

C O N F E R E N C E   P R O G R A M



# Head to Toe

A Conference on School and Adolescent Health

**April 15 & 16, 2009**

*Sponsored by*  
**NEW MEXICO**  
DEPARTMENT OF  
**HEALTH**

*Office of School and Adolescent Health*

*with additional support from*

**New Mexico Public Education Department, School and Family Support Bureau**

**Presbyterian Healthcare Foundation**

**New Mexico Medical Society**

**New Mexico Department of Health, Chronic Disease Bureau**

**ValueOptions, New Mexico**

**New Mexico Commission on the Status of Women**

**New Mexico Department of Health, Health Systems Bureau, Office of Oral Health**

# Welcome to

# Head to Toe

A Conference on School and Adolescent Health



***Please take a moment to review the following tips for a positive conference experience.***

**ROOM ASSIGNMENTS:** This program contains an agenda-at-a-glance section with room assignments (pages 3 & 4) and a map (on back page) to help you find your way around.

**PHONES/PAGERS:** Out of courtesy to the presenters and fellow attendees, please turn off cell phones and pagers, or place them on the “vibrate” mode before entering any sessions.

**BREAKOUT ROOMS:** Please respect the room host’s requests. Once sessions are full, doors will be closed. We must comply with room capacities by order of the Fire Marshal. To help the room host determine seat availability, please place your belongings under your seat and not on the chair next to you.

**ARRIVE EARLY:** Sessions will start on time. We have done our best to place all workshops in appropriate sized rooms. This determination was based on the selections indicated on attendee’s registration. We have no control over attendees changing their selections. Therefore, if there is a session you are particularly interested in, we encourage you to arrive early to ensure a seat. Listen for the meeting chimes to notify you when it is time to go to your session room.

**BADGES:** Wear your name badge at all times. There is a \$3 charge to reprint lost badges. Badges with incorrect information will be reprinted at no charge.

**FACILITY:** All meeting facilities are smoke-free. The ballrooms are on the upper level of the Convention Center. You can take the escalators or elevators (there are two). All sessions are on the lower level of the west complex (Native American room names) and upper level of the east complex (Spanish room names).

**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 assist in planning for next year.

**RECEIPTS:** A conference receipt can be printed from your online registration profile. Just log back into the system using the email you signed up with and password you created. If an official certificate of attendance is needed please pick one up at the end of the conference from the conference registration desk.

**HANDOUTS:** Any extra handouts from presentations will be placed on an information table near registration. Many session presenters chose to bring their own copies instead of having the conference office make copies. Therefore, if you are in a session that is short of handouts, please share with the person next to you and we will do our best to make arrangements with the presenter to produce additional copies or post the handouts on our web site.

**LOST AND FOUND:** Any 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 in to the Albuquerque Convention Center management office. After the conference, call (505) 768-4575 to see if an item has been turned in.

**CEU TRACKING FORM:** A customized CEU tracking form has been included in your registration packet. We ask that you initial the form verifying your attendance in the session stated. If you decide to change sessions, a space has been provided for you to indicate the session attended and to initial. This form will be turned in when applying for the certificate of completion for CEUs. Please make sure that your name is printed on the top of this form.

## Youth/Adult Partnership Track

We are very pleased to announce that we have a number of presentations that are appropriate for youth and adults to participate in together. Head to Toe 13 will include approximately 100

youth from throughout New Mexico. The purpose of the **Youth/Adult Partnership Track** is to illustrate how young people and adults can work together to create solutions to adolescent health issues and improve the health and well-being of New Mexico youth. Youth/ Adult sessions will be interactive and feature both youth and adult presenters.

*Look for the sessions with this icon next to them:*



## Trauma Informed Care Track

Head to Toe has always worked to bring conference attendees new and cutting-edge concepts and programs. This year, the conference planning committee has created a new program track focusing on the effects of trauma on children and adolescents that begins with a preconference workshop and runs throughout the full conference.

*Look for the sessions with this icon next to them:*



Trauma is not a new concept. Until recently, however, it largely has been viewed to be applicable to only a select group of individuals, under extraordinary circumstances – for example, survivors of catastrophic events such as war, earthquakes, and abduction. With notable exceptions, trauma has not been recognized as a part of the daily experience of many children and adolescents. Nor has the profound linkage between trauma and child development and the disruption of physical and emotional health been fully recognized. So many of the children who will arrive at your schools with behavioral health or substance abuse problems have experienced one or more traumas in their lives. Therefore, it is very important that providers/school health personnel and educators alike learn how trauma impacts the lives of their students; their behavior; their ability to form meaningful relationships and their ability to learn. Trauma survivors may experience vulnerabilities or triggers that traditional service delivery approaches may exacerbate.

Participants in the **Trauma Track** will learn how to provide treatment/support in a trauma-sensitive manner to significantly increase individuals' engagement and treatment and academic success. We must all work together to ensure that systems of care at all levels recognize the pervasive role of trauma in the lives of children and families and the need to incorporate trauma-informed care as a priority into systems planning and program implementation.

## Outstanding Keynote Presentations

Head to Toe 13 welcomes **Dr. Patrick Cooper**, currently the chief executive officer of the Early Childhood and Family Learning Foundation in New Orleans, LA and formerly the superintendent of schools in McComb, MS. Dr. Cooper will share his experiences and passion advocating for coordinated school health programs on Wednesday.

The following day, **Ross Szabo**, director of youth outreach for National Mental Health Awareness Campaign, will inspire you to speak out to young people who are struggling to deal with their problems, and eradicate needless stereotypes.

## Dynamic Breakout Sessions

This year we offer 66 breakout sessions covering health, behavioral/mental health and school-based health center issues.

***Are you the lucky one?***

**Win a FREE Registration to Head to Toe 14**

All registered attendees have been automatically entered in the drawing for a free conference registration for next year's Head to Toe Conference. The winner will be announced at Thursday's general session, you must be present to win.



(U) - Upper Level, East Complex

All other sessions are in the Lower Level, West Complex



## WEDNESDAY, APRIL 15, 2009

# Agenda At-A-Glance

<b>7:30 - 3:30 pm</b>	Exhibits Open
<b>7:30 am</b>	Registration Opens/Continental Breakfast
<b>8:30 - 10:15 am</b>	<p><b>OPENING CEREMONIES AND KEYNOTE PRESENTATION - Ballroom C</b>  <i>Opening Remarks by Yolanda Cordova, Director, Office of School &amp; Adolescent Health, New Mexico Department of Health</i>  <i>Welcome by Mayor Martin Chavez</i></p> <p><b>KEYNOTE PRESENTATION: There is Life After Tests...And Before</b>  <i>with Patrick Cooper, PhD, Chief Executive Officer of the Early Childhood and Family Learning Foundation, New Orleans, LA</i></p>
<b>10:15 - 11:00 am</b>	<b>BREAK/Visit Exhibits</b> (Lower Level Atrium)
<b>11:00 - 12:15 pm</b>	<p><b>BREAKOUT SESSIONS</b></p> <p>San Miguel (U)    <b>1.</b> Brain Education for Wellness: Creating a Healthy, Happy, and Peaceful Life*</p> <p>Ruidoso (U)      <b>2.</b> Just4Teens: Effective Drug Education*</p> <p>La Cienega (U)   <b>3.</b> Step by Step to a Successful Peer to Peer Helping Program*</p> <p>                         Sandia            <b>4.</b> Creating School Safety Through Trauma-Informed Behavioral Health Services**</p> <p>                         Cochiti            <b>5.</b> Danger in Our Schools</p> <p>                         Isleta             <b>6.</b> Child Abuse: Promoting Awareness, Creating Change</p> <p>                         Picuris            <b>7.</b> Depression Screening: To Screen or To Assess, That is the Question</p> <p>                         Apache            <b>8.</b> No Tooth Left Behind...Integrating Oral Health into School Health</p> <p>                         Taos               <b>9.</b> Balance: Exercise Your Mind, Body and Spirit</p> <p>                         Tesuque         <b>10.</b> The Whole Child and Coordinated School Health...The Expansion Model in New Orleans!</p> <p>                         Laguna           <b>11.</b> Naa Tsi iliid Hozho (Beauty Rainbow): Bridging Services for Native Gay, Bisexual and Transgender (GBT)</p> <p>                         Acoma            <b>12.</b> No More Bake Sales - Creative Funding Strategies for Difficult Times</p>
<b>12:15 - 1:30 pm</b>	<b>LUNCH/Visit Exhibits</b> (Lower Level Atrium)
<b>1:30 - 2:45 pm</b>	<p><b>BREAKOUT SESSIONS</b></p> <p>Ruidoso (U)      <b>13.</b> Talking Talons: Reconnecting Youth to Nature and Their Communities*</p> <p>Pecos (U)        <b>14.</b> In Our Backyard and Beyond: Understanding the Faces and Facts of HIV/AIDS*</p> <p>Mesilla (U)     <b>15.</b> Innovations in Teen Dating Violence Prevention*</p> <p>San Miguel (U) <b>16.</b> Trauma First Aide - Professionals Working with Youth**</p> <p>                         Sandia            <b>17.</b> Threat Incident Management: Collaborate to Reduce School Violence</p> <p>                         Picuris            <b>18.</b> Recognition, Response, Referral: Tackling the Impact of Domestic Violence On Our Children</p> <p>                         Cochiti            <b>19.</b> Youth as a Resource in Suicide Intervention</p> <p>                         Apache            <b>20.</b> An Evidence Based Approach to the Sports Physical...or The Cattle Herd in the Gym is Inadequate</p> <p>                         Tesuque         <b>21.</b> A Six Step Approach Towards a Healthier School Environment</p> <p>                         Isleta             <b>22.</b> Youth Gardens: Helping Students Bloom Physically, Emotionally and Academically</p> <p>                         Laguna            <b>23.</b> Project TRUST: "Are We Trying to Help Our Native Youth Navigate a System that Doesn't Work? Or Do We Need to Transform the System?"</p> <p>                         Acoma            <b>24.</b> The Inner Necessities of Transformative Health Practitioners</p>
<b>2:45 - 3:15 pm</b>	<b>BREAK/Visit Exhibits</b> (Lower Level Atrium)
<b>3:15 - 4:30 pm</b>	<p><b>BREAKOUT SESSIONS</b></p> <p>Ruidoso (U)      <b>25.</b> Natural Helpers: Collaborating to Prevent Youth Suicide*</p> <p>San Miguel (U) <b>26.</b> What's the Real Deal about Pregnancy and STD Prevention?*</p> <p>Pecos (U)        <b>27.</b> In Our Backyard and Beyond: Understanding the Faces and Facts of HIV/AIDS (REPEAT)*</p> <p>Mesilla (U)     <b>28.</b> Trauma is a Right Brain Wound**</p> <p>                         Cochiti            <b>29.</b> Screening, Brief Intervention, Referral and Treatment with Adolescents in School Settings</p> <p>                         Picuris            <b>30.</b> Psychosis: Early Warning Signs and the Importance of Early Intervention</p> <p>                         Sandia            <b>31.</b> "It was just a joke..." - Kids, Friendship, Ethics and Cyberbullying in the Age of the Internet</p> <p>                         Tesuque         <b>32.</b> Contraceptive Tool Bag</p> <p>                         Acoma            <b>33.</b> Bug Busting: Treatment of Head Lice</p> <p>                         Laguna            <b>34.</b> Engage New SBHC Champions - Hold an Open House</p> <p>                         Apache            <b>35.</b> Strengthen the Heartbeat of Your Community</p> <p>                         Isleta             <b>36.</b> Empowering Your School Health Advisory Council (SHAC)</p>
<b>4:30 pm</b>	<b>Continuing Education Certificate distribution for WEDNESDAY ONLY attendees. Full conference attendees will pick up their certificates on Thursday.</b>

