



Lauren R. Parker, Psy.S., NCSP

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Lauren R. Parker obtained her B.A. in school psychology at Florida Atlantic University where she was awarded the McArthur Award for Outstanding Student in the College of Science. She obtained her M.S. in Psychology and her Psy.S. in School Psychology through Nova Southeastern University. She has been a practicing school psychologist in Central Florida for the past 6 years and has been active in both her state and national organizations. In 2015, Lauren was awarded the School Psychologist of the Year – Early Career award by the Orange County Association of School Psychologists, and in 2016 was selected as the School Psychologist of the Year – Early Career by the Florida Association of School Psychologists. Lauren is a Nationally Certified and Florida Licensed School Psychologist. Lauren is the President-Elect of the Florida Association of School Psychologists and will be assuming the role of President in November, 2020. She has worked within her role as a school psychologist to advocate for social and emotional learning, mental health training and support, and has provided crisis response services when needed to support grieving students. Lauren has presented at the state and national level on how to implement interventions and supports in a way that is practical; knowing the barriers that often exist for students to access these supports at school and at home. Lauren is passionate about supporting the social, emotional, and mental health needs of children and adolescents in the school setting to facilitate resilience and positive outcomes for all youth.

Supporting the Social, Emotional, and Mental Health Need of Students

Abstract

This year, students have been impacted in ways no one could have expected. They have experienced impacts from interrupted academic access, financial hardships, community trauma, and health crises. Supporting the social, emotional, and mental health needs of students has always been important, but it is even more essential now. Students can't learn if they don't feel safe, secure, and regulated. This presentation will provide a foundation for understanding the foundations for social and emotional learning, will discuss the impact of mental health on learning, and will discuss trauma-informed practices for supporting the social, emotional, and mental health needs of students. Participants will gain knowledge of practical ways to implement interventions and practices that will support students in developing a sense of physical, social, and emotional safety at school. Current topics related to equity, increased prevalence of mental health needs, and ongoing support needs will be discussed.

Objectives

- 1) Participants will gain a foundational understanding of social and emotional learning within the context of mental health support to facilitate learning.
- 2) Attendees will understand the impact of environmental factors on social, emotional, and mental health needs of students and how these factors may impact student safety.
- 3) Participants will gain knowledge of interventions and supports that can be practically implemented to improve outcome for students through a trauma-informed lens.
- 4) Attendees will be able to infuse the concepts above to facilitate opportunities to support the development of student resilience and positive relationships at school.