**PROPOSED 2023 ACADEMIC ACADEMY PROGRAM
ACADEMIC SENATE FOR CALIFORNIA COMMUNITY COLLEGES**

**JANUARY 2023 EXECUTIVE MEETING**

**SUBMITTERS: DR. LATONYA PARKER & CARRIE ROBERSON**

**2023 Academic Academy Theme: Trauma-Informed Leadership Practices in Education**

Description: Feeling exhausted and overwhelmed? Concerned about your students, too? Are you just too busy to take care of yourself and your students? Both students and educators are experiencing stress and trauma as a result of the pandemic and other traumatic experiences. The global pandemic has exacerbated and increased the need for mental health awareness, support, and education. Join us for this interactive, restorative academy where you will learn about the effects of vicarious trauma, the foundations of trauma informed teaching and learning, and educator well-being.

**2023 Academic Academy Program Outline (DRAFT):**

9:00 a.m.–9:15 a.m. (15 minutes): Welcome and Opening (optional: mindfulness activity)

9:00 am – 9:05am Day 1 President Ginni Official Welcome (5 Minutes)

9:06 am -9:10am Program Outline and Take-a-Ways

9:11am-9:14am Carrie R. State of CCC Faculty Experiencing Stress & Trauma

**9:15 a.m.–10:45 a.m. February 16th Keynote: James Gallagher**

**Session Title: Cultivating Well-being through Trauma-sensitive Mindfulness practices**

**Session Description:**

Understand the pervasiveness and impact of trauma in our culture, specifically within the context of secondary and vicarious trauma.  Experience trauma-sensitive practices that enhance resilience and self-compassion; and provide tools for navigating the challenges in our lives.

**Break (10:45 a.m.–11:00 a.m.)**

11:00 a.m.–12:00 p.m. (1 hour): 3 breakout session options

**February 16, 2022**

11:00 a.m.–12:00 p.m. Breakout #1 Enhancing Mental Health and Wellness Through Self- Compassion **Lynnette Sullivan**

**Description:**Self-compassion and self-empathy are critical elements to enhance one’s mental health and wellness. Join in for a discussion with Lynnette Sullivan mental health practitioner on distinguishing the concepts of mental health, mental illness, and wellness; how to apply practices of self-compassion, empathy, and self-care to improve mental health and wellness; learn how to Identify when our mental health is compromised and appropriate resources to increase wellness and academic success for students, faculty, and staff; and learn mantra breathing, mindfulness, and grounding strategies.

11:00 a.m.–12:00 p.m. Breakout #2 Health Education Practices for Faculty Relevant and Responsive Educational Leadership: Understanding the Impact of Trauma   **Christina Yanuaria**

**Description:** What does it mean to be a leader in education in the wake of traumatic events since 2020? The compounded impact of events from social, psychological, and racial trauma requires that we critically re-examine our practices at multiple levels within our institutions. With an intersectional focus on building collective resilience, we examine the roots of chronic trauma and contemporary ways in which harm is perpetuated. Gain a foundational and intersectional understanding to lead engaging actions for healing and growth that center values of equity, inclusion, and anti-racism at your institution.

11:00 a.m.–12:00 p.m. Breakout #3   Total Mind & Body Engagement Session I Dr. **Patricia Nunley**

**Description:** In this session Dr. Patricia Nunley – an education consultant and college professor will take you on a journey to help heal the human’s heart through African Ubuntu Pedagogy. With grounded framework from Nsamenang, 1992: This session will take you on a voyage of a humanist approach to learning that recognizes the need to be inclusive via the use of a culture-sensitive science of human development found in the concept of Ubuntu that seeks the wellbeing of all people living in the individualist and collectivist culture of our common planet.

12:00 p.m.–12:30 p.m. Day I **Robert Stewart Jr.** / Music for the Soul – Social Event (Raffle-Must be Present)

**February 17, 2022**

**9:00am-9:14am Welcome & Agenda Review (Co-Chairs)**

**9:15 a.m.–10:45 a.m. February 17th Keynote:  Mays Imad**

**Session Title: Helping the Helpers**

**Description:** Faculty care deeply about their students, work with them closely, hear and witness their stories, and are therefore often aware of the adversities their students are facing. Consequently, faculty often become impacted by the traumas their students are experiencing. The past couple of years likely caused or exacerbated many teachers to experience traumatic stress directly, in addition to the secondary traumatic stress they picked up from their students.

In this session, we will consider the notion of secondary traumatic stress–why it happens and how it impacts our body and brain. We will reflect on the questions of how we can help the helpers–how to care for ourselves and fellow educators while at the same time continuing to care for our students?

11:00 a.m.–12:00 p.m. Breakout #1 Mental Wellness Promotion (On Campus Mental Health Services and Faculty Collaborations/Practices) **Dr.** **María del Rocío Alvarez de Pacheco & Lynnette Sullivan**

**Description**: Learn about promoting mental health and wellness on campus as well as exploring resources, programming, and useful partnerships. In this interactive session participants will also have an opportunity to practice some hands-on techniques to improve mental health and overall well-being. We will also explore behavioral health resources, examples of interactive online training modules that were used and other resources available to implement programming that promotes mental health awareness on campus.

11:00 a.m.–12:00 p.m. Breakout #2 The Role of Counseling Faculty in Addressing Trauma **Ty Simpson** &

**Jenny Valenzuela**

What are the common signs of trauma? Do you recognize factors of trauma, when faced with a student that is exhibiting signs of it? This workshop will assist you in recognizing the common symptoms of trauma, anxiety, and stress and how to work with your students in gaining coping skills to address them. This workshop will provide you with resources for both long term and short-term assistance for your students.

**11:00 p.m.–12:00 p.m. Wrap-up Day II Dr. Abdimalik Buul Keynote Presenter**

**Session Title: Strategies on Where to Go from Here**

Description: Join award winning professor Dr. Buul in the closing keynote address on the influence of stress and trauma in higher education; and trauma informed practices for healthy leadership.

12:00-12:30 (**Co-Chairs) Closing Remarks** (i.e., Thanks to Presenters & Raffle *Winner Must be Present*)