




SOCIAL CAPITAL LOGISTICS LLC

PO BOX 1577 NORTH SIOUX CITY S.D. 57049

712-898-6131

Davenport schools/Quad city initiative

Outline

- **Opening remarks-**
 - **Review of baseline heart rate and what it means for us in our environments**
(small group discussion)
 - **Help me exercise, the value of authenticity**
 - **Using mindfulness (Peacock feathers)**
 - **Develop safety plans (small groups)**
 - **Safety plans for kids**
 - **Case studies**
 - **Gratitude goodbye**
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COUNSELOR ACADEMY 2013-2014 – REGISTERED PARTICIPANTS

Instructor: Barb Brunkan

Session Number: 6009

Start Date: 12/3/2013

Schedule Date/s: 12/3/2013, 3/5/2014, 4/22/2014

Scheduled Time: 8:30AM-3:30PM

A - G

Name	Signature	Credit Type	District/Building
<u>Badtram, Kristy</u>		0 Audit (no renewal credit) 15 hours	Durant/Durant High
<u>Bergert, Jennifer</u>	<i>Jennifer Bergert</i>	1 Relicensure Credit 15 hours \$100.00	Non-Public/St. Paul the Apostle School
<u>Bielenberg, Bryce</u>		0 Audit (no renewal credit) 15 hours	Northeast/Northeast Elementary
<u>Bohannon, Kimberly</u>	<i>Kim Bohannon</i>	0 Audit (no renewal credit) 15 hours	Davenport/Frank L. Smart Intermediate
<u>Bracey, Connie</u>	<i>Connie Bracey</i>	1 Drake Credit 15 hours \$170.00	Davenport/Blue Grass Elementary
<u>Child, Shannan</u>		0 Audit (no renewal credit) 15 hours	Davenport/Washington Elementary
<u>Currence, Glenda</u>	<i>Glenda Currence</i>	1 Relicensure Credit 15 hours \$100.00	Davenport/Wilson Elementary
<u>Daniels, Carol</u>	<i>Carol Daniels</i>	1 Relicensure Credit 15 hours \$100.00	Davenport/Williams Intermediate
<u>Dixon, Jennifer</u>	<i>Jennifer Dixon</i>	1 Drake Credit 15 hours \$170.00	Davenport/Buchanan Elementary
<u>Dohrn, Tory</u>	<i>Tory Dohrn</i>	1 Relicensure Credit 15 hours \$100.00	Davenport/Fillmore Elementary
<u>Easterly, Charlie</u>		0 Audit (no renewal credit) 15 hours	Non-Public/Sacred Heart School - Maquoketa
<u>Ehrecke, Cassandra</u>	<i>Cassie Ehrecke</i>	0 Audit (no renewal credit) 15 hours	Davenport/McKinley Elementary
<u>Evans, Tom</u>		0 Audit (no renewal credit) 15 hours	Delwood/Delwood Elementary
<u>Frost, Ann</u>	<i>Ann Frost</i>	0 Audit (no renewal credit) 15 hours	Davenport/Harrison Elementary
<u>Gettes, Lorri</u>	<i>Lorri Gettes</i>	0 Audit (no renewal credit) 15 hours	North Scott/Edward White Elementary
<u>Gibbs, Ben</u>	<i>Ben Gibbs</i>	1 Drake Credit 15 hours \$170.00 0 Late Fee 0 hours \$25.00	Davenport/Monroe Elementary
<u>Gibbs, Kari</u>	<i>Kari Gibbs</i>	1 Relicensure Credit 15 hours \$100.00	Camanche/Camanche Elementary
<u>Graham, Shannon</u>	<i>Shannon Graham</i>	0 Audit (no renewal credit) 15 hours	Bettendorf/Grant Wood Elementary

