



UNIVERSITY *of* MARYLAND
SCHOOL OF MEDICINE

2019 Annual

School Health Interdisciplinary Program

Advancing Innovation and Best Practices in School Health

August 7-8, 2019

Pre-Conference Sessions on August 6, 2019

Sheraton Columbia Town Center Hotel

10207 Wincopin Circle

Columbia, MD 21044

Sponsored by

The National Center for School Mental Health
University of Maryland School of Medicine
Division of Child and Adolescent Psychiatry

Division of Student Support, Academic Enrichment, and Educational Policy
Maryland State Department of Education

Office of School Health
Maryland Department of Health

Maryland Department of Juvenile Services

Maryland Department of Human Services
Social Services Administration

Maryland State School Health Council



The National Center for School Mental Health at the University of Maryland School of Medicine is funded by the U.S. Department of Health and Human Services, Maternal and Child Health Bureau to advance school mental health programs and policies to promote success for America's youth.

Overview

The School Health Interdisciplinary Program (SHIP) is a multifaceted approach to continuing education. SHIP provides comprehensive training on coordinated school health. The conference focuses on topics vital to school professionals. SHIP is committed to advancing quality and sustainability in school health with this year's theme being **Advancing Innovation and Best Practices in School Health**. Training will focus on helping school-based professionals understand core concepts in the school health field, including best practice strategies and policy.

Desired learning outcome

Attendees will be able to:

- define strategies that build and enhance effective partnerships to improve student health;
- describe three strategies to improve student academic success; and
- identify strategies needed to promote student wellness and success, while reducing high risk behaviors.



The University of Maryland School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

For more information about the conference and registration, please contact:

Christina Huntley, MS
National Center for School Mental Health
University of Maryland School of Medicine
[410-706-0980](tel:410-706-0980)
chuntley@som.umaryland.edu

Pre-Conference Sessions | Tuesday, August 6, 2019

7:30am – 7:45am Registration

8:00am – 5:00pm Youth Mental Health First Aid Training (Terrace C)

This eight-hour training will cover the risk factors and warning signs of mental health challenges in children and adolescents. Attendees will learn the importance of early intervention, identify crisis situations, and understand their role in assessing care for the student. **There will be a one-hour lunch break. Lunch is on your own!** This session is sponsored by Project Aware.

Terrell Sample, MSOL, MPA

Project Director, Maryland AWARE

Division of Student Support, Academic Enrichment and Educational Policy

Maryland State Department of Education

8:00am-5:00pm Emerging Issues for School Nurses (Terrace B)

Learn current, state-of-the-art information for school nurses regarding new regulations that will impact school health, how to develop your inner leadership skills, updated science and recommendations on concussion management, Autism 101 for school health nurses, and other HOT TOPICS in school health that you need to hear. Hands on experience regarding hearing and vision screening as well as other skill-based training. **There will be a one-hour lunch break. Lunch is on your own!**

Barbara Obst MEd, BSN, NCSN

Specialized Health Care Interagency Collaboration Coordinator Kennedy Krieger Institute

Lara Jones, PsyD

Psychologist, Kennedy Krieger Institute

Beth Slomine, PhD, ABPP

Co-Director of the Center for Brain Injury Recovery Kennedy Krieger Institute

Megan Roseler, RN

Kennedy Krieger Institute

Alicia Mezu, MSN/Ed, BSN, BSc, RN

Health Services Specialist, Maryland State Department of Education

Stacey Suskauer, MD

Research Scientist & Co-Director, Center for Brain Injury Recovery at the Kennedy Krieger Institute

9:00am - 3:30am Maryland State School Health Council (Lakeview A&B)

Making Wellness Work: The Value of System-Level School Health Councils

The Maryland State School Health Council (MSSHC) is providing a full day training for local school health council members and representatives. The session is focused on increasing capacity, outcomes, and collaborations of local school health councils. The lunch session will include an informational presentation on the legislative process. The afternoon will be dedicated to current hot topics for local school health councils. **Lunch will be provided.**

Erin Hager, PhD

University of Maryland School of Medicine

8:00am - 5:00pm Adolescent Community Reinforcement Approach for Substance Abuse Issues (Terrace A)

