



## 2025 NYSCSH School Health Seminar

**Saturday, April 26, 2025,  
at The Crowne Plaza Albany - Desmond Hotel**

### **Emotional Safety, Behavioral Safety, Building Safety**



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*Every student deserves a safe and supportive learning environment. School health professionals need current, accurate, research-based information and resources to support student success.*

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#### **Please Join Us**

#### **School Nurses, Medical Directors, Health Educators, & Allied School Personnel**

- Learn how to identify and respond to student needs.
- Obtain current information about NYS requirements for school health care and health education.
- Learn about resources currently available to help enhance what you do.
- Discover evidence-based models, programs, and strategies for teaching health and wellness.
- Connect and share ideas with your colleagues from districts across NYS.
- Create action plans to solve challenges in your office, classroom, school, and district.

#### **Topics Include:**

***“INCORPORATING MENTAL & PHYSICAL HEALTH  
- KEY COMPONENTS FOR STUDENT SUCCESS”***

***AND***

***“DE-ESCALATION STRATEGIES TO SUPPORT STUDENT SAFETY”***

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Monroe 2-Orleans BOCES is a NYS Education Department approved Sponsor of Continuing Teacher and Leader Education (CTLE) providing five (5) hours of CTLE credit awarded upon successful completion of the post-knowledge check, and satisfaction survey. Attendance of the entire Seminar is required.



## MENTAL HEALTH ASSOCIATION OF NEW YORK STATE (MHANYS) SCHOOL MENTAL HEALTH RESOURCE & TRAINING CENTER

The Mental Health Association in New York State, Inc. (MHANYS) plays an active role in all levels of mental health advocacy and education, affecting positive changes in health care and public awareness. Grounded in a public health approach, MHANYS works to increase mental health literacy.

MHANYS provides training, technical assistance, and consulting services for privately held and community-based organizations such as state and county agencies, mental health professionals, and a variety of organizations and professions serving the general public.

MHANYS School Mental Health Resource and Training Center can help educate teachers, staff, and all school professionals about mental health challenges, suicide prevention, trauma, and a myriad of other topics to help schools better understand the mental health needs of their communities.

### Presenter



**Renee Rider:**

As the Director of the [School Mental Health Resource & Training Center](#), Renee came out of retirement from State government after serving over 40 years in several roles at the state and local levels including Associate Commissioner at the NYS Education Department; Assistant Commissioner at the NYS Office of Children and Family Services; Assistant Secretary to the Governor for Human Services and Mental Hygiene; Executive Director at the NYS Council on Children and Families; and Deputy Director of the Mental Health Association of Columbia-Greene Counties, Inc.

While at the NYS Education Department, Renee directed the implementation of the mental health education law that requires schools to teach mental health to all students K-12 in both public and private schools and now directs the School Mental Health Resource and Training Center for New York State.

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## Incorporating Mental & Physical Health- Key Components for Student Success

Stress can be brief, situational, and a positive force motivating performance, but if experienced over an extended period it can become chronic stress, which negatively impacts health and well-being.

Experiencing stress now and then is normal, but constant stress can have adverse long-term effects on mental and physical health. The mental effects of long-term stress can include mood changes, anxiety, and depression. Physically, stress affects every bodily system, and when left untreated, it can cause issues like heart problems, poor immune function, and more.

At any given time, 1 in 5 individuals struggle with a mental health disorder and 50% of all lifetime cases begin by the age of 14. Mental health problems touch nearly all lives – either directly or when it impacts someone we care about.

This presentation will help to grow a common understanding of mental health as an integral part of one's overall health. By building awareness of how stress impacts our physical and emotional health, participants will learn strategies to lower stress and cultivate resilience, such as self-care strategies and tools to promote wellness. The concept of stigma as it relates to mental health will also be examined.



## NEW YORK STATE CENTER FOR SCHOOL SAFETY (NYSCSS)

Schools must be safe havens for teaching and learning, free from crime and violence. The NYS Center for School Safety, a contractor for the New York State Education Department's Office of Student Support Services, provides professional development and technical assistance to school and district administrators, staff, students, parents, community members and Boards of Cooperative Education. The attitude or collective mood of the people in the school particularly as it relates to their sense of safety and acceptance. School Climate is an overarching experience or “feel” of the school. It is a critical determinant of the ability of people in the school to focus on the tasks of teaching and learning.

### Presenters



**Jennifer Pincoski** is a seasoned educational leader and professional developer with 20 years of experience in PK-12 public education. She currently serves as the Director of the NYS Center for School Safety.

Jennifer has worked at the school, district, board, regional, and national levels and began her career as a School Counselor, supporting student academic and social development working extensively with students experiencing trauma and other mental health challenges.

Jennifer has many years in staff development, providing PD, coaching, and consultation around the development and implementation of multi-tiered instruction and intervention. This work focused primarily on the approach to addressing students’ behavioral, psychological, and emotional needs within a culturally and linguistically responsive learning environment. Jennifer’s specialty areas include Multi-Tiered Systems of Support (MTSS), Special Education, social-emotional learning, behavior interventions, and trauma-informed practices.



