

The Behavioral Health Training and Education Network in conjunction with the Philadelphia Department of Behavioral Health and Intellectual Disabilities Services and supported by the PA Masonic Youth Foundation presents:

A Blue Zones School: Empowering Students to Explore, Question and Act

PROGRAM DESCRIPTION: The Blue Zones Project came out of National Geographic's exploration of communities where people are living long lives happily. A team of researchers found nine common characteristics that help identify a way towards extra years of life, regardless of geographic location. These shared lifestyle behaviors are known as the "Power 9", focusing on helping individuals, among other things, connect with others and discover a purpose in life.

Many components of the Power 9 begin in childhood. Classrooms and schools can adopt the initiatives of the Blue Zones Project to improve school climate, as well as the emotional and physical health of our youth. The focus of a Blue Zones School is to "empower students to explore, question and act". This workshop will explore the components of a Blue Zones Classroom or School, which include: mindfulness skills, purpose workshops for students, interdisciplinary projects, youth leadership groups, reducing screen time, and methods to develop peer connections and social circles.

PRESENTERS: *Deborah McCoy*, Educational Development Services, LLC

Ms. McCoy has no real or apparent conflicts to disclose—No commercial support received for this

PROGRAM LEARNING OBJECTIVES *At the end of this session participants will be able to:*

1. Identify the various components of a Blue Zones school;
2. Explain the workshops and projects students can participate in as part of a Blue Zones school or classroom;
3. Describe the "Power 9" of Blue Zones schools and their roles building connections within the school community; &
4. Explain how to implement the Blue Zones program into a school or classroom.



DATE: Tuesday, February 4, 2020

REGISTER ONLINE HERE:

[<insert link>](#)

TIME: 9:00AM—12:15PM

QUESTIONS or SPECIAL NEEDS:

Contact: Elijah Gethers-Jones

Phone: 215-923-2116, x 293

Email: egethersjones@bhten.com

FEE: \$10.00

REGISTRATION DEADLINE:

Friday, January 31, 2019

Register early space is limited

TRAINING LOCATION: BHTEN
520 N. Christopher Columbus Blvd.
Suite 7C
Philadelphia, PA 19123
Enter on Spring Garden Street

TARGET AUDIENCE: Behavioral health system staff and school staff.

Parking is very limited,
Public Transportation is recommended.

For directions, parking, cancellation policies, CEU details and other general information, please visit the FAQ

section of our website at:

www.bhten.com

Inclement weather?

Call 215-923-2116, x401 to confirm status of the training.

* Room temperature varies, we suggest layered clothing and/or a light sweater or jacket *

Credits:

Participants Must Attend Entire Session & Submit a Completed Course Evaluation to Receive Continuing Education Credits.

●0.3 IACET CEUs. BHTEN is accredited by the International Association for Continuing Education and Training (IACET) and is authorized to issue the IACET CEU. As an IACET Accredited Provider, BHTEN offers CEUs for its programs that qualify under the ANSI/IACET Standard. BHTEN is authorized by IACET to offer 0.3 CEUs for this program.

●3.0 PCB approved hours of Education. BHTEN is certified by the Pennsylvania Certification Board, Provider #310.

●3.0 SW credit hours awarded. This program is co-sponsored by Bryn Mawr College Graduate School of Social Work and Social Research for a maximum of 3.0 credit hours. Bryn Mawr GSSWSR, as a CSWE accredited School of Social Work, is a pre-approved provider of continuing education for Social Workers, professional counselors, and marriage and family therapists in PA.

●3.0 CE credit hours for Psychologists awarded. BHTEN is approved by the American Psychological Association to sponsor continuing education for psychologists. BHTEN maintains responsibility for this program & its content.



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SPACE IS LIMITED! FIRST COME, FIRST SERVED!

PRE-REGISTRATION IS REQUIRED! FEES CANNOT BE ACCEPTED ON THE DAY OF THE TRAINING!

To pre-register, fill out the form below indicating each person attending the training.

Please complete registration form and send with Payment ASAP!

Program fee: **\$10.00**

Accepted forms of payment: Agency check, personal check, money order
There will be a \$35 charge for returned checks

Make checks payable to: **The Consumer Satisfaction Team**

Mail payment and completed registration form to: The Behavioral Health Training and Education Network
c/o Clerical Assistant
520 N Delaware Ave, Suite 7C
Philadelphia, PA 19123

Cancellation policy: No check or money order will be returned for participants who fail to cancel at least one (1) business day prior to the start of the training.

- Complete the requested information below: include a primary contact person and details for each attendee.
- Note any special needs of participants at least 2 weeks in advance of the training.
- The identified contact person will receive a letter of confirmation for all registered participants prior to the training date. Participants should bring a copy of the confirmation letter to the training.

Please honor the registration deadline of **Friday, January 31, 2019**.

Type the information or PRINT clearly!

AGENCY NAME	CONTACT PERSON	E-MAIL
MAILING ADDRESS	PHONE	FAX
TODAYS DATE	TRAINING DATE	
PARTICIPANT ONE NAME	PROGRAM	EMAIL/PHONE
PARTICIPANT TWO NAME	PROGRAM	EMAIL/PHONE
PARTICIPANT THREE NAME	PROGRAM	EMAIL/PHONE
PARTICIPANT FOUR NAME	PROGRAM	EMAIL/PHONE

Location: BHTEN, 520 N. Christopher Columbus Blvd., Suite 7C, Philadelphia, PA 19123

Questions?: Elijah Gethers-Jones at 215-923-2116 x293 OR egethersjones@bhten.com

Sign-in begins at 8:30AM