## THURSDAY, APRIL 16, 2009

<b>7:30 - 8:00 am</b>	Registration/Continental Breakfast in Lower Level Atrium
<b>8:00 - 9:15 am</b>	<b>BREAKOUT SESSIONS</b>
Acoma	<b>37. Behind Happy Faces (Youth Only)</b>
San Miguel (U)	<b>38. The Power of Positive Youth Development: Creating Change Agents and Impacting Policy*</b>
Santo Domingo	<b>39. Radio Voices*</b>
Picuris	<b>40. Burnout Free Crisis Intervention: Intervening In A Crisis Without Creating A Crisis For Yourself**</b>
Sandia	<b>41. Mental Health Diagnosis and Clinical Techniques 101</b>
Tesuque	<b>42. The School Nurse: Obesity Prevention and Wellness</b>
	<b>43. N/A - Session cancelled</b>
Laguna	<b>44. Finding the Right Fit: The Importance of Targeting Teen Pregnancy Prevention Programs</b>
Apache	<b>45. Using Experiential Education for Transition to Adolescence</b>
Isleta	<b>46. Sexually Transmitted Infections and Adolescents: Epidemiology, Counseling, Treatment, and Prevention Issues</b>
Cochiti	<b>47. Make It Beautiful: Creating a Patient Centered Environment</b>
<b>9:15 - 9:35 am</b>	<b>BREAK</b>
<b>9:35 - 10:50 am</b>	<b>BREAKOUT SESSIONS</b>
Ballroom B	<b>48. Empowering Kids to Take Charge of Their Own Health*</b>
Sandia	<b>49. Not Another Lecture About Drugs*</b>
Acoma	<b>50. Community Healing Through Youth Empowerment*</b>
San Miguel (U)	<b>51. Signs and Symptoms of Post Traumatic Stress Disorder**</b>
Apache	<b>52. Investigating Environmental and Individual Prevention Strategies</b>
Isleta	<b>53. Seeking Agreement, Making Wellness and Partnering with a Plan: A Collective Commitment to Building Alternative Outcomes Through Relational Collaboration</b>
Picuris	<b>54. Suicide – Can We Help Prevent It?</b>
Tesuque	<b>55. Hand Hygiene in the School Setting</b>
Laguna	<b>56. The PASS Project: Positive Assistance for Student Success</b>
Santo Domingo	<b>57. SPARK Your Schools Coordinated School Health Efforts</b>
Cochiti	<b>58. On the Street Where You Live: Understanding Environment's Impact on Student Health</b>
<b>10:50 - 11:15 am</b>	<b>BREAK</b>
<b>11:15 am</b>	<b>Drawing for FREE registration to Head to Toe 14! You must be present to win. (Ballroom C)</b>
<b>11:20 - 12:30 pm</b>	<b>KEYNOTE PRESENTATION - Ballroom C</b> <b>New Ways to Create Mental Health Education</b> <i>with Ross Szabo, Director of Youth Outreach, National Mental Health Awareness Campaign</i>
<b>12:30 - 2:00 pm</b>	<b>LUNCH A:</b> General Attendance (Convention Center - Ballroom A) <b>LUNCH B:</b> NMASBHC Member Lunch (Take underground passage to the Doubletree Hotel from the lower level by registration)
<b>2:00 - 3:30 pm</b>	<b>BREAKOUT SESSIONS</b>
Navajo	<b>Youth Only</b> - All youth attendees will go to a special "Next Steps" session
Laguna	<b>59. Psychiatric Consultation for New Mexico SBHC Providers</b>
San Miguel (U)	<b>60. How to Support Children and Teens after a Death**</b>
Isleta	<b>61. Sexually Transmitted Infections and Adolescents: Epidemiology, Counseling, Treatment, and Prevention Issues</b>
Cochiti	<b>62. Collaboration to Help Our Children Breathe Better</b>
Acoma	<b>63. Action Communities for Health, Innovation, and EnVironmental Change (ACHIEVE)</b>
Picuris	<b>64. Fetal Alcohol Syndrome: The Hidden Disability</b>
Sandia	<b>65. Techniques for Multicultural Competence in the Classroom</b>
Apache	<b>66. Best Foot Forward: Learning to Present with Confidence</b>
Tesuque	<b>67. Excellence and Equity in Comprehensive School Health Education</b>
<b>3:30 pm</b>	<b>CONTINUING EDUCATION CERTIFICATE DISTRIBUTION</b>



Schedule is subject to change. Head to Toe seeks to present a wide variety of topics, issues and exhibits. The information, comments and opinions expressed by the speakers and exhibitors do not necessarily represent the views of the New Mexico Department of Health or Kesselman-Jones, Inc. Therefore, none of the sponsoring organizations endorse nor assume responsibility for the concepts expressed during these programs.

## Dr. Pat Cooper

WEDNESDAY, APRIL 15, 2009



**Dr. Pat Cooper** currently serves as the chief executive officer of the Early Childhood and Family Learning Foundation in New Orleans, LA. The goals of the Foundation include establishing community centers in the most economically depressed and crime-ridden neighborhoods of New Orleans. These centers will establish universal, quality early child care programs in the neighborhoods and universal, quality coordinated school health programs in the schools of the neighborhoods while providing a one-stop health, social service and education opportunity for the community.

Just prior to the New Orleans appointment, Dr. Cooper served as Superintendent of Schools in McComb, MS. He served in that capacity for 10 years and is in his 38 year of public education service. While in McComb, the McComb School District

implemented a planned 13 year longitudinal study relative to the relationship of coordinated school health programs to school reform. Valuable baseline data and successive year data have been collected. The results have been extremely positive to this point. Many significant gains in the academic, social and emotional arenas have been documented.

Dr. Cooper has served as a classroom teacher of the emotionally disturbed, principal, university faculty member, and as assistant state superintendent in the Louisiana State Department of Education. Prior to becoming superintendent in McComb, Dr. Cooper served four years as executive director for the CDC-funded National School Health Education Coalition (NaSHEC) in Washington, DC. As well, Dr. Cooper has served as a national consultant in the area of promotion of coordinated school health for the past 10 years, performing national and international work for a variety of organizations and agencies. Dr. Cooper earned his undergraduate and master's level education degrees at Louisiana State University and his doctorate in education administration at the University of Northern Colorado.

## Ross Szabo

THURSDAY, APRIL 16, 2009



**Ross Szabo** will never forget riding in a car with his father at age 11 and hearing the sentence that changed his life forever, "Your brother is in the hospital." Mental disorders entered Ross's life that day as he later visited his brother in a psychiatric ward, but his experience had just begun. After he was diagnosed with bipolar disorder at age 16, Ross was hospitalized in his senior year of high school for wanting to take his own life. Ten months later, he was forced to take a medical leave of absence from American University and was hospitalized again due to a relapse. Ross returned to American University in the fall of 2000 and graduated Cum Laude with a bachelor's of arts degree in psychology from American University in May of 2002.

Ross is currently the director of youth outreach for National Mental Health Awareness Campaign and began speaking about mental health at age 17. In the last six years he has spoken to well over half a million young people in high schools and colleges about mental health issues. Ross is a founding member of the Leadership 21 Committee of the Bazelon Center for Mental Health Law.

Ross's book, *BEHIND HAPPY FACES: What Young Adults Need to Know About Mental Health*, was published in August 2007 and is being made curriculum at high schools and colleges nationwide. An accessible and comforting resource for young adults, parents, teachers, counselors and administrators, it provides a better understanding of important emotional issues.

**WEDNESDAY, APRIL 15, 2009**

**Albuquerque Convention Center**

**ROOM ASSIGNMENTS  
CAN BE FOUND ON THE AGENDA-AT-A-GLANCE  
ON PAGES 3 & 4**

**8:30 - 10:15 am**

**OPENING CEREMONIES AND KEYNOTE PRESENTATION**

*Opening Remarks by Yolanda Cordova, Director, Office of School & Adolescent Health, New Mexico Department of Health, Welcome by Mayor Martin Chavez*

**KEYNOTE PRESENTATION: There Is Life After Tests...And Before**

*with Patrick Cooper PhD, Chief Executive Officer of the Early Childhood and Family Learning Foundation, New Orleans, LA*

When **Pat Cooper** took over as superintendent of Mississippi's impoverished McComb School District, students were acting up, dropping out and failing to realize anything close to their full academic potential. Cooper helped turn things around, and he did so by focusing on student health. As keynote speaker at this year's conference Dr. Cooper will describe how McComb students flourished when the district implemented the Coordinated School Health, Wellness and Safety Model. Hear what happened when this school district began addressing the needs of the whole child and worked toward the larger system change for the district and community.


**10:15 - 11:00 am**

**BREAK/Visit Exhibit Hall**

**11:00 - 12:15 pm**


**BREAKOUT SESSIONS**

**1 Brain Education for Wellness: Creating a Healthy, Happy, and Peaceful Life**

 Brain Education (BE) for Wellness is an experiential program designed for all ages to promote health, happiness and peacefulness. What controls your life? Your brain! BE aims to develop one's creative efficacy, through innovative training that focuses on the brain itself. Experience some of the program's physical, emotional, and cognitive exercises, postures, breathing techniques, guided imagery, and games that stimulate the healthy, dynamic, and productive functioning of the body and brain. These exercises, for adults and youth, directly affect your stress response system and are designed to improve sensory awareness, motor control, balance, emotional regulation, attention, and imagination. Come address your wellness; it's time to take care of yourself by using your brain!

*Presenters: Annie Chin Taylor, MEd, BEST Instructor, International Brain Education Association; Ryan Taylor, Student, Brain Education Kid!, Madison Middle School*

**2 Just4Teens: Effective Drug Education**

 Ineffective fear-based strategies, zero tolerance policies, and "Just Say No!" slogans have been the rule in schools and prevention programs for youth for too long. Drug Policy Alliance New Mexico has produced an innovative drug education video and discussion guide that features the voices of youth, along with adult users and prevention specialists. The video focuses on open, honest and respectful discussion with youth about drugs and drug use. This interactive workshop utilizes the video and discussion guide as teaching tools and is co-led by one of the youth featured in the video.

*Presenters: Jeanne Block, RN, Methamphetamine Project Coordinator, Drug Policy Alliance New Mexico*

Conference Workshops





**3 Step by Step to a Successful Peer to Peer Helping Program**



You want to know why peer-to-peer programs are so hot? They work! Put the power of youth to work in peer helping programs and watch them make a difference creating a more caring, accepting, and healthy school community. Suicide ideation, alcohol/tobacco/drugs, drop-out, youth violence – you name it, you’ve got it, and trained youth can skillfully intervene before the adults even know there’s a problem. This workshop, based on the Natural Helpers model endorsed by the state, uses the expertise of seasoned peer-helpers and peer-helping program sponsors to cover the bases from “how to start” to “how to evaluate.” The fun part comes when the youth lead you through some of the most effective training activities. The goosebumps happen when the youth answer your questions about how the program has changed their lives and the lives of those they have helped. Leave with a mini-manual and the support of the experts—both youth and adults—who can help you get started.

