

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION

# School Nurse UPDATE

#### #6 January 18, 2024

### Greetings!

This cold weather certainly has not made returning from Winter Break easy. I hope you enjoyed moments of relaxation and are rejuvenated to take on the challenges and opportunities ahead along with Wisconsin's weather. My team here at DPI recommitted ourselves to practicing selfcare and finding work/life balance.

Not school nurse specific, but a reminder that RN license renewal is now open. If you are having issues with the renewal process, there are help tickets available. At the January Board of Nursing meeting, I heard the timeline is up to ten days for DSPS staff to respond to a help ticket. Please note this as you must renew your RN license by February 28, 2024. That's not the only thing due that day. Nominations for Wisconsin Association of School Nurse awards are due that day. See: https://www.wischoolnurses.org/membership/scholarships-and-

https://www.wischoolnurses.org/membership/scholarships-and-awards/awards

There are links to a few blogs included in this newsletter. I especially think the *Your Local Epidemiologist* blogs are important to read. Research is indicating what I had hoped, that being vaccinated is protective against Long-COVID.

I am pleased as a school nurse leader and also as President of the National Association of State School Nurse Consultants (NASSNC) to share with you NASSNC's continuing education modules. **These modules educate school nurses regarding our school nursing professional scope of practice and the standards of our profession.** See information under both DPI News and PRACTICE POINTS.

#### Louise

#### **FEATURED STORIES**

PRACTICE POINTS – Articulation Your School Nurse Practice

Importance of Vision Screening (DPI News)

Youth Stabilization Facility (DHS News)

Fake Xanax (p. 11)

#### SAVE THE DATES

DPI Consultant Office hours 1/19/24 9-9:45AM and 2/13/24 2-2:45 PM

DiSH 1/17/24 3-4PM Hypoglycemia

WASN - SNOY & SNAY Nominations Due 2/28/2024

WASN Annual Conference April 29-May 1, 2024, Madison WI

## **DPI News**

## School Nurses in Wisconsin Have Access to Free School Nursing Standard Professional Development

The National Association of State School Nurse Consultants (NASSNC) paid for the development of three professional development modules instructing school nurses nationwide regarding the School Nursing Scope and Standards as published by the National Association of School Nurses in 2022. Because Louise Wilson, Wisconsin's state school nurse consultant is a member of NASSNC these modules and the 1.95 <a href="Nursing Continuing Professional Development Contact Hours">Nursing Continuing Professional Development Contact Hours</a> are available to school nurses for free. See attached flyer for information on how to access the modules. More information regarding the Scope and Standards is under PRACTICE POINTS.



#### **Truancy Prevention Learning Communities**

In this collaboration between the Wisconsin Department of Children and Families (DCF) Youth Services Section and the Wisconsin Department of Public Instruction (DPI), learn from and connect with communities who are addressing attendance with best practice strategies. Each session will highlight promising practices and feature school district and county human service professionals from across the state of Wisconsin. Register for each session separately by clicking on the title link. Sessions will be recorded and made available to those who register.

- <u>Truancy: Wisconsin Statute & Best Practice Approaches.</u> This first session will be a review of truancy basics presented by DPI & DCF Staff on Tuesday, February 6, 2024, from 8:30am-9:30am
- <u>Family Engagement Strategies</u> on Wednesday, February 21, 2024, from 8:30-9:30 a.m.
- <u>Using Data to Improve Attendance</u> on Wednesday, March 6, 2024, from 8:30-9:30 a.m.
- <u>School-County Collaboration</u> on Tuesday, March 19, 2024, from 8:30-9:30 a.m.

Questions about these events can be sent to Julie.Incitti@dpi.wi.gov or DCFYJ@wisconsin.gov.

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## **DPI News**

## FREE Virtual Peer-to-Peer Suicide Prevention Programs Quarterly Connection Meetings

DATES: January 29, March 11, and May 13, 2024 TIME: 3:00 pm - 4:00 pm via ZOOM

Please join us if you are interested in or currently implementing a peer-to-peer suicide prevention program in your school. The goal of the P2P Quarterly Connection Meetings is to provide support, resources, thought partnering, examples from the field, and a space to ask questions and get answers.



