



# Challenge & Change 2020

33<sup>rd</sup> Annual Conference

February 12, 13 & 14, 2020 • Sheraton Vancouver Wall Centre • 1088 Burrard Street, Vancouver, BC

## Conference Schedule

Wednesday, February 12<sup>th</sup>

7:00 pm – 9:00 pm Pick up registration materials at registration desk [Coat check near Pavilion Ballroom].  
Check at hotel registration desk for location if you are unsure.

Thursday, February 13<sup>th</sup>

7:30 am – 8:50 am Registration, Publishers' Displays, Continental Breakfast in Pavilion Foyer  
9:00 am – 9:15 am Opening Remarks  
9:15 am – 11:30 am Keynote Address – Ivan Coyote  
11:30 am – 1:00 pm Lunch on your own. Many wonderful restaurants within 6-block radius of hotel.  
1:00 pm – 4:00 pm Afternoon Sessions T1–T10  
5:00 pm – 7:00 pm The Schmooze! Pavilion Ballroom. Registration name tag gets you in for free. Buy guest name tag for \$25.

Friday, February 14<sup>th</sup>

8:00 am – 8:50 am Registration, Publishers' Displays, Continental Breakfast in Pavilion Foyer  
9:00 am – 11:30 am Morning Sessions F1–F11  
11:30 am – 1:00 pm Lunch on your own. Many wonderful restaurants within 6-block radius of hotel.  
11:35 am Annual General Meeting in Blue Whale Room [Near Registration Desk]  
1:00 pm – 3:30 pm Afternoon Sessions F12–F23

## Keynote Address - Somewhere Over the Rainbow Sticker

### Ivan Coyote

Coyote is an award-winning author of eleven books and a renowned performer, and has also been touring public schools across the continent and beyond for nearly two decades, working to ensure a safe and respectful learning environment for all students, always with the careful eye and tender heart of a fellow misfit. Ivan knows that by addressing the needs of marginalized youth, we can build a better and safer school environment for all of our kids. Coyote uses personal narrative and the well-honed timing of a gifted storyteller to bring us a powerful message of hope and resilience. Their keynote address will be followed by an opportunity for audience members to engage in a moderated Q&A session.

## Thursday Afternoon 1:00 pm to 4:00 pm

### T1 Making Sense of Anxiety

As many as 20% of children and teens qualify for an anxiety disorder diagnosis, making it the most common mental health issue today. Anxiety can take many forms including obsessions, compulsions, phobias as well as other perplexing behaviours. We cannot treat something we do not understand, and making sense of anxiety is fundamental in making headway. This presentation will bring a fresh and promising perspective to one of our most troubling human problems.

**Dr. Deborah MacNamara** is the author of the best-selling book *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)*, is on Faculty at the Neufeld Institute, and is the Director of *Kid's Best Bet*, a Counselling and Family Resource Center. Formerly on faculty in the Psychology department at Kwantlen Polytechnic University, Deborah is a dynamic teacher and experienced counsellor who makes developmental science come to life in the everyday context of home and classroom. Deborah travels nationally and internationally, speaking about child and adolescent development issues to groups including the United Nations and the Dalai Lama Center for Peace and Education where she shares her insight and passion for making sense of kids. She is a developmentalist at heart who is continually fascinated by the mysteries and beauty inherent in human maturation.

**LIMIT: 200 FOCUS: K-12 FORMAT: 80% Lecture 20% Interactive**

## T2 The Impact of Digital Multi-tasking

This session will dig into research that corroborates the themes in recent movies such as *Screenagers*. The impacts of cell phone use in class include decreased efficiency, lower achievement, changes to the way students learn, and creation of negative emotions. Implications for teachers and administrators include engaging students in the development of standards, teaching metacognition strategies, and using strategies like technology breaks to help students use technology responsibly. This session includes collaborative activities which provide participants an opportunity to discuss themes and strategies that can be used in their professional practice.