*Presenters: JoAnn Sartorius, LISW, Consultant, Trainer for the New Mexico Department of Health, Office of School & Adolescent Health; Shirley Villegas, SAMSHA Grant Coordinator for Pojoaque and youth Natural Helpers from Pojoaque High School*

**4 Creating School Safety Through Trauma Informed Behavioral Health Services**



Learn how trauma and trauma informed (TI) services can positively affect a school environment by decreasing negative student behavior, increasing student's engagement in the learning process and improving student's social and emotional health. Be empowered by the knowledge, understanding and skills of the core components of TI services in schools and leave with action steps to implement these services.

*Presenters: Susan Nelsen, MSW, LISW, Region 2 School Mental Health Advocate; Anna Nelson, LISW, Behavioral Health Manager, NM Department of Health, Office of School & Adolescent Health*

**5 Danger in Our Schools**

This presentation gives participants an overview of school-related violence from psychological and law enforcement perspectives. It is an interactive conversation meant for you to gain increased comfort in talking about a difficult subject and a better understanding of the risks and who is at risk in your school communities.

*Presenter: Troy Rodgers, PsyD, Forensic Psychologist/Agency Director, Forensic Behavioral Health Associates (FBHA)*

**6 Child Abuse: Promoting Awareness, Creating Change**

Statistics are staggering, the details of abuse often-times revealing years of secrecy. This session explores effects of abuse and its impact on children, youth and adults, as well as the impact of change; focusing on ways to promote awareness as well as ways to create change in your community.

*Presenter: Melissa Gomez, MS, Prevention Program Coordinator, La Piñon Sexual Assault Recovery Center of Southern New Mexico.*

**7 Depression Screening: To Screen or To Assess, That is the Question**

This workshop explores practical ways to integrate depression screening into school-based health/mental health care of students. After reviewing the epidemiology of depression, we’ll discuss the evidence-based practice of brief depression screening, the difference between shorter screening tools versus longer assessment instruments, and overcoming obstacles to depression screening. Also, we’ll consider other school venues in which screening implementation can identify students at risk for depression and suicide.

*Presenter: Dan Rifkin, MD, Consulting Psychiatrist, Envision NM/OSAH/UNM & First Choice Community Healthcare SBHCs*

**8 No Tooth Left Behind...Integrating Oral Health into School Health**

Although preventable, tooth decay is the most common chronic disease of childhood. In New Mexico, a statewide oral health survey of 3rd graders revealed 65% have experienced dental disease and less than 50% have dental sealants. This session provides an overview of the pathology of dental caries, cavities and an overview of the oral health status of the state’s school children. In addition, evidence-based strategies for the prevention of dental disease and the incorporation of oral health into coordinated school health are addressed. The session also supplies guidelines every school health professional needs for making an informed decision to partner with an oral health program providing services in school settings and in developing partnerships with dental homes.

*Presenter: Lynn Bethel, RDH, MPH, Director, Office of Oral Health, Massachusetts Department of Public Health*

**9 Balance: Exercise Your Mind, Body and Spirit**

The Las Vegas Community Fun and Fitness program presentation is the result of our school programs working together to serve the whole child. This interactive session explores strategies of incorporating physical fitness and health into the classroom, activities to increase physical activity into the school year and alternative ways to increase fitness levels of students in the community. Participate in burnout prevention and emotional wellness strategies and techniques that can be used with both children and adults in your community.

*Presenters: Gary A. Luna LISW, LCSW, Resource Specialist, WLW Family and Youth Resource; Elaine K. Martinez-Gonzalez, MA, Director, 21st Century Community Learning Centers; and from WLW Fun and Fitness, PE/Health Specialists Meredith Gilpin, BA, Adrian Gonzales, BA, and Ryan Kueffer, BA*

**10 The Whole Child and Coordinated School Health... The Expansion Model in New Orleans!**

Dr. Pat Cooper understands the critical link between the health and welfare of a child and learning. As director of the Early Childhood and Family Learning Foundation in New Orleans, Cooper works to create community centers that serve as a one-stop health, social service, and educational assistance in the



city's most economically depressed and crime-ridden neighborhoods. These centers provide universal, quality early child care programs, and quality coordinated school health programs. Find out about this innovate program and how it can be replicated in our communities.

*Presenter: Patrick Cooper, PhD, Chief Executive Officer of the Early Childhood and Family Learning Foundation in New Orleans, LA*

### **11 Naa Tsi iliid Hozho (Beauty Rainbow): Bridging Services for Native Gay, Bisexual and Transgender (GBT)**

This workshop is designed to help providers understand the challenges faced by the Native GBT population. Hear historical and current knowledge of the Native GBT person within/from the Navajo culture and learn about materials and culturally appropriate interventions that have been successfully adapted and implemented. Interactive activities are included to help providers become aware of possible negative approaches to working with the Native GBT population and provide tools for better working practices with this unique community.

*Presenters: Marco Arviso, HIV Prevention Services Manager, Navajo AIDS Network, Inc.; Lonnie Barraza, HIV Program Administrator, School and Family Support Bureau NM Public Education Department; Stella Martin, Health Education Specialist, Navajo AIDS Network, Inc.*

### **12 No More Bake Sales - Creative Funding Strategies for Difficult Times**

In this fun, interactive workshop, learn all the basics and more about how to get the resources you need for that project or program you want to develop and get funded. While focusing primarily on traditional sources such as grants, non-traditional sources of revenue and other funding strategies are also covered. Fund-raising is not as hard as you may think. Through lecture and discussion, begin to develop ideas that you can easily turn into support for your project or program.

*Presenter: Howard Spiegelman, Executive Director, New Mexico Alliance for School-Based Health Care*

**12:15 - 1:30 pm**

**LUNCH/Visit Exhibits in Lower Level Atrium**

**1:30 - 2:45 pm**

**BREAKOUT SESSIONS**

### **13 Talking Talons: Reconnecting Youth to Nature and Their Communities**



This workshop engages participants in an immersion experience into the transformational process that the Talking Talons Youth Leadership (TTYL) program facilitates in youth. Activities that increase communication and public speaking skills use live, non-releasable wildlife to promote self-esteem and positive attitudes toward science. This workshop showcases how youth bonding to animals reconnects youth to nature, fostering civic responsibility/engagement and catalyzes growth of resiliency and protective factors.

*Presenters: Carrie Hicks, Program Student, Roosevelt Middle School; Carmen Sorge, PhD, Independent Program Evaluator, Leiden Consulting LLC; Laurie S. Wearne, BS, Program Director, Talking Talons Youth Leadership*

### **14 In Our Backyard and Beyond: Understanding the Faces and Facts of HIV/AIDS**



The HIV / AIDS Peer Educator Group at The United World College (UWC-USA) has developed an interactive, theatrical presentation intended to raise awareness around issues associated with HIV and AIDS and is designed specifically for students attending middle and high schools. Using various theatrical techniques (including songs, skits and audience participation) the presentation provides information on: HIV / AIDS testing (including local resources/support); demystifying myths about HIV / AIDS; the progression of HIV / AIDS; practicing safe sex / drug use and minimizing contraction of STDs; and living with HIV / AIDS in New Mexico.

*Presenters: Tim Crofton, MA, BFA, BEd, Theatre Arts Instructor, United World College (UWC-USA) and students*

### **15 Innovations in Teen Dating Violence Prevention**



Explore new trends in surveillance, peer to peer prevention and school policies to meaningfully impact the rate of teen dating violence (TDV) in New Mexico. The presentation is designed to engage participants in exploring their competencies around TDV awareness and prevention and challenges each participant to take this knowledge to implementation. Receive tools to identify TDV early and ways to increase school safety through implementing school-wide peer to peer and adult awareness campaigns and school policy to prevent TDV and sexual assaults among students. Leave motivated to return to your community with a plan for change.

*Presenter: Anna Nelson, LISW, Behavioral Health Manager, NM Department of Health, Office of School & Adolescent Health*

### **16 Trauma First Aid - Professionals Working with Youth**



This workshop teaches helping professionals to recognize and treat symptoms of acute traumatic stress and to stabilize the nervous system in overwhelming, high arousal, and urgent situations. Children in New Mexico are increasingly exhibiting behaviors and symptoms clearly indicative of trauma including escalating rates of violence, suicide, alcohol and drug use, sexual and physical abuse, low performance and poor attendance. Through this multimedia, experiential skills-based workshop, explore the role of the nervous system in trauma, identify the human response to trauma, and learn non-therapeutic trauma intervention stabilization skills.

*Presenters: Pamela Burnham, PhD, LISW, SEP; Cyndi Harris*

### **17 Threat Incident Management: Collaborate to Reduce School Violence**

Learn how to set up school-based multidisciplinary threat incident management (TIM) teams and how to coordinate the school efforts with law enforcement and other community agencies to help prevent and reduce school violence. Find out about a specialized training for school staff and law enforcement and Crisis Intervention Team training, which is effective in deescalating mentally ill students in crisis. Participate in an exercise involving a simulated referral to a TIM team and share with one another how to deal with such referrals including developing a plan of action to include community involvement.

*Presenters: William H. Greaves, MSW, LISW, School Social Worker; Joseph R. Flippo, PhD, School Psychologist; Jean Lisiak, MA, LISW, ACSW, School Social Worker*

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**18 Recognition, Response, Referral: Tackling the Impact of Domestic Violence On Our Children**

Upwards of 10 million children witness domestic violence every year and many of these children go to school every day carrying “family secrets.” This program provides school professionals the tools they need to effectively address domestic violence and its negative effects on child/victim witnesses. Using the 3 R’s - Recognition, Response, Referral - you can learn to detect and respond effectively to children who’ve been affected by domestic violence. The New Mexico produced video “Our Children Are Watching” serves as the cornerstone for group discussion.

*Presenter: Perry D. Lawson, MS, Domestic Violence Program Community Educator/Trainer, Center of Protective Environment*

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**19 Youth As a Resource in Suicide Intervention**

What can youth do? How can you help a friend who is depressed or thinking about suicide? Learn the four step process to intervening and where to get help. This interactive workshop prepares youth to address the subject of suicide and other issues their friends may face, how to problem solve and where to go for help.

*Presenter: Cherry Sublett, MEd, Training and Education Coordinator, NM Suicide Intervention Project*

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**20 An Evidence Based Approach to the Sports Physical... or The Cattle Herd in the Gym Is Inadequate**

Approximately 30 million children and teens participate in organized sports in the US. Every state, except one, requires a pre-participation sports examination (PSE) before the season begins. The primary goal of the PSE is to maximize safe participation. School-based health centers are positioned to provide the PSE as well as the comprehensive annual exam which includes anticipatory guidance and a psycho-social risk assessment. This workshop identifies the requirements for the history and physical for school athletes, including what medical conditions exclude from or require treatment for participation. It includes a discussion of the cardiac and musculo-skeletal exam, the well-child exam and the NM pre-participation exam. Participants will have the opportunity to practice the knee and ankle exam.

