



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

Please join us

# 29<sup>th</sup> Annual

## Missouri Coordinated School Health Conference

Holiday Inn, Executive Center  
Columbia, Missouri

**#WSCCintoAction**  
**December 2<sup>nd</sup> – 4<sup>th</sup>, 2021**

Register at [www.healthykidsmo.org/conferences](http://www.healthykidsmo.org/conferences)

Sponsored by



Co-Sponsors

Missouri Department of Elementary and Secondary Education

Missouri Department of Health and Senior Services

Missouri School Boards Association

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

MU Extension, University of Missouri

**By attending the 2021 MCSHC Conference, you voluntarily assume all risks related to exposure to COVID-19. We will not be requesting proof of COVID-19 vaccination completion; however, we do expect that all participants have been fully vaccinated. To provide a safer conference experience, the MCSHC is requesting that all attendees wear a face mask when not actively eating or drinking. Thank you.**

### **Pre-Conference Registration**

The workshops (morning and afternoon sessions) on December 2nd are \$50 for the for the ½ day session and \$75 for the full day sessions. Registration after November 19th is \$100.

### **Conference Registration**

Registration is \$140, and payment must be received before Thursday, November 19th to receive this rate. Registration after November 19th is \$160.

**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://healthykidsmo.wufoo.com/forms/zbeo2ja01wrvxb/> 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](mailto:Neumann.linda60@gmail.com).

### **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, 2021. **After November 4, 2021, NO refunds will be given, however, substitutions are encouraged and permitted.** To authorize a substitute in your place, you will need to notify [Neumann.linda60@gmail.com](mailto:Neumann.linda60@gmail.com) prior to the conference date.

### **Continuing Education Units:**

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

**Accommodations:** Reservations for the Event can be made by individual attendees directly with **Holiday Inn Executive Center Reservations** at 573-445-8531, or online at <https://bit.ly/3qY0hpl> The “cut-off date” is Monday, November 8, 2021, for a standard room rate is \$102 plus any applicable taxes.

**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, while supporting the WSCC model.
- 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:** Room temperatures may vary, so you might want to dress in layers.

**ADA:** If you have any disability that requires services, or special meals for severe food allergy, contact: [Neumann.linda60@gmail.com](mailto:Neumann.linda60@gmail.com).

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

## 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.

**Amy Bartels, M.Ed.** is currently a Human 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.

**Tina Edholm, M.S.** is a Field Specialist in Human Development and Family Science with the University of Missouri Extension. In this role, Tina strives to empower individuals and families through diverse educational opportunities. Tina joined University of Missouri Extension faculty in 2020. She received her Educational Specialist in Educational Technology as well as a Masters in Family Studies from the University of Missouri.

**Anna Forcelledo** is the MOSHAPE President-Elect 2021. She currently serves as a state ambassador for Missouri’s health. moves. minds. Committee. She has led webinars on Teaching Health and Physical Education through an SEL Lens and health. moves. minds. in action. Anna is a member of the Missouri Healthy School’s strategic planning committee and plays a vital role in the production of their #OnTheMoveMO series with Guy Danhoff. Anna teaches 7th Grade Health and Physical Education at Rockwood South Middle School in Fenton, MO, and has been teaching for 14 years. She is an advocate for HPE and empowers her students to believe that they can create the future they choose for themselves.

**Guy Danhoff, ABD**, Assistant Professor, MO Baptist University. Guy holds a M.S. degree (1992) in Exercise Science as well as a B.S. degree (1990) magna cum laude in Corporate Fitness from Western Illinois University. He has recently completed the coursework for his Doctorate in Business Administration (ABD) with a specialization in marketing from Northcentral University. Mr. Danhoff began his teaching career at MBU in 2008 after serving 14-years in the fitness industry with positions in sales, sales management, business development, marketing, operations, and his last appointment as the director of fitness entertainment technology. Guy currently serves as the Graduate Fitness Management Program Coordinator and teaches fitness and sport management courses in both the undergraduate and graduate programs. Mr. Danhoff also serves as the sideline field reporter for MBU football home games and as is a broadcast color analyst on the Spartan Digital Network.

## Thursday, December 2, 2021 Pre-Conference

**8:30 am – 4 pm Polo**

**WSCC model training: What is WSCC, and How Can I Help Implement WSCC in My School (Part I and II)**

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. **(Lunch is on your own from 11:30 am - 1:00 pm)**

**9:00 am – 12 noon Parliament I**

**School Nurse Practice Review and Resources – Missouri Association of School Nurses**

Join school nurse experts, Teri Hansen, Stacey Whitney, Natalie Botkin, and Peggy Karleskint, who will guide you through best practices in school nursing and provide you with resources that will help you expand your practice. There will be an in-depth review of the school health manual, resource sharing, small group work and a moment for self-care.

