

# **26<sup>th</sup> Annual Missouri Coordinated School Health Conference**

**“Whole School, Community, Child”**

**November 29 – December 1, 2018**

The Lodge of Four Seasons Resort  
Lake Ozark, Missouri

## **Conference Co-Sponsors**

**Missouri Coordinated School Health Coalition**

**Missouri Department of Health and Senior Services**

### **Additional Sponsors:**

**KC Healthy Kids**

**Action for Healthy Kids**

**Missouri Association of Rural Educators**

**Missouri Department of Elementary and Secondary Education**

**Missouri Association of School Nurses**

**MO-HOPE Project**

**NCADA**

# Welcome

to the 26<sup>th</sup> Annual Coordinated School Health Conference. The planning committee and sponsors hope the conference will help address the health and education needs of your schools' programs.

- 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

Reconnect with your colleagues

Meet new people

Form new partnerships

Learn

Have fun!

Thank you for attending

*Note: The Missouri School Health Coalition reserves the right to substitute speakers and/or topics if necessary*

## Keynote Speakers:

**Nicole Browning** is a Licensed Professional Counselor and the clinical director at the NCADA in St. Louis. She has been working in the substance use treatment field since 2006 when she earned her master's degree in professional counseling from Lindenwood University in St. Charles, Missouri. She has provided individual and group counseling at the outpatient, intensive outpatient, and inpatient level. She also helped create a diversion program for youth and provided treatment in a recovery school. For five years Ms. Browning worked in a drop-in center providing services to at-risk youth. Most recently, Ms. Browning joined the MO-HOPE (Missouri Opioid-Heroin Overdose Prevention and Education) Project aimed at reducing opioid overdose deaths. Ms. Browning has trained emergency responders, social services agencies, medical professionals and members of the general public on the opioid epidemic, substance use disorder, how to access naloxone and respond to an opioid overdose. She also provides assessments and referrals for NCADA clients and supervises the counseling department.

**Dr. E. Lee Washington** is a senior medical director in the department of Plan Sponsor Insights at Aetna. He provides clinical support and consultation to plan sponsors with a focus on population health strategies, improved workforce productivity, and cost-effective healthcare. Prior to his current role, he served in medical director roles at ActiveHealth Management, a subsidiary of Aetna, for several years. During his tenure at ActiveHealth, Dr. Washington provided clinical direction to care management functions including complex case management, disease management, utilization management, and lifestyle coaching programs. He also contributed to clinical content development for the CareEngine, a proprietary, industry leading, technologically based tool designed to improve healthcare quality and patient safety. Before joining ActiveHealth, Dr. Washington engaged in private practice for several years and served in a variety of leadership capacities in ambulatory and inpatient settings. He received his medical degree from Northwestern University in Chicago, completed residency at the Georgetown/ Providence Family Medicine Residency Program in Washington, D.C., and he holds a faculty appointment at Rush Medical College in Chicago in the department of Family Medicine.

**Nathan Ross**, is an adopted person who shares his story with child welfare workers and policy makers around the country in addition to working directly with people who have been in foster care. As the youth programs director at FosterAdopt Connect, Nathan directly oversees the Community Connections Youth Project and the Family Connections Center. FosterAdopt Connect (formerly Midwest Foster Care and Adoption Association) is a nonprofit organization that specializes in solving problems for kids and families involved in and affected by the child welfare system. A former foster youth adopted at 13 years old, Nathan began using his own personal experiences as a young adult to help resource parents and child welfare professionals better engage and support young people who have suffered from trauma. He has spent the last ten years advocating throughout the country for a system that fights against child abuse and neglect and looks forward to the day when all children who enter care find permanency in loving, supportive homes.

# Coordinated School Health Conference

## Pre-Conference

**Thursday, November 29, 2018**

7:30 a.m. -4:30 p.m.

