

Concurrent Sessions Schedule

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Concurrent Session Descriptions

Collaboration is Key to Providing a Continuum of Mental Health Care

Stephanie Ellis, EdD, NCSP; Heather Voyles, BSN, RN, NCSN; Sandy Hamrick, MA, GCSA, NBCT; Ryan Etheridge, MSA; and Amanda Perkins, BSN, RN, NCSN

School nurses are a critical component in the provision of a continuum of mental health services for students. This session will detail how school nurses are integrated throughout the Multi-Tiered System of Support to provide screening and support for all students, to provide brief, focused intervention, and to serve on crisis response teams in K-12 settings. Using a Multi-Tiered System of Support, the role of the school nurse within each tier of support (core, supplemental, and intensive) will be identified. This session will cover school nurses as supplemental instructional support personnel to help screen for, support and respond to the mental health needs of students. This session will cover teaming structures for general support and intervention as well as for crisis response. It is essential to have school nurses as active members of crisis response teams. This session will review best practices related to suicidal ideation and risk (threat) assessment, focusing on the school nurse's role and responsibilities. This session will also cover implementation challenges and lessons learned from N.C. Project AWARE/ACTIVATE pilot sites. *This presentation is offered in sessions one and three.*

Human Trafficking in Schools

Kiricka Yarbough Smith, MSW and Kendra Underwood, BS

Today's children and youth are some of the most at risk, disconnected and inadequately served individuals targeted by abuse and exploitation. Through collaboration with school nurses, we can increase awareness about the risks of commercial sex and labor exploitation, enhance existing educational programs, and strengthen protective factors for children and youth. Through this training session, we will explore how traffickers recruit and groom school-age children, and the vulnerabilities, impact and unique needs that child sex and labor trafficking presents. Participants will gain the knowledge and tools to identify risk factors associated with trafficking, recognize the impact of exploitation on social and psychological development, and increase their capacity to reach and provide service to this underserved population. *This presentation is offered in sessions one and two.*

Invisible Sentence: Recognizing, Supporting, and Advocating for Children of Incarcerated and Returning Parents

Melissa Radcliff, BS

On any given day, there are an estimated 2.7 million children in the United States with at least one incarcerated parent. In North Carolina, the best estimate is more than 17,000. The most recent Annie E. Casey Foundation report shows that more than 5.2 million children (160,000 in N.C.) have experienced parental incarceration at some point in their lives. This workshop will focus on what we know and do not know about these children (often an invisible group dealing with shame, stigma and a sense of isolation) and the impact of parental incarceration and re-entry, what strategies could be developed and implemented to identify and serve these children, how to engage advocates in a conversation about advancing policies supporting the children (including policies that directly impact incarcerated and returning parents and indirectly impact their children), current gaps in resources and data collection, and new ways to partner and collaborate to better meet the needs of the children. The presenter will discuss the need to gather information and insight from these children themselves to ensure that their voices are

heard. Participants will be encouraged to take what they learn back to their own professional settings to continue the conversation there and determine appropriate next steps. *This presentation is offered in session three.*

Let's Talk About Diabetes and the 504 Plan: Understanding the Law, Section 504, and the School Nurse's Role

Melissa McHugh, MSN, RN, NCSN and Kristin Critcher, BSN, RN, NCSN

Diabetes and 504 plans for students are a hot topic right now! With technological advances, parents want more and more control of their student's diabetic care at school. The school nurse will have a better understanding of the laws that protect a diabetic student and the difference between the 504 plan and IEP plan. School nurses will participate in discussion regarding what is an appropriate and inappropriate accommodation on a 504 plan. School nurses will have a better understanding of the role they play within the 504 process. *This presentation is offered in sessions one and three.*

Leading Your School Health Team

Trish Hooton MSN, RN and Beth Shook MSN, RN, NCSN

There are several factors that contribute to becoming an exemplary school health program helping to set the standard for others in the region, state and country. This presentation will discuss the components of a strong school health program, giving examples of what various programs have done in North Carolina to set the standard for school health. Participants will break into small groups of six to eight to use an evaluation tool to identify areas of improvement for a school health program presented in a scenario. Each group will develop and present a plan to foster necessary improvements. *This presentation is offered in sessions two and three.*

Often The Only: Homeless Youth and The School Nurse

Pachovia Lovett, MSW

For students experiencing homelessness, school nurses can play a vital role in addressing health needs and improving opportunities to succeed in school. From routine administration of medications and care for bumps and strains to the unexpected emergency, school nurses are often the only health care providers who see these children regularly. Understanding the landscape of homeless students in North Carolina and the connections to chronic illness, nutritional issues, sex trafficking and mental health is vital in supporting the whole child. This session will explore these connections and offer strategies to help meet the health needs of our homeless students. *This presentation is offered in sessions one and two.*

Preventing and Reducing the E-Cigarette Epidemic Among Youth

Jim Martin, MS and Stephanie Gans, LCAS, MSW, NCTTP

This session will review evidence-based and evidence-informed strategies for preventing and treating adolescent tobacco use. Participants will learn strategies for preventing initiation, school-based prevention resources, screening for all tobacco use, engaging youth successfully in a quit attempt based on American Academy of Pediatrics recommendations, and Live Vape Free. *This presentation is offered in sessions one and two.*

Prevention of Sudden Cardiac Death in Schools

Salim Idriss, MD, PhD

This session will discuss causes of sudden cardiac arrest (SCA) in children, signs and symptoms of potentially lethal cardiac conditions, as well as treatment of SCA. The presentation will focus on the prevention of sudden cardiac death in the school and community setting, including the importance of implementing a comprehensive cardiac action plan and availability of automated external defibrillators (AEDs). Project ADAM North Carolina, a school-based initiative to improve response to cardiac emergencies in schools and the community, will be discussed in detail. *This presentation is offered in sessions two and three.*

