



NATIONAL CENTER for  
**YOUTH ISSUES**

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## *Speakers Bureau*

# Raychelle Cassada Lohmann

COUNSELOR, AUTHOR AND SPEAKER



Raychelle Cassada Lohmann, Ph.D., is a counselor educator, clinical mental health counselor, school counselor, and international author of numerous books. Raychelle has expertise in a wide range of issues affecting children and adolescents, from anger and aggression to anxiety and depression to sexual trauma and bullying. Raychelle attended North Carolina State University, receiving her B.A. in psychology, her M.S. in counselor education, and her Ph.D. in counseling and counselor education. With 25 years in the counseling profession, Raychelle has devoted much of her time to working with children, adolescents, parents, and educators.

Raychelle is a licensed clinical mental health counselor supervisor and licensed school counselor in NC. She is also a licensed professional counselor in SC. Additionally, Raychelle is an EMDR-certified provider and holds the following certifications: Approved Clinical Supervisor (ACS), Board Certified Telemental Health Provider (BCTMH), Certified Clinical Trauma Professional (CCTP), and Global Career Development Facilitator (GCDF).

### A BRIEF LOOK AT RAYCHELLE'S SESSIONS (continued on the back)

#### **Big T and little t: Creating a Trauma-Sensitive School Environment**

Nearly a quarter of the nation's youth will experience a traumatic event by age 16. Trauma can significantly impact young people's physical and mental health, affecting their ability to learn and excel academically. Therefore, schools are crucial in creating safe, supportive environments that foster resilience and promote healing. Whether it's a Big T event (i.e., unexpected loss of a loved one), little t occurrence (i.e., moving to a new school), or multiple complex traumas (i.e., exposure to pervasive abuse), the psychological effects can extend across a lifetime. Fortunately, there are essential coping skills that, if taught and nurtured, can significantly increase a youth's ability to heal and persevere. This interactive presentation aims to teach participants about Big T and little t events and explore trauma's neurological impact on young people. Furthermore, emphasis will be placed on building skills and implementing strategies to create a trauma-sensitive school environment where students do more than survive; they thrive.

#### **Digital Citizenship: Navigating Safely and Responsibly Online**

In today's fast-paced, technology-driven world, our students are bombarded with massive amounts of information. Society's online transformation has paved previously unimaginable roadways of knowledge, adventure, and inspiration...as well as dangerous detours, hidden potholes, and hairpin turns. Educators must prepare their students with life skills to navigate safely and responsibly in a rapidly changing digital world. This interactive multi-media session aims to examine the benefits and drawbacks of technology and equip educators with practical skills and resources to guide their students in understanding what it means to be an upstanding digital citizen: one who is kind, responsible, and – most importantly – leaves an electronic footprint worthy of following.

#### **Disruptive Student Behavior: Addressing, Managing and Changing**

Nationwide, schools are experiencing a rise in disruptive behaviors. Behavioral issues disturb the learning process, create peer conflict, interrupt the classroom, and lead to more staff exhaustion and faculty turnover. Educators know firsthand the time spent disciplining and redirecting unruly and challenging behaviors. The loss of instructional time addressing such behaviors affects the entire school community. Therefore, educators must have the knowledge and tools to prevent and manage these student behaviors. During this interactive multi-media session, participants will learn proactive and interventive strategies and engage in activities and case studies to deter challenging behaviors and promote positive ones. Participants will leave the session with practical and relevant tools and resources to address, manage and change disruptive behaviors, creating a peaceful conducive learning environment that bolsters student achievement.

