

Welcome to the 25th Annual Missouri Coordinated School Health Conference

“Whole School, Community, Child”

November 30 – December 2, 2017



The Lodge of Four Seasons Resort
Lake Ozark, Missouri

Provided by: Missouri Coordinated School Health Coalition

Co-Sponsors

KC Healthy Kids

Missouri Foundation for Health

Missouri Department of Health & Senior Services

Missouri Associations of Rural Educators

Compass Health Network

Missouri Association of School Nurses

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School Health Corporation

School Nurse Supply, Inc

Coordinated School Health Conference

Welcome

to the 25th Annual Coordinated School Health Conference. The planning committee and sponsors hope the conference will help address the health and education needs of your schools.

- If you have any questions or need assistance, please contact any of the individuals at the registration desk.
- Participants with special dietary needs should notify the servers in the dining areas.
- A message board is in the conference registration area for your convenience.
- Be sure to visit the exhibits in Granada Ballroom B & C from 5:00 to 7:00 p.m. on Thursday and 7:15 a.m. until 12:30 p.m. on Friday.
- Please fill out the conference survey online. We will email the link to the survey monkey of the overall evaluation of the conference. After you complete the survey, you will receive a certificate of attendance.

Get new ideas

Meet new people

Learn a lot

Have fun!

Thank you for attending

Keynote Speakers

Patricia Carter, Ph.D.: has been with the Missouri Department of Mental Health(DMH) since 1989 working in various capacities with children and families. She has worked in both inpatient and community settings, providing clinical and administrative services. She is a Certified Forensic Examiner for the Missouri Department of Mental Health and responsible for setting policy and supervising evaluations on individuals under the age of 18 years. Dr. Carter is the juvenile justice liaison as well as Trauma Lead for the MODMH. Her current role as Director of Children's Clinical Services focuses on enhancing clinical practices to promote quality care in meeting the needs of children and youth with emotional, behavioral, developmental or substance abuse disorders. In March 2014, Dr. Carter was placed in a join position with DMH and Children's Division/Social Services to expand clinical and trauma consultation to the child welfare system. Dr. Carter received her Bachelor's degree in psychology from the University of Missouri and her doctoral in clinical psychology from the University of Mississippi.

Mark Norwine was inspired to walk across Missouri to draw attention to the state's lack of resources in mental health services, to address student's high suicide rates in the region. At the time, three students committed suicide over the course of 7 weeks.

His son, Eric, found out about what his Dad was doing, and since he'd gone to film school and was in the film world looking to make a movie, he thought a guy walking across a state in the name of mental health awareness seemed like an interesting story to tell.

With cameras in tow, they recorded a powerful journey of the students and people they encountered along the way sharing the people's stories. Eric became invested in his father's mission and together created the movie **Walking Man**. The father-and-son team wish for the film to inspire and start a conversation about mental health in our country.

Conference Planning Committee

Conference Chair - Andra Jungmeyer, Missouri Department of Health and Senior Services, MCSHC President Alma Hopkins, Dana Fifer, North Kansas City Schools, Deb Cook, Kennett Schools, Donna Sharpe, Department of Elementary and Secondary Education, Pat Sturges, Sedalia Schools, Tiffany Tuua, Department of Health and Senior Services, Annemarie Fahland, SSM Health Cardinal Glennon Children's Hospital, Laura James, BJC Healthcare, and Linda Neumann, Conference Planner

Pre-Conference

Thursday, November 30, 2017

7:30 a.m. -4:30 p.m. Pre-conference and Conference Registration

8:45 a.m. – 12:00 noon

1. School Nurse Track Part I – Screenings, Reports and Resources – sponsored by Missouri Association of School Nurses(MASN) Valencia A

This session will review the purpose and characteristics of vision and hearing screening programs for new school nurses. Experienced school nurses will review the recommended schedules for screenings along with the importance of follow up planning, and discuss some of the basic equipment and tools. They will include examples of hearing loss and childhood vision disorder, and describe the impact of hearing and vision loss in the school setting. The session will also review the various school health reports for MODHSS and will provide an overview to a variety of resources available to support your school nursing practice.