**Dan Clark** is an educator with 15 years of experience teaching vulnerable students. He is the Teacher-in-Charge of the Kimberley Alternate School and is responsible for the creation and continued development of this program of excellence. Dan has presented across BC to a variety of audiences on alternate education and place-based learning, and is also a wilderness adventurer, filmmaker, and author who has written three books on outdoor education.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 50% Lecture 50% Interactive**

## T3 Swordplay, Knights and Team-building

And now for something completely different! As soon as you come through the door at Academie Duello, you will have a sword in your hands and begin learning the basics of attack, defense, decisiveness, and strategy as you learn to survive and win a duel. Through work in teams and friendly competition with your peers, our coaches will teach you to act with daring and decisiveness, outthink the competition, and apply the five principles of success to your swordplay team. **NOTE:** Be on time for the taxi ride to this off site session.

**Academie Duello** offers a diverse selection of courses in weapon arts.

**LIMIT: 12 FOCUS: 6-12 FORMAT: 90% Interactive 10% Hands-On**

***We LOVE you, but we'd love you MORE  
if you were a Session Host!***

Session hosts introduce the speaker at the beginning of the session, thank the speaker at the end, remind participants to evaluate the session on the app and/or collect the evaluation cards and return them to the registration desk.

Interested? Mark YES to the Session Host question during online registration, or you can email Michele Genge, BCAEA Secretary:

secretary@bcaea.com and let her know.

## T4 Essay Writing Made Easy for Everyone

Based on the Step Up to Writing model, Audrey will share her own simple but effective series of lessons to support all students in writing organized and thoughtful expository paragraphs and essays.

**Audrey Pfitzenmaier**, a published author, has been supporting students with writing difficulties for most of her 30 years as a public school educator at both the elementary and secondary school levels. She has worked as a district literacy specialist as well as a Special Ed teacher for students with behaviour and special needs within her district. Through her workshops and with her experiences of using a Universal Design for Learning philosophy, she has helped countless teachers expand their Differentiated Instructional strategies in developing strong writing skills in their students of mixed ability classrooms.

**LIMIT: 35 FOCUS: 6-12 FORMAT: 20% Lecture 40% Interactive 40% Hands-On**

## T5 Escorted to Court

Join us on a field trip to the Vancouver Law Courts complex, a two-block walk from the Wall Centre. The afternoon will include getting an orientation to the province-wide programs available with the Law Courts Education Society, watching a Youth Court hearing and/or sentencing in progress, and meeting a Provincial Court Judge and having a discussion session.

**Note: This session starts at 12:30.** Late arrivals cannot get admitted to the courthouse.

*The Justice Education Society creates innovative programs and resources that improve legal capability and increased access to justice.*

**LIMIT: 30 FOCUS: 6-12 FORMAT: 10% Lecture 40% Interactive 50% Hands-On**

## T6 Unlearning Toxic Masculinity

In the wake of the #MeToo movement and increasing reports of sexual assaults on university campuses, the issue of male sexual violence is dominating news headlines. This workshop will discuss the role that toxic forms of masculinity play in our perpetuation of sexual violence and harmful gender roles. We will be discussing what toxic masculinity is, how it contributes to sexual violence, and how it creates harmful understandings of gender identity. Participants will be shown how to help students be an active bystander in sexual assault prevention, challenge pro-rape language, and unlearn toxic masculinity within their communities.

**Hayden Averill** is Program Facilitator of Redefining Manhood, a prevention education program run by Plea Community Services. Redefining Manhood has been presented to youth in secondary schools throughout the Lower Mainland, Vancouver Island and the Northern Interior since 2017.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 80% Lecture 20% Interactive**

## T7 Resilience is a Sword Not a Shield

So often the adversity we face leaves us with stress, anxiety, and the feeling of being overwhelmed. Learning to acknowledge, control, and alleviate these emotions can prevent destructive behavior such as addiction, eating disorders, abuse, and is crucial in turning a victim into an achiever and a follower into a leader. This workshop teaches specific, easy to grasp techniques and tools to help manage negative emotions caused by trauma or adversity.

**Levi Stanford** was involved in an accident only five days after being married to his beautiful wife, which not only led to the amputation of his left hand, but also left him fighting for his life. Waking up from an induced coma, Levi was filled with an immense gratitude for having a second chance at life, which he used to not only make a remarkable recovery but excel as a musician/singer. From this experience, Levi was inspired to share his message and now travels worldwide as a motivational speaker.