*Presenters: Yvonne Ellington, MPA, BS, AB, PA-C, UNM-SBHC Program; Paula LeSueur, MN, CFNP*

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**21 A Six Step Approach Towards a Healthier School Environment**

In this presentation, participants are guided through the Six Step Process the Alliance for a Healthier Generation uses to assist schools in creating a healthier school environment. Learn specifically about the history of the Alliance for a Healthier Generation, the goals of the Alliance for a Healthier Generation and the Six Step Process which systematically help schools create healthier school environments that promote physical activity and healthy eating among students and staff.

*Presenter: Julie Garcia, MA Ed, Relationship Manager, Alliance for a Healthier Generation*

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**22 Youth Gardens: Helping Students Bloom Physically, Emotionally and Academically**

Youth gardens are fantastic educational settings for students of all ages! Learn how to initiate, fund and maintain a sustainable

youth gardening program. This workshop demonstrates how youth gardening programs positively impact children’s eating habits, emotional well-being, social skills, academic achievement, and community pride. Learn about a successful youth gardening program in an Albuquerque Public School special education program. Receive lesson plans for incorporating youth voice in the garden planning process, and performing a soil analysis. Experience a hands-on lesson to help kick-start a gardening program even if you have not yet found space to plant!

*Presenters: Whitney Kane, LMSW, School Social Worker, Grant Middle School, Behavior Intervention Program; Nissa Patterson, MPH, Program Manager, New Mexico Alliance for School-Based Health Care*

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**23 Project TRUST: “Are We Trying to Help Our Native Youth Navigate a System That Doesn’t Work? Or Do We Need to Transform the System?”**

Many American Indian youth have a deep mistrust of behavioral health services and providers. To promote the mental health and well-being of Native youth, it is imperative to understand the historical context and to foster transformation on multiple levels. This presentation provides an overview of Project TRUST, a partnership of service providers, community members, youth, university faculty and staff and numerous organizations that have been working to build a culture of trust. Hear a summary of their literature review findings, as well as perspectives from their community advisory process, and participate in a discussion of the policy, treatment and research recommendations which emerged.

*Presenters: Jessica Goodkind, Assistant Professor, UNM Dept. of Pediatrics, CHPDP; Janie Lee Hall, RN, School Health Advocate, NM Department of Health, Public Health Division, Region 1; Susie John, MD, MPH, Medical Officer, Northern Navajo Teen Life Center; Kimberly Ross-Toledo, Director, McKinley Community Coalition for Healthy & Resilient Youth*

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**24 The Inner Necessities of Transformative Health Practitioners**

Do you think of yourself as a transformative health practitioner? Is your job to maintain the status quo or is it to create a future distinct from the past? School nurses, counselors, social workers, and health officials need to create transformative change, not maintain the status quo or support incremental change. Change in the outer world starts with change in the inner world, with having the courageous conversations you need to have. Come to this workshop to begin those conversations!

*Presenter: David Markwardt, MSOD, MFA, Teamwork in Action Director, Santa Fe Community College*

**2:45 - 3:15 pm**

**BREAK/Visit Exhibits in Lower Level Atrium**

**3:15 - 4:30 pm**

**BREAKOUT SESSIONS**

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**25 Natural Helpers: Collaborating to Prevent Youth Suicide**

Want to learn how the Natural Helpers Peer to Peer Model program works at preventing youth suicide? Join high school students from four very diverse areas of the

state as they come together to educate participants on youth suicide prevention, including warning signs, myths and facts, and how to help from a youth's point of view. This interactive workshop also shows how students from different areas of the state can collaborate to save youth lives and work together even when they are not together every day...a great learning experience on collaboration for adults.

*Presenters: Shirley Villegas, Program Coordinator, Pojoaque High School; student representatives from Pojoaque Valley High School, Gadsden High School, Carlsbad and Gallup High School*

## 26 What's the Real Deal About Pregnancy and STD Prevention?



The South Valley Peers In Action is a project working in the community and in schools with young people to address community issues like reproductive health, prevention of teen pregnancy, STDs, and violence prevention. Youth from these groups facilitate sessions that simulate actual presentations incorporating experiential activities and interactive discussion, which conference participants can use in their own communities.

*Presenters: Jasmin Hendrickson, BA, Rose Medina Rogers, LBSW, LSSW, School Social Worker, South Valley Academy and from South Valley Peers in Action, Peer Health Educators Alejandra Carmona, Brenda Enriquez and Nimsy Melendez*

## 27 In Our Backyard and Beyond: Understanding the Faces and Facts of HIV/AIDS



The HIV/AIDS Peer Educator Group at The United World College (UWC-USA) has developed an interactive, theatrical presentation intended to raise awareness around issues associated with HIV and AIDS and is designed specifically for students attending middle and high schools. Using various theatrical techniques (including songs, skits and audience participation) the presentation provides information on: HIV/AIDS testing (including local resources/support); demystifying myths about HIV/AIDS; the progression of HIV/AIDS; practicing safe sex/drug use and minimizing contraction of STDs; and living with HIV/AIDS in New Mexico. (REPEATED SESSION)

*Presenters: Tim Crofton, MA, BFA, BEd, Theatre Arts Instructor, United World College (UWC-USA) and students*

## 28 Trauma Is a Right Brain Wound



Current research in psychiatry, developmental psychology and neuroscience now reveals that the primary impact of trauma is on the right hemisphere of the brain. This workshop reviews the research and explores the importance of moving away from left brain-focused treatment and education towards right brain interventions and academic strategies. By building upon relational, emotional, non-verbal and experiential interactions with students, we will strengthen our ability to help them transform their trauma-based behaviors and barriers to learning into meaningful, productive living.

*Presenter: Penny Holland, MA, LPCC, Clinical Counselor, School on Wheels*

## 29 Screening, Brief Intervention, Referral and Treatment with Adolescents in School Settings

Screening, Brief Intervention, Referral and Treatment (SBIRT) provides early identification and intervention with adolescents engaging in risky alcohol and/or drug use. New Mexico is the

only state that has adapted the SBIRT model for use with adolescents, and thus far SBIRT has been integrated into 11 School-based health centers. Learn how the SBIRT model has been implemented in New Mexico schools, an introduction to the evidence-based approaches used and how they have been adapted for use with adolescents in the school environment. You will also have the opportunity to practice brief intervention.

*Presenter: Lori Goetz, MA, Behavioral Health Consultant, Sangre de Cristo Community Health Partnership; Nancy Miquelon, MA, LPCC, Clinical Mental Health Counselor, Sangre de Cristo Community Health Partnership; Ana Moseley, LISW, ACSW, Clinical Director, Sangre de Cristo Community Health Partnership; Letha S. Olmos, LISW, Independent Clinical Social Worker, Sangre de Cristo Community Health Partnership; Dr. Thomas Peterson, Associate Clinical Director and Regional Clinical Supervisor, Sangre de Cristo Community Health Partnership / NM SBIRT; April D. Stamper, LMSW, Behavioral Health Consultant, Sangre de Cristo Community Health Partnership*

## 30 Psychosis: Early Warning Signs and the Importance of Early Intervention

In this session school professionals, who are often the first adults youth go to for help, are introduced to the knowledge and skills needed for early identification of psychotic disorders, which could include schizophrenia, bipolar disorder and major depression. Additionally, participants will learn about the Early Assessment and Resource Linkage for Youth (EARLY) Program, a treatment and research initiative providing early identification and treatment for families and young people who are at high risk of developing a psychotic disorder.

*Presenters: Steven Adelsheim, MD, Psychiatrist, University of New Mexico; Margaret Migliorati, MA, LPCC, DTR, NCC, Mind Research Network*

## 31 "It was just a joke..." - Kids, Friendship, Ethics, and Cyberbullying in the Age of the Internet

When we hear the term "Internet safety", we usually think of danger from adult predators. However, as kids spend more time on the internet for educational, social, and entertainment purposes, they are more likely to be exposed to a unique form of bullying by peers that was unknown to their parents. The use of electronic devices to cause hurt or embarrassment, called "cyberbullying", has become increasingly common in recent years, blurring the boundary between school and home life, and often profoundly impacting both families and school communities. This workshop helps both school personnel and parents to identify electronic aggression, to take steps to reduce the likelihood of its occurring, and to deal effectively with it if it does happen.

*Presenter: Emily D. Moore, PhD, Psychologist/Consultant, Social Empowerment Programs of New Mexico, LLC*

## 32 Contraceptive Tool Bag

The high rate of (usually unintended) teen pregnancy in New Mexico is well documented as are the consequent negative impacts. Lack of medically accurate information (even misinformation) about teen sexuality and contraception contribute to this serious social problem. In recent years, medical research has shown that contraception and reproductive care for the teen should be simplified and more of the focus should be on long-acting reversible contraception



(LARC) rather than solely the birth control pill. This presentation reviews the most current evidence-based information about promoting teen sexual health and effective contraception.

*Presenter: Diana Koster, MD, Medical Director, Planned Parenthood of New Mexico*

### 33 Bug Busting: Treatment of Head Lice

Learn about the treatment of head lice using The Bug Buster Kit, which consists of special combs and instructions on how to detect and eradicate head lice with normal shampoos and conditioners. The kit can be reused by a whole family for a year or more, is ideal for detection and eradication of head lice without using pesticides, and it can be used to check the effectiveness of any head lice treatment. This process has also destigmatized having lice and enables families of all socioeconomic classes to participate in a whole-school approach. Results of the New Mexico pilot study for treatment of head lice will also be presented.

*Presenter: Janet Mason, RN, School Health Advocate, NM Department of Health, Office of School and Adolescent Health, Public Health Region 1&3*

### 34 Engage New SBHC Champions - Hold an Open House

Learn how to stage an “open house” to advocate for your health program or school-based health center. This workshop utilizes a toolkit to help you to identify your target audience, plan the logistics, invite the media, evaluate the event’s success, and plan follow-up activities. Hear from colleagues who have organized successful open houses, share ideas with other attendees, and get a jumpstart on plans for your own open house.

*Presenters: Debbie Birkhauser, EdS, MA, Deputy Director, NM Alliance for SBHC; Beth Hamilton-Ignacio, BS, Coordinator, Cuba School-Based Health Center; Nancy Passikoff, RN, School Nurse and SBHC Coordinator, Des Moines Schools*

### 35 Strengthen the Heartbeat of Your Community

Today, heart disease affects the majority of Native American people and is the number one killer of our generations. “Honoring the Gift of Heart Health,” a Native-based curriculum that teaches about living a heart healthy lifestyle, is centered on traditional Native American beliefs in honoring oneself and our surroundings. In this workshop, four curriculum components related to positive heart healthy habits are explored: Learn Ways to Lower Your Cholesterol; Watch Your Weight-Be Good to Your Heart; Lower Your Blood Pressure and Positive Attitudes towards Healthy Living. Leave with the ability to begin teaching and working with the “Honoring the Gift of Heart Health” curriculum.

*Presenter: Christina Chavez, BS-Health Education, Contractor, Native American Health Issues*

### 36 Empowering Your School Health Advisory Council (SHAC)

Are you confused about what a SHAC is and what it can do? Or are you looking for ways to make your SHAC more effective? Then join us for an interactive workshop discussing the nuts and bolts of SHACs. Every school district in NM is supposed to have a representative district level SHAC as part of the wellness policy requirement. Meeting this requirement doesn’t have to be daunting. This workshop explores practical strategies and tools to help you develop and maintain a successful SHAC, including engaging members, planning, and taking action to improve wellness programs, policy, and practices.

