



School Nurse Update

#14 4/2/19

LOUISE WILSON, MS, BSN, RN, NCSN

IN THIS ISSUE

Spring Greetings!

The old adage “there is always something going on” applies to many things, not the least of which is to school nursing. This Update is testament to the varying topics on which school nurses need to stay informed. There is a link to an article on **psychogenic non-epileptic seizures**, announcement of **training opportunities on diabetes for school staff and medical cannabis for school nurses**, school based **asthma prevention efforts**, and recognition of **adolescent health week**.

School nurses will be recognized on [National School Nurse Day](#), May 8, 2019. The National Association of School Nurses (NASN) is preparing a toolkit for schools and partners to use in getting the word out about **why school nurses should be valued and celebrated**. The Wisconsin Association of School Nurses (WASN) has contacted Governor Evers’ office to have a state proclamation signed. I will submit forms to have the State Superintendent of Public Instruction Carolyn Stanford Taylor also sign a **proclamation celebrating the contributions of school nurses**.

Also in this Update is information on **National Drug Take Back Day** (April 27, 2019), courses for school nurses to **increase their capacity to meet the mental health needs of students**, and how to **work cooperatively with public health** to eliminate barriers to achieving optimal health. As DPI School Nurse/Health Services Consultant I serve on the State Health Assessment Steering Committee. This steering committee provides guidance to the Department of Health Services as they collect and review data, identify strengths, assets and barriers in Wisconsin’s health care systems, and draft an improvement plan. Watch for a future email asking you to participate in a community health survey as part of this project.

For those of you who had a Spring Break I hope it was restful. See you at the WASN Spring Conference next week!

County Health Rankings

Federal Substance Abuse Guidelines Released

Medical Cannabis Course for School Nurses

Adolescent Health Week

PRACTICE POINTS – School Nurse Use of Mental Health Screeners

SAVE THE DATE

National Association of School Nurses Conference- June 28-July 1, Denver, CO [Registration now open!](#)

Marathon County Health Skills Day- August 8, 2019

School Nurse Summer Institute- August 9, 2019 –Madison Holiday Inn

DPI New School Nurse Orientation- October 17-18, 2019 Stevens Point Holiday Inn



2019 County Health Rankings Released

The [2019 County Health Rankings](#) include updated community health information for each county with summary reports that explore health differences across the nation, and new guidance to help you understand and use the Rankings where you live and work. There is a new ranked measure for influenza vaccinations. School nurses may find a variety of ways to use this information in assessing and addressing the community health needs in their particular school district.

Children’s Hospital of Wisconsin is offering a new class for school staff who want to learn more about diabetes technology. It will cover diabetes training on continuous glucose monitors, insulin pumps, and the Blueloop app. The learner must have an understanding of basic diabetes cares in children prior to attending. Prior attendance of “Diabetes Training for School Staff” is recommended. Pre-registration and payment is required. Registration closes one week prior to event, or when event reaches maximum capacity (30). Registration fee is \$30 per person. This class is held in the Curative Building on the Milwaukee campus.

Next class:
04/26/19 1:00-4:30 pm

To register for classes for school staff trainings please go to:
<https://www.chw.org/medical-care/diabetes-program/resources-for-schools>
Click on “Diabetes Training for School Staff”

DPI News

DPI is pleased to announce that registration for the **Social and Emotional Learning Symposium June 19-20, 2019** is now open! Information about this conference as well as registration for the two days can be found [here](#). We invite you to join us for three days of engaging learning and planning about student mental health and social and emotional wellness.

Substance Abuse Guidance Released

The Federal government has released a new school resource guide for teachers, administrators, and staff to help educate and protect students from substance abuse.

The resource guide is in a webpage format and has been added to Department of Education’s webpage: [Combating the Opioid Crisis and Other Substance Misuse: Schools, Students, Families](#).