**LIMIT: 50 FOCUS: 6-12 FORMAT: 70% Lecture 30% Interactive**

## T8 Needles and Bones

An interactive presentation by Speshelawt, Chris Kelly. A multi-year fixture at the Challenge & Change Conference, Chris is back to share the history of traditional local embellishments. After sharing, attendees will have the opportunity to create a pendant made of Pine Needles and Salmon bones.

**Chris Kelly** is a Cultural Presenter in School District 34 for more than 25 years. Being pretty "alternate" herself, she's a repeat offender at BCAEA conference presentations.

**LIMIT: 20 FOCUS: K-12 FORMAT: 20% Lecture 80% Interactive**

## T9 Authentic Learning for Global Sustainability

Participants will explore pedagogical approaches and 'open-access' learning resources to help students develop critical thinking and creatively engage in global sustainability issues. Educators will share how they are addressing Core Competencies, Big Ideas, and Curricular Content and explore various ways to use Student Leadership in Sustainability (SLS) materials to help students connect and respond to the environmental and social challenges we face.

**Maureen Jack-LaCroix** brings 15 years as an EE program and learning resources designer, educator and speaker into the engaging workshops she facilitates. Her research, as a PhD(cand.) in EE at SFU, Masters in Eco-Psychology and Indigenous Wisdom, training in deep ecology and Social Innovation deepens the dialogue. As the Creative Director of Be The Change Earth Alliance, Maureen led the dynamic teacher collaboration for the creation of 'SLS: Student Leadership in Sustainability' learning resources.

**LIMIT: 25 FOCUS: 6-12 FORMAT: 40% Lecture 30% Interactive 30% Hands-On**

## T10 Alternate Potpourri

Choose this session if you can't decide what session to take or might not attend a session in this time slot. Your registration will be complete, and your receipt will show you registered in a session. You don't take a spot in a limited session that someone else might have wanted, and if you change your mind, just come to the Registration Desk and you can get into any available session. Win-win!

**LIMIT: None FOCUS: People with Alternate Plans FORMAT: 100% Considerate**

## The Legendary Schmooze!

It's a great chance to mix, mingle, and of course, schmooze [hence the name!] with people you know, and people you've just met, while enjoying a couple of beverages. Your eyes won't believe the vast array of delicious appetizers available [ably catered once again by the Chef Lori Pilling and the incredible staff and students from the Delta Secondary Cafeteria Program], but after just a few bites, your stomach will be in heaven! There is sure to be something for everyone to enjoy.

**Thursday 5:00 — 7:00 pm**

**Pavilion Ballroom**

Wear your conference name tag for free entry.

Guest tickets [\$25] may be purchased in advance at the Registration Desk, or at the Schmooze entrance.

We look forward to seeing you there!

## Friday Morning 9:00-11:30

### F1 Creating a Gender-Inclusive School Culture

This workshop will help develop an understanding of the risks as well as the protective factors facing trans\* students, increase familiarity with the terminology used by the trans\* communities, and increase awareness of gender identity and gender expression. Best practices for supporting a student through gender transition within the school system will be covered. Although the focus is on trans\* students, gender-inclusive schools help all students to feel safe at school.

**Trevana Spilchen** is a trans female educator and the SOGI (sexual orientation and gender identity) coordinator for the Delta school district. They completed a Masters of Education degree in social justice leadership focusing on the presence of gender binary in the school system. They are also a musician and spoken word artist, the 2017 Vancouver Poetry Slam Grand Champion and co-curate the long-running music and poetry collaborative show Mashed Poetics.

**LIMIT: 40 FOCUS: 6-12 FORMAT: 60% Lecture 40% Interactive**

## F2 From Keats to Beats

Poetry can be a tough sell to students who would rather be on Instagram or listening to the top 40. But what if they didn't have to choose between the two? What if Instagram poets and chart-topping hits were studied alongside sonnets and haikus? What if it were less about teaching kids how to write poetry and more about learning the limitless styles there are to choose from? Whatever the style or personality of the student, this workshop explores how to create a versatile and open-ended poetry unit that allows these young poets to find their voice.