*Presenters: Chris O’Donnell, Manager, UNM School-Based Health Center Program; Jennie McCary, RD, Wellness Coordinator, Albuquerque Public Schools*

## Ross Szabo Book signing



Ross Szabo will be signing copies of his book, **BEHIND HAPPY FACES: What Young Adults Need to Know About Mental Health**, following his keynote presentation on Thursday, April 16 at 12:30 pm, outside of the Ballroom.

## Head to Toe Youth Track

Head to Toe would like to welcome students and from the following youth teams to this year’s conference:

**Cibola County Youth Council**  
**Coalition for Healthy & Resilient Youth**  
**Des Moines**  
**Gadsden**  
**Los Alamos High School Teens**  
**Mountainair High School**  
**Otero County Schools Collaboration**  
**Pojoaque Valley High School**  
**Rocky Mountain Youth Corps**  
**Santa Fe High School**

**THURSDAY, APRIL 16, 2009**

**Albuquerque Convention Center**

Conference Workshops

**7:30 am**

Continental Breakfast provided in Lower Level Atrium/Registration Opens

**8:00 - 9:15 am**

**BREAKOUT SESSIONS**

**37 Behind Happy Faces (Youth Only)**

This breakout is a first-hand account of bipolar disorder and the process Ross Szabo went through to find balance and recovery. Learn about bipolar disorder, the barriers that prevented Ross from seeking help, the steps he took to deal with bipolar disorder and what he does today to manage the disorder. While no single treatment for bipolar disorder is effective for everyone, this breakout offers commonalities that extend to most people with mental health issues. Due to space limitations this session is for YOUTH only.

*Presenter: Ross Szabo, Director of Youth Outreach, National Mental Health Awareness Campaign*

**38 The Power of Positive Youth Development: Creating Change Agents and Impacting Policy**



For decades, youth have been recognized as deficits, problems to be fixed. The Positive Youth Development approach shifts this thinking to recognize youth as assets by building on their strengths. By not underestimating the abilities of youth, they can become change agents in their communities by discussing and identifying solution based action plans to address important issues in their communities. Two youth presenters co-lead this workshop and teach participants about the role of authentic (true) youth voice, mobilizing youth, leadership skills and strategies to positive youth development. The session includes a discussion on how youth can connect with elected officials to create policies to help support their solution based action plans.

*Presenters: Moneka Stevens Cordova, BA, Project Director; New Mexico Youth Alliance and Youth Alliance Members Calle Treppiedi and Bethany Trujillo*

**39 Radio Voices**



Have you ever wanted to be on the radio? In this session you will learn what goes into putting a show together. Listen to youth-produced pieces, conduct interviews, do voice exercises, and participate in youth-led panel discussions for broadcast on Youth Media Project's show on KSFR, 101.1 FM. Come ready to tell stories and pose questions concerning how change happens in your community and how it affects the choices you make. Youth perspectives and imagination are encouraged.

*Presenter: Judy Goldberg, Executive Director, Youth Media Project; Shawna Chavez, MSW, Program Coordinator*

**40 Burnout Free Crisis Intervention: Intervening in a Crisis Without Creating a Crisis for Yourself**

Successfully intervening in a crisis means enhancing the abilities of everyone involved in coping with a crisis: students, families, and staff. This workshop provides tools for assessing and intervening in school crises while identifying risk factors for staff burnout so it can be handled in the present and prevented in the future. In-session group problem-solving and role play give you the opportunity to practice the skills covered.

*Presenter: Avron Kriechman, MD, Department of Psychiatry, CRCBH, UNM*

**41 Mental Health Diagnosis and Clinical Techniques 101**

This workshop offers introductory information on mental health diagnosis and a starting point for utilization of the Diagnostic and Statistical Manual (DSM IV-TR). In addition to being introduced to clinical techniques for common child and adolescent mental health problems, you will experientially learn to implement at least one of these techniques within the session. Case scenarios relevant to a school-based health center or school-linked setting are shared to engage audience participation and discussion in working through the diagnostic and treatment process.

*Presenters: Amanda Lopez, MS, Region 5 School Mental Health Advocate, NM Department of Health, Office of School & Adolescent Health; Delia Mendoza, LISW, Region 4 School Mental Health Advocate, Office of School & Adolescent Health*



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**42 The School Nurse: Obesity Prevention and Wellness**

The session is an interactive experiential-based learning session in which school nurses can learn how to integrate the four key messages integral to pediatric overweight prevention and treatment (Play Hard!, One hour daily of physical activity; Eat Well!, Eat 5 servings of fruits and vegetables daily; Turn It Off, One hour or less of screen time daily; Drink Water!, Drink more water, and less sweetened beverages) into their school setting.

*Presenters: Kirsten Bennett, MS, RD, LD, Envision New Mexico; Suzanne Gagnon, CFNP, Envision NM Provider Outreach and Training Coordinator, UNM and NM Department of Health, Office of School & Adolescent Health*

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**43 This session has been canceled**

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**44 Finding the Right Fit: The Importance of Targeting Teen Pregnancy Prevention Programs**

There are many effective programs available to prevent initial and subsequent pregnancies and to improve the outcomes for the youth and their babies. However, many of these programs are not “one size fits all.” With our state’s extremely diverse population - economically, culturally, educationally and demographically – it is important to identify the best approach for success. In this session, program administrators and advocates working with youth to prevent teen pregnancy will learn about the array of programs available and how to match the correct program to appropriately address the diverse needs of youth and families.

*Presenters: Sylvia Ruiz, BS, Executive Director, New Mexico Teen Pregnancy Coalition; representatives from Plain Talk and the Young Fathers Project*

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**45 Using Experiential Education for Transition to Adolescence**

Experience the opportunity to step out of your comfort zone and empower yourself to empower others. Learn about the experiential education model and participate in a number of activities to spark your interest in using and creating experiences to educate. Find out how this non-traditional way of learning can provide youth with tools for life skills such as communicating, problem solving, decision making and understanding risk taking, as well as goal setting.

*Presenter: Beverly Ann Billie, AA, Experiential Educator*

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**46 Sexually Transmitted Infections and Adolescents: Epidemiology, Counseling, Treatment, and Prevention Issues**

Most New Mexico teens have had sexual intercourse by the time they graduate from high school. A recent study found that one in four adolescent girls in the US have one or more sexually transmitted infections (STIs). This session discusses the epidemiology, counseling, treatment and prevention of STIs in young people.

*Presenter: Bruce G. Trigg, MD, Medical Director, STD Program, Regions 1 & 3, New Mexico Department of Health*

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**47 Make It Beautiful: Creating a Patient Centered Environment**

Did you know that the way your school nurse, counselor or SBHC office LOOKS directly affects the way your patients perceive the quality of the health care and impacts their anxiety level? It’s true! This session provides practical ideas on how to create a beautiful, patient friendly environment as well as show you a real life makeover success from the Chaparral School-Based Health Center.


*Presenters: Amanda Gallivan, SBHC Coordinator, Chaparral School-Based Health Center; Gabriella Gutierrez, Professor, University of New Mexico School of Architecture and Planning; Nissa Patterson, MPH, Program Manager, NM Alliance for School-Based Health Care*

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**9:15 - 9:35 am  
BREAK****9:35 - 10:50 am  
BREAKOUT SESSIONS**

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**48 Empowering Kids to Take Charge of Their Own Health**

 Learn how the Alliance for a Healthier Generation is helping empower the youth of America and New Mexico to eat healthier and lead more active lives. Learn about the Alliance Kids’ Movement, created “by kids, for kids” to empower all kids to make healthy behavior changes, and become leaders and advocates for healthy eating and physical activity. Two enthusiastic youth trainers will show you how to engage youth to fight in the battle in obesity prevention in their schools and communities.

*Presenters: Youth Advocates for The Alliance for A Healthier Generation - Carson Miller, Rose Daniel*

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**49 Not Another Lecture About Drugs**

 This youth facilitated /adult supervised interactive activity presentation is geared towards uncovering the consequences and emotional realities of drug and alcohol abuse. It is done by teens for teens to spread awareness that drug abuse and underage drinking is bad! This role-play involves a student who is experimenting with drugs and alcohol showing the effects it has on the student (himself/herself) and his/her peers. The drug/alcohol use starts with inhalants, marijuana, liquor, beer, ecstasy and ends with mushrooms, cocaine, heroin, crack, and methamphetamines, ultimately leading to the student’s death.

*Presenters: Harry Montoya, CEO, Hands Across Cultures; Jude Anthony Sanchez, Student, CNM*

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**ROOM ASSIGNMENTS  
CAN BE FOUND ON THE AGENDA-AT-A-GLANCE  
ON PAGES 3 & 4**



## 50 Community Healing Through Youth Empowerment



When communities are defined by their strengths, resources, and assets, they begin to heal from within. Youth are an often overlooked asset of our communities, and can rise to become leaders of efforts that improve the health and well-being of our communities if we allow them. This session, hosted by the Native Health Initiative coordinators, begins with an introduction to community asset mapping (CAM), and then highlights youth who are healing their communities through their activism. Two local youth-led efforts - one to create a community wellness event, and the other to advocate for improved recreational facilities - are showcased as examples of CAM in practice, with the youth presenting their own work. You will come away from this informed and inspired to create opportunities for youth to lead the way through their service to their communities.

*Presenters: From the Native Health Initiative, Coordinators Anthony Fleg, MD, MPH, and Shannon Fleg*

## 51 Signs and Symptoms of Post Traumatic Stress Disorder



Studies show that 1 in 5 children may be suffering from Post Traumatic Stress Disorder (PTSD). Unfortunately, symptoms of PTSD are often ignored, overlooked, or misdiagnosed. This workshop educates about PTSD in children and teens. Receive information about prevalence, symptomatology, including differential diagnosis, and treatment of PTSD. The presentation also includes discussion of the types of traumatic situations that children and teens encounter, how PTSD presents itself at different developmental stages, and cultural considerations.

*Presenter: Kate Latimer, MA, LMHC, Therapist and Training Services Coordinator, Santa Fe Rape Crisis and Trauma Treatment Center*

## 52 Investigating Environmental and Individual Prevention Strategies

Throughout the nation and New Mexico there appears to be two very prominent schools of prevention methodology: environmental and individual strategies. Depending on which prevention training class you attend, points of view may differ as to which practice is the most effective, leaving many prevention professionals confused. Does prevention have to be an either or? Find out the strengths and short comings of environmental and individual prevention strategies and how these strategies can complement each other to create the strongest prevention program.

*Presenters: Ginny Adame, BS, CPS, DWI Prevention/Enforcement Coordinator, The Village of Los Lunas; Frank Magourilos, BS, SCPS; Jim Roeber, MSPH; Glen Wieringa, MRC, Underage Drinking Prevention Coordinator, NM DOT Traffic Safety Bureau*

## 53 Seeking Agreement, Making Wellness and Partnering with a Plan: A Collective Commitment to Building Alternative Outcomes Through Relational Collaboration

This workshop inspires participants to facilitate wellness meetings that provide conversations between students, parents and school staff designed to identify desired outcomes, resources and follow-up plans to effectively improve wellness and school performance. Participants will be reminded of

how much they care about the wellness of their students and families, how deeply they feel committed to making resources available to assist students and families in their efforts to improve their lives and school performance, and how genuinely they strive to collaborate with other school staff to address the needs of their students.