Call for Proposals Open for OT/PT Conference

Submissions are open for dynamic presenters for this year’s Statewide School-Based OT/PT Conference and you are invited to submit a proposal to present a breakout session! Submissions are due April 15, 2019. [Find more information and start a proposal](#). School nurses might consider presenting with their district OT or PT staff on collaborative relationships or a program or model of shared responsibility that has worked well in your district!

Unraveling the mystery of psychogenic non-epileptic seizures

This article is the first of a multi-part series on dissociative seizures, better known as psychogenic non-epileptic seizures, or PNES. <https://www.ilae.org/journals/epigraph/epigraph-vol-21-issue-1-winter-2019/unraveling-the-mystery-of-psychogenic-non-epileptic-seizures>



WISCONSIN DEPARTMENT of HEALTH SERVICES

Wisconsin Epi Express (WEE) Newsletter is Here!

The WEE newsletter is a report on current communicable disease issues and program updates from the Bureau of Communicable Diseases (BCD). This newsletter is published quarterly and distributed electronically. Check out the [new issue!](#) For previous issues, please view the [Epi Express webpage](#).



Wisconsin Adolescent Health Program Recognizes Teen Health Week

Join us in raising awareness and help to spur action to improve the health and well-being of youth! **We invite you to participate in [Teen Health Week](#)** – a global initiative to help teens take charge of their health. From April 1-7, we encourage young people and adolescent health stakeholders to support the physical and mental health of young people. Here's how you can help:

Join the Movement -

- Check out these [Tools and Resources](#) [PDF] for youth, parents, and professionals
- Find the Teen Health Week Starter Kits here: <https://collegeofphysicians.org/thw/resources>

Spread the word -

Use these Sample Tweets:

- Youth are the future! Spread the word about #TeenHealthWeek2019 in April and join us in improving the future of adolescent health! #TeenHealth #TAG42Mil
- Join us this April for Teen Health Week! Check out the [Adolescent Health: Think, Act, Grow® \(TAG\) Playbook](#), and learn more about how schools, clinics, and communities can foster healthy young people! @teenhealthweek #TAG42Mil
- Access and use the [Teen Health Week Communications Guide here](#) [PDF]

Be informed -

- [Who are America's Adolescents?](#) Get the latest facts and figures about adolescents and their health at state and national levels. Find information on changing demographics and how adolescents spend their time.
- [Adolescent Health: Think, Act, Grow® \(TAG\)](#) is a national call to action for organizations and individuals to prioritize activities that improve the health of America's 42 million adolescents. You can make a difference by taking action – check out [these resources](#) to learn more about the recommended action steps and resources.

Weekly Respiratory Report

[The Weekly Respiratory Report](#) for the week ending on March 22, 2019, is now available.

News from NASN...



April brings with it spring, but also several important observances for the school nurse. April 1-7 is [National Public Health Week](#). The theme this year is Healthiest Nation 2030: Changing Our Future Together. As school nurses, we want our students to be healthy every week, but this is a chance to share that message far and wide.

Check out the resources NPHW provides for your schools.

Immediately after National Public Health Week is [National Youth Violence Prevention Week](#), April 8-12. Founded in 2001, NYVPW hopes to raise awareness and educate youth and communities on effective strategies to prevent youth violence before it happens.

NASN has a number of resources to help you as school nurses amplify these messages of health and well-being for our students. You can access them on the NASN website, and see specific topics like [violence in schools](#) and [school wellness](#).

On-Demand Course: Medical Cannabis: What School Nurses Need to Know

Children are using cannabis as a medical treatment in ever greater numbers in the 33 states and territories and Washington, D.C. that have medical cannabis programs. Dr. Alan Shackelford will provide school nurses with a basic understanding of the history of cannabis as a medical treatment, insight into the research supporting its use, its dosing and forms of administration, and the potential problems and precautions surrounding its use. [Register now](#). (Free for members.)

