Presbyterian congratulates our 2013 Nursing Excellence Awards nominees. Presbyterian’s nominated nurses exemplify the very best in nursing. Their commitment to quality, demonstrated through clinical expertise and compassionate care, is inspiring. We appreciate their recognition and responsiveness to the patient's totality of health – body, mind and spirit. They lead Presbyterian to high performance through excellence, innovation, teamwork and trust.

We thank you for your continued commitment to delivering exceptional care to the patients and members we serve.

Your story is our story.

- Anna Luna
- Brenda Minton
- Brian Nichols
- Briana Castillo
- Cara Curtiss
- Catherine Garofali
- Cathy Baum
- Cheri Warren
- Cheryl Hauge
- Cheryl Marita
- Christina Rodriguez
- Darlene Dilley
- Deborah Elaine Simon
- Deborah Goldstein
- Donna Agnew
- Edna Esquibel
- Grizel Garcia
- Jane Gulley
- Jaren Gravagne
- Jeannette MacQuigg
- Jennifer Landman
- Jennifer White
- Joli Martinez
- Judy Sanchez
- Kate Nelson
- Kelly Dunbar
- Kimberly Guarino
- Kimberly Lopez
- Kristin Berg
- Laci Cruz
- Maryanne Morelos
- Melissa Salazar
- Nancy Valdez
- Pam Mares
- Patricia Bandy
- Rebecca Garcia
- Rebecca Gurule-Lovato
- Rebecca Riser
- Stephanie Bubbico
- Stephen Samoei
- Sue Semenczuk
Thank you to our breakout session presenters who provided their time and expertise to bring you the quality programming you receive at Head to Toe.

Conference Advisory Board
Please join us in thanking the conference advisory board for dedicating their time and expertise to ensuring the programming at Head to Toe is valuable and engaging:

- New Mexico Department of Health, Office of School & Adolescent Health
  - Yolanda Montoya Cordova, MSW, Director
  - Anna Curtis, MA, School Mental Health Advocate
  - Amilya Ellis, MPH, LMSW, Behavioral Health Consultant
  - Jim Farmer, MPH, Health Services Manager
  - Cynthia Greenberg, RN, BSN, MSN, NCSN, State School Health Nurse Consultant
  - Laura Mandabach, RN, BSN, MSN, School Health Advocate
  - Tess Medina-Lucero, MPH, Adolescent Health Coordinator
  - Kristin Oreskovich, School-Based Health Center Clinical Operations Manager
  - LeeAnn Roberts, Rural Primary Health Care Act Program Manager
  - Winona Stolzlaus, MD, State School Health Officer
  - Rebecca Trujillo, School Health Advocate

- Albuquerque Public Schools
  - Laura Case, MSN, Director of Nursing
  - Leslie Kelly, MA, LPC, Director, Counseling Services

- Envision New Mexico
  - John Martinez, Program Specialist

- NM Alliance for School-Based Healthcare
  - Patsy Nelson, MA, BSN, Past President
  - Nancy Rodriguez, Executive Director

- New Mexico Children, Youth and Families Department
  - Michael Hock, Program Manager, Community & Behavioral Health Services

- New Mexico Public Education Department
  - Gabrielle Aboussleman, MPH, HIV/STD Prevention Education Coordinator

- Kesselman-Jones, Inc.
  - Laura Kesselman, President

- Molina Healthcare
  - Anthony Martinez, Director, Community Outreach

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THE EIGHT COMPONENTS OF COORDINATED SCHOOL HEALTH

The Healthier Schools New Mexico - Coordinated School Health Approach, illustrated by the yucca plant, provides a programmatic framework for student learning. The focus is on the blossom, the healthy and successful student. The tap root is the family without which children cannot thrive and grow. The other roots represent the responsibilities culture, education, public services, media, community, and businesses have in producing healthier students. The root system is the nurturing network, which supplies the resources and energy for the yucca to grow. The leaves, which represent the eight components of coordinated school health, symbolize the daily opportunities schools have to interact with children on health-related issues, of which there are many.

The Head to Toe Conference provides learning opportunities in many of these areas, and you will see icons representing the components throughout the brochure. New Mexico schools and communities can improve student learning by decreasing barriers and addressing unmet social, emotional and physical needs of students.

ACKNOWLEDGMENTS

Thank you to our breakout session presenters who provided their time and expertise to bring you the quality programming you receive at Head to Toe.

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The Eight Components of Coordinated School Health

- Health Education & Life Skills
- Staff Wellness
- Nutrition
- Health Services
- Physical Education & Activity
- Healthy & Safe Environments
- Family, School & Community Partnerships
- Social & Emotional Well-Being
Welcome to the 18th Annual Head to Toe Conference!

We are delighted with the keynote presentations and workshops this year, and we are positive you will leave with several new ideas, resources and tools to help you create a culture of health for your schools, communities and families. The Department of Health – Office of School and Adolescent Health is pleased to be a premier sponsor of this annual event. We are committed to ensuring New Mexico’s school health personnel, including school nurses, health assistants, social workers, behavior health providers and health educators, are on the cutting edge and leading the nation in changing health outcomes for our youth. We truly appreciate the dedication and commitment you all bring to the field; more importantly, we applaud your interest in learning and keeping current on school and adolescent health topics. Be sure to stop by the exhibit table for the Office of School and Adolescent Health (OSAH) and introduce yourself to the team.

Sincerely,

Yolanda Montoya-Cordova, Director
Office of School & Adolescent Health
getting the best return on investment for your time and money

1. HAVE A PLAN
Think about what you want to accomplish during the conference. This could be information you want to learn, skills you want to improve, questions you want answered, people you want to meet, resources you want to learn about. Write down these goals and hold yourself accountable for them at the end of each day.

2 LEAVE WORK AT WORK
With today’s technology it is getting more and more difficult to be “away.” Responding to calls during the breaks or lunch makes you inaccessible for networking. Checking e-mail during the sessions distracts you from hearing the important information being relayed or actively participating. By not being 100% present at the conference you are greatly reducing your return on investment. Tell your colleagues you can’t be disturbed, but will check your e-mail at designated times.

3. BE ENGAGED
Raise your hand, volunteer, ask questions, participate in activities. Take an active role in your learning and your experience. If you are with a group from your office, know when to separate from them and when to use the time to build relationships.

4. THE CONFERENCE DOESN’T END AT THE END
Revisit your notes and action items. Don’t let all the knowledge you obtained disappear in a folder. If you promised to follow up with someone, do it. Share the information you learned in a staff meeting or special presentation.

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Now you see it, now you don’t! Your lanyard isn’t just a way to hold your name tag. It’s also a flash drive! Don’t be caught without your data ever again. The drive, located in the clip, has been preloaded with materials provided by the speakers in advance of the conference. Additional materials may be found on the conference website.

EVALUATIONS:
Please complete the individual workshop evaluations handed out in the sessions and the general conference evaluation, which can be found in your registration packet. Your valuable feedback will be provided to presenters and will assist in planning for next year.

LOST AND FOUND:
Items found during the conference will be taken to the registration desk. If not claimed by the end of the conference, the items will be turned over to the Hotel Albuquerque. After the conference, call (505) 843-6300 to inquire about lost items.

RECEIPTS:
A conference receipt can be printed from your online registration profile. Using the registration link on the conference website, log into the system using the e-mail you registered with and password you created. If a general certificate of attendance is needed (not for continuing education), pick one up at the end of the conference from the registration desk.

HANDOUTS:
Most PowerPoint presentations are available on the event website or the thumb drive provided on the clip of your lanyard. There are no printed handouts, unless brought by the speaker, and not all presenters provided their information in advance of the conference.

Hotel Albuquerque Information
ATMs: Located next to registration in the west atrium.

CHECK OUT: The hotel checkout time is 12:00 noon; please plan your morning accordingly. The front desk will store any items you may not want to leave in your vehicle. Please do not bring luggage to meeting rooms.

DINING: The hotel’s restaurant, Garduños, is open from 6:00 am - 11:00 pm. The Qbar, one of Albuquerque’s more popular night spots, is open from 4:30 - 11:00 pm.

SAFETY: Be aware of emergency exits and the path from your room to the closest stairwell. In case of fire, do not use the elevator. Knock on the door? Don’t open it unless you know who it is or have been notified by the front desk that a staff person is coming to your room.

STAYING ACTIVE: Take a swim in the hotel’s full-size swimming pool, or soak in the outdoor jetted hot tub. The pool hours are 7:00 am - 10:00 pm. Enjoy the hotel’s fitness facilities from 7:00 am - 10:00 pm.

GIFT SHOP: Looking for some gum, over the counter medicine or other “sundry.” The hotel gift shop is open 7:00 am - 10:00 pm. There is also a Walgreens two blocks away on the corner of Rio Grande and Central.

INTERNET: Sleeping rooms include complementary in-room Wi-Fi. There is also free WiFi in the meeting rooms.

SOCIAL MEDIA:
Love social media? Post using #H2T14 to see what other attendees are up to!

CEU TRACKING FORM:
A customized CEU tracking form has been included in your registration packet. To receive credit, you must initial the form verifying your individual session attendance. If you change sessions, a space has been provided for you to write in the name of the session you actually attended. Nurses are also required to complete post-test questions for each session; space is included on your tracking form for this information. A PowerPoint slide with the breakout session post-test question will be shown on the screen at the conclusion of each session. Turn your tracking form in with your completed evaluation at the close of the conference to receive a certificate of completion for CEUs.

