A person walking down the street

Description automatically generated

**Please Share with**

**School Nurses**

**School Administrators**

**School Psychologists**

**Classroom Teachers**

**Physical Education Teachers**

**Health Teachers**

**Counselors**

**Social Workers**

**Food Nutrition Personnel**

**Community Health Partners**

**Public Health Personnel**

**School Nurses School Administrators School Resource Officers School Psychologists Classroom Teachers Physical Education Health Educators**

**Counselors Social Workers**

**Food Nutrition Personnel Public Health Personnel**

**Counselors Social Workers**

**Food Nutrition Personnel Public Health Personnel**

**Please join us for our**

**28th Annual**

**Missouri Coordinated School**

**Health Conference.**

**“Working Together for Healthy Outcomes”**

**December 3rd – 4th, 2020**

### Regis[ter at www.healthykidsmo.org/conferences](about:blank)

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**Sponsored by**

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**KC Healthy Kids**

**Missouri Department of Elementary and Secondary Education**

**Missouri Department of Health and Senior Services**

**United States Department of Agriculture, National Institute of Food and Agriculture**

**MU Extension, University of Missouri**

**Registration for the Pre-Conference**

workshops (morning and afternoon sessions) on December 3rd have no fee this year as a 2020 Farm Stress Grant and MO DHSS sponsorship have been secured.

**Conference Registration** for the **conference on December 4th is $75.00.** Registration and payment must be received before Thursday, November 19th to receive this rate. Registration after November 19th is $100. Registration costs includes access to all pre-recorded sessions that you can view at your convenience as of December 5th, 2020 and will be available for one month.

**HOW TO REGISTER:** Whether you register online or by mail, registration and payment **MUST** be received by MCSHC before November 19th or late fee applies. **Purchase orders are NOT accepted.**

**Online:** Participants are **ENCOURAGED to register online** and make payment by credit card by using the MCSHC registration @ <https://mofccla.formstack.com/forms/mcshc_2020_conference_registration> Your registration is not complete until payment has been received in full.

**Mail:** Individuals may complete the registration form at the end of the brochure and mail it with payment to: **MCSHC P.O. Box 104893 Jefferson City, MO 65110.** Your registration is not complete until payment has been received in full. For additional information or conference questions call Linda Neumann, MCSHC Conference Planner at: 314-[303-4556 or Neumann.linda60@gmail.com](about:blank).

## Cancellations/Substitutions

Full refunds of conference fees less a $15 processing fee will be granted if WRITTEN notice of cancellation is received at **MCSHC P.O. Box 104893 Jefferson City, MO 65110** with a postmark NO later than November 4, 2020. **After November 4, 2020, NO refunds will be given, however, substitutions are encouraged and permitted.** To authorize a substitute in your place, you will need to notif[y Neumann.linda60@gmail.com](about:blank) prior to the conference date.

**Continuing Education Units:**

A Certificate of Attendance will be given to those individuals completing the overall conference evaluation online.

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

**Provider:** Missouri Coordinated School Health Coalition (MCSHC)

## MCSHC - VISION

All Missouri students are healthy, safe, engaged,

supported and positively challenged for a successful future.

## MCSHC - MISSION

The Missouri Coordinated School Health Coalition

advocates and supports the Whole School, Whole Community, Whole Child model in every Missouri school to ensure students learn to be healthy and are healthy to learn.

**Conference Goal/Purpose:** The goal of the conference is to present the most up-to-date information about effective Whole School, Whole Community, Whole Child (WSCC) programs. The purpose of the presentations is to foster and support learning, dialog and collaboration that will improve the performance of practicing professionals working to impact the health, safety and well-being of children.

**Program Objectives:** At the end of this conference, participants will be able to:

* Incorporate innovative strategies and information into school health practice
* Examine leadership skills needed in the school environment and broader community
* Extend knowledge of laws and policies affecting school health
* Formulate strategies that promote health in the school environment and community
* Suggest achievable partnerships to support health policies and programs
* Expand professional networks

## Conference Essentials: You must have access to ZOOM as this is the platform for the conference.

**ADA:** If you have any disability that requires special materials or services, contact: [Neumann.linda60@gmail.com](about:blank).

**Featured Speakers**

**Dr. Ashley Krause** is an educator with passion. She is in her 26th year as a “leader learner” who actively pursues opportunities for professional growth. Dr. Krause has been a classroom teacher, secondary assistant principal, director of special services, and is currently the associate superintendent for the Farmington R-7 School District. She is also an adjunct professor for Central Methodist University and currently serves as the president of the Missouri council of administrators of special education. Her career has been focused on students of all abilities and life experiences. She is presently involved in implementing MTSS, SEL and implementation of structural features promoted through the Whole School, Whole Community, Whole Child initiative at all levels in the Farmington school district.

