

31st Annual Conference
of the
**Missouri Coordinated
School Health Coalition**

Co-Sponsored by
*Missouri Department of Health and Senior Services
Missouri Department of Elementary and Secondary Education
University of Missouri-Columbia*

*Building Bridges for
Healthy Schools and
Communities*

Attendee Registration

February 21-23, 2024

The Lodge of Four Seasons
315 Four Seasons Drive
Lake Ozark, MO 65049

Missouri Coordinated School Health Coalition would like to welcome you to the 31st Annual Conference, where we anticipate over 200 participants, ranging in backgrounds from health teachers, school nurses, wellness coordinators, food service staff and public health partners to counselors, social workers, school psychologists, physical educators and school administrators. Join MCSHC and showcase your organization all while networking with the people working tirelessly behind the scenes to make Missouri schools healthier!



Wednesday, February 21, 2024

7:00 am

REGISTRATION

8:00 - 5:30 pm

National School Nurse Certification Review

(Full Day Pre-Conference, Pre-Registration is Required, Box Lunch Included)

The purpose of this comprehensive review course is to prepare school nurses to be successful in passing the national certification exam for school nurses. In addition to information about the examination process and some test-taking strategies, this 8-hour course presents content covering all aspects of child health as well as the school nurse's role.

Dr. Janice Selekmán, Professor Emerita, University of Delaware

10:00 - 5:30 pm

Elevate Your Campus With WSCC: Where Success Meets Strategy

(Full Day Pre-Conference, Pre-Registration is Required, Box Lunch Included)

Learn to initiate, build, refine and reinvigorate a healthy school environment promoting physical and emotional health at the 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. 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.

Dr. Ashley Krause, Associate Superintendent, Farmington R-7 School District

8:30 - 11:30 am

Caring for Asthma in Schools

Sponsored by Missouri Asthma Prevention and Control Program

(Morning Pre-Conference, Pre-Registration is Required)

Asthma is the most common chronic health condition affecting children of all ages. It is critical for school staff to understand the complexities and management of asthma. Students who know how to effectively control their asthma are more successful in school. School health staff are essential in helping students learn these lifelong skills! This session will focus on the role of school staff in the management of students with asthma. We will be discussing SMART therapy during this session.

Deb Cook, RN, AE-C, Kennett Public Schools; Angie Anderson, BSN, RN, NCSN, TherapyLog; Stacey Whitney, MSN, RN, NCSN, TherapyLog

1:00 - 5:30 pm

MO KIDS TEAMS

(Afternoon Pre-Conference, INVITATION ONLY)

The Missouri Keeping Infectious Diseases out of Schools through Training, Education, Assistance, Mentorship, and Support (MO KIDS TEAMS) project helps keep students and staff healthy, safe, and in school by increasing the capacity of school districts to build an infrastructure for infection prevention and control (IPC) and implement effective strategies to reduce contagious illnesses. Participating districts 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. In this pre-conference session, participants will work with project staff in order to gain a deeper understanding of the TEAMS project framework, their responsibilities as a team leader, the timeline of expectations, and begin to work on identifying and prioritizing issues.

Ben Pringer, School Health Program, Missouri Department of Health & Senior Services (MODHSS)

1:00 - 5:30 pm

The Whole-Student Wellness Workshop

(Afternoon Pre-Conference, INVITATION ONLY)

The Missouri Department of Health and Senior Services School Health Team is offering a Whole-Student Wellness workshop to help schools address the overall health and well-being needs of students in order to promote academic success. One of the primary objectives of this program is to facilitate a collaborative relationship between School Health personnel and School Social Work and/or Counseling personnel. This workshop provides an opportunity for Student Wellness teams to brainstorm and trouble-shoot issues specific to your school/district. Presentations will be given on various topics addressing common stumbling blocks and barriers to student learning. Barriers might include planning for student re-entry following mental health hospitalization, Crisis Response Teams, Student Suicide Prevention and Intervention, Anxiety and IHPs to address student anxiety and Engaging With Caregivers. Teams will then be given the opportunity to collaborate with DHSS School Health Team staff and other attending districts to create plans that work to meet their districts' unique needs within these topics.

