Join the School Nurse Organization of Minnesota (SNOM) at our annual conference November 6th and 7th to expand your nursing knowledge and network with school nurse colleagues from around the state.

Friday, November 6th will feature Dr. L. Read Sulik who brings us an interactive workshop that helps us understand the mechanisms of anxiety and how to help students when they are experiencing anxiety. Jerry Moe comes to us from the Betty Ford Center to discuss how essential resiliency and nurturing relationships are as protective factors for students. Following the day’s presenters please join us for hospitality and to network with school nurses from around the state.

Licensed school nurses are encouraged to participate in a NASN and SNOM sponsored research grant. Attend a focus group on Friday at 5:15 pm directly after the SNOM conference. The focus group will explore the school nurse role and the Public Health Intervention Wheel and will last for about 1.5 hours. There is no cost to join. Please send an email to cynthia.hiltz@anoka.k12.mn.us if interested.

On Saturday, November 7th we will learn about the affects of medical marijuana with Dr. Charles Reznikoff and the essential role of the school nurse in preventing the spread of infectious disease with Patsy Stinchfield. Cindi Claypatch will present how self care and wellness impact our student interactions and how we might strengthen both areas. Our annual luncheon will follow the conference to recognize scholarship recipients, the School Nurse of the Year, Julia Bennett from Minneapolis Public Schools and the School Nurse Administrator of the Year, Mary Heiman from Edina Public Schools.

PROGRAM & PLANNING COMMITTEE:
Lillian Levine (St. Francis) Chair
Mary Arness (Retired: St Francis)
Erika Yoney (Moorhead)
Gail Hansen (Minneapolis)
Ann Lumbar Bendson (Minneapolis)
Bobbi Pointer (Hopkins)
Patty Rezabek (Retired: Minnetonka)
Nina Centrella (District 287)

Conference brochure and information is also available at:
www.minnesotaschoolnurses.org

FLASH DRIVES
will be given out at registration with the handouts preloaded; no paper copies will be available. If you wish a paper copy of the handouts, they need to be pre-ordered and paid for in advance. This can be added to the registration fees. The fee is $40.00.

JOIN SNOM & NASN
To join SNOM and NASN please visit: http://www.nasn.org/Home/Becomeamember

ROOM RESERVATIONS:
Minneapolis Marriott Northwest
7025 Northland Dr. North
Minneapolis, MN 55428

Cost of a Suite is $129.00 plus tax. All rooms are suites. Reservations can be made at any time by calling 763-536-8300 or 877-303-1681 or by going to http://www.marriott.com/hotels/travel/mspmw.

Please mention the School Nurse Organization of MN when making your reservations. To receive the reduced rate, reserve your room by October 17th.

SCHOLARSHIPS
SNOM Fall Conference scholarships are available; deadline is October 16th, 2015. For more information, contact Lillian Levine at 612-819-6537 or email lillian.levine@isd15.org

CONFERENCE QUESTIONS
Please contact Lillian Levine at 612-819-6537 or email lillian.levine@isd15.org
### Friday, November 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration/Breakfast/Poster Presentation/Exhibitors</td>
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<tr>
<td>7:30-8:30 a.m.</td>
<td>Exhibits: over 40 exhibitors with a wide-range of equipment, products, and other services vital to school nurse practice.</td>
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<tr>
<td>8:30-8:45 a.m.</td>
<td>Welcome and Announcements</td>
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<tr>
<td>8:45-10:15 a.m.</td>
<td>“Moving From Anxiety to Optimal Wellness: Soothing Arousal and Transforming Well Being”, Dr. L. Read Sulik, Child, Adolescent and Adult Psychiatrist, Chief Integration Officer at Prairie Care</td>
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<tr>
<td>10:15 - 10:45 a.m.</td>
<td>Break/Exhibits/Posters</td>
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<tr>
<td>10:45-11:45 a.m.</td>
<td>“Moving From Anxiety to Optimal Wellness: Soothing Arousal and Transforming Well Being” continued, Dr. L. Read Sulik, Child, Adolescent and Adult Psychiatrist, Chief Integration Officer at Prairie Care</td>
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<tr>
<td>11:45-1:15 p.m.</td>
<td>Lunch/Exhibits/Posters</td>
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<tr>
<td>1:15-2:45 p.m.</td>
<td>“From Risk to Resilience: Helping Youth from Addicted Families Build Their Strengths” Jerry Moe, MA, Betty Ford Center National Director of Children’s Programs</td>
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<tr>
<td>2:45-3:15 p.m.</td>
<td>Break/Exhibits/Posters</td>
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<tr>
<td>3:15-4:30 p.m.</td>
<td>“Creating the Magic: Touching the Heart, Lifting the Spirit” Jerry Moe, MA, Betty Ford Center National Director of Children’s Programs</td>
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<tr>
<td>4:30-4:45 p.m.</td>
<td>Closing Remarks</td>
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<tr>
<td>4:45 p.m.</td>
<td>Hospitality Event: Please join other conference participants for a relaxed time of socialization and fun! Appetizers will be served.</td>
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<tr>
<td>5:15 p.m.</td>
<td>School Nurse Role with the Public Health Intervention Wheel Focus Group for more information see page one or email <a href="mailto:cynthia.hiltz@anoka.k12.mn.us">cynthia.hiltz@anoka.k12.mn.us</a></td>
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### Saturday, November 7

