

Healthy Students ... Successful Learners

84th Annual ASHA School Health Conference

October 13 - 16, 2010

Kansas City, Missouri

October **14** / Thursday

8 – 9 am

Concurrent #1

Making Kansas School Wellness Policies "Work" Through Coordinated School Health

Mark Thompson, Jane Shirley, Brandon Skidmore

Learner Objectives

- Identify the structure and reporting mechanisms of Kansas school wellness policies.
- Describe trends in Kansas school district wellness policies.
- Explain the interrelationship of wellness policies and the unique KCSH grant program.
- Apply this understanding to the potential for shaping school district policy development.

Summary

An Action for Healthy Kids publication states that Kansas is the only state that monitors local district wellness policies. This session will focus on trends in Kansas school wellness policies and the unique way the Kansas Coordinated School Health grant program works to stimulate school districts in local policy development and implementation in order to reach the highest level.

Nothing Measured Nothing Gained: Tools and Techniques for Communicating the Effectiveness of School Health Services

Eric Armbrrecht, Tammy Rood

Co-authors: *Benjamin Francisco, Deborah Cook*

Learner Objectives

- Develop strategies for measuring effectiveness of school health services across five domains: clinical outcomes, self-management, quality of life, parent engagement, and academic performance.

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- Assess needs of school and community stakeholders for reporting results that improve or maintain support for school health services.
- Build interdisciplinary partnerships to enhance program quality and share evaluation responsibility.

Summary

Using asthma care as the primary case study, the session will examine a range of tools and methods for assessing outcomes and driving quality improvement. The session also will explore ways to communicate results in ways that school and community stakeholders can appreciate the benefits and limitations of school-based health services.

Classroom Strategies that Enhance Motivation and Learning

Geri Graham

Learner Objectives

- Explore their own learning and teaching style.
- Describe the Dunn & Dunn Learning Styles Model.
- Identify strategies for adapting their current teaching style to individual student's needs.
- Create classroom instructional materials to be used with students.
- Design a personal action plan for implementing learning style strategies into their classrooms.

Summary

This session will provide participants with knowledge of their own learning and teaching styles and strategies to use that will enhance learning for themselves and their students. Time will be spent laying the research foundation that provides credibility for the use of the Dunn & Dunn Learning Styles Model. Connections will be made to the national health standards and the learning tools demonstrated in the session. Part of the session will be devoted to constructing classroom materials and exploring the implementation of learning styles into a school and/or classroom. *Commercial Session by The Great Body Shop.*

AAFP & Scholastic - Ready, Set, FIT! Program

Kara Cox

Learner Objectives

- Understand how to promote wellness and healthy lifestyle behaviors in children for the benefit of their overall education and learning experience.
- Implement the Ready, Set, FIT! Program in their classroom/school.

Summary

Ready, Set, FIT! is a school-based program, endorsed by the National School Boards Association that teaches third and fourth graders to improve physical activity, healthy eating, and emotional well-being. The program was designed by the American Academy of Family

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Physicians and *Scholastic* and is aligned with national education standards that builds on core language arts, math, and health skills. (*Commercial Session by the American Academy of Family Physicians.*)

Best in Show: The Illinois Blue Ribbon Award Program for Health Education

Marcia Berke, Millie Shepich

Learner Objectives

- Examine criteria to evaluate quality health education curricula/programs.
- Use the information for improving a school's health curriculum.
- Implement a similar award program in his/her own state.

Summary

The purpose of the blue ribbon award is to recognize excellent health education programs, to provide models and encouragement to all Illinois schools for program development. Participants will be guided through the application process, examine the self-study assessment, review examples from award winning schools, and consider implementing a state award. Visit www.iahperd.org under programs for the self-study criteria.

Sexually Healthy Adolescents: How Do We Get There?

Dianne Kerr, Amy Thompson

Learner Objectives

- Describe the current status of sexual health among U.S. adolescents.
- List steps to improve the sexual health of American youth.
- Advocate for evidence-based, comprehensive sexuality education at the national, state, and local levels.

Summary

This program will examine the status of adolescent reproductive health in the United States. Participants will brainstorm what can be done to improve the sexual health of America's youth. Evidence-based programs for reproductive health will be highlighted. Participants will engage in sample activities from evidence-based curricula. Strategies will be provided to engage parents as the primary sexuality educators of their children. Participants will be given materials to assist them to advocate for evidence-based, sexuality education programs at national, state, and local levels.