**9:00 am – 3:00 pm Picadilly**

**Youth Mental Health First Aid – Amy Bartels, Field Specialist in Human Development & Family Science, University Extension and Christina Edholm, Field Specialist in Human Development & Family Science, University Extension**

This program is partially supported by the USDA National Institute of Food and Agriculture (NIFA) under sponsored Award #2019-70028-30436

There is also a **2 hour on-line prerequisite to be completed prior to December 2, 2021**. Youth Mental Health First Aid USA is a 6.5-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. **(Lunch is on your own from 11:30 am - 1:00 pm)**

**4:30 pm – 7:00 pm**

**Visit Exhibitors – Parliament I, II, & III**

Light snacks available.

# Friday, December 3, 2021 Conference



**7:00 am – 8:00 am Visit exhibitors Parliament II & III and Breakfast in Windsor I & II**

**8:00 am – 9:00 am Windsor I & II**

**Welcome – Donna Taylor, MCSHC Chair**

**Keynote speakers: Anna Forcelledo and Guy Danhoff** – Did you know? As of September of 2021, it has been reported that 50% of those between the ages of 18-29 and 40% of those between the ages 30-39 have experienced symptoms of anxiety and/or depression? It's time for all of us to focus on the social-emotional learning (SEL) and mental well-being of ourselves. Everyone needs SEL. Our session will allow you to see the relationship of how school climate, student learning, and developing healthy habits (i.e., exercise, nutrition, sleep, and mindfulness) are connected in social-emotional learning. SEL is not a "one-time" lesson but needs to be incorporated into the school culture with teachers, nurses, counselors, SW, community connections, RTI, or Care Team.

**09:00 am – 9:10 am – Break**

**09:10 am – 10:10 am**

**SHI, PECAT, HECAT overview – Why does your school need to do these?** – Kim Goforth, K-12 Coordinator for Health and Physical Education for Columbia Public Schools

In your current role do you have anything to do with chronic health conditions, physical activity and education, nutrition, tobacco and other drug use prevention, unintentional injury and violence prevention (safety), or sexual health, including HIV other STD's and pregnancy prevention? If you answered yes to one or more of the above, then this session is for you.

**10:10 am – 11:10 am**

**Laws That Impact School Personnel**

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.

**11:10 am – 12:10 am**

**School Behavioral Risk Assessment: General Concepts**

Glen Moore, M.S., SRO Willow Springs School District

This course is designed to provide participants with an understanding of why there is a need to understand school violence; how to identify concerning behaviors and how to report behaviors and circumstances of concern. Behavioral Risk Assessment is based on the premise that school violence is preventable and risk assessment helps to manage threatening situations. Intervention by an effective risk assessment team, in the form of conducting a threat assessment, is of benefit to the student, school, and community. Risk/threat assessment can indicate the need for wrap-around services for a student that can prevent him/her from taking a path to violence. As school officials begin to respond to and take effective action for individuals exhibiting concerning behaviors provides a sense of support to that individual and contributes to a positive climate and culture of the school.

**12:10 pm – 1:30 pm Visit Exhibitors Parliament II & III then LUNCH in Windsor I & II**

# Concurrent Conference Sessions

**1:30 pm – 2:30 pm**

## **Picadilly**

### **Meeting the Needs of Special Education Students in Human Sexuality Education – Dr. Darrel Lang**

This workshop is a very interactive workshop in which the participants are taken through the process of awareness about the importance of teaching human sexuality to students with various special needs and how to teach the subject to students with various disabilities.

## **Windsor I**

### **Supporting Children's Grief in School Settings – Amy Bartels**

This program provides participants with knowledge and skills to proactively meet needs of children and families as related to grief. This program will define death, grief, ambiguous loss and myths around children and grief. Participants will learn how to recognize behavior patterns in children related to grief and loss. Throughout the program participants will learn to implement strategies to support bereaved youth and families in the school setting and beyond.

## **Polo**

### **School Nurse C.H.A.T. (Chronic Health Assessment Tool) – Marjorie Cole, MSN, RN, FASHA, Missouri State School Nurse Consultant, MO DHSS.**

Approximately 25% of children have a chronic condition such as asthma, diabetes, food allergy, or epilepsy. Effectively managing these conditions is critically important for these children to lead healthy, thriving, productive lives- both now and into adulthood. To protect the students' safety while in school, staff must be prepared to recognize and respond to life-threatening emergencies caused by chronic conditions. The school nurse coordinates the student's care in partnership with the parent/guardian, the student, the health care team, and the school staff. This session will present guidelines for interviewing the parent, developing emergency action plans, and training staff to implement these plans.

## **Windsor II**

### **Flance: The Future of Quality Early Childhood Education – Tammi Timmer, Executive Director**

Flance is a relatively new school, having initiated services in a low-income, urban neighborhood only 7 years ago. Beyond providing quality pre-school education, Flance focuses on supporting families and strengthening community. From urban gardening to yoga to nutrition and exercise Flance has modeled excellence in education that includes both a health and sustainability focus. In a relatively short timeframe, Flance has created a myriad of partnerships to successfully serve one of the lowest income neighborhoods in Missouri by "graduating" kindergarten-ready students that are prepared for a lifetime of learning.

