

# THE Insight Series



POWERED BY LASE  
SPECIALIZED EDUCATION

**LASE 2023 INSIGHT SERIES PRESENTS:**

## The Mental Health Effects of Covid-19 in Students and Teachers

The Covid-19 pandemic has had lasting impacts on students and teachers. Schools are struggling with knowing the best way to support both students and teachers through this mental health crisis.

At this workshop, educators will:

- Learn how to support students and families
- Explore fun, play-based strategies to strengthen student and personal self regulation
- Identify behavioral signs that may indicate distress in a student or vicarious trauma in themselves
- Apply play-based strategies in the classroom and in schools to promote the mental health of educators
- Create personal self care plans to promote positive mental health

**THURSDAY, AUGUST 3  
8A-12:30P**

*workshop fees:*

**\$25 per person**

\*complimentary for LASE partner schools

**Location: LASE Partner School**

**St. John's Lutheran Church**

3517 Jeffco Blvd,  
Arnold, MO 63010



**DR. APRIL DUNCAN, FOUNDER & CEO,  
BMH CONNECT**

Dr. April is a racial trauma expert and leader in her field in advocating for the mental health needs of children. With over ten years of clinical experience, Dr. April has worked collaboratively with various stakeholders in schools, the juvenile justice system and the child welfare system, to teach the importance of recognizing and addressing trauma in children from all backgrounds and the value of play to empower children to heal from their traumatic experiences.



The mission of the LASE Insight Series is to provide educators with high quality professional development to increase their tool box of skills and strategies for meeting unique needs of struggling learners.

For more info and registration please visit [lutheranspecialized.org/events](https://lutheranspecialized.org/events) or scan the code