Pre-conference and Conference Registration

**8:15 a.m. – 11:15 a.m.**

**1. School Nurse Track Part I – Screenings, Reports and Resources** – Deb Cook, RN, AE-C; Peggy Karleskint, BSN, RN; Stacey Whitney, MSN, RN; Pat Wilson, MSN, RN; Barbara Spaw, BSN, RN, MO DHSS. (*sponsored by Missouri Association of School Nurses*)

**Room: Valencia A**

This session will review the purpose and characteristics of vision and hearing screening programs for new school nurses. A faculty of 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 disorders and describe the impact of hearing and vision loss in the school setting. The session will also review the various school health reports for MO DHSS and will provide some overview to a variety of resources available to support your school nursing practice.

**2. Physical Activity Skill Building Training** – *Taralyn Garner, Instructor/Trainer/Leadership; Active Schools/SPARK PE/ In Collaboration with MOAHPERD and DESE.*

**Room: Escollo**

This professional training opportunity will offer a physical activity and physical education solution to ensure 60 minutes of physical activity as the norm in your schools. The session streamlines the selection of programs, resources, professional development and funding opportunities, and delivers a customized action plan – making it simple for teachers and strategic for administrators. Ultimately, this training helps schools develop a culture in which physical activity and physical education are foundational to academic success.

**3. Preparing School Personnel to Plan, Implement, and Evaluate Programs and Practices Related to School Wellness – Part I** - *Laura Beckmann, Director of Health, Physical Education and School Wellness/ Executive Director, MODESE, and / Dr. Thomas Loughrey, Missouri Association of Health, Physical Education, Recreation and Dance (MOAHPERD)*

**Room: Valencia B**

Guidelines will be provided for school personnel to use in developing assessment strategies for evaluating the effectiveness of policies and programs that impact the school health environment, coordination with health providers, and healthy outcome indicators in children and youth. Familiarity and competence in correctly using Nationally recognized assessment documents will be emphasized.

**11:30 a.m. - 1 pm**

**Lunch (pre-paid option with ACT Missouri – Granada B/C)**

**or on your own. Afternoon sessions begin at 1:15 pm.**

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

### **3. Preparing School Personnel to Plan, Implement, and Evaluate Programs and Practices Related to School Wellness – Part II** *continues from morning session.*

**Room: Valencia B**

### **4. School Nurse Track Part II– IHPs, EAPs, IEPs and Care Plans in the School Setting** - Deb Cook, RN, AE-C; Peggy Karleskint, BSN, RN; Stacey Whitney, MSN, RN; Pat Wilson, MSN, RN; Barbara Spaw, BSN, RN, MO DHSS.

*(sponsored by Missouri Association of School Nurses)*

**Room: 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.

### **5. What is Cultural Competency and Why is it Necessary?** *Dr. Alice Miller, Retired Assistant Principal, Webster Groves School District, facilitator for Social Justice Professional Development with Educational Equity Consultants.*

**Room: Escollo**

Participants will develop strategies and tools to improve their cultural literacy and begin to understand how it can impact student relationships and achievement.

**5:00 p.m. – 7:00 p.m. Exhibitors and Reception Granada Ballrooms B & C**

## **Conference**

**Friday – November 30, 2018**

**7:00 a.m. – 4:00 p.m. Registration-outside Granada Ballroom**

**7:15 a.m. – 12:30 p.m. Exhibits- Granada B & C**

**7:00 a.m. – 8:00 a.m. Breakfast – Granada B & C**

**8:00 a.m. – 8:15 a.m. Welcome – Granada Ballroom A**

**8:15 a.m. – 10:15 a.m. Keynote Presentation - Granada A**

**Opioid Epidemic in Missouri** – *Nicole Browning, MA LPC, Clinical Director, NCADA, St. Louis, MO. and Dr. E. Lee Washington, MD, AETNA.*

This session will explore the background of the opioid epidemic. How did we get to where we are today? We will discuss opioid use disorder as a mental health condition, followed by a comprehensive discussion of efforts to address the opioid epidemic (prevention education, Good Samaritan laws, access to treatment, etc.). We will then contextualize what is being asked of school nurses (reverse an overdose with naloxone) with those efforts. The session will conclude with a training session on how to revive an individual who has experienced an overdose.