Contact Robert Rabon at [rrabon@ncyi.org](mailto:rrabon@ncyi.org) or 423-309-4300 to engage Raychelle for your event

## Exploring the Depths: Youth Anger, Aggression, and Rage

Anger is perhaps one of the most misunderstood emotions. It's the driving force that pushes us into action when we feel threatened, powerless, or mistreated. Anger can be both constructive and destructive, but unleashed through aggression, or rage can leave an aftermath of devastation. In schools, problematic anger can be met with hefty consequences such as being sent out of class to suspension or, worse, expulsion. Additionally, prolonged periods of anger have been linked with mental health issues such as anxiety, depression, substance use, and suicide. If you struggle with angry students, suit up because this engaging presentation will use a biopsychosocial lens to deeply understand the reasons, causes, and symptoms associated with anger. During the presentation, attendees will learn to gauge and monitor emotions and use evidence-based skills to help students decompress and manage their anger healthily and successfully.

## Gifting the Giver: Practicing Self-care and Preventing Burnout

Educators play a vital role in supporting students through complex challenges. Still, all too often, when giving to others, we neglect our emotional and physical well-being. This fun interactive, and empowering presentation will assist participants in putting first things first – themselves. Attendees will reflect on self-care practices and develop a personalized plan to nurture the nurturer. By the end of the presentation, participants will have a deeper understanding of the importance of self-care and be better equipped with practical tools to incorporate them into their professional and personal lives. When we care for ourselves, job satisfaction increases, burnout decreases, and we provide better student support. This presentation is a gift to the giver, the professional educators who freely give their time to promote wellness within their school community.

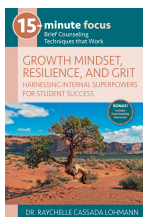
## Harnessing Superpowers: Helping Students Soar to Success

We all have superpowers. Powers that help us overcome unimaginable obstacles, get up when we get knocked down, and believe that our dreams are within our reach. We gain strength through three distinct energizing abilities: growth mindset, resilience, and grit. Although these three superpowers are related, each serves a distinct purpose in helping us soar to success. In this inspiring and empowering presentation, participants will engage in various interactive and creative activities and learn ways to help students discover and harness their internal superpowers. When students have a strong sense of self and believe in their ability to bounce back from adversity, they can maximize their potential making the impossible possible.

## Youth Mental Health Crisis: Strategies and Best Practices for School Professionals

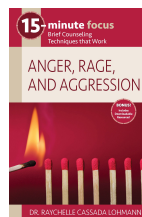
Today more than ever, our young people are struggling with mental health issues. Youth mental health is cause for deep concern as rates of anxiety, attention-deficit/hyperactivity disorder, depression, self-harm, and suicide have been progressively increasing, creating a mental health crisis requiring urgent action. Schools play an instrumental role in answering the call for help by destigmatizing mental health issues, educating students, faculty, and parents, and serving as a liaison connecting students with much-needed mental health resources and support. This presentation will use a variety of interactive activities, group discussions, and case studies to examine the pressures and challenges faced by today's youth, including academic stress, social media influences, bullying, and societal expectations, as well as explore how the COVID-19 pandemic contributed to the crisis. Participants will leave the session with a deeper understanding of mental health risk factors, strategies, and best practices for identifying, supporting, and promoting student well-being.

**BY DR. RAYCHELLE CASSADA LOHMANN**



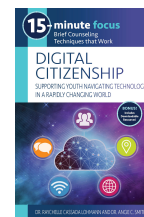
### 15-Minute Focus: Growth Mindset, Resilience, and Grit

Offers counselors and educators data-driven strategies to help students cultivate a growth mindset, nurture resilience, and build grit.



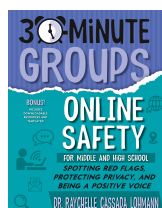
### 15-Minute Focus: Anger, Rage, and Aggression

Explains the distinct characteristics of anger, rage, and aggression and provides tips and strategies for self-regulation and de-escalation.



### 15-Minute Focus: Digital Citizenship

In this book, Lohmann and Smith explore the benefits and drawbacks of technology equipping you to guide your students in understanding what it means to thrive as a digital citizen.



### 30-Minute Groups: Online Safety

This workbook's design allows students to build community with their peers. Use the *30-Minute Groups: Online Safety* workbook to help students become upstanding digital citizens and learn how to live safely in a digital world.

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