EvaLuations:
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Yesterday, during the preconference, seven teams of students from schools throughout the state met to network, build leadership skills and gain knowledge from their peers who are actively promoting adolescent health and wellness in their communities. The NM Department of Health, Office of School & Adolescent Health (OSAH) sponsored these youth teams who have agreed to take the health information back to their school or community.

On Wednesday, we are very excited that three of these teams are presenting sessions at the Head to Toe conference.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 - 8:00am</td>
<td>**REGISTRATION</td>
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<tr>
<td>8:00 - 8:15am</td>
<td><strong>COMING OUT STAR ACTIVITY</strong> - Alvarado A - E</td>
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<td>8:15 - 9:30am</td>
<td><strong>KEYNOTE PRESENTATION</strong> - A Stranger in Someone Else's House - Alvarado A - E</td>
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<tr>
<td>9:30 - 10:00am</td>
<td>**BREAK</td>
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<tr>
<td>10:00 - 11:00am</td>
<td><strong>BREAKOUT SESSIONS</strong> #33 Immunizations: Protecting New Mexico Children - Chapel</td>
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<td></td>
<td>#34 What Language Does Your Student/Patient Hurt In? A Perspective</td>
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<td></td>
<td>On The Health of NM's Indigenous Youth - Turquoise</td>
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<td></td>
<td>#35 QPR Gatekeeper Training for Suicide Prevention - Alvarado G</td>
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<td>#36 Effectively Engaging Young Fathers - Alvarado F</td>
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<td></td>
<td>#37 Conquering the Challenges to Change - Franciscan</td>
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<td></td>
<td>#38 Child Sexual Abuse: What It Is and What You Can Do About It - Weavers</td>
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<td></td>
<td>#39 Minimizing School Infection Risks for Children with Disabilities -</td>
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<td></td>
<td>Fireplace</td>
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<td>#40 Creating an Inclusive Safe School Environment - Alvarado H</td>
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<td>11:00 - 11:15am</td>
<td>**BREAK</td>
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<tr>
<td>11:15am - 12:15pm</td>
<td><strong>BREAKOUT SESSIONS</strong> #41 Finding the Translator: Engaging Mental Health Agencies - Weavers</td>
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<td>#42 Aiding the Student with Asthma - Chapel</td>
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<td>#43 QPR Gatekeeper Training for Suicide Prevention - Alvarado G</td>
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<td>#44 Sex, Love and Rock a BABY! Dreams to Reality for Teen Parents</td>
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<td>#45 So, What Do I Call You? Achieving Transgender Cultural Competency</td>
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<td>#46 Partnering With Parents for Positive Student Outcomes - Franciscan</td>
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<td>12:15 - 1:30pm</td>
<td><strong>LUNCH</strong> - Alvarado A - E</td>
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<tr>
<td>1:30 - 2:45pm</td>
<td><strong>BREAKOUT SESSIONS</strong> #49 Coordinating Individual Health Plans for Students with Developmental Disabilities - Alvarado G</td>
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<td>#50 Super Allies: Supporting LGBTQ Students - Alvarado H</td>
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<td>#51 Preventing Suicide in Native Families - Fireplace</td>
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<td>#52 Kids Having Kids: Strategies for Helping Expectant and Parenting Teens - Weavers</td>
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<td>#53 Changing the Conversation about Mental Illness - Chapel</td>
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<td>#54 The Generation Rx Initiative: Preventing Prescription Drug Misuse and Abuse - Alvarado F</td>
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<td>#55 Playing Their Way to Health: New Media and Youth Health Literacy</td>
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<td></td>
<td>#56 The Empathy Revolution - Franciscan</td>
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<td>2:45 - 3:00pm</td>
<td>**BREAK</td>
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<tr>
<td>3:00 - 4:15pm</td>
<td><strong>BREAKOUT SESSIONS</strong> #57 Filling the Nurse’s Toolbox in Constructing a Well Built IEP - Alvarado G</td>
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<td>#58 Understanding and Preventing Bullying - Alvarado H</td>
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<td>#59 Not Another Life to Lose! - Fireplace</td>
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<tr>
<td></td>
<td>#60 “You May Be Excused”: Implementing New Policies for Expectant and Parenting Students - Weavers</td>
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<tr>
<td></td>
<td>#61 Changing the Conversation about Mental Illness - Chapel</td>
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<tr>
<td></td>
<td>#62 The Generation Rx Initiative: Preventing Prescription Drug Misuse and Abuse - Alvarado F</td>
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<tr>
<td></td>
<td>#63 Tools to Engage Youth - Franciscan</td>
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<tr>
<td></td>
<td>#64 Do Your Protocols Measure Up? - Turquoise</td>
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<tr>
<td>4:15pm</td>
<td><strong>CEU DISTRIBUTION</strong> - Alvarado A - E</td>
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</table>

Their peers will attend these workshops and the general session, alongside conference attendees. Please note that the youth breakout sessions had limited capacity and were filled to the maximum during the attendee registration process. Young people are valuable partners who can relay vital health information to their peer. We know youth are more open to learning from their peers, however making sure it’s accurate information is key. OSAH is dedicated to promoting the positive youth development approach, which recognizes youth as leaders of today and the importance of youth-adult partnership. Together we can contribute to a healthy New Mexico.
Wednesday, April 30, 2014

7:00 - 8:00 am
Registration | Breakfast | Visit Exhibits - Atrium

8:00 - 9:30 am
Opening Ceremony | Keynote Presentation: Coordinated School Health: What it Means to Me - Alvarado A – E
FEATURING: Yolanda Montoya-Cordova, Director, NM Department of Health, Office of School and Adolescent health; Kathy Chavez, HR Administrator; Laura Conley, Parent; Justin Cordova, Student; Carney Guana and the Guana Family, Student/Parent; Jose Lovato, Health Education Teacher; Idalia Martinez, Young Adult; Kristin Oreskovich, Parent; Lisa Patch, School Nurse; SPECIAL GUEST: New Mexico Department of Health Cabinet Secretary Retta Ward

9:30 - 10:00 am
Break | Visit Exhibits - Atrium

10:00 - 11:00 am
BREAKOUT SESSIONS

#1 School Suicide Postvention and Response - Franciscan
Learn best practice guidelines in crisis planning for schools or districts and the role of administration, staff/faculty, crisis teams, community mental health resources, and parents. Explore the National Association of School Psychologists’ PREPaRE crisis curriculum model which provides training for school personnel in crisis prevention, preparation, intervention and recovery procedures and defines roles and responsibilities for crisis team members. Discover ways to incorporate community resources to maximize mental health resources, strengthen the safety net, and streamline on-site referrals and follow-ups in postvention services.

Amanda Askin, MS, School Mental Health Advocate, New Mexico Department of Health, Office of School & Adolescent Health; Twila Becenti-Fundark, LISW, School Social Worker, Mesa Alta Middle School

#2 Taking the Scary out of Vision and Hearing Screening - Alvarado F
Do you know what to look for during screenings? Need direction on when to refer and follow-up? Gain useful vision and hearing screening tips to help improve the accuracy of your results.

Laura Case, MSN, Director of Nursing, Albuquerque Public Schools; Cheri Dotson, RN, BSN, MA, Lead Nurse, Santa Fe Public Schools

#3 Stand-Up for Kindness - Alvarado H
I pledge to speak in a kind way
And to help others throughout my day.
I will not harm others with words or deed
And I will stand up when there's a need.

This is the Kindness Pledge, and the core concept of a community-wide bullying prevention initiative. Student members of Santa Fe’s Student Wellness Action Team (SWAT) Program demonstrate their peer education lesson – Stand Up For Kindness: Bystander to Upstander. Explore the dynamics of bullying in a school setting (e.g. how does it feel to be bullied? why do people bully?) and discover what it takes to become an Upstander. Participate in a discussion about the power of kindness, solutions for dealing with bullies, and how to move youth from Bystanders to Upstanders.

Debra Bryant, Bullying Prevention Specialist and Phil Lucero, SWAT Program Coordinator, Santa Fe Public Schools

#4 They’re Driving (B)us Crazy - Fireplace
As we strive for consistency throughout the school setting, a crucial step is often missed – the role of the school bus driver. While schools may promote positive behavioral approaches to dealing with students, drivers are typically left on their own. Drivers are one more set of eyes and ears keeping students safe; they may also be the first adult a student speaks to in the morning and their attitude and actions can
shape the entire day. Moriarty Edgewood School District staff and their transportation supervisor are bridging the gap between bus rides and school days. Drivers are taught positive methods of interacting with students, de-escalation techniques, how to deal with bullying and appropriate ways to set limits. This resulted in a 38% decrease in discipline referrals in a year. Through examples and innovative methodology, learn how to develop positive relationships between drivers, students and school staff.

Lisa Kasman-Schlosser, LISW, Behavior Integration Specialist, Moriarty Edgewood School District; Sandy Orne-Adams, MA, LPCC, NCC, School Counselor, Route 66 Elementary; Craig Sadberry, MA, Former Transportation Supervisor, Moriarty Edgewood School District

#5 Youth Leadership in Community Coalitions - Potters
Community coalitions provide wonderful opportunities for youth leadership development, fostering community engagement and community/school collaboration. How can we encourage youth to actively participate, and how can we help adult members of the coalition to accept and treat youth as equal partners? High school student representatives from the Northern Rio Arriba Communities Health Coalition (NRACHC) share their process, strategies and experiences, and demonstrate their leadership abilities as they discuss the program, strategies to involve and sustain youth memberships, and cultural implications.

