katy Bakker  
Sessions A, C

Problem behaviors in your schools? This session will focus on basic interventions and supports that you can use when you are working with students exhibiting challenging behavior. We will also review the processes and supports available in the district and how you can gather information that will help get better plans in place for these students.

**Basic Investment  
Education/Steps to  
Building an Investment  
Strategy**

Thai Waltey  
Sessions A2, D1

These seminars discuss stocks, bonds, cash equivalents, mutual funds, and how they work. They discuss the different types of risk, and how to build a personalized investment strategy through asset allocation and diversification. These seminars are appropriate for those who wish to be educated on the basics of investing, whether they are just starting their career, or closing in on retirement. This session is given in tandem with a 403b Enrollment Round-table: Whether you are a new employee or preparing to retire, you may have some questions regarding your optional Anchorage School District 403(b) retirement plan. Please join Great-West Retirement Services for an informal Q & A session to answer some of the questions you may have. Great West Retirement Services will cover various topics including contribution limits, distribution options, advisory services, online resources and other details regarding your ASD 403(b) retirement plan.

**The Basics of Emotions:  
Tears, Terrors and a  
Terrific Day**

Deborah Maynard  
Session A

This presentation will cover Emotional Intelligence and why it is important to unlock the myths surrounding emotions as well as building mindfulness in children, creating mental toughness and mitigating mood swings. You will learn the physiology of emotions and the social necessity of emotional responses along with a glimpse into body language and the chemical interactions that may control our behavior. See an overview of the new Peace in the School program based on understanding mindfulness and student's emotions.

**Be the Leader of Your Own  
Ship**

Karen Kirk  
Session A

Come to this workshop to find out how to ensure you are the writer, producer and director in your own life play. Identify where what-we-do comes from and what parts of our behavior we can change... and what may be significantly challenging (!) to change. Uncover what drives who-you-are and learn how to identify meaningful goals. Learn how to change barriers into goals. Identify 5 mental checkpoints to ensure we

reach our goals and listen to the *11 Distressing Myths & the 5 Cognitive Distortions...* and discover which of those may get in your way. Find out 7 ways to increase self-confidence!

**Building Resilience  
Against the Traumas of  
Life**

Ruth Schoenleben  
Sessions C2, D2

*When life hits hard, can you bounce back? This workshop will increase your life skills so you will have a treasure chest of tools to draw from and get you through the adverse experiences that come your way.* In this interactive session, participants will: 1) Understand the need to Build Resilience; 2) Receive tricks-of-the-trade to help them power through a crisis; 3) Ascertain how to find their worth and use it as a defense mechanism against the negativity that comes their way; 4) Discover how to "fight on" when they feel alone; and 5) Hear first-hand stories of "heroes" who became great in spite of many, many set-backs.

**Communication without  
Wounds**

Ruth Schoenleben  
Sessions A2, B2

*This workshop provides tools to understand how people think and why relationships work or fall apart. This is a*

*practical, interactive workshop aimed at helping the participant discover ways to not offend, not take offense, listen effectively, and process conversations in a healthy way.* This is a practical, very interactive workshop aimed at helping the participant discover ways to communicate and: 1) Learn how to not offend those to whom they are talking; 2) Learn how to process emotional memories so they don't become wounded unnecessarily; 3) Learn to listen beyond the words and to the heart of what someone MEANS to say; and 4) Learn to develop healthy relationships instead of shattering them unnecessarily.

**Classroom Support Using  
American Sign Language  
Level 1**

Lee Waters  
Session C

This is an Intermediate level class for those who have already taken the Intro to Sign Language Session. Those taking this class will learn both basic content and functional skills vocabulary required for students to use in the classroom setting as well as learn common daily phrases in ASL.

**Classroom Support Using American Sign Language**

**Level 2**

Lee Waters  
Session D

This is an advanced class for those who have taken the Level 1 -Intermediate ASL classes in the past at the TOTEM conference. This class will allow attendees to expand their knowledge base of content/functional skill signs through practiced scenarios of conversational para-student dialogue and creation of ASL materials to support student learning.

**Dare to Be the One**

Shelly Vendetti-Vuckovich  
Sessions A2, C2

Join this presentation to talk about child abuse, what is being done, what can be done and how everyone can be part of the solution by raising awareness, at the very least. This presentation will help you by sharing resources and discussing the Alaska toolkit. Come find out how you can be part of the solution.