January 29th Quarterly Convening Agenda:

- Learn about free mental health resources and services available for schools, communities, and families from the Office of Children's Mental Health (OCMH). In addition, hear about OCMH's ongoing work to connect student leaders from 300 School-Based, Peer-Led Wellness Programs, including an in-person event in April 2024. Presented by Andrea Turtenwald.
- School connections: learn with and from other Peer-to-Peer programs and advisors
- Questions and Answers: from DPI, MHA, and Peer-to-Peer experts and colleagues

We hope to see you there to connect around this important work!

Click <u>here</u> or see the attached flyer to register. \*If you have already registered, you do not need to register again. The meeting link will be emailed prior to the scheduled event. Contact Jenny Holle, <u>jenny.holle@cesa2.org</u> for more information.

Helping Students See Clearly: Here's What You Need To Know How educators and staff identify and help the 1 in 4 school-aged kids who have a vision issue.

View this vision story from DPI ConnectEd.

According to Prevent Blindness Wisconsin, 1 in 17 preschoolers and 1 in 4 schoolaged children have a vision problem.

However, Wisconsin is one of nine states that does not require vision screenings for preschool or schoolaged children.

## **DPI News**

## Wisconsin Wayfinder: Children's Resource Network Updated Resources

Wisconsin Wayfinder now has videos and brochures that can be shared with families at IEP meetings, email lists, parent resource areas in schools, and school and district webpages. DPI will continue to share additional resources as Wisconsin DHS develops them.

#### Video Links to Share with Families

- Introducing Wisconsin Wayfinder
- Connecting with Wisconsin Wayfinder

#### **Brochures to Share with Families**

- Wisconsin Wayfinder Brochure English
- Wisconsin Wayfinder Brochure Spanish
- Wisconsin Wayfinder Brochure Hmong
- Wisconsin Wayfinder provides a statewide user-friendly website and toll-free number, 877-WiscWay (877-947-2929), to provide families with convenient, direct access to compassionate and knowledgeable children's resource guides. Please share the toll free number (877-WiscWay) and this <u>Link to Wisconsin</u> <u>Wayfinder webpage</u> with families in your schools, districts, and communities.

You can find these resources and much more on the <u>Wisconsin</u> Wayfinder website.

Below are two additional resources that may help case managers, IEP team LEA representatives, and other educators talk about Wisconsin Wayfinder with families who have children with disabilities.

- Wisconsin Wayfinder Talking Points
- Wisconsin Wayfinder Fact Sheet

As educators in Wisconsin schools, you have incredible access to providing families with timely and relevant information. Wisconsin Wayfinder is a resource to share with all families in your schools and districts, and in particular families with children with disabilities or mental health needs. Wisconsin Wayfinder helps families find county and statewide disability and mental health services beyond the support provided by schools. As a partner with Wisconsin Department of Health Services (DHS), Wisconsin DPI asks school and district leaders to please share this information on your school district webpages, newsletters to families, and consider sharing information about Wisconsin Wayfinder with families at individualized education program meetings. Thank you!

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## **DHS News**

#### **Respiratory Report**

The Weekly Respiratory Report for the week ending on January 6, 2024 (Week 1) is now published.

#### Watertown Youth Crisis Stabilization Facility Now Open Center Provides Care For Young People Who Need A Safe Place To Be During Times Of Distress

A <u>youth crisis stabilization facility</u> is now open in Watertown, with start-up funding provided by the Wisconsin Department of Health Services (DHS). The eight-bed center in the former Alyea House at Camp Matz is operated by Milwaukee-based Wisconsin Community Services under an agreement with the Jefferson County Human Services Department. The center serves young people with mental health challenges who can't stay in their homes safely, but don't need to be hospitalized.

"These facilities provide help for immediate needs and support for future well-being," said DHS Secretary-designee Kirsten Johnson. "Our support of this center is part of our ongoing efforts to ensure Wisconsinites of all ages have access to the right care at the right time in the right setting."

#### View the entire news release.

## DHS Encourages Homeowners, Property Owners, and Child Care Centers to Test for Radon

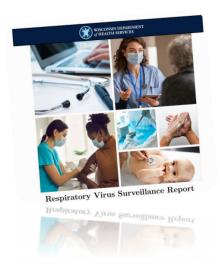
## Radon exposure is the second leading cause of lung cancer overall and the leading cause of lung cancer for non-smoking

During National Radon Action Month, the Wisconsin Department of Health Services (DHS) is encouraging home and building owners, along with child care providers, to test their buildings for radon.

