



POUDRE SCHOOL DISTRICT

# Integrated Services

## PSD Transition Services

### Contact Info

#### Romie Tobin

970-490-3213

2407 LaPorte Ave.

Fort Collins, CO 80521

[Rtobin@psdschools.org](mailto:Rtobin@psdschools.org)

### Website



# PSD Transitions Newsletter:

*serving elementary school through post-high school students*

OCTOBER 2018

## Mental Health

Welcome to another Year in Poudre School District! As in the past years this Transition Newsletter will be distributed four times during the school year. The topic we are focusing on this month is Mental Health Awareness and Resources. Both within the school district and the community students and family members have access to a wide range of Mental Health services and resources. The first article addresses the resources available in our schools from a variety of mental health professionals, including PSD's Mental Health Team, School counselors, Social Workers and School Psychologists.

In the community of Fort Collins Summit Stone and the Spirit Crossing Clubhouse offer services that promote individual goal attainment and offer support for individuals as they seek to reduce stigma of mental illness through community education and outreach programs.

Our section of local events that promote Transition is fairly large this month but what a great way to start of the year by setting some goals to build your knowledge of transition services as well as learning about local agencies supporting youth in transition. October and November are packed with opportunities for students and family members to participate in workshops and activities that provide information on how to support our young adults in the journey of transition from school to Post High School educational options, employment and build skills to live as independently as they choose. Check out all the great options offered by PSD as well as agencies such as the Arc of Colorado.

Here's to your Health!

*Romie Tobin-PSD Transition Coordinator*

## Achieve With Us

Since 2007, The Arc of Larimer County has helped individuals with intellectual and developmental disabilities and their families achieve full inclusion in every sector of the community.

Thanks to the generosity of donations made to arc Thrift! Stores, our services and supports are available at no cost.

Workshops, Services & Support Available



The Arc  
of Larimer County

Visit [arclc.org](http://arclc.org) for more information.



## Mental Health Services in Poudre School District

Melanie Voegeli-Morris, LCSW,  
Mental Health and Prevention Coordinator



Poudre School District has mental health services in place to assist with the needs of all students. These services include preventative, ongoing, and reactive interventions to support students. Special Service Professionals (counselors, mental health specialists, social workers and psychologists) provide a variety of support and interventions to help all students to be successful at school.

Preventive services include suicide prevention training for all staff. Additionally, teachers and staff learn the value of building strong connections with students that can enable students to feel engaged and safe in their learning environments. Building relationships with teachers, counselors, mental health specialists and Integrated Services staff is a protective factor for students. A variety of Social Emotional Learning curricula are delivered by counselors to help students develop social awareness, self-awareness, self-management, responsible decision making and relationship skills.

Other interventions provided by the mental health team include suicide assessments, crisis intervention, assistance in connecting with community agencies and providers, and ongoing connection with mental health resources.

Mental health supports for PSD students are available from individuals in a variety of teams. PSD embraces collaborative work among teams to benefit the mental health needs of all students. The work of the Special Service Professionals is listed below.

**School Counselors** offer a range of services along the continuum from early intervention to crisis response to meet students' needs. School counselors consult with parents or guardians, school personnel and other identified parties when developing plans and strategies for facilitating mental health needs. Specific ongoing responsive services provided by school counselors, such as individual and group counseling, crisis management, suicide prevention and peer facilitation, are all planned and goal-focused. Students often initiate counseling services through self-referral. However, teachers, parents or guardians or other school professionals may also refer students for assistance. School Counselors are trained professionals who have obtained a master's degree in school counseling or social work from an accredited university and are licensed through the State of Colorado department of Education

**PSD's Mental Health Team** consists of 15 Mental Health Specialists who provide services to each site within the district. The team has been in existence for 19 years and team members are all PSD staff. This model is unique in the state and was created to help reduce the barriers to students and families accessing mental health services. The Mental Health Team provides many services including: early intervention, ongoing support to students and families, referral and collaboration with community agencies and providers, suicide assessments, post-hospitalization re-entry and stabilization, consultation to staff, Integrated Services staff, counselors and principals. Team members all hold master's degrees and consists of social workers, licensed clinical social workers, and school counselors.

