



October 29th – October 31st, 2018

BP Energy Center

Anchorage, Alaska

PRECONFERENCES - Monday, October 29, 2018	
8:00 am-8:30 am	Registration
8:30 am - 12:00pm 1:00 pm – 4:30 pm Willow/Spruce	<p><u>Fourth R Healthy Relationships Curriculum Training</u> (Preregistration Only)</p> <p><i>Gabriela Alvarado, MD, MPH, MA</i> <i>Stephanie Holmquist, MPH</i></p> <p>The Fourth R (R=Relationships) is an evidence-based comprehensive health education curriculum that focuses on healthy relationships and decision-making relevant to adolescents to reduce violence and many of today's risk behaviors.</p>
8:30 am – 12:00 pm 1:00 pm – 4:30 pm Cottonwood/Alder	<p><u>Current Issues in Health, Physical Education and Recreation: Coaching Boys Into Men (CBIM)</u> (Preregistration Only)</p> <p><i>Ann Rausch, MA</i></p> <p>This course is recommended for coaches of high school male athletic teams, athletic directors, school administrators and victim advocates. The CBIM program provides coaches with the resources they need to promote respectful behavior among their players and help prevent relationship abuse and harassment.</p>
8:30 am – 12:00 pm 1:00 pm – 4:30 pm Fir	<p><u>Student Health and Academic Achievement (1801 Grantees) Support Meeting</u> (Preregistration Only)</p> <p><i>Cyde Coil, BS</i> <i>Lauren Kelsey, MPH</i></p> <p>Learn about the requirements of the 1801 grant and the resources to help make your district thrive through nutrition, physical activity and management of chronic conditions in schools.</p>
8:30 am - 12:00pm Birch	<p><u>Working With the Brain From the Bottom-Up: Promoting Resilience, Self Regulation and Well-Being</u></p> <p><i>Linda Chamberlain, PhD, MPH</i></p> <p>Journey into the brain and autonomic nervous system to understand how unresolved stress can interfere with self-regulation, learning and well-being. Learn brain-body skills appropriate for adults and youth that work with the brain from the bottom up to heal the nervous system and prevent vicarious trauma among staff.</p>
12:00pm – 1:00 pm	Lunch

1:00 pm – 4:30 pm Birch	<p><u>The Full Promise of Schools: Addressing the Nuts and Bolts Challenges of Social and Systems Change</u></p> <p><i>Michael Mann, PhD, MPH, MHSE</i></p> <p>Discussion of a systems-informed approach to re-imagining the role of schools in society today and how to address the practical barriers to creating an educational model that places equal and integrated emphasis on academics, health and growth.</p>
BREAKOUT SESSIONS – Tuesday, October 30, 2018	
8:00 am - 8:30 am	Registration
8:30 am - 9:30 am Birch	<p><u>West High You Are Not Alone (YANA) Club – Peer Support and Suicide Prevention</u></p> <p><i>Carri Elfstrom, MA, BS</i></p> <p>YANA Club is a national program for high school students that promotes mental health awareness and provides suicide intervention strategies. YANA Club members are trained to provide presentations that lower the stigma surrounding mental health, identifies the warnings signs of suicide and provides helpful resources.</p>
8:30 am - 9:30 am Cottonwood/Alder	<p><u>School Based Tobacco Prevention and Emerging Trends</u></p> <p><i>Eric Milliken, BA</i> <i>Amanda Estes, BA</i></p> <p>Discussion to include: how to engage students in healthy activities and tobacco advocacy, strategies for enforcing existing policies, and new youth smoking trends including electronic nicotine delivery systems such as JUUL and vaping.</p>
8:30 am - 9:30 am Willow/Spruce/Fir	<p><u>Play Every Day: Sharing Nutrition and Physical Activity Successes in School</u></p> <p><i>Karol Fink, MS, RDN</i> <i>Ann Potempa, MPH</i></p> <p>The Play Every Day team will share the newest promotional materials highlighting schools that have made significant changes to improve school and student nutrition and physical activity.</p>
9:30 am – 9:45 am	Break
9:45 am-10:45 am Birch	<p><u>Signs, Symptoms and Treatment of Depression and Anxiety in Adolescents</u></p> <p><i>Deb Haynes, M.Ed, LPC</i></p> <p>An overview of the prevalence and signs of depression and anxiety in adolescents as well as interventions. A panel of teens will be speaking on their own experiences.</p>
9:45 am-10:45 am Cottonwood/Alder	<p><u>School Environmental Health and Safe Siting of Child Care Facilities</u></p> <p><i>Stacey Cooper, MS</i></p> <p>Discussion of school environmental hazards, how they affect health and school performance and tools to address and solve hazardous problems. Includes information on the new initiative Choose Safe Places for Early Care and Education, a collaborative project with the Agency for Toxic Substances and Disease Registry.</p>
9:45 am-10:45 am Willow/Spruce/Fir	<p><u>Student Chronic Health Conditions and Academic Success</u></p> <p><i>Barbara Pennington, MSN, BSN, RN, NCSN</i> <i>Kathy Bell, BSN, RN, NCSN</i></p> <p>There is an increasing prevalence of students with chronic conditions. Triggers, treatment, and the use of emergency medications for asthma, life threatening allergies, diabetes and seizures will be discussed, as well as how teachers can care for these students when a school nurse is unavailable.</p>