**Miranda Krogstad** is a spoken word poet and educator who uses her words to empower students of all ages and walks of life. Teaching life skills including self-confidence, self-expression, and community-building, she has performed workshops in over a dozen cities around the province. A member of the 2016 national wild card team, a two-time Canada Council for the Arts grant recipient, she has since cofounded the organization YYSpeak.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 40% Lecture 30% Interactive 30% Hands-On**

## F3/F13 DBT STEPS-A: An SEL Curriculum

**[Part 1 of All Day Session]** Dialectical behavior therapy (DBT) is designed to help people suffering from mood disorders as well as those who need to change patterns of behaviour that are not helpful, such as self-harm, suicidal ideation, and substance abuse. DBT STEPS-A is social-emotional learning (SEL) curriculum based on DBT designed to be used by classroom teachers to help adolescents develop their own toolboxes of effective life enhancement strategies that can have a significant impact not only on their capacities to solve their current problems but also on enhancing ongoing life skills well into their futures.

**PART 1:** Participants will be introduced to core elements of DBT for adolescents, learn to differentiate between DBT therapy (as provided by a team of clinical counsellors) and STEPS-A (a program that can be integrated into classroom practice), hear a brief synopsis of the STEPS-A rationale and evidence for effectiveness to date, and gain an overview of the STEPS-A core curriculum.

**PART 2:** Building on the foundational learning in Part 1, participants will be introduced to the various modes of delivery of STEPS-A curriculum, have a hands-on look at STEPS-A lesson plans, have demonstrated instruction on select skills contained in the curriculum, and have time for Q&A and troubleshooting on program implementation.

**PJ Lewis** is one of the cofounders of Lifted Counselling and Consulting, and a BCACC registered and CCPA certified clinical counsellor. PJ has particular expertise in providing individual, group and family treatment to high-risk youth and families. PJ focuses his practice from an interpersonal approach with thoughtful integration of behavioural, skill-based strategies. PJ also has extensive specialized training in Dialectical Behaviour Therapy, EMDR, and Emotion Focused Family Therapy.

**LIMIT: 80 FOCUS: 6-12 FORMAT: 50% Lecture 30% Interactive 20% Hands-On**

## F4 Technology and Mental Wellness

This workshop will examine mental wellness and technology: the pros, cons, and future possibilities. The workshop will outline immediately accessible apps and online sites to increase therapeutic reach, promote mental health through cognitive behaviour therapy, provide online outreach, educational materials, peer support and therapeutic artificial intelligence. The workshop will also discuss areas of concern about how technology is negatively impacting mental wellness including the addictive natures of online technologies, and behavioural addictions. Finally, the workshop will look at the future of online technologies and mental wellness including artificial intelligence and its future role in physical and psychological therapy, mental health and substance misuse assessment and robot companion animals.

**Merlyn Horton (BPA)** is CEO of SafeOnline Education Associates and in 2001 pioneered internet safety education in British Columbia. From 1985 to 2000 she provided services to high risk, sexually exploited youth and victims of domestic violence, as counsellor, outreach worker and advocate. Over the last 18 years she has educated over 200,000 people, both in B.C. and internationally.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 30% Lecture 40% Interactive 30% Hands-On**

## F5 Becoming Trauma-Informed

This presentation will review current research on the neuroscience of the growing brain and then describe the effects of adverse childhood experiences and trauma on brain development. The focus will be on understanding the reasons why some students manifest significant behavioural and learning difficulties despite the fact that teachers are better trained than ever, and our pedagogical practices are constantly improving. We will then look at what these students need for them to be able to function in a classroom setting. Practices that are developmentally and attachment-friendly, and also trauma-informed will be presented. These interventions are currently being used in classrooms and schools and can make a difference in the lives of students and those involved in their education.

**Eva de Gosztonyi, M.A.**, is a school psychologist who has worked for over 40 years in schools across Canada. In her presentations, Eva weaves together theory and practice, learning and behaviour, to help those who work with children apply Dr. Neufeld's paradigm so that they can effectively help children and youth become the "best that they can be."

**LIMIT: 200 FOCUS: K-12 FORMAT: 80% Lecture 20% Interactive**

## F6 Who are You? Social Media and the Self

What is the relationship between the real you and the on-line you? Exploring the fragmentation of self-identity that the proliferation of social media seems to foster, this workshop enables the participants to actively discuss both the exciting and problematic elements of social media. Learn how to make mindful, conscious decisions about how to navigate the on-line world, and how to support and encourage young users to reflect upon the ways their brains are changed by regular social media use, and the ways that we use these media to construct identities to fit within others' expectations.