Mental Health Training Intervention for School Health Providers

This [online learning opportunity](#), which is a collaboration between NASN and the Center for School Mental Health, is in its fourth year. Gain the knowledge, tips and skills needed to be supportive to students' mental health needs throughout the school year and earn free CNE. NASN also will offer this as a preconference session during the [annual conference](#).

Early Birds Get the Best Rates

Register before April 15 and take advantage of early-bird rates. Reserve a room with the host hotel and take advantage of the special NASN room-block rates. Save money by planning ahead and join NASN for this annual event convening at the Gaylord Rockies in Denver, Colorado, from June 28-July 1, 2019 (preconference is June 27). [Learn more...](#)





A toolbox of promotional materials to help publicize this event and encourage people to dispose of unwanted or expired medications is available. Check out the promotional materials.

Partner Toolbox Direct Link: <https://takebackday.dea.gov/content/partnership-toolbox>
National Take Back Day Website: <https://takebackday.dea.gov/>

Wisconsin Public Health Association Conference
Wisconsin Dells, Wisconsin
May 21-23, 2019

By building bridges, we will increase our capacity to create sustainable and systematic changes to further improve health outcomes. Attendees will learn about eliminating barriers and creating opportunities for optimal health. New this year, the joint WPHA-WALHDAB Public Affairs Committee will provide in-depth information on new legislative priorities. Visit the [conference site](#) to register.

WAC Walkthrough Program Update

By Libby Halma, Wisconsin HealthCorps member

Since January 2019, three Wisconsin school districts scheduled asthma walkthroughs for their entire district. WAC staff are visiting:

- ❖ Beloit School District - 10 schools
- ❖ Kenosha Unified School District - 39 schools
- ❖ Oak Creek Franklin School District - 2 schools

Additionally, the Milwaukee Public Schools district office approved our team to begin recruitment for walkthroughs at their more than 155 schools.

During our walkthroughs, we provide asthma champions (typically school nurses) with resources about asthma symptoms and trigger management. Following the walkthrough, participants receive a detailed report of findings, including low-cost recommendations to remove environmental asthma triggers from their facility.

If you or someone you know may be interested in scheduling a walkthrough or would like more information, please contact Libby Halma 414-337-4573.



Just as there is something always going on in school nursing, there is also always something to be learned in school nursing. I love my job because in helping to provide resources or savant points to consider when making a decision, I constantly expand my own knowledge base. As I mused about what topic to write on this week, a situation presented itself. How serendipitous!

Those attending the upcoming WASN Spring Conference will note an emphasis on leadership, advocacy, and mental health. I have repeatedly encouraged school nurses to claim their role as mental health providers alongside their role as physical health providers. Truly, can you have one without the other? I was in communication with a school nurse who embraced this role and was seeking guidance regarding the use of mental health screeners in schools by school nurses. While nursing assessment is part of the nursing process and a professional standard for which school nurses do not need permission to use, having a student complete a formal screening tool, either on paper or online creates another situation.

In determining what best practice is, I came across several helpful resources. This school nurse shared an article in *NASN School Nurse* "Depression Screening in the School Setting: Identification of the Depressed Adolescent," which describes the use of the PHQ-9 (Patient Health Questionnaire-9 Item) as an evidenced based depression screening tool in the school setting and the role of the school nurse in depression screening. The article has an associated learning module to train school nurses in the use of the screener. As noted elsewhere in this Update, there are other opportunities via NASN and other organizations for school nurses to develop competency in assessing and referring students for depression and other mental health disorders. The Department of Public Instruction has a "[Mental Health Screening Resource Guide](#)." Additionally, there is an entire webpage devoted to [Mental/ Behavioral Health Screening](#).