*Continued...*

## **Mental Health Services in Poudre School District, continued...**

**School Social Workers** are trained mental health professionals who hold a minimum of a master's degree in social work who provide support to students related to the social, emotional and/or educational needs. They may also provide IEP services. School Social Workers can be a critical link between the home, school and community by providing direct and indirect services to students, families, and school staff. School social workers promote and support academic and social success. *Integrated Services* employs school social workers at center-based program sites for students who have been identified with a Serious Emotional Disability and require an extensive level of support to be successful. School social workers also work throughout the district in counseling and other supportive roles.

**Poudre School District's 35 School Psychologists** support the diverse academic and social emotional needs of all students. School Psychologists have the skills and training to support students from Early Childhood through our 18-21 year old transition programs. In PSD, our School Psychologists provide comprehensive services including direct academic and behavior intervention, mental health support, assessment, crisis response and home- school-community collaboration. Psychologists are also an integral support to the MTSS process and provide consultation to teachers and families regarding behavior and social/ emotional interventions and supports.



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Free food and drink. Bring the family.**

[info@ourhouseinc.org](mailto:info@ourhouseinc.org)

(970) 459-0735

[www.ourhouseinc.org](http://www.ourhouseinc.org)

**Our House Inc.**

4223 South Mason St, Unit C  
Fort Collins, CO 80525

## Colorado Department of Education Mental Health

Mental health is a necessary component for the promotion of students' developmental, social, and academic well-being. Mental health does not necessarily mean the absence of some form of mental illness, but



**COLORADO**  
Department of Education

rather having the means and necessary skills to promote the ability to cope with challenges in life.

(National Association of School Psychologist, 2017). For this reason the following resources are available to provide guidance on positive promotion of students' overall school success.

### Mental Health

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### School Mental Health and Behavior Listserv

The School Mental Health and Behavior Listserv is a great way to receive information through periodic emails on statewide training(s), job opportunities, and mental health and/or behavior related events. If you would like to sign up for the listserv, please send your request to Londi Howard, School Psychology Intern: [howard\\_l@cde.state.co.us](mailto:howard_l@cde.state.co.us)

For more Resources, visit the CDE website <https://www.cde.state.co.us/cdesped/mentalhealth>

*Continued...*



Project | SEARCH

**Columbine Health Systems**  
is the proud Business Site for  
Project Search for over 8 years!

## Colorado Department of Education Mental Health, continued...

### Colorado Crisis Services

CRISIS LINE: 1-844-493-TALK (8255) is a 24/7/365 support line for anyone affected by a mental health, substance use or emotional crisis. All calls are connected to a mental health professional, who will provide immediate support and connections to further resources.



WALK-IN CRISIS SERVICES/ STABILIZATION UNITS: Our walk-in crisis services are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need. If you need in-person assistance, or are helping others with a crisis, you can always visit a walk-in crisis services location near you. Some locations provide crisis beds for 1-5 days, for either voluntary or involuntary treatment. View the map to find the locations nearest you.

For more information, please contact:

Julia Wigert

Phone: 303-866-6933



1-844-493-TALK (8255)

[ColoradoCrisisServices.org](http://ColoradoCrisisServices.org) (or click on the logo)



### PreK - 12 Colorado Teachers!

Apply for a Teachers and Technology Grant for the 2018 - 19 school year for your school

#### PSD Transitions

Grants range from \$500 to \$5000 and are available to full-time classroom teachers in public or private school. The CenturyLink Clarke M. Williams Foundation's Teachers and Technology grants are designed to help fund projects that advance student success through the innovative use of technology in the classroom.

Click [centurylink.com/teachersandtechnology](http://centurylink.com/teachersandtechnology)

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## Preventing Parent Burnout

*Meeting the emotional challenges of caring for children with mental health issues*

*Julia Johnson Attaway*

Parenting is hard work, and parenting a child with mental health issues is exponentially harder. You're almost certainly putting in more effort than any other mom or dad you know, yet your kid may still be at risk, struggling, or making less progress than her peers. This raises a crucial question: How can you keep going without becoming exhausted?