Sarah Parrish, MODHSS School Health Team

1:00 - 4:00 pm *Let's Make Sure They Can See & Hear*
Sponsored by Missouri Asthma Prevention and Control Program
(Afternoon Pre-Conference, Pre-Registration is Required)
Adequate vision and hearing are essential for children to learn. It is important for school staff to understand the impact and effectiveness of school vision and hearing screening programs. This session will allow participants to understand the importance of school vision and hearing screening programs, including a review of screening protocols and state guidelines. Vision and hearing screening demonstrations will be provided along with time for actual hands-on participation. Attend this session to ensure your knowledge of best practices regarding school screening programs!
Deb Cook, RN, AE-C, Kennett Public Schools; Angie Anderson, BSN, RN, NCSN, TherapyLog; Stacey Whitney, MSN, RN, NCSN, TherapyLog

4:00 - 5:30 pm *Exhibitor Set-Up*

5:30 pm **Membership Meeting** *(All Members Invited)*

6:00 - 7:30 pm **RECEPTION with EXHIBITORS** *(Pizza and Salad Provided)*

Thursday, February 22, 2024

7:00 am **REGISTRATION and BREAKFAST with EXHIBITORS**

8:00 - 8:15 am **WELCOME**

8:15 - 8:45 am **GENERAL SESSION**
State of Our Children's Health
Dr. Heidi Miller, Chief Medical Officer, Missouri Department of Health & Senior Services (MODHSS)

8:45 - 9:15 am **GENERAL SESSION**
State of Our Children's Oral Health
Dr. Jacqueline Miller, DDS, MS, MPH, Missouri State Dental Director

9:15 - 9:30 am **General Session Q & A**

9:30 - 10:10 am **PANEL DISCUSSION**
An Introduction to Resources at the State Level
DMH, Divisions of Developmental Disabilities and Behavioral Health - Charise Baker
DESE, School Counseling, School Social Work, School Wellness, MO Healthy Schools - Chrissy Bayshore,
Patricia Runge, Danny Rydman, Lisa Dierking, Jimmy Hale, Laura Beckmann
DHSS - Sara Gorman, Marjorie Cole, Peggy Gaddy, Lynelle Paro, Steve May, John Bos

10:10 - 10:30 am **BREAK**

10:30 - 11:30 am **CONCURRENT BREAKOUT SESSIONS**
Common Skin Infections in High School Athletes and the Role of the School Nurse
This session will be an overview of the most commonly accruing skin infections seen in high school athletes. Skin infections within a high-school athletic team are not uncommon. They can be highly contagious, escalate quickly, and, depending on return to play guidelines, can unfortunately, derail a team's entire season's play and practice schedule. It is important that these infections are quickly identified and addressed. This presentation will touch on the roles of the coaching staff, athletic trainer, and school nurse - highlighting the importance of communication across these departments to ensure infection prevention, identification, containment, treatment, and adherence to return to play guidelines. When these departments work together, as their own team, there should be little interruption to the athletic team, as a whole.
Elissa M. Brueggemann, BSN, RN, NCSN, Rockwood School District

Got Mandates? How Health Courses are Addressing State Mandates
SB286, HB447, SB711, HB501, and SB1057. Familiar with these legislative initiatives? Can you explain those pieces of legislation that have been mandated in our health education space? If not, come join our conversation regarding these bills and their impacts on students, teachers, and the entire school community. Share your voice to create a shared space to collectively address these mandates. Strength in numbers!

