

# **School Health and Education Partnership**

Longwood University  
July 11-14, 2010



School  
**Health & Education**  
Partnership

Virginia Department of Education  
Office of Student Services

The mission of the School Health and Education Partnership conference is to promote coordinated school health and the partnership that exists between school health educators and school health providers. This conference provides an opportunity for participants to learn together and support each other's roles in the school setting.

The conference is appropriate for teachers, instructional specialists, administrators, school nurses, health assistants, supervisors of health services, counselors, social workers, parents, community-based educators, and related positions.

**Teaching personnel** will receive a certificate of attendance for teacher recertification through their school divisions.

**Health educators** may apply for Certified Health Education Specialist (CHES) recertification credits. You must attend all sessions IN FULL to receive the 18 CHES Category I recertification credits. Sessions eligible for CHES credits are identified at the end of the session's description.

**School nurses and health care providers** will receive a certificate of attendance. CEUs will be offered for up to 18 hours, depending upon course selection and attendance. Participants must attend the entire session to be eligible for credit. The CEU fee of \$10 is payable to VASN at the time of check-out. CEUs will not be available after the conference.

CEUs are being offered by the Virginia Association of School Nurses. This continuing nursing education activity is pending approval by the Virginia Nurses' Association Continuing Education Approval Committee, an accredited approver by the American Nurses Credentialing

Center's Commission on Accreditation.

**All participants must be pre-registered.** The registration fee of \$90 covers conference materials; dormitory housing in ARC, Wheeler and Frazer Halls, **double** occupancy for three (3) nights; three (3) meals per day on Monday and Tuesday; and breakfast and lunch on Wednesday. Participants who commute or stay off-campus will receive lunch on the days of attendance. The \$90 registration fee applies to partial attendance or off-campus registration as well. A very limited number of private rooms are available at an additional fee. Please be aware the university has passed a tobacco-free policy effective June 1, 2008.

**Conference registration forms should be returned to** Michele Orr, P.O. Box 2120, 20<sup>th</sup> Floor, Richmond, VA 23218-2120, or 804-371-8796 (fax) or e-mailed to [Michele.Orr@doe.virginia.gov](mailto:Michele.Orr@doe.virginia.gov). Early registration will be available through May 27, 2010. A \$25 late fee will be assessed for registrations received from May 28 through June 11, 2010. If participants cannot attend and fail to cancel by **June 11, 2010**, the registration fee will not be refunded. Another person may substitute for a participant who is unable to attend. Michele Orr should be notified of substitutions by July 2, 2010.

**Confirmation packets will be e-mailed** by June 18<sup>th</sup>. Please make sure that you provide an accurate and accessible **summer** E-mail address during registration. Please contact our office if you have NOT received your confirmation by June 25<sup>th</sup>. The campus map, university rules and regulations, and helpful tips for dormitory living will be included in your packet. Class confirmations will be available upon check-in. Check-in hours will be 3 p.m. - 5 p.m. on Sunday, July 11,

2010, in the Lankford Student Center. Please note that dinner on Sunday is on your own. Early check-in for those taking the graduate course will be from Noon – 1 p.m. **We are only able to accommodate those registered for the graduate course at early check-in.**

Please note that Longwood University is not a barrier free environment. If you have any questions about access and/or accommodations, contact the Director of Disabilities Support Services, at 434-395-2392 or 800-828-1120 TT Relay. Costs related to accommodations will be assumed by the participant and **MUST** be prearranged. Please note a great deal of walking in hot, humid conditions, is necessary during the conference.

Registration questions should be directed to Michele Orr, [Michele.Orr@doe.virginia.gov](mailto:Michele.Orr@doe.virginia.gov) or 804-786-5703.

Programmatic questions should be directed to Tia Campbell, [Tia.Campbell@doe.virginia.gov](mailto:Tia.Campbell@doe.virginia.gov) or 804-786-8671, or Caroline Fuller, [Caroline.Fuller@doe.virginia.gov](mailto:Caroline.Fuller@doe.virginia.gov) or 804-225-2431.