**2:30 pm – 2:45 pm break**

**Concurrent Sessions: 2:45 pm – 3:45 pm**

### **Picadilly**

**Creating an Implementation Plan for Child Sexual Abuse Prevention Education** – Meg Boyko, Executive Director, Teen Pregnancy Prevention Partnership (TPPP)

Starting in the 2020-2021 academic year, Missouri school districts are required to implement trauma-informed, developmentally appropriate sexual abuse training to students in accordance with Missouri law. (Section 170.045, RSMo) This session will highlight tools and resources in the Guidance and Training Materials created by the multidisciplinary Education Subcommittee of the Missouri Task Force on the Prevention of Child Sexual Abuse. Whether you are still deciding how to best meet the needs of your students this year or thinking about how to improve your curriculum for next year, this session will help you assess the sexual abuse prevention education currently being provided in your district and identify resources and programs that can be used moving forward. Best practices and tools to build an actionable implementation plan will be provided.

### **Windsor I**

**The Intersection Between Suicide and Poison Centers** – Amanda Ruback, MSN, RN, CSPI - MO Poison Center

The rates of suicide and suicide attempts by poisoning have increased in the last decade, especially in youth and teens. Over-the-Counter medications and other pharmaceuticals are common substances in suicides by poisoning. Poison centers are equipped to assist in the medical management of care following a suicide attempt with our specially trained experts. Our extensive databases on intentional and unintentional poisonings in Missouri analyzes trend data for the entire state. Additionally, poison centers are able to provide harm reduction strategies involving medication and other substances that may improve the incidence of poison related suicides.

### **Polo**

**Missouri KIDS TEAMS** (Missouri Keeping Infectious Diseases out of Schools through Training, Education, Assistance, Mentorship, and Support) - Benjamin Pringer, Public Health Program Specialist, Missouri School Health Program, MO DHSS. The MO KIDS TEAMS project provides training, resources, and technical assistance to improve the capacity of school districts to implement effective COVID-19 mitigations, build an infrastructure for infection prevention and control (IPC), and prepare for future infectious disease risks. Participating school districts will form a 5-member team consisting of a nurse, administrator, and facilities manager from the district; a public health agency representative; and a local medical provider or pediatrician.

### **Windsor II**

**Youth Tobacco & Vaping Cessation** – Dr. Jenna Wintemberg, PhD, MPH, CHES, is a nationally Certified Tobacco Treatment Specialist

Quitting tobacco and vaping is one of the most important steps a young person can take to improve their immediate and lifelong health. Adolescent Cessation in Every School (ACES) puts easy to use, evidence-based strategies in the hands of school staff to assist adolescents in becoming tobacco-free. The toolkit includes strategies for developing a quit plan, addressing triggers, coping strategies, social support and the rewards of quitting. Leave this session with the confidence and tools to help adolescents quit tobacco!

# Saturday, December 4th Conference

**7:00 am – 8:00 am – Breakfast and all Saturday sessions are in Windsor II**

**8:00 am – 9:30 am**

**Ouch! That Stereotype Hurts** – Tina Edholm, Kayleigh Sullivan, MU Extension

This is an interactive session that enables participants to identify stereotypes while building confidence and skills to speak up when they encounter biased comments. Learn six key strategies for communication recovery to communicate respectfully in this diverse world. These strategies are equally effective in the workplace, in a school, or community event

**9:30 am – 9:45 am Break**

**9:45 am – 10:45 am Understanding the Health Benefits of Outdoor Education & Advocating for its Inclusion at Your School** – Lesli Moylan, M.Ed., Missouri Environmental Education Association, Director and Laura Seger, Manager of Learning Experiences, St. Louis Zoo

This session will begin with an overview of the physical, social-emotional, and cognitive benefits of spending time in nature. Presenters will also briefly share how a variety of Missouri schools are incorporating nature into school curriculum and culture to benefit students and staff alike. The presentation will conclude by sharing resources attendees can use to advocate for using COVID-19 relief funds for outdoor education at their school.

**10:45 am – 11:45 am**

**Taking Time for Self-care – How are YOU doing?** - Nancy Osborn, PhD, Psychologist, KC Healthy Kids

This training will briefly cover the basics of compassion fatigue and general self-care recommendations. The primary focus will be on how we can get stuck in a cycle of negative thoughts, how this impacts us and ways to get unstuck. Participants will be given an opportunity to practice mindfulness strategies.

**11:45 am closing/door prizes**

---





Missouri Coordinated School Health  
Conference  
**Registration Form**

Pre-Conference December 2, 2021  
Conference, December 3, & 4, 2021

**Fees: NO PURCHASE ORDERS ACCEPTED!**

**Pre-Conference – December 2, 2021**

**Pre-Conference registration fees:**

Youth Mental Health First Aid	\$50.00 \$ _____
School Nurse Practice Review and Resources	\$50.00 \$ _____
All day WSCC model implementation training	\$75.00 \$ _____

**Conference – December 3 & 4, 2021**

Registration (before Saturday, November 19 <sup>th</sup> ) .....	\$140.00 \$ _____
Late registration (after Saturday, November 19 <sup>th</sup> ) .....	\$160.00 \$ _____

**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://healthykidsmo.wufoo.com/forms/zbeo2ja01wrvxb/>

(or)

Check and registration enclosed.

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