On behalf of the **New Mexico Out-of-School Time Network (NMOST)** staff and Leadership Council, we are excited to welcome you to our 12th annual Fall into Place Conference which is taking place virtually for the third time! We planned this conference with the awareness that the OST community and educators across the state are under a lot of pressure as we are still recovering and living in a pandemic. We hope the schedule of keynotes and workshops inspire you with new ideas and perspectives for your work and life moving forward. Refresh, renew, and have fun connecting with peers and experts. Take home skills, tools, and a renewed passion for improving social and emotional well-being and learning outcomes for young people in your community.

We believe that all children in New Mexico, regardless of zip code and income, deserve access to high-quality afterschool and summer learning programs. However, it is well documented that the need for afterschool and summer learning programs far exceeds its availability. Thus, it is NMOST’s vision to expand and ensure access to out-of-school time programs that prepare youth for school, college, careers, and life.

We appreciate your willingness to take part in this movement, and we thank you for making a difference in the lives of children and youth throughout the state. We would also like to take this opportunity to thank everyone who helped plan and prepare this conference, and give a huge thank you to our speakers and workshop presenters. We would also like to thank our generous funders and sponsors who make the annual Fall into Place Conference possible.

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**May Sagbakken**

*Executive Director, NM Out-of-School Time Network*

**Renata Witte**

*Chair, NM Out-of-School Time Network*

**NMOST Initiatives (Click below to learn more!)**

- Advancing Young Women in STEM
- Fighting Hunger through OST
- Data/Mapping
- Out-of-School Time Leadership Institute
May Sagbakken, Executive Director

May Sagbakken has been the Executive Director for NMOST for more than five years, and is a passionate advocate for equitable access to quality out-of-school programs for all children and youth in New Mexico. May has 17 years’ experience as a director for local and international organizations focusing on women’s rights, violence prevention, and positive youth development. Her most recent position includes working as the Executive Director for the Rape Crisis Center of Central New Mexico. She has also worked as a Special Advisor on Women Worker’s Rights at the International Labor Organization in Geneva. May has extensive experience in community collaboration and strategies for implementing community projects for change. This includes planning and implementing the Safe Schools Healthy Students Initiative in APS focused on prevention of violence and substance abuse, and a successful YouthBuild program in Albuquerque.

Jeff McConaughy, Director of Policy and Communication

Jeff McConaughy retired from Intel in the summer of 2016 after almost 30 years in IT and IT Management in the semiconductor industry. He participated in an Intel sponsored Encore Fellowship program, which matches recent retirees with non-profits to work 1000 hours on projects in support of organizational goals. McConaughy worked with Explora for his fellowship, and a portion of his time was dedicated to assisting NMOST. McConaughy returned to NMOST as STEM Coordinator in early 2018. In addition to promoting and supporting STEM programs in out-of-school time in the state, McConaughy manages the NMOST web site and much of the social media and other communications from the organization. If you have a suggestion for an event to include in our calendar, or an online resource to add to our repository, please send McConaughy a note at jmcconaughy@explora.us.

Sarah Pratt, Associate Director

Sarah Pratt is an Albuquerque native who has experience in STEM, STEM education, project management, and higher education. She has a Master’s in Management and Leadership from Western Governors University and a Bachelor’s in Chemistry from the University of New Mexico. After realizing her interest in STEM during a high school internship, she became passionate about getting and keeping New Mexico students, especially girls, interested in STEM through hands-on learning experiences. She has taught summer camps and other programs for students from 3rd grade through high school, planned and facilitated adult events, mentored undergraduates, facilitated professional development workshops, and presented at multiple national conferences. Pratt aims to meet children and adults where they are and connect to their interests to cultivate curiosity and a passion for lifelong learning.

Pratt volunteers as a Judge Chair for the Regional Science Fair and serves on the Board of the Autism Society of New Mexico. In her spare time, she enjoys reading (both fiction and nonfiction), listening to podcasts, and hanging out with her dogs.