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H - P

<u>Harvey, Stephanie</u>	<i>Stephanie Harvey</i>	1 Drake Credit 15 hours \$170.00	Camanche/Camanche Middle
<u>Helton, Tracy</u>	<i>Tracy Helton</i>	0 Audit (no renewal credit) 15 hours	North Scott/John Glenn Elementary
<u>Johnson, Jeanne</u>	<i>Jeanne Johnson</i>	0 CEU (not for relicensure credit) 15 hours \$10.00	Muscatine/Franklin Elementary
<u>Johnson, Leigh</u>	<i>Leigh Johnson</i>	1 Relicensure Credit 15 hours \$100.00	Non-Public/Lourdes Catholic School
<u>Kelley, Kelly</u>	<i>Kelly Kelley</i>	1 Relicensure Credit 15 hours \$100.00	North Scott/Alan Shepard Elementary
<u>Lampe, Lisa</u>	<i>Lisa Lampe</i>	0 Audit (no renewal credit) 15 hours	Davenport/Hayes Elementary
<u>Leinhauser, Holly</u>	<i>Holly Leinhauser</i>	1 Drake Credit 15 hours \$170.00 0 Late Fee 0 hours \$25.00	North Scott/North Scott Jr. High
<u>Mathurin, Diane</u>	<i>Diane Mathurin</i>	0 CEU (not for relicensure credit) 15 hours \$10.00	Davenport/Frank L. Smart Intermediate
<u>McNamara, Ann</u>	<i>Ann McNamara</i>	0 Audit (no renewal credit) 15 hours	Davenport/Wood Intermediate
<u>McNeal, Meecheeca</u>	<i>Meecheeca McNeal</i>	0 Audit (no renewal credit) 15 hours	Non-Public/All Saints Catholic School
<u>Mortiboy, Darcia</u>	<i>Darcia Mortiboy</i>	1 Drake Credit 15 hours \$170.00	North Scott/Neil Armstrong Elementary
<u>Newman, Julie</u>	<i>Julie Newman</i>	1 Relicensure Credit 15 hours \$100.00	Davenport/Williams Intermediate
<u>Nikolopoulos, Anastasia</u>	<i>A. Nikolopoulos</i>	0 Audit (no renewal credit) 15 hours	North Scott/North Scott High
<u>Olsen, Sandra</u>	<i>Sandra Olsen</i>	1 Relicensure Credit 15 hours \$100.00	Davenport/Truman Elementary
<u>Orendorff, Jaynie</u>	<i>Jaynie Orendorff</i>	0 Audit (no renewal credit) 15 hours	Maquoketa/Cardinal Elementary
<u>Paper, Charlene</u>	<i>Charlene Paper</i>	0 Audit (no renewal credit) 15 hours	Wilton/Wilton Jr./Sr. High

Joyce Jackson

Bette Leaf

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Q - Z

<u>Reed, Candice</u>	<i>Candice Reed</i>	0 Audit (no renewal credit) 15 hours	Davenport/Garfield Elementary
<u>Reeser, Patty</u>	<i>Patty Reeser</i>	0 Audit (no renewal credit) 15 hours	Davenport/Adams Elementary
<u>Riley, Sarah</u>	<i>Sarah Riley</i>	0 Audit (no renewal credit) 15 hours	North Scott/North Scott Jr. High
<u>Rusch, Tracy</u>		0 Audit (no renewal credit) 15 hours	Wilton/Wilton Jr./Sr. High
<u>Rushford, Dona</u>	<i>Dona Rushford</i>	1 Relicensure Credit 15 hours \$100.00	Davenport/Eisenhower Elementary
<u>Sampson, Danielle</u>	<i>Danielle Sampson</i>	0 Audit (no renewal credit) 15 hours	Camanche/Camanche High
<u>chalk, scott</u>	<i>Scott Chalk</i>	0 Audit (no renewal credit) 15 hours	Davenport/Sudlow Intermediate
<u>Schmidt, Michael</u>		0 Audit (no renewal credit) 15 hours	Maquoketa/Maquoketa High
<u>Schott, Anna</u>	<i>Anna Marie Schott</i>	0 Audit (no renewal credit) 15 hours	Non-Public/J.F. Kennedy Catholic School
<u>Smith, John</u>	<i>John Smith</i>	0 CEU (not for relicensure credit) 15 hours \$10.00	N/A/N/A
<u>Stenson-DeBourcy, Shane</u>	<i>Shane Stenson-DeBourcy</i>	0 Audit (no renewal credit) 15 hours	North Scott/Virgil Grissom Elementary
<u>Terronez, Jenny</u>	<i>Jenny Terronez</i>	1 Drake Credit 15 hours \$170.00 0 CEU (not for relicensure credit) 15 hours \$10.00	Davenport/Wood Intermediate
<u>Thomas, Mary</u>	<i>Mary Thomas</i>	1 Drake Credit 15 hours \$170.00 0 Late Fee 0 hours \$25.00	Davenport/Sudlow Intermediate
<u>Tyler, Kelly</u>		0 Audit (no renewal credit) 15 hours	Columbus/Roundy Elementary
<u>Wagner, Kim</u>		0 Audit (no renewal credit) 15 hours	Andrew/Andrew Elementary
<u>Yulf, Chris</u>		0 Audit (no renewal credit) 15 hours	Columbus/Columbus High
<u>Wynsma, Joseph</u>	<i>Joseph Wynsma</i>	0 CEU (not for relicensure credit) 15 hours \$10.00	Davenport/Madison Elementary