Best practice would say that all screening should be:

- Appropriate – Fit to need, Fix to need,
- Technically Adequate –Valid, Reliable, Diagnostic, Accuracy
- Useful- Generates new and useable information, Supplements existing data
- Feasible- Easily implemented, Referral pathway defined
- Beneficial- Does no harm, Equitable, Culturally responsive

In problem solving with this school nurse the PHQ-9 screener met all these criteria. The school nurse received training and was competent to use and interpret the screener. The screener had protocols for when to contact parents and refer for further evaluation and possible treatment. The issue became if in using such a tool to supplement a professional nurse's assessment, prior parent approval is required. My learning in this situation was that under Title IV-A, Parents Right to Know, districts are required to get active parental/guardian consent for mental health assessment and services, including mental health screening. In asking the student to complete an online questionnaire such as the PHQ-9 school nurses are creating a student record. School nurses are advised to check with their school districts regarding policies in using screening tools that create records. Advance parent permission for minor students and the ability to opt out of answering any question is likely to be part of the policy.

As school nurses embrace their role as mental health providers and develop both comfort and competency, know that verbally asking questions (without prior parent approval) as part of your nursing assessment is permissible and part of your professional practice. You do not need permission ask probing questions and

actively listen. Using your observations and subjective information gathered in conversations to make a potential nursing diagnosis, is part of a school nurse's professional practice. School nurses are reminded that it is best practice to ensure the student understands that when talking with you they do not need to answer a question if they choose not to. Soliciting the student's experience is where active listening and motivational interviewing skills come in to play.

Those school nurses who are attending the upcoming WASN conference I hope you will attend at least one session focusing on the mental health aspects of the school nurse's role. As noted above we all have a lot to learn!

School Nurse Webpage: <https://dpi.wi.gov/central-services/school-nurse>

To join the School Nurse Email List and receive school nursing updates and information send an email to join-schoolnurse@lists.dpi.wi.gov





MENTAL HEALTH WELLNESS CONFERENCE

SATURDAY, APRIL 13TH, 2019

CRIVITZ HIGH SCHOOL
400 SOUTH AVENUE, CRIVITZ, WI

GOAL

Mental illness impacts us all. Shining a light on this reality helps us bring mental health concerns out of the dark. There is hope for all of us to achieve better mental health for ourselves, our children and our community.

TEENS

Teenagers today face some unique challenges. There are real things you can do to maintain and improve your mental health during this time in your life. 14 breakout sessions for teens to choose from. Each session offering information and tools to better mental health.

ADULTS

17 Breakouts sessions for adults to choose from. Each session focusing on the mental health needs of parents, families, educators, care providers and concerned community members. Something for everyone!

FOR TEENAGERS and ADULTS



A FREE
COMMUNITY
EVENT

Day Schedule

8:00-8:30 am Doors Open/Vendor set-up/Registration

8:35-8:45 am Welcome

8:45-9:30 am Keynote Speaker

9:40-10:20 am Breakout Session 1

10:30-11:10 am Breakout Session 2

11:15-12:00 pm FREE Lunch

Mental Health Provider & Wellness Vendor Displays

12:00-12:30 pm Breakout Session 3

12:40-1:10 pm Breakout Session 4

1:20-1:30 pm Wrap Up/Prize Drawings

1:30-2:15 pm Keynote Speaker



- **Door Prizes**
- **Wellness Basket Raffle**

Proceeds from Wellness Basket Raffle to go toward Wellness initiatives for the students and staff of Crivitz School District

Mental Health Matters!

Mental Health Wellness Conference-April 13th, 2019
Crivitz High School, 400 South Ave., Crivitz, WI
A FREE Community Event



Keynote Speaker-Alison Maresh, Communications Specialist at the Wisconsin Office of Children's Mental Health Staying Connected to What Matters: Advice on Establishing a Balanced Relationship with Technology

As the next generation of digital natives grow up with access to social media and smart phones earlier than ever before, it's critical that all of us understand how overusing technology can impact a person's well-being and the benefits of moderating screen time. During this presentation, audience members will learn the science behind why it's so difficult to unplug, the health implications of overusing technology, and strategies for creating balance in the digital age. **Special Note:** During this presentation, Ali is sharing her own personal views and is not representing the Wisconsin Office of Children's Mental Health or any state agency position.