Radon, an odorless, radioactive gas naturally present in the ground, is found across Wisconsin, and enters buildings through their foundations. Approximately one in 10 homes in our state have elevated radon levels.

The Environmental Protection Agency's action level for safety is 4 picocuries per liter (4 pCi/L). Last March, Wisconsin Department of Children and Families (DCF) enacted rule changes which require licensed family and group child care providers to test for radon and install a mitigation system if radon levels exceed the EPA action level.

View the entire news release.



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## **DHS News**

## Wisconsin Implements 12-Month Continuous Health Insurance Coverage for Children

## Mandated by federal legislation, the change stabilizes health insurance for kids in BadgerCare Plus and other Medicaid programs

Most new and existing members of Wisconsin's BadgerCare Plus and other Medicaid programs who are under age 19 can now keep their health insurance benefits for at least 12 months, even if their family's income increases or they no longer meet program rules. This new policy aims to improve health outcomes for children by stabilizing their access to care. States were required to implement this change made by the Consolidated Appropriations Act, passed by Congress in December 2022.

"This policy change ensures Wisconsin children will continue to get the care they need when they need it," said DHS Secretary-designee Kirsten Johnson. "Families will have peace of mind knowing their kids can get wellness checks, vaccines, and more to stay healthy."

Children enrolled in a qualifying program as of January 1, 2024, will be covered for 12 months, starting at their last application or renewal. For example, a child in a household that renewed in July 2023 will keep benefits at least through June 2024, even if the household reports an income change. New members under age 19 who enroll in a qualifying program on or after January 1, 2024, will also keep benefits for a full 12 months. Once the 12 months are over, they would complete a renewal process to see if they are still eligible.

View the entire news release.

#### **Vital Records Phone Number Changed**

The Department of Health Services would like school districts to know that the phone number individuals call to obtain birth certificates has changed to: 608-266-1373. If school districts list a phone number on their websites or in any information they provide to parents or families, please make sure the correct phone number is used.



The Department of Health Services would like school districts to know that the phone number individuals call to obtain birth certificates has changed.

## **DHS News**

Health Agency Urges Parents, Caregivers to be Aware of Signs of Self-Harm After School Break

Data show increases in self-harm coincide with returning to school in September and January

As students begin the spring semester, the Department of Health Services (DHS) encourages parents and caregivers to be aware of Wisconsin Emergency Department data from the National Syndromic Surveillance Program that shows young people experience large increases in self-harm injuries at certain times of the year, including when school resumes after the winter holidays.

Self-harming increased among youth by nearly 40% in September 2022 and January 2023 compared to each of the preceding months. While September 2023 showed a smaller spike in self-harming (14% increase from August 2023), it still represents a significant concern. Self-harm refers to intentional actions to hurt oneself. Examples include cutting, hitting, poisoning, or burning. Self-harm may be done to express or lessen emotional pain. While someone who self-harms may not have the intention of suicide, they may be at greater risk of a suicide attempt or dying by suicide if they do not receive help.

"The start and return of school can be stressful for young people and families," said Paula Tran, State Health Officer and administrator of the DHS Division of Public Health. "Parents, guardians, teachers, mentors, and others can support the young people in their life by knowing the signs of self-harm, talking openly about the struggles youth are facing, and listening to what young people have to say without judgement."

View entire release here.



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## CDC

Advisory Committee on Immunization
Practices Recommended Immunization
Schedule for Children and Adolescents
Aged 18 Years or Younger

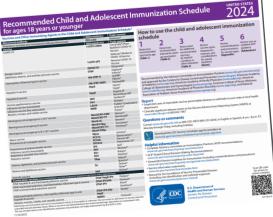
The 2024 child and adolescent
Immunization schedule includes the addition of the
Respiratory syncytial virus (RSV) vaccine,
respiratory syncytial virus monoclonal antibody,
Mpox vaccine, 20-valent pneumococcal conjugate vaccine, and
pentavalent meningococcal vaccine.



