

THE WINSTON SCHOOL SAN ANTONIO 33rd Annual Learning Symposium

Friday, January 20, 2023

8:30am - 4:00pm

In-Person Event



With Keynote Speaker
Marc Brackett, Ph.D.

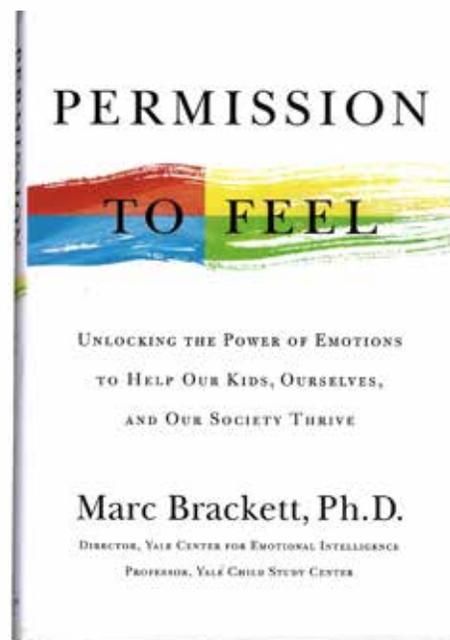
PRESENTING

“Emotional Intelligence”

Founding Director of the Yale Center for
Emotional Intelligence and
Award-Winning Author of

Breakout Sessions

- Anxiety and Depression in Children and Adolescents
- Community and Culture Program
- “Project Yes”
- Bolstering Students’ Self-Management Skills
- The Female Factor in Adolescent Mental Health
- AAA: ADHD, Anxiety, and Accommodations
- And more...



210.615.7485 | www.winston-sa.org/symposium

Keynote Lecture: “Emotional Intelligence”: Key to Raising Healthy, Happy, and Successful Children

By Marc Brackett, Ph.D. author of “Permission To Feel” and founding director of the Yale Center for Emotional Intelligence and a professor in the Child Study Center, Yale School of Medicine at Yale University.



Emotional Intelligence: Key to Raising Healthy, Happy, and Successful Children

In this interactive presentation, Marc will first discuss his Center’s research on the “emotional state” of our nation’s children and families and describe the theory and skills of emotional intelligence, which have been shown to support optimum health, well-being, and academic success. He’ll then teach the skills, tools, and practices developed at Yale, which can immediately support parents in developing their own and their children’s emotional intelligence.

Afternoon Breakout Sessions

Anxiety and Depression in Children and Adolescents:

Presented by: Dr. Jill Thurber

Anxiety and depression in children and adolescents have risen to the highest levels in recent history. Even before the pandemic, anxiety and depression were becoming more common among children and adolescents. What can educators do to help manage these rates of anxiety and depression? How can educators, parents and mental health providers normalize the anxious feelings of children and teens while also recognizing when their anxiety requires mental health interventions?

Community and Culture - SEL Program That Inspires

Entire School Communities: Community & Culture (CC) is an experiential program designed by Escuela Americana, El Salvador, meant to become part of the DNA of a school and provide a space for the whole community to develop greater human connection. It promotes social-emotional well being by offering ongoing sessions for stakeholders throughout the school year. CC uses empirically researched techniques to create a positive school culture and a community where connection and growth are at the forefront. This session is great for teachers!

Project YES (Youth Empowerment & Support):

Presented by: Jennifer Todd, JD, RN and Esmeralda Jeffries, BA, NPMC at UT Teen Health.

This presentation introduces Project YES (Youth Empowerment & Support) an innovative approach to helping adolescents address common mental health issues. This program has shown to reduce depression and anxiety, decrease hopelessness, and boost a sense of control in adolescents ages 11 through 17 by more than 50%. The program is free, available online and participation is anonymous.

Bolstering Students’ Self-Management Skills in the Classroom:

Presented by: Reem Eissa, MA, Gabby Weierbach, MA,, and Cynthia Diaz de Leon, PhD, from the Clarity Child Guidance Center.

The presentation will review some important factors in building resilience in children and offer practical strategies for addressing, enhancing, and utilizing those factors in the classroom setting.

The Female Factor in Adolescent Mental Health:

Presented by: Jillian LoPiano, MD, MPH, FACOG, Medical Director of Betty’s Co.

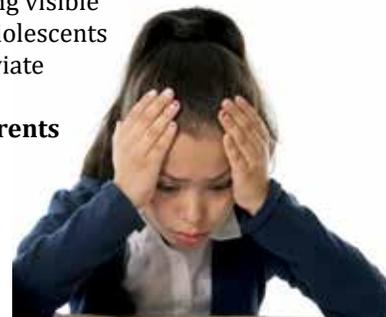
According to the National Institute for Health, adolescent and young adult women are at the greatest risk for severe depression and mental health disorders globally. In this session, Dr. Jillian LoPiano, will discuss how some mental health conditions disproportionately or uniquely affect adolescent females. The discussion will also include an overview of the menstrual cycle and its effects on physical, mental, and emotional well-being along with recommendations for supporting adolescent females.

AAA: ADHD, Anxiety, and Accommodations:

Presented by: Dr. Peri-Anne Chobot, Interim Head of School and Kristin Ashley, M.A.T., WSSA Dean of Studies

In this breakout session, we will discuss why ADHD and anxiety can impact each other and occur together. We will share strategies for identifying visible and invisible symptoms in adolescents and accommodations to alleviate everyday stressors.

This session is great for parents and teachers!





33rd Annual Winston Learning Symposium

Welcome to The Winston School San Antonio's Annual Learning Symposium!

The Winston School San Antonio (WSSA) is a proud member of the Educational Medical Scientific Advisory Council (EMSAC). *"The council serves to enhance, educate, and promote community well-being and learning disabilities outreach initiatives in collaboration with WSSA. It is comprised of medical, scientific, and educational professionals from San Antonio and surrounding areas."*

The EMSAC works throughout the year to construct the annual symposium. The symposium allows us to showcase professionals and experts who have dedicated their work, their research, and their lives in support of students who learn differently.

The keynote speaker and the breakout sessions change annually, and are always focused on how we can continue to support neurodiverse learners, whether they are served at The Winston School San Antonio or not.

Thank you for joining us this year!

Looking Forward,

PERI-ANNE CHOBOT, ED.D.
INTERIM HEAD OF SCHOOL
THE WINSTON SCHOOL SAN ANTONIO

SCHEDULE & REGISTRATION

Time	Session
8:30 - 9:00 am	Registration & Welcome
9:00 - 10:30 am	Keynote Speaker: Marc Brackett, Ph.D.
10:30 - 10:45 am	Break
10:45 am - 12:00 pm	Keynote Speaker (cont.)
12:00 - 12:30 pm	Lunch
12:45 - 1:35pm	Breakout Session A (50 Min.)
1:35 - 1:45 pm	Break
1:45 - 2:35 pm	Breakout Session B (50 min.)
2:35 - 2:45 pm	Break
2:45 - 3:35 pm	Breakout Session C (50 Min.)

Category (Lunch included)	Regular Admission
General Admission	\$75
WSSA Parent	\$50
College Student (Must Show ID)	\$25
Group of Educators (5 or more)	\$55/each

HOW TO REGISTER

- ▶ Online: www.winston-sa.org/symposium/
- ▶ Over the Phone: (210) 615-6544
- ▶ In Person: Submit form and payment to our front office.

CONTINUING EDUCATION CREDITS available for teachers, counselors, and social workers. Please see our website for more information!

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Advocating for minds that learn differently.®

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Register at www.winston-sa.org/symposium

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CEU Credits Available

(Visit our website for more information)