



October 28th – October 30th, 2019

BP Energy Center

Anchorage, Alaska

PRECONFERENCES - Monday, October 28, 2019	
8:00 am-8:30 am	Registration
8:30 am - 12:00pm 1:00 pm – 4:30 pm	<p><u>Fourth R Healthy Relationships Curriculum Training</u> (Preregistration Only – Contact Lindsay Hammer at 269-4921) <i>Kami Moore, MPH, Lindsay Hammer, LCSW</i> 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 – 12:00pm 1:00 pm - 4:30 pm	<p><u>Coaching Boys Into Men (CBIM)</u> (Preregistration Only – Contact Brian Hosken at 244-1336) <i>Brian Hosken, BEd, MEd, EdS</i> CBIM is an evidence-based violence prevention program being implemented in high schools across Alaska. This presentation will provide technical assistance to recently trained coaches and provide ongoing support to actively participating coaches.</p>
8:30 am – 12:00 pm	<p><u>Student Health and Academic Achievement (1801 Grantees) Support Meeting</u> (Preregistration Only – Contact Cyde Coil at 465-8719) <i>Cyde Coil, BS, Lauren Kelsey, MPH</i> 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>
8:15 am - 1:00pm	<p><u>Teen Speak: Adolescent Focused Motivational Interviewing</u> (Preregistration Only– Contact Jenny at 269-4517) Completion of online learning assignments required <u>prior to preconference.</u> Limit 20. <i>Jenny Baker, BA</i> Research shows that Motivational Interviewing (MI) is one of the most effective behavior change strategies with youth. MI has been shown to decrease substance use, reduce stress and risky sexual behaviors, improve eating habits, increase exercise and reduce injuries and hospitalizations! This interactive workshop teaches MI strategies to assist in identifying risks, communicating effectively, and motivating toward healthy decisions. Mandatory on-line education modules (7-8 hours) must be completed prior to attending the in-person workshop; 7-8 CMEs or CEUs are available.</p>

8:30 am – 12:00 pm BIRCH	<p><u>Transforming Schools: Social and Emotional Learning – Why it Matters, What We Can Do, and How We Can Do It</u></p> <p><i>Michelle Byer, MEd, Heather Coulehan, MEd</i></p> <p>Research indicates that social and emotional learning (SEL) can improve academic performance, motivation to learn, commitment to school, and classroom behavior. What is SEL? How does a school make this transformative change and what can we do to support it? This workshop offers a framework to assist the transformation from an academics only approach to building academic success through developing 21st century skills.</p>
12:00pm – 1:30 pm	<p>Lunch</p>
1:30 pm – 4:30 pm	<p><u>No Fear! Chronic Disease Management is Here!</u></p> <p><i>Barbara Pennington, MSN, BSN, RN, NCSN, Kathy Bell, BSN, RN, NCSN</i></p> <p>This presentation is for everyone - teachers, staff in schools without nurses, and school nurses! The first half of the preconference includes tools for chronic diseases such as asthma and allergy emergency responses, medical knowledge of these conditions, and ways to increase staff communication about students. The second half of the preconference will be divided into two groups: (Part 1) a deeper dive into chronic conditions such as diabetes and case management and (Part 2) the <i>Make the Injection Connection</i> training program with AAFA Alaska. This epinephrine administration program will train and allow unlicensed school personnel to administer epinephrine in their schools. Those interested in the epinephrine training must have completed a 20 minute online <i>Make the Injection Connection</i> webinar training prior to the preconference. Those completing the epinephrine administration section will received a certificate of completion from AAFA Alaska.</p> <p>For full details on the <i>Make the Injection Connection</i> program- please visit: http://www.aafaalaska.com/anaphylaxis-awareness.php .</p> <p>Further questions about Make the Injection Connection can be answered at 907-349-0637. For more information about this preconference contact Barb Pennington at 269-7368 or barbara.pennington@alaska.gov</p>
1:30 pm – 4:30 pm	<p><u>The 15 Characteristics of an Effective Health Education Curriculum</u></p> <p><i>Susan Telljohann, HSD, CHES</i></p> <p>An overview of the Characteristics of Effective Health Education Curricula and multiple examples of how these characteristics can be reflected in the classroom. These include teaching functional health information (essential concepts); shaping personal values and group norms that value and support healthy behaviors; and developing the essential health skills necessary to adopt, practice, and maintain health-enhancing behaviors.</p>
1:30 pm – 4:30 pm	<p><u>Secure Your Own Oxygen Mask First: Avoiding Vicarious Trauma and Compassion Fatigue with Mindfulness</u></p> <p><i>Wendy DeGraffenried, BSN, RN, NCSN</i></p> <p>Vicarious trauma and compassion fatigue can lead to devastating effects in both professional and personal lives. Participants will learn the signs and symptoms of compassion fatigue, practice simple body-brain resiliency building tools, and develop personalized plans leading to a thriving life of compassion satisfaction.</p>
<p align="center">BREAKOUT SESSIONS – Tuesday, October 29, 2019</p>	
8:00 am - 8:30 am	<p>Registration</p>
8:30 am - 9:30 am BIRCH	<p><u>The Power of Storytelling: Destigmatizing Mental Health among Peers through Shared Lived Experience</u></p>