Avoiding parent burnout requires real effort. Experts note it includes consistent self-care, establishing a strong support network for yourself, and having a trustworthy therapeutic team for your child. Another piece of the puzzle is learning to tap into one of the most powerful motivators on earth: your love for your child. Here are 12 ideas for how to do that.

1. **Make a list of your child's core strengths.** Write down her good qualities, even if they haven't been visible lately. Find ways to talk about these to your partner, your friends and your child. "This morning I ran across that poem you wrote about \_\_\_\_\_, and it reminded me how creative you are. I've always admired that about you." (If your child mutters she is no longer like that, you can counter with a smile and something like, "Oh, deep down it's still there. Right now you're depressed, and no one is their best self when they are sick.")
2. **Recall fun and funny times.** Telling a humorous family incident or recounting a tale of your own foibles can help everyone feel connected. Silly baby stories, grade school antics, and memories of times you embarrassed yourself are great ways to get started laughing ... and remembering that good times *do* happen. Remembering more recent moments of happiness or enjoyment helps, too.
3. **Practice simple acts of kindness.** When using words is difficult, we can often still get through with gestures. Think back to what "said love" to her when she was little, or what used to soothe him when he was upset. Arriving at your teen's bedroom door with a gentle, "Hey, I thought maybe you'd like this" and a favorite treat can remind you both that you care, even if the offer is declined.
4. **Smile when he walks in the room.** The look of surprise on a troubled child's face when he is greeted with joy instead of concern is a startling reminder of the importance of the need to express our affection in words and affect. A cheerful, "Oh, I was just thinking of you!" can shift both your heart and his to a better place.

*Continued...*

## Preventing Parent Burnout, continued...

5. **Grow your empathy.** Patience and perseverance blossom when we see parallels between our own emotional landscape and that of our children. When you're feeling overwhelmed, it's eye-opening to consider that this may be how your son feels all day, every day. A spike in your own anxiety or a wave of feeling helpless can provide you with powerful insight into what's going on when your daughter gets panicky.
6. **Touch base, literally.** Sometimes we retreat from difficulty without realizing it. If your child craves contact and you've pulled back physically, add "Touch him three times daily" to your to-do list. A quick back rub when he's hunched over homework, or a gentle hand on his shoulder while you're asking a question can help you stay connected.
7. **Frame your frustration as a puzzle to be solved.** It may help to remind yourself that not-knowing how to make things better doesn't mean you're inadequate – it simply means you haven't figured it out yet. Read up on your child's diagnosis, and be utterly frank with your child's therapist about your need to learn better ways to handle your child's outbursts or irritability or anxiety attacks. Tackling this as a learning-curve problem alleviates a great deal of insecurity, and makes it easier to connect with the love you have for your child.
8. **Allow yourself to feel what you feel.** Set aside time to face your feelings over what your child's illness has done to him, to you, and to family life. Give yourself permission to grieve what you have lost. You are *not* a bad parent for resenting how your child's irritability or outbursts impact you; it's possible to love your child and hate the effects of his illness at the same time. The key is to find healthy ways to process what you feel.
9. **Notice the bright spots.** Write down one positive thing that happened every day, even if you have to hunt for the distant glimmer of light. You'll be surprised how much better you feel when you take time to do this. Go a step further and let your child know what you've observed, applauding her effort or catching her doing something good.
10. **Monitor your reactions to his behavior.** Sometimes a child's actions trigger old memories or reactions we thought we'd outgrown. It's unfortunate that when our offspring push our buttons, the buttons still belong to us — and we need to take responsibility for them. When we overreact to a situation, it may be a clue that it's time to work through longstanding issues for our own sake as well as for the sake of our kids.
11. **Connect with others.** Though mental illness isn't optional, the added burden of secrecy is. Opening up about what you're going through is likely to increase your emotional bandwidth significantly, giving you a much-needed infusion of energy. Confide in trusted friends, or find a support group for parents facing similar challenges (locally or on social media) to decrease your sense of isolation.
12. **Don't take your child's behavior personally.** Depressed, anxious, and impulsive kids say and do many hurtful things. Even though you are the target, this is usually more about their pain than about you. Take a few deep breaths and remind yourself that some portion of the venom is the illness talking. Then repeat silently to yourself, "My love is deeper than your pain," and respond to your child as calmly as you can.