**Email Etiquette**

Karen Kirk  
Sessions B1, B2

90% of all our communication is now email based...But less than 10% of the professional population is trained in email-usage!? Learn Do's & Don'ts of email usage and learn how to

manage your inbox – rather than having it manage you! Be more organized; more efficient; more appropriate & spend less time on email!

**EQ (Emotional Intelligence) in the Workplace**

Karen Kirk  
Session C

Is how you see yourself... how others see you? Where do our emotions (really) come from? Do you choose how you respond... or are you letting your emotions choose? Learn how to make rational vs. emotional decision making. Identify what motivates you. Increase your ability to relate better to others (raise your social radar). Improve overall relations with peers, students and administrators. Improve your relationship with yourself and Increase your overall sense of well-being!

**FASD: Fetal Alcohol Spectrum Disorder**

Catherine Mannix  
Sessions A, B

This presentation will include an overview of Fetal Alcohol Spectrum Disorders, challenges in the classroom, and strategies to address learning needs and behaviors. It will include a video presentation, a guest speaker, an introduction to the ASD Online Resources and a period of Q&A to

problem solve issues and solutions.

**FLIP IT® Training**

Katherine Staples & Kimmer Ball  
Session E

FLIP IT® is a strategy that includes four supportive steps to help young children learn about their feelings, gain self-control, and reduce challenging behavior. This training was developed by the Devereux Center for Resilient Children. This training is interactive, fun, and worthwhile for any staff members working with young children with challenging behaviors. Audience: Elementary TAs, and Tutors

**First Aid/CPR**

TOTEM Board  
Sessions E, F

This session provides certification in First Aid and CPR to meet the requirements of the TOTEM contract. To receive your certificate you must attend all day.

**First Aid/CPR Recertification**

TOTEM Board  
Sessions A, B, D

This session provides recertification in First Aid and CPR to meet the requirements of the TOTEM contract. **You must have a current First Aid/CPR card**

**with an expiration date of March 1, 2019, or later.**

**Improving Life Using Simple Self-Care Tricks**

Ruth Schoenleben  
Sessions A1, B1

Each and every one of us faces challenges from day to day. It might be as simple as running out of lunch supplies or spilling on our work clothes as we walk out the door or as perplexing as facing a financial deficit, a stressful work environment, a relationship issue, or a time management challenge. This multi-faceted, interactive workshop will provide attendees with tools to turn life challenges into opportunities. There will be an emphasis on activities that help us build a healthier life style and teach us to enjoy a deep, belly laugh now and then.

**Inclusion: The Classroom and Beyond**

Shelly Vendetti-Vuckovich  
Sessions A1, C1

Practicing Inclusion looks different in every school; however entire communities reap the benefits of this practice. Learn to lay a foundation of Empathy through awareness and education specific to students with unique challenges; visible or not.

Learn about schools: where this approach is creating a world of change. Be Fearless, Be Kind is an international effort and many resources will be shared along with a Pledge which can be customized for your own school. Our end goal should be a kinder community where unique students feel valued and the community in general enjoys a level of empathy and success.

**Introduction to Basic Sign Language**

Lee Waters  
Sessions A, B

This a 4 hour workshop that will enable participants to learn basic sign language skills including their name sign, numbers, letters and basic vocabulary as well as every day phrases that are useful for the classroom setting. This workshop will also provide a brief history of sign language through understanding deaf culture and trivia. There will be breakout sessions to include practice activities and generating needed vocabulary (signs) for classroom application. A couple of breaks will be provided.

**Introduction to Defined Contribution Retirement (DCRP) PERS Tier IV**

Becky Sheridan  
Session C2

This seminar is designed for Public Employees' Retirement System Tier IV and Teachers' Retirement System Tier III members who entered service after 7/1/2006. The interactive session covers this hybrid retirement plan and includes information about the defined contribution account, financial advice services, retiree insurance plans, Health Reimbursement Arrangement, occupational disability, eligibility, vesting, investment options, distribution and additional resources available.

**Introduction to the PSP**

Amey Tamagni  
Session C1

This workshop is for those who are new to the PSP Program only. The Professional Standards Program (PSP), which is offered through the National Association of Educational Office Professionals (NAEOP), provides TOTEM members an opportunity to earn an additional 2% to 7% pay. This well rounded program takes into account applicant education, work experience, association/ volunteer experience and Supervisor's evaluation. There are several educational options. This



workshop will help you get your materials ready for the May 15, 2015, deadline.