Advisory Committee on Immunization Practices Recommended Immunization Schedule for Children and Adolescents Aged 18 Years or Younger

At its October 2023 meeting, the Advisory Committee on Immunization Practices\* (ACIP) approved the Recommended Child and Adolescent Immunization Schedule for Ages 18 Years or Younger, United States, 2024. The child and adolescent immunization schedule, which can be found on the CDC immunization schedule website (<a href="https://www.cdc.gov/vaccines/schedules">https://www.cdc.gov/vaccines/schedules</a>), is published annually to consolidate and summarize updates to ACIP recommendations on the vaccination of children and adolescents and to assist health care providers in implementing current ACIP recommendations.

The 2024 child and adolescent immunization schedule is recommended by ACIP (https://www.cdc.gov/vaccines/acip) and approved by CDC (https://www.cdc.gov), the American Academy of Pediatrics (https://www.aap.org), the American Academy of Family Physicians (https://www.aafp.org/home.html), the American College of Obstetricians and Gynecologists (https://www.acog.org/), the American College of Nurse-Midwives (https://www.midwife.org), the American Academy of Physician Associates (https://www.aapa.org), and the National Association of Pediatric Nurse Practitioners (https://www.napnap.org).



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# Your Local Epidemiologist Blog

Measles, trends, and collective amnesia.

Are cases increasing? What will 2024 look like? What can we do about it?

By Katelyn Jetelina Jan 16

Covid-19 research roundup: Jan 11 By Katelyn Jetelina

Jan 11

State of Affairs: Jan 9
A whole lot of sickness out there
By Katelyn Jetelina January 9, 2024

Has Covid messed with our immune systems?

China, immune debt, and the latest immunology data story By Katelyn Jetelina and Edward Nirenberg



# School Nurse Blog

<u>The Relentless School Nurse: Creating a Cozy Nest for Wellness in Your School Health Office</u>

January 9, 2024 Robin Cogan, MEd, RN, NCSN, FNASN, FAAN

The Relentless School Nurse: Understanding Protective Factors for Promoting Children's Well-being December 20, 2023 Robin Cogan, MEd, RN, NCSN, FNASN, FAAN



## WASN News

## WASN Discussion List Promoting the National Association of School Nurses' Diversity, Equity, and Inclusion Special Interest Group

Happy New Year School Nurses!!

Wishing you and yours a most wonderful 2024 filled with abundant joy, happiness, and good health. Thank you for keeping the enthusiasm and conversations going about possibly having a NASN DEI SIG (National Association of School Nurses Diversity, Equity, and Inclusion Special Interest Group) in NASN. We are making impact, and our voices are being heard. Here's another opportunity to participate in a DEI SIG INTEREST MEETING! The Zoom information is below. You must register to attend the meeting, so copy and paste the link below in a separate browser, and complete the necessary information. A confirmation email will be sent to you once you register. Bring your ideas, questions, concerns, and for those who don't mind, please share your DEI experiences. For almost 2 years, we've had several great virtual interest meetings, and the provocative discussions speak strongly to the need for a NASN DEI SIG. We had an engaging Focus Group Meeting this past summer at Conference in Orlando, Florida, and look forward to having another Focus Group Meeting at Conference this summer in Chicago. Those of you who have been there from the beginning, your continued dedicated support is much appreciated. Establishing a DEI SIG in NASN is a process, but we're motivated for the mission! I look forward to seeing you soon!

Warmest regards,
Dr. Cynthia Samuel
Hello,
You are invited to a Zoom meeting.
When: Jan 25, 2024 05:00 PM Eastern Time (US and Canada)
Register in advance for this meeting:
us02web.zoom.us/meeting/register/...

After registering, you will receive a confirmation email containing information about joining the meeting.

#### WASN Promotes the National Certification for School Nurses Exam in March

As noted on the WASN discussion list...

If you are planning on taking the National Certification Exam for the Spring Test Window: March 1-April 2, 2024, this is a reminder that NASN has a Special Interest Group (SIG) for National Certification Exam Candidates. There will be an online study group starting Friday, January 24, 2024. There is still time to join.