2. Mental Health First Aid – This session goes from 8:45 a.m. to 4:30 p.m. breaking for lunch from 12 noon to 1 p.m. Sherrie Close & Ethan Newman Valencia B

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

3. System Thinking System Changing Simulation – Jessica Lawrence, Director CAIRN The Path to Healthy Schools. Escollo

In an engaging team session, participants will be confronted with realistic decisions and experiences, be compelled to consider new ways of looking at their goals and their work, be challenged to review what they consider legitimate indicators of success, try proven methods for making system-wide changes, distill their experience into action-oriented learnings and have fun! This activity allows colleagues to participate in a simulated activity that builds team building and stronger communication.

4. School Nurse Track Part II– IHPs, EAPs, IEPs and Care Plans in the School Setting - (MASN) Valencia A

This session will review procedures and resources for new school nurses in writing IHPs, EAPs, IEPs and planning supports to keep students' safe at school. Experienced school nurses will discuss how to develop plans to establish student, family, and school roles and responsibilities, clarify important things like how medication will be administered, how the student's health status will be monitored, the location where care will be provided, and who will be providing the care. There will also be discussion about tools and resources available to assist in writing plans and communicating with parents, providers and school staff.

12:00 noon-1 pm Lunch on your own

Pre-Conference afternoon 1:00 p.m. – 4:15 p.m.

5. S.O.S. Signs of Suicide *Dr. Anita Jurkowski and Laura Powell, Program Coordinators – Compass Health.*

Malaga This session will explore the incorporation of an evidence-based, behavioral health curriculum that promotes healthy habits in all youth. Participants will learn how to identify common risk factors and warning signs of depression/suicide and action steps to take when concerned about a student. The presentation will then review the SOS Signs of Suicide® Prevention Program, a curriculum that incorporates three critical best-practice features of school-based suicide prevention: adult training/education, peer-to-peer support, and universal risk assessment. Each element increases awareness, reduces stigma, highlights the availability of resources, and provides the critical message that everyone in schools are at risk for suicide.

The SOS Program teaches adults how to identify and respond to youth in need; it educates youth to recognize and respond to signs of depression or suicide in themselves or a friend, encouraging student-adult communication; and it provides a validated screening tool.

5:00 p.m. – 7:00 p.m. Exhibitors and Reception - Granada Ballrooms BC – 4th Floor Atrium. Light snacks and refreshments will be served.

Dinner is on your own. Choose H.K.'s Restaurant or explore the many dining options in the area. Visitor guides and dining information is available at the hotel registration desk. Enjoy your evening!



Conference Schedule

Friday Conference – December 1, 2017

7:00 a.m. – 4:30 p.m. Registration- Granada Foyer – 4th Floor Atrium

7:15 a.m. – 12:30 p.m. Exhibits- Granada Ballroom BC - 4th Floor Atrium

7:15 a.m. – 8:15 a.m. Breakfast – Granada Ballroom BC

8:15 a.m. - 8:30 a.m. **Welcome: Alma Hopkins and Andra Jungmeyer – Opening Remarks by Dr. Randall Williams, Director of DHSS Granada Ballroom A**

8:30 a.m. – 10:00 a.m. **Keynote Presentation – Dr. Patsy Carter - Granada Ballroom A**

10:00 – 10:15 Break

Concurrent sessions 10:15 – 11:15 a.m.