TEEN BREAKOUT SESSIONS

TEEN BREAKOUT SESSION 1

1A Healthy Friendships and Dating Relationships-Allyson Mahlik, Youth Advocate, The Rainbow House Domestic Abuse Services Inc.

What does a healthy relationship look like? What does an unhealthy relationship look like? It is important to understand traits that you might desire in a friend and a dating partner. Come play the "Trait Trader" game in this fun interactive session.

1B Who Cares?-Cindy Reffke, Board Chair of Prevent Suicide Fox Cities, Appleton (adult/teen combined program)

Cindy Reffke, Board Chair of Prevent Suicide Fox Cities, Appleton and survivor of suicide loss will weave her personal story into a presentation that will cover those at greatest risk of suicide, suicide warning signs, WI statistics compared to our county, an overview of QPR – Question, Persuade and Refer and lastly self-care - how we can take care of our mental health.

1C Trauma.....Causes, Effects, Ways to Cope-Lori Eklund Walsh, Bellin Psychiatric Center (adult/teen combined program)

Simply put, a trauma is an experience that overwhelms our ability to make sense of and cope with the situation. Trauma effects can linger long after the threat no longer exists. Trauma can impact emotional, physical, and cognitive functioning, making it hard for individuals to go about their day-day lives. Fortunately, there are many ways to effectively deal with the aftermath of a traumatizing situation.

1D One Choice Changes Everything-Pharmacist Lead Presentation, CVS Pharmacy

Prescription drug misuse and abuse is now considered a national epidemic. 1 in 4 teens have misused or abused prescription drugs. Come learn about prescription drug misuse and abuse to help you and your friends make a different choice.

TEEN BREAKOUT SESSION 2

2A Chill Out!-Leah Grant, School Counselor (A-He), Pulaski High School

How many times have you said this to yourself recently but have had no idea how to actually implement it? Let's spend some time together talking about the stresses you encounter everyday as a pre-teen or teenager and ways you can make small changes that I promise will make a huge difference in your stress level! Also, there may be chocolate...just saying :)

2B Ease Relationship Stress-Bill & Cindy Verschay, Independent Love and Logic Facilitators

Ever had a conversation blow up in your face? Had someone take you completely wrong? Join us as we learn a few relationship basics to help make friend and parent relationships easier.

2C Vision Boards, Lets Create!-Carrie Klitzke, Crivitz Elementary/Middle School Art Teacher

A vision board is a collage of visual images and words that represent the life you want to live. They can be a powerful tool that helps you narrow down your dreams through the power of creative choice. Bring your own photos, magazine pictures, quotes or words that speak to your soul or use some of our provided supplies. Come create your own vision board.

2D Improving Mental Health through Exercise and Physical Activity-Tyler Crossman, Programs and Fitness Coordinator, Crivitz Community Center (adult/teen combined program)

This presentation will focus on the positive benefits of exercise and physical activity on mental health, the brain and the correlation to overall health.

TEEN BREAKOUT SESSION 3

3A Let it Go....Anxiety-Michelle Brownson, MA, LSW, Labor of Love Family Counseling Center

Anxiety disorders are the most common mental health problem of childhood and adolescence. Nearly one in three adolescents will meet criteria for an anxiety disorder by the age of 18. Come learn some simple strategies for coping with this all too common problem. You are not alone!

3B One Breathe Away From a Stress-free Life-Kelly Garrigan, Certified Life Coach, Yoga Instructor and Reiki Practitioner

Learn an 8 minute meditation practice that uses the breathe to ease stress & anxiety.