**An IT Panel: Get Your Questions Answered!**

Joe Michael  
Session B1

This panel is comprised of in-house IT leads and/or experts from Applications Support, Field Services (i.e. "boots on the ground" techs), and Service Desk (IT phone support). Come take this opportunity to ask support based questions in an open forum style session. Come put a face with the support team for TOTEM staff, and dialogue about whatever questions that you might have for your ASD IT Staff. Learn how to use your technology with confidence!

**The Mindful Brain:  
Teaching Children to Be Mindful**

Deborah Maynard  
Session B

Spend a few hours learning about mindfulness and how simple techniques can be practiced in the classroom and at home. Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children. Mindfulness builds resilience by giving children skills to help

them cope better with stress, as well as engage more fully with their physical and emotional selves and their world. Learning and practicing mindfulness improves general focus and behavior in many children and can facilitate emotional identification and growth in young kids.

**Navigating the ASD Login Portal & JIRA Support Ticketing Overview**

ASD IT Dept  
Sessions A1, A2

Come join IT and learn how to navigate the ASD Login Portal and how to create a support ticket in JIRA for best results. This will include a Q&A session. Come get your questions answered.

**Nonviolent Crisis Intervention**

Amanda Wilson &  
LaDonna Rees  
Session F

This training in Non-violent Crisis Intervention (NCI) is a program to provide for the care, welfare, safety, and security of everyone involved in a crisis situation. Staff will learn safe but effective techniques for physical management of students who are in crisis. This is inclusive of the CPI Behavior Crisis Model, Nonverbal Communication, Para verbal

Communication, Verbal Escalation Continuum, Precipitating Factors, Rational Detachment, Integrated Experience, Fear and Anxiety, Decision Making Matrix, and Disengagement Strategies. Wear comfortable clothing and footwear (no open-toed shoes).

**Nonviolent Crisis Intervention Refresher**

LaDonna Rees & Nicole Moyer  
Session A

\*\*Participants must have taken the NCI 1-day or refresher training in the previous school year. Please bring your blue card or evidence (MLP record). This training in Non-violent Crisis Intervention (NCI) is a program to provide for the care, welfare, safety, and security of everyone involved in a crisis situation. Staff will learn safe but effective techniques for physical management of students who are in crisis. This is inclusive of the CPI Behavior Crisis Model, Nonverbal Communication, Para verbal Communication, Verbal Escalation Continuum, Precipitating Factors, Rational Detachment, Integrated Experience, Fear and Anxiety, Decision Making Matrix, and Disengagement Strategies. Wear comfortable clothing and footwear (no open-toed shoes).

**PERS: The Retirement Process**

Becky Sheridan  
Session C1

This seminar is designed for Tier I members (hired 1/1/1961-6/30/1986), Tier II member (hired 7/1/1986-6/30/1996), and Tier III members (hired 7/1/1996 - 6/30/2006). The interactive session covers the retirement process, Voluntary Savings Plan, eligibility, vesting, service and benefit calculations, early and normal retirement, increasing service credit, survivor options, retiree insurance options, after retirement increases and the timing of benefits.

**Promoting Social & Emotional Competence in Early Childhood**

Katherine Staples & Kimmer Ball  
Sessions C, D

Participants will learn why it is important to be more intentional about teaching social emotional skills. Identify and practice strategies for supporting the development of friendship skills. Become familiar with different early-childhood problem-solving models and practice teaching and facilitating these skills. Learn how to help children to manage big feelings such as fear and anger in a safe and productive manner. Session will be conducted with a combination of discussion,

videos and small group practice.

**Prompting and Prompt Fading**

Lena Brower  
Sessions C, D

During this session we will look at instruction or non-verbal cues that evokes a particular behavior or response. We will be reviewing prompting, specific prompting strategies, how to effectively use prompts, and specific strategies for fading prompts. Key concepts will include: discriminative stimulus, stimulus control, prompting, prompt fading, errorless learning, and trial and error learning.

**Pump Up Your Alacrity with Grit**

Ruth Schoenleben  
Sessions C1, D1

*This is an interactive workshop designed to help you face STRESS, CONFLICT, & NEGATIVITY head-on.* The participants will learn: 1) To the recognize challenges and call them what they are...stress, conflict, disappointment, etc; 2) How to control their reactions and process the challenges of a day more positively; and 3) What GRIT is and how it heals the soul.