6. Healthy Concessions Overcoming Hurdles – Natalie Hampton, Director, University of Missouri Health Communication Research Center. Escollo

This session will focus on applying healthy concession strategies that have been successful in Missouri parks, to school concessions in the state. For the past five years University of Missouri Extension and the Health Communication Research Center have partnered with local municipal parks across the state to add healthy concessions to their existing menus. The project, called Eat Smart In Parks has succeeded through a multi-pronged strategy including, menu analysis, guidance in sourcing, customer surveys, taste testing and marketing support. Project leaders are now working to adjust the park model to the unique needs of school concession stands. Additionally, a spin-off campaign, called Eat to Compete, will be introduced. This session will arm participants with evidence-based information and the skills they will need to help add healthy concessions in their schools.

7. Boys and Masculinity in Schools – James Meinert, St. Louis University Adjunct Professor/graduate student

Valencia B This presentation will focus on the development of boys, the way their emotional needs are often not met, how that impacts their behavior, and what teachers, school nurses, counselors, and administrators can do about it. Not being emotionally supported well as children sets them up at school to act in aggressive ways that often ends with discipline and/or suspension. When schools struggle with boys, it is often easy to blame the parents rather than taking responsibility for improving the young boy's life and seeing the parents and school staff as allies. This presentation will focus on both the theory of how to emotionally support boys and offer practices that help students re-engage in healthy ways in schools.

8. Youth Leads School/Community Health Change – Donna Chapman, M.Ed. and Anna Koeller, B.S. Criminal Justice/Educator Lookout

WSCC is a unified and collaborative approach to learning and health. Come see how we used the WSCC model to make changes in school/community health and policies. We will showcase our youth and how they have been involved with community partners to be the leaders in change. Resources which have been used will be shared. At the local level, Morgan County CLEAR coalition is using this model to improve health in the county and to educate youth and citizens about tobacco issues.

9. Autism: A Family Perspective and School Engagement – Mindy Bielik, BSN, RN, Webster Groves School District. Valencia A

As a school nurse and parent of a 28 year with ASD this session will provide an overview of ASD along with guidance, recommendations from autism experts and my own experience in guiding an autistic juvenile to adulthood. Autism touches all aspects of an individual as they interact with their school - adults, peers, family. Families that seek appropriate resources can successfully assist their child to navigate and problem solve the social dynamics that can improve their independence, emotional and social well-being.

10. Food Allergies / Special Diets - Lauren Sciacca, and Sara Witte, DESE Nutrition Program Granada A

With increases in life-threatening food allergies prevalent in children, school personnel are increasingly involved in managing these allergies within their schools. It is required that each school district have a policy on allergy prevention and how to address potentially deadly food-borne allergies. Come learn how education, communication and cooperation are the keys to dealing with food allergies at school.

11:15 a.m. – 12:30 p.m. Lunch and Exhibits Granada Ballroom B & C
Exhibits close at 12:30 p.m

Round Table / Networking: 12:30 p.m. – 1:30 p.m.

(We will rotate every 15 minutes, please decide which 4 sessions prior to 12:30 p. m.)

***Adolescent Health Topics and Trainings – Andra Jungmeyer & Bonnie Kempker**

***MODHSS – School Health Resources – Barb Saw**

***Brain Breaks – Dr. Alice Miller**

***Maximizing your Professional Potential – Dr. Robin Wallin**

***Immunizations – Lynelle Paro**

***LGBTQ 101 – Megan Moore**

***Asthma – Stacey Whitney**

***Worksite Wellness – Peggy Karleskint**

***Bedbugs / Headlice – Dana Fifer**

***HIPPA vs. FERPA – Pat Sturgis**

***Autism – Mindy Bielik**

*** Missouri Foundation for Health – Deidre Griffith**

***First Hand Programs – Sam Matthew**

1:30 p.m.- 1:45 p.m. Movement Break

1:45 p.m. – 2:45 p.m.

11. Mindfulness / Yoga in the Classroom and the Real World – Linda Peterson, MA, LPC, NCC, School Counselor, Hixson Middle School and Sarah Bodi, MAC, School Counselor, Hixson Middle School Valencia A

Students as well as school staff may feel stressed physically, emotionally, and socially. This session will give attendees methods to help students center themselves and continue their school day. We will provide tools for students to use at home and in their daily lives in the community. We also include a self-care aspect that attendees can take back for themselves.