Wren Shoumate, Technical Assistance Coordinator

Wren Shoumate has spent many years working with outdoor learning programs, from summer camps to village-like gatherings of over 500 people. She delights in finding ways to bring people of all ages together to enjoy and celebrate the outdoors.

Shoumate grew up in South Florida and graduated from New College of Florida after exploring many academic interests. Her hobbies include sailing, hiking, and art. She and her husband have lived in Albuquerque since 2020.
Thank you to the planning committee for dedicating their time and expertise to ensure quality programming for your professional development:


Robert Donovan, OST Coordinator, Albuquerque Public Schools

Tyson Legerwood, Comprehensive School Supports and Community Schools 21st CCLC Program Coordinator, New Mexico Public Education Department

Sara Morales, Associate Director of the New Mexico State University STEM Outreach Center

Rosy Macarah, Program Coordinator, Sanostee Day School

Billie G. Mathews, PhD, Promotes Learning, LLC

April Christensen, Kids Can

Jeff McConaughy, Director of Policy and Communications, NMOST

May Sagbakken, Executive Director, NMOST

Brittany Sonntag, 4-H Agent, NMSU Bernalillo County Extension Service

Flo Trujillo, Farmington Public Library

Sabrina Villalba, New Mexico Public Education Department

Renata Witte, Chair, NMOST

Lenette Rodriguez, Explora

Kaski Suzuki, Food Security Coordinator, State of New Mexico Human Services Department

Workshop Topics

Day 1: Empathizing, Encouraging and Empowering

Day 2: Current Trends in OST

Day 3: Hands-On, Minds-On
TUESDAY, OCTOBER 18
Yoga Hour/Exhibitor Hall
FLOW & REJUVENATE with BHAVA YOGA STUDIO!

Click on the Wellness Hour/Exhibitor Hall link on the conference platform agenda to join Marisol Armijo Brito, a fitness instructor, yoga teacher, personal trainer, and health coach from Bhava Yoga Studio for this free yoga class! Bhava yoga studio is dedicated to bringing people together through a shared practice of alignment and wellness. The class provides an hour of power, playfulness, and self-awareness that will leave you feeling energized!

WEDNESDAY, OCTOBER 19
Yoga Hour/Exhibitor Hall
FREE YOURSELF IN 15 with BHAVA YOGA STUDIO!

Click on the Wellness Hour/Exhibitor Hall link on the conference platform agenda to join Marisol Armijo Brito, a fitness instructor, yoga teacher, personal trainer, and health coach from Bhava Yoga Studio for this free yoga class! Free Yourself in 15 is a yoga class specially designed for teachers who are feeling the weight of balancing their lives while doing their best to show up for their students. This class includes an introduction, a 15 minute yoga break and time for Q&A.

THURSDAY, OCTOBER 20
Yoga Hour/Exhibitor Hall
FLOW & REJUVENATE with BHAVA YOGA STUDIO!

Click on the Wellness Hour/Exhibitor Hall link on the conference platform agenda to join Marisol Armijo Brito, a fitness instructor, yoga teacher, personal trainer, and health coach from Bhava Yoga Studio for this free yoga class! Bhava yoga studio is dedicated to bringing people together through a shared practice of alignment and wellness. The class provides an hour of power, playfulness, and self-awareness that will leave you feeling energized!
FREE JOSH SHIPP SEL CURRICULUM PROGRAM
The Fall into Place Conference includes access to Teen Expert and Youth Speaker Josh Shipp’s SEL library for 12 months with video and training materials for parents, teachers and caring adults! Information on how to access the curriculum is below:

This curriculum is evidence-based, engaging, and easy-to-use. Featuring over 100 video lessons from Top Youth Speakers (and more to come!)

We stand together...so that you may stand by the students who need you most.

Let’s get started, shall we?