**10:15 a.m. - 10:30 a.m. Movement Break**

**Concurrent sessions 10:30 – 11:30 a.m.**

**6. Ready, Set, Action For Healthy Kids – Ashley Green, Midwest Regional Manager, Action For Healthy Kids.**

**Room: Valencia B**

Discover the link between healthy eating, physical activity and learning, and explore the tools and resources available through AFHK to you and your team. Use these tools to build the knowledge and skills your school health team members need to work more effectively and sustainably, while creating a healthier learning environment for students, staff, and the communities they serve. Learn how to work collaboratively to improve school wellness policy and best practices related to students eating better and moving more. Make student wellness a top priority in your school and district!

**7. QPR Suicide Gatekeeper Training – Lindsey Hammond, Recovery and Resiliency Manager of Missouri with Optum. Room: Granada A**

A 1-hour training to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training utilizing three steps: QPR (question, persuade, refer). Participants will earn a certification if 1-hour training is completed.

**8. The Smoking Gun – Joyce Lara, Youth Program Specialist, MODHSS.**

**Room: Escollo**

Protecting Kids. Saving lives. Because tobacco has killed enough. During this session participants will learn what they can do to protect their students, staff and community from the number one preventable cause of death.

**9. Lead poisoning and impact on school readiness: How to overcome the toxic effects –**

*Dr. Jennifer Lowry, MD, Chief, Section of Toxicology and Environmental Health, Children's Mercy.*

**Room: Valencia A**

The Centers for Disease Control and Prevention and the American Academy of Pediatrics has recognized that there is no safe lead level for children. Primary prevention is the only way to ensure that children are not harmed by lead in their environment. Unfortunately, children are still exposed. Population studies have informed us that lead is a neurotoxin that can result in attention and behavioral problems as well as IQ. What can happen to each child cannot be determined. This session will outline sources of lead in children, the adverse health effects that can occur and how the family and community can help the child overcome these effects.

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

**Exhibits close at 12:30 p.m.**

**Round Table Sessions: 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.)**

\***Brain Breaks** – Dr. Alice Miller

\***Bedbugs / Headlice** – Teri Hansen MASN Education Chair

\***Immunizations** – Lynelle Paro, MO DHSS Bureau of Immunizations

\***LGBTQ** – Megan Moore MO DHSS

\***Staff training / documentation** – Peggy Karleskint MASN President elect

\***Professional Practice** – Deb Cook MASN President

\***Connecting WSCC to the Green School Movement** – Jan Weaver MO DHSS and Kristen McKinney MO DESE

\***Recess Before Lunch** – Dr, Tom Loughrey MOAHPERD & Alma Hopkins MO DHSS

\***Farm to School** – Lisa Farmer, MO DHSS

\***Grant writing tips** – Deidre Griffith and Paula Ballew MFFH

\***Youth Risk Behavior Surveillance System (YRBSS)** – Katie Long MO DHSS

\* **Show-Me School Based Health** – Veronica Richardson

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

## **1:45 p.m. – 2:45 p.m. Concurrent Sessions**

**10. Accommodation of Food Allergy Needs in School Nutrition Programs** - *Karen Wooton, Coordinator for Food and Nutrition Services; Abbie McFerron, Nutrition Program Specialist; Claudia Vincent, Nutrition Program Specialist, DESE Food and Nutrition Services.*

**Room: Valencia A**

A discussion involving a review of the USDA regulations to include necessary actions, statements, and meal modifications pertaining to food allergies in schools.

**11. Between You, Me and Fencepost: The Role of Confidentiality and Referrals in Student Health-**  
*Meg Boyko, Executive Director, TPPP.*

**Room: Escollo**

As students learn more about their health and move through adolescence, they may start to take a more active role in protecting their health and seeking health services. Teachers, Counselors, School Nurses and other school staff all play a role in supporting the health of students, but it is important to know the policies and best practices that impact health discussions and referrals to services. In this session, we will review state laws related to adolescent healthcare, consider school district policies and discuss best practices that can be implemented to promote student health and build community/family engagement.