Reflect and Refocus: Weight Inclusive Approaches to Health in Schools

Anna M. Lutz, MPH, RD, LDN; Diane Beth, MS, RDN, LDN; and Erin Hoffman, MS, RDN, LDN

As we reflect, celebrate and refocus our work in school health, it is an important time to highlight the research on weight bias and weight stigma in schools. The pandemic has increased concern about children's physical and emotional health. Health professionals are concerned about children's weight, as schedules changed during the pandemic. Food insecurity rates have increased from the pandemic and eating disorder rates have more than doubled among adolescents. How do school nurses best support students facing these complex and co-occurring challenges? *This presentation is offered in session two.*

Return to Learn: Supporting Students With Concussion

Ashlee Layton, MEd, NCSP and Jennifer Woods MA, CAS

Maximizing success in the classroom while recovering from a concussion is not an easy task. In this interactive, case-driven session, participants will discuss what a concussion may look like in the classroom, review the components of school board policy SHLT-001, and address barriers to implementation. *This presentation is offered in sessions two and three.*

School Nurse Competencies Reimagined: Strategies for Meaningful Competency Assessment in School Nursing

Julie Doyle, BSN, RN, NCSN; Melissa McHugh, MSN, RN, NCSN; and Stacey Helmandollar, BSN, RN, NCSN

School nurses practice independently in the school setting. Many school nurse supervisors are not in the position to truly evaluate day-to-day competencies of their nurses — because they are not there! This presentation will challenge participants to reimagine clinical competency assessment. The presenter will introduce participants to creative strategies for assessing school nurse competency. The strategies align with the Framework for 21st Century School Nursing Practice and are designed to meet frontline school nurses where they are — at school! Participants will compare and contrast the pros and cons of each strategy and will experience practical examples of each strategy. This presentation is designed to energize school nurses to accept responsibility for their own clinical competency and is ultimately focused on personal and professional development. *This presentation is offered in session two.*

School Nurses and Healthful Living Education: Collaboration, Intersection and Implementation

Donna Daughtry RN-C, BSN; Sarah Blanton, MPH, CHES; Burt Jenkins, MEd; and Susanne Schmal, MPH

School nurses play a pivotal role in the health of a school community. The Healthful Living Standards provide an opportunity for school nurses to collaborate and partner with Healthful Living Coordinators and other school leaders to improve school health and wellness. This session will describe the role of the school nurse in a multi-

tiered model of care, review the Healthful Living Standards, and discuss opportunities for collaboration amongst school nurses, Healthful Living Coordinators and other school leaders. *This presentation is offered in sessions two and three.*

Seizures-Epilepsy: Epilepsy 101

Patricia Gibson, MSSW, DHL

Epilepsy is a condition that reflects an underlying cerebral dysfunction, with seizures being the major symptom of the disorder. It is a common disorder affecting one in 26 people. This course will provide a broad overview of epilepsy, covering both medical and psychosocial aspects of epilepsy, and stressing a comprehensive approach to the care of those with epilepsy. *This presentation is offered in sessions one and three.*

Suicide: Clinical Issues and Application

Sean Pumphrey, MSW, LCSW

In recent times, we have seen issues with suicide and suicide ideation change. With the pandemic, mental health issues have increased to alarming rates. Risk factors and populations of suicide ideation, self-harm and attempt have changed in clinical presentation well as expression of suicide. Those who help on all levels of nursing education, mental health care, medical interventions and supervisors must be able to incorporate the new research and apply these concepts into the profession as well as in the community. *This presentation is offered in sessions one and three.*

Vaccine Hesitation and Refusal

Andrea Biondi, MSN, RN, NNP, CPNP, DNP

This lecture discusses the history of the anti-vaccinator movement over the past century and the current demographics of patients and caregivers who refuse vaccines and those that are hesitant to vaccinate. Many of the vaccine preventable illnesses will be reviewed as well as common myths about the vaccine that prevents that particular illness. Participants will engage in a discussion of techniques to aid in communication with both the vaccine hesitant and those patients and caregivers who refuse vaccinations for themselves and/or their children. *This presentation is offered in sessions one and two.*

We're Different; We're the Same

Tiffany Tyson, DNP, PMHNP-BC, FNP-BC

Like physical health, positive mental health promotes success in life when given the proper tools to achieve growth. This presentation will discuss the inequality among children of color in the school system and identify challenges they experience such as stressful environments, socioeconomic status, housing, immigration status, lack of access to care, and how mental health stigmas affect their social and emotional health and academic performance in school. It will also help school nurses identify what students are at risk, how to communicate with them through case study discussion, recommendations for referral for treatment, and improved inclusion in the classroom to improve student success and future outcomes.

The mental health crisis is at a critical point. Children of color had several barriers before the pandemic, but their mental health needs have become exacerbated since the pandemic. The school setting is where students spend

most of the day and where children and adolescents can begin receiving integrated mental health services and support to begin prevention and intervention. *This presentation is offered in session one.*

What Goes in, Must Come out!

Lisa Atkinson, BSN, RN, NCSN and Christy Ruff, BSN, RN, NCSN

This presentation will discuss the different ways to administer a gastrostomy tube feeding in the school setting such as via pump, gravity, or push. We will also discuss the reasons behind the different methods and give an overview of the different formulas and feedings used. A demonstration of the GT fallout training and re-insertion will be shown. The care and training for different types of colostomy bags will be reviewed, as well as when and how to empty the bag at school. We will discuss what can be delegated with each procedure, the paperwork needed for each, and how to handle emergencies for GTs and colostomies. *This presentation is offered in sessions one and three.*