**Three graduate credit hours will be offered through Longwood University based upon participant interest.** The course will be offered Sunday-Tuesday evenings at a cost of \$792.50 for in-state residents and \$1,999.50 for out-of-state residents. Please contact Elaine Kitchen, 804-692-0194, or [Elaine.Kitchen@doe.virginia.gov](mailto:Elaine.Kitchen@doe.virginia.gov) by **May 27, 2010**, to register for the class or for more information. Participants will receive a confirmation number when they register that should be recorded on the attached registration page.

## Monday, July 12, 2010

7:30 a.m. – 8:30 a.m.

Breakfast

8:30 a.m. – 9:30 a.m.

General Session

**Keynote Address- TODAY MATTERS: Four Daily Practices in Education to Guarantee Tomorrow's Success (Engage + Educate + Equip + Empower = Success) - Marcus Carruthers-** If you will act on the decision to practice these four disciplines in your classroom today, then you will see the compounding results of a day well lived. As a result of integrating these simple principles in your classroom you will inspire your students to maximize their potential today and inspire in their future.

### Participants may choose one (1) day-long session or three (3) breakout sessions.

9:45 a.m. – 5:15 p.m.

Day-Long Sessions

- M01 **Understanding Human Sexuality Today** - *Family Life Education Trainers* - The content of this class will allow the participant to define human sexuality; explore attitudes and values regarding a range of sexuality topics; increase the participants' comfort with teaching about sexuality issues; increase the participants' knowledge of goals and philosophy of sexuality education; identify characteristics of sexually healthy adolescents; and identify age-appropriate classroom content for middle and high school students. *Family Life teachers who have never attended this conference are encouraged to select this class. CHES credits are available.*
- M02 **Dealing with Teen Pregnancy: A Focus on Fatherhood** - *Family Life Education Trainers* - The content of this class will allow the participant to list three or more factors that discourage involvement of young fathers with their children; understand that children benefit from increased involvement with their fathers; identify their personal attitudes and beliefs about young mothers and fathers; list five components of a programmatic approach for increasing responsible fatherhood; and list four program services that young parents need in order to be successful. **CHES credits are available.**
- M03 **Working with Diverse Populations** - *Family Life Education Trainers* - After completing the workshop, participants will be able to list issues or concerns deemed to be sensitive for classroom discussion; increase willingness to analyze and formulate personal views on "sensitive" topics and to increase their comfort in teaching about these issues in the classroom; identify perceptions of how attitudes and beliefs might affect teaching styles; recognize the importance of addressing "sensitive" issues in the classroom; effectively answer three or more questions about "sensitive" issues; and remain nonjudgmental in discussing different values and beliefs. **CHES credits are available.**
- M04 **Family Life and Special Education** - *Elissa M. Howard-Barr Ph.D., CHES, University of North Florida Faculty; Darrel Lang, Ph.D., HIV/AIDS and Human Sexuality Consultant, Kansas State Department of Education Day One* - This highly interactive workshop considers as top priority the need to include special education students in human sexuality education programs. The workshop focuses on both the myths and misconceptions about students with disabilities as it relates to human sexuality education, as well as the history of exclusion and neglect that they have faced on this important topic. Participants will receive a variety of teaching methods/activities that can be modified and adapted. (This is a two day session offered Monday and Tuesday. *Participants must attend both days in order to receive continuing education credit.*) **CHES credits are available.**

9:45 a.m. – 11:45 a.m.

Breakout Sessions

- M05 **General Session for ALL School Nurses-** *Dr. Karen Remley, commissioner of health, Virginia Department of Health; Tia Campbell, school health specialist, Virginia Department of Education-* This session will provide school nurses with current information regarding health trends in Virginia, follow up regarding H1N1 Influenza, and the state of school nursing in Virginia.
- M06 **Family Life Education 101** - *Cathy Hawkins, B.S., M.S., Family Life Educator* - This session will address the skills needed to teach family life education. This session is appropriate for the novice FLE teacher.

- M07 **The LAB: Innovative Education at Work** - *Marcus Carruthers* - This session will demonstrate innovative ways to engage and equip students in the classroom in hopes of enhancing the educational experience. This session will inform, instruct, and inspire the participant to incorporate innovative content that will engage your students and accelerate their learning. Look, listen, and experience innovation in education.

Noon – 1 p.m.

Lunch

1:15 p.m. – 3 p.m.