*Presenters: Albuquerque Public Schools - Melody Fill, MSW, School Social Worker; Nancy Lacher, Elementary School Principal; Antoinette Najera, School Social Worker; Kathy Sallee, School Nurse; Veronica Valdez-Anderson, School Counselor*

## 54 Suicide – Can We Help Prevent It?

Everyone working with youth in a school or community setting can play an important role in helping to identify young people at risk of suicidal behaviors and refer them to the appropriate sources for help. Community Gatekeepers are trained to recognize behavioral patterns and other warning signs that indicate that a young person may be at risk for suicide, actively intervene, and ensure that young people at risk access the services necessary to reduce that risk. Learn about the components of a successful Community Gatekeeper program, why your school should have one and why it works.

*Presenters: Avron Kriechman, MD, Department of Psychiatry, CRCBH, UNM; Norma Rey Vázquez de Houdek, Youth Suicide Prevention Coordinator, NM Department of Health, Office of School & Adolescent Health*

## 55 Hand Hygiene in the School Setting

A look at the current literature regarding the importance of hand hygiene practices in the school setting. Specifically, we'll review the latest information regarding the use of antibacterial soaps and hand sanitizing gels. A preliminary report from the pilot project, "Inspections to Support Hand Washing Facilities in Public Schools" is also provided.

*Presenters: NM Department of Health - Mary Ramos, MD, MPH, School Health Officer; Rebecca Trujillo, RN, MSN, School Health Advocate*

## 56 The PASS Project: Positive Assistance for Student Success

Positive Assistance for Student Success (PASS) is a school-based intervention designed to address critical student and family issues that impact negatively on a student's academic performance. PASS is based on case management functions using existing school district staff to serve as advisors and coaches for students and families, assisting them to build on their strengths to find solutions to their problems. The process, developed by a team of professionals working with the New Mexico Public Education Department, School and Family Support Bureau, has been outlined in a new comprehensive toolkit that can be used by any school employee who has been assigned to support a student of a family in need. Learn how your school can use the PASS toolkit to help increase the capacity of school district staff to serve in the role of advisor and coach for students and their families in need of support.

*Presenters: From the NM Public Education Department, School and Family Support Bureau- Georgia Glasgow, Health Services and School-Based Medicaid Program; Laurie Mueller, Professional Development Coordinator; Joseph P. Sanchez, MBA, Education Program Coordinator and Contractor to the Department, Patsy Nelson, BSN, MA*

**57 SPARK Your Schools Coordinated School Health Efforts**

Connect with resources and strategies to help your school achieve a healthy school environment. This hands-on session will have you taking part in a collaborating scope and sequence event of physical activity, nutrition and health. Learn about SPARK (Sports, Play, and Active Recreation for Kids), a research-based organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. Leave with the “pieces” to support your coordinated school health efforts.

*Presenter: Julie Frank, MPH, CHES Project Specialist, The SPARK Programs*

**58 On the Street Where You Live: Understanding Environment’s Impact on Student Health**

Every student who walks into New Mexico classrooms embodies the environment that they live in, their homes, their communities. They carry the footprint of the lived realities of their communities. Healthy behaviors, molecular research, and of course, universal health care are all important. But evidence suggests they miss the most vital factor of all: how the social circumstances in which we are born, live and work can get under our skin and disrupt our biology as surely as germs and viruses. Learn how we need to go beyond the medical treatment of conditions and understand how social determinants play a significant role in determining the health outcomes of young people, including the early development of minds and bodies and the student’s ability to overcome societal inequities to succeed in this society.

*Presenters: Magdalena M. Avila, DrPh, MPH, MSW, Assistant Professor, Health Education Program, COE, University of New Mexico; Nancy Kirkpatrick, BS, Health Service Administrator, NM Department of Health, Office of School and Adolescent Health; Beth Pierson Klugman, MS, CHES, Visiting Faculty, HED, School Health, University of New Mexico*

**10:50 - 11:15 am**

**BREAK**

**11:15 am**

**Drawing for FREE registration to Head to Toe 14!**  
*You must be present to win.*

**ROOM ASSIGNMENTS  
CAN BE FOUND  
ON THE  
AGENDA-AT-A-GLANCE  
ON PAGES 3 & 4**



**11:20 - 12:30 pm**

**KEYNOTE PRESENTATION:**

**Ross Szabo  
New Ways to Create Mental Health Education**

This keynote presentation explores new ways to educate all people about mental health. Ross Szabo has spoken to well over half a million young people in the past six years. Through his personal experience with bipolar disorder and his professional experience running the National Mental Health Awareness Campaign, he has developed new ideas for the future of mental health education. He will examine the history of mental health education, the public’s perception of mental illness, and what can be done to increase the amount of people actively seeking ways to take care of their mental health. Ross’ recovery from bipolar disorder has given him insight and a unique perspective on some of the most pressing needs of our culture.

**12:30 - 2:00 pm**

**LUNCH A: General Attendance  
(Convention Center Ballroom)**

**LUNCH B: New Mexico Alliance for School-Based Health Care (NMASBHC) Lunch and Annual Meeting (Doubletree)**

The annual meeting for the New Mexico Alliance for School-Based Health Care will be held at the Doubletree Hotel. Highlights of the meeting will include membership input, the election of new board members, modifications to the bylaws and recognition and awards. If you are not a member, you can join by going to [www.nmasbhc.org/pages/membership.html](http://www.nmasbhc.org/pages/membership.html) or by stopping by the NMASBHC booth. Membership is free.

**2:00 - 3:30 pm**

**BREAKOUT SESSIONS**

**Next Steps - For Youth Attendees Only**

In this session youth will meet with the NM Department of Health – Adolescent Health Coordinator to discuss “next steps”: How to use the information learned and plans to conduct workshops or presentations in schools and communities. Youth teams will receive a resource manual. Then it is time for door prizes and fun and to say good-bye to new and old friends.

*Facilitated by: Tessa Medina-Lucero, Adolescent Health Coordinator, NM Department of Health, Office of School & Adolescent Health*


**59 Psychiatric Consultation for New Mexico SBHC Providers**

Back by popular demand, this workshop explores how psychiatric consultation enhances integrative behavioral health services delivered by primary care and mental health providers in school-based health centers (SBHCs). Join other SBHC

providers consulting with the psychiatrist about clinical assessment, treatment, systems-of-care, consent & confidentiality, and other challenges. The New Mexico Department of Health, Office of School & Adolescent Health, makes this psychiatric consultation available, usually via telehealth, to providers serving students in those New Mexico SBHCs that do not have psychiatric services.

*Presenter: Dan Rifkin, MD, Consulting Psychiatrist, Envision NM/OSAH/UNM & First Choice Community Healthcare SBHCs*

## **60 How to Support Children and Teens After a Death**

 When a student experiences the death of a family member or friend, a caring teacher, counselor or nurse who knows what to do can make a huge difference in that child's life. Learn what to expect during the grief process and how to help children and teens through it, including: signs and symptoms of grief, the top three misconceptions about grief, and the top seven things adults can do to help.

*Presenter: Katrina Koehler, BA, Program Director, Gerard's House*

## **61 Sexually Transmitted Infections and Adolescents: Epidemiology, Counseling and Prevention Issues**

Most New Mexico teens have had sexual intercourse by the time they graduate from high school. A recent study found that one in four adolescent girls in the US have one or more sexually transmitted infections (STIs). This session discusses the epidemiology, counseling, treatment and prevention of STIs in young people. (REPEATED SESSION)

*Presenter: Bruce G. Trigg, MD, Medical Director, STD Program, Regions 1 & 3, New Mexico Department of Health*

## **62 Collaboration to Help Our Children Breathe Better**

The prevalence rate of asthma in children 5-17 years of age is 9.6% and rising yearly, resulting in more missed school days. Can we curb this trend by coordinating efforts between the schools and community? Collaboration in asthma care is essential in preventing asthma symptoms and severe exacerbations. Reinforcement of asthma education is critical at every level. This session reviews asthma basics, the importance of addressing asthma within the schools, and the necessity of coordination with family and community providers. Plan to explore options to establish a comprehensive asthma management program.

*Presenters: Odile Ball, RN, Specialty Nurse, UNM Pediatric Pulmonary Center; Theresa Belanger, LBSW, MA, Medical Social Worker, Children's Medical Services; Madelyn Krassner, LISW, Program Manager, Region 2 Children's Service Program*

## **63 Action Communities for Health, Innovation, and EnVironmental Change (ACHIEVE)**

Many New Mexicans face a variety of socioeconomic challenges that discourage physical activity and reduce access to healthy foods. Using a partnership-building framework as well as specific examples from the Action Communities for Health, Innovation, and EnVironmental Change (ACHIEVE) initiative's partnership-building experiences, we will examine steps towards developing effective and sustainable school-community partnerships. Participants will work in small groups to evaluate how to apply the framework to their own schools, and to identify barriers as well as strengths that may affect the success of their own school-community partnerships.

*Presenter: Erin Crotty Phipps, DVM, MPH, Health Promotion Specialist, NM Department of Health*

## **64 Fetal Alcohol Syndrome, The Hidden Disability**

Fetal Alcohol Syndrome is often called a "hidden" disability because its physical characteristics can be subtle and may go unrecognized. Many qualities can mask the seriousness of this lifelong neurological disability. Are you a teacher, nurse or counselor who is baffled by a student with FAS? This session gives you tools and strategies to build a program of success for students who have Fetal Alcohol Spectrum Disorders.

*Presenters: Cheryl Brubaker, MSN, FNP-BC, Resource Nurse for Special Education/Special Needs, Albuquerque Public Schools; Wendy Kalberg, MA, LED, UNM CASAA*

## **65 Techniques for Multicultural Competence in the Classroom**

Diversity in the classroom is continually increasing. Multicultural identities include gender; race/ethnicity; ability/disability; body size; religion; sexual orientation; age; nationality/citizenship; socioeconomic status; education; family; and other identities. This workshop outlines the importance for multicultural competence, identifies key strategies to explore multicultural identities, and teaches school professionals how to implement techniques that enhance multicultural competence. Within these objectives, the workshop also examines issues of privilege and oppression, aspects of cultural context, and the impact of socialization, along with specific techniques to implement strategies in the classroom that demonstrate multicultural competence.

*Presenter: Linda Najjar, PhD, Licensed Clinical Psychologist, Inner Wisdom Counseling, LLC*

## **66 Best Foot Forward: Learning to Present with Confidence**

This interactive session uses information about Fetal Alcohol Spectrum Disorder and second hand smoke effects to learn techniques to overcome the fear of being a peer presenter. In this session for peer educators or those who train peer educators, learn the importance of being prepared and passionate about your topic. Techniques that ease the fear of presenting and to make your presentation credible by incorporating personal life experiences are demonstrated.

*Presenters: Sally Kosnick, MS, Executive Director, NM GRADS; Jerome Romero, BA, Program Coordinator, UNM CASAA*

## **67 Excellence and Equity in Comprehensive School Health Education**

Education and health are interrelated. Education can contribute substantially to improving health and economic development. Conversely, poor health status is a major determinant of educational and economic achievement. There is a strong relationship between learning and health status. Demographic trends from the U.S. Census Bureau show the growing emergence of people of color as an emerging majority in the U.S. Find out about the extent of the problem, trends and outcomes and how without multicultural health education in pre-service training for teachers, many students will not have fair access to the health of the educated nor their protective factors.