**Michael Fontana** is the Learning and Outreach Manager at The Cinematheque where he designs and delivers Media Literacy and Film Production workshops. He has taught theatre and video, and used theatre

and video as an educational tool with a wide variety of people. Michael holds a Ph.D. in Theatre & Museum, a M.Sc. in Science Communication, and he has received professional training in theatre & education.

**LIMIT: 40 FOCUS: 6-12 FORMAT: 30% Lecture 40% Interactive 30% Hands-On**

## F7 Serious Play

Social-Emotional Learning is the umbrella that guides our processes in addressing mental health, school climate, positive behaviour approaches, and growth mindset. Serious Play: Building your Social-Emotional Learning Toolbox is a workshop that exposes participants to hands-on cooperative games and activities that address both the broad and specific foundations of social emotional learning. The experiential nature of the workshop will allow the participants to learn first-hand new facilitation and debriefing skills and how active engagement can provide a meaningful method to learning. You can implement these new tools and skills back in your schools and practices immediately.

**Sheldon Franken** has a B.Ed. in Physical Education and a M.A. in Counseling Psychology. Sheldon is a school counsellor for the Vancouver School Board and the workshop facilitator and owner of Inquiry Adventures. Sheldon is known for his activity based and hands-on learning style of facilitation. He has presented workshops and Keynotes on active and experiential social-emotional learning to educational and mental wellness organizations across North America.

**LIMIT: 200 FOCUS: K-12 FORMAT: 10% Lecture 40% Interactive 50% Hands-On**

## F8 Sorting, Sorting, Sorting

Together we will explore and explain terminology, commonalities and differences when looking at today's Indigenous peoples. This session will be open format, so please bring your questions and share your knowledge too. After the discussion attendees will have an opportunity to experience the medicines of Sage, Cedar, and Sweet Grass, and create a Smudge Feather of their own.

**Chris Kelly** is a Cultural Presenter in School District 34 for more than 25 years. Being pretty "alternate" herself, she's a repeat offender at BCAEA conference presentations.

**LIMIT: 20 FOCUS: K-12 FORMAT: 50% Interactive 50% Hands-On**

## F9 Selfless - 'Life is precious, don't miss it.'

This timely, relevant, 90 minute feature length documentary brings forth the question, *What are we reaching for?* Starting with the Director's introduction of the film, we will screen the film, and afterward the filmmakers will share their reflections about their journey willing this film into existence, and their motivation for making the film. Participants will engage in conversations and will be encouraged to share their thoughts, feelings and concerns that 'selfless' evokes as well as identify ways that the film may be integrated into classroom use.

Vancouver film maker **Kim Laureen** is co-founder of Fresh Independence Productions. She admits her endless curiosity for people and what motivates their choices makes her work in documentary film making a natural fit. This heart on fire is a believer that dreams are made possible if you take the risk and try. Kim never gives up and you will always find her happiest at the heart of a good story.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 20% Lecture 60% Interactive 20% Hands-On**

## F10 Sixties Scoop

This workshop invites educators to open their hearts and minds to understanding the colonial impact of Canada's history on Indigenous families and their children. Educators will be challenged to unlearn their story taught to them and relearn how to value the lives of Indigenous peoples. Educators will follow the lead of Indigenous educators who may be directly connected to the lived experience of the generations of 'stolen children'.

**Kilaksten / Peggy Janicki** is from Nak'azdli Whut'en. She is a teacher in the Mission School District and has her M.Ed. in Indigenous Knowledges & Indigenous Pedagogies. Her experience strengthens the work she does as a presenter and facilitator. Peggy is a dip-net fisherwoman, a Coast Salish War Canoe puller, and Salish Weaver-in-training and is the Weaver/Creator of the SOGI 123 Weaving project

**LIMIT: 40 FOCUS: 6-12 FORMAT: 20% Lecture 80% Interactive**

## F11 Alternate Potpourri

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**LIMIT: None FOCUS: People with Alternate Plans FORMAT: 100% Considerate**

*Good karma...*

...plus an exhibitor's gift certificate comes to those who act as Session Hosts!