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A Model for Teen Dating Violence Prevention

Diana Ruschhaupt, Mary Liechty

Co-author: *Heidi Hancher-Rauch*

Learner Objectives

- Recognize the importance of higher education and community partnerships
- Describe the key components of an upper elementary/middle school dating violence prevention program.
- Explain assessment results for the dating violence prevention program.

Summary

The STOP: Know What's Right & No Excuse for Abuse programs are part of a dynamic collaboration of educators, health professionals, youth, and community leaders committed to reducing or preventing relationship violence. By developing, delivering, and evaluating dating violence prevention programs to over 12,000 local youth, the program is educating young people about how to initiate and maintain healthy relationships.

Reaching Youth Through Technology

Kathleen Courtney, Marcus Carruthers

Learner Objectives

- Understand the importance of reaching adolescents with media.
- Recognize the value of engaging youth in the development of media messages for youth.

Summary

Through a collaborative effort between the Arkansas Dept. of Education, Office of Coordinated School Health and the Washington County Juvenile Detention Center, Fayetteville, Arkansas, adolescent HIV/STD/Teen Pregnancy prevention messages are being developed by adolescents for adolescents in an effort to address the high rates of STDs, and unintended teen pregnancies in Arkansas. Media messages developed by students will be shared.

Teaching Technique

Classroom Activities that Use the ABC Steps of Rational Emotive Behavioral Therapy to Better Prepare Students for Common Life Situations Where Their Health, Safety, and Even Life May Be At Risk

Ray Mathis

Learner Objectives

- Teach students the ABC step-by-step approach to any potentially troublesome life situation that can help them get into the best possible cognitive and emotional place to make the healthiest choice possible for them and others.

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- Apply those steps to a variety of life situations where the health, safety, and even life of the young people involved might be at risk.
- Design accompanying worksheets to facilitate the learning of this step-by-step process by their students.

Summary

Young people have to get into the right cognitive and emotional place to make the healthiest choice possible in situations where there is a potential threat to their health, safety, or life. We usually neglect to teach them how. Simply giving advice is usually not enough. The ABC step-by-step approach is a simple but effective way to do so.

Research Presentations on Professional Preparation
 President: Danice Eaton

Institutions of Higher Education Pre-Service School Health Education Practices

Brad Davidson, Susan Telljohann, Joseph Dake, James Price

Learner Objectives

- Describe the state of the practice in preparing pre-service school health education majors in institutions of higher education as it relates to the National Health Education Standards and a variety of CDC Division of Adolescent and School Health tools and products.

Summary

The purpose of this study was to assess the current practices of school health education faculty members at institutions of higher education (IHE) that have school health teacher preparation programs. A valid and reliable survey (87 items) was mailed to a national sample of 225 lead school health education faculty members at IHEs that offered school health licensure/certification programs. This study found that many IHEs do not train their pre-service school health education majors to use these tools and products.

The Relationship Between Teacher Training and Class Structure on Health Instruction Implementation in the Classroom

Bart Hammig

Co-authors: *Roberta Ogletree, Marcie Wykoff-Horn*

Learner Objectives

- Examine the influence that teacher preparation and class structure have on the implementation of health content.
- Identify research priorities concerning teacher preparation as it relates to health instruction.

Summary

We examined the relationship between professional preparation of health teachers and class structure as they relate to the delivery of 12 content areas of health instruction (eg, STD prevention, nutrition, violence prevention) among middle and high school health classes. Data

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were obtained from the 2006 SHPPS study. Findings indicated that professional preparation and class structure were significantly associated with content delivery.

Breaking Down Barriers to Access: Using Student Visit Data to Guide Improvements in School-Based Health

Robin Fleming

Learner Objectives

- Compare and contrast student school health usage patterns by ethnicity, poverty, gender, and immigration status, according to provider type.
- Identify areas of overlap and gaps in school health service delivery, particularly for poor and ethnic minority populations.
- Develop policy and program changes that can enhance school health service delivery and provider communication to improve access and quality of care, particularly for underserved student populations.