	<p>Jason Lessard, Lily Werts, Natalie Fraser, Zoe Kaplan</p> <p>Mental Health Advocacy Through Storytelling (MHATS) destigmatizes mental illness among teens and focuses on how teens can build confidence, do public speaking, and learn advocacy skills. It emphasizes the importance of peer-led education, and how to cultivate protective factors such as mattering and self-advocacy. Includes: signs and symptoms, statistics, personal experiences, coping strategies and ways to seek help.</p>
8:30 am - 9:30 am	<p><u>E-cigarettes, Vaping and JUUL: Prevention and Intervention Tools</u></p> <p><i>Ashley Peltier, MA Katie Steffens, BS</i></p> <p>E-cigarette use among Alaskan youth is on the rise and schools are seeing it firsthand. This session explores e-cigarette use and potential interventions, focusing on INDEPTH, American Lung Association's alternative to suspension program.</p>
8:30 am - 9:30 am	<p><u>School Wellness Policies: Student Nutrition and Physical Activity Supports for Success</u></p> <p><i>Lauren Kelsey, MPH Cyde Coil, BS</i></p> <p>School Wellness Policies are an important way to support student health and academic achievement in your district. Come learn about the latest tools to help you implement strong local wellness policies, including a new Local Wellness Policy e-Learning module on the DEED e-Learning library.</p>
9:30 am – 9:45 am	Break
9:45 am-10:45 am	<p><u>The Crucial Role of Community in the Whole School, Whole Community, Whole Child (WSCC) Model</u></p> <p><i>Sean Slade, MEd, BEd</i></p> <p>The WSCC Model was designed to reflect the crucial role of the community in ensuring healthy and supportive learning environments. While the school may be a hub, it remains a focal reflection of its community. Will highlight the ways in which communities and schools are working in unison for common collective outcomes and have participants reflect/discuss ways that their communities collaborate with their schools.</p>
9:45 am-10:45 am BIRCH	<p><u>Supercharging Your Lessons to Engage Your Students</u></p> <p><i>Susan Telljohann, HSD, CHES</i></p> <p>Learners learn best when they are actively engaged throughout each lesson. Research also reveals that movement is good for learners' brains and supports memory as well as engagement. Participants will brainstorm and share strategies to Supercharge lessons to encourage students to be out of their seats, engaged, and student centered.</p>
9:45 am-10:45 am	<p><u>CSPAP: Not Your Grandma's Sleeping Machine</u></p> <p><i>Cyde Coil, BS</i></p> <p>An overview of the CSPAP (Comprehensive School Physical Activity Program), a guide for schools to develop, implement, and evaluate comprehensive physical activity programs. It was developed in collaboration with SHAPE America and experts in the field to help provide our nations school age children with knowledge, skills and confidence to be physically active for a life time.</p>
10:45 am – 11:00 am	Break
11:00 am–12:00 pm	<p><u>Preventing Teen Dating Violence through the Alaska Safe Children's Act: Grades 7-12</u></p> <p><i>Kami Moore, MPH</i></p>