*Presenter: Jamal Martin, MPH, PhD, Adjunct Professor, Family & Community Medicine and Africana Studies, University of New Mexico*



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

**COUNSELORS**



We are approved by the **National Board for Certified Counselors**, for up to 9.75 contact hours, NBCC SP-1639.

Provider is approved by the **NAADAC** Education and Research Foundation Provider Number 680 for up to 9.75 CHEs.

Pursuant to 16.217.16.9, approval by both the NBCC and 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 9.75 continuing education contact hours. There are sessions provided that meet the new cultural requirements. These session numbers are: 11, 23, 35, 44, 50, 58, 63 and 65.

The NASW CE approval program is endorsed by 41 state licensure boards including the New Mexico Board of Social Work Examiners.

**CERTIFIED HEALTH EDUCATION SPECIALISTS (C.H.E.S)**

We are approved for up to 9.75 hours if attending the full conference.

**IMPORTANT:** If you would like CHES credit, you need to fill out their special roster and evaluation. CHES also charges \$2 per credit hour (\$19.50 for the full conference).

Following is the daily breakdown for counselors, social workers and CHES:

<b>April 15, Wednesday</b> . . . . .	4.75
<b>April 16, Thursday</b> . . . . .	5.0
<b>Full conference</b> . . . . .	9.75

**NURSES**

The conference is approved for continuing education credits by **ENMU-R CE Monitoring Committee** #02-08 for up to 11.7 continuing education contact hours if attending the full conference. The breakdown is as follows:

<b>April 15, Wednesday</b>	
8:30 - 10:00 am . . . . .	1.2
11:00 - 12:15 pm . . . . .	1.5
1:30 - 2:45 pm . . . . .	1.5
3:15 - 4:30 pm . . . . .	1.5
<b>April 16, Thursday</b>	
8:00 - 9:15am . . . . .	1.5
9:35 - 10:50 am . . . . .	1.5
11:30 - 12:30 pm . . . . .	1.2
2:00 - 3:30 pm . . . . .	1.8
<b>Full Conference</b> . . . . .	11.7



## ORAL HEALTH

We have been approved for up to 1.25 CDE for both dentists and dental hygienists for the conference breakout session, *No Tooth Left Behind*, (session #8). You will be given paperwork in the session that you must submit in order to receive credit.

## BEHAVIORAL HEALTH PROFESSIONALS

We are approved for up to 9.75 hours by the New Mexico Credentialing Board for Behavioral Health Professionals

If your profession is not listed above, you are welcome to pick up a Certificate of Completion and submit it to your licensing board.

### Step by step instructions to receive your CEU Certificate:

- 1) Complete the CEU tracking form
- 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), present the Conference Evaluation form and CEU tracking form at the registration desk.
- 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 that 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.

**THE EVALUATION FORM REQUIREMENT:** In your conference packet, you will find a yellow General Evaluation form for the conference which includes keynote presentations. This form is used instead of a pre and post test. 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. 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 \$5 AND a self-addressed stamped envelope to the conference office at 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 \$2 per credit hour must be made payable to NMSU, Department of Health Sciences.

# Exhibitors

**Exhibits will be in the lower level atrium on Wednesday, April 15 ONLY from 7:30 am – 3:00 pm. There is an extended break time in the morning and extended lunch time to give you ample opportunity to visit all of the exhibits.**

## **Agora Crisis Center**

[AgoraCares.org](http://AgoraCares.org)

The Agora Crisis Center is an all-issue helpline that accepts calls from anyone who needs to be heard about topics ranging from simple everyday stressors to suicides in progress. Agora also offers various community workshops and trainings including ASIST. Agora also offers volunteer opportunities and a nationally accredited crisis worker training.

## **Apex Education**

[www.apexeducation.org](http://www.apexeducation.org)

Apex is an educational consulting firm. They assist the School Based Health Centers in New Mexico with data collection and billing.

## **APS Title I Homeless Project**

[www.aps.edu/aps/homeless/index.htm](http://www.aps.edu/aps/homeless/index.htm)

The APS Title I Homeless Project works with school nurses, counselors and social workers to identify students who are experiencing homelessness and to provide educational support such as backpacks and school supplies. They also make home visits to obtain additional information which helps them support a child and his/her family. Additional support may include food, toiletries, blankets, socks and underwear. Their organization works with mental health agencies to provide case management services for their neediest families.

## **BlueCross BlueShield of NM**

[bcbsnm.com/bluesalud](http://bcbsnm.com/bluesalud)

BCBSNM has been serving New Mexicans since 1940, most recently they joined the state Medicaid program & "Salud"; for uninsured, financially eligible New Mexicans. BCBSNM also offers coverage for employer groups, governmental entities, and individuals. BCBSNM has the most comprehensive network of any health care plan in New Mexico – over 11,000 providers. BCBSNM is a Division of Health Care Service Corporation, the nation's largest employee-owned health care plan.

## **Center for Family & Adolescent Research**

[www.ori.org/projects.html](http://www.ori.org/projects.html)

The Center for Family & Adolescent Research is a non-profit organization that provides free substance abuse treatment to Adolescents aged 13 to 18. The CFAR research and treatment programs are funded by the National Institute of Health and the National Institute of Substance Abuse.

## **Committee for Children**

[www.cfchildren.org](http://www.cfchildren.org)

Committee for Children seeks to foster the social and emotional development, safety, and well-being of children through education and advocacy. They develop and publish programs and curricula for children from preschool through middle school about social skills, bullying, and sexual abuse, in addition to an emergent literacy program for young children.



**Look for the "Lucky Charms" exhibit hall activity in your registration package.**

*Find all the lucky charms on select exhibit booths and be eligible to win a "real" charm bracket.*



## **Community Health Charities of New Mexico**

[www.healthcharitiesnm.org](http://www.healthcharitiesnm.org)

Community Health Charities of New Mexico is the New Mexico affiliate of the national federation, Community Health Charities, which is a partnership venture of more than 50 of our nation's most well known and respected health charities.

## **Dairy MAX**

Dairy Max is a nutrition education organization affiliated with the National Dairy Council. They provide resources for educators, health professionals and consumers based on scientifically approved resources such as the USDA Food Guide Pyramid, etc.

## **Desert Hills of New Mexico**

[www.yfcs.com](http://www.yfcs.com)

Desert Hills provides a comprehensive behavioral health system for children, adolescents and their families.

## **Drug Policy Alliance New Mexico**

[www.drugpolicy.org](http://www.drugpolicy.org)

Drug Policy Alliance is the nation's leading non-profit organization working to reform our nation's failed drug policies. DPA's mission is to advance those policies and attitudes that best reduce the harms of both drug misuse and drug prohibition. Their work is grounded in the principles of harm reduction, an approach that seeks to minimize the negative consequences of both drug use and drug policies. Save the date of November 12 – 14, 2009 as Albuquerque will be the site of their 2009 International Drug Reform Conference.

## **Health Action New Mexico**

[www.healthactionnm.org](http://www.healthactionnm.org)

The mission of Health Action New Mexico is to work for accessible, affordable, and accountable health care for all people living in New Mexico. They are dedicated to engaging people in health care reform state-wide.

## **J Bird/TLC Designs**

J Bird provides custom made beaded plant hangers. These unique items make any household plant burst with happiness. After finding that special accent for your greenery friends peruse the wide selection of custom made jewelry from TLC Designs. Necklaces, earring, bracelets, separate or as a set. Oh my!

## **La Familia**

[la-familia-inc.org](http://la-familia-inc.org)

La Familia will provide information to enable attendees to present adoption information on an equal basis with all courses of action available to pregnant women, teens and couples. La Familia is a non-profit serving the Albuquerque community for over 20 years.

## **NAMI-New Mexico**

[nm.nami.org](http://nm.nami.org)

The National Alliance on Mental Health (NAMI) is an effective mental health organization dedicated to empowering and enlightening New Mexico's diverse population through advocacy, education and support.

## **New Mexico Donor Services**

[www.DonateLifeNM.org](http://www.DonateLifeNM.org)

New Mexico's organ and tissue recovery agency provides instructional materials for mid and high school educators about the importance of donation and the need to make an informed decision at the time of obtaining a NM driver's license or ID card.

## **New Mexico Media Literacy Project**

[www.nmmlp.org](http://www.nmmlp.org)

The New Mexico Media Literacy Project, founded in 1993, is nationally recognized as a leader in media literacy education. Our mission is to cultivate critical thinking and activism in our media culture to build healthy and just communities.

## **NM Alliance for School-Based Health Care**

[www.nmasbhc.org](http://www.nmasbhc.org)

The NM Alliance for School-Based Health Care envisions healthy students who are ready to learn. They represent school-based health centers in NM and promote, facilitate, and advocate for comprehensive, culturally competent health care in schools.

## **NM Citizen Review Board/ Friends of Foster Children**

[www.nmcrb.org](http://www.nmcrb.org)

NM Child Abuse and Neglect Citizen Review Board is a statewide project of trained volunteers who provide advocacy for foster children through independent reviews of all children in state's custody. Data is collected at each review so that informed recommendations are made to the legislators and other decision makers. Recommendations are also made to the judge on individual cases. NM Friends of Foster Children helps to support and maximize foster children's potential through awards of dance lessons, tutoring, sports fees, bikes, and many more opportunities.

## **NM Commission on the Status of Women**

[www.nmgirlsinstitute.org](http://www.nmgirlsinstitute.org)

The NM Commission on the Status of Women's Girls Institute committed to providing proactive direct services to girls, ages 15-18, by offering them a safe and supportive environment to learn about issues and develop skills that will help them become successful New Mexico women.

## **NM Department of Health, Diabetes Prevention & Control Program**

[www.health.state.nm.us](http://www.health.state.nm.us)

The New Mexico Department of Health (NMDOH), Diabetes Prevention & Control Program (DPCP) funds the Coordinated Approach to Child Health (CATCH) program in NM elementary schools. This current school year (SY) about 12,000 children throughout New Mexico are benefiting from the class nutrition curriculum and physical education that the NM DOH CATCH program offers. DPCP will provide information and educate school professionals to help them understand the importance of physical activity and nutrition taught in schools and the many benefits that come from being a CATCH school. The conference is a great opportunity to inform schools how to apply for CATCH and receive a 2010 school year (SY) grant.

## **NM Department of Health, Office of Oral Health**

[www.health.state.nm.us](http://www.health.state.nm.us)

The mission of the Office of Oral Health is to ensure that all New Mexicans are provided opportunities for improving their oral and overall health through access to prevention, treatment services and health education. The objective this year is to improve access to preventive and restorative oral health services provided to children, low income rural populations and people with disabilities.

## **NM Department of Health, Office of School & Adolescent Health**

[www.health.state.nm.us](http://www.health.state.nm.us)

The Office of School and Adolescent Health (OSAH) is located in the Public Health Division of the New Mexico Department of Health. The mission of OSAH is to develop health systems that prevent and reduce the barriers to learning for all students in New Mexico. OSAH oversees programs dealing with adolescent health, youth suicide prevention, school mental health, dropout prevention, and SBHCs. OSAH currently funds 45 SBHC programs, representing approximately 57 sites. OSAH works through local public health offices, regional School Health Advocates and regional School Mental Health Advocates to provide culturally competent training and technical assistance, advocacy and school/community development regarding school healthcare. In completing its goals, OSAH partners with the NM Public Education Department, Human Services Department, Children, Youth and Families Department, University of New Mexico, and many community organizations.

