



School Culture and Climate Initiative

Professional Development Trainers

Michelle McCoy Barrett, Ph.D., is an Associate Professor of Psychology and Program Chair for Psychology at the College of Saint Elizabeth where she teaches undergraduate, master's and doctoral courses. She is a Licensed Psychologist in both New Jersey and California. Michelle is a key member of the School Culture and Climate Initiative's professional development team. She offers workshops to schools on depression and anxiety in today's children, the benefits of understanding child and adolescent development, engaging parents in educational settings, and stress and anxiety in the home and workplace. She has given several workshops in New Jersey Dioceses addressing the challenges that families face in the 21st century and how to apply mindful techniques to help families stay connected. She was a consultant for the United States Dental Institute and developed a training curriculum for dentists on the relationship between psychology and dentistry. Dr. Barrett has conducted a private practice for many years and performs psychotherapy, as well as pre-surgical psychological assessments for bariatric patient candidates. She is a Board Member of Yoga Impact, an organization dedicated to bringing yoga to underserved populations, and has presented several trainings on meditation and relaxation techniques to combat stress and anxiety. She is a co-founding member of a research partnership between Atlantic Health System and the College of Saint Elizabeth, and is currently actively involved in research on adaptability.

Patrick Fennell believes that the lens through which a person sees themselves and the world around them empowers them to define and achieve success. Patrick's mission is to assist schools to continuously strengthen children's, teachers', and parents' social-emotional and character development by creating awareness and enhancing connectedness. Patrick attains his mission and sustainable results through his ABCD principle – Attitude Awareness and Accountability yield Better Choices, which lead to your Destiny. He is the founder of Empowerment Solutions, LLC and the 501(c) 3 non-profit Empowerment Institute, Inc. These dynamic companies have been the vehicle of change through which he has facilitated trainings, workshops, and mentoring programs for children, schoolteachers, administrators, parents, and the community. As a result, he has empowered people of all ages and backgrounds to learn from each other, gain an appreciation for one another, and fulfill their purpose at school and in life together.

Patricia Heindel, Ph.D., is a professor of Psychology and Dean of the School of Professional Studies at the College of Saint Elizabeth (CSE). She is Director of the CSE Center for Human and Social Development and the Center's School Culture and Climate Assessment Lab. Trish co-directs the School Culture and Climate Initiative- a Partnership between the Center for Human and Social Development and the Youth Empowerment Alliance of the United Way of Northern New Jersey with Elizabeth Warner. In addition, she and Maurice Elias, Ph.D., professor of psychology at Rutgers University, are co-directors of the Academy for Social-Emotional Learning in Schools, an online professional learning community and certificate program in school leadership for social-emotional learning and character development (www.selinschools.org).



Teresa LaSala has extensive experience in assisting schools to intentionally address culture and climate while infusing school-wide Social Emotional Learning and Character Development strategies and curriculum. She has a deep commitment to meeting the social emotional needs of children, staff, teachers, and families. She believes strongly in teaching the skills and competencies that generate respectful relationships in families, schools and communities. Teresa is an Author and Certified Positive Discipline Lead Trainer providing professional development workshops and trainings both nationally and internationally for teachers, school administrators, parents, parent educators, and Positive Discipline Associates in training. As an ASCD Whole Child Faculty Member, Teresa supports educators, leaders, and policymakers moving from a vision of educating the whole child into sustainable, collaborative action. She does professional workshops in the areas of education, parenting, communication, team building, health, anxiety and trauma in schools, and whole school culture and climate.

Joanne MacLennan, Ed.D. is a certified teacher and guidance counselor with 30 years of classroom experience. Joanne has been on the faculty of the Counseling Psychology Department at the College of Saint Elizabeth since 2003. She was also a group counselor for victims of domestic violence at Morris County's Jersey Battered Women's Service before increasing her time as the college's Social/Emotional Character Development Specialist. Joanne plays an instrumental role with the School Culture and Climate Initiative as a key member of the professional development team. Her workshops topics include helping teachers use emotional intelligence skills for student academic achievement and healthy emotional and social development, bully/victim prevention, and girls' relational bullying.

Kathleen McClay is interested in helping schools cultivate environments where students and adults feel valued, respected and connected. Through her work as a Certified Trainer with the Positive Discipline Association and her years of experience as director and teacher in early childhood programs, she has developed a passion for providing trainings and tools that help educators and parents discover opportunities to nurture social-emotional development and build respectful relationships in a positive and encouraging climate. In addition to her expertise in Positive Discipline, Kathleen is a Certified Teacher of Special Education and has completed training in mindfulness in the classroom. She also volunteers with the Social-Emotional Learning Team for United Way *Success by 6*.

Bill Trusheim, Ed.D has served as teacher, department chairman, supervisor, director, assistant principal, principal, and Superintendent of Schools in Pequannock, NJ. Since retiring in June of 2012, Bill has remained active in the field of social emotional learning, taking on roles in organizations dedicated to improving school culture and climate and character education. As a key volunteer of United Way of Northern New Jersey, he was instrumental to the development of the School Culture and Climate Initiative and its supporting programs. He is President of the New Jersey Alliance for Social, Emotional, and Character Development, the organization that administers the New Jersey Schools of Character Program, runs an annual conference on Character Education, and maintains four regional networking centers across New Jersey. Bill is also a course designer, instructor, and Resource Center Director for the SEL Academy, an SEL Credentialing Program for School Leaders, via the College of Saint Elizabeth and Rutgers University.

Liz Warner is the Co-Director of the School Culture and Climate Initiative: a partnership of United Way and College of Saint Elizabeth, Chair of the New Jersey School Health and Climate Coalition, Community Impact Associate Director and *Youth Empowerment Alliance* Project Leader on staff at United Way of Northern New Jersey.

Liz joined United Way in 2007. In early 2008 she created and led the team that launched the United Way *Youth Empowerment Alliance*. During her tenure she has established United Way of Northern New Jersey as a leading center for Social, Emotional and Character Development (SECD) and Culture and Climate work within the state of New Jersey.

Liz launched the New Jersey School Health and Climate Coalition as well as the School Culture and Climate Initiative and the School Support Network, both of which have recently been recognized as national Promising Practices by Character.org.

Liz sits on many regional and state-wide committees and presents regionally and nationally on collaboration building and the 'School led-District wide' model of sustainable culture and climate change. Most recently, under Liz's leadership, the School Culture and Climate Initiative was awarded a \$793,000 grant from the Robert Wood Johnson Foundation to provide the School Culture and Climate Initiative and sustainable mental health supports to students in 17 schools in Morris County adversely impacted by Hurricane Sandy. In 2016, this funding was extended by \$200,000 to include more schools.