The 2024 test dates for the examination are listed below. The NBCSN website has great information and resources: NBCSN - National Board for Certification of School Nurses

- Spring Testing Window: March 1-April 2, 2024 Registration Window: November 20, 2023-February 1, 2024
- Summer Testing Window: July 8-August 11, 2024 Registration Window: April 3-June 7, 2024
- Fall Testing Window: October 24-November 24, 2024 Registration Window: August 12-September 24, 2024

## Medscape Nurses

#### Is COVID-19 Now Just Another Respiratory Infection?

COVID-19 may be assuming its place among the panoply of routine respiratory viruses, but this is no reason for complacency in a health service still overloaded by winter infections, say experts. Read more in this Medscape News UK article.



Bromazolam, a street drug that has been detected with increasing frequency in the United States, has reportedly caused protracted seizures, myocardial injury, comas, and multiday intensive care stays in three individuals, new data from the US Centers for Disease Control and Prevention (CDC) showed.

It is sold under names such as "XLI-268," "Xanax," "Fake Xanax," and "Dope." Bromazolam may be sold in tablet or powder form, or sometimes as gummies, and is often taken with fentanyl by users. Health authorities across the globe have been warning about the dangers of designer benzodiazepines, and bromazolam in particular. They've noted that the overdose reversal agent naloxone does not combat the effects of a benzodiazepine overdose. Read article.



New Podcast Series! 'Allergy, Asthma & Immunology Innovations

Looking for a new podcast to listen to in 2024? Do you have questions about asthma, allergies, eczema and related diseases? Our new podcast series "Allergy, Asthma & Immunology Innovations" has answers for you, and more!

The podcast series launched last year. It's hosted by The Itch Podcast's Payel Gupta, MD and Kortney Kwong Hing. <u>Listen now to the latest podcasts!</u>



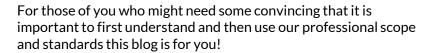
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## **Practice Points**

By Louise Wilson

#### **Articulating Your School Nurse Practice**

In PRACTICE POINTS of the #7 11/1/2023 issue of the DPI School Nurse Update. I wrote about the revised (2022) Scope and Standards of School Nursing. I am once again writing about our professional standard in this issue. I hope that each school nurse will take advantage of the modules funded by the National Association of State School Nurse Consultants (NASSNC). See DPI News and the flyer attached to this newsletter for information regarding these modules and how Wisconsin School Nurses have access to free Nursing Continuing Professional Development Contact Hours.



School nurses perform duties in a manner consistent with professional standards, state nurse practice act, and local statutes and regulations while adhering to school district policies. "The Standards of School Nursing Practice are authoritative statements of the duties that school nurses, regardless of the role, are expected to perform competently" (NASN 2022 p.54).

The Scope and Standards of School Nursing begin listing six (6) Standards of Practice. These standards are based upon the nursing process. All registered nurses regardless of the setting they work in should know, use, and be competent in the nursing process. The twelve (12) Standards of Professional Performance describe a competent level of performance behavior. Thus, I really can't see how a school nurse can consider themselves competent unless the first know and understand these authoritative statements. I also believe that most, if not all, school nurses strive to be competent.

The *Scope and Standards* were developed to inform school nurses, school administrators, families, students, school board members and the public about the practice of school nursing (NASSNC 2023). When a school nurse understands the scope and standards, they can then use them to articulate their practice to others. Consider how much time you spend trying to explain what you do to school administrators, teachers, and parents.



"The Standards of School Nursing Practice are authoritative statements of the duties that school nurses, regardless of the role, are expected to perform competently" (NASN 2022 p.54).

At the Wisconsin Association of School
Nurses (WASN) conference in April I will
be doing a presentation geared for advanced
school nurses that demonstrates how to use
these authoritative statements to explain their
practice to others. It is geared towards
experienced school nurses performing at
proficient and exemplary levels because it
requires knowledge in Special Education
documentation that can be built upon during the session. I hope
some of you will consider joining me for that session. WASN
should soon be distributing conference registration information.



If you are not ready for such a deep dive into using the Scope and Standards of our profession to explain your role, consider this example. In Wisconsin's voluntary <a href="Pupil Services Evaluation System: School Nurse Evaluation Rubric">Pupil Services Evaluation</a>
System: School Nurse Evaluation Rubric Component 10.0
Communication is identified as a required competency to evaluate. So, I am going to use that component in this illustration. The description of Component 10.0 is "The school nurse conveys information in all areas of practice." Have you as a school nurse conveyed information to school staff, administrators, parents, or students? Yes, you have. But how do you tell others that is what you do in professional terms?