**12. Teaming Up for Asthma Control - A School-Based Program to Support Improved Asthma Control and Collaboration across Settings of Care** - *Tammy Rood, DNP, CPNP-PC, AE-C, University of Missouri Columbia, and Rebecca Brown, MPA, RRT, AE-C is the Kansas City Regional Coordinator for Asthma Ready® Communities (ARC).*

**Room: Valencia B**

This session will describe the Teaming Up for Asthma Control Program, and how it can be used to connect with the family and health provider to improve outcomes in children with uncontrolled asthma.

**13. Understanding the Adolescent Brain** – *Linda Peterson, MA., LPC, Sarah Bodi, MA, LPC, Counselors Webster Groves School District.*

**Granada A**

Have you ever wondered what is going on inside an adolescent's brain? This session will give you a glimpse inside what they are thinking about family, friends, and school.

## **2:45 p.m. – 3:00 p.m. Movement Break**

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

**14. Connecting School Nurses to Resources Available for Managing Chronic Conditions** – *Peggy Gaddy, State Asthma Program Coordinator, MODHSS.*

**Room: Granada A**

Established in 2017, the School Nurse Link program connects public, charter and private schools with the resources offered by Medicaid health plans in Missouri. It was created to support the faithful dedication of school nurses to the well-being of children and families. Through case management and other programs, health plans can provide time-saving services to school nurses and enhanced benefits to families. Linkages between schools and health plans offer much potential to improve health status and the overall care experience for children and families.

**15. Engaging Students and Parents in Health Class** – *Jill Warner, Health Educator, Clayton School District.*

**Room: Escollo**

This presentation will offer specific examples, linked to National Health Education Standards, that could be utilized, with adaptations at any age level. Learners will engage in a sample activity, brainstorm ideas for how to create a school to home communication extension of a health lesson, then identify at least one area to implement or expand engagement.

**16. Developing School Wellness Councils – Andra Jungmeyer, MPH and Barbara Spaw, BSN, RN MODHSS.**

**Room: Valencia B**

Attendees will learn how to take the collaboration and community input involved in the WSCC model and use it to improve the health of the school through School Health Advisory Councils

**17. Sally Has Seizures, Now What? Training Your Staff: First Aid and Emergency Medication. Peggy Karleskint, BSN, RN. Northwest School District.**

**Room: Valencia A**

Attendees will learn about various types of seizures and their impact on academic success. Specific attention will be given to staff training.

## **Dinner on your own**

**7:00 pm – 8:00 pm – STOP the BLEED training – Granada A**

## **Saturday, December 1, 2018**

**7:30 – 11:30 a.m. Registration outside Granada Ballroom**

**7:30 a.m. – 8:30 a.m. Breakfast**

### **8:30 a.m. – 9:30 a.m. Keynote Speaker – Nathan Ross**

**Granada A** - In the session Nathan will share his early childhood and surviving the abuse and neglect of his mentally ill birth mother. Participants will have the opportunity to learn about the experiences of children prior to foster care and the impact of trauma on their physical and mental functioning. Participants will also have the opportunity to ask questions and learn

**9:30 a.m. – 9:40 a.m. Break**

**9:45 a.m. – 11:45 a.m.**

**How to Build a Better Culture of Awareness & Resilience** – Building a school culture that is both aware and resilient takes planning. So what steps can a school community take to make that happen? Using data, real stories, and visual aids, this session will explore creating spaces where all students can learn and describe various ways it can happen in the school setting. Participants will be given key questions, information, and examples to assess what their building needs to make the journey from becoming trauma aware to trauma responsive.