Summary

This study analyzed visits made by 17,772 students to school health providers in Seattle Public Schools. The data reveals usage patterns that reflect disproportionate use by poor and ethnic minority students, and that demarcate the roles and functions of provider types. This research may guide policy to improve provider collaboration as well as school health access and delivery efficiencies.



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9:15 – 10:15 am
Concurrent #2

Quantifying “Coordination” in Coordinated School Health Programs Using Himmelman’s Strategies for Working Together as a Theoretical Model: The Tennessee Experience


Deborah Slawson, Rebecca Johns-Wommack, Sara Smith, Megan Quinn, Jodi Southerland, Kasie Richards

Learner Objectives

- Identify essential elements of effective Coordinated School Health programs.
- Analyze partnerships to determine the level of networking, coordinating, cooperating, and collaborating that characterize these relationships.
- Identify ways to facilitate improved collaboration in their professional relationships.
- Identify best practices for building community support and capacity for change.

Summary

The Coordinated School Health Model (CSH) is a concept designed to bring together best practices for supporting student health while facilitating students’ capacity to learn. Quantifying the effectiveness of internal and external coalitions and workgroups is crucial to determining the impact of the CSH model on student outcomes. This session will describe levels of working together that characterize optimal collaborative processes.



Ignite a Healthy Environment

Julie Frank, Vickie James

Learner Objectives

- Implement successful policies and protocols.
- Advocate for health.
- Utilize the environment to teach/reinforce health and wellness behaviors.
- Identify skills for making healthy choices a part of daily life.

Summary

Whether your school has just started down the path to wellness or has already organized a School Health Advisory Council and completed the School Health Index, SPARK and Healthy Kids Challenge will assess your progress and work with you to create a healthy environment that changes the behavior of your students and staff. Leave this session “ignited!” *Commercial Session by The SPARK Programs.*

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Fetal Alcohol Syndrome Diagnosis and Treatment

Pam Shaw

Learner Objectives

- Understand demographic and other risk factors associated with alcohol use.
- Introduce the use of alcohol screening methods/instruments.
- Recognize the basic biomedical foundation of FAS and FASD and understand the diagnosis of FAS or FASD is primarily clinical.
- Explain the basic clinical issues related to FASDs and how to recognize them.
- Introduce treatment options for FAS.

Summary

This session will address knowledge of the historical and clinical background of fetal alcohol syndrome (FAS) and other disorders related to prenatal exposure to alcohol, known collectively as fetal alcohol spectrum disorders (FASDs). The session also will address preventing alcohol-exposed pregnancies (AEP) in women of childbearing age through screening and brief interventions for alcohol use. The screening, diagnosis, and assessment of infants, children, adolescents, and adults for FAS and other prenatal alcohol-related disorders will also be discussed.

Mental Health and Substance Use: Screening for High-Risk Youth

Steve Weatherbee

Learner Objectives

- Identify key factors that make the case study example cited in the presentation a successful education/health community partnership for promoting student health.
- Understand how efficient health screening for social/emotional health provides key information for targeted health promotion and intervention programs to improve student health and academic achievement.
- Formulate a strategic plan for developing sustainable health-education partnerships through effective use of data to guide resource deployment, program planning, and program evaluation.

Summary

This session will present a case example of a proactive, sustainable Community Partnership between Health and Education sectors designed to measure the changing social, emotional, and physical health needs of students as they develop through adolescence from grade 7 to 12 for the purpose of developing targeted promotion, prevention, and intervention programs to reduce health risks that may lead to school dropout. *Commercial Session by eCenter Research Inc.*

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Using Cognitively Demanding Assessments in Health Education to Improve Students' Critical Thinking Skills

Nancy Hudson, Tami Benham Deal

Learner Objectives

- Analyze the relationship between the NHES skill cues, the HEAP assessments, and the levels of Bloom's revised taxonomy.
- Understand how and why the HEAP's cognitive complexity sets were developed.
- Participate in exercises using the HEAP's cognitive complexity sets.
- Analyze and discuss how the HEAP's cognitive complexity sets can be applied in your educational setting.

Summary

Colleges and employers expect high school graduates to think critically. The HEAP has developed cognitive complexity sets of assessment items based on the skills of NHES and Bloom's revised taxonomy to enhance critical thinking skills in students. Participants will experience using the cognitive complexity sets during this session, and analyze how these resources can be used in their educational setting.