**Nancy C. Osborn, Ph.D**. is currently contracting with KC Healthy Kids, providing trauma informed care training to early childhood educators and parents both in Missouri and Kansas. Previous to this position, she provided therapy for many years. Her current mission is to provide training to caretakers of children so they will consistently provide compassionate care to themselves and others.

**Amy Bartels, M.Ed.** is currently aHuman Development Associate Extension Field Specialist, University of Missouri. Ms. Bartels has experience working as a social worker and is a Certified Mental Health First Aid-adult/youth Instructor, Certified Green Dot community bystander intervention instructor, is a certified master trainer -Taking Care of You, has a Master Remote Work Professional Certificate, and is a Certified instructor QPR (Question, Persuade, Respond). She is Affiliate President-elect of MEAFCS and was the HES Extension Specialist of the Year in 2016.

**Laura Beckmann** has more than 28 years of educational service in public schools as a teacher and curriculum coordinator. Mrs. Beckmann continues to be heavily involved in the fields of Health, Physical Education, and Wellness at the local, state, and national levels. Within the past 15 years, Laura served as Curriculum Coordinator for 2 large school districts. Mrs. Beckmann has led multiple projects, conducted various workshops, contributed to many publications, and provided consultant services in the development of curriculum, grant and data programming and reporting, and school health and wellness initiatives. She has received many awards for her achievements in the areas of Physical Education, Health, and Wellness. She has been recognized as an Exemplary Gold Physical Education Program Award winner at both the Middle and High School level, the 2014 Missouri Elementary Physical Education Teacher of the Year, among others for her contributions to this profession. Currently, Laura acts as Director of Health, Physical Education and School Wellness for the Missouri Department of Elementary and Secondary Education.



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Thursday, December 3, 2020

**Pre-Conference**

**8:00 am – 12 noon**

**Youth Mental Health First Aid –** Amy Bartels, Field Specialist in Human Development & Family Science MU Extension (limited to 40 participants) This program is partially supported by the USDA National Institute of Food and Agriculture (NIFA) under sponsored Award #2019-70028-30436

# University of Missouri Extension

There is also a **2 hour on your own on-line pre-requisite prior to December 3, 2020.**

Youth Mental Health First Aid USA is an 6.7 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

**1:00 pm – 3:00 pm**

**LGBTQ Crash Course -** Andra Jungmeyer, MPH, Adolescent Health Coordinator, MODHSS; Megan Moore (limited to 40 participants)

The LGBTQ Crash Course is an opportunity to learn basic terms and concepts surrounding gender and sexuality. Participants will engage in interactive lessons that will lead to a greater understanding of LGBTQ identities and how they impact students. Topics covered include gender identity, gender expression, sexual orientation, gender roles, health disparities for LGBTQ people, and how to respond to hard questions about gender and sexuality.



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December 4, 2020

**Conference**

**8:15 am – 9:30 am Welcome / Keynote**

**Practical use of the WSCC model: Finding your WHY and Building Resilience**  Dr. Ashley Krause, Associate Superintendent, Farmington R-7 School District

Learn to initiate, build, refine and reinvigorate a healthy school environment promoting, physical and emotional health at building or district level. This session will address one district's journey to create a system of change in overall healthy environments based on the Whole School, Whole Community, Whole Child model. By utilizing a leadership team approach composed of nurses, social workers, physical educators, counselors, school resource officers and director of safety etc., singleton silos dissolve and are replaced by a partnered system. From small school to large school find out how to use what you have to work toward better health and wellness for students, staff and community.

**09:30 am – 9:45 am – Break**

**09:45 am – 10:45 am**

**Recovering during and after the Pandemic** Dr. Nancy Osborn, PhD, KC Healthy Kids

The pandemic is overwhelming to many and as a result many are traumatized. Teachers and healthcare professionals will see a variety of ways people have been impacted once school is back in session. Characteristics that make COVID-19 traumatic will be described as well as well as strategies people can utilize to cope. Time will also be spent discussing how teachers and healthcare professionals can assist students in coping and even building resilience.