**Jennifer Elliott** is an experienced, certified school administrator and dually certified general and special education teacher with an extensive public and non-public school background. She has expertise in systems change, literacy, special education, social emotional learning, school climate, culture, safety, classroom management, and culturally responsive instruction.

Ms. Elliott is also a seasoned Committee on Special Education (CSE) Chairperson who has done extensive work and professional development around Special Education processes, as well as Individualized Education Program (IEP) development and implementation with district and building leaders, teachers, teacher assistants, paraprofessionals, and related service providers across the Capital District. Currently, Ms. Elliott works in Measurement Incorporated’s (MI) Evaluation and School Improvement Services division and supports the NYS Center for School Safety.

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## De-Escalation Strategies to Support Student Safety

Many children come to school having experienced adversity and trauma, and present with significant social-emotional and psychological needs. Over the years there has been a notable rise in both the number of students exhibiting behavioral challenges, as well as the severity of the behaviors, which was further exacerbated by the pandemic. It has become increasingly important for any school staff or personnel who interact with students to be equipped with the skills and strategies to (1) recognize when a child is entering the crisis cycle and (2) intervene quickly and effectively to de-escalate the situation before the behavior becomes violent or dangerous. This session will provide an overview of crisis prevention through proactive strategies and de-escalation techniques that are trauma-informed and culturally responsive. It will address considerations for how to engage with students who are approaching crisis, to support their needs and de-escalate them safely.

**\*Please note, this session will focus on non-physical intervention only  
it will not provide training on restraint or transport of students in crisis.**



## **REGISTRATION INFORMATION**

**Registration Closes on April 11, 2025**

**Early Bird Registration \$90 payment must be received by 2/14/25**

**Registration \$100 after 2/14/25**

Registration cost includes continental breakfast, lunch, and all break refreshments.

**Credit Card or Purchase Order (PO) payment  
must be received by April 11, 2025.**

**Registration will be confirmed when payment is received.**

**Refunds** will be provided if the cancellation is received ten days prior to the seminar date.

**Attendees** must be present for all sessions and successfully complete the post-knowledge check and satisfaction survey to receive a Certificate of Competition for Professional Development (PD) and/or CTLE credit.

**Registration** will be confirmed when payment is received.

**Confirmation email** will be sent to the email associated with your LMS account.

**Register online at the NYSCSH [Learning Management System \(LMS\)](#)**

1. If you're new to the NYSCSH LMS, you will need to create a free account at the link above.
2. If you already have an account, please take a moment to review your profile information.
3. Once logged in to the LMS, click on the Catalog and select **2025 SCHOOL HEALTH SEMINAR PRE-REGISTRATION** course.
4. Select the "Enroll" option in the upper right.
5. Once we've received payment (Credit Card or PO) you'll receive confirmation of your registration.

### **Hotel Accommodations:**

We're pleased to be hosted by the landmark Crowne Plaza Albany - the Desmond Hotel.

**\*Hotel Accommodations are independent. If you wish to stay at the Crowne Plaza Albany - The Desmond, contact them directly at 518-869-8100.**

The New York State Center for School Health may take photographs or video during this seminar. They may be used in social media, print and/or electronic form, or on the Center's website. Conference registration confers your permission to use your photo, video, and/or name in various media forms unless you notify the Center in writing.



## AGENDA

**Saturday, April 26, 2025**

**Crowne Plaza Albany - The Desmond Hotel**

<b>7:30 AM – 8:00 AM</b>	<b>Check - In - Continental Breakfast Served</b>
<b>8:00 AM – 8:15 AM</b>	<b>Welcome &amp; Introductions</b>
<b>8:15 AM – 9:30 AM</b>	<b>School Mental Health Resource &amp; Training Center Mental Health Association in NYS (MHANYS) “Incorporating Mental &amp; Physical Health- Key Components for Student Success”- Part 1 / Q &amp; A</b>
<b>9:30 AM – 10:00 AM</b>	<b>Vendor Break Refreshments Served</b>
<b>10:00 AM – 11:15 AM</b>	<b>School Mental Health Resource &amp; Training Center Mental Health Association in NYS (MHANYS) “Incorporating Mental &amp; Physical Health- Key Components for Student Success”- Part 2 / Q &amp; A</b>
<b>11:15 AM – 12:15 PM</b>	<b>Lunch (Included in Registration)</b>
<b>12:15 PM – 1:30 PM</b>	<b>New York State Center for School Safety (NYSCSS) “De-Escalation Strategies to Support Student Safety” - Part 1 / Q &amp; A</b>
<b>1:30 PM – 2:00 PM</b>	<b>Professional Organizations Introductions &amp; Break Refreshments Served</b>
<b>2:00 PM – 3:15 PM</b>	<b>New York State Center for School Safety (NYSCSS) “De-Escalation Strategies to Support Student Safety” - Part 2 / Q &amp; A</b>
<b>3:15 PM – 3:30 PM</b>	<b>Wrap Up Information &amp; Adjourn</b>

Learn more and register at [www.schoolhealthny.com](http://www.schoolhealthny.com)