Involving Schools in the National Action Plan to Improve Health Literacy

Carolyn Fisher, Nora Howley, David Wiley, Mary Louise Embrey

Co-author: *Cynthia Baur*

Learner Objectives

- Describe the National Action Plan for Health Literacy.
- Review the health consequences of limited health literacy.
- Describe the relationship between comprehensive school health education and health literacy.
- Discuss the implications for educators, professional preparation, school policy, and curriculum, etc.

Summary

Research indicates that most health information is too complicated for Americans to understand and use. The National Action Plan to Improve Health Literacy, a new report from the U.S. Dept. of Health and Human Services, identifies national goals and strategies to address this problem. This session will review the major recommendations in the report, including those related to schools and health education. Panelists from professional organizations will share their perspectives on the report and provide recommendations for implementation in schools.

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Thanks for the Memories: Retaining Health Messages in the Long-Term

Debra Christopher, Nicolas Christopher

Learner Objectives

- Examine new learning on how memory is organized in the brain.
- Identify strategies that enhance working memory.
- Explore the differences in adult and student brain function.
- Discuss the implications for adult and student learners.

Summary

New learning is emerging as neuroscientists investigate the intricate brain mechanisms of each function of memory and how these mechanisms directly relate to a student's capacity to learn. Participants will explore how the brain processes information to the point of using it or losing it and what health professionals can do to enhance a learner's ability to retain health information and skills.

Developmentally Appropriate Practice: Evidence-Based Guidelines for Improving Health Education Practice

Angela Backus, Cynthia Symons, Irene Renee Axiotis, Judith Johns

Learner Objectives

- Review the body of literature about developmentally appropriate practice from an applied perspective.
- Compare and contrast applied examples of developmentally effective and ineffective health education practice.
- Identify strategies for improving the efficacy of health education practice.

Summary

Based on the education and health promotion literature, participants will review tenants of developmentally appropriate practice. To improve health education for various age and ability levels, learning activities in this session will enable attendees to compare and contrast examples of developmentally effective and ineffective practice. Finally, recommendations for improving health education practice will be discussed.

Teaching Technique

Sexting: Flirting or Felony?

Michelle Scarpulla

Learner Objectives

- Define "sexting."
- List at least two possible consequences of sexting for teens.

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- Recognize at least two lessons that will educate adolescents about the dangers of sexting.

Summary

You've seen the headlines about teens and sexting, and the resulting consequences that can include shame, suicide, and arrests. Are you struggling with how to help teens understand the serious ramifications of sexting? This session will explore the issue of sexting and will model two activities for students to help them understand the possible consequences both in the short- and long-term.

Research Presentations on Risk Prevention

President: Amy Thompson

Choking Game: An Alternative High in the Midwest

Joseph Dake, James Price, Nicole Kolm-Valdivia

Co-author: *Brittney Ward*

Learner Objectives

- Describe the prevalence of asphyxial games in Midwestern adolescents.
- Describe the health risks associated with asphyxial games.
- Describe the association between asphyxial games and other adolescent risk behaviors.

Summary

A total of 3409 students completed a survey which included assessment of middle and high school students. A total of 9% of students (6% middle school, 11% high school) had engaged in the choking game. Males (11%) were more likely than females (7%) to engage in this behavior. The consequences of this game may cause brain damage or death.

Promoting Health and Preventing Multiple Risk Behaviors in Elementary-Age Children: A Randomized Control Study of the Michigan Model for Health

Jim O'Neill

Co-author: *Jeffrey Clark, James Jones*

Learner Objectives

- Recognize the high prevalence of mental, emotional, and behavioral disorders and risk for those disorders among elementary-age children.
- Identify two skills impacted by an elementary school curriculum.
- Identify two behaviors impacted by an elementary school curriculum.

Summary

An experimental study of the Michigan Model for Health implemented longitudinally in fourth and fifth grade resulted in significant improvements across several health areas (socio-emotional skills, drug use intentions and behaviors, and aggression), providing first-time evidence for the effectiveness of a comprehensive health education curriculum across multiple health areas in the same students and supporting the call for early, integrated strategies.