Breakout Sessions

- M08 **Using Epidemiology to Prevent the Spread of Disease** - *Denise Sockwell, M.S.P.H., Regional Epidemiologist, Virginia Department of Health* - School personnel utilize principles of epidemiology every day to recognize and report the potential outbreak of communicable diseases. This session will provide participants a basic overview of epidemiology, important relationships to develop between schools and the local health department, and a few communicable diseases to watch out for.
- M09 **Promoting Best Practice in School Nursing: How to Design an Effective Poster Presentation** - *H. Marie Chapin, RN, MS, CPNP, Virginia Commonwealth University School of Nursing* - Do you have an innovative idea that you would like to share with other school nurses? Have you considered creating a poster to share your practice? This interactive session will be held in the computer lab so participants can begin to develop an idea and manipulate the components into visual media.
- M10 **The Importance of the Social Determinants of Health: Our Children and Youth** - *Theresa Teekah, Virginia Department of Health* - Is being healthy simply a matter of individual biology, behavior, and medical intervention? This presentation will provide an overview of the forces shaping the health and well-being of youth in our communities. How healthy is your community?
- M11 **Introduction to Social Marketing** - *May G. Kennedy, Ph.D., MPH, Associate Professor and Graduate Studies Director Social and Behavioral Health Department, VCU School of Medicine* - This session will cover the theory behind social marketing, the steps in this process of strategic planning for behavior change, and some online freeware to help you follow the steps. People who attend this session will learn that social marketing goes far beyond public service announcements.
- M12 **Gangs in Our Schools: What You Need to Know** - *Benjamin Anthony, Department of Juvenile Justice* - This session will explore the characteristics of gangs, gang symbols, prevalence of gang activity in Virginia, and the role of the school in diffusing gang activity. The emergence of female gangs will be explored.
- M13 **Implementing Stages of Change in the Classroom** - *Caroline Fuller, MAT, CHES, comprehensive school health specialist, VDOE* - Participants will become familiar with the Stages of Change and develop plans to strengthen classroom management through the implementation of this theory.

3:15 p.m. – 5 p.m.

Breakout Sessions

- M14 **Marketing for School Nurses** - *Session Sponsored and Presented by the School Nurse Institute Partnership (SNIP)* - In the educational setting, the role of the school nurse is often not well understood. This session will help the school nurse to understand what she/he has to market, identify an area of need, identify allies and outline a plan of action. A panel of school nurses will share their experiences and lessons learned when advocating for school health programs and resources. This session is limited to 32 participants.
- M15 **Behind the Scenes: What Happens When You Call 9-1-1** - *John Kormam, ENP, EMD Quality Assurance Coordinator, Fairfax County Department of Public Safety Communications* - Just like you triage and assess patients, so do 9-1-1 call takers using an international system called Emergency Medical Dispatch (EMD). Learn about call processing to make the interaction between you and 9-1-1 optimal in order to improve student health outcomes.
- M16 **Medicaid and Schools: Focus on Nursing, Personal Care Assistants, and the Random Moment Time Study** - *Amy Edwards, Medicaid specialist, Virginia Department of Education and Mary Hall, Medicaid billing specialist, Hanover County Public Schools* - This session will review provider qualifications and documentation requirements for Medicaid billable Nursing Services and Personal Care Assistant services. The Random Moment Time Study requirements and process will be reviewed.

- M17 **Using Technology Tools in School Health** - *Norma Bergey, RN, BSN, NCSN, Chesapeake Public Schools* - Afraid of new technology? Learn how to work with webinars and other technology tools that will be the future trends for communication. This session is limited to 45 participants.
- M18 **Teen Pregnancy Prevention- In These Changing Times** - *Consuela Staunton, BA, MEd. Child and Adolescent Health, Virginia Department of Health* -- Participants will receive an overview of the Virginia Department of Health Teen Pregnancy Prevention Initiative, the National Campaign to Prevent Teen and Unplanned Pregnancy. The media's affect on teen pregnancy will be discussed. Participants will have the opportunity to discuss issues regarding teen pregnancy and prevention
- M19 **Working with school administrators and parents in FLE** - *Cathy Hawkins, B.S., M.S., Family Life Educator* - This session is for the novice FLE teacher. The participant will learn how to avoid common pitfalls in FLE and to work with administrators and parents to create a healthy learning environment for all.
- M20 **Gangs in Our Schools: What You Need to Know** (Repeat of M13)