Log in information for Fall into Place participants:

**Link:** [https://oca.brilliantpartners.com/login/](https://oca.brilliantpartners.com/login/)

**Username:** nmostnetwork@gmail.com

**Password:** 23u3JOe3og*KH6nEZ)w
Fabian Ramirez is a renowned anti-bullying speaker and drug prevention specialist. Bully prevention is near to Ramirez’s heart simply because he was bullied in middle school and he knows the psychological impact that bullying can have on students. His personal mission is to get in front of as many students as possible and share his message and ways to prevent and eliminate bullying behavior on campuses across the United States. His bully prevention program has been heard in school assemblies by thousands of students and faculty across the nation.

Patricia Baros is the Director of Grant Out-of-School Time Services for The Rio Grande Educational Collaborative (RGEC). With the company since 2011, Baros has extensive training and experience in all aspects of Out-of-School Time Services. She is involved in organizational development, staff professional development, grant writing and oversight and fiscal management. She assists in developing the mission, goals and policies for the company as well as provides guidance and mentoring to the program staff.

Erik Robinson is one of the Program Coordinators of Grant Out-of-School Time Services for The Rio Grande Educational Collaborative (RGEC). With the company since 2015, Robinson has filled the role of site supervisor at over 10 of our locations. He has experience working in many varieties of Out-of-School Time Services ranging from recreational, inclusivity, residential treatment, and academic enrichment.

Currently, Robinson oversees Grant-Based Programs in Albuquerque, Edgewood, and Moriarty. He is also involved with training, professional development, and social media. He is enthusiastic about team and policy building and eager to continue to share his knowledge and experience with staff and kids alike!
Bridget Peña

Bridget Peña is a Grant Coordinator in the Albuquerque area with the Rio Grande Educational Collaborative. She has worked in the educational field for 15 years. She started with the company in 2019 as an instructor. After two weeks, became Site Supervisor for one year, two years later, transitioned into Grant Coordinator. Peña has found a new devotion by implementing the development of school safety into her programs. She is passionate about promoting the protection of all students, and staff from violence, exposure to weapons and threats on school grounds.

Ken Jackson

Ken Jackson is an author, professional speaker, WHY Certified Professional, personal and business development coach, entrepreneur and is currently the Program Director for Wings For L.I.F.E. International. He has created seminars and workshops for high schools, Startup Teen Entrepreneur Summits, Office of African American Affairs, the Martin Luther King Jr. State Commission and Wings for Life, a non-profit organization that teaches soft skills. Other non-profit organizations in Albuquerque and the surrounding areas Jackson has worked with include Ronald McDonald House, Big Brothers Big Sisters and Junior Achievement.

Jackson works with young adults and helps them aim for their full potential. Through in-person and online workshops, life-coaching, motivational talks, and mentorship, he uses real-world applications to encourage and inspire others to identify and overcome the challenges that are holding them back from greatness. In his book Live and Learn Your Way to Success, readers are encouraged to evaluate their life choices and redefine their mindsets to avoid being bound to regret and self-doubt. You can also find Jackson volunteering as a high jump coach in local middle and high schools.

Jackson holds a degree in electronics and computer engineering and worked for Intel Corporation over 15 years. Jackson has been a certified business mentor with SCORE and has over 30 years' business experience. As a personal and business development coach, Jackson is knowledgeable and dedicated to helping people discover their personal WHY Operating System and his WHY is to help people find a better way to achieve their personal and professional goals.
TUESDAY, OCTOBER 18

**UTILIZING THE DISC PROFILE TO IMPROVE STUDENT SUCCESS IN & OUT OF THE CLASSROOM**

*Fabian Ramirez, Top Youth Speakers*

This workshop will focus on the need to understand how everyone is different and how we all bring different strengths to the table. Leaders will gain skills in how to bring people with different personalities together. The session will cover strengths, conflict, communication and teamwork exercises.

**BEING OKAY WITH NOT BEING OKAY: THINKING ABOUT MENTAL HEALTH**

*Jeanette Ortiz, Explora*

Explora staff will share their most recent initiative for youths and young adults focused on mental health which started at Explora during the pandemic as they planned the new teen center Studio X. The presenters will walk participants through the process of how this mental health initiative began and was developed in partnership with youth interns and local agencies.