## Friday Afternoon: 1:00-3:30

### F12 Storytelling in Science

This workshop fuses the poetic elements of storytelling with the hard facts of science, encouraging you to connect with scientific concepts in a personally meaningful way. During the workshop, you will use your natural curiosity and personal experience to connect to the theories you are learning about and to describe the story in a compelling way that uses scientific theory as the narrative. Krogstad breaks down the recipe for making science poetic and how to write a captivating story. Because science doesn't have a voice, but you do.

**Miranda Krogstad** is a spoken word poet and educator who uses her words to empower students of all ages and walks of life. Teaching life skills including self-confidence, self-expression, and community-building, she has performed workshops in over a dozen cities around the province. A member of the 2016 national wild card team, a two-time Canada Council for the Arts grant recipient, she has since co-founded the organization YYSpeak.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 40% Lecture 30% Interactive 30% Hands-On**

## F13 DBT STEPS-A: An SEL Curriculum

**[Part 2 of All Day Session]** Dialectical behavior therapy (DBT) is a therapy designed to help people suffering from mood disorders as well as those who need to change patterns of behavior that are not helpful, such as self-harm, suicidal ideation, and substance abuse. DBT STEPS-A is social-emotional learning (SEL) curriculum based on DBT designed to be used by classroom teachers to help adolescents develop their own toolboxes of effective life enhancement strategies that can have a significant impact not only on their capacities to solve their current problems but also on enhancing ongoing life skills well into their futures.

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**LIMIT: 80 FOCUS: 6-12 FORMAT: 50% Lecture 30% Interactive 20% Hands-On**

## F14 Positive Digital Citizenship

This workshop will focus on how to promote positive digital citizenship with students. Touching on topics such as thinking critically online, managing permanent public reputations, conduct yourself ethically online, recognizing cyber abuse, gaming ethically, and sexting and online pornography awareness. Information will also be provided about how apps work on our brains and the need for individuals minimizing screen time. This workshop will be accompanied by a reference webpage where teachers can immediately access the outlined resources.

**Merlyn Horton (BPA)** is CEO of SafeOnline Education Associates and in 2001 pioneered internet safety education in British Columbia. From 1985 to 2000 she provided services to high risk, sexually exploited youth and victims of domestic violence, as counsellor, outreach worker and advocate. Over the last 18 years she has educated over 200,000 people, both in B.C. and internationally.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 80% Lecture 20% Interactive**

## F15 School-based Interventions: What to do?

This presentation will describe a continuum of interventions that can be used with students such as Check-ins, Foster Classrooms, Supported Lunch hour, and the Nurturing Support Centre. All of these interventions can be used in conjunction with existing school resources. They are designed to provide emotional, behavioural and academic support to specific students. Their use is meant to be guided and supervised by a school support team. Shortened class time, options for dealing with challenging days and/or situations, organizational support and adult guidance are all potent interventions for helping our students stay engaged in learning.

**Eva de Gosztonyi, M.A.**, is a school psychologist who has worked for over 40 years in schools across Canada. In her presentations, Eva weaves together theory and practice, learning and behaviour, to help those who work with children apply Dr. Neufeld's paradigm so that they can effectively help children and youth become the "best that they can be."

**LIMIT: 200 FOCUS: K-12 FORMAT: 80% Lecture 20% Interactive**

## F16 Cinema (mis)representation of mental illness

Due to its dramatic nature, cinema has favoured extreme and negative stereotypes of mental illness. Such portrayals contribute to stigma, discrimination, and barriers to care. Understanding the techniques that film as a medium uses is then key to gain awareness of visual representations of mental illness. Starting from key concepts in media literacy, and using film analysis and clips from both classic and contemporary films, this workshop examines how our visual culture represents mental illness, and thus how moving images influence our and our student's adverse perception of it in the real world. Strategies to combat these cinematic stereotypes are presented throughout the workshop.

**Michael Fontana** is the Learning and Outreach Manager at The Cinematheque, where he designs and delivers Media Literacy and Film Production workshops. He has taught theatre and video, and used theatre and video as an educational tool with a wide variety of people.