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5:30 p.m. – 6:30 p.m. Dinner

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7:00 p.m. Reception - Virginia Association of School Nurses

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7:00 p.m. - 9:00 p.m. Pool Open- Willett Hall

## Tuesday, July 13, 2010

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7:30 a.m. – 8:30 a.m. Breakfast

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8:30 a.m. – Noon and resuming from 3:00 p.m. – 5:30 p.m. Day-Long Sessions

- T01 **Understanding Human Sexuality Today** (Repeat of M01) **CHES credits are available.**
- T02 **Strengthening Parent Involvement in Family Life Education** - *Family Life Education Trainers* - The content of this class will allow the participant to identify their current attitudes toward parents as sexuality educators; state positive and respectful attitudes toward parents; identify three concerns that parents commonly express about sexuality education; express increased comfort about communicating with parents about sexuality education; describe an activity to assist parents in communicating with their children about sexuality issues; and identify at least three strategies parents can use to increase communication about sexuality with their children. **CHES credits are available.**
- T03 **Preventing Risky Sexual Behaviors, Drug Use and HIV Infection** - *Family Life Education Trainers*- After completing the workshop, participants will be able to list five characteristics of programs effective in reducing sexual risk-taking; describe one strategy for increasing students' perceived vulnerability to HIV; identify three or more important sexual signals; identify three or more important abstinence messages; and demonstrate an effective style for teaching refusal skills. **CHES credits are available.**
- T04 **Preparing for the Future: Family Planning** - *Family Life Education Trainers* - After completing the workshop, participants will be able to identify five of the twelve basic methods of contraception, including both prescription and non-prescription choices; identify three positive aspects of adoption as a way to deal with an unwanted pregnancy; explain ways sexually transmitted infections, including HIV, can impact family planning; list positive and negative aspects of each form of contraception for family planning and preventing sexually transmitted infections; explain ways their personal attitudes about contraception, specific contraceptive methods, and adoption might impact their teaching strategies in the classroom; and develop and describe a family planning strategy that can be used in the classroom. **CHES credits are available.**
- T05 **Family Life Education and Special Education** - *Elissa M. Howard-Barr PhD, CHES, University of North Florida Faculty; Darrel Lang, PhD., HIV/AIDS and Human Sexuality Consultant, Kansas State Department of Education* - **Day two** - (This is a two day session offered Monday and Tuesday. Participants must attend both days in order to receive continuing education credit.) **CHES credits are available.**