Participants will learn how to develop partnerships and create a proposal to overcome roadblocks such as stigma and appropriateness of the topic, and to determine the best ways to address the needs of their communities. Topics covered in this session include how to implement listening sessions with teens, networking with mental health professionals, resources and tools.

**PHYSICAL ACTIVITY AND NUTRITION DURING OUT-OF-SCHOOL TIME**

*Sharona L Secatero, MPA, New Mexico Public Education Department*

*Ashley Phelps, PhD, New Mexico Public Education Department*

The Centers for Disease Control and Prevention (CDC) recommends youth and adolescents participate in 60-minutes of daily moderate-to-vigorous physical activity (MVPA) to obtain optimal health benefits. These age groups spend majority of their waking hours at school in a seated position. Thus, out-of-school time programs would be conducive environments for youth and adolescents to play and achieve their 60-minutes of daily MVPA. In addition, offering healthy foods and beverages for optimal nutrition is crucial in promoting overall health and wellness during out-of-school time.

In this session, you will learn how to incorporate fun and effective physical activities and how to improve or administer snack programs and implement food and fun curriculums to engage youth.
This presentation will focus on communication among OST staff, families and school leaders as a strategy for program success.

Presenters will review and discuss concepts of two-way communication and provide examples of effective communication and ineffective communication. Attendees will learn strategies for how to effectively communicate with school principals; gain insights on how to access relevant resources and information; and how to support meaningful alignment with school goals and priorities. Additional strategies discussed will focus on avenues for feedback from families and co-creating a family outreach plan with families' input and feedback.

SOCIAL, EMOTIONAL, ACADEMIC LEARNING AND SAFETY (SEALS): THE MYSTERY UNRAVELED
Leslie Kelly, New Mexico Public Education Department

This workshop will provide an overview of what Social, Emotional, Academic, Learning and Safety (SEALS) means and what it looks like when implemented in schools and communities. Get insight into your own SEALS competencies and related strengths. Learn common language and terminology regarding SEALS that you can use with students, parents and colleagues. Rather than being something new and unique, see all the ways SEALS connects with what is already happening in schools and how it supports what already exists, fills support gaps, and is focused on equity and inclusion for all.

BEST PRACTICES FOR FUNDING OUT-OF-SCHOOL TIME PROGRAMMING WITH GRANTS
Lawren McConnell, Albuquerque Public Schools
Shana Baker, ABQ Involved and Pivotal

Whether or not you have written a grant proposal, this workshop can offer some helpful tips and insights for your next initiative that needs funding!

This workshop will be specific to educators seeking grant funding and for out-of-school time providers hoping to partner with schools and districts on grant funded programming. You don’t need to be a professional grant writer to win a grant award and serve students, but you must be a student and do your homework!

This will be a high level overview of grant writing best practices and considerations, not specific to any one type of funding such as federal, state, corporate or private grant funding.
WEDNESDAY, OCTOBER 19
10:30 AM MT

BUILDING PARTNERSHIP TO STRENGTHEN OST PROGRAMS
Wanda Bulger-Tamez and Paige Wheeler, NMSU STEM Outreach Center

This session will highlight the types of partnership that are present in the STEM Outreach Center and how it creates a synergy within the organization. We will ask participants to identify needs and strengths and potential partners that can support and benefit from a partnership. The STEM Outreach Center at NMSU partners with various organizations and university departments to support afterschool learning; partners include Families and Youth Incorporated, La Semilla Food Programs, Cruces Creatives Maker Space, Ngage New Mexico, grant-funded NMSU departments for Engineering, Education, and Computer Science. The partnerships are developed with a win/win approach of bringing the mission and strengths for each group together to serve the whole community. Participants in this workshop will learn how effective partnership work strengthens the outreach and effectiveness of each individual partner.