10:45 am – 11:00 am	Break
11:00 am–12:00 pm Willow/Spruce/Fir	<p><u>Alaska Safe Children’s Act</u> <i>Kami Moore, MPH</i></p> <p>Discussion will include requirements under the Act including recent changes to the law, materials currently available and being developed, and the Task Force recommendations on model curricula and training for school districts.</p>
11:00 am– 12:00 pm Cottonwood/Alder	<p><u>Supporting Student Success through Afterschool Programs</u> <i>Thomas Azzarella, BS, WRP Fellow</i></p> <p>Afterschool programs play an important role in keeping kids safe, inspiring learning, and supporting working families. Will discuss the key attributes of successful afterschool programs and strategies for expanding afterschool opportunities for students.</p>
11:00 am–12:00 pm Birch	<p><u>An Overview of Comprehensive School Physical Activity Programs (CSPAP)</u> <i>Lisa Kelzenberg, BS</i></p> <p>A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach that school districts and schools can implement to utilize all opportunities for students to be physically active for the nationally-recommended 60 minutes a day. Students can then develop the knowledge, skills, and confidence to be physically active for a lifetime.</p>
12:00 pm – 1:30 pm	Lunch on Your Own
1:30 pm–2:45 pm Willow/Spruce/Fir	<p><u>Mindfulness for Teachers and Trauma Sensitive Strategies for the Classroom</u> <i>Wendy DeGraffenried, BSN, RN, NCSN</i></p> <p>Learn the importance and basic foundation for creating your own mindfulness practice and steps to a trauma sensitive classroom with simple and effective mindfulness strategies for students.</p>
1:30 pm–2:45 pm Cottonwood/Alder	<p><u>Improving School Wellness Policies</u> <i>Cyde Coil, BS</i> <i>Lauren Kelsey, MPH</i></p> <p>Come learn about strategies and resources for improving your school wellness policy including how you can use the WellSAT online tool and Alaska’s annual report checklist to assess the strength and implementation of your policy.</p>
1:30 pm–2:45 pm Birch	<p><u>Learning Through Play</u> <i>Joe Uson, BA</i></p> <p>Educators, child care staff, sports organizations, volunteers and parents will be given a wide range of activities to enhance learning through play.</p>
2:45 pm – 3:00 pm	Break
3:00 pm–4:15 pm Cottonwood/Alder	<i>Intentionally blank</i>

<p>3:00 pm–4:15 pm Willow/Spruce/Fir</p>	<p><u>Whole Child, Whole School Approach: An Alaska Framework for Trauma Informed Schools</u> <i>Heather Coulehan, M.Ed</i> <i>Pat Sidmore, MSW</i> School districts and communities across Alaska are focusing on trauma informed schools in response to the prevalence of childhood adversity in Alaska. The Alaska Framework brings together best practices from Alaska districts and the nation to build on district, school and community strengths for student success.</p>
<p>3:00 pm–4:15 pm Birch</p>	<p><u>Alaska’s Internet Crimes Against Children and Internet Safety</u> <i>Leah Davies, Cyber Crimes Detective, Anchorage Police Department</i> <i>Brandon Hunter, Cyber Crimes Forensic Technician, Anchorage Police Department</i> Introduction of Alaska’s Internet Crimes Against Children and the APD Cyber Crimes Unit’s role in prevention and intervention. Topics include online victimization, social networking sites and apps, cyberbullying, sexting and internet safety resources.</p>
<p>PLENARY SESSIONS – Wednesday, October 31, 2018</p>	
<p>8:00 am - 8:30 am</p>	<p>Registration</p>
<p>8:30 am – 9:45 am Birch</p>	<p><u>The Full Promise of Schools: Integrating Academic, Health and Developmental Outcomes for All Students</u> <i>Michael Mann, PhD, MPH, MHSE</i> Schools significantly affect the immediate and lifelong wellbeing of our children. We will be exploring the limitations of our current academic model and re-imagining a model that would more adequately support equal and integrated goals for student learning, health and growth.</p>
<p>9:45 am - 10:00 am</p>	<p>Break</p>
<p>10:00 am–11:00 am Birch</p>	<p><u>Protective Factors for Youth Substance Abuse and Delinquency</u> <i>Thomas Azzarella, BS, WRP Fellow</i> This presentation will address how we can effectively reduce youth risk behavior, like substance abuse, by focusing on increasing protective factors.</p>
<p>11:00 am -11:15 am</p>	<p>Break</p>
<p>11:15 am - 12:15pm Birch</p>	<p><u>School Health Success Stories</u> Stedman Elementary School: Healthy Celebrations – Fun Ways to Reward Without Food <i>Ginger Evens,</i> Burchell High School: Providing Hope Through Education <i>Jason Marvel, MEDL</i> Anchorage School District: School Food Share <i>Andrew Mergens, MA</i></p>
<p>12:15pm - 1:30 pm</p>	<p>Lunch on Your Own</p>
<p>1:30 pm - 2:45 pm Birch</p>	<p><u>The Current Landscape of School Safety in Alaska</u> <i>Kami Moore, MPH</i> Highlight of the statewide results of the school safety gap analysis conducted by the Department of Education and Early Development and how the federal Every Student Succeeds Act (ESSA) and Alaska’s Education Challenge are working to elevate school safety efforts statewide.</p>

2:45 pm – 3:00 pm	Break
3:00 pm – 4:15 pm Birch	<u>Neurobiology of Stress and the Essential Role of Brain Body Practices</u> <i>Linda Chamberlain, PhD, MPH</i> Brain-body strategies to modulate the stress response and promote healing are transforming our approach to childhood adversities. Learn the latest science supporting techniques to buffer the effects of chronic and overwhelming stress on brain function and wellbeing.