12. Whole School, Community, and Child: Building a Case for Making Changes to Schools and Local Environments – *Brittanie McMullen, MBA, BJC Healthcare, Erica Oliver, MA, CDVP, BJC Healthcare, M. Leanne White, M.Ed., Ed.S., St. Louis Public Schools.* **Valencia B**

This session will provide attendees with a successful working model of collaboration within the WSCC model. We will highlight how policy change can be used as an effort to decrease childhood obesity. Creating a safe place to be active in the community and supporting families to make healthy changes happen, the Healthy Schools Healthy Communities initiative is making the change where children live, learn and play.

13. Making Green Schools: A Framework for Integrating WSCC into the School – *Jan Weaver, Executive Director, Missouri Environmental Education Association* **Lookout**

This session will introduce the Missouri Green Schools program and provide examples of how its Sustainability, Health and Learning components can be used to connect students and staff with multiple elements of the WSCC Model. Participants will have the opportunity to work in small groups and share ideas.

14. Engaging the Community Through Collaboration – *Shawn Hayden, Population Health Project Coordinator, Cox Health and Alex Severs District Wellness Coordinator, Monett R-1 School District.* **Escollo**

Learn how to connect to resources within your community to increase engagement, promote initiatives, and create a healthier community. Focusing on small, rural communities, and thoroughly discussing the collaborations between the school district, community leaders, and volunteers.

15. Heads Up: Collaborative Care for Concussion and TBI – *Jane Emerson, M.D. and Dawn Huber, Ph.D.* **Granada A**

Traumatic Brain Injury is the leading cause of death and disability among children and adolescents in the United States. School health service providers are essential partners in working to prevent, identify, and address pediatric concussion and TBI. This presentation provides a multi-disciplinary perspective on the collaborative care needed to support children with head injury and their families from screening and diagnosis to returning to learn and play.

2:45 p.m. – 3:00 p.m. Movement Break

3:00 p.m. – 4:00 p.m. Concurrent Sessions

16. Cultivating Gardens and Minds – *Caren Etling, RN School Nurse, Clayton School District.* **Valencia B**

Connect people to their food sources by empowering them with knowledge, skills, and opportunities. You will learn that health and wellness is a mindset, not something you just stick into a single curriculum. Gardening is not just about science! It is art, history, physical education, math, music, languages, literature, social-emotional skill building, team building, and life enhancing! By cultivating a garden, you are cultivating healthy minds and bodies. Healthy children are better learners! Our students are our most valuable resource! We have students that are beekeepers and chicken farmers, in the middle of our city! Learn how to engage the students and staff, in making healthy choices by having them participate in MyPlate Challenges and by having Try-Days!

17. Athletic Trainers Collaborating with School Nurses and Counselors for Student Focused Care – *Michelle Boyd, Head Athletic Trainer, Truman State University and Greg Nagel, ATC, Rock Bridge High School, Columbia Public Schools.* **Escollo**

This session will describe the profession of athletic training and explain how these healthcare providers collaborate with school personnel to provide a supportive environment for learning and health.

18. The Traumatic Teen – *Michelle Herndon, MSN, RN, Certified Pediatric Emergency Nurse, St. Louis Children's Hospital.* **Granada A**

When it comes to teens, do you ever find yourself saying, "Why do they do that?" This session will explore teen development and the unique risks for injury in this age group. Current well-publicized fads found in social media leading to injury in teens will be discussed. There will be a focus on the number one killer of teens (motor vehicle crashes), the circumstances surrounding accidents involving teen drivers, and injury prevention strategies directed towards adolescents and those who interact with and care for adolescents.