## Spirit Crossing-Clubhouse

Spirit Crossing Clubhouse is an empowering community intended to support each other in personal growth and recovery

Since 1998, Spirit Crossing Clubhouse has helped adults work through their mental health recovery to become productive and significant contributors to Larimer County. Personal recovery and wellness goals may include:

- Obtaining or maintaining employment
- Pursuing an education
- Building positive social relationships
- Leading a productive, meaningful life

**Mission:** Spirit Crossing Clubhouse supports adults with behavioral health disorders as they pursue their personal, social, financial and vocational goals.

**Vision:** We believe one's wellness depends upon experiencing positive work opportunities, meaningful social relationships, having one's skills and talents needed by others and promoting independence through community involvement. The Spirit Crossing community seeks to reduce stigma of mental illness through community education and outreach programs.

Participation in the Clubhouse is voluntary. As a Clubhouse member, you will work side-by-side with Clubhouse staff in all operations of the day program to create a dynamic atmosphere that connects your recovery with the business of the Clubhouse.

Skill Building Opportunities

Employment and Education

Wellness and Recovery

Community Volunteer Opportunities

Please see website for a calendar of events

<https://www.summitstonehealth.org/spirit-crossing-clubhouse/spirit-crossing-events/>



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**contact  
(970) 239-1641**

**info@tscaschools.com**



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## Our Story

Spirit Crossing-Clubhouse-  
Tuesday, September 18, 2018

Philosophy and Program Description: Spirit Crossing is based on the Clubhouse Model of Rehabilitation.

We believe that each person with a mental health disorder has the potential to be productive and can make a significant contribution to society that is needed, valued, and expected. We believe one's wellness depends upon having positive work

experiences, meaningful social relationships, and having one's skills and talents needed by others. Spirit Crossing Clubhouse opened in 1998. We work with adults age 18 and older as they pursue personal recovery and wellness goals, which may include: obtaining or maintaining employment, pursuing an education, building positive social relationships, and leading a productive meaningful life. Participation in the Clubhouse is voluntary and without time limits, working side by side with staff in all operations of the program. The objective of our work is to create a dynamic atmosphere that connects one another in the business of the Clubhouse and in one's recovery that develop relationships that are purposeful and long lasting. Spirit Crossing Clubhouse is a accredited member of Clubhouse International, a worldwide network of more than 300 Clubhouses, in 30 countries, all following the evidenced-based practices of the Clubhouse Model of Rehabilitation. Spirit Crossing proudly provides IPS (Individual Placement and Support) Colorado Supported Employment to SummitStone Health Partners consumers enrolled in outpatient services. All Clubhouse members are offered Supported Employment services when interest is expressed.

### Locations for this service:

#### Fort Collins

125 Crestridge St.  
Fort Collins, CO 80526  
(970) 493-4053

#### Hours:

8am-4pm Monday-Friday  
Extended hours:  
Thursday evening and one Saturday per month.



## Transition Program Information Nights

### Poudre School District Transition Program Information & Application Night

Transition is a process... of gradually increasing responsibility and becoming a member of our local community.