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Adolescent Dating Violence:

A National Assessment of School Nurse's Practices and Perceptions

Jagdish Khubchandani, Susan Telljohann, James Price, Joseph Dake, Candace Hendershot

Learner Objectives

- Gain knowledge on current practices of schools in relation to responding to adolescent dating violence incidents.
- Understand high school nurse's perceptions and knowledge about adolescent dating violence.
- Know the possible roles of school personnel in preventing and reducing adolescent dating violence.

Summary

This session will present a study conducted with funding from ASHA scholarship. The session will highlight the estimates of adolescent dating violence in the United States. Also, the session intends to describe the perceptions and practices of nurses in relation to adolescent dating violence. In summary, the audience would be able to know the prevention and outreach efforts going on in the public school of United States as it relates to Adolescent dating Violence.



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2 – 3 pm
Concurrent #3

Student Supports and School Environment: A Framework for Secondary School Reform


Bonnie Edmondson, Cheryl Resha

Learner Objectives

- Recognize the role of health and wellness in preparing students for a postsecondary education and workforce.
- Identify strategies for integrating health and school environment into secondary school reform.
- Realize how safe learning environments contribute to secondary school reform efforts.

Summary

The Connecticut State Dept. of Education has created a secondary school reform agenda that encompasses five components. This presentation will focus on student supports and school environment as one of the essential components of secondary school reform. A model framework has been developed that identifies core components and essential elements of student supports including school environment. This framework is the foundation of reform efforts and is vital to the implementation of the overall agenda.



One Child at a Time - Improving Health and Learning by Changing the Trend of Diabetes and Obesity

Brooke Holiday, Gwendelyn Riggs

Learner Objectives

- Recognize the importance of community and school participation in diabetes and obesity intervention strategies.
- Identify diabetes and obesity intervention strategies that integrate school and community resources.
- Develop marketing and public relations strategies to increase awareness and engage school administrations in the efforts to reduce overweight and obesity among Native American students.

Summary

The Tuba City Coordinated Approach to School Health Program targets students 6-18, on the Navajo reservation to combat the rising rates of diabetes and obesity. This session will describe an innovative approach to diabetes and obesity intervention in schools, which includes serving

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as a resource for building the capacity of schools to implement evidence-based programs and strategies to reduce diabetes risk as well as aligning goals with academic benchmarks to gain school personnel and administrative support.

2 – 2:30 pm

Smokebuster: A Story of Youth Advocacy for Policy Change

Mary Ann Reed, Alma Hopkins, Cindy Guenter, Katie Ausmus, Jessen Miller

Co-authors: *Kevin Everett, Joyce Lara, Lori Moots-Claire*

Learner Objectives

- Characterize core elements of a multi-year school-based tobacco use prevention and advocacy program.
- Understand interdisciplinary strategies for successful program implementation.
- Recognize the benefits of systematic program evaluation.

Summary

Smokebusters is a three-year program with each year representing a graduation to higher-level achievements based on the Centers for Disease Control Best-Practices for Comprehensive Tobacco Control for youth grades 8-12. Learn from those actively engaged in this interactive, hands-on program that empowers students to become critical thinkers, avoid tobacco use, and advocate for local/state level tobacco-free environments.

2:30 – 3 pm

Smokebusters: An Effective Program for Healthier Learning

Joyce Lara, Judy Frueh

Co-authors: *Mary Ann Reed, Lori Moots Clair*

Learner Objectives

- Verbalize the negative effects of second hand smoke and how it impacts students learning.
- Articulate that students who are engaged in school and community activities that can help reduce second hand smoke.
- Learn effective strategies for disseminating program results.
- Discover how a local school provided activities that had a positive healthy experience on the school and community.

Summary

The results are clear, Smokebusters program is a highly effective youth advocate program that produces long-lasting healthy behaviors not only for their students and school but the entire community. Get the facts, and learn how one school successfully implemented the program.

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Embracing Youth Development Approaches to Sexual Risk Prevention Among Youth: Implementation of Project AIM in Urban Middle Schools

J. Terry Parker

Co-author: *Kim Miller*

Learner Objectives

- Describe the main outcome results of the initial Project AIM behavioral trial conducted with middle school students.
- Discuss how Project AIM influences sexual risk trajectories without direct instruction on sexually explicit topics .
- Use Project AIM as a stand-alone program, or easily integrated into an already existing Health Education curriculum.
- Understand how Project AIM aligns with the National Health Education Standards.