	<p>An overview and update on the state developed curriculum for grades 7-12 to meet the requirements under the Alaska Safe Children's Act. In addition it will provide an overview of the resources, materials and supports that are currently available and the activities and events planned for Teen Dating Violence Prevention and Awareness Month.</p>
11:00 am– 12:00 pm	<p><u>Integrating Healthy Eating and Physical Activity (HEPA) Standards into Out of School Time</u> <i>Thomas Azzarella, BS, WRP Fellow</i></p> <p>This workshop will focus on supporting the integration of national Healthy Eating and Physical Activity (HEPA) standards into regular after school programs, extracurricular activities, athletics, and other out-of-school time environments.</p>
11:00 am–12:00 pm BIRCH	<p><u>Yuuyaraq: Yupik Way of Life</u> <i>Sarah Peterson, Carrie Rowland, BSHS, CHES</i></p> <p>Natural Helpers and Sources of Strength are peer led suicide prevention programs used in the Lower Yukon School District. These increase protective factors and decrease risk factors by involving teens in promoting wellness using messages of hope, help, recovery & strength, creating an environment which increases engagement with other students, staff, family, and community.</p>
12:00 pm – 1:30 pm	Lunch on Your Own
1:30 pm–2:45 pm	<p><u>Understanding Depression and Anxiety Now More than Ever...and Treatments that Work</u> <i>Deb Haynes, MEd, LPC</i></p> <p>Will cover defining depression and anxiety as well as looking at some of the causes and treatment options available to students and adults who suffer from these potentially debilitating diagnoses.</p>
1:30 pm–2:45 pm	<p><u>Relationship Building for Family and Community Engagement</u> <i>Claudia Plesa, MS and Pat Sidmore, MSW</i></p> <p>A strong relationship between students, families, their communities and school programs can help students be more successful in school and life. Learn about effective community and family relationship building practices and ways to strengthen your current relationship building strategies.</p>
1:30 pm–2:45 pm	<p><u>Youth Marijuana Use Prevention: Data to Action</u> <i>Eliza Muse, MSc, Jessica Filley, MPH</i></p> <p>A presentation summarizing the data and how the Department of Health and Social Services utilized a shared factors approach to design and implement an afterschool program targeted at marijuana use prevention.</p>
2:45 pm – 3:00 pm	Break
3:00 pm–4:15 pm	<p><u>Trauma Informed School Practices</u> <i>Claudia Plesa, MS and Pat Sidmore, MSW</i></p> <p>A trauma engaged school is one in which all students and staff feel safe, welcomed and supported and where the impact of trauma on learning is addressed at the center of all educational practices. Presenters will cover best practices for becoming a trauma-engaged school and resources that can help get you started whether at the school or classroom level.</p>

3:00 pm–4:15 pm	<p><u>Alaska’s Internet Crimes Against Children and Internet Safety</u> <i>Brandon Hunter, BA</i></p> <p>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>
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PLENARY SESSIONS – Wednesday, October 30, 2019	
8:00 am - 8:30 am	Registration
8:30 am – 9:45 am BIRCH	<p><u>Health and Education are Symbiotic</u> <i>Sean Slade, MEd, BEd</i></p> <p>Health and education are symbiotic – what affects one affects the other. Health and education affect individuals, society, and the economy and must work together whenever possible. For too long health and well-being have been put into silos— separated both logistically and philosophically from education and learning. This will include the progress being made across both sectors to serve the individual.</p>
9:45 am - 10:00 am	Break
10:00 am–11:00 am BIRCH	<p><u>Youth Health Behaviors and School Policies: Findings from the YRBS and School Health Profiles</u> <i>Andrea Fenaughty, PhD</i></p> <p>This presentation will provide a summary of results from two data sources that tell us about Alaska youth and their school environments: the School Health Profiles and the Youth Risk Behavior Survey. Highlights will include: promising and worrying trends, and alignment between adolescent risk behavior and school policies and practices.</p>
11:00 a -11:15 a	Break
11:15 a - 12:15p BIRCH	<p style="text-align: center;"><u>School Health Success Stories</u></p> <p><u>Green Dot: Active Bystander Training Success at Homer High</u> <i>Jessi Felice, MEd</i></p> <p><u>Mental Health Advocacy Through Storytelling</u> <i>Natalie Fraser</i></p> <p><u>Hangry Kids Needing More Physical Activity: The Quest for a Better District Wellness Policy</u> <i>Kelly Lessens, PhD</i></p>
12:15pm - 1:30 pm	Lunch on Your Own
1:30 pm - 2:45 pm BIRCH	<p><u>Enhancing Resilience Through Mindfulness for Students & Educators</u> <i>Gary Ferguson, BS, ND</i></p> <p>Mindfulness has moved to the forefront as educational institutions become more trauma-informed. This presentation will discuss the latest evidence pointing to the use of mindfulness as a way to help students do better academically, and to reduce behavioral issues/challenges. We will practice hands-on mindfulness techniques that will help participants become more grounded and resilient to life's stresses.</p>
2:45 pm – 3:00 pm	Break

3:00 pm – 4:15 pm

BIRCH

Youth Suicide in Alaska; A Community Issue

Leah VanKirk, BA and Eric Boyer, BS Ed, MPH

In the U.S. suicide is the 10th leading cause of death overall, with over 40,000 people dying by suicide each year and Alaska has the second highest rate of suicide in the nation. The causes of suicide are complex and determined by multiple factors. We will focus on Alaska's youth data, strategies for prevention, and how stigma impacts help seeking behavior in our youth.