THE DIFFERENT COMMUNICATION STRATEGIES FOR CONFLICT RESOLUTION
Fabian Ramirez, Top Youth Speakers

Fabian Ramirez holds an advanced certificate in conflict resolution which qualifies him to perform both business and family court-appointed mediations in Texas. In this workshop, you'll learn practical ways to deescalate conflict. Ever feel like you lose every argument? It's probably because the other person doesn’t argue in a healthy manner.

Learn to validate others and strengthen relationships through conflict. Sounds too good to be true? Let’s find out through this workshop.

BE AN UPSTANDER: DEVELOPING THE EMPATHY, UNDERSTANDING, AND SEL SKILLS TO COMBAT DISCRIMINATION
Raye Cohen, New Mexico Holocaust Museum and Gellert Center for Education
Lewis Twite, New Mexico Holocaust Museum and Gellert Center for Education

Our workshop will expose participants to strategies that they can use within their afterschool and summer programs to positively impact the students with whom they work. Our programs for middle and high school students ask them to consider how bias-motivated violence and genocide are not inevitable, encouraging them to realize that their actions (and inactions) have consequences, and that they CAN make a difference. By promoting self-examination and consideration of others, this activity strongly contributes to identity, empathy, and self- and social awareness, all SEL skills, leading to building a sense of responsibility for themselves and for others - the hallmark of being an upstander.
Session Descriptions

WEDNESDAY, OCTOBER 19

1:00 PM MT

USING RESTORATIVE JUSTICE PRACTICES TO CREATE AND CULTIVATE A POSITIVE CULTURE
Emma Green, New Mexico Public Education Department

Participants will learn what Restorative Justice Practices are and how they can be used for creating and cultivating a positive culture as well as preventing conflict, intervening in negative behavior, and restoring relationships. Participants will learn how Restorative Justice Practices align with the New Mexico Social, Emotional Learning Framework. This will be an interactive session where all participants will engage in talking circles to learn how they work and how they can be run in most any setting.

TRANSGENDER CULTURAL FLUENCY FOR EDUCATORS & SCHOOL STAFF
Stacy Fatemi, Transgender Resource Center of New Mexico

Transgender people today are more visible and represented throughout our communities than ever. As such, organizations and individuals are finding the need to increase their knowledge and understanding of issues that affect their transgender colleagues, employees, friends, and family members.

Despite gains in visibility and acceptance, transgender people continue to face enormous challenges in everyday life—from poverty, unemployment, lack of access to health care and secure housing, to horrific violence and discrimination.

Our Transgender Cultural Fluency Training lays the foundation for participants to gain a better understanding of what it means to be transgender, clarify common misconceptions about transgender people, become familiar with the challenges transgender communities face, and learn ways to be a strong and engaged advocate for transgender people.

THE ROOT, TRUNK, AND BRANCHES OF CULTURALLY RESPONSIVE TEACHING
Erika J. Acosta, NMSU STEM Outreach
Terri Stockberger, NMSU STEM Outreach

This session will provide a brief overview and importance of culturally responsive practices, and will engage participants in the exploration of their own socialization and positionality to understand the dynamic systems of social values, behavioral standards, worldviews, and beliefs (the root). Using Runell’s Social Identity Wheel, participants will identify their identities and how these shape their interactions with the world around them. Participants will review the three levels of culture (surface, shallow, and deep) and examples of culturally responsive pedagogy that prioritizes the knowledge and strengths of students’ culture (the trunk). Finally, participants will review their own social identity wheel to explore culturally responsive practices, such as understanding values and traditions, sharing diverse perspectives, validating cultural identities, and modifying for different communication styles (the branches). Participants will receive resources that support culturally responsive classrooms, including a list of books, online tools, websites, and lessons.
THURSDAY, OCTOBER 20

ENTREPRENEURIAL MINDSET PAVES PATH TO YOUTH SUCCESS
Scott Mann, VentureLab
Jessie Jones, Young Entrepreneurs Institute

This will be an interactive session to discover how entrepreneurship activities build 21st century workforce skills. An entrepreneurial mindset benefits every child whether or not they become founders. Already engaging your youth in entrepreneurship? There's something here for you too! Learn about free resources and events to showcase youth voice and your program.