Dr. Kim Goforth, Health and PE Coordinator, Columbia Public Schools; Sally Schulte, Coordinator for PE, Health and Drivers ED, Rockwood School District; Brad Brummel, Coordinator of Health and PE, Springfield Public Schools RXII

What Every Adult Needs to Know About Mandated Reporting

It can be difficult to keep up with new legislation and emerging child protection research about when and how to report child abuse and/or neglect. This presentation will provide up-to-date information on the legal responsibilities of mandated reporters, how to respond to suspicions of abuse and/or neglect, and how and when to make a report. In addition, the presentation will build your competency as a mandated reporter through exploring the difference between poverty and neglect and introducing cultural responsiveness considerations. Participants can explore all these topics in more detail by taking the free online mandated reporter training at protectmokids.com.

Jenny Dodson-Weihl, Director of Prevention and Outreach, Missouri Kids First

Busting Thru Burnout: Strategies to Promote Systems-Level Support for Educator Well-Being

Education ranks as one of the most stressful fields and burnout is rampant among school personnel. Despite the recognized need to address teacher stress and burnout, there are few well-being and resilience programs available that are cost effective, easily accessible, adaptable to individual needs, and that incorporate an explicit systems implementation methodology. Learn how regional training and technical assistance through the Mid-America MHTTC is working to expand systems-wide promotion of educator well-being utilizing the free Adult Resilience Curriculum (ARC) for Educators. Data and lessons learned from three years of training and technical assistance with educators, school mental health professionals, and leadership teams will be shared.

Hannah West, PhD, BCBA, Mid-America Mental Health Technology Transfer Center; Erika Franta, PhD, Mid-America Mental Health Technology Transfer Center

11:30 - 12:30 pm

LUNCHEON with EXHIBITORS

12:40 - 1:40 pm

CONCURRENT BREAKOUT SESSIONS

Prevent Cardiac Death in Our Communities by Creating Heart Safe Schools Across Missouri With Project ADAM

Project ADAM is a national community initiative lead by children's hospitals all throughout the United States in honor of Adam Lemel, a 17-year-old boy who died of a sudden cardiac arrest while playing basketball 25 years ago. The work we are doing to bring awareness and preparedness for a cardiac arrest is how we save lives. It's not enough to just have AEDs in your buildings - but do people know where they're at and how to use one? Do they know what a cardiac arrest looks like? And the importance of doing something to help before EMS arrives? We've found that lives are saved when schools and communities are prepared with a documented plan, a designated response team and by practicing how to respond in the event of a cardiac emergency.

Kaitlyn Bennett, Children's Mercy Hospital; Danielle Lee, EMT-P, MPH, Children Program Manager, Missouri Emergency Medical Services; Kayla Riel, State Coordinator, Missouri Cardiac Arrest Registry to Enhance Survival (MO CARES)

How Sickle Cell Disease Impacts a Student's Education

Approximately 2,700 people in Missouri and 100,000 in the United States have sickle cell disease (SCD), an inherited blood disorder. Most people with SCD in Missouri are Black or African American, and SCD is the most common reason a Black child would have a stroke. Unless a family chooses to share that the student has SCD, educators and school nurses may be unaware that the student has this chronic condition that is associated with pain, anemia, stroke and cognitive deficits. As a result, a student with SCD is ten times more likely to repeat a grade level than their peers. The purpose of the proposed presentation is to provide an overview of SCD, an explanation of common complications that impact a student's ability to learn, and accommodations that may be implemented in the school setting to support these students.

Allison King, MD, MPH, PhD, Washington University

Hey, You Cannot Say That! Inclusive Language in Wellness and Health

Ever thought to yourself, "is that the right/new terminology?" or "hope that didn't offend or trigger anyone"? In our ever-evolving world, I'm sure we all have, and guess what? THAT'S OK! We are here to share experiences and resources that will shed light on updated vocabulary that will aim to reduce triggers and create an inclusive environment for everyone you interact with in your health and wellness efforts.