The Adolescent Community Reinforcement Approach (A-CRA) is an evidence-based behavioral intervention that seeks to replace environmental contingencies that have supported alcohol or drug use with pro-social behaviors. Participants will learn the goals of A-CRA and sample some of the skill focused procedures used in this intervention. **There will be a one-hour lunch break. Lunch is on your own!**

Melissa Ambrose, LCSW-C

University of Maryland School of Medicine

8:00am - 5:00pm Botvin LifeSkills: Violence and Substance Use Prevention Program (Terrace D)

Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. **There will be a one-hour lunch break. Lunch is on your own!**

Kristina Floyd, LSCW-C

Nikita Parsons, LCSW-C

Pamela Dorman, LCSW-C

University of Maryland
School of Medicine



Conference Day One | Wednesday, August 7, 2019

7:30am – 8:30am Registration, Exhibits, Continental Breakfast

8:30am – 8:45am Welcome and Introductions (Lakeview Ballroom)

Sylvia McCree-Huntley, EdD

Director, Professional Development & Training

National Center for School Mental Health, University of Maryland School of Medicine

Nancy Lever, PhD

Conference Co-Chair

Co-Director, National Center for School Mental Health Associate Professor, University of Maryland School of Medicine

Lynne Muller, PhD, NCC, LCPC

Section Chief, Student Services and School Counseling Division of Student, Family and School Support Maryland State Department of Education

Erin Hager, PhD

Maryland State School Health Council

8:45am – 9:45am Plenary Session I: Addressing the State Agency's Perspectives on School Health (Lakeview Ballroom)

Introduction by:

Lynne Muller, PhD, NCC, LCPC

Section Chief, Student Services and School Counseling Division of Student, Family and School Support Maryland State Department of Education

Addressing the State Agency's Perspectives on School Health

Agency leaders will discuss the importance of success for all students and communities. They will also share how this plays a role in their agency's work related to helping all students to succeed.

State Agency Leaders

Mary L. Gable

Assistant State Superintendent, Division of Student Support, Academic Enrichment, and Educational Policy

Maryland State Department of Education

Cheryl Duncan De Pinto, MD, MPH, FAAP

Director, Office of Population Health Improvement

Maryland Department of Health

Joseph Cleary

Chief of Staff, Maryland Department of Juvenile Services

David Rose, MD

Medical Director, Social Services Administration

Maryland Department of Human Services

9:45am – 10:45am Plenary Session II: School Safety-Mental Health and School Safety (Lakeview Ballroom)

Introduction by:

Nancy Lever, PhD

Co-Director, National Center for School Mental Health

Associate Professor, University of Maryland School of Medicine

School Safety: Mental Health and School Safety

School is widely viewed as a safe haven for children, but when they enter the school building, they are still carrying the lingering effects of their own personal environment. As an educator, there must be an awareness that the events (whether daily or one-time only) that a child encounters impacts his or her ability to function within the classroom. Attendees will identify the signs and symptoms of youth negatively affected by a traumatic experience and discuss the tools that educators may use when working with traumatized youth.

Jonathan Shepherd, MD, CCHP

Hope Health Systems, Inc., Black Mental Health Alliance, Inc.

10:45am – 11:45am Plenary Session III: Understanding and Protecting Adolescent Sexual and Reproductive Health in Maryland (Lakeview Ballroom)

Introduction by:

Barbara Obst, MEd, BSN, NCSN

Specialized Health Care Interagency Collaboration Coordinator

Kennedy Krieger Institute

Understanding and Protecting Adolescent Sexual and Reproductive Health in Maryland

Participants will learn basic facts about the two most commonly reported infectious diseases in Maryland - chlamydia and gonorrhea - and their impact on adolescent health if left untreated. We'll discuss the trends in infection rates among 15- to 19-year-olds in Maryland over the past five years, and review the self-reported sexual risk behaviors, by grade, from the 2016 Youth Risk Behavior Survey. Promising practices for protecting adolescent sexual and reproductive health, and ideas for collaboration among state and local health and education agencies, schools, parents and policy-makers will be explored.