**Read and Write for Google Chrome**

Meghan Petrunic  
Sessions A1, A2

Come join this hands on class to learn all about Read & Write for Google Chrome. This software is available for all staff and students with the Anchorage School District and can be used at school as well as outside the district. Read & Write offers a range of powerful tools to help students and/or staff with reading, writing, studying and research. These tools include text to speech, word prediction, and picture dictionaries among others. This class will go over how to install the extensions and get started using Read & Write. Please bring a Chromebook from your site. The presenter will have a limited number of Chromebooks available to loan out for the class.

**Reboot Your Hard Drive**

Karen Kirk  
Session D

Come attend this class to identify what stress does to your physical body. Learn the different types of stressors and pinpoint primary causes for you. Look at the 6 areas of mental-wellness and determine what you need more of. Identify your own life-metaphors and how they can help you see things differently. Learn 10 different tips & techniques to re-balance your-self; re-set

your-brain and de-stress  
your-body.

**Reinforcement  
Techniques**

Lena Brower  
Sessions A, B

During this session, participants will learn how to most effectively use reinforcement, how to deliver reinforcers and learn about procedures in which you systematically reinforce one behavior over another. Key concepts will include: identifying reinforcers, schedules of reinforcement, differential reinforcement, and shaping.

**STAR (Strategies for  
Teaching Based on Autism  
Research)**

Tia Jennings, Taryn Simmons &  
Katy Bakker  
Sessions B, D

This training will provide a brief overview of the three elements of STAR; Discrete-Trial Training, Pivotal Response Training and Functional Routines. Participants will have the opportunity to practice collecting data, assigning lessons to students using the Learning Profile, etc. We will also have time to problem solve implementation hiccups. The training is open to anyone who has been already trained in STAR and is currently working in an SLC or LS classroom.

**Understanding Your  
District Benefits & the  
Vera Health Clinic**

ASD & Aetna  
Sessions C2, D1

This course will provide a brief overview of the District Health, Dental and Vision Benefits that are currently available to you. In addition, representatives from Alliant Employee Benefits and Vera Whole Health Clinic will be present to talk to you about selecting the best plan for you and your family, as well as the Vera Clinic experience. The course will discuss the important difference between the PPO and Consumer Driven Health Plans (CDHP), using the Vera Clinic for Preventive, Primary and Acute care, Travel Benefits for health treatment, and they will help you learn how a patient can become a consumer in today's ever-changing healthcare environment.

**Youth Mental Health First  
Aid**

Wendi Shackelford  
Sessions E, F

Youth Mental Health First Aid USA is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the

importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses scenarios to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care. To earn your certificate, you must attend all day.

**Zones of Regulation**

LaDonna Rees & Nicole Moyer  
Session B

The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem-solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. Staff will view many examples, and have an opportunity to ask questions and problem solve.

# Biometric Screenings and Coaching Sessions at TOTEM Conference!



## Visit Vera at the TOTEM Conference!

Take these two easy steps to make sure your health is in good shape:

1. Biometric screening
2. Coaching Connection with a Vera Coach

Get a head start on your \$200 annual incentive by completing the steps above at the TOTEM Conference. Call the clinic at (907) 302-4950 to sign up!

## Did you know?

You can schedule appointments at either clinic in the Anchorage network: Midtown and Eastside are available to all eligible Vera patients. Find more clinic information at [patients.verawholehealth.com](http://patients.verawholehealth.com)

Vera Whole Health is separate from ASD and HIPAA compliant. All of your medical information is confidential by law.

Vera is free or low cost to employees, spouses and dependents enrolled in an ASD sponsored health plan.

Save time and money by getting meds at Vera. Most are free for the first script, and refills after that are affordable. Call the Midtown clinic at (907) 302-4950 to schedule a medication consult.

**Vera will be on-site at the TOTEM Conference on March 11th & 12th from 7am to 5pm at Lucy Cutty Hall at UAA.**

## Health Coaching is worth it

Health coaching is one of the best services you can get at Vera, and it's FREE. Whether you need help to improve your nutrition or fitness, stop smoking, manage stress, or carve out more time for your family, your coach can help you set and achieve your goals by co-creating a plan that fits your lifestyle.