- T06 **School Health Advisory Boards** - *Kathy Hosig, Associate Professor and Discipline Chair for Preventive Medicine and Public Health at Via Virginia College of Osteopathic Medicine, Blacksburg, Virginia*- Participants will be able to identify best practices for the functioning of a School Health Advisory Board, identify components of strong By-laws for SHABs, and identify resources for improving the school health program.
- T07 **School Nurse Coordinators: Everything You Need to Know to Run a Comprehensive School Health Program** - *Gwen Smith, RN, MSN, retired school health specialist, VDOE; Kathy Whitby, RN, BSN, NCSN, school nurse coordinator, Stafford County Public Schools* - What is the role of the School Nurse Coordinator? What type of program do you have? What resources are available to set up and run a comprehensive school health program? Topics of discussion will include leadership, budgeting, and supervision and evaluation of school health employees. This class is a must for new school nurse coordinators!
- T08 **Physical Assessment (Cardiac, Abdominal, Tubes, & Contraception)** - *Elizabeth Morse, RN, CPNP, Department of Juvenile Justice; Marie Chapin, MS, RN, NP, CPNP, VCU School of Nursing; Nancy Thompson, MS, RN, CPNP, IBCLC, VCU Health System; Dyan Aretakis, FNP, MSN, UVA Teen Health Center* - Excellent physical assessment skills are needed for school nurses to meet the health care needs of students. This four-part, interactive session will review the cardiac and abdominal assessment, discuss tubes of all kinds, and provide a comprehensive review of basic methods of contraception. **Participants must bring their own stethoscope.** This session is limited to 60 participants.
- T09 **Ballyhoo! Presenting Building Blocks to Advance the Specialized Practice of Private and Parochial School Nurses** - *Deborah Zeller, RN, BSN, NCSN, Diocese of Arlington; Janet Wright, RN, BSN, Virginia Department of Health; Helen Rebull, RN, BSN, Congressional Schools; Deborah Beirne, BS, Virginia Department of Social Services* - This session provides insights into the basic nuts and bolts that private school health providers need to know for their unique setting. Session topics include scope and standards of practice, legal considerations that affect care decisions, and the detailed aspects of child care in licensed facilities. The teaching panel will interact with the audience to consider new strategies to solve challenging situations that present in the private school health office.
- T10 **Chronic Disease Management: Diabetes & Asthma** - *Deborah Sauve, RN, MSN, CNS, CDE, Carilion Diabetes Management Program; Crystal Jackson, Associate Director, Government Relations & Advocacy, American Diabetes Association; Deb Clark, RN, school nurse, Stafford County Public Schools*- This session will provide a clinical update for school nurses in the management of the two most prevalent chronic diseases experienced by school age children. Topics for discussion include carbohydrate counting, insulin-to-carbohydrate ratios, continuous blood glucose monitoring, asthma action plans in school, HFA inhalers, and asthma triggers.
- T11 **Stewards of Children/Student Assistance Programs** - *Denise Noble, MEd. and Jeanine Harper, MSW, LSW, Greater Richmond Stop Child Abuse Now; Speaker to be Determined, Safe and Drug-Free Schools* - This interactive session educates adults to prevent, recognize, and react responsibly to child sexual abuse and motivates them to courageous action. The broad goals of Student Assistance Programs are to reduce affiliated students' behavioral and disciplinary violations and substance use habits, while improving school attendance and academic performance through referral to appropriate services. This session is limited to 25 participants.
- T12 **BodyWorks** - *Brent Quarles, Fairfax County* - The Office on Women's Health, U.S. Department of Health and Human Services developed BodyWorks to help parents and caregivers of adolescents improve family eating and activity habits. This six hour training will prepare the participant to facilitate the program with parents and caregivers and train other trainers. This session is limited to 20 participants.
- T13 **safeTALK/Internet Safety: Protection thru Education** - *Christina Sloan, Virginia Department of Health; Inv. Stephen Anders, Bedford County Sheriff's Office, Southern Virginia Internet Crimes Against Children (ICAC) Task Force* - safeTALK training is designed to ensure that persons with thoughts of suicide are connected to helpers who are prepared to provide first aid interventions. Prior participants report, "An excellent first step in providing assistance to someone at risk." The ICAC is responding to an increased number of crimes against children. This session will explore on-line chatting, social networking, sexting and texting, online gaming, and safety suggestions.

Noon – 3 p.m.

Resource Fair

Sponsored by the Virginia Association of School Nurses

5 p.m. – 6 p.m.

Dinner

Wednesday, July 14, 2010

7:30 a.m. – 8:30 a.m.

Breakfast

**Participants may choose one (1) day-long session or two (2) breakout sessions.**

8:30 a.m. – 3:15 p.m.