Elizabeth Liebow, MPH

Policy and Program Associate, Center for STI Prevention
 Infectious Disease Prevention and Health Services Bureau
 Maryland Department of Health

11:45am – 1:00pm Lunch and Exhibits (Lakeview Hall)

1:00pm – 2:00pm Plenary Session IV: Prenatal Substance Exposure and Its Impact on Children: Infant and Toddler Behavioral Health (Lakeview Ballroom)

Introduction by:

Shawnett Mills, LCPC

Child and Mental Health Specialist, Maryland Department of Human Services

Prenatal Substance Exposure and Its Impact on Children: Infant and Toddler Behavioral Health

Participants will learn basic facts about substance exposed mothers and children. They will understand how prenatal substance exposure can affect the infants' neurological development, as well as physical development. The presentation will focus on understanding behaviors the substance exposed infant and toddler may exhibit in the home and classroom settings. The participants will be able to understand what supports can be implemented in these settings.

Anna Mara Wilms Floet, MD

Assistant Professor

Neurology and Neurodevelopmental Medicine Program Kennedy Krieger Institute

Carlo DiClemente, PhD

Professor, University of Maryland Baltimore County

2:00pm – 2:15pm Break and Exhibits (Lakeview Hall)

2:15pm – 4:15pm Workshop Sessions (15-minute break from 3:15pm-3:30pm)

WS1 – Moving from Theory to Practice: Healing, Engagement and Finding Strength (Terrace B)

This session will address cross-agency innovations and practical applications for implementing trauma responsive approaches. Moving from deficit to strength-based strategies, creative programming will be highlighted as examples in varied settings. Understanding the impact trauma has on our lives is the first step... knowing what to do about it is the critical step to healing.

Joan Gillece, PhD

Director, National Association of State Mental Health Program Directors

WS2 – Human Sexuality and Students with Special Needs (Terrace C)

Participants will explore personal and societal values relating to human sexuality and people with disabilities. Messages from parents will be shared along with personal body safety lesson plans for students with intellectual disabilities. The role of skills-based health education and its ability to support student services/support personnel will be explored.

Lea Jaspers

Health Education Specialist

Division of Curriculum, Instructional Improvement, and Professional Learning
Maryland State Department of Education

Barbara Obst, MEd, BSN, NCSN

Specialized Health Care Interagency Collaboration Coordinator
Kennedy Krieger Institute

Janice Eisenberg

School Counselor, Montgomery County Public Schools

Brittany Bruno

Staff Development Teacher, Montgomery County Public Schools

WS3 – The Impact of Prenatal Substance Exposure (Terrace A)

This workshop will present more in-depth information on addiction in pregnancy and both prenatal and postnatal substance exposure including research on prevalence, trends, manifestations (short and long-term data) of prenatal substance exposure and impact on children. The participants will gain understanding on issues of substance exposed mothers, infants, and children from a multi-professional, multidisciplinary perspective.

Anna Mara Wilms Floet, MD

Kennedy Krieger Institute

Carlo DiClemente, PhD

University of Maryland Baltimore County

WS4 – Opportunity for Healthy Eating in Schools (Terrace D)

This workshop will present learning opportunities for nutrition education and other activities that give children and adolescent knowledge and skills to choose healthy foods and beverages.

Erin Hager, PhD

Associate Professor, University of Maryland School of Medicine

Conference Day Two | Thursday, August 8, 2019

7:30am – 8:30am Registration, Exhibits, Continental Breakfast

8:25am – 8:30am Welcome and Introductions (Lakeview Ballroom)

Cheryl Duncan De Pinto, MD, MPH

Conference Co-Chair

Director, Office of Population Health Improvement, Maryland Department of Health

8:30am – 9:30am Plenary Session V: Suicide Prevention and Intervention for Children and Adolescents (Lakeview Ballroom)

Introduction by:

Tina Backe, MA

Health Policy Analyst, Office of Population Health Improvement Maryland Department of Health

Suicide Prevention and Intervention for Children and Adolescents

This plenary session will discuss implementation of suicide prevention and mental health services for children and adolescents in schools and studies of treatment on clinical prevention.

Panelists:

Holly Wilcox, PhD

Associate Professor, Johns Hopkins Bloomberg School of Public Health

Gloria Reeves, MD

Associate Professor, University of Maryland School of Medicine

Richard Lichenstein, MD

Professor, University of Maryland School of Medicine

9:30am – 10:30am Plenary Session VI: Working with Fathers and Mentoring Males-Strategies to Keeping Fathers and Young Males Engaged, Empowered, and Involved (Lakeview Ballroom)

Introduction by:

Mary Price, BA

State Health Care Transition Program Administrator

Maryland Department of Health-PHPA

Office of Genetics and People with Special Health Care Needs

Working with Fathers and Mentoring Males: Strategies to Keeping Fathers and Young Males Engaged, Empowered, and Involved!