Dr. Kim Goforth, Health and PE Coordinator, Columbia Public Schools

988 – What's That and What to Expect When I Use It

Missouri ranks in the top 5 of states regarding a highly successful rollout of 988; however, we still have only about 13% of individuals in our nation reporting knowing how to utilize 988. This session will focus on how you as an individual can access 988 crisis services in Missouri. You will learn how Missouri has created a unified crisis system of care to ensure all Missourians who are dealing with a behavioral health crisis have 24/7 access to someone to call, someone to respond and somewhere to go when in need.

Lauren Moyer, LCSW, LCSW, Compass Health Network

1:50 - 2:50 pm

CONCURRENT BREAKOUT SESSIONS

Part 1: Overview of the Drugs

D.I.R.E.C.T. Drug Impairment Recognition and Educational Community Training

Lori Harmon, a long-time school nurse, developed the D.I.R.E.C.T. Program for school nurses to use in the educational setting to assess and document a student who is thought to be under the influence of a substance. The first part of this session will be interactive and educational. Lori will review the seven categories of drugs, their common uses, signs and symptoms, and assessment findings. She will also discuss slang terminology, common ways adolescents use substances in school, and current trends.

Lori Harmon, MSN, RN, NCSN, Springfield Public Schools

The Cognitive and Health Benefits of Walking, Listening and Learning

The Walking Classroom is a national award-winning education program that provides students and educators with an innovative way to get exercise without sacrificing instructional time. The program's "Walk, Listen, and Learn" methodology capitalizes on the favorable link between exercise and cognitive function. Students take brisk 20-minute walks while listening to custom-written, kid-friendly podcasts that begin with a brief health literacy message and transition to topics on science, social studies, and English language arts. Topics are appropriate for students in grades 3-8 and are often incorporated across grade levels. Students return to the classroom in better moods, more focused, and more likely to engage in post-walk discussions. A 2018 research study conducted by UNC Chapel Hill confirms that after implementing The Walking Classroom, students learn the information better, retain the information longer, and students report feeling happy, smart, healthy, educated, and energized. Come take a Walk, Listen, and Learn with me!

Terry Atteberry, Alliance for a Healthier Generation, The Walking Classroom

School-Based Mental Health: Strengthening Statewide Training & Technical Assistance

Mental health is health. Collaboration and working together is the only way we are going to truly going to help our schools and students. The new School-Based Mental Health section at DESE builds from the strong foundation and brings a comprehensive approach to school mental health systems. Come find out who is on the interagency "dream team"! We are working together to provide a framework for Missouri one school mental health training at a time. Come learn more about what your school can do to improve their systems with the SHAPE assessment tool. Finally, learn about tangible resources you can walk away with from this session.

Lisa Dierking, LMSW, Coordinator, School-Based Mental Health, Missouri Department of Elementary and Secondary Education (DESE); Chrissy Bashore, Coordinator, School Counseling and Student Wellness, Missouri Department of Elementary and Secondary Education (DESE); Melissa Maras, PhD

ParentLink and the Six: Circumventing Common Barriers with Families

Families must rise to navigate barriers as they traverse the bridges between communities and schools. This session will detail ways ParentLink supports families in these efforts, connecting parents and caregivers with evidence-based information, vetted resources, and needed supports to accomplish their goals and help their children thrive. Tools, strategies, and implications for school professionals will be discussed, as well as ParentLink's work within these barriers to bolster healthy families and responsive developmental systems.

Dr. Bradd Anderson, ParentLink-University of Missouri College of Education and Human Development

2:50 - 3:20 pm

BREAK with EXHIBITORS

3:20 - 4:20 pm

CONCURRENT BREAKOUT SESSIONS

Part 2: School Nurse Assessment and Protocols

D.I.R.E.C.T. Drug Impairment Recognition and Educational Community Training

Lori Harmon, a long-time school nurse, developed the D.I.R.E.C.T. Program for school nurses to use in the educational setting to assess and document a student who is thought to be under the influence of a substance. A nurse assessment and interview form will be provided to nurses attending the second part of this session, and a comprehensive review of how to use the tool will also be provided. A discussion will be held regarding the disposition of students who are under the influence. There will be an interactive assessment component and scenarios to work through as a group followed by Q & A.