Summary

Presenters will describe Project AIM, a CDC-funded, evidence-based youth development program designed to reduce sexual risk behaviors among African American middle school students. Key points will include the results of the efficacy research demonstration project. Project AIM does not provide instruction on sexually explicit topics, and can be utilized as a stand-alone program, or easily integrated into an already existing Health Education curriculum.

Help! They Want Me to Evaluate: Practical Strategies for Evaluating School Health Programs

Elana Morris, Catherine Rasberry

Learner Objectives

- Identify possible stakeholders for evaluating school health programs.
- Describe important considerations for focusing the design of a school health program evaluation.
- Realize possible sources of credible data for school health program evaluation.

Summary

Two CDC/DASH evaluators will assist school health professionals who need to evaluate their programs but do not know where to start. Participants must be looking for practical evaluation strategies without the jargon, and be tolerant of audience participation and learning from experiences of others. Interest in demonstrating effectiveness and improving programs a plus. No evaluation experience required.

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Oh No, Not Another Meeting! Effective Group Facilitation


Natalie Boyer

Learner Objectives

- Recognize the stages of group development.
- Apply facilitation strategies to promote group responsibilities.
- Develop a decision-making process for meetings.

Summary

Effective facilitation can move a group forward to reach its goal. Participants will learn the five stages of group development, and facilitation strategies to keep your group meetings focused and on task. Another critical facilitation skill is helping groups make high-quality decisions. Six distinct decision-making methods and the pros and cons of each method will be explored during the session.



The Good Thinker's Tool Kit: Digging Deeper for Better Learning with Philosophy for Children (P4C) in Grades K-12

Beth Pateman, Ku'ulei Serna


Co-author: *Tom Jackson*

Learner Objectives

- Identify the seven power tools and six magic words of The Good Thinker's Tool Kit.
- Describe the use of the tool kit in Hawaii's schools through the Philosophy for Children (P4C) program in K-12 classrooms.
- As a group, select a health topic for discussion, and practice using the power tools and magic words to turn the topic inside out.
- Discuss findings from P4C research studies in Hawaii schools.

Summary

IDUS! SPLAT! What do you mean by “no fair?” Can young children learn to think deeply and dig beneath the surface of issues that arise in their world? This presentation focuses on helping participants become highly engaged thinkers through applying seven cognitive “power tools” and six “magic words” as part of the Philosophy for Children (P4C) Good Thinker's Tool Kit.



NetSavvy Kids: Helping Adults Help Kids be Smart and Safe Online

Jamila Boddie, Nora Howley, Debby Ballard

Learner Objectives

- Identify three strategies for helping kids be safe and smart online.
- Identify three resources for parents, educators, and students to promote online safety.
- Identify three online applications or tools and how they can be used in the classroom.

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Summary

Netsavvy.org is a web site created by the NEA Health Information Network with support from the Sprint Corporation to help educators and families help kids be smart and safe online. During this session, participants will explore the site, brainstorm around online safety challenges, and examine how tools such as Twitter can be used in the classroom. Participants will leave the session with resources they can use and tools for promoting these resources. The session will involve participant interaction with the presenters and each other through guided discussions and activities.

Teaching Techniques

2 – 2:30 pm

Dealing with Death and Dying

Brittany Rosen

Learner Objectives

- Identify and distinguish between the five steps of grieving.
- Examine and analyze the different coping skills, healthy and unhealthy, in dealing with grief.
- Demonstrate students' ability to communicate with family, peers, and others about one's emotions.

Summary

Death and dying is an issue that is not often addressed by educators in the school setting, particularly in high schools. This lesson will offer resources and information that can be utilized in the classroom to address the five different steps of grieving, the healthy and unhealthy coping skills in dealing with grief, and communicating with family, peers, and others about one's emotions.

2:30 – 3 pm

Challenges to the Behavior Changes:

A New Twist of Increasing Motivation to Your Health Behavior Change Projects

Shawna Shane, Joan Brewer, Jennifer Thomas, Sunnin Keosybounheuang

Learner Objectives

- Acquire new insight on Health Behavior Change Projects.
- Apply Challenge goals to existing Health Behavior Change Projects.
- Explore and discuss different approaches to successful Health Behavior Change Projects.