**11:45 a.m. – 12:00 noon**

**Conference Wrap-Up and Door Prizes**

## Conference Exhibitors

American Pyrotechnics	Julie Heckman	<a href="mailto:jheckman@americanpyro.com">jheckman@americanpyro.com</a>
BIA-MO	Maureen Cunningham	<a href="mailto:Mcunningham@biamo.org">Mcunningham@biamo.org</a>
Children's Trust Fund	Erin Scriver	<a href="mailto:Erin.Scrivner@oa.mo.gov">Erin.Scrivner@oa.mo.gov</a>
Compass Health	Gary Bennett	<a href="mailto:gbennett@compasshn.org">gbennett@compasshn.org</a>
First Hand Foundation	Meghan Fesler	<a href="mailto:meghan.fessler@cerner.com">meghan.fessler@cerner.com</a>
The Jason Foundation	Michelle Raymond	<a href="mailto:michelle.raymond@yfcs.com">michelle.raymond@yfcs.com</a>
Lakeland Behavioral Health System	Kaycia Turner	<a href="mailto:kaycia.turner@lakelandbehavioralhealth.com">kaycia.turner@lakelandbehavioralhealth.com</a>
MacGill & Co.	Marcia Bixby	<a href="mailto:mbixby@macgill.com">mbixby@macgill.com</a>
Marfan Foundation	Dawn Pulliam	<a href="mailto:pulliamkid@yahoo.com">pulliamkid@yahoo.com</a>
Marelyly AEDs & First Aid	Sean Marelyly	<a href="mailto:sean@marelyly.com">sean@marelyly.com</a>
MASN	Mary Ridgeway	<a href="mailto:mridgway49@yahoo.com">mridgway49@yahoo.com</a>
MO DHSS / SAFE KIDS MO	Lesha Peterson	<a href="mailto:lesha.peterson@health.mo.gov">lesha.peterson@health.mo.gov</a>
MO. Safe and Sober	Whitney Mann	<a href="mailto:whitney@missourisafeandsober.com">whitney@missourisafeandsober.com</a>
MODHSS - Adolescent Health -	Cera Lusher	<a href="mailto:cera.lusher@health.mo.gov">cera.lusher@health.mo.gov</a>
MODHSS - Brain Injury Unit	Jennifer Braun	<a href="mailto:jennifer.braun@health.mo.gov">jennifer.braun@health.mo.gov</a>
MODHSS - Environmental Epidemiology	Lorena Locke	<a href="mailto:Lorena.locke@health.mo.gov">Lorena.locke@health.mo.gov</a>
MODHSS - Health Care Analysis	Whitney Coffey	<a href="mailto:whitney.coffey@health.mo.gov">whitney.coffey@health.mo.gov</a>
MODHSS - Immunizations	Lynelle Paro	<a href="mailto:lynelle.paro@health.mo.gov">lynelle.paro@health.mo.gov</a>
MODHSS - Oral Health	Ann Hoffman	<a href="mailto:ann.hoffman@health.mo.gov">ann.hoffman@health.mo.gov</a>
MO DHSS Special Healthcare Needs	Randy Havens	<a href="mailto:randy.havens@health.mo.gov">randy.havens@health.mo.gov</a>
MO School Violence Hotline	Daisy Vance	<a href="mailto:Daisy.M.Vance@dss.mo.gov">Daisy.M.Vance@dss.mo.gov</a>
Missouri Telehealth Network	Dean Andersen	<a href="mailto:andersendc@healthmissouri.edu">andersendc@healthmissouri.edu</a>
School Health Corporation	Donato Salvucci	<a href="mailto:dsalvucci@schoolhealth.com">dsalvucci@schoolhealth.com</a>
School Nurse Supply, Inc	Craig Hunter	<a href="mailto:chunter@schoolnursesupplyinc.com">chunter@schoolnursesupplyinc.com</a>
Show Me Sch Based Health Alliance	Veronica Richardson	<a href="mailto:vridhardson@paineefreeconsulting.com">vridhardson@paineefreeconsulting.com</a>
St. Louis Dairy Council	Ellen Wheeler	<a href="mailto:ewheeler@stldairyCouncil.org">ewheeler@stldairyCouncil.org</a>
Professional Software for Nurses	Bill O'Malley	<a href="mailto:bill.omalley@promedsoftware.com">bill.omalley@promedsoftware.com</a>
Missouri Care - A WellCare Company	Alisha Burger	<a href="mailto:AlishaG.Burger@wellcare.com">AlishaG.Burger@wellcare.com</a>