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<th>Time</th>
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<tbody>
<tr>
<td>7:30-7:45 a.m.</td>
<td>Registration/ Breakfast</td>
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<tr>
<td>7:45-8:30 a.m.</td>
<td>SNOM Board Meeting</td>
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<tr>
<td>8:30-10:00 a.m.</td>
<td>“Infectious Diseases in the School Setting: School Nurses’ Role in Prevention”, Patsy Stinchfield, MS, RN, CPNP, Director of Pediatric Infectious Disease Services at Children’s Hospitals and Clinics of Minnesota</td>
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<tr>
<td>10:00-10:15 a.m.</td>
<td>Break</td>
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<tr>
<td>10:15-11:45 a.m.</td>
<td>“How Medical Cannabis Affects Kids”, Dr. Charles Reznikoff, Addiction Medicine Professor University of Minnesota</td>
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<tr>
<td>11:45-12:45 p.m.</td>
<td>“Strong Foundations”, Cindi Claypatch, MA, Founder and Director of the Health Realization Training Center</td>
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<td>12:45 p.m.</td>
<td>Lunch &amp; Awards: Join us for the SNOY, SNAOY, scholarship recipients, and special recognition awards.</td>
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**Session Descriptions: November 6 & 7**

**FRIDAY, NOVEMBER 6**

**Moving From Anxiety to Optimal Wellness: Soothing Arousal and Transforming Well Being**  
**Speaker:** Dr. L. Read Sulik, Child, Adolescent and Adult Psychiatrist, Chief Integration Officer at Prairie Care

Dr. Sulik is a transformational health care leader committed to the vision, design, development and delivery of the innovations needed to truly improve health for all age individuals, families and communities. He recognizes the complexities of health and wellness, and how behavioral health needs create significant barriers for individuals to actively engage in their own health care while contributing to poor and costly outcomes in chronic health conditions. Dr. Sulik served as Enterprise Senior Vice President of Behavioral Health Services at Sanford Health, Assistant Commissioner of the Minnesota Department of Human Services over Chemical and Mental Health Services and Medical Director of child and adolescent psychiatry at St. Cloud Hospital/CentraCare Health System. He has spent his career designing, developing, and implementing innovations in behavioral health and primary care delivery to change this trajectory. This will be a two part interactive workshop where Dr. Sulik will present his framework for understanding the physiological arousal experienced in anxiety. Participants will come to understand the Fight, Flight and Freeze response experienced and how the sustained arousal of chronic stress, trauma and anxiety can lead to systemic health as well as severe cognitive, emotional and behavioral problems. Dr. Sulik’s style of teaching through stories and examples will help participants understand how individuals with anxiety are so easily misinterpreted, misunderstood and misdiagnosed. Dr. Sulik will review approaches to prepare an individual to change the conditioned patterns that often develop as a result of chronic anxiety and will introduce a framework for a personal health and wellness transformation he uses in his work with patients.

**From Risk to Resilience: Helping Youth from Addicted Families Build Their Strengths**  
**Speaker:** Jerry Moe, MA, Betty Ford Center National Director of Children’s Programs

Jerry Moe is the National Director of Children’s Programs at the Betty Ford Center, a part of the Hazelden Betty Ford Center. Jerry serves as an Advisory Board Member on the National Association for Children of Alcoholic. He is an author, lecturer, and trainer on issues for children and families hurt by addiction. During this session, Jerry will investigate the the core characteristics of resiliency. He will discuss ways to build nurturing relationships with children by capitalizing on the strengths of resiliency. Jerry focuses on bringing three qualities into his work: his unconditional caring for the addict, his ability to use humor amid the gravity of this work, and his zeal for educating the field. We are incredibly fortunate to be having a nationally renowned expert around working with and impacting children that come from addicted families. In his second presentation, Jerry will discuss how essential nurturing relationships are protective factors for children. He will elaborate on strategies that will help school nurses effectively build nurturing relationships with youth.

**Creating the Magic: Touching the Heart, Lifting the Spirit**  
**Speaker:** Jerry Moe, MA, Betty Ford Center National Director of Children’s Programs

In his second presentation, Jerry will discuss how essential nurturing relationships are protective factors for children. He will elaborate on strategies that will help school nurses effectively build nurturing relationships with youth.