**10:45 am – 11:00 am Break**

**11:00 am – 12 noon**

**What Does Your Wellness Policy Say and What Does It Mean?** Laura Beckmann, Director of Missouri Healthy Schools, MO DESE

In this session, participants will; identify LWP overview, timeline and key components of the USDA Final Rule; Identify strategies and resources to support the implementation and evaluation of the wellness policy; Identify tools and resources to support policy monitoring, implementation & reporting; and gain skills to assess the quality of district wellness policies, school health practices and resources to make improvements.

**12 noon to 1 pm lunch break**

**Afternoon sessions resume at 1:00 pm**

**1:00 pm – 2:00 pm**

**Building Safe and Healthy Schools: Moving from Conversation to Action**

Laura Beckmann, Director of Missouri Healthy Schools, MO DESE

This session will provide an overview of how a fully functioning District Wellness Council can use data to drive decisions and be effective in addressing the health, safety and well-being of the total school community. This session will provide a structure to follow designed to flex with the unique needs of school, district, and community.

**2:00 pm - 2:15 pm** **break**

**2:15 pm – 3:15 pm** **Taking Care of You: Managing Stress and Improving Health in Your Work and Life –** Amy Bartels, Field

Specialist in Human Development & Family Science MU Extension This presentation is based on MU Extension's multi-session program Taking Care of You: Body, Mind, Spirit. Designed for adults of any age, the program involves discussions, experiential exercises and mini lectures. TCoY integrates various research-based principles and techniques from the field of positive psychology and the scientific study of what leads to optimal functioning, with an emphasis on mindfulness.

Recorded Conference Sessions

**NEW! Child Sexual Abuse Prevention Education: Guidance and Training Materials** Laura Beckmann, Director of Missouri Healthy Schools, MO DESE

The Missouri Department of Elementary and Secondary Education (DESE), pursuant to Section 170.045, RSMo, developed guidance and training materials for sexual abuse training in consultation with the Missouri Task Force on the Prevention of Sexual Abuse of Children. Resources will be shared that districts can use for training and professional development.

**Fostering Resilience through Mindfulness & Self-Regulation** Molly Ticknor, MA, ATR, LPC

The current state of our nation, amidst the COVID-19 pandemic, and the related stressors experienced by our families and students, it is imperative that we as educators, leaders, mentors, and supporting adults focus on building resilience and providing tools for self-regulation. In this session, participants will learn the science and impact of building resilience in oneself and students and understand the importance of building capacity of protective factors in youth as a coping strategy while overcoming stress, anxiety, and traumatic experiences. Participants will learn actionable mindfulness and self-regulation strategies to practice with students, staff, and yourself.

**COVID-19, Youth Vaping and Schools** Joyce Lara, MO Tobacco Prevention and Control Program, Tobacco Use Prevention Specialist

With the coronavirus pandemic occurring at the same time as the record-high numbers of youth vaping, you may be wondering what is the association between youth smoking, electronic cigarette use and coronavirus disease 2019. Participants in this session will learn about the association, what can be done about it; and strategies for schools to protect youth, school personnel, and visitors from the hazards of tobacco use and secondhand smoke exposure; including tobacco use prevention and education in a virtual learning environment.

**New and Improved – A Closer Look at the 2nd Edition of the National Sexuality Education Standards** Meg Boyko, Executive Director, TPPP (target audience - for Health Educators)

The National Sexuality Education Standards: Core Content and Skills, K–12 (NSES) were first published in 2012. Eight years later much has changed in our classrooms and our culture; young people are far more active in online spaces, the #MeToo movement has elevated the importance of consent and sexual violence prevention, and the Supreme Court made marriage equality universal for our country. Because of these and many other changes, your sex ed lessons may need an update to reflect the adolescent sexual health issues impacting students today. The 2nd Edition of the National Sexuality Education Standards is the perfect place to start. Released in March of 2020, these standards align with existing health education standards and can serve as a guide when choosing or updating a sexual health curriculum. This presentation will give an overview of the changes made in the 2nd Edition and allow time for participants to consider how they can integrate National and Missouri standards into their approved curriculum in partnership with District Administrators and School Wellness Committees.