DEVELOPING AN ENGINEERING MINDSET IN YOUTH
Shannon McManus, STEM Education Consultant

To create a generation of innovative problem solvers that will shape their world, we need to engage youth in engineering activities. Engineering education promotes development of an engineering mindset—the values, attitudes, and thinking skills associated with engineering. This interactive session introduces engineering and engineering mindset, focusing on why they are important. Ten engineering practices that help youth develop and strengthen an engineering mindset will be highlighted. Participants will reflect on examples and short video clips from educational settings that illustrate the practices and what they look like when youth engineer. Participants will also leave with strategies for creating engineering environments that are inclusive and invite all learners to participate and develop an engineering mindset.

NOW RECRUITING: TEEN LEADERS AND PIZZA SCIENTISTS
Bree Oatman, Teen Science Cafe Network
Katey Ahmann

Teen Science Café programs are a free, fun way for teens to engage in lively conversations with STEM experts that explore the advances in science and technology that affect their lives. In these events, teens socialize over teen-friendly food and drink and have a lively conversation with local scientists and engineers about current cutting-edge developments in their fields, all in a relaxed and informal out-of-school setting. Teen Science Cafés are for teens, by teens. A core group of Teen Leaders, with the committed mentorship of an Adult Leader, plan and run the café programs. They welcome as diverse of a teen crowd as possible—diverse in ethnicity, culture, gender, and motivations for learning about science. Teen Science Cafés are not just for the science geeks; they are for all curious teens. Along the way, teen organizers gain a host of leadership skills. Come learn how to start a café.
1:00 PM MT

**Session Descriptions**

**THURSDAY, OCTOBER 20**

**SUSTAINING A CARING SCHOOL CULTURE THROUGHOUT THE YEAR**
*Amy Speidel, Conscious Discipline*

Understanding how the human brain operates provides teachers and students with the knowledge to manage their own internal states in order to shift from lower functioning levels to higher function. This workshop provides the basis for Brain Smart Start activities that balance internal states for calm and connection in service of profitable problem solving.

**SUPERCOMPUTING CHALLENGE: FIVE ESSENTIAL SKILLS FOR THE 21ST CENTURY**
*Alan Daugherty, Melrose Public Schools*
*Celia Einhorn, Challenge Management Team Member*

The Supercomputing Challenge promotes five essential 21st-century skills: communication, collaboration, critical thinking, coding, and creativity. The Challenge is a school year-long academic marathon that will require hard work and focus, but there is support along the way for beginner, intermediate and advanced competitors. Surveys of past competitors show that 84% of Challenge participants have earned or are currently pursuing a STEM degree. The development of collaboration, oral presentation, research, teamwork, and coding skills are important contributors to these outcomes. Join us to learn more about PBL and the Supercomputing Challenge as a deeply impactful growth and learning opportunity.

**ENGAGING STUDENTS THROUGH INVENTION EDUCATION/STEM LEARNING STRATEGIES**
*John Rogerson, Regional Program Development Manager, National Inventors Hall of Fame*

Fire up your passion for teaching, learning and inventing with this hands-on presentation that will provide specific and concrete ideas for making your learning environment one where children are strong protagonists of their own learning adventure while utilizing state and federal standards. Using hands-on activities grounded in Invention Education and STEM learning concepts will reconnect students with joyful exploration. This workshop will allow you to dive in and experience these ready to go Invention and STEM learning strategies that you can use to ignite the curiosity and problem-solving abilities of your students. Take these concepts and activities back to your staff, back to your classroom, or any learning environment so you can implement them into any lesson to energize students and staff.
Powering Those Who Empower Kids

Heavy Lifting
Collaboration, Engineering, Science, Space

5 Reviews
45 mins
Age 10 to 14

About this Activity
Students learn about the concepts of lift, thrust, mass and payload by constructing balloon-powered rockets to launch the greatest payload possible to the classroom ceiling.

Download on the App Store
GET IT ON Google Play