Lori Harmon, MSN, RN, NCSN, Springfield Public Schools

Keeping Infectious Disease Out of Schools - An IPC Toolkit

As Missouri schools strive to return to "normal" after the COVID-19 pandemic, it has become very clear that Missouri schools need a resource that provides educational and communication products that apply to, not only continuing outbreaks of Covid, but also other infectious diseases that plague our schools on a routine basis. The Missouri Department of Health and Senior Services School Health Program has partnered with the Association for Professionals in Infection Control and Epidemiology to create the MO KIDS IPC Toolkit. This presentation will describe the need for development of and contents of the Toolkit which will be released in June 2024.

Ben Pringer, School Health Program, Missouri Department of Health & Senior Services (MODHSS);

Chris A. Smith, Association for Professionals in Infection Control and Epidemiology (APIC)

Health Risk Behaviors Among Missouri High School Students

The health risk behaviors among Missouri high school students are important for educators so they can be aware of the behaviors students are engaging in and public health professionals to know how and where to equitably distribute resources to address the issues of students. Evidence has shown that healthy students have a higher chance of academic success, present less risky behaviors, and are better able to develop into healthy and productive adults. This presentation will discuss important topics such as the background, methodology, and overall outcomes of program efforts. Data sources such as the Youth Risk Behavior Survey (YRBS) will be used to show significant changes due to program efforts that will be discussed in further detail.

Shaquille Christmas, Missouri Department of Health & Senior Services (MODHSS)

Body U Teens: A Comprehensive Program to Identify, Prevent, and Treat Eating Disorders in Adolescents

Eating disorders (EDs) are serious mental illnesses with several health and psychiatric comorbidities. About 500,000 people in Missouri suffer from an ED yet only 20% receive treatment. EDs affect people of all ages, genders, races, ethnicities, body sizes, and socio-economic status. The peak age of onset is in teenage years, yet there is an extremely wide treatment gap with 80%+ not receiving treatment. This gap can be attributed to several major barriers including stigma; cost of services; lack of urgency to seek services; and lack of access to care, including lack of tailored treatments for this age group. Furthermore EDs are currently greatly under-identified in Missouri schools, with only 627 cases reported to the Missouri Department of Health and Senior Services, we know the prevalence of EDs in adolescents is at least 35x higher than this based on data from the National Comorbidity Survey Replication Adolescents Supplement.

Annie Seal, Chairman, Missouri Eating Disorders Council (MOEDC); Madison Stanley, MPH, Washington University, Body U Teens Program Coordinator

4:30 - 5:30 pm

CONCURRENT BREAKOUT SESSIONS

Six Common and Concerning Childhood Poisons

What are the six most common and concerning poisons that affects our students? This presentation will assist learners to recognize these poisons and assist their student's awareness and care of childhood poisonings. The Missouri Poison Center will also provide prevention strategies and additional resources on poison prevention.

Amanda Ruback, Missouri Poison Center

The Community Action Poverty Simulation: Missouri's Tool to Experience the Impact of Poverty

School staff and faculty, especially school health teams, see the impact of economic instability and poverty every day in communities across Missouri. As poverty continues to grow within our state, there is a need to understand the systemic nature of economic instability to provide better support to struggling families. The Missouri Community Action Poverty Simulation (CAPS) offers an experiential opportunity to live a simulated month in poverty. Research shows this tool can improve knowledge of poverty and increase empathy for those experiencing poverty. This session will focus on how to mitigate stigmas and myths about poverty using the CAPS kit. Further, this session will enable attendees to schedule CAPS poverty simulations within their schools.