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**The Grandparent Café - An example of the WSCC Model in Action** Robin Wallin, DNP, RN, CPNP-PC, NCSN, Director of Health Services, Parkway Schools

More than 2.6 million grandparents are raising almost 6 million grandchildren in the United States (GrandFacts, 2019). Several themes have been reviewed in the literature about custodial grandparents. Sometimes grandparents may “co-parent” with their adult child, or they may have custodial responsibility of grandchildren without the involvement of their grandchildren’s parents. It has been demonstrated that resilience can counter the hardships these grandparents may experience. Some of the challenges for grandparents who are raising grandchildren can include mental and physical health stressors, social isolation, managing trauma, limited financial resources, and a lack of social supports. Some custodial grandchildren may also have social/emotional and behavioral concerns related to the trauma that led to their parent(s) being unavailable to parent them (Hayslip, 2017). This kind of trauma, in turn, may affect students' academic success and ability to be ready to learn. School nurses, in collaboration with other sectors of the WSCC Model, are in a unique position to work with families to support health and well-being and to link them to resources for assistance. This presentation will share what we know about the challenges faced by grandparents who are parenting grandchildren. It will also explore how specific collaborative interventions with custodial grandparents can help to alleviate family stress and promote student wellness. Case studies will be examined, and a successful support structure called a “Grandparent Café” used by one school district will be described.

**Preventing Poisoning During COVID-19: What You Need to Know to Keep Kids Safe** Amanda Ruback, MSN, RN, CSPI, Missouri Poison Center

Poison Centers are busy managing the challenges of COVID-19. The Missouri Poison Center will address how nurses and educators can use the poison center as a resource for poison prevention for students or themselves during COVID-19. Topics such as cleaner/disinfectant use, hand sanitizer, and medication use/misuse will be addressed.

**Fostering Community Partnerships to Improve School Health & Well-Being** Molly Imming, MSW/MPH, Training and Technical Assistance Manager, Show-Me School-Based Health Alliance of Missouri

Across all areas of the WSCC model and specifically within the community involvement component, there is opportunity for schools to develop quality, sustainable partnerships with community partners. Community partners lend additional expertise and resources to enhance student health and well-being and can include organizations such as federally qualified health centers (FQHCs), community mental health centers, local health departments, and non-profits. In this session, we will cover how to develop and sustain community partnerships, including outlining the skills required and resources available to support fostering community partnerships as well as the process and tools to leverage in implementing them. Speakers will include school representatives who have successfully implemented and are now sustaining quality partnerships to share firsthand lessons learned and other insights from their experience.

**Laws That Impact School Nurses** Kelli Hopkins, Associate Director, Missouri School Boards Association

This session will discuss state and federal laws that impact school nurses, how those laws might impact school nursing during a pandemic and, if time allows, will share information about recently passed state laws.

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**Advocacy - Every day and with our state and national legislators** Linda Neumann, RN, Missouri Association of School Nurses, Director

Review how a bill becomes a law, then learn more about MASN’s role in advocacy for the health and safety of Missouri children and how you can get involved.



Missouri Coordinated School Health Conference **Registration Form**

Pre-Conference December 3, 2020

Conference, December 4, 2020

Fees: **NO PURCHASE ORDERS ACCEPTED!**

**Pre-Conference – December 3, 2020**

**Thanks to grants the Pre-Conference sessions fees will be covered.**

      Mental Health First Aid (requires 2 hours on your own on-line training prior to 4-hour virtual training) 8 – 12 noon

      LGBTQ Crash Course 1 pm – 3 pm (limited to 40 participants)

**Conference – December 4th**

**Registration (before Saturday, November 19th) …………………….……… $75.00** $

Late registration (after Saturday, November 19th …………………..….……. $100.00 $

**Total Enclosed…………………………………………………………………. $** **(NO PURCHASE ORDERS ACCEPTED!)**

In response to past conference attendees’ requests… We will be providing a roster of participants to all conference attendees, which include: Name, organization/school, and preferred email address. Please indicate whether you would like your contact information included in the attendee roster. (Only those marked NO will be excluded. If this section is UNMARKED, that person’s information WILL be included.)

YES \_\_\_\_  NO \_\_\_

Please Complete Form – USE ONLY 1 FORM PER REGISTRANT (This form may be copied)

Please indicate your PRIMARY job responsibility – mark ONE ONLY:

School Nurse \_\_\_  Health Educator \_\_\_\_ P.E. Teacher \_\_\_ School Counselor \_\_\_

Administrator \_\_\_ Health Department Employee \_\_\_  Food Nutrition Personnel \_\_\_ Social Worker \_\_\_\_

Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\**Required information for registration*:

\*Name

\*Organization

\*Daytime Phone Number:

\*Email address:

To pay with **Visa, MasterCard, American Express or Discover**, **register at:** <https://mofccla.formstack.com/forms/mcshc_2020_conference_registration>

(or)

Check and registration enclosed. Make check payable to: **MCHSC, P.O. Box 104893, Jefferson City, MO 65110**