## **NM Department of Transportation**

[www.nmsaferoutes.com](http://www.nmsaferoutes.com)

The NM Safe Routes to School program is a federally-funded program administered by the NM Department of Transportation. The program focuses on encouraging and enabling K-8 grade students to safely walk and bicycle to school. Walking and bicycling is good for students' health and good for our environment!

## **NM GRADS**

[www.nmgrads.org](http://www.nmgrads.org)

A state wide in-school program for pregnant and parenting teens that encourages parenting teens (males and females) to complete their high school education or get a GED. Child Development Centers are also provided on site or in close proximity to the school. Career Readiness, Youth Leadership, and Employability skills are also included in the curriculum

## **NM Public Education Department, School and Family Support Bureau**

[www.ped.state.nm.us](http://www.ped.state.nm.us)

New Mexico Public Education Department, School and Family Support Bureau provides guidance, resources and technical assistance for a wide variety of school health programs to ensure student academic success.

## **NM Teen Pregnancy Coalition**

[www.nmtpc.org](http://www.nmtpc.org)

NMTPC is dedicated to sponsoring programs and activities aimed at reducing teen pregnancy and the negative consequences of teen pregnancy and parenting in New Mexico.

## **New Mexico Highlands University, School of Social Work**

[www.nmhu.edu](http://www.nmhu.edu)

The School of Social Work offers the Bachelor and Master of Social Work as well as Master of Social Work-Master of Business Administration dual degree program. These programs are offered at various programs sites throughout New Mexico.

## **Parents Reaching Out - New Mexico PIRC**

[www.parentsreachingout.org](http://www.parentsreachingout.org)

Parents Reaching Out (PRO) is a statewide organization that helps families navigate school systems and healthcare systems to improve outcomes for their children.

## **Planned Parenthood of New Mexico**

[www.ppnewmex.org](http://www.ppnewmex.org)

Planned Parenthood of New Mexico offers high-quality, low-cost reproductive health care in Albuquerque and Santa Fe, and comprehensive sex education and training across the state.

## **Project ECHO/University of New Mexico**

<http://echo.unm.edu/>

Project ECHO (Extension for Community Healthcare Outcomes) is a new and innovative model in treating complex chronic diseases in rural and underserved areas of New Mexico. Via technology, ECHO bridges the gap between urban healthcare specialists and providers in rural settings. Collaboration between specialists and rural providers enable patients to receive state of the art healthcare from the professionals they know and trust in their own communities. For providers, co-management of the often lengthy and involved treatments

brings added depth and technical competencies and reduces professional isolation. With continued involvement, providers become skilled in the treatment of these complex chronic diseases, thus creating a center of excellence in their community. The end result is better quality of care and greater access to specialty care for all New Mexicans.

## **Rape Crisis Center of Central New Mexico**

[www.rapecrisiscnm.org](http://www.rapecrisiscnm.org)

At the Rape Crisis Center of Central New Mexico, we believe that any person affected by rape and sexual abuse deserves access to immediate, free and confidential services. They offer support through our crisis hotline 24 hours a day, 7 days a week, as well as, counseling and community education. All services are free and confidential and available in English and Spanish. Call 266-7711 or 888-811-8282.

## **SPEAK UP New Mexico**

[www.speakupnm.org](http://www.speakupnm.org)

SPEAK UP New Mexico is the New Mexico Public Education Department's new youth violence prevention initiative which encourages students to report weapon threats at school. The centerpiece of the program is an anonymous statewide hotline, 1-866-SPEAK-UP, which students can call around the clock to report threats of violence and keep their schools safe.

## **The EARLY Program**

<http://earlyprogram.org/>

Early Assessment and Resource Linkage for Youth (EARLY) provides confidential assessment and early assistance for young people between the ages of 12 and 25 in the Bernalillo County area who are at risk for certain mental illnesses. EARLY is a treatment research program funded through The Mind Research Network, the University of New Mexico School of Medicine, and the Robert Wood Johnson Foundation.

## **The Leukemia & Lymphoma Society**

[www.lls.org](http://www.lls.org)

The Leukemia & Lymphoma Society offers a comprehensive array of services to patients and families touched by blood cancers. They are committed to providing support and guidance to patients, families and the healthcare professionals who care for them.

## **The SPARK Programs**

[www.sparkpe.org](http://www.sparkpe.org)

SPARK is YOUR source for research-based curricula, on-site teacher training, and content matched Sportime equipment sets — Pre-K through 12th grade, in and out of school. Visit the SPARK booth and website: [www.sparkpe.org](http://www.sparkpe.org).

## **WhizResources**

[www.whizresources.com](http://www.whizresources.com)

WhizResources provide nurses and other staff for camps across the country. CAMP NURSE locations throughout the US. RNs, LPNs, LVNs, and NPs. Salary of \$1000/wk, round trip airfare to camp and meals and lodging. 4-10 wk assignments available.

## **ACKNOWLEDGEMENTS**

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

### **STEERING COMMITTEE**

*Please join us in thanking the conference advisory committee for their tireless efforts to make Head to Toe a success.*

#### **CHAIR**

Yolanda Cordova, Director  
New Mexico Department of Health,  
Office of School & Adolescent Health

#### **NM Department of Health, Office of School & Adolescent Health**

Nancy Kirkpatrick, CHES, Health Services Administrator  
Laura Mandabach RN, BSN, MSN, School Health Advocate  
Janet Mason, RN, MSN, School Health Advocate  
Tessa Medina-Lucero, MPH, Adolescent Health Coordinator  
Susan Nelsen LISW, School Mental Health Advocate  
Anna Nelson LISW, Behavioral Health Manager  
Rubina Syed, MSW, ACSW, School Mental Health Advocate

#### **NM Assembly on School-Based Health Care**

Debbie Birkhauser, MA, Program Manager

#### **NM Department of Health, Office of Substance Abuse Prevention**

Coy Burk, MA, Program Manager/RADAR Coordinator  
Brenda Martinez, Office of Substance Abuse Prevention

#### **NM Public Education Department, School & Family Support Bureau**

Georgia Glasgow RN, MSN, Medicaid/Nurse Coordinator  
Laurie A. Mueller, Professional Development Coordinator

#### **Alliance for a Healthier Generation**

Julie Garcia, Relationship Manager - New Mexico

#### **Des Moines Schools**

Nancy Passikoff, School Nurse

Special thanks to the students of UNM HEAPS (Health Education and Prevention Specialists) and their adviser, Elizabeth Pierson-Klugman, MS, CHES for their assistance in assembling the registration packets.

The Head to Toe conference is managed by Kesselman-Jones, Inc., a communications firm specializing in conference and event management.  
[www.kessjones.com](http://www.kessjones.com)

*Please visit our web site at  
[www.kessjones.com](http://www.kessjones.com)  
for biographies on  
all of our presenters.*



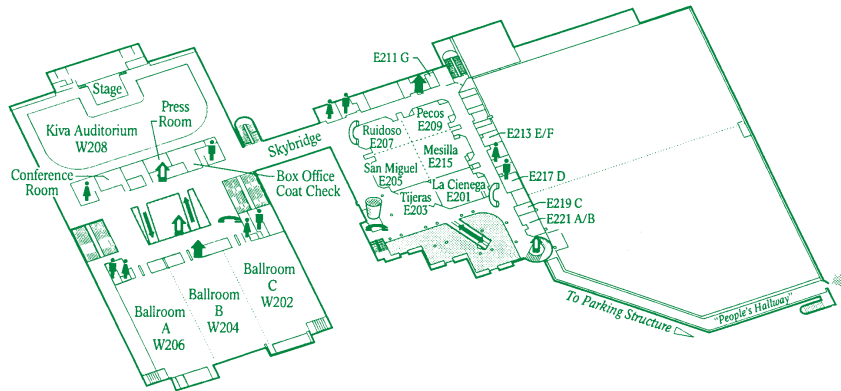
# Head to Toe 13

A Conference on School and Adolescent Health

## ALBUQUERQUE CONVENTION CENTER

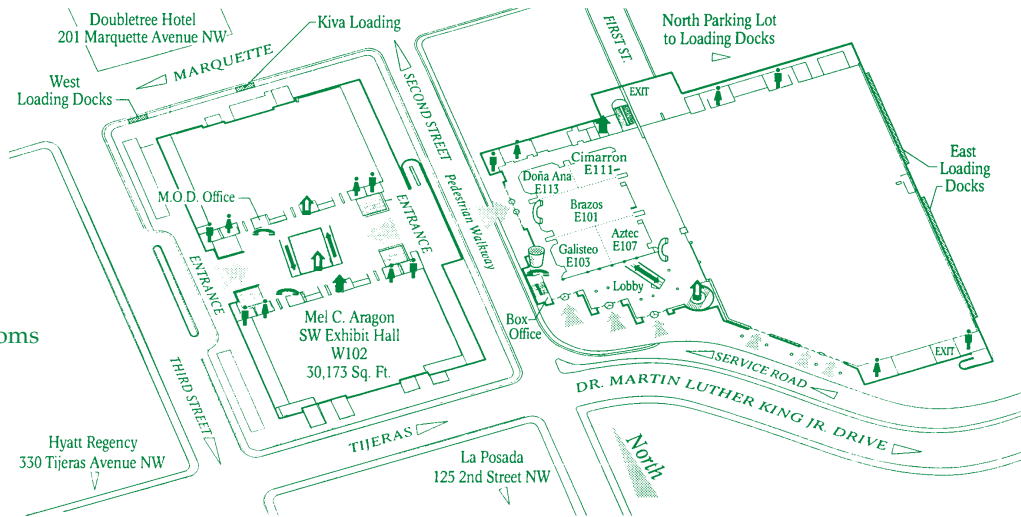
### UPPER LEVEL

General Sessions, Breakouts Sessions and Lunch will be on this level.



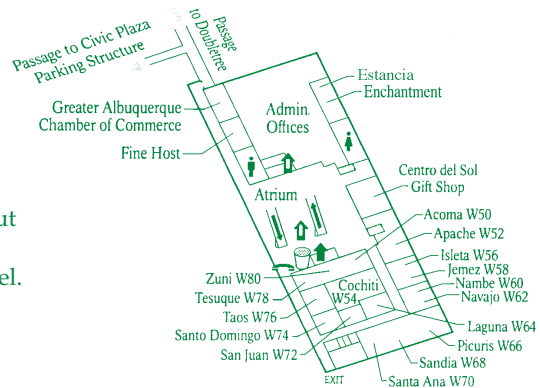
### GROUND LEVEL

We are not using any rooms on this level.



### LOWER LEVEL

Some Breakout Sessions will be on this level.



#### Key

- Pedestrian Entrance
- Restrooms -
  - Men
  - Women
- Vending
- Pay Phones
- Courtesy Phones
- Elevator
- Freight Elevator
- Escalator
- Stairs
- Loading Dock
- All areas of the Albuquerque Convention Center are accessible to people with mobility impairments

#### HELPFUL HINT:

Lower level meeting rooms are lined up in alphabetical order.

#### GETTING AROUND:

The Ballrooms are on the upper level of the Convention Center. You can take the escalators or elevator.