This session will address the importance of positive role models, mentoring, and having fathers involved and spending quality time in their child/children's lives. This session will also cover starting a mentoring program from A-Z and how working with fathers and mentoring young men will improve the social outcomes of the young men of color, living in disadvantaged communities.

D' Lisa Worthy, MEd

University of Maryland School of Medicine

James Worthy

National Fatherhood Consultant

Cameron Miles, MA

Executive Director, Mentoring Male Teens in the Hood

10:30am – 10:45am Break and Exhibits (Lakeview Hall)

10:45am – 11:45am Plenary Session VI: PANDAS and PANS-What You Need to Know (Lakeview Ballroom)

Introduction by:

Alicia Mezu, MSN/Ed, BSN, BSc, RN

Health Services Specialist, Maryland State Department of Education

PANDAS and PANS: What You Need to Know

PANDAS is the acronym for Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. A diagnosis of PANDAS is considered when there is a close relationship between a strep infection and the onset or worsening of an obsessive-compulsive disorder (OCD) and/or a tic disorder. PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) is used to describe a larger class of acute onset OCD. Participants will learn about the clinical presentation; diagnosis; and effect of PANDAS and PANS on a student in the school, home, and peer interactions from a pediatrician, nurse, parents, and a first-hand account from a student.

Azam Baig, MD, FAAP

South River Pediatrics

Barbara Obst, MEd, BSN, NCSN

Specialized Health Care Interagency Collaboration Coordinator Kennedy Krieger Institute

Family Members and Student

11:45am – 1:00pm Lunch and Exhibits (Lakeview Hall)

1:00pm – 2:00pm Plenary Session VIII: Tickborne Disease-A Growing Public Health Concern (Lakeview Ballroom)

Introduction by:

Barbara Obst, MEd, BSN, NCSN

Specialized Health Care Interagency Collaboration Coordinator Kennedy Krieger Institute

Tickborne Disease - A Growing Public Health Concern

Healthcare professionals working in schools are responsible for providing services to students to promote optimum health for academic success. These professionals hold a unique position to provide education about tickborne disease prevention to students, including proper tick removal and early identification of disease. They are also often the first-line healthcare providers for students and can serve as a bridge between health care and education. This workshop will provide an overview of tickborne disease in Maryland and discuss prevention strategies that can be employed in a school-based setting.

David Crum, DVM, MPH

State Public Health Veterinarian Maryland Department of Health

Heather Rutz, MCRP, MHS

Emerging Infections Program Epidemiologist Maryland Department of Health

2:00pm – 2:15pm Break and Exhibits (Lakeview Hall)

2:15pm – 4:15pm Workshop Sessions

WS5 – Foster Youth and Homelessness: Education, Resources, and Advocacy for Youth Identifying and Addressing Needs of Homeless Students-Part 1 (Terrace C)

This workshop will identify indicators of a homeless student, and the social –economic factors surrounding homeless youth. How to identify and connect with youth experiencing homelessness–to identify the barriers to providing services–to identify gaps in data, resources, and services. Secondly, this workshop will highlight one of Maryland’s best practice drop-in centers for homeless youth. And this segment will address how their supportive resources help address and eliminate homelessness among youth in Maryland.

Christina Drushel-Williams

Governor’s Office for Children

Blair Franklin

Youth Empowered Society (YES) Drop in Center

Health and Wellness in Foster Care-Part 2 (Terrace C)

This workshop will address Maryland's child welfare system's role and responsibilities to ensure and promote well-being for children and youth in foster care. Highlighting the role of Social Service Administration's Well-Being Unit and identifying policy, best practice, and collaborative approaches specific to health and education.

Peaches A. Wilson, LCSW-C

Policy Analyst-Education Social Service Administration
Maryland Department of Human Services

Shawnett Mills, LCPC

Child and Mental Health Specialist Maryland Department of Human Services

WS6 - Health Needs in Daycare Settings (Canceled)

This session has been canceled. Please select another session.