Summary

This session will look at different ways that Health Behavior Change projects have been implemented and will provide different ways to spice them up. The speakers have been trying out different approaches for the last decade. The most exciting one, by far, as been their "Challenge Goals" and this session will provide many different approaches and suggestions for these.

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Research Symposium
Presider: Laura Kann

School Health Research: 2010 Updates from CDC

Laura Kann, Nancy Brener, Leah Robin, Lisa Barrios

Learner Objectives

- Describe the latest school health-related surveillance, evaluation, and research application projects underway at CDC.
- Identify how the latest school-health-related surveillance, evaluation, and research application projects underway at CDC can be used to enhance their own work in school health.

Summary

This session will describe current findings and future plans for school health-related surveillance, evaluation, and research application and synthesis activities being conducted by the Division of Adolescent and School Health at CDC and how these activities can be used to improve school health programs.

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3:15 – 4:15 pm
Concurrent # 4

Using a Coordinated School Health Approach to Develop Healthy Students

Lauren Kazee, Bob Higgins

Learner Objectives

- Identify the eight components of Coordinated School Health.
- Discuss how Coordinated School Health integrates mental health into each of the eight components.
- Gain an understanding of how mental health impacts a student's success in school.

Summary

Recent research indicates that a child's social/emotional development plays an essential role in developing the WHOLE child. Dwindling support resources, and the growing need for mental health services, create greater challenges. Michigan is addressing students' needs by using a Coordinated School Health (CSH) model involving eight interactive components considered necessary to improve the health and academic success of students.

PE Teachers and School Nurses Kick Asthma

Raymond Kohl, Katie Van Cleave

Learner Objectives

- Describe the components of a successful PE and asthma training.
- Evaluate what parts of this program can be replicated in the participants' district or school.
- Access materials for the possibility of modification for the specific needs of the participants.

Summary

Learn how to develop and incorporate an Asthma and Physical Education training program to increase PE teacher's knowledge and skill level about the basic physiology, identification, and management of asthma. With a better understanding of asthma, PE teachers can improve the activity level of their students with asthma.

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Drugs 101: What Parents Need to Know

Jamie Reisinger

Learner Objectives

- Understand factual information regarding drug use, not assign values to their use.
- Explain how different drugs affect the body and damage they cause.
- Discuss indicators of drug use and how teens hide it from parents.
- Facilitate communication between parents and teens regarding drug use.

Summary

Drugs 101 is a presentation that educates parents/educators about the various forms of drugs and peer pressures facing students to use them. Do You Know? what “cheese” is? what “420” means? what “hillbilly heroin” is? what “meth mouth” looks like? about the “angry snowman” t-shirt? Audience members will find out the answers during the presentation plus much more!

Communicating About Health Literacy: Empowering Individuals, Systems, and Society

Barbara Jones, Susan Centner

Learner Objectives

- Define and understand the impact that health literacy has on individuals, organizations, and society.
- Understand the multiple roles an individual plays in the health literacy continuum.
- Learn how to identify high-quality and evidence-based health information resources for applicability to various audiences.

Summary

This session is designed to raise awareness about health literacy and to provide an open discussion of its impact on individuals, organizations, and society. Participants will gain useful skills for understanding and addressing the complexities of health literacy and learn practical techniques for identifying and evaluating health literacy information resources.

Making the Connection II: Health and Student Achievement

Jacquelyn Sowers, Patricia Anderson

Learner Objectives

- Highlight key points from the revised *Making the Connection II: Health and Student Achievement (MTC II)*, a PowerPoint presentation that outlines how each component of coordinated school health supports student success in school.
- Describe recent research that effectively makes the case for coordinated school health to school decision-makers.

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- Learn about resources under development to complement MTC II.
- Decide how they might use MTC II in their own state or local school district.

Summary

Making the Connection II: Health and Student Achievement is a newly available tool for use by education and health professionals to make the case for coordinated school health programs with state and local decision-makers, parents, teachers, and administrators. Preview this PowerPoint presentation and learn about the most up-to-date research that links health and learning. Consider how you might utilize this resource in your particular setting.

