

Trauma & Self-Care PLC

SSWNetwork

February 20th-June 2019

This PLC will bring together school social workers and other school based mental health professionals (School Psychologists, School Counselors, etc.) who want to learn more about how trauma impacts students in the school setting. This PLC will also focus on self-care for the school mental health professional. The topic of trauma and self-care go hand-in-hand as many mental health professionals suffer from vicarious trauma as a result of working with traumatized youth. Many of the self-care strategies discussed come from *Practicing Presence* by Lisa Lucas.

Our first meeting will occur on **Wednesday, February 20th from 3:45-4:45 pm** via Zoom.

Future Meetings:

March 20th
April 24th
May 15th
June (TBD)

Meet the Facilitators



Ashley Denton is a School Based Interventionist with Green Hills Area Education Agency (GHAEA). Ashley is a licenced Professional School Counselor and serves Missouri Valley Elementary in Missouri Valley, Iowa. Her work in trauma-informed practice began in 2017 when the state of Iowa adopted the Connections Matter curriculum as a state-wide initiative to further prevent child abuse. Ashley is a trained facilitator in Connections Matter. Her work in self-care started in 2018. She and her colleague, Angie Williams, are in the beginning stages of creating a more supportive self-care culture in the school district they serve. Ashley looks forward to connecting with other mental health professionals through their Trauma & Self-Care PLC!



Angie Williams is a School Psychologist with Green Hills Area Education Agency (GHAEA) where she serves Missouri Valley Middle and High School in Missouri Valley, Iowa. In addition to her regular duties, Angie currently serves on a committee that created a statewide training for educators on Suicide Prevention and Postvention, as well as provides local training on the topic. Her work in self-care started in 2018. As previously mentioned, she is working with her colleague, Ashley Denton, in the beginning stages of creating a more supportive self-care culture in the school district they serve. Angie looks forward to connecting with other mental health professionals through this Trauma & Self-Care PLC!



Tracey Parker is a School social worker in the Rockford Public School District 205 in Rockford, Il. where she currently works in the pre-school setting. Ms. Parker worked for 10 years in the mental and public health settings prior to pursuing her graduate degree. She received her MSW from University of Illinois Urbana-Champaign in 2001 and obtained her LCSW in 2008. In 2013, she earned a MEd in Educational Administration from Northern Illinois University. Since 2001, she has worked in various school district with all age groups as well as a behavioral consultant for 3 years in RPS 205. In the last few years, she completed training for CHAMPS, Disciplinary in Secondary Classrooms, and Failure Is Not An Option through Safe and Civil Schools. She recently completed the training to become a Certified Trauma Practitioner-Education through The National Institute for Trauma and Loss in Children (TLC). Ms. Parker also has been on the board of Illinois Association of School Social Workers since 2012 as a regional representative and conference committee member.