FACILITATORS: Maxinne Daggett, Preventionist and Patricia Serna, Executive Director, North Central Community Based Services. PANELISTS: Damonica Alderette, Facilitator; Russell Casados, Healthy Eating/ Active Living committee member; Christopher Dominguez, Legislative committee member; Tomas Ortegon, Legislative committee member; Jennifer Lynn Perez, Member; Jeanette Varela, Chair, Parents Who Host Subcommittee, North Central Community Based Services

#6 Start Talking About Healthy Relationships - Alvarado G
Each year, nearly 1.5 million high school students nationwide experience physical abuse from a dating partner. The repercussions can be severe, including increased rates of drug abuse, eating disorders, high-risk sexual behaviors and even suicide. It’s time to Start Talking! Start Talking is a new web based, interactive curriculum designed to encourage students to begin conversations and take an active role in creating positive changes in their relationships, schools and communities. Engage with key components of this curriculum, which meets National Health Education Standards and is part of a four-state initiative developed by Loveisrespect, a partnership between the National Domestic Violence Hotline and Break the Cycle.

Jasmine Ceja, National Youth organizing Manager, loveisrespect, Break the Cycle

#7 Children Have Rights, Too! - Weavers
There are times when young people need legal assistance to overcome barriers to their healthy growth and development. School health personnel must be able to identify these situations to help children find the resources they need. Explore the legal rights of children and youth in a variety of areas: access to health and mental health services, education and public benefits, and their right to keep their personal information confidential. Learn about the rights of children and youth in custody disputes, the consequences of running away, and how youth living independently can become emancipated. Engage in analyzing various scenarios where the well-being of children and youth is challenged due to legal obstacles, and receive information about ways in which you can assist them.

Elizabeth McGrath, JD, Executive Director/Attorney and Grace Spulak, JD, Staff Attorney, Pegasus Legal Services for Children

#23 Intuition as a Safety Resource - Turquoise
This session was originally scheduled at 1:30 pm
Physical and sexual assaults are perpetrated most often through manipulation and coercion rather than physical force alone, and our intuition often sends signals when someone is trying to manipulate us. Those of us who help others may experience vicarious trauma, which can make it difficult to tune in to our intuitive sense instead of bias or paranoia. With the use of interactive exercises, storytelling and humor, this serious topic will be lightened. Learn how socialization and media affect how we react in threatening or dangerous situations; assess threat and/or safety; explore barriers to listening to or responding to intuition – our own and others’; and learn how to reduce fear and stay safe. Gain strategies and concepts you can share with others, and use in advocating for students.

Alena Schaim, IMPACT Personal Safety
11:15 am - 12:15 pm

**BREAKOUT SESSIONS**

**#9 Teens and Sex Slavery - Fireplace**

Trafficking is a crime of exploitation. Domestic minor sex trafficking (DMST) is the commercial sexual exploitation of American children within US borders. It is estimated that at least 100,000 American juveniles are victimized through prostitution in America each year. One manifestation of DMST involves a trafficker/pimp who poses as a "boyfriend" who builds a romantic relationship with the youth. This workshop provides information on the DMST victim profile, the relationship between the victim and the trafficker/pimp, including the calculated and methodical stages of how the trafficker establishes trust, and psychologically and physically bonds with the victim. **Kari Meredith, Former Teen Dating Violence Project Coordinator, on behalf of the NM Attorney General's Office**

Presented by **NEW MEXICO DEPARTMENT OF HEALTH**

**#10 E-cigarettes, Hookah, Little Cigars, Oh My! How to Address Emerging Tobacco Products | REPEATED - Turquoise**

Do your students know more about new tobacco products than you? What do you know about e-cigarettes, hookahs and little cigars? Electronic cigarette use by youth has risen dramatically in the past two years alone. School administrators, health professionals and teachers are confronted by an ever-changing array of tobacco products used by, and brought to school by students. Receive information about current data on the new and emerging tobacco products youth are using most often, and their effects on health, behavior and education. Improve your ability to talk with students about the risks of usage, and learn how to use tools from the NM Tobacco-Free Schools Toolkit.

**Janine Corinne, MPH, Coordinator, NM Tobacco-Free Schools Project; Shelley Mann-Lev, MPH, Director, NM Tobacco-Free Schools Project, Santa Fe Public Schools**

**#11 Gun Access and Suicide Prevention - Alvarado H**

Learn strategies to suicide-proof your communities through reducing lethal access, the power of peer education, and positive adult partnerships. Engage in an interactive workshop, hear directly from youth. Learn how to positively support young people during difficult times, the signs of suicide and how you can take action in your community. GASP (Gun Access & Suicide Prevention) is a youth led suicide prevention campaign, with a specific focus on the intersections of gun safety, gun access, and suicide prevention.

**FACILITATOR: Rosie Garibaldi, Racial Justice Coordinator, NM Forum for Youth in Community, NM Youth Alliance. PANELISTS: Leslie Alvarado, Kateri Daw, German Gonzalez and Kaylee Pesina, Peer Educators, Gun Access & Suicide Prevention**

**#12 Transforming Schools through an Upstander Culture - Potters**

Schools should be a place for educational development and emotional growth, not a place where the perpetration or acceptance of sexual violence is the social norm. The field of violence prevention is evolving, new strategies are being implemented, and youth need to be engaged in creating change – now, more than ever. Explore Upstander intervention strategies that can transform a school climate, enabling students to support each other, succeed and thrive.

**Bianca Villani, Prevention Education Coordinator, Rape Crisis Center of Central New Mexico**

**#13 The Faces of Bullying - Franciscan**

A bully used to just be a mean kid taking someone's lunch money. Today they show up in classes, online encounters and on social networking sites; this behavior has become more the norm than an occasional occurrence. The documentary film "Bully" reports that more than 13 million American kids will be bullied this year, and 3 million students are absent each month because they feel unsafe at school. Statistics tell one side of the story; personal narratives tell another. This presentation puts a "face" to these stories, and is designed to foster conversation among education, health and mental health professionals. Examine the prevalence and types of bullying, consequences, and effective strategies for dealing with these behaviors.

**Patricia Dobson, PhD, Department Chair/Assistant Professor, Eastern New Mexico University; Wayne Keith Head, LISW, Social Worker/School Counselor, Clovis Municipal Schools**
#14 SHAC Showcase: Motivating Students Toward Health - Alvarado F
Learning and adopting healthy behaviors can insure a student’s well-being, provide skills and strengths that can last a lifetime, and support a wholesome school environment. However, adolescents are susceptible to high-risk behaviors, and these are prevalent in New Mexico. A local School Health Advisory Council (SHAC) is a valuable strategy for strategically engaging students in creative, experiential ways. Wilson Middle School students and community school staff will introduce you to the highly effective initiatives of Wilson’s multicultural SHAC, including their successful SHAC-a-thon, focused on physical activities and health education. Catchy youth-created graphics and language, as part of the Youth Health Literacy Project, put health care messaging in a completely new light.

Janyce Cardenas and Benigno Vasquez, Community Engagement Coordinators, Youth Development Inc., Elev8 NM

#15 The Lowdown on Getting High: Educating Parents about Substance Abuse - Weavers
Parents need to know more about what their children aren’t telling them. New Mexico has one of the highest rates for drug and alcohol use among teens, and parents are often unaware of current trends in substance abuse in their community. Join us to find out how and why Parent Education Nights can be a valuable resource. Explore drug and alcohol issues our kids face based on data from school health offices, school resource officers, the NM Children, Youth and Families Department, Juvenile Probation, and the Juvenile Services Center. Learn methods and strategies you can use for developing Parent Education Nights through collaboration with school and community partners. Review portions of these educational sessions, and leave with new ideas about informing parents on teenage substance abuse trends and empowering them to get the help they need for their children.

PLEASE NOTE: Images may be disturbing due to graphic nature of presentation.
Michele DeLese, MA, School Resource Officer Coordinator, Farmington Police Department; Cathy McDonald, RN, BSN, Nursing Coordinator, Farmington Municipal Schools; Traci Neff, BA, Juvenile Facility Administrator, San Juan County Juvenile Services Center

#16 Ethics in Mental Health Mentoring: FERPA and HIPAA - Alvarado G
Mental health problems affect about 20% of all children, and disrupt their ability to function well at school. Good communication between students, their families and providers of education, health and mental health is critical to providing the best possible care for students with mental health issues. However, facilitating this may be at odds with their rights to privacy and autonomy. Review the fundamental principles of ethical practice as they relate to negotiating federal and state laws governing educational (FERPA) and health (HIPAA) records, as well as the distinction between student and parental consent, assent and dissent. Case examples are used to help create collaborative plans for advocating for the mental health needs of students.
Avron (Avi) Kriechman, MD, Child, Adolescent and Family Psychiatrist and Shawn Sidhu, Psychiatrist, University of New Mexico

12:15 - 1:30 pm
Lunch - Alvarado A - E

1:30 pm - 2:30 pm
BREAKOUT SESSIONS

#17 School Violence - Franciscan
Violence in school settings has been an all too common occurrence in the media. It seems as though every few months there is a tragic event resulting in serious harm or even death to members of the student body. Less severe forms of violence such as cutting and bullying are highly common and take place frequently across campuses nationwide. Examine the role of mental health providers in the context of a violent school incident. Explore the breadth of potential responsibilities for mental health providers, effective communication and leadership skills in crisis, obstacles to providing such leadership, some helpful hints for parents, techniques to address children in a developmentally appropriate way, delivery of bad news, normal and pathological responses to trauma, and strategies to enhance community resiliency.
Avron (Avi) Kriechman, MD, Child, Adolescent and Family Psychiatrist and Shawn Sidhu, Psychiatrist, University of New Mexico
#18 E-cigarettes, Hookah, Little Cigars, oh my! How to Address Emerging Tobacco Products | REPEATED - Turquoise

Repeat of session #10, 11:00 - 11:15 am.