Megan Bania, LCSW, Missouri Community Action Network (Missouri CAN); Rebecca Cummins, Missouri Community Action Network (Missouri CAN)

MO-CPAP Schools: Improving Equitable Access to Mental/ Behavioral Supports

MO-CPAP Schools aims to improve equitable access to effective mental and behavioral health supports for young people by supporting school professionals in Missouri to strengthen their school-based mental health programs. School professionals - including school counselors, school nurses, school psychologists and social workers, school administrators, and others - can access public, vetted resources online @MOCAPASchools.org and by requesting support from a multi-disciplinary team of their peers.

Melissa Maras, PhD, University of Missouri, Missouri Child Psychiatry Access Project (MO-CPAP) Schools; Jackie Waldrip, RN, BSN, University of Missouri, Missouri Child Psychiatry Access Project (MO-CPAP) Schools

Employee Health and Wellness Builds Positive Culture and Climate: Take Care of Your Human Resources

A positive culture and climate, where students feel safe, valued, cared for, and encouraged, is vital to a safe school community. Professional Development focuses on behavior management, learning strategies, relationship building and more. We implement programs to care for our students physical and mental health, food security and home environments, but how often do we think about the health and wellbeing of those charged with caring for kids? Employee health and wellbeing programs not only help staff more easily access mental and physical health resources and services, but when implemented correctly, can help foster a culture of care.

Michelle Kruse, MPPD, RDN, LD, CSSS, Academy Program Coordinator, MSBA's Center for Education Safety

5:30 pm

Adjourn for the Day

Friday, February 23, 2024

7:00 am

REGISTRATION and BREAKFAST

7:15 am

Welcome, Conference Remarks and Door Prizes

7:30 - 8:45 am

NETWORKING BREAKFAST and COLLABORATIVE ROUNDTABLES

There will be a networking breakfast where attendees will have a chance to meet and form new partnerships with others in their region, hear from their regional representatives from the Office of Dental Health and connect with the Maternal Child Health District Nurse Consultant in their area regarding collaboration with Local Public Health Agencies.

8:45 - 9:45 am

GENERAL SESSION

Addressing Obesity in Children and Youth

This presentation addresses the prevalence and multiple causes of obesity and overweight in children. The literature does not address the "lived experiences" of children who are obese, nor does it address the role of the school nurse in working with these children and families, such as skin irritation and hygiene issues. Interventions presented will go beyond the traditional dietary restrictions and activity markers. Obesity is a chronic condition and should be afforded reasonable accommodations as needed by the student. There will be discussion of how obesity interferes with other chronic conditions as well as the morbidity associated with childhood obesity. The latest medication approaches will also be discussed.

Dr. Janice Selekmán, Professor Emerita, University of Delaware

9:45 - 9:55 am

BREAK

9:55 - 10:55 am

CONCURRENT BREAKOUT SESSIONS

Interprofessional Collaboration and Health Promotion With Rural and City Schools

The project described in this presentation began in the fall of 2019 as a way to identify and develop opportunities for college students to experience interprofessional learning in the form of health promotion activities in K-12 school settings. What emerged over time is a model that mutually benefits college students who develop, organize, and deliver the health promotion activities as well as the K-12 students who participate in the health promotion events. The model has demonstrated effectiveness in both rural and city school settings. Ongoing collaboration with specific schools has allowed us to create health promotion messages that target priority health-related needs identified by the local school health professionals.

Linda Garner, Southeast Missouri State University

Building Your School Mental Health Team With an MTSS Lens

This session will review the national best practices and guidance around building effective school mental health systems, to best support the mental health and well-being of students, families, and school staff, with an emphasis on teaming practices. Participants will have the opportunity to assess their current teaming practices and create a strategic plan for improvement. The session will culminate with hands on tabletop exercises designed to allow for application of learning.

