Issue No. 5 | January 2022

WE ARE AWARE

The Latest from Colorado Project AWARE

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Hope you've had a bright start to 2022!
Cheers,
The Project AWARE SEA Team

Apps To Support Well-Being

Our smart phones can often be a stressor, or something that draws energy from us. Start 2022 off by populating your home screen with a few apps that will strengthen connection to yourself and provide a meaningful mental break throughout the day.

Five Minute Journal

Handwriting in a journal every day seem overwhelming? The Five Minute Journal promises to deliver an opportunity to journal in an easy to use format with daily prompts, inspiring quotes, and much more!
Click Here to Download on iOS

Calm

Looking for a daily meditation, exercises for sleep, or personal development activities to boost creativity? Well the Calm app is that and more! Whether you have 3 minutes or an hour there is something for you on this app.
Click Here to Download on iOS

Insight Timer

100,000 FREE guided meditations, yoga classes on demand, and audio recordings designed to reduce stress and lower anxiety. Exclusive content aimed at improving mindful parenting, and their yoga classes can be streamed on your phone or casted to your TV.
Click Here Download on iOS

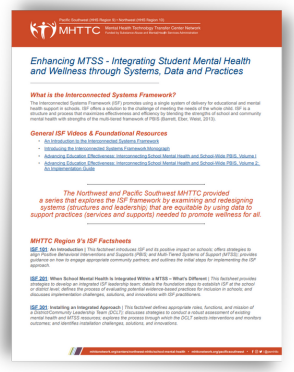
Headspace

FREE premium subscription still being offered for educators in the U.S. Learn ways to relax, calm your mind, and focus your energy throughout the day. The Wake Up is a great way to kick off your morning setting intention for the day ahead.
Click Here Download on iOS

The Interconnected Systems Framework (ISF)

The Interconnected Systems Framework (ISF) provides guidance for how to integrate mental and behavioral health supports into the Multi-Tiered System of Support (MTSS).

The Mental Health Technology Transfer Center (MHTTC) recently published a document jam-packed with handouts, webinars, and other resources linked within the product.



To explore the document click the document to the right:

6th Annual Shared Risk and Protective Factors Conference

6th Annual Shared Risk and Protective Factors Conference June 1-3rd, 2022 in-person at the Keystone Conference Center in Frisco, Colorado. The conference brings together over 600 Coloradans actively engaged in primary (upstream) prevention at the community and state level. The goal of the conference is to build skills in 4 track areas; share evidence-based prevention practices; and promote attendee networking with regional and community partners. To learn more click here.

The 2022 SRPF Call for Submissions is now OPEN! You can submit for breakout sessions and workshops, poster presentations, audio-only podcast sessions, and organized evening activities. It is expected that each presentation is done with an equity and anti-oppression lens.

Primary Competency Areas:

- Advancing Equity
- Communication
- Connection
- New Perspectives

The deadline for submissions is Monday, February 28th, 2022 at 5pm MT

To submit a proposal click here.

Colorado Educator Supports

4 Week Dialectical Behavioral Therapy Workshop!

In conjunction with our standalone workshop updates, Dr. Amy Lopez will be conducting a 4-week DBT (Dialetical Behavior Therapy) workshop that will provide an overview of emotion regulation techniques, strategies for accepting reality, and how to access your "Wise Mind." This workshop begins **Thursday, January 20th at 4:30 PM**

CLICK HERE to register!

Department of Psychiatry
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

COLORADOEDUCATORSUPPORT.COM

Evaluate Your Life: News from Mario

- Friendly Reminder to use the School Mental Health Workforce Development Post Training Survey at any and all trainings affiliated with Project AWARE.
- IPP Indicator data is due January 20th - any questions please let Mario know ASAP.

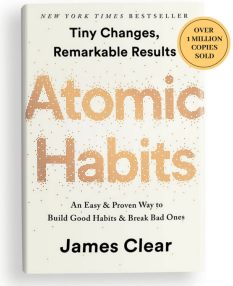
Upcoming Professional Development

- 1/27 Intricate Roots Foundations Session 2
- 2/9 AWARE Panorama PLC Session 2
- 2/10 Intricate Roots Case Consultation Calls
- Coming Soon
  - Kognito Training of Trainers
  - Well-Being Retreat (6/1) In Person!

Worth a Listen

Two-Part Episode of Dare to Lead:
Brene with James Clear on Atomic Habits

Part One:
Click Here



Part Two:
Click Here

If you'd like to submit something you think is worth a listen or want to highlight something happening in your LEA in upcoming editions email Morgan.

SUBSCRIBE

COLORADO AWARE
Advancing Wellness and Resilience in Education