#19 “Talk About It.” – A High Impact, Low Cost Campaign Can Reduce Youth Suicide Campaign - Alvarado H

You have enormous power, so it is time to harness your collective influence! It is pretty easy – and more fun than you might imagine. Sharpen your helping skills and put your creative minds to work developing a “Talk About It” campaign that increases help-seeking and reduces mental health stigma. Keeping it all inside and the perceived shame of asking for help are the deadly duo that contributes strongly to the high youth suicide rate in New Mexico. Leave with an action plan to implement a no/low-cost, high-impact campaign complete with the support and tools to make it fun and easily doable.

JoAnn Sartorius, LISW, Consultant, Trainer, Program Manager, Programs for Adolescents

#20 No Means NO: Assessing our Schools’ Response to Sexual Assault - Fireplace

Sexual assaults are not crimes of passion; they are crimes of violence and power. The aftermath can be as much of a crisis as the event itself; victims feel afraid, ashamed, confused and depressed. In New Mexico, 30% of the people who are sexually assaulted are between the ages of 13 and 18. Identify the need for youth-focused sexual assault services in our communities, assess primary prevention and awareness tools and strategies, and evaluate sexual assault campus response options for your school. Receive educational resources for promoting healthy relationships and collaborating successfully with local agencies that can assist your school in developing a sexual assault response team.

Isaac Duran, MA, Youth Services Director and Luis Polo, BA, No Means NO Program Facilitator, Center Against Family Violence

#21 Culture, Suicide and Youth at Risk - Alvarado F

With suicide on the rise in New Mexico, we are finding that populations who have traditionally not been widely impacted by youth suicide are experiencing disproportionate increases in suicide rates. Despite vast amounts of data on suicide in general, not much information focuses on minority populations. Consider often overlooked cultural factors when working with youth experiencing suicidal thoughts or at risk of suicide. Review the research behind the culture and dynamics of suicide. Explore how to help professionals incorporate cultural factors into their prevention and intervention efforts.

Ashley Swanson, LISW and Mike Tattershall, LISW, Social Workers, Roswell Independent School District

#22 Stepping Into Literacy | REPEATED - Potters

It is not dancing, or marching, it is stepping as a means to academic achievement and wellness. Stepping uses the body as an instrument to create intricate rhythms and sounds through a combination of footsteps, claps and spoken words, and it is a part of America’s artistic and cultural heritage. Not just idle play, stepping teaches teamwork and facilitates bonding. It has been shown to have legitimate neurological value, improving motor, cognitive and expressive skills. Have fun in this instructive “jam session,” discovering how the simple acts of stepping and clapping result in surprising positive physical and psychological effects.

Amina Bilal and Cecilia Trujillo, Teachers, Taos Municipal Schools

#23 Intuition as a Safety Resource - Weavers

Due to a conflict in the presenter’s schedule, this session has been moved to 10:00 am. See description on page 7.

#24 The Basics of Healthy-Weight Living - Alvarado G

Losing weight is a national pastime. Americans spend more than two billion dollars every year on diet products, yet obesity has still taken on epidemic proportions. Learn to separate diet fact from fiction, and design a healthy-weight plan to fit your life. Implementing evidence-based strategies that form the foundation of weight management makes it easier for you to protect your health, and hold on to your hard-earned dollars. Gain a greater appreciation for how your own weight-related attitudes and actions can affect school culture and the health of your students.

Brenda L. Wolfe, PhD, Clinical Director, Eating Disorders Institute of New Mexico
2:30 - 2:45 pm
Break | Visit Exhibits - Atrium

2:45 pm – 3:45 pm
BREAKOUT SESSIONS

#25 Plan, Prepare, Protect: Safe Schools and Your Role - Alvarado F
School should be a safe place for students, teachers and staff. Tragically, this has not always been the case. The goal of New Mexico Public Schools is to build a culture of preparedness that increases the ability of all schools to be proactive and responsive if situations arise. Explore prevention and school emergency operation plans, including protection, mitigation, response and recovery. Get an overview of the Wellness Policy (NMAC 6.12.6) and required, site-specific coordinated safety plans. Review the components of a safe schools plan, and learn to identify and partner with local, state and national agencies to establish, revise or implement your school’s safety strategies.
Dean Hopper, MA Ed, Director and Perdita Wexler, MA, Health Education Coordinator, NM Public Education Department

#26 Emergency Medications in Schools - Chapel
Led by a panel of members of the New Mexico Council on Asthma’s Policy Committee, discuss the recently passed legislation that provides access to emergency albuterol and epinephrine in schools. Discover the status of implementing the law. Discuss steps school nurses need to take for implementation in their schools.
Cindy Greenberg, RN, BSN, MSN, NCSN, State School Health Nurse Consultant and Winona Stoltzfus, MD, State School Health Officer, NM Department of Health

#27 YouthCHAT- Empowering Youth-Adult Partnerships for Better Health Care - Potters
Health professionals are often uncomfortable asking adolescents questions related to behavioral, mental or sexual health issues, yet building stronger connections between teens and health professionals is vital to improving the health of our young people. Learn about YouthCHAT, a unique program where youth actor/teachers help health care providers learn effective communication skills for adolescent care and provide valuable feedback. Young people who go through this training also become more health literate, understand the importance of being honest with their providers, and know their rights and responsibilities.
Juliette A. Beck, MA, Theatre Department Head/Thespian Troupe Director/Theatre Teacher, Public Academy for Performing Arts; Amilya Ellis, MPH, LMSW, Behavioral Health Consultant, NM Department of Health, Office of School & Adolescent Health

#28 Life Skills for an Abundant Life CANCELLED

#29 Afterschool Programs: A Treasure of Opportunities - Turquoise
Afterschool programs are not just warehousing kids who need supervision. They have evolved into dynamic extensions of the school day, encouraging learning and discovery. Do you know that opportunities exist in quality afterschool programs that can help you meet your school's health program goals? Afterschool staff share your concerns for the health of the students and families. Learn how to connect and forge lasting links between the school day and afterschool that support well-being. You may discover some hidden gems!
Laurie A. Mueller, Chair, New Mexico Afterschool Alliance

#30 Risk and Resilience (RAPS): Students Speak Out - Weavers
What is the point of long student health surveys like the New Mexico Youth Risk and Resiliency Survey (YRRS)? Who uses all that data, anyway? Join students from Rio Grande High School and the Native American Community Academy to find out how they analyzed their communities’ data, and what they are doing to act on their findings. This highly interactive and engaging session challenges your preconceptions about health-risking behaviors among youth and gives you an opportunity to explore the New Mexico YRRS data.
José Canaca, MD and Courtney FitzGerald, Health Sciences Associate Scientist, University of New Mexico; Kirk Kanesta, Student, The Native American Community Academy Charter School; Debbie Medina, Crossroads Counselor, Albuquerque Public Schools; Marlene Munoz, Student, Rio Grande High School
#31 Health and Marketing: Media Literacy and Our Youth

Print ads, commercials, social media, TV and films bombard young people with targeted messages, obvious and hidden. Explore media literacy concepts with a focus on food marketing and nutrition, deconstructing recent examples from social media, commercials, reality television and documentary film. Take a look behind the scenes in the world of junk food marketing, analyze messages on body image, and connect Internet access to community health. Participate in activities you can use with students, discover best practices for incorporating media literacy into any health subject or conversation, and find out how youth and adults “talk back” to mainstream media messages.

Jessica Collins, BA, Program Director, Media Literacy Project

#32 Preventing Eating Disorders in Schools - Alvarado G

Although Eating Disorders (EDs) affect only about 10% of the population, they are the most lethal of mental disorders. EDs can interfere with essentially every aspect of development including physical development, cognitive function and social maturation. Creating a school culture that promotes body acceptance is key to helping children resist the forces that promote EDs. Advance your understanding of school-based risk factors and scientifically based ED prevention strategies, and learn practical skills you can apply for promoting healthy body acceptance. Through lecture, self-assessment and discussion, enhance your ability to protect yourself, and the children you teach and serve, from the ravages of these disorders.

Monika Peterson, PhD, Director of Adolescent Programs and Brenda L. Wolfe, PhD, Clinical Director, Eating Disorders Institute of New Mexico

3:45 - 4:00 pm
Break | Visit Exhibits - Atrium

Win a FREE registration to Head to Toe 19!
All registered attendees will be placed in a drawing for a FREE conference registration. Name will be drawn on Wednesday at 4:00 pm in the general session. You must be present to win.