Day-Long Sessions

- W01 **Preventing STDs - Family Life Education Trainers** - After completing the workshop, participants will be able to name five STDs other than AIDS; list the symptoms and treatment for at least four STDs, e.g., Chlamydia, Gonorrhea, Syphilis, HPV, Hepatitis B, and Herpes; identify their current attitudes on adolescent sexual risk taking and adult responses; and describe an activity that they could use in their classroom to teach about these STDs. CHES credits are available
- W02 **Strengthening Parent Involvement in Family Life Education - Family Life Education Trainers** - The content of this class will allow the participant to identify their current attitudes toward parents as sexuality educators; state positive and respectful attitudes toward parents; identify three concerns that parents commonly express about sexuality education; express increased comfort about communicating with parents about sexuality education; describe an activity to assist parents in communicating with their children about sexuality issues; and identify at least three strategies parents can use to increase communication about sexuality with their children. **CHES credits are available.**
- W03 **Dealing with Teen Pregnancy: A Focus on Fatherhood - Family Life Education Trainers** - The content of this class will allow the participant to list three or more factors that discourage involvement of young fathers with their children; understand that children benefit from increased involvement with their fathers; identify their personal attitudes and beliefs about young mothers and fathers; list five components of a programmatic approach for increasing responsible fatherhood; and list four program services that young parents need in order to be successful. **CHES credits are available.**
- W04 **Family Life: The Early Years - Family Life Education Trainers** - Participants will be able to identify at what age they can expect common behaviors related to sexuality development to emerge; develop a draft FLE lesson plan for children in elementary or middle school; name five facts related to young students' physical and emotional development; and process students' questions so as to take advantage of each teachable moment. **CHES credits are available**
- W05 **Family Life Education Panel - Presenters to be determined** - Participants will be able to share best practices and discuss challenges to administering a Family Life Education program.
- W06 **Shaping Policy for Health Competency - Speaker to be Determined** - Participants will become familiar with the policy process. Preview topics include: 1) framing health and social problems in terms of socio-political values; 2) policy analysis tools and interpretation; 3) advocacy strategies and tactics; 4) influencing the bureaucratic rulemaking process; and 5) unique evaluation concerns when shaping policy for health.

8:30 a.m. – Noon

Break Out Session

- W07 **I'm a School Nurse - Now What? - Tia Campbell, RN, MSN, NCSN, school health specialist, VDOE; Jessica Dawson, RN, MSN, NCSN, school nurse coordinator, Henrico County Public Schools; JoAnna Collins, RN, school nurse, Henrico County Public Schools** - Topics of discussion will include school entrance requirements, special education basics, mandated health screening, confidentiality, documentation, and the scope and standards of school nursing practice. This class is a must for new school nurses!

- W08 **How to Navigate the Internet for Reliable Health Information/VA School Health Resource Exhibition - Ruth Smith, MLIS, outreach services coordinator, Edward E. Brickell Medical Sciences Library, Eastern Virginia Medical Center; Janet Wright, RN, BSN, school age health specialist, Virginia Department of Health-** This session will provide attendees with tools to locate free quality sources of clinical and consumer health information. A variety of resources for school health personnel in Virginia will be reviewed. This session will be held in the computer lab so participants may gain first hand experience in locating these resources. This session is limited to 45 participants.
- W09 **What's New in Special Education - Hank Millward, Office of Dispute Resolution & Administrative Services, VDOE -** New regulations governing Special Education programs in Virginia became effective in January 2010. This session will highlight major changes and the role of the school nurse in implementing these regulations. Special emphasis will be placed on Child Find activities and mandated school health screening.
- W10 **Risky Business for Oral Health - Sharon Logue, RDH, MPH -** Oral health can be affected by the "risky behaviors" sometimes chosen by school age children. Learn more about the "risks" of oral piercings/fads, oral health "risks" associated with smokeless tobacco use, and sports injury "risks" from not wearing mouth guards.

Noon – 1 p.m.

Lunch

1:15 p.m. – 3:15 p.m.

General Session for School Nurses

- W11 **Save the First Dance for You - Doris Young, PhD, RN -** Service to humanity is your passion, but your first priority is yourself. Dr. Young presents a proven guide to make your life everything you want it to be so you can always give your very best to everyone else. This session is for nurses who want to redesign their day-to-day work lives and rejuvenate the songs in their hearts and the spring in their steps. At the end of the presentation, participants will receive a copy of Dr. Young's book, *Save the First Dance for You: A Complete Nurse's Guide to Serving Your Profession, Your Patients, and Yourself*. You won't want to miss this inspirational session!

1:15 p.m. – 3:15 p.m.

Break Out Sessions

- W12 **HIV Testing in Adolescents - Amelia Khalil, MA -** This session will provide participants with information regarding laws and regulations of HIV testing in the adolescent population.
- W13 **Evaluating FLE Teachers - Bonnie Conner-Gray -** This session will provide information on the characteristics and competencies needed to be a Family Life Teacher.
- W14 **Health is Academic - Geoff Nenni -** Introduction to Coordinated School Health and its impact on student achievement in a Virginia school. **CHES credits available.**

3:30 p.m.

Adjourn

Evaluation Collection/ Certificate Distribution/ Check-out

Lankford Student Center