COUNSELOR ACADEMY 2013-2014 – NOT REGISTERED

Instructor: Barb Brunkan

Session Number: 6009

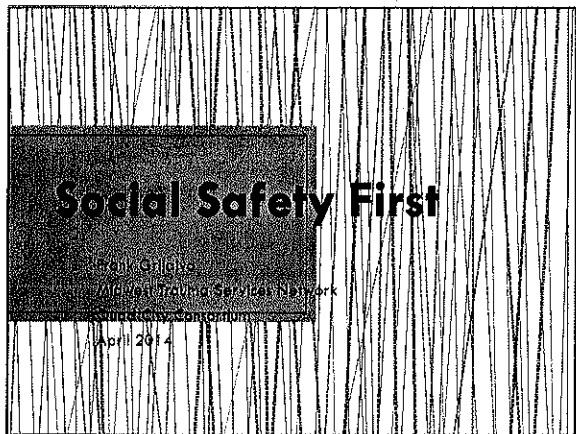
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FULL NAME (Printed)	DISTRICT	BUILDING
Bryan Dietsch	Davenport	Sudlow
Molly Klocke	Davenport	Washington/Smart
Joyce Jackson	Bettendorf	Paul Norton

THANK YOU FOR ATTENDING



Heart rate review

- Small groups
- 1. What does the heart rate tell the rest of the body and mind
- 2. What happens to our body when heart rate is elevated
- What happens in our brain?
- How do we slow down heart rate?
- Why can't some of our kids do it?

Safety Review

- Authenticity and relationships trump protocols
- Help Me exercise

Early Grade school focus

- Play is the primary activity
- Affiliative play is what is missing
- "yeah but that's not the real world, they need to experience consequences that will keep them from screwing up in public".
- Avoid highly aggressive play

Peacock Feathers

- Illustration of addressing a problem
- Where is your focus?
- What happens when you focus at the top?
- What happens when you focus at the bottom
- Appraisal state
- Being present

Safety Plans

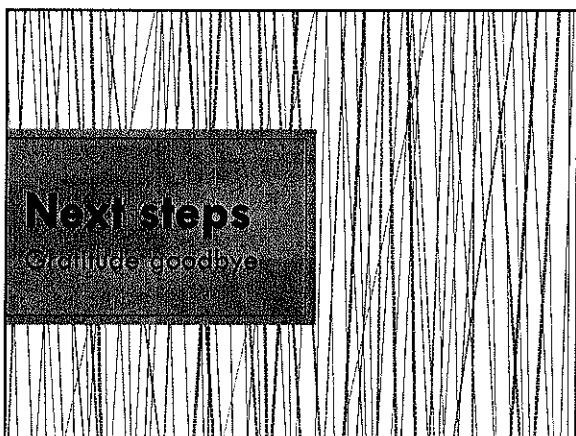
- Small groups
- 1. What is the physical feeling that you first notice?
- What is your first move?
- What is your ritual?

Safety Plan for your kids

- Small groups
- Practice explaining the plan to your partner (1-1)
- Help them come to mindfulness about how their body cues them first.

What is the first step in your school?

- Elementary?
- Middle school?
- High School?



CREATING SANCTUARY for YourSELF 5-STEP SAFETY PLAN

List 5 things you can do when feeling unsafe to maintain your own safety.

1. The list should always include fail safe items such as calling 911 or Crisis or your therapist. These should be at the end of the list.
2. Include things that can be done without much thought.
3. Carry (and laminate) this list in your wallet, post it on your refrigerator or mirror.
4. Show your list to your contact person, therapist, significant other and doctor.
5. Start practicing it now so it becomes something easy for you to do.

YOUR 5-STEP SAFETY PLAN

1.

2.

3.

4.

5.