4:00 - 5:00 pm
Keynote Presentation - Alvarado A - E
This would be funny…. if it wasn’t happening to Me! How to Embrace Change with Humor, Enthusiasm and Vigor

Humor helps. The ability to laugh at life helps us deal with daily disappointments and setbacks. Humor gives school nurses, counselors and social workers the nerve to serve in our increasingly complex, changing and challenging environment. Join us as we demonstrate how humor helps you stay in control, stay positive, and maintain balance and perspective. Focus on wellness and your health when stress levels are high, laugh when things go wrong, summon your strength, courage, and talent during the topsy-turvy times in your life.

Jody Urquhart, Professional Speaker and Author of All Work & No SAY

Thursday, May 1, 2014

7:00 - 8:00 am
Registration | Breakfast | Visit Exhibits - Atrium

8:00 - 8:15 am
Coming Out Star Activity - Alvarado A-E
Jenn Jevertson, MS, Program Manager, Santa Fe Mountain Center
“school to prison pipeline.” Students caught in this systemic oppression often experience poor health and academic outcomes and report higher levels of violence against them, increased incidences of depression, and lower feelings of well-being than their peers.

Explore strategies school staff and community members can take to engage youth and empower them to take control of their lives. Review evidence on how the presence of GSA-clubs, and implementing LGBTQ-inclusive lessons make the environment safer for all students, and ensure students feel their schools and communities are welcoming and supportive.

Christopher White, PhD, Director of the Safe and Supportive Environments Project at Gay-Straight Alliance (GSA) Network

9:30 - 10:00 am
Break | Visit Exhibits - Atrium

10:00 - 11:00 am
BREAKOUT SESSIONS

#33 Immunizations: Protecting New Mexico Children - Chapel
There are frequent changes in vaccine recommendations — Dr. Chilton follows these closely and using his usual multimedia techniques, plans to bring the latest on what is happening in America’s number one public health intervention, immunizations. Our goal is prevention of disease; we want to stop missing opportunities to avoid diseases that plagued humanity until the middle of the last century and are just now coming under control.
Lance Chilton, MD, Professor and Pediatrician, University of New Mexico Department of Pediatrics

Presented by NEW MEXICO DEPARTMENT OF HEALTH

#34 What Language Does Your Student/ Patient Hurt In? A Perspective on the Health of NM’s Indigenous Youth - Turquoise
Discuss the different health and education challenges indigenous families often face related to language and culture. Develop strategies for culturally appropriate education and health assessments for indigenous students. Work through a sample assessment with participants, emphasizing both educational and health components.
Anthony Fleg, MD and Shannon Fleg, Coordinators, Native Health Initiative

Presented by NEW MEXICO DEPARTMENT OF HEALTH

#35 QPR Gatekeeper Training for Suicide Prevention | REPEATED - Alvarado G
Do you know the warning signs for suicide? Your knowledge about and response to clues can prevent a tragedy. Learn to prevent suicide and suicide attempts, offer hope and save a life. Explore the three-step Question, Persuade, and Refer (QPR) method for suicide prevention. QPR is designed to help you identify suicidal persons and refer them to professionals who can assess, manage and treat the underlying illnesses that promote suicidal behavior. All attendees receive a QPR Gatekeeper certificate.
Laura Harrison, Executive Director, New Mexico Suicide Prevention Coalition; Sabrina Strong, MPH, Executive Director, Waking Up Alive
#36 Effectively Engaging Young Fathers - Alvarado H
First-time fathers, no matter how old, are rarely prepared for the realities of fatherhood. Teen fathers especially need support to inspire them to confidently claim their role. From pregnancy to birth, and then safely comforting and caring for their child, they have much to learn. Children of involved fathers or strong male role models are more likely to do well in school, have high self-esteem, exhibit empathy and pro-social behavior, and eventually become responsible parents. They are less likely to fall prey to high-risk behaviors such as drug use, truancy and criminal activity. Find out how we have been able engage young fathers to be better fathers, support nurturing and nonviolent families.

Dominic Martinez, Facilitator, Nonviolenceworks, Inc.

#37 Conquering the Challenges to Change - Franciscan
Change is hard, and not all change is an improvement! Even the most desired changes can be difficult to accomplish. The Model for Improvement is a systematic approach to achieving positive, sustainable changes. It has been used by healthcare providers and support staff to improve the care they deliver in their practices. In this interactive session learn to identify areas for improvement and provide tools and resources you can use to drive positive change in any setting.

Courtney McKinney, Quality Improvement Specialist and John Martinez, Program Manager, Envision New Mexico

#38 Child Sexual Abuse: What It Is and What You Do About It - Weavers
Discuss the difficult realities of child sexual abuse as it affects children and their families. Participants should be prepared to listen to a graphic presentation on what child sexual abuse is and what participants should do upon becoming aware of this concern. Explore misconceptions regarding the nature of child sexual abuse and assumptions that it is similar to the sexual assault of adolescents and adults.

Renee Ornelas, MD, Medical Director, Para Los Ninos/UNM Pediatrics

#39 Minimizing School Infection Risks for Children with Disabilities - Fireplace
Many children with disabilities are at high risk for sustaining an infection. School settings expose everyone to a wide range of pathogens, so how can we provide a safer environment for these kids? Explore the kinds of risks that exist for children with a wide range of disabilities, including those with tracheotomy tubes, and consider some methods to aid us in keeping this population healthy.

Jo Anne Wright, clinical Nurse Specialist, Peds Pulm/Peds ENT, Children's Hospital of NM/UHHSC

#40 Creating an Inclusive Safe School Environment - Alvarado F
When young people are empowered and given the opportunity to act on issues that impact their lives, they are able to advocate for themselves and engage in the decision-making process in their schools and communities. Overall, these youth report feeling safer and more supported and tend to have better health and academic outcomes. Obtain strategies for creating partnerships with youth and discuss ways adults can support and engage youth in schools. Brainstorm solutions with fellow participants around challenges they may or have faced in their work with youth. Explore the concept of “adultism” and how it is used as an explicit and implicit mechanism for oppressing and discriminating against young people and preventing them realizing their full potential. Explore strategies for tearing down adultist practices and empowering youth.

Christopher White, PhD, Director of the Safe and Supportive Environments Project at Gay-Straight alliance (GSA) Network

11:00 - 11:15 am
Break | Visit Exhibits - Atrium

11:15 am - 12:15 pm
BREAKOUT SESSIONS

#41 Finding the Translator: Engaging Mental Health Agencies - Weavers
Communication between people is often challenging, especially if they do not understand each other’s context and terminology. Communication between agencies and organizations is exponentially more complex, because they also deal with internal, bureaucratic and non-standardized terms, policies and perspectives. This
impacts their ability to collaborate and provide meaningful assistance to the populations they serve. Discuss the Mental Health Guidance Document from the Office of School and Adolescent Health, focused on how School and Community Mental Health Agencies interact, and how they can start to speak the same “language.”

Anna Marie Curtis, MA, School Mental Health Advocate, SE Region, Yolanda Montoya-Cordova, MSW, Director, Amilya Ellis, MPH, LMSW, Behavioral Health Consultant and Bridgette Ruiz, MSW Intern, NM Department of Health, Office of School and Adolescent Health

#42 Aiding the Student with Asthma - Chapel
School nurses know all too well how distressing an asthma attack can be for a student. The management of asthma can be complicated by a student's lack of knowledge, and by the variety of devices available for patients. According to a recent study, only one in 169 caregivers of a child with asthma knew all the steps for correct asthma inhaler technique, which is associated with poor asthma control and an increased frequency of emergency department visits. Discuss various asthma devices, including metered-dose inhalers, discuss inhalers, peak flow meters and nebulizers, and provide hands-on practice to learn how to teach students with asthma and their caregivers how to correctly use them.

RuthAnn Goradia, MSN, MPH, RN, Chronic Health Needs Resource Nurse, Albuquerque Public Schools; Kathy Moseley, RN, MS, Program Manager, American Lung Association in New Mexico

#43 QR Gatekeeper Training for Suicide Prevention | REPEATED - Alvarado G
Repeat of Session #35, 9:30 - 10:00 am
See description on page 13.

#44 Sex, Love and Rock a BABY! Dreams to Reality for Teen Parents - Alvarado H
There are eight major reasons why teen parents drop out of school – and just as many reasons why they need advocates and assistance from community partners. Expectant and parenting teens are less likely to graduate from high school, attend college and get well-paying jobs; all leading to an increased risk for poverty. Examine the challenges these teens face in their efforts to succeed as students, mothers and fathers – including absentee policies, negative attitudes and low expectations, navigating the system, juggling school and parenthood, and childcare issues. Join the dialogue, and develop helpful strategies for supporting expectant and parenting teens in your school and community.

Sally Kosnick, Co-Director, New Mexico GRADS

#45 So, What Do I Call You? Achieving Transgender Cultural Competency - Alvarado F
This is an introduction to transgender people, their lives and issues, and recommended etiquette. Professionals working in the school health field may meet a transgender young person, co-worker or parent; we come from all walks of life. Learn about the differences between assigned sex, gender identity, gender expression and sexual orientation. Our objective is to open a dialogue, humanize transgender folks and increase visibility and awareness – while decreasing the discrimination, fear, hostility and violence routinely directed toward members of this population.

