



Somers CSD 5th Annual Wellness Summit Presents:

Managing Distress through Emotional Problem Solving

SAVE THE DATE - November 5th at 7pm

[Meeting Zoom link](#)

“Waiting to fail is no longer an acceptable strategy for keeping our kids safe. Today’s youth need these critical life skills now so that they can learn emotional resilience and develop strong mental wellness. We can no longer wait for them to show up one by one in my therapy office.”

— Dr. Elizabeth Dexter-Mazza, PsyD



Somers parents, students, and staff are invited to hear special guest speaker, Dr. James Mazza discuss the social emotional learning (SEL) curriculum that he and his colleagues developed to help students manage distress through emotional problem solving. Dr. Mazza is a professor of school psychology, author and researcher at the University of Washington. The program created by Dr. Mazza, along with his wife, Dr. Elizabeth Dexter-Mazza, has been implemented in schools around the country. Called DBT STEPS-A, this curriculum was piloted in Somers schools in the 2019-2020 school year. In addition to their work with schools, Dr. Mazza and Dr. Dexter-Mazza currently run a free online course called “Parenting

Through COVID-19 & Beyond” where they teach the DBT STEPS-A skills to parents and educators. On November 5, Dr. Mazza will offer Somers parents, students, and educators an overview of this approach and provide practical insights and strategies on how applying it to our daily lives can help us better tolerate distress and be more in control of our thoughts, emotions, and behaviors.

More on DBT STEPS-A:

This curriculum was adapted from the skills training program in Dialectical Behavior Therapy (DBT) developed by Dr. Marsha Linehan, a professor at the University of Washington. The program focuses on supporting effective emotion regulation, decision making, and problem-solving skills in adolescents. This curriculum was piloted in Wellness and Family and Consumer Science classes at Somers Middle School and Somers High School during the 2019-2020 school year.