3C Essential Oils: Natural Solutions to Support Emotional Wellness-Shelley Patz, Wellness Advocate (adult/teen combined program)

In this session you will learn about the benefits of certified pure therapeutic grade oils to support your body's emotional health and wellness. This will include the science behind essential oils and emotions, tools and habits for healthy body chemistry and practical mental/emotional wellness steps you can start NOW.

TEEN BREAKOUT SESSION 4

4A Live Your YOPP! Life Lessons from Dr. Seuss-Tim Markle, Senior Outreach Specialist, UW-Madison Waisman Center

We all know life's hard and seems full of stress. But is there a way to live life in a mess? We can learn to think better, we can learn ways to be great. We can learn from the doctor, we don't have to wait.

4B Power of Laughter to BOOST Mental Health-Christine Pada, MA, LPC (adult/teen combined program)

Learn how to improve and boost your mental health with laughter. Christine Pada is a Licensed Professional Counselor and she will be teaching a unique concept where anyone can laugh for no reason, without relying on humor, jokes, or comedy. We will initiate laughter as an exercise in a group with eye contact and childlike playfulness. Let's boost our mental health and feel good everyday. HA HA HA

4C Inhale, Exhale-Wendy Stuart, BSN, RN, RYT-200, Ayurvedic Practitioner, Owner of the Yoga Loft, Marinette (adult/teen combined program)

Join Wendy as she introduces you to the impact of yoga and breathing on your mental health. All ages and abilities welcome. Learn some basic yoga techniques that can be done while sitting in a chair.

ADULT BREAKOUT SESSIONS

ADULT BREAKOUT SESSION 1

1E Sustainable Self Care-Leah Grant, School Counselor (A-He), Pulaski High School

Have you been feeling overwhelmed lately? Like there isn't enough time to get everything done? Small changes in our habits can make a huge difference in our mental health. Let's spend some time talking about things beyond meditation and weight loss. I promise you will walk away with new tips and tricks that help you feel more balanced and energized in your daily life!

1F Handle Whining and Arguing the Love and Logic Way-Bill & Cindy Verschay, Independent Love and Logic Facilitators

Ever thought your child should be a lawyer? Join us and learn how to handle whining/arguing with kids of all ages without breaking a sweat and take some of the stress out of parenting.

1G Who Cares?-Cindy Reffke, Board Chair of Prevent Suicide Fox Cities, Appleton (adult/teen combined program)

Cindy Reffke, Board Chair of Prevent Suicide Fox Cities, Appleton and survivor of suicide loss will weave her personal story into a presentation that will cover those at greatest risk of suicide, suicide warning signs, WI statistics compared to our county, an overview of QPR - Question, Persuade and Refer and lastly self-care - how we can take care of our mental health.

1H Trauma.....Causes, Effects, Ways to Cope-Lori Eklund Walsh, Bellin Psychiatric Center (adult/teen combined program)

Simply put, a trauma is an experience that overwhelms our ability to make sense of and cope with the situation. Trauma effects can linger long after the threat no longer exists. Trauma can impact emotional, physical, and cognitive functioning, making it hard for individuals to go about their day-day lives. Fortunately, there are many ways to effectively deal with the aftermath of a traumatizing situation.

ADULT BREAKOUT SESSION 2

2E Helping Children Build Healthy Friendships-Allyson Mahlik, Youth Advocate, The Rainbow House Domestic Abuse Services Inc.

Learn how to help children build healthy friendships. Learn how to talk to your children about concerns of unhealthy friendships and relationships. Learn warning signs to look out for and also services available to assist you when you need extra help.

2F Dementia 101-Teresa West, Dementia Care Specialist, ADRC of Marinette County

For spouses, children, care providers, friends and the community, dementia is something that will likely touch many of us. Come learn the basics of this common issue. The presentation to include a dementia review, dementia facts, early symptoms/warning signs and the most common types of dementia. Learn about the dementia friendly community of Marinette County and the ADRC resources and services available.