Adrien Lawyer, Executive Director, Transgender Resource Center of New Mexico

#46 Partnering With Parents for Positive Student Outcomes - Franciscan
When parents face a challenging situation involving their child and a school or community service, they often perceive professionals as adversaries. Past experiences, prejudices, news stories or gossip may color their view of how the system works and whether their child will get fair treatment. Do these same things affect your attitude toward parents? As professionals, we must build trust in the process and services we provide to students. It is also vital to build good will in the community, so future needs on both sides can be discussed in a manner that leads to mutual understanding. Interact in this session to gain empathy for parental concerns and points of view and seek the highest outcome: parents and professionals working together to find meaningful solutions in the best interests of the students.

Lydia Herrera, Owner, LydiaHerrera.com
#47 Stepping Into Literacy | REPEATED - Fireplace
Repeat of Session #22, 1:30 pm – 2:30 pm
See description on page 10.

#48 Why Can't EYE Read? - Turquoise
Vision training (eye exercises) and tinted glasses are currently popular for treating New Mexico students with reading difficulties. However, has anyone ever looked at the evidence regarding these treatment methods? The American Academy of Pediatrics researched this topic extensively and has issued concise recommendations for the many children who struggle to read. Explore the anatomy and physiology of the visual system and how it pertains to reading. Receive an explanation of the causes of reading disorders, with an emphasis on dyslexia. Dispel myths regarding treatments and evidence-based therapies to assist you in educating families with reading-disabled children and refer them to an appropriate expert.

Todd Goldblum, MD, Pediatric Ophthalmologist, Family & Children's Eye Care of NM

12:15 - 1:30 pm
Lunch - Alvarado A - E

1:30 - 2:45 pm
BREAKOUT SESSIONS

#49 Coordinating Individual Health Plans for Students with Developmental Disabilities - Alvarado G
Receive an update on special education policy and learn how to engage key resources and personnel to develop an individual health plan; and examine processes used to organize and facilitate the implementation of a health plan for students with a chronic illness. Do you know the responsibilities of school nurse and special education staff in developing an individual health plan or how to avoid common misunderstandings? Leave with examples of best practice communication and facilitation strategies used by school districts to support coordination and partnership to bridge communication between school health and special education.

Yolanda Montoya-Cordova, MSW, Director, NM Department of Health, Office of School & Adolescent Health; Bruce Torres, Deputy Director of Special Education, NM Public Education Department

Presented by

#50 Super Allies: Supporting LGBTQ Students - Alvarado H
LGBTQ youth are at significantly elevated and disproportionate risk to attempt suicide, abuse drugs and alcohol, and suffer from depression. Did you know they are four times more likely to consider attempting suicide than heterosexual youth? They are also frequent targets of bullying and harassment. Explore some of the risk factors and challenges LGBTQ youth disproportionately face and equip yourself with tools to become a super ally for LGBTQ students.

Jenn Jevertson, MS, Program Manager and LuzMarina Serrano, NMgsan Program Coordinator, Santa Fe Mountain Center

Presented by

#51 Preventing Suicide in Native American Families - Fireplace
New Mexico has experienced a disturbing increase in suicides within Native American communities that has impacted school personnel and students throughout the state. Explore the history and attributes of Native families, and the effects of historical trauma on Native peoples in New Mexico. Learn how to approach suicide awareness with Native American families, and how we can be most supportive and helpful to a family after the suicide of a Native young person.

Susan Casias, MSW, Trainer, New Mexico Suicide Prevention Coalition

#52 Kids Having Kids: Strategies for Helping Expectant and Parenting Teens - Weavers
Expectant and parenting teens need a strong network of support to deal with the challenges they face. School nurses, counselors and social workers are in an ideal position to link these teens to resources that facilitate their academic, parenting and life success. Obtain information about resources and services, a framework for school/ community coordination, and specific strategies schools can use to
promote health, well-being and educational achievement for teen parents. Presenters from Hobbs Municipal Schools explain how they collaborate to provide encouragement and offer key services that help pregnant and parenting teens stay in school. Jessica Aufrichtig, LMSW, Teen Parent Support Coordinator, New Mexico Public Education Department; Paula Methola, GRADS Case Manager and Child Care Director, Boys and Girls Club of Hobbs, NM; Claudia Saxe, Social Worker, Hobbs Municipal Schools; Stefanie Shoults, Behavioral Health Nurse, Hobbs High School

#53 Changing the Conversation about Mental Illness | REPEATED - Chapel
Are you aware that more than half of all mental health disorders begin by age 14? Unfortunately, research confirms that most people do not seek or receive treatment for years after problems show up. Engaging youth and families in conversations about mental illness can be difficult, even though early diagnosis, treatment and support are critical. Breaking the Silence lessons help you open the dialogue, and bust common societal myths and stereotypes regarding mental illness. Challenge your own misconceptions, as you hear first-person stories from youth, families whose children have a mental illness or parents who struggle with their own. Receive a packet of mental illness awareness lessons to be used at your school site, a resource list, and a compassionate lens for viewing those who presently have or may be diagnosed with a mental illness. Caroline Bonham, PhD, Director of the Center for Rural and Community Health and Vice Chair for Community Engagement in the Department of Psychiatry at the University of New Mexico; Michele Herling, Executive Director, Compassionate Touch Network; Desiree Woodland, Teacher, National Alliance on Mental Illness

#54 The Generation Rx Initiative: Preventing Prescription Drug Misuse and Abuse | REPEATED - Alvarado F
The UNM College of Pharmacy has developed a prescription drug abuse education and prevention program to help combat the prescription medication epidemic plaguing our state. The program, “Generation Rx,” is designed to increase public awareness of prescription medication abuse and encourages health care providers, parents, children, teachers and others to actively work together to prevent abuse. This presentation includes a live, interactive presentation surrounding the issues of drug abuse, and provides the audience with the science behind prescription drugs of abuse. Megan Thompson, PhD, Associate Professor of Pharmacy Practice, Director of Experiential Education, UNM College of Pharmacy; David Garcia, Rachel Lacey, Hillary Sheckler and Christopher Drew Thornhill, Pharm.D. Candidates 2015, University of New Mexico, College of Pharmacy

#55 Playing Their Way to Health: New Media and Youth Health Literacy Turquoise
If a picture tells a thousand words, imagine the lessons a video game could share! Learn from young people about the ways they communicate with each other and connect with resources they need to be healthy. Youth need access to tools to make informed decisions about their bodies and lives; explore new ways to meaningfully engage them. Play a youth-designed online video game addressing health literacy in a fun, creative, New Mexican way; then take the game and mini-curricula home to share with youth in your community. Micaela Cadena, MA, Communication and Cultural Strategy Director and Alicia Chavez, Youth and Community Organizer, Young Women United

#56 The Empathy Revolution - Franciscan
School and public shootings, bullying and violence - these events are on the rise, and more are being committed by young people. Schools and communities face an epidemic of declining empathy – our innate ability to identify with the feelings, thoughts and attitudes of another person. A pervasive lack of empathy results in aggression and lack of respect, contributing to decreased student health and lower academic success. Learn how empathy develops within the context of attachment and brain development, how crucial it is for positive human connection, and how to bring empathy into your classroom and community. As providers in educational settings, you have a uniquely powerful opportunity to teach empathy to the next generation. These specific strategies can improve the lives of your students, and our society. Craig Pierce, PhD, LMFT, LPCG, NCC, CEO and Founder, Southwest Family Guidance Center
2:45 - 3:00 pm  
Break | Visit Exhibits - Atrium

3:00 - 4:15 pm  
**BREAKOUT SESSIONS**

#57 Filling the Nurse’s Toolbox in Constructing a Well-Built IEP - *Alvarado G*  
Learn best practices to link health and nursing related services for the special education student with a medical or health related need. Explore how to participate in the construction of the IEP through conducting a nursing service evaluation and re-evaluation, developing the student specific Independent Health Care Plan (IHCP) and Emergency Care Plan (ECP) for the purpose of billing for Medicaid and to support the special education student for related health and nursing services in the overall special education process.  
**Susan Acosta,** School Health Nurse Consultant, HSD/MAD – School Health Office

#58 Understanding and Preventing Bullying - *Alvarado H*  
Bullying creates a climate of fear and disrespect, emotional and physical consequences, and poor school performance. Children and teens who bully their peers are more likely to exhibit other anti-social and dangerous behaviors. Discuss bullying, prevention and intervention techniques, and present key concepts of Adventures in a Caring Community, Santa Fe Mountain Center’s unique and successful prevention program, now in its eighth year. Come learn 10 Steps to address bullying and how to use fun and easy experiential activities to prevent bullying and build a caring community.  
**Jenn Jeverton, MS,** Program Manager, Santa Fe Mountain Center

#59 Not Another Life to Lose! - *Fireplace*  
Suicide is the third leading cause of death for youth ages 15-24, taking life without regard to age, income, education, race or gender. Strong evidence shows that a comprehensive public health approach can reduce and even eliminate suicide. Learn how The National Action Alliance for Suicide Prevention has influenced nationwide public health dialogues and efforts through its Zero Suicide initiative, bringing suicide care to the core of behavioral health and primary care systems, and helping clinicians to save lives. Through the presentation of powerful real-life stories and compelling outcomes data, leave knowing why and how to bring these lessons to your campus and students.  
**Lindsay Branine, MA,** Senior Project Manager, New Mexico Crisis and Access Line by ProtoCall Services; **David Covington, LPC, MBA,** CEO & President, Crisis Access, LLC

#60 “You May be Excused”: Implementing New Policies for Expectant and Parenting Students - *Weavers*  
Pregnant and parenting teens need flexibility to achieve their academic goals. They may miss class for pre- and post-natal health care, or to be with a sick child; excusing these absences allows them to make up work and fulfill their educational requirements. A new law was recently enacted in New Mexico to address these needs. This interactive and experiential session, guided by young parents, explores circumstances students and staff may face while navigating these new excused absence policies. Obtain knowledge about the law and policy standards, and tools for implementing changes, so we can make this policy work well for New Mexico schools and parenting students.  
**Micaela Cadena, MA,** Policy Director, Young Women United; **Sally Kosnick,** Co- Director, New Mexico GRADS; **Stephanie Jackson,** Associate Scientist, Public Health Program

#61 Changing the Conversation about Mental Illness | **REPEATED** - *Chapel*  
Repeat of session #53, 1:30 pm – 2:45 pm  
See description on page 17.