Using language from all three levels of competency (developing, proficient, exemplary) you could describe your practice using this communication standard by saying "I apply and use laws and regulations in all my communications. My communications respect the privacy and confidentiality of the individual, family or group. As a school nurse I convey accurate information that takes into account the communication ability, health literacy, resources, and preferences of students, families, stakeholders, and staff. I communicate to appropriate authorities my concerns about potential or actual hazards and deviations in the standard of care."

Note how 1) you do use this standard in your practice and 2) how much more descriptive this is in explaining what you actually do as a professional. My reason for choosing this topic is to encourage school nurses to really look at the *Scope and Standards*. Look at them not just as a lofty authoritative statements, but as a tool to explain your role using professional terms and accurate descriptions of the skill and knowledge you possess and use every day.

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Convinced to seek out the NASSNC modules? I hope so. They were created by School Health Associates here in Wisconsin for NASSNC and are excellent!

#### References

National Association of School Nurses. 2022. School Nursing Scope and Standards of Practice 4th ed. Silver Springs, MD: NASN. ISBN-13: 979-8-218-01691-3

National Association of State School Nurse Consultants. (2023). NASSNC's Exploring School Nursing: Scope and Standards of Practice. Available: <a href="https://schoolhealthassociates.com/lesson/exploring-the-school-nursing-scope-and-standards-of-practice/">https://schoolhealthassociates.com/lesson/exploring-the-school-nursing-scope-and-standards-of-practice/</a>

This publication is available from: Learning and Support Student Services Prevention and Wellness Team (608) 266-8857 https://dpi.wi.gov/sspw/pupil-services/school-nurse

January 2024 Wisconsin Department of Public Instruction

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# EXPLORING SCHOOL NURSING: SCOPE AND STANDARDS OF PRACTICE





National Association of State School Nurse Consultants (NASSNC) https://nassnc.clubexpress.com

School Nurses,

Your state, Wisconsin, has a State School Nurse Consultant who is a member of NASSNC. Because of this, School Nurses in Wisconsin may access the Scope and Standard modules for free.

SSNC contact information:

Louise Wilson, MS,BSN, RN, LSN, NCSN louise.wilson@dpi.wi.gov



This module provides the school nurse with an overview of the 4th Edition of the School Nursing: Scope and Standards of Practice. The module discusses how the scope and standards can be used to guide and evaluate the school nurse's practice and assist them in developing learning and practice goals.

Exploring School Nursing: Scope and Standards of Nursing module has been approved for 1.95 Nursing Continuing Professional Development Contact Hours for completing each section and corresponding evaluation.

Learn more and access the module at: <a href="https://schoolhealthassociates.com/course/exploring-school-nursing-scope-and-standards-of-practice/">https://schoolhealthassociates.com/course/exploring-school-nursing-scope-and-standards-of-practice/</a>



#### **Suicide Prevention: Peer to Peer Quarterly Connection**

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#### **January 29th, 2024**

- Learn about free mental health resources and services available for schools, communities, and families from the Office of Children's Mental Health (OCMH). In addition, hear about OCMH's ongoing work to connect student leaders from 300 School-Based, Peer-Led Wellness Programs, including an in-person event in April 2024. Presented by Andrea Turtenwald.
- School connections: learn with and from other Peer-to-Peer programs and advisors
- Questions and Answers: from DPI, MHA, and Peer-to-Peer experts and colleagues
   March 4. 2024
- · Learn about free/low-cost ways to engage students
- School connections: learn with and from other Peer-to-Peer programs and advisors
- Questions and Answers: from DPI, MHA, and Peer-to-Peer experts and colleagues
- May 13, 2024
- Learn about data collection and strategies to keep students engaged
- School connections: learn with and from other Peer-to-Peer programs and advisors
- Questions and Answers: from DPI, MHA, and Peer-to-Peer experts and colleagues

REGISTER HERE

FREE TO ATTEND
REGISTER ONCE FOR
ALL SESSIONS

Contact Jenny Holle, jenny.holle@cesa2.org for more information

https://www.wishschools.org/resources/suicidepreventionresources.cfm

Wisconsin Safe and Healthy Schools Center

Partnership and funding provided by the Wisconsin Department of Public Instruction