**Harry Karlinsky (M.D., M.Sc., FRCPC)** is a clinical professor of psychiatry at the University of British Columbia, and the Director of Frames of Mind, a mental health film series whose goal is to use thought-provoking cinema in order to promote community and professional education of issues pertaining to mental health and illness.

**LIMIT: 40 FOCUS: 6-12 FORMAT: 30% Lecture 40% Interactive 30% Hands-On**

*There's still time...*

...to be a session host.  
All the cool kids are doing it!

## F17 Nature and Social Emotional Learning

Play in connection to Nature can be an incredible tool to enhance personal and community wellness. This Nature's Connection to SEL workshop will use these two wellness strategies of Play and Nature to go deeper. We will explore how, through various facilitation and debriefing methods, the dynamics within nature based games can provide insights into ourselves, our schools, and our communities. These insights form the foundation of exploring various social emotional learning competencies. We will play, laugh, learn, share, explore, and wonder outside in and around nature.

**Sheldon Franken** has a B.Ed. in Physical Education and an M.A. in Counseling Psychology. Sheldon is a school counsellor for the Vancouver School Board and the workshop facilitator and owner of Inquiry Adventures. Sheldon is known for his activity based and hands-on learning style of facilitation. He has presented workshops and Keynotes on active and experiential social-emotional learning to educational and mental wellness organizations across North America.

**LIMIT: 200 FOCUS: K-12 FORMAT: 10% Lecture 40% Interactive 50% Hands-On**

## F18 Métis/Mitchif?

Tansi! The Métis are woven into BC. This session will have an overview of how Métis are identified and who qualifies as a registered Métis person in our province. What makes the Métis unique? How many Métis people are in BC? How did Métis end up in BC? After our discussion attendees will finger weave their own mini sash using a finger weaving technique that is easily transferred to the classroom.

**Chris Kelly** is a Cultural Presenter in School District 34 for more than 25 years. Being pretty "alternate" herself, she's a repeat offender at BCAEA conference presentations.

**LIMIT: 20 FOCUS: K-12 FORMAT: 20% Lecture 50% Interactive 30% Hands-On**

## F19 Loneliness in the Social Media Age

Walk into any classroom today whether it be one of privilege or high risk and you will hear the same repeated tone of loneliness in the social media age. So 'where are we leading the next generation?' and 'what are we reaching for?' During this session you will better understand the challenges of sustaining balance body, mind and soul in a technology driven society. This workshop reflects upon four key messages which offer tools to help you inspire students to reconnect with what is important in life. There will be time to put passion into practice during interaction with one another via written exercises and games.

Vancouver film maker **Kim Laureen** is co-founder of Fresh Independence Productions. She admits her endless curiosity for people and what motivates their choices makes her work in documentary film making a natural fit. This heart on fire is a believer that dreams are made possible if you take the risk and try. Kim never gives up and you will always find her happiest at the heart of a good story.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 80% Lecture 20% Interactive**

## F20 Blanket Exercise: Historical Relationships

This experiential workshop will help participants understand how colonization of the land we now know as British Columbia and Canada has impacted the people who lived here long before settlers arrived. Through this exercise participants will explore the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada, how this relationship has been damaged over the years, and how we can work toward reconciliation.

**Brandon Peters** is from the Tla'amin First Nation (Sliammon) in the area colonially known as Powell River. Brandon goes through the blanket activity using Story Work to explain how colonialism has affected Indigenous people in real time. Story work helps to humanize the stats and the highly legislative language.

**LIMIT: 40 FOCUS: K-12 FORMAT: 10% Lecture 90% Interactive**

## F21 Swordplay, Knights and Teambuilding

And now for something completely different! As soon as you come through the door at Academie Duello, you will have a sword in your hands and begin learning the basics of attack, defense, decisiveness, and strategy as you learn to survive and win a duel. Through work in teams and friendly competition with your peers, our coaches will teach you to act with daring and decisiveness, out-think the competition, and apply the five principles of success to your swordplay team. **NOTE:** Be on time for the taxi ride to this off site session.

**Academie Duello** offers a diverse selection of courses in weapon arts.

**LIMIT: 12 FOCUS: 6-12 FORMAT: 90% Interactive 10% Hands-On**

## F22 A Decade of Diligence

This session will share best practices and practical examples for alternate school staff who seek to improve their programs. In 2009, a team from Kimberley visited a dozen programs in BC with the goal of identifying common themes in successful alternate programs and applying these to a new school. The report produced in 2009 has guided the evolution of the Kimberley Alternate School and is still in use today. In 2019 Dan returned to these programs to identify changes over the last decade, and to chart a new direction for the next decade.