#62 The Generation Rx Initiative: Preventing Prescription Drug Misuse and Abuse | **REPEATED** - *Alvarado F*  
Repeat of Session #54, 1:30 pm – 2:45 pm  
See description on page 17.
An hour of motion is worth a pound of cure.

www.phs.org

#63 Tools to Engage Youth - Franciscan

When working with youth and families, nothing really happens if we don’t get meaningfully engaged with them. Engagement is one of the most important and most difficult aspects of any healing relationship. This workshop addresses engagement as an intentional process with tools and wisdom drawn from the Wraparound approach. Explore the power of strengths, the barrier of shame, and the need to get youth/families self-invested in their own future. Discuss the process of identifying underlying needs, re-framing problem behaviors, and understanding the concept of family burden as a critical driver of motivation.

Steve Johnson, Executive Director, New Day Youth and Family Services; Margaret Migliorati, Senior Program Therapist, Center for Rural and Community Behavioral health, UNM Department of Psychiatry

#64 Do Your Protocols measure up? - Turquoise

A small measurement error can make a big difference, changing the calculation of a child’s Body Mass Index (BMI) from healthy to overweight. The NM Department of Health uses a standardized measurement protocol to precisely measure a student’s height and weight, resulting in valid, accurate BMI results. Whether you are a new or experienced elementary school nurse or health instructor, benefit from practicing these skills for achieving the most accurate measurements. Review a computerized BMI analysis tool from the Centers for Disease Control and Prevention, and methods for evaluating BMI data.

Rita Condon, Healthy Kids New Mexico Program Manager, NM Department of Health

4:15 pm
CEU Distribution - Alvarado A - E
Agora Crisis Center
agoracares.org
A completely free and confidential all issues listening service that has been part of the UNM and New Mexico community for over 40 years. Our services include chat both on the phone and online, referrals, and a newly formed substance abuse hotline.

American Lung Association in New Mexico
lungnewmexico.org
Improving lung health and preventing lung disease through programs such as childhood asthma and smoking cessation education.

Apex Education
apexeducation.org
We work in the health, education, and social service sectors with programs and initiatives working to address barriers to academic and social success including Community Schools and School-Based Health Centers. For SBHC’s, Apex supports a certified, web-based Electronic Health Record featuring patient registries tailored for adolescent care.

Bernalillo Academy
bernalilloacademy.org
A sub-acute Residential Treatment Center for boys and girls age 4-19 who have Borderline to Severe Intellectual Impairment, Emotional and Behavioral Disorders, Autism Spectrum Disorder and other severe developmental challenges.

BCBSNM
Serving the health care needs of New Mexicans since 1940. Since 2008, BCBSNM has contracted with the State of New Mexico to participate in the Medicaid Managed Care Program for eligible Medicaid recipients. Blue Cross Community Centennial SM is the new Medicaid program offered by BCBSNM for financially eligible New Mexicans. In addition, BCBSNM offers coverage for individuals and employer groups. BCBSNM has the most comprehensive network of any health care plan in New Mexico—more than 23,000 providers. BCBSNM is a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association. HCSC is the nation’s largest non-investor-owned health care plan. Services are funded in part under contract with the State of New Mexico.

Conference Bookstore
bookworks.com
One of Albuquerque’s last remaining local, independent bookstores, Bookworks is dedicated to supporting our community and connecting books and readers. We hold more than 300 adults, Y/A, and children’s events per year and partner with New Mexico community groups and organizations to produce high-quality lectures, talks, and signings both at our store and at off-site venues.

Cardinal Health
cardinal.com
One the nation’s leading providers of products and services to hospitals and pharmacies. Cardinal Health is also highly invested in educating and raising awareness of the issues around Prescription Drug Abuse.

Center for Development & Disability Information Center
cdd.unm.edu
Offering a wide array of disability related materials and services for individuals with disabilities, families, healthcare professionals, school personnel, advocates, case managers, and others.

Children’s Grief Center of New Mexico
childrensgrief.org
Providing support for children and their caregivers who have suffered the death of a loved one. We provide free support groups at no charge to grieving families.
Community Dental Services, Inc.
A non-profit company aimed at helping provide dental care for Medicaid and low income patients.

Desert Hills
WEDNESDAY ONLY
Providing a continuum of behavioral health services ranging from Residential Treatment to Community Based Programs.

Eating Disorders Institute of New Mexico
EatingDisordersNM.com
Providing evidence-based, compassionate treatment for obesity and eating disorders. Our clinicians meet the individual needs of each patient without compromising our adherence to proven therapeutic modalities. In addition to individual and group therapies, we offer after-school and evening Intensive Outpatient Programs.

Journeyworks Publishing
journeyworks.com
A national publisher of health education pamphlets and materials on nutrition, fitness, behavioral health, reproductive health, teen dating and other health topics for kids and teens. Our easy-to-read, low-cost, multicultural health pamphlets are used to support thousands of school health education programs across the country. Pamphlets can be customized to include your school logo, website and contact information.

Mesilla Valley Hospital
messillavalleyhospital.com
Providing inpatient behavioral health services for adolescents, adults, and seniors. Our programs include acute psychiatric stabilization, adult rehab/recovery, and adolescent RTC.

Moquino Indian Jewelry
Four generations of jewelry making, Moquino Indian Jewelry offers quality products at affordable prices; guaranteeing our work with a smile!

NAMI-New Mexico
nm.nami.org
An effective mental health organization dedicated to empowering and enlightening New Mexico's diverse population through advocacy, education and support.

New Mexico Brain Injury Alliance
braininjurynm.org
Providing information, support, education, advocacy for families with children with mental health challenges and brain injury.

New Mexico Crisis and Access Line by ProtoCall Services
nmcrisisline.com
Providing 24/7/365 access to a professional counselor for the people of New Mexico at 1-855-NMCRISIS. Funded by the State of New Mexico as a result of the House Joint Memorial 17 task force, our counselors are available for any mental health crisis and provide callers with referrals to local resources in their area. We know this call could be the most important one you've ever made.

New Mexico Department of Health, Comprehensive Cancer Program
cancernm.org
WEDNESDAY ONLY
Offering cancer information and resources to the public and healthcare providers. The Program's efforts are guided by the New Mexico Cancer Plan.

New Mexico Youth ChalleNGe Academy
ngycp.org
The New Mexico Youth ChalleNGe Academy is a program for youth ages 16-18 who have dropped out or are struggling in traditional high school. We offer the opportunity to earn a GED, 16-21 college credits as well as job and life coping skills to help them become successful.

S P O N S O R

molinahealthcare.com
Striving to make a difference in the lives of those in need through meaningful partnerships with our neighbors and working creatively to engage community resources with a focus on connecting families with Molina Healthcare of New Mexico and other support agencies.
Your story is our story.
and members we serve.

We thank you for your continued commitment to delivering exceptional care to the patients.

They lead Presbyterian to high performance through excellence, innovation, teamwork and trust.

Appreciate their recognition and responsiveness to the patient’s totality of health – body, mind and spirit. Their quality, demonstrated through clinical expertise and compassionate care, is inspiring. We appreciate their recognition and responsiveness to the patient’s totality of health – body, mind and spirit. Their quality, demonstrated through clinical expertise and compassionate care, is inspiring. We

Presbyterian’s nominated nurses exemplify the very best in nursing. Their commitment to

• Deborah Goldstein
• Deborah Elaine Simon
• Darlene Dilley
• Christina Rodriguez
• Cheryl Marita
• Cheryl Hauge
• Cheri Warren
• Cathy Baum
• Catherine Garofali
• Cara Curtiss
• Briana Castillo
• Brian Nichols
• Brenda Minton
• Anna Luna

www.phs.org

• Kimberly Lopez
• Kimberly Guarino
• Kelly Dunbar
• Kate Nelson
• Judy Sanchez
• Joli Martinez
• Jennifer White
• Jennifer Landman
• Jeannette MacQuigg
• Jaren Gravagne
• Jane Gulley
• Grizel Garcia
• Edna Esquibel
• Donna Agnew

We fills gaps for children in foster care that CYFD or foster parents cannot.

Bikes, skateboards, music or sports classes, sports equipment and short-term tutoring are a few of the many items services supported by NM Friends of Foster Children when CYFD and foster parent resources have been exhausted.

Services include post-secondary scholarships for former foster youth.