*Join us to learn more about PSD's post-high school transition programs,  
the application process and enrollment.*

**WHERE** Rocky Mountain High School Media Center 1300 W. Swallow, Fort Collins 80526

**WHEN** October 29th, 2018 6:00 PM – 8:00 PM

**PRESENTED BY** Gayna Jobe of Cooper Home, Michael Woodruff of Community Connections  
Maggie Atkinson of ACE Supported Employment

**RSVP** To Michael (970) 490-3370 or Gayna (970) 484-7836

### Project SEARCH Information Nights

For Students, Family Members and Teachers to learn more about Project SEARCH

#### OCTOBER 17, 2018

5:30-7:00 PM \*DINNER WILL BE SERVED

PSD COOPERHOME LEARNING 4 LIVING

217 E SWALLOW RD, FORT COLLINS 80525

#### NOVEMBER 1, 2018

5:30-6:30 PM

THE WEXFORD

1515 W 28TH ST, LOVELAND CO 80538

Project SEARCH is a nationally recognized high school transition model that originated in Ohio under the leadership of Cincinnati Children's Hospital. For more information, please visit <https://www.projectsearch.us/>

Students in the program will participate in classroom instruction for employability skills and participate in worksite internships where they are supported through job coaching and worksite accommodations with the ultimate goal of paid employment.

Please join us to learn more about Project SEARCH and how to apply.



Project | SEARCH

Contact: Emilie Ring

970.219.6667

[emilier@psdschools.org](mailto:emilier@psdschools.org)



## Thank You's

Poudre School District would like to thank the following businesses for their donations to support our transition programs...

The Egg and I donated a gift card and coffee mug to Project Search's October Health Challenge Winner. Students were challenged with eating breakfast every day to ensure they are energized and ready for a day at work.



King Soopers donated two \$15 gift cards to give as raffle prizes for attendees of our National Disability Employment Awareness Friday Events throughout the month of October.



LaMar's Donuts & Coffee donated donuts for attendees of our National Disability Employment Awareness Friday Events throughout the month of October.



Human Bean donated a \$10 gift card and chocolate covered coffee beans cards to give as a raffle prize for attendees of our National Disability Employment Awareness Friday Events throughout the month of October.



## Business Spotlight

### *Longhorn Steakhouse*

**The Longhorn Steakhouse**, located in the Fort Collins Foothills Mall, prides itself in fresh, quality food, great steaks and a welcoming dining experience for customers. Longhorn is keenly focused on customer satisfaction while also promoting a work culture where employees are highly valued, given opportunities for growth and treated like family. The restaurant has had a long-standing commitment to giving back to the community through initiatives that include donating high-quality food items to local food banks and non-profit organizations, providing free appetizers to first-responders and collecting funds for donation to Special Olympics. As a new local initiative this year, Longhorn is partnering with our PDS Cooper Home post-high school transition program, providing students an opportunity to do work internships at the restaurant. Students are learning about teamwork and developing work skills through performing "front of the house" daily tasks to ready the dining area for noon-time restaurant guests. Longhorn staff have a chance to mentor students instructing them in proper hand washing and sanitization techniques, cleaning tasks, dining area set-up as well as food prep/portioning and other kitchen tasks. Our Cooper Home students are very excited to participate in this valuable learning experience.

*"Partnering with Cooper Home provides our Longhorn employees the opportunity to actively engage with students with disabilities, supporting them in their work learning experiences. It is very motivating for our entire work team and strengthens our commitment to an inclusive work environment."*

*Richard Kerr, General Manager  
Longhorn Steakhouse*

## Student Spotlight

### Haley's Story

Haley Inman is currently participating in Project SEARCH, a Poudre School District Transition Program, which is a one year school-to-work program for students with intellectual or developmental disabilities. The Poudre School District Program takes place entirely at Columbine Health Systems and enables young adults with disabilities to gain and maintain employment that benefits the individual, workplace, and community.



Haley is currently interning as a personal care provider at Columbine Health Systems. Her tasks include folding napkins, stocking condiments, setting tables, setting out menus, taking orders, serving lunch to residents and bussing tables. She says she likes this internship because it's a cool environment, she likes working with the residents and seeing them happy. She will complete a second internship in the spring semester and job placement activities to obtain paid employment.

Haley's goals are to be independent, get a paid job and move out on her own. She has worked hard in high school to gain necessary job skills to be successful in the workplace. She worked at the Rock Stop and Lobo Bistro at Rocky Mountain High School and completed an ACE Internship her senior year at CSU's Braiden Hall. During her time at the Cooperhome, Learning 4 Living Program, she interned at Starry Night Café and Moore Animal Hospital. Haley believes these past experiences have helped her be successful at Project SEARCH because she has explored different workplaces to help her find a good job fit as well as learned transferrable job skills she can use in multiple settings. We are proud of you Haley and are excited to see where your path leads!



