

School Health Conference Schedule March 21, 2024

"This Conference is made possible through COVID-19 Public Health Workforce supplemental funding from the Centers for Disease Control and Prevention (CDC), administered by the Minnesota Department of Health (MDH)."

8:00-9:00 AM Check-in/Networking/Light Breakfast

9:00-9:10 AM Opening Statements/Welcome

9:10- 10:15 AM 1st Keynote Speaker Kris Langworthy, Impact Zone Strategies, (In-person-Mankato, Online-Marshall/Rochester)- AAA: 3 steps to Successfully Navigate Stress, Overwhelm and Anxiety (or any other undesired emotion)

10:15 - 10:30 AM Networking/Break

10:30- 11:30 AM AM Breakout Session I

A. Health Topic-

Marshall/Mankato/Rochester- Aubrie Hoover, Northeast Service Cooperative- Mind Gut Connection (virtual)

Rochester-PH Moua and Angie Laack (SHIP)-Curious about youth vaping, alcohol, cannabis, and other substance use? Attend this session to learn the facts and how to help young people.

B. Mental Health Topics-

Marshall- Ashlie Wubben, Hannah Maanum, Brittany Schmalz- Regional SHIP Coordinators- Statewide Health Improvement Partnership (SHIP) & School Partnership

Mankato- KK Myers, LiveMore ScreenLess-Building Community, Conversation, and Connection: A Path toward Digital Wellbeing

Mankato-Allie Taylor- Brightworks-Identifying Core Values and the Importance of using those values to Guide and Understand Emotional Literacy and Effective Boundary Setting.

Rochester- Amy Webster, LiveMore ScreenLess- Building Community, Conversation, and Connection: A Path toward Digital Wellbeing

11:30-12:30 PM Lunch- *Is provided at each site. Paid for by Medica.*

12:30 PM – 1:35 PM 2nd Keynote Speaker Amy Theisen Walz, You're Not Alone
(In-person-Rochester, Online Marshall/Mankato) Fetching Into the Future- animal assisted intervention

1:35 - 1:45 PM- Networking/Break

1:45-2:45 PM Breakout Session II

C. Nurse/Health Topic-

Marshall- Karen Graf, NASN-Make Each Day Count: Working Together to Support School Attendance and Mental Health

Mankato- Jamie Finke, American Lung Association, Kaley Hernandez, SHIP Coordinator, Human Services- Let's Talk Commercial Tobacco and Vaping - history of commercial tobacco, the latest developments in vaping, and the emerging connection to mental health. Walk away equipped with ideas and resources to help you address issues of e-cigarettes and vaping.

Rochester- Liz Johnson, Chelsey Skogen- American Lung Association- Let's Talk Commercial Tobacco and Vaping - history of commercial tobacco, the latest developments in vaping, and the emerging connection to mental health. Walk away equipped with ideas and resources to help you address issues of e-cigarettes and vaping.

D. Mental Health Topics-

Marshall- Karen Graf, NASN-Make Each Day Count: Working Together to Support School Attendance and Mental Health

Mankato- Karen Graf, NASN- (virtual)- Make Each Day Count: Working Together to Support School Attendance and Mental Health
Mankato- Mankato- Caroline Mccourt, CLC/PH planner, Cierra Thibert, Kristen Friedrichs - SHIP- Building resilience: how partnering with SHIP can complement your efforts.

Rochester- Amy Theisen Walz, You're Not Alone- Follow up Fetching into the Future-animal assisted intervention

2:55- 3:05PM Wrap-Up/Conference Evaluation/CEU's/Goodbye

****Optional time for CoP's to meet at the end of the day?
2:45-3:45?**

*****CEU TOTAL = 4 HRS (DOWN FROM 5 Previous year)*****

THANK YOU FOR ATTENDING

(We appreciate everyone who made this conference possible)