Hannah West, PhD, BCBA, Mid-America Mental Health Technology Transfer Center; Erika Franta, PhD, Mid-America Mental Health Technology Transfer Center

School Nutrition Strategies to Address Food Insecurities

Food insecurities experienced by students can result in inadequate nourishment leading to mental, physical, social and emotional health consequences. Chances for success in school are increased when students have access to necessary food and nutrients for proper growth and development. We will look at the school's role through federal school nutrition programs and other strategies to help ensure students reach their full potential.

Ginger Thompson, RDN, LD, Nutrition Program Analyst, Missouri Department of Elementary and Secondary Education (DESE); Barbara Shaw, Missouri State Coordinator, Child Nutrition Programs, Department of Elementary and Secondary Education (DESE)

Activity to Energize Health and Learning

This session will describe how schools can evaluate and implement a Comprehensive School Physical Activity Program (CSPAP) that will include the research, assessment and action plan processes and Missouri success stories.

Dr. Tom Loughrey, Executive Director, Missouri Society of Health and Physical Educators (MOSHAP)

11:05 - 12:05 pm

CONCURRENT BREAKOUT SESSIONS

Strengthening School Wellness Processes That Impact Overall Health and Learning

Based on the Whole School, Whole Community, Whole Child (WSCC) model, this tool provides district and school leaders with a framework to identify strengths and possible opportunities for improvement in each of the component areas of the model. Further, this provides district leaders with targeted actions to improve the school culture for all stakeholders. This model aligns strongly with the Missouri Local Wellness Policy.

Dr. Tom Loughrey, Executive Director, Missouri Society of Health and Physical Educators (MOSHAP)

Partnering With Your Local Public Health Agency to Improve Maternal Child Health Outcomes

The Missouri Department of Health and Senior Services, Maternal Child Health (MCH) Services Program partners with local public health agencies in Missouri to support a leadership role for LPHAs at the local level to: build community-based systems and expand the resources those systems can use to respond to priority maternal child health issues. Join us as we share more about the history of our partnership, the great work being done in regards to maternal child health, and learn how you can build and strengthen your partnership with your local public health agency.

Sara Gorman, MCH Services Program Manager and MCH Services Program Team

RESCUE Missouri Schools – A Free Albuterol Program

Asthma is the most common chronic childhood disease and a common reason for pediatric emergency medical treatment. While asthma affects children across all ethnic groups, the burden is disproportionately placed on children of color and those who are economically disadvantaged. In Illinois, for example, over 80% of recent asthma-related EMS visits to schools were to non-white students who comprise just 54% of students statewide. As children spend the majority of their waking hours in a school setting, it is imperative that schools have the capacity to respond to asthma emergencies. This session will focus on the adoption of an undesignated stock emergency asthma medication program in Missouri called RESCUE Missouri Schools. A smaller form of RESCUE existed in St. Louis since 2012. They will also demonstrate how undesignated stock emergency asthma medication programs lead to fewer hours of missed classroom time.

Naomi Soto, Asthma and Allergy Foundation of America, Mid-States Chapter

Mindful Self-Compassion

Everyone needs to be aware of the importance of self-compassion. This presentation will focus on defining two different types of self-compassion - tender and fierce. Most of us are familiar with tender self-compassion but many people will be more challenged by practicing fierce self-compassion which involves being more active in alleviating our suffering. Strategies to develop self-compassion will also be provided. Caregiving professionals are particularly at risk for compassion fatigue, so it is essential that these professionals take good care of themselves. A self-care routine including self-compassion will enable healthcare professionals to continue their work and maintain their own health-mental, physical, social, and spiritual. Participants will be given an opportunity to practice a self-compassion exercise.

Nancy C. Osborn, PhD, KC Healthy Kids; Shelby Mocherman, LMSW, KC Healthy Kids

12:05 pm

Conference Adjourns

Hotel Information

The 31st Annual Conference of MCSHC will be held at **The Lodge of Four Seasons**. A special hotel rate of **\$123.00+** for a single/double room occupancy in the main lodge is available until **January 19, 2024**. For reservations, call **888-265-5500** or go to **www.4seasonsresort.com**, and mention “Missouri Coordinated School Health Coalition” to receive the conference rate.

