



PDP Request Form and Assessment

Wednesday, March 25, 2020
10am-12pm

REMOTE WORKSHOP- Supporting the Mental Health of Yourself, Your Students and Families During the COVID-19 Times

Massachusetts Partnership for Youth (MPY), Inc., distributes Professional Development Points (PDPs) to school personnel. If you would like to apply for PDPs today, please fill out the information below and complete the assessment.

PLEASE NOTE: You must submit this information every time you attend an MPY, Inc. event to ensure you receive all your earned hours of PDPs. PDPs can be only issued for a minimum of 10 hours of programming during **the 2019-2020 school year.**

PDP Certificates for all events will be emailed at the end of each school year.

Name: _____ School/District: _____

Email: _____ Phone Number: _____

Mailing Address: _____

Program Goals: To understand impactful, science backed ways to manage your own stress. To learn simple tips for sharing with students and families in this challenging time. To maintain resilience in times of crisis.

Please Circle True or False:

1. Resilience is necessary only after a crisis begins.	True	False
2. Most traumatic experience leads to Post Traumatic Stress.	True	False
3. Positive psychology is evidence-based resilience training.	True	False

(back)

Code: _____

What strategies do you think will be the most helpful with your practice?