19. Community Engagement for Safer Schools – *C.J. Huff, Ed.D. Special Advisory to the Center for Education Safety(C.E.S.)* **Lookout**

Dr. Huff will present a whole school framework to assist schools in building a coalition of community members that can provide support in the development and implementation of strategies to support the social, emotional, and safety needs of children. A hands-on activity will be facilitated to further enhance the experience of the participants.

20. Understanding Seizures and the Impact of Epilepsy – *Bridget Patterson, Program Director, Epilepsy Foundation of Missouri and Kansas.* **Valencia A**

This session will review multiple types of seizures, appropriate first aid, various treatment options, including medication, surgery, vagal nerve stimulators, and ketogenic diet. Seizure Action Plans will be discussed, as well as the impact of epilepsy on learning.



After enjoying Dinner on your own, please join us...

8:00 p.m. Documentary: Walking Man – Granada A

This isn't your typical educational film. There are no staged scenes and you'll see no corny acting. It shows one family's journey with mental illness and suicide while documenting the need for mental health awareness and care in our society. **Mark Norwine will be in attendance to help facilitate the documentary and his is our keynote for Saturday morning.**

Saturday, December 2, 2017

7:30 – 11:30 a.m. Registration Granada Foyer

7:30 a.m. – 8:30 a.m. Breakfast

8:30 a.m. – 9:30 a.m. Keynote Speaker – Granada A

Mark Norwine, BA, BS - Norwine Behavioral Health Advocates

After viewing the documentary on Friday evening, Mark Norwine will present the Walking Man curriculum for health classes. “Mental Wellness is not just a hope but is an inalienable right to be experienced by all. Our nation is stronger and safer when we pursue mental wellness as a goal.”

9:30 a.m. – 9:40 a.m. Break

9:45 a.m. – 10:45 a.m. Stress and the Impact on Children's Mental Health - *William Kolenda, MA, LPC, Supervising Therapist Eastern Region Pathways Community Health/A Compass Health Organization* Is a child's behavior really the problem or is there something more going on? Are we hearing what they are trying to tell us or is what they do all we see and hear? In this session, you will receive a snapshot of children's stress points, mental health issues and how to recognize them. You will receive an overview of contributing factors and what to look for as signs of distress. While focusing on children we will look at how to environmental factors contribute and how to assist the family system in improving the mental health and well-being of the client. We will look at interventions and ways to assist in coping with stress and mental health need. Every child needs the one person who took the time and went that extra mile. Will you be that one?

10:45 a.m. to 11:45 a.m.

Which Came First – the Disorder or Use? *Melissa Hildebrandt, MA, MPS, P-LPC Prevention Development Director, Compass Health Network*

Can a mental health disorder predict substance use? Can substance use predict a mental health disorder? Which came first? In this session, you will receive a brief overview of theories regarding the correlation and co-occurrence of substance use and mental health disorders. While focused on adolescents we also discuss what research says about adult outcomes based on early substance use and mental health diagnosis, as well as the need for early recognition and intervention.

11:45 a.m. – 12:00 noon

Conference Wrap-Up and Door Prizes



2017Exhibitors

American Pyrotechnics Safety & Education
Foundation
Arbor Pharmaceuticals, LLC
BIA- MO
Camp Hickory Hill
CareDox
Children's Trust Fund
Compass Health
First Hand Foundation
Home State Health
Lakeland Behavioral Health System
MacGill & Co.
MADD
Marfan Foundation
MASN
Mental Health First Aid MO
Midwest Dairy Association
Missouri Foundation for Health
Missouri Safe and Sober
MO DHSS / SAFE KIDS MO
MO School Violence Hotline
MO Well Care
MODHSS - Adolescent Health
MODHSS - Brain Injury Unit
MODHSS - Health Informatics
MODHSS - Immunizations
MODHSS - Oral Health
MODHSS - Veterinary Public Health
PSNI
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School Nurse Supply, Inc
St. Louis Dairy Council
The Jason Foundation

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THE LODGE OF FOUR SEASONS

GOLF RESORT, MARINA & SPA

