



# **FREE Professional Development Opportunities (by Focus Area) October 2023**

*Open to ALL CLEC AmeriCorps Members*

(Click the link to learn more about and register for the listed events)

## **Academic Engagement**

**Thursday, October 5, 2023 | 8 - 9am PST | Virtual**

[Promoting Positive Mental Health in K-12 Students](#)

How can K-12 educators/faculty learn to promote the positive mental health of their students? What should they know about recognizing and addressing signs of mental illness in kids and teens? And where can they turn for resources?

This webinar will offer an overview of proven strategies for supporting the mental well-being of students in kindergarten through high school, discuss mental health training options for school professionals, and answer audience questions about common mental illnesses impacting children and adolescents.

**Tuesday, October 17, 2023 | 11am - 12pm PST | Virtual**

[How to Lead for Improved Student Outcomes Using Real-Time, Real-Life Insights](#)

As a school or district leader, you plan for improved student outcomes and anxiously await year-end scores what's happening right now will determine whether your plan will succeed.

Factors like teacher implementation, student behavior, attendance, and scheduling challenges can all influence success. If you don't have a way of capturing and analyzing those real-life factors, it's impossible to know if you're on track!

Join this webinar to learn practical ways to measure these real-life factors and drive real improvement in outcomes.

**Tuesday, October 17, 2023 | 12 - 1pm PST | Virtual**

[Embracing Failure and Encouraging Resilience](#)

Discover the secrets to achieving academic and personal success in this interactive webinar! Join this webinar and delve into the vital domains of developing growth mindsets and nurturing student resilience. Beyond textbooks and tests, you'll explore the power of adaptability, embracing challenges, and learning from setbacks.

In this engaging session, you're invited to uncover practical strategies beyond traditional teaching methods. Learn how to inspire your students to persist and persevere in adversity, equipping



them with essential life skills. You'll also delve into the profound impact of responding to students' challenges with grace and understanding, igniting the flame of a growth mindset within them.

This webinar will be of interest to K-12 teachers and school and district leaders. There will be time for questions at the end of the presentation.

**Monday, October 23, 2023 | 1 - 2pm PST | Virtual**

[Youth Vaping Prevention: Tools and Strategies to Use in Your Classroom and Community](#)

Youth e-cigarette use remains at epidemic levels in the United States. Data from the *2022 National Youth Tobacco Survey* show that 1 in 7 high school students (14.1%) and 1 in 30 middle school students (3.3%)—that's an estimated 2.55 million young people—reported using e-cigarettes.

Educators will leave this session armed with actionable strategies to create opportunities for impactful conversations about the dangers of vaping and the addictive powers of nicotine.

Attendees will gain free access to *Vaping: Know the truth*, a prevention-forward digital learning experience that gives today's students core knowledge around e-cigarettes and offers resources to help young people quit if they already vape, as well as a Red Ribbon Week Toolkit with additional free resources focused on student mental health and prevention.

This webinar will be of interest to middle and high school teachers and school and district leaders. There will be time for questions at the end of the presentation.

**Thursday, October 26, 2023 | 1 - 2pm PST | Virtual**

[Literacy is Equity: The Need for Diverse Texts in the Classroom and Home](#)

This webinar aims to empower educators with practical strategies to promote diversity and inclusivity in literacy through diverse classroom libraries and inclusive take-home book packs. Attendees will learn how to create an inclusive learning environment that fosters empathy, cultural understanding, and academic growth in students.

This webinar will be of interest to K-12 teachers, school and district leaders, and those involved in diversity, equity, and inclusion, and curriculum and instruction. There will be time for questions at the end of the presentation.

## **Environmental Stewardship**

**Self-Paced | American Outdoor School (Virtual)**

[Wilderness First Aid](#)

Designed for anyone who works or spends time in remote environments, Wilderness First Aid addresses patient needs in situations or environments where EMS is not available or may be significantly delayed.

All content for this comprehensive online course is available for free and may be done on your own time and your own speed. Certification costs \$99 but is optional.



**Thursday, October 5, 2023 | 4:30 - 5:30pm PST | Virtual/In-Person at WWU: Academic West, Room 204**  
[Let the Fish Do the Talking](#)

Creosote is a pesticide typically derived from coal tar and used to treat wood products like railroad ties, telephone poles and submerged pilings. One major challenge in the management of complex mixtures like creosote is understanding which constituents in the mixture drive toxicity.

Join WWU College of the Environment and speaker Ian Moran to discuss strategies to investigate mixture toxicity at a legacy creosote site using the biological responses of model organisms to field-collected mixtures to guide inquiry rather than a predetermined list of suspect chemicals.

Check out these archived webinars from WWU: [College of the Environment](#) and [Environmental Speaker Series](#)

**Saturday, October 7, 2023 | 9:30am - 12pm PST | Discovery Park, Seattle**  
[A Conversation with Indigenous-lead Organizations on Restoration Efforts](#)

Green Seattle Partnership, Na'ah Illahee Fund, and Futures Rising are excited to invite you in participating in a conversation with indigenous-lead organizations doing restoration efforts.