## Upcoming Events

### SEAC Poudre School District

Join PSD Integrated Services specialists and others to learn more about how students with special needs are supported in PSD

All sessions include time for Q&A

Riffenburgh Elementary Wednesday nights from 6-7:30

### **The IEP Process and Parent Rights October 10**

Gain greater understanding of your Rights and the IEP process

### **How Visual-Perceptual Skills Support Learning November 7**

Join Integrated Services Staff as they discuss Visual-Perceptual skills and what can be done to support your student in their learning.

### **School Level Transitions February 6**

Learn how to prepare for Kinder, Middle or High School transitions with grade level teachers, administrators and specialists from across the district.

### **Understanding Basic Reading Disability and Dyslexia March 6**

Presented by Integrated Services Literacy Coaches

Questions & RSVP:

Heidi Graber, Parent Liaison

970.490.3225 | [hgraber@psdschools.org](mailto:hgraber@psdschools.org)

Poudre School District Integrated Services

2407 LaPorte Avenue | Fort Collins, CO 80521

Special Education Advisory Committee

Education Series

*Continued...*

## Upcoming Events, continued...

### Walk-In Advocacy Service Hours

*To help individuals with I/DD living in Larimer County or their family members/guardians seeking information about basic questions, we offer walk-in advocacy hours the 1st, 2nd, and 3rd Wednesday of every month (excluding holidays) from 9am – 10am.*



*Public Transportation: Our office is accessible on Route 12.*

### **Healthy Bodies, Healthy Boundaries**

**November 7 at 6:00 pm - 8:00 pm**

*An Educational Series for Young Adults with Intellectual and Developmental Disabilities*

*Join The Responsible Sex Education Institute, the Sexual Assault Victim Advocate Center and The Arc of Larimer County for a 4-session program designed specifically for 18-22 year olds with intellectual and developmental disabilities.*

*We'll cover topics like:*

- *Anatomy & puberty*
- *Relationships*
- *Differences between friends, crushes, & dating*
- *Setting & respecting boundaries*
- *How to stay safe using technology.*

Because topics will build on each other we ask participants to commit to attending all 4 sessions:

**Session 1** - November 7th

**Session 3** - November 28th

**Session 2** - November 14th

**Session 4** - December 5th

We will have a raffle with a prize at the end of the series. Participants will receive one entry for each week they attend.

Questions about the content of the series?

Contact Molly Alderton

Phone: 970-482-5748

Email: [molly.alderton@pprm.org](mailto:molly.alderton@pprm.org)

### **Venue:**

Realities for Children

308 EAST COUNTY ROAD 30

Fort Collins, CO 80525 United States

**Continued...**

## **Upcoming Events, continued...**

### ***The Arc of Larimer County's Annual Meeting***

**November 13 at 5:30 pm - 8:30 pm**

Mark your calendars now for The Arc of Larimer County's Annual Meeting.

Featuring Special Guest Speaker: Jack D. Robinson

Mr. Robinson is a partner and co-founder of Spies, Powers & Robinson. He was the attorney in the landmark case, "Andrew F. v. Douglas County Sch. Dist." He will discuss what the Supreme Court Decision means and how it's changing the landscape of special education.

#### **Venue:**

The Drake Center

802 W Drake Road

Fort Collins, 80526 United States

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### ***Early Intervention Transition***

**December 6 at 3:00 pm - 5:00 pm**

Mark your calendars now for a free workshop: Early Intervention Transition. More details and registration will be posted soon. Sign up for our e-newsletter to get updates and never miss an event.

#### **Venue:**

The Arc of Larimer County

1721 W. Harmony Road, Unit 101

Fort Collins, CO 80526 United States

Transition – Life After High School

December 13 at 5:30 pm - 8:00 pm

Mark your calendars now for a free workshop: Transition – Life After High School. More details and registration will be posted soon. Sign up for our e-newsletter to get updates and never miss an event.