2G Let it Go....Anxiety-Michelle Brownson, MA, LSW, Labor of Love Family Counseling Center

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older. Learn some simple strategies for coping with this pervasive issue. You are not alone!

2H Prescription for Parents-Pharmacist Lead Presentation, CVS Pharmacy

Prescription drug misuse and abuse is now considered a national epidemic. 1 in 4 teens has misused or abused prescription drugs in their lifetime. Children who learn about the risks from their parents are up to 50% less likely to misuse or abuse drugs. Come learn about this problem and how to talk to your children about it.

2I Improving Mental Health through Exercise and Physical Activity-Tyler Crossman, Programs and Fitness Coordinator, Crivitz Community Center (adult/teen combined program)

This presentation will focus on the positive benefits of exercise and physical activity on mental health, the brain and the correlation to overall health.

ADULT BREAKOUT SESSION 3

3D Part 1 Care Mapping, for Children with Special Health Care Needs-Lawren Olivanti, Project Coordinator, Northeast Regional Center-Children and Youth with Special Health Care Needs (Taken in conjunction with Part 2 Care Mapping-Breakout Session 4D)

Join me as we learn about Care Mapping! In this interactive session, you will work to create a comprehensive snapshot of your youth's health and life journey. A process which guides and supports families and health care professionals to work together to achieve the best possible outcomes.

3E Vision Boards, Lets Create!-Carrie Klitzke, Crivitz Elementary/Middle School Art Teacher

A vision board is a collage of visual images and words that represent the life you want to live. They can be a powerful tool that helps you narrow down your dreams through the power of creative choice. Bring your own photos, magazine pictures, quotes or words that speak to your soul or use some of our provided supplies. Come create your own vision board.

3F Peer Specialist Model/Supporting hope and recovery-Advocates for Healthy Transitional Living

A peer specialist is an individual who has personally lived the experience of recovery from a mental health or substance use condition and who has been trained and certified to support their peers in gaining hope and moving forward in their own recovery journeys. Learn how the Peer Specialist model can be infused in business, organizations, schools and everyday life.

3G Essential Oils: Natural Solutions to Support Emotional Wellness-Shelley Patz, Wellness Advocate (adult/teen combined program)

In this session you will learn about the benefits of certified pure therapeutic grade oils to support your body's emotional health and wellness. This will include the science behind essential oils and emotions, tools and habits for healthy body chemistry and practical mental/emotional wellness steps you can start NOW.

ADULT BREAKOUT SESSION 4

4D Part 2 Care Mapping, for Children with Special Health Care Needs-Lawren Olivanti, Project Coordinator, Northeast Regional Center-Children and Youth with Special Health Care Needs (Taken in conjunction with Part 1 Care Mapping-Breakout Session 3D)

Join me as we learn about Care Mapping! In this interactive session, you will work to create a comprehensive snapshot of your youth's health and life journey. A process which guides and supports families and health care professionals to work together to achieve the best possible outcomes.

4E Cultivating Love & Kindness-Kelly Garrigan, Certified Life Coach, Yoga Instructor and Reiki Practitioner

Learn a meditation practice that calms the mind and opens the heart, enabling parents to address challenges in a more compassionate way.

4F Power of Laughter to BOOST Mental Health-Christine Pada, MA, LPC (adult/teen combined program)

Learn how to improve and boost your mental health with laughter. Christine Pada is a Licensed Professional Counselor and she will be teaching a unique concept where anyone can laugh for no reason, without relying on humor, jokes, or comedy. We will initiate laughter as an exercise in a group with eye contact and childlike playfulness. Let's boost our mental health and feel good everyday. HA HA HA

4G Inhale, Exhale-Wendy Stuart, BSN, RN, RYT-200, Ayurvedic Practitioner, Owner of the Yoga Loft, Marinette (adult/teen combined program)

Join Wendy as she introduces you to the impact of yoga and breathing on your mental health. All ages and abilities welcome. Learn some basic yoga techniques that can be done while sitting in a chair.