All exhibitors, sponsors and attendees are responsible for making their own hotel reservations.

Continuing Education

University of Missouri Sinclair School of Nursing is approved as a provider of **Nursing Continuing Professional Development** by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

The University of Missouri **Continuing Education for Health Professions (CEHP)** is part of an accredited university in the state of Missouri. As such, this program meets the requirements for Licensed Professional Counselors, Psychologists, and Social Workers with Missouri licenses.

Physician Activity is approved for AMA PRA Category 1 Credits.

Registration Information

Completed registration forms and check payment should be sent to Missouri Coordinated School Health Coalition (MCSHC) at 722 E. Capitol Avenue, Jefferson City, MO 65101. Online Registration is available with credit card options at healthykidsmo.org.

A \$25.00 processing fee will be deducted from all cancellations and no refunds will be given after Monday, February 5, 2024.
If you have questions, contact Julie Lueckenhoff at julie@healthykidsmo.org.

REGISTRATION

Please Print and Complete One Registration For Each Attendee

Name (include credentials) _____

Title _____

Organization/School District _____

Address _____

City/State/Zip _____ County _____

Phone _____ Email _____

PRE-CONFERENCE SESSIONS

<input type="checkbox"/> National School Nurse Certification Review MUST BE A SCHOOL NURSE - LIMITED TO 80 ATTENDEES (8:00 am - 5:30 pm, Full Day, Includes Lunch, Must Pre-Register)	FREE
<input type="checkbox"/> Elevate Your Campus With WSCC (10:00 am - 5:30 pm, Full Day, Includes Lunch)	\$100.00
<input type="checkbox"/> Caring for Asthma in Schools (8:30 - 11:30 am, Morning, Must Pre-Register)	FREE
<input type="checkbox"/> Let's Make Sure They Can See and Hear (1:00 - 4:00 pm, Afternoon, Must Pre-Register)	FREE
<input type="checkbox"/> MO KIDS TEAMS	Invitation ONLY
<input type="checkbox"/> Whole Student Wellness Workshop	Invitation ONLY

CONFERENCE REGISTRATION

<input type="checkbox"/> FULL CONFERENCE (*Includes Breakfast, Lunch, Breaks and Conference Material for both Thursday and Friday Conference Days)	\$150
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Total Amount \$ _____

(10% Late Fee Added if Registering After Monday, February 5, 2024.)

Participation Roster Statement: All attendees will be included on a printed Attendee Roster distributed during the conference.

Payment Options

(No Purchase Orders Accepted)

Check Invoice my Agency

(Credit Card—Available with Online Registration Only—Service Fees Applied)

Send Completed registration form and check payment to Missouri Coordinated School Health Coalition

MCSHC, 722 E. Capitol Avenue, Jefferson City, MO 65101.

Online Registration is available at healthykidsmo.org.

A \$25.00 processing fee will be deducted from all cancellations.

No refunds will be given after Monday, February 5, 2024.

For questions, contact Julie Lueckenhoff at julie@healthykidsmo.org.

Breakout Sessions

(One Selection Per Time Slot)

Thursday @ 10:30 am

- Skin Infections Got Mandates
 Every Adult Burnout

Thursday @ 12:40 pm

- Cardiac Death Sickle Cell
 Inclusive Language 988

Thursday @ 1:50 pm

- Drug Overview Cognitive Benefits
 School-Based MH ParentLink

Thursday @ 3:20 pm

- Drug Assessment
 Infectious Disease
 Risk Behaviors Body U Teens

Thursday @ 4:30 pm

- Childhood Poisons Poverty
 MOCPAP Human Resources

Friday @ 9:55 am

- Rural & City School MH Team
 Food Insecurity Energize

Friday @ 11:05 am

- School Wellness LPHA Partner
 RESCUE Self-Compassion

Continuing
Education hours
will be available!