NM Friends of Foster Children
nmffc.org

WEDNESDAY ONLY

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NM GRADS
nmgrads.org

An in-school expectant & parenting teen program focusing on dropout recovery, healthy choices for teens & their children, and retaining students until graduation and helps them transition into post-secondary education.

Pegasus Legal Services for Children
pegasuslaw.org

Our motto is to promote and defend the rights of children and youth to safe and stable homes, quality education and healthcare and a voice in decisions that affect their lives.

People Living Through Cancer
ptlc.org

WEDNESDAY ONLY

Providing free support services to women and men with cancer and their loved ones. Services include support groups, crisis counseling, peer matches, educational opportunities and the largest lending cancer library in New Mexico.

SPONSOR

PRESBYTERIAN

phs.org

With more than 25 years of experience in managed care, Presbyterian Health Plan has grown to become New Mexico’s largest health plan and offers a full spectrum of health insurance choices to meet the diverse needs of New Mexicans. Today, nearly 400,000 New Mexicans are enrolled in a Presbyterian plan. New Mexicans, who qualify for health care under Medicaid, may have their benefits administered by Presbyterian Salud. Presbyterian Health Plan was selected as one of the Managed Care Organizations to administer services to Medicaid recipients under Centennial Care.

Currently, more than 50% of qualifying New Mexicans choose Presbyterian Salud over all participating healthcare providers.

School Nurse Supply
schoolnursesupplyinc.com

WEDNESDAY ONLY

Offering quality medical and first aid supplies.

State Employees Credit Union
secunm.org

We began as a two-person operation in a tiny office in 1958, with the intention to better serve people who worked for the State of New Mexico. Since these humble beginnings, we’ve upheld this goal by providing friendly, personalized service to our members, backed by always progressing value-packed products and services.

Sundance Company
Selling jewelry and clothing designed for educators.

The Arc of New Mexico
arcnm.org

Providing help to individuals with intellectual and developmental disabilities and their families. Our vision is that all New Mexicans with disabilities are welcome, active, and contributing members of their communities and receive supports and services according to their unique needs and choices.

The Children’s Health Market
thegreatbodyshop.net

WEDNESDAY ONLY

Publisher of THE GREAT BODY SHOP, a PreK-8 comprehensive health and social emotional learning curriculum that imbeds the common core to meet all state and national standards. Fun to learn with and easy to teach!

The Leukemia & Lymphoma Society
lls.org/nm

The world’s largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. We offer a variety of programs and services in support of our mission: Cure leukemia, lymphoma, Hodgkin’s disease and myeloma, and improve the quality of life of patients and their families.

22 | H2T 2014
UNM Center for Rural & Community Behavioral Health
psychiatry.unm.edu/centers/crbh
In partnership with families, communities and state agencies, we provide community oriented psychiatric and behavioral health services, systems consultation, services research, workforce development and training throughout New Mexico.

University of New Mexico
College of Nursing
The vision of the University of New Mexico College of Nursing is to develop solutions for the most important nursing challenges pertaining to human health and health equity in our communities through education, scholarship, practice, and service. The Perspectives on Prevention study aims to understand how to best design culturally competent Native American suicide prevention interventions that can be implemented in New Mexico schools.

UNM-HSC Dept. of PEDS
Envision NM
envisionnm.org
A multidisciplinary group of pediatric healthcare professionals dedicated to eliminating the gap between what is and what can be for children’s health and well-being.

Webster University
webster.edu/albuquerque
Offering Graduate degree programs in Albuquerque in the area Professional Mental Health Counseling. We also offer Graduate degrees in HR Development, HR Management, IT Management, Management & Leadership and offer an MBA.

New Mexico’s #1 Ranked Medicaid Health Plan
We are proud to be a part of the New Mexico community and honored to be listed as the highest-ranked Medicaid health plan based on National Committee for Quality Assurance Health Insurance Plan Rankings 2011-2012 • 2012-2013 • 2013-2014

Services funded in part by the State of New Mexico
Your hours are back!!! In response to your feedback last year about the number of hours you received for attending the conference, we’ve reworked the agenda to increase the number of hours you will receive for attending Head to Toe.

This conference has been approved/applied for CEUs for the following professions only:

COUNSELORS
We are APPROVED by the NAADAC Education and Research Foundation Provider Number 697 for up to 12.61 continuing education contact hours for attending the two days of the conference, or 6.5 for April 30 attendance and 6.11 for May 1 attendance. Pursuant to 16.217.16.9, approval by the NAADAC boards is considered an acceptable continuing education course by the New Mexico Counseling and Therapy Practice Board.

SOCIAL WORKERS
We are APPROVED by the National Association of Social Workers (NASW-NM) for up to 12.5 continuing education contact hours for attending the two days of the conference, or 6.5 for April 30 attendance and 6 for May 1 attendance. The NASW CE approval program is endorsed by 41 state licensure boards including the New Mexico Board of Social Work Examiners. We are APPROVED for cultural competency CEUs for the following sessions: 5, 14, 21, 34, 45, 50, 51 & Thursday keynote.

NURSES
We are APPROVED for continuing education credits through the New Mexico State University Monitoring Committee for up to 14.4 continuing education contact hours for attending the two days of the conference, or 7.8 for April 30 attendance and 6.6 for May 1 attendance.

CERTIFIED HEALTH EDUCATION SPECIALISTS (C.H.E.S)
We are APPROVED for up to 12 continuing education contact hours for attending the two days of the conference, or 6.5 for April 30 attendance and 5.5 for May 1 attendance. Please note, CHES credit carries a $3 fee per credit hour. Checks and cash will be accepted at the conference.
Step-by-step instructions to receive your CEU Certificate:

1) Complete the CEU tracking form provided in your registration envelope.

2) Complete the yellow General Conference Evaluation form in your conference registration packet.

3) At the end of the conference (or the day you have attended), return the Conference Evaluation form and CEU tracking form to the distribution area. Early dismissals are not permitted.

4) Pick up a Certificate of Completion or CEU certificate. Make sure you have the correct certificate.

THE SIGN IN/OUT PROCESS:
In your registration packet, you will find a CEU tracking form. This form has been customized with your information, including the sessions you have signed up for. In the right-hand column of the form is a place to initial, verifying that you have attended the specified session. If you did not attend the session, but attended another in its place, please initial and state the replacement session as indicated on the sheet. If you DID NOT attend a session, do not initial at that time. The CEU form must be turned in when applying for CEUs along with your Conference Evaluation form. This form is kept on file for four years as proof of attendance.

POST-TEST REQUIREMENT:
Nurses are required to complete a post-test. You will complete this test, a single question for each session, on the CEU tracking form given to you at registration. For breakout sessions, the test question will be posted on the screen at the conclusion of the presentation. You will write the question and answer on the blank space provided on your tracking form.

THE EVALUATION FORM REQUIREMENT:
In your conference packet, you will find a yellow General Evaluation form for the conference, which includes keynote presentations. You must complete this form to receive credit. You will receive a workshop evaluation at each session you attend; please complete the workshop evaluation and return it to the Room Host before you leave each session. If you are applying for CHES credits, you will need to pick up an additional evaluation form at the registration desk.

THE CERTIFICATE OF COMPLETION:
Certificates will be handed out only at the end of the conference day. If you are attending the entire conference, you will pick up your certificate on Thursday after the last session at the registration desk. Make sure you are given the correct certificate before you leave, and please DO NOT LOSE THIS CERTIFICATE. To request a copy of any certificate after the conference, you will need to send a check payable to Kesselman-Jones, Inc. for $15 AND a self-addressed stamped envelope PO Box 30182, Albuquerque, NM 87190. Replacement certificates will be sent only to individuals whose paperwork was submitted at the conference.

COST:
All CEU costs are covered by the conference except for Certified Health Education Specialists. For CHES, payment in the amount of $3 per credit hour must be made payable to NMSU, Department of Health Sciences.
Exit the hotel through the back portal to get to the Chapel breakout room.

The Franciscan breakout room is located across from the front desk.

Exhibits are throughout the Atrium hallways.

Bookworks Conference Bookstore is located to the north of registration.

This conference could not be possible without the help of many volunteers, working at registration, serving as room hosts and processing CEUs. Thank you to:

Gabrielle Abousleman
Susan Acosta
Amanda Askin
Jessica Aufrichtig
Lonnie Barraza
Lorraine Chavez
Chantel Chee
Robin Cook
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Judith Edwards

Amilya Ellis
Carrie Eschler
Cynthia Greenberg
Joan Gugliotta
Janie Lee Hall
Aarón Happy
Delora House-Charlie
Pam Husted
Nancy Kirkpatrick
Sunni Loveland
Amanda Madrid

Dana Malone
Laura Mandabach
Kristin Oreskovich
Jeanne Robbins
Bridgette Ruiz
Sonya Silva-Baca
Rebecca Trujillo
Jackie West
Perdita Wexler
Yvonne Zenga

Please visit the NMASBHC Silent Auction in the exhibit area on April 30th. Jewelry, gift certificates for local restaurants, electronics, and much more are available! Your shopping will not only be a fun way to reward yourself for all the great work you do for children; it is also a great way to support NMASBHC in all the work we do to advocate for quality, comprehensive care in schools in New Mexico. And don’t forget to visit the NMASBHC general table in the exhibit hall to sign up as a member or make a cash donation.

www.nmasbhc.org