Keynote Speaker-Tim Markle, Senior Outreach Specialist, UW-Madison Waisman Center

The Role of Forgiveness in Mental Health

Bitterness, toxic anger, and unforgiveness can lead to physical, mental, emotional, relational and spiritual health challenges. By learning how to forgive and how to start living a more forgiving life we can open up to becoming our best selves. We can then share these tools with others struggling with past hurts and resentment.



THANK YOU to all for participating in this event and supporting your own mental health and the mental health of our children and community!

THANK YOU to the Crivitz School District, Community Education, Crivitz Student Services Team, Mental Health Wellness Committee Volunteers, Student, Staff and Community Volunteers, Donors and Speakers for supporting this work!

Mental Health Wellness Conference Registration

Registration deadline
April 1st, 2019

Name _____

Address _____

Email _____

Session Track Teen (13-18 years old)

Adult (19 + years old)

Teen Sessions (13-18 years old)

Check ONE session from each Breakout Session

BREAKOUT SESSION 1

1A Healthy Friendships & Relationships _____

1B Who Cares? _____*

1C Trauma _____*

1D One Choice Changes Everything _____

BREAKOUT SESSION 2

2A Chill Out! _____

2B Ease Relationship Stress _____

2C Vision Boards _____

2D Improving Mental Health through Exercise _____*

BREAKOUT SESSION 3

3A Let It Go...Anxiety _____

3B One Breathe Away _____

3C Essential Oils _____*

BREAKOUT SESSION 4

4A Live Your YOPP! Life Lessons from Dr. Sueess _____

4B Power of Laughter _____*

4C Inhale, Exhale _____*

* Denotes combined teen/adult session

Adult Sessions (19+ years old)

Check ONE session from each Breakout Session

BREAKOUT SESSION 1

1E Sustainable Self Care _____

1F Handling Whining and Arguing _____

1G Who Cares? _____*

1H Trauma _____*

BREAKOUT SESSION 2

2E Helping Children Build Healthy Relationships _____

2F Dementia 101 _____

2G Let It Go...Anxiety _____

2H Prescription for Parents _____

2I Improving Mental Health through Exercise _____*

BREAKOUT SESSION 3

3D Part 1 Care Mapping (Take with Part 2 below) _____

3E Vision Boards _____

3F Peer Specialist Model _____

3G Essential Oils _____*

BREAKOUT SESSION 4

4D Part 2 Care Mapping (Take with Part 1 above) _____

4E Cultivating Love & Kindness _____

4F Power of Laughter _____*

4G Inhale, Exhale _____*

*Denotes combined teen/adult session

Registration Directions (ONE PERSON PER FORM (MAKE COPIES FOR ADDITIONAL REGISTRANTS))

Step 1 Complete Name, Address, Email and Session Age Track above.

Step 2 Make breakout session selections. Choose ONE from each breakout session under your age track.

Step 3 Drop off at the Administration office at Crivitz High School or mail **PRIOR TO APRIL 1ST, 2019**

Crivitz School District

Attn: Jannie

400 South Ave.

Crivitz, WI 54114





The Herma Heart Institute & Project ADAM invite you to become a **Heart Safe School**

April
11

8:30 am – Check in
9:00 am – 11:30 am – Workshop

Location: Fitchburg Fire Department
5791 Lacy Road, Fitchburg, WI

For more information on Project
ADAM please visit:
www.projectadamwi.com
www.projectadam.com

Does your school have an AED/CPR program?
Do you have a written plan and practice that
plan in the form of a drill?

To learn more about becoming a
Project ADAM Heart Safe School, please join us for a
morning of learning and networking. We will provide you
with the resources you need to achieve the designation.

***PLUS ... your registration and attendance enters you into
a drawing for a FREE manikin AND an AED training unit.***

Please register by April 8th at
<https://www.projectadam.com/FitchburgWorkshop>