#### **Venue:**

The Arc of Larimer County

1721 W. Harmony Road, Unit 101

Fort Collins, CO 80526 United States

## Job Seeker Workshops

### Career Exploration

Are you looking for a new career or unsure about what your next career move looks like? The Career Exploration workshop can help! Participants will take assessments to clarify their career interests, skills, and values. Participants will also learn how to connect their assessment results to industries and occupations that match those results.



To get the most out of this workshop, please ensure you are registered and can log in to [www.connectingcolorado.com](http://www.connectingcolorado.com). If you need your password reset, please contact us at 970-498-6600.

### Upcoming Dates (click to register)

[Nov 6 - Tuesday @ 8:00 AM](#)

Bear Lake Skills Lab

[Nov 15 - Thursday @ 8:30 AM](#)

Loveland Public Library

### Compete and Succeed: Maximize Your Job Search Self-Marketing

Many experienced, highly-skilled workers of all ages discover barriers as they look for job opportunities in a tight labor market. Too often, employers may make assumptions or have biases that mistakenly screen out some of the best qualified candidates.

Through a blend of attitude and action, you can overcome those barriers.

This workshop gives you the tools to:

- Develop your “self-marketing” campaign that tells your story most powerfully.
- Conduct employer and networking research that shows how you’re a great fit for the job you want.
- Find ways to update your skills and keep them sharp while you are job searching.

### Upcoming Dates (click to register)

[Oct 9 - Tuesday @ 9:30 AM](#)

Loveland Public Library,  
300 N. Adams

[Oct 15 - Monday @ 1:00 PM](#)

200 W. Oak St., Fort Collins

[Nov 6 - Tuesday @ 12:00 PM](#)

Loveland Public Library

*Continued...*



## Job Seeker Workshops, continued...

### Cover Letters

Do you need to submit a cover letter for a position, but aren't sure where to begin? This workshop will teach you what to include in a cover letter, what an employer is looking for in a letter, how to structure it, and how to present yourself effectively in writing.

**Upcoming Dates** (click to register)

[Oct 9 - Tuesday @ 9:00 AM](#)

200 W. Oak St., Fort Collins

[Oct 24 - Wednesday @ 1:00 PM](#)

Loveland Public Library

[Nov 13 - Tuesday @ 8:00 AM](#)

Bierstadt Lake Meeting Room

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### How to Make Your Resume ROAR (Results Oriented And Relevant)

In this workshop, you will learn the fundamentals and basic elements of a resume, as well as how to make your resume results oriented and relevant in order to land an interview!

Gain insight as to what employers are looking for in a resume and how to tailor your resume to each opportunity you are pursuing. You will learn about the different resume formats, current resume practices and techniques to better communicate what you have to offer to potential employers.

**Upcoming Dates** (click to register)

[Oct 8 - Monday @ 3:00 PM](#)

200 W. Oak St.

[Oct 16 - Tuesday @ 9:30 AM](#)

Loveland Public Library

[Oct 25 - Thursday @ 1:00 PM](#)

Harmony Library

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### Interviewing: Be a STAR at Your Next Interview

You worked hard at writing an effective resume to capture the attention of the employer and you have been invited for an interview! Now what?

Preparing for the interview is critical and will allow you to successfully sell yourself to the employer. Included in this workshop are frameworks for answering difficult questions, strategies for answering important unspoken questions, and telling stories that will help the interviewer remember you long after the interview is over.

**Upcoming Dates** (click to register)

[Oct 22 - Monday @ 1:00 PM](#)

Lily Lake Meeting Room

[Nov 7 - Wednesday @ 12:00 PM](#)

Loveland Public Library

[Nov 28 - Wednesday @ 8:00 AM](#)

Lily Lake Meeting Room

*Continued...*

## Job Seeker Workshops, continued...

### Job Search Strategies

Are you tired of online applications? Are you finding few jobs in your field? Are you looking for ways to stand out in the hiring process? Are you ready to try a different job search strategy? If you answered yes to any of these questions, join this workshop to learn about hidden market strategies. Tap into unadvertised jobs using a target employer list and informational interviews. Rethink networking with easy approaches, even for introverts!