**SATURDAY, NOVEMBER 7TH**

**Infectious Diseases in the School Setting: School Nurses’ Role in Prevention**  
**Speaker:** Patsy Stinchfield, MS, RN, CPNP, Pediatric Nurse Practitioner and the Director of Pediatric Infectious Disease Services at Children’s Hospitals and Clinics of Minnesota

Patsy is a passionate advocate for childhood vaccines. Patsy shares her passion in an intelligent and approachable way that resonates with all audiences. She emphasizes the importance of vaccinating children for their own protection and the protection of the entire community. She was the first nurse ever appointed to the Advisory Committee on Immunization Practices, a key CDC advisory committee on developing vaccine policy for the United States.

Patsy will look at clearly defining the school nurse’s role in preventing the spread of infectious diseases in school. Patsy will especially focus on vaccine preventable diseases like measles and emerging diseases such as Ebola. She will offer practical techniques for effectively communicating with vaccine hesitant families about the safety and importance of vaccination.

**How Medical Cannabis Affects Kids**  
**Speaker:** Dr. Charles Reznikoff, Addiction Medicine Professor University of Minnesota

Dr. Reznikoff is an internist and addiction medicine doctor at Hennepin County Medical Center in addition to his role as a professor at the University of Minnesota. He works with patients suffering from addiction to a variety of substances including heroin, prescription medication, tobacco, alcohol and marijuana. He has participated in many committees to help implement the medical cannabis law in the safest possible way. Of special concern to Dr. Reznikoff is protecting adolescents from being harmed by this law.

Dr. Reznikoff will help school nurses understand the uniquely vulnerable position adolescents are in when they are exposed to cannabis. School nurses will develop practical language to use when discussing the liberalization of marijuana when working with adolescents. Dr. Reznikoff will give strategies for engaging students in meaningful and well informed discussion on the topic.

**Strong Foundations**  
**Speaker:** Cindi Claypatch, MA, Founder and Director of the Health Realization Training Center

Cindi Claypatch M.A. is the founder and director of the Health Realization Training Center, a center of Pillsbury United Communities. She has more than 30 years of experience creating programs, consulting, training, counseling and healing. She has also been involved in assisting immigrant populations. She is certified in intuition and many other healing modalities, and received her Masters degree with the focus on Holistic Health. She has a private counseling and healing practice called Prospectives where it is her mission to “Bring the prospects of health and healing to light.”

Cindi believes that to construct a solid building, there needs to be a vision, inspiration, energy and skills. You must clear a space, dig deep, and prepare the ground before building. Laying the groundwork for good outcomes at work is similar. As the pressures of the day can sometimes shake our grounding, there is good news; we have a strong foundation of core health and well-being that stabilizes you. As we get clear and connect to our wellness or essence, we can trust our intuition and skills to craft satisfying exchanges that promote healthy strategies within us, for us and the people we serve. In this session, we will examine how our well being carries over to the students we serve. Cindi will expand on ways to reclaim health and well-being as well as we gain skills and strategies to get the most out of our time with students. Through increasing our trust in our own core essence or wellness and skills, school nurses will come to have greater impacts with students.

Poster sessions will be located in the same room as the vendors on Friday. Interact and learn with colleagues as they present their posters on clinical materials, leadership models or school health research projects.
BUILDING BLOCKS TO A BETTER PRACTICE

November 6 & 7, 2015

CONFERENCE LOCATION

Minneapolis Marriott Northwest
7025 Northland Drive North, Brooklyn Park

ONLINE REGISTRATION ONLY

Register at: www.minnesotaschoolnurses.org

Online registration is available until Thursday, October 29, 2015.

Register online at www.minnesotaschoolnurses.org

Online registration is only available until Thursday, October 29, 2015.

COST FOR SNOM CONFERENCE:

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<tr>
<th></th>
<th>SNOM Member</th>
<th>NonMember</th>
<th>Student/Retirees</th>
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<tbody>
<tr>
<td>Friday only</td>
<td>$140</td>
<td>$180</td>
<td>$80</td>
</tr>
<tr>
<td>Saturday only</td>
<td>$110</td>
<td>$150</td>
<td>$65</td>
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<tr>
<td>Both Days</td>
<td>$220</td>
<td>$300</td>
<td>$120</td>
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Copies of the handouts will be available for $40.00, prepaid. All registrants will receive a flash drive that has all of the presentations on it as part of their registration.

SNOM conference registration fee covers breakfast, lunch and refreshments for each day and resource materials.

Late and same day registrations will be accepted at the door for an additional fee of $30.00.

CEUs: This seminar is designed to meet the Minnesota Board of Nursing requirements for license renewal. A certificate of attendance for 6.6 contact hours will be given for Friday and 4.8 contact hours for Saturday and 0.6 contact hours for poster presentations for a total of 12 contact hours.