This workshop will include listening and learning from indigenous groups and the important work they are doing and a field tour to see the herbs, helpful weeds, and medicinal plants present in Discovery Park.

**Tuesday, October 17, 2023 | 4 - 5pm PST | Virtual**  
[Connecting Children to Nature through Indigenous Teachings](#)

Join Author Launa Purcell as she shares about *Heartbeat of the Earth* - a Handbook on Connecting Children to Nature through Indigenous Teachings. Launa Purcell is a member of the Xa'xtsa First Nation and a mother of two. She also works as an Indigenous Educator and teaches Indigenous outdoor camps.

The activities inside instill traditional teachings of respect, honor, resourcefulness, and humility in children. This handbook is intended to inspire parents, caregivers, and educators to provide children with meaningful outdoor experiences interwoven with traditional Indigenous knowledge.

This handbook isn't a replacement for ensuring that local Indigenous knowledge and perspectives are central to your teaching. Rather, this is a starting point, and an encouragement to learn more, and use these activities as an inspiration to adapt them and adopt new ones in a culturally appropriate and responsive way.

**Saturdays, October 2023 | 9am – 12pm PST | In-Person (Various Locations)**  
[City of Bellingham Volunteer Opportunities](#)

- **October 7:** [Community Work Party at Broadway Park](#)
- **October 14:** [Community Work Party at Padden Creek Daylighting](#)
- **October 21:** [Big Rock Garden Community Work Party](#)
- **October 28:** [Make a Difference Day 2023 Volunteer Work Party](#)



## Healthy Futures

**Wednesday, October 11, 2023 | 10 - 11 am PST | Virtual**

[Improving Maternal & Neonatal Safety: Using Evidence-Based Best Practice, Teamwork & Simulation, and Quality Improvement](#)

Join us for a fast-paced, facilitated panel discussion which will highlight the sobering statistics for both maternal and neonatal morbidity & mortality in the United States. This will be paired with current high reliability strategies of deference to expertise, high performance practices, and continuous process improvement that can be used to optimize maternal and neonatal care.

Learning Objectives:

- Describe current rates of maternal and neonatal morbidity and mortality in the United States compared to other developed nations
- Identify tools that utilize teamwork to improve maternal and neonatal outcomes
- Recognize the important role of simulation and standard communication in improving maternal and neonatal outcomes
- Incorporate quality improvement strategies to improve maternal and neonatal outcomes
- Engage front-line staff in processes aimed at improving patient outcomes

**Wednesday, October 11, 2023 | 9 – 10am PST | Virtual**

[Webinar: Fear, Anxiety, or Panic?](#)

How can we tell the difference between naturally occurring fear or anxiety and life-impacting panic and anxiety disorders? When should we seek professional help for these challenges? And what does effective treatment look like?

This webinar will break down both the helpful and unhealthy ways we respond to perceived and imagined threats, offers tips for recognizing what's what and when to seek help, and answers questions about panic and anxiety disorders and how they're treated.

**Thursday, October 12, 2023 | 9 - 10am PST | Virtual**

[Diabetes Motivational Interviewing in Integrated Care Settings](#)

Motivational Interviewing (MI) is an evidence-based approach to behavioral change counseling and has been shown to aid in diabetes care within integrated care settings. Its patient-centered approach and focus on empathy and reflective skills provide an opportunity for improved care and outcomes.

Join this webinar to identify key elements of applying MI techniques for patients faced with diabetes in integrated care settings, examine how the use of MI can improve practice and patient outcomes, and incorporate MI to improve practice and patient outcomes as they relate to diabetes care.

**Thursday, October 19, 2023 | 11am - 12pm PST | Virtual**

[Clinical Pearls for Treating Hospitalized Patients with Opioid Use Disorder](#)



Join this webinar to review clinical pearls for treating hospitalized patients with opioid use disorder and cover the diagnosis of opioid use disorder and withdrawal in hospitalized patients, the management of opioid withdrawal in patients with common medical and substance use disorder co-morbidities, and principles of treating opioid use disorder and withdrawal in hospitalized patients with acute pain and in those awaiting surgery.

**Thursday, October 26, 2023 | 10 - 11am PST | Virtual**

[The Impact of Clinical Bias on Your Health Equity Strategy](#)

Health outcomes for diverse populations are worse across all health conditions. While health care organizations and clinicians consider social determinants of health (SDOH) when providing care, this approach does not always demonstrate improvements in overall health outcomes for the populations they serve. There is also a significant economic impact for health inequity, which was recently estimated to cost over \$320 billion annually and trending to \$1 trillion by 2040.

Researching health equity solutions reveals a significant gap in strategy and a hard reality — we must address the systemic clinical bias that exists in medicine. Identifying these issues, creating clinician awareness, and making them actionable at the point of care are critical to reducing health disparities.

Attendees will gain a deeper understanding of clinical bias and its impact on overall health inequities. A framework is provided to help health care organizations identify and then address this crucial factor to equitable care delivery. Additionally, Parkview Health will demonstrate the ability to connect strategy to action within clinical delivery at the point of care to improve patient outcomes and satisfaction.