### Upcoming Dates (click to register)

[Oct 11 - Thursday @ 9:30 AM](#)

Loveland Public Library,  
300 N. Adams

[Oct 26 - Friday @ 9:00 AM](#)

Lily Lake Meeting Room

[Nov 8 - Thursday @ 8:30 AM](#)

Loveland Public Library

### Labor Market Information

Are you exploring your next career move or starting a new job search? In this interactive workshop, we will demonstrate several online tools that will give you up-to-date labor market information and data. These tools offer valuable insight into wage, industry, and hiring trends. Comfort navigating the internet is needed.

### Upcoming Dates (click to register)

[Oct 16 - Tuesday @ 1:00 PM](#)

Bear Lake Skills Lab

[Oct 22 - Monday @ 9:30 AM](#)

Loveland Public Library

[Nov 20 - Tuesday @ 12:00 PM](#)

Bear Lake Skills Lab

*Continued...*



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 info@tscaschools.com

The School Communications Agency

## **Job Seeker Workshops, continued...**

### **LinkedIn for Job Search**

Everyone is talking about LinkedIn, saying you should be using it. Why? What is it going to do for your job search?

Who should attend this workshop?

- \* You are interested in creating a LinkedIn account
- \* You have a LinkedIn account but have done very little with it
- \* You have a LinkedIn account and would like to understand how to use it better

This class will cover the basics of LinkedIn, information for building your profile, and a demonstration of many of the features LinkedIn has to offer job seekers.

**Upcoming Dates** (click to register)

[Oct 10 - Wednesday @ 1:00 PM](#)

Loveland Public Library,  
300 N. Adams

[Nov 14 - Wednesday @ 12:00 PM](#)

Loveland Public Library  
300 N. Adams

[Oct 24 - Wednesday @ 1:00 PM](#)

Bear Lake Computer Lab

[Nov 21 - Wednesday @ 12:00 PM](#)

Bear Lake Computer Lab

## **Manufacturing Rocks! Career Tour**

Hosted by the NoCo Manufacturing Partnership for Thompson School District middle and high school students.

**The tours are scheduled for Friday, October 19, 2018 from 9:00 AM-2:00 PM.**

Walt Clark Middle School will tour Creative Foam & Associated Thermoforming Inc. Thompson Valley High School Students will tour Nordson Medical and Tolmar Inc.

***Seating is Limited!***

## Suicide Prevention Training

Connections offers free suicide prevention training. The hour-long training is held twice monthly on Tuesday evening and Wednesday afternoon at the Health District offices, 120 Bristlecone Drive, Fort Collins.

Called QPR Training, this suicide prevention training teaches participants how to question people about suicide, persuade them to accept professional help, and refer them to community resources. Key subjects covered include:

- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

Trainings are held at the Health District, [120 Bristlecone Drive](#), Fort Collins.

Evening trainings are held on **Tuesdays, 5:30-6:30 p.m.**

Upcoming training:

- December 4

Daytime trainings are held on **Wednesdays, noon-1 p.m.**

Upcoming training:

- November 14

**Health  
District**

There is no cost, but registration is required. For more information or to register, please contact Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) or 970-494-4370. Light snacks will be provided.



*Continued...*

## Suicide Prevention Training, continued...

### SummitStone Health Resource Hours

**Event Type:** Programs

**Age Group(s):** Adults

**Date:** 10/29/2018

**Start Time:** 5:00 PM

**End Time:** 7:00 PM

**Description:**

SummitStone/PATH certified case workers provide free drop-in "resource hours" in Study Room F. These resource hours are not exclusive to homeless individuals; SummitStone/PATH staff will meet with anyone to provide appropriate referrals to other community agencies if they do not meet the PATH program criteria.

**Library:** Old Town Library

**Location:** Study Room F

**Contact Number:** 221-6740



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 info@tscaschools.com



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