Getting Students to “Like” Health Education: Application of Best Practices from Cognitive Psychology

David Lohrmann, Patrick Herbert

Learner Objectives

- Differentiate between instructional practices that bore and/or confuse students and those that stimulate interest and promote learning.
- Recognize instructional practices from effective health education curricula that are consistent with those known from cognitive psychology research to be most beneficial.
- Reflect on their professional practice and determine adaptations they can make in order to incorporate the most beneficial instructional practices (or, if already doing, why they should continue).

Summary

To be healthy, students have to preeminently be successful learners in health education. Cognitive psychology has identified common instructional practices that bore students as well as those that stimulate interest and promote learning. Using examples from effective curricula, this session will illustrate application of these practices in health education, proving to reinforce the importance of active, skills-based instruction.

ACT to Prevent Student Self-Injury

Candice Porter

Co-authors: *Jennifer Muehlenkamp, Barent Walsh*

Learner Objectives

- Identify the issue of non-suicidal self-injury including: signs and symptoms, risk factors, appropriate responses.
- Understand preliminary evidence behind an effective high school self-injury prevention program utilizes the evidence-based ACT model (Acknowledge, Care, Tell).
- Learn the essential steps in planning and implementing a self-injury prevention program involving youth, school personnel, parents, and community-based organizations.

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Summary

Session participants will learn how to identify, understand, and prevent non-suicidal self-injury in a school setting. Published research will be reviewed and highlight preliminary evidence behind a universal high school self-injury prevention program. The session will promote ways to engage parents and school staff as partners in prevention while increasing collaboration with community providers.

Amsterdam to Albany: Can the US Adopt Positive Sexual Health Attitudes and Approaches from Our Friends Across the Sea?

Barbara Huberman, Tom Klaus

Learner Objectives

- Describe at least five differences in approaches to adolescent sexual health between the US and Northern European countries such as the Netherlands, France, and Germany.
- Describe at least three examples of how individuals and organizations in the US have enhanced the more positive Northern European approach to adolescent sexual health.
- Identify at least three steps participants can take to implement more positive, healthy approaches to adolescent sexual health programs and practices.

Summary

This session will explore some of the major differences in approaches to adolescent sexual health in the United States and Northern European countries. Presenters will provide examples of how a positive, healthy approach has been adopted nationally and locally in Europe and had positive impacts on adolescent sexual health.

Teaching Technique

Using Media to Promote Health

Elisa Beth McNeill, B. E. (Buzz) Pruitt

Learner Objectives

- Incorporate the use of technology in the classroom as a means of developing health literacy skills.
- Identify sources of music that can be used to promote the multiple components of health.


Summary

Are you tired of being the talking head? Do you want to engage your students? Two teaching strategies will be presented to highlight the ability to use "atypical" methods for stimulating thought in the health education classroom. The first is a strategy to promote analytical thinking while developing health literacy skills. This activity is an "in class" project that promises to encourage learners to think and apply skills related to data interpretation. The second is a

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hands-on strategy allows participants to analyze musical lyrics to identify factors that deteriorate quality of life.



Research Presentations on Coordinated School Health
President: Barbara Rienzo

Beyond the Volcanoes: A Coordinated School Health Program in Rural Nicaragua

Amy Cory

Learner Objectives

- Articulate mechanisms to engage both new and established partners in community-based participatory action research.
- Describe at least three findings from the key informant interviews specific to coordinated school health programs in rural Nicaragua.
- Discuss the strengths and limitations of international community-based participatory action research in schools.

Summary

The purpose of this research is to improve health equity for school-age children in rural Nicaragua using community-based participatory action research. Fourteen participants engaged in a community forum. Qualitative research methods were used to derive themes. Independent of having any knowledge of coordinated school health programs; teachers, health professionals, and parents in rural Nicaragua described each component of coordinated school health programs.

Preliminary Evaluation Of An Integrated Health Education Program In Elementary Schools


Michael Kelly, Catherine Vowell

Learner Objectives

- Identify barriers and strategies to address barriers for implementation of an integrated health education curriculum in elementary schools.
- Summarize key elements of an integrated health curriculum in elementary schools.

Summary

Get HIP includes a health curriculum, among other elements, that is integrated into core subjects within elementary schools in El Paso, TX. A mixed methods evaluation study is being conducted. Results identify barriers to implementation and strategies to overcome barriers are proposed. Results from student health knowledge test and a pre/post teacher survey are being analyzed and will be shared on the conference.



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