WS7 - Gang Culture and Our Children: How You Can Make A Difference (Terrace B)

This session will identify national and local, traditional and hybrid, gang formation. Participants will gain an understanding of the impact of gang culture on children.

Vince DeVivo

United States Community Outreach Special, U. S. Attorney's Office
Maryland Crime Prevention Association, Inc., District of Maryland

WS8 - Health Care Transition for Students: Role of School Nurse (Terrace D)

This workshop will discuss the process of health care transition; which a youth transition from a pediatric provider to an adult provider. Presenters will discuss how school health can help with health care transition from various disciplines. The panel will outline the role of the school health nurse with the parent in the health care transition process. This session will address the IEP/504 process, and how it can help implement positive outcomes of health care transition. This session will discuss challenges and opportunities for school health nurses in Maryland. Presenters will share best practice models and collaborations between the local health departments and school systems. Attendees will receive the "tools and resources" to help in the health care transition process from the Maryland State Health Care Transition and the Maryland State Resources Programs.

Rene Averitte-Sanzone

Executive Director, Parent's Place of Maryland, Inc.

Deborah Somerville, RN, BSN, MPH

Baltimore County Public Schools

Mary Price, BA

State Health Care Transition Coordinator
Maryland Department of Health – PHPA
Office of Genetics and People with Special Health Care Needs

Angela Sittler, MS

State Resource Locator
Maryland Department of Health – PHPA
Office of Genetics and People with Special Health Care Needs



Continuing Education

This conference is sponsored by the National Center for School Mental Health at the University of Maryland School of Medicine. Credit is awarded on a session-by-session basis, with full attendance required.

Attendees

A certificate of attendance will be available for attendees. To receive this certificate, attendees must sign in at the beginning of both days, attend the entire conference and complete the evaluation.

Counselors

The University of Maryland is an approved sponsor of the Maryland Board of Examiners of Professional Counselors and Therapists for continuing education credits for licensed professional counselors and therapists in Maryland. Attendees will receive a CE certificate via email from the University of Maryland 2-4 weeks after the conference.

Health Educators

This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 20 Category 1 contact education contact hours. The program ID is 36324. Attendees will receive a CE certificate via email from the University of Maryland 2-4 weeks after the conference.

Nurses

Nurses may receive up to 20 contact hours for participating in this educational activity. To request CE, nurses must attend CE designated session(s), submit completed evaluation survey and verification of attendance forms. Nurses will receive a CE certificate via email from the University of Maryland 2-4 weeks after submitting their request, required documents, and fee. All requests must be received within 90 days of the event.

Psychologists

The University of Maryland School of Medicine is an approved sponsor of The Maryland Board of Examiners of Psychologists for continuing education credits for licensed psychologists in Maryland. Attendees will receive a CE certificate via email from the University of Maryland 2-4 weeks after the conference.

Social Workers

The University of Maryland School of Medicine is an approved sponsor of The Maryland Board of Examiners for Social Workers for continuing education credits for licensed social workers in Maryland, Category I. Attendees will receive a CE certificate via email from the University of Maryland 2-4 weeks after the conference.

Continuing Education Hours

Tuesday, August 6, 2019 up to 8.0 hours (depending on workshop hours)

Wednesday, August 7, 2019 up to 6.25 hours

Thursday, August 8, 2019 up to 6.75 hours

Attendees can earn up to 21.0 continuing education hours.

Disclosure Statement

The National Center for School Mental Health strives to ensure balance, independence, objectivity and scientific rigor in all of its educational programs. All presenters participating in this program have been required to disclose any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program. This includes relationships with pharmaceutical companies, biomedical device manufacturers or other corporations whose products or services are related to the subject matter of the presentation topic. The intent of this policy is to identify openly any conflict of interest so that the attendees may form their own judgments about the presentation with the full disclosure of the facts. In addition, each presenter is expected to openly disclose any off-label, experimental or investigational uses of drugs or devices in their presentations.



Regional Planning Committee Members

Laura Allen, MA, MS, RN

Program Manager
Community and Public Health Environmental
Initiative Department of Family and Community
Health University of Maryland School of Nursing

Tina Backe, MA

Health Policy Analyst
Office of Population Health Improvement Maryland
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Kristi Corona

Program Specialist
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Judi Lockett, RN

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Sylvia McCree-Huntley, EdD

Director, Professional Development and Training,
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