**Dan Clark** is an educator with 15 years of experience teaching vulnerable students. He is the Teacher-in-Charge of the Kimberley Alternate School and is responsible for the creation and continued development of this program of excellence. Dan has presented across BC to a variety of audiences on alternate education and place-based learning, and is also a wilderness adventurer, filmmaker, and author who has written three books on outdoor education.

**LIMIT: 200 FOCUS: 6-12 FORMAT: 50% Lecture 50% Interactive**

## F23 Alternate Potpourri

Choose this session if you can't decide what session to take or might not attend a session in this time slot. Your registration will be complete, and your receipt will show you registered in a session. You don't take a spot in a limited session that someone else might have wanted, and if you change your mind, just come to the Registration Desk and you can get into any available session. Win-win!

**LIMIT: None FOCUS: People with Alternate Plans FORMAT: 100% Considerate**



# Challenge & Change 2020

33<sup>rd</sup> Annual Conference

February 12, 13 & 14, 2020 • Sheraton Vancouver Wall Centre • 1088 Burrard Street, Vancouver, BC

## Register Online

**Registration Website** [www.bcaea.com/conference.html](http://www.bcaea.com/conference.html)

### Fees

Until December 20, 2019: One Day \$125      Two Days \$200  
After December 20, 2019: One Day \$150      Two Days \$225

Registration includes complimentary continental breakfast(s), The Schmooze, and one year membership in the BCAEA.

### Payment

Paying by credit card is fast, easy, and secure. Know instantly if you got the sessions you want, and print a receipt right away.

## Cancellation Policy

You can cancel your registration yourself by following the instructions in your confirmation email. Credit card refunds typically take 48 hours.

## Hotel Reservations

### Sheraton Vancouver Wall Centre

1088 Burrard Street      1.800.663.9255 or 604.331.1000  
Vancouver, BC      [reservations@wallcentre.com](mailto:reservations@wallcentre.com)

### Make/Modify/Cancel Hotel Reservations

Book directly with the Sheraton by going to our event specific link:

<https://book.passkey.com/e/49979332>

Room rate per night (Reserve before Jan. 13, 2020, taxes extra)

\$165 Regular room (1 or 2 beds) Single/double occupancy.  
\$225 Family Suite (3 beds) Single/double occupancy.  
Extra registered guests \$30 each.

### Important!

If reserving after January 13, 2020, you must call and specifically ask for the front desk of the Sheraton Vancouver Wall Centre Hotel to see if there are still rooms available at the conference rate.

Please note that hotel reservations are made separately from the conference registration. Space fills up quickly, so we recommend reserving early. You can cancel your hotel reservation up to 24 hours prior to arrival with no penalty.

## Transportation

### Skytrain (Canada Line)

You have to have a Compass Card to travel. From airport take Canada Line to Yale-Roundhouse stop. Transfer onto #6 Davie bus to Davie at Burrard then walk 1.5 blocks to hotel. Or get off at Vancouver City Centre stop and walk seven blocks to the hotel.

### Taxi

Taxis are available at the airport. Flat rate is \$32 to the hotel. Return rates to the airport vary.

### Limousine

Limousines start at \$50 and are a great way for a small group to get to the hotel in style.

## Parking

### Sheraton Rates

Day parking at the Sheraton is \$14 if you arrive before 8:00 am and leave before 6:00 pm. Hourly rate is \$5 for first hour and \$2 every additional half hour. Overnight parking for guests is \$38.12.

There are other parking lots nearby with varying rates.

## Need Help?

Registration Questions:

**Christine Thygesen**, Conference Registrar  
email: [registrar@bcaea.com](mailto:registrar@bcaea.com)

General Conference Questions:

**DJ Pauls**, Conference Coordinator  
email: [conference@bcaea.com](mailto:conference@bcaea.com)

phone: 604.859.3015

PDF brochures and online registration: [www.bcaea.com/conference.html](http://www.bcaea.com/conference.html)