

# MRA Transition Specialities Division

## One Day Conference

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Tuesday, June 18th, 2019, 8:00am - 4:00pm

**Session 1: Vicky Schleeter** 8:15am-12:00pm with break

### The Effects of Stress and the Body

When we become stressed, chemical and physical changes occur which affects overall brain functioning. Topics in this session will address the statistics and top causes of stress and health issues, stress hormones (adrenaline, norepinephrine, cortisol) and the parasympathetic and sympathetic autonomic nervous system.

Objectives:

At the end of this session, participants will be able to guide and assist youth with disabilities and/or chronic health conditions through:

- . . . identifying the top causes of stress.
- . . . describing the Autonomic Nervous System (sympathetic/parasympathetic) and the effects each has on the body.
- . . . evaluating health issues related to stress and identifying how this effects self-determination and employment skills and the importance of monitoring these health issues.

### Finding Life Balance as it Relates to Mental Health

Objectives:

At the end of this session, participants will be able to guide and assist youth with disabilities and/or chronic health conditions through:

- . . . differentiating between six categories that contributes to mental health; psychological, emotional, spiritual, personal, professional and physical and their importance in self-care.
- . . . creating personal and relevant activities focusing on mental health for each of the six categories in order to find mental health balance.
- . . . explaining the importance of prioritizing self-care and how it relates to mental health and wellness, independence and self-sufficiency, and transitioning into adulthood and employment.
- . . . creating adaptable ways in using the *Mental Health Self-Care Wheel* with clients.

### SMART Goals

SMART goal setting framework provides structure and the capability of creating goals with a clear focused action plan in order to set, obtain, maintain, manage and track your goals. SMART goals are Specific, Measurable, Attainable/Action Oriented, Realistic/Relevant, and Time Based.

Objectives:

At the end of this session, participants will be able to guide and assist youth with disabilities and/or chronic health conditions using the SMART Goal method through:

- . . . demonstrating knowledge of the SMART framework.
- . . . generating a plan to use the SMART method with one of the six categories of mental health (previous session material) with clients during transition from school to postsecondary education and/or employment.
- . . . assessing and guiding clients with their priority transition goals.
- . . . creating with the client emotionally and developmentally appropriate goals for transition to postsecondary education and/or employment.

**Session 2: Christine Paul** 1:15pm-4:00pm with break

### **A Mind-Body Approach to Stress Management and Emotional Regulation**

Transition services for youth encompass change, discovery and new experiences. Along with this comes a host of emotions and stress. As a provider, this holds true for you as well. This interactive session focuses on simple mind-body practices to ease anxiety and stress, regulate emotions and increase confidence. The presenter will include stories of application as well as the science of mind-body integration. You'll experience the power of the mind-body connection and come away with practical applications you can share with clients and integrate into your own professional and personal life.

Objectives:

- . . . Participants will gain an understanding of the mind-body connection and the science behind it
- . . . Participants will learn how being more connected in your body can help calm the mind, increase resiliency and creativity and decrease stress
- . . . Participants will be given an opportunity to engage in mind-body practices
- . . . Participants will be provided with ideas for practical applications through story and guided discussion of case studies

**About Our Presenters:**

#### **Vicky Schleeter**

BS Education; MS Developmental Disabilities; MS Health Psychology  
Psychology Instructor, Rochester Community & Technical College  
Owner, EnergyWorks, LLC; Practitioner, Integrative Healing Arts; Certified Transformational Life Coach;  
Registered and Certified through the American Board of Hypnotherapy; REIKI Master

My educational background has given me creative ideas and tools in order to work with people like yourself; however, it is through my various life experiences that makes me *passionate* about working with others and has taught me acceptance, patience, and the ability to view beauty in all persons and “obstacles.”

#### **Christine Paul**

Christine Paul, LPC, CRC, RYT, Career Rehabilitation Counselor, DEED; Faculty Member, Mind Body Solutions

Christine Paul combines her passion and training in integrative health, mind-body medicine and yoga to provide a unique and experiential understanding of mind-body integration. She is a Vocational Rehabilitation Counselor and certified yoga instructor. She teaches yoga to people with mental health, physical and neurological disabilities. She is part of the training faculty for adaptive yoga teacher training and health care provider workshops at Mind Body Solutions, a world leader in mind-body integration.

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