

## Conference Sessions - Friday, October 13

**Healthy Bodies, Healthy Minds: The Mental Health Connection**  
**80th Annual ASHA School Health Conference**  
**October 11 - 14, 2006**  
**Millennium Hotel / St. Louis, Missouri**

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**Friday,**  
**October 13**

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**9:45 - 10:45 am**  
**General Session**

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Susan Traynor Chastain

**11 am - 12 noon**

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### **Using the Process: Mental Health Promotion and Intervention in School Improvement**

*David Lohrmann, Theresa Lewallen*

The school improvement process is a way to ensure that administrators, teachers and other stakeholders learn about and focus on mental health promotion and intervention. Getting buy-in for evidence-based classroom and school-level strategies that facilitate learning, reduce classroom management issues and keep students in school will be discussed.

### **Promoting Mental Health and Positive Behaviors Among Children and Youth: The School-Based Prevention Connection**

*Marilyn Massey-Stokes, Sara Wilson*

Fostering resilience, enhancing social development and building assets are all essential in promoting mental well-being and positive health behaviors among children and youth. Presenters will share research combined with real-life experiences to help participants explore ways to promote the mental health of young people and their families. Participants will be actively involved through small group discussions and tabletop activities.

### **Student Health: A Prerequisite for Academic Achievement**

*Steve Weatherbee*

This session will present a case example of a proactive, sustainable Community Partnership between Health and Education sectors designed to measure the current and changing social, emotional and physical health needs of students as they develop through adolescence from grades 7 to 12. The ultimate goal is to develop targeted prevention and intervention programs to reduce social, emotional and physical health risks that may lead to student disengagement and school dropout.

### **How, What, and When: A Constructivist Approach to Understanding Ways of Designing Health Learning Tasks**

*Owen Donovan*

The content surrounding this program will be the learning/instructional theories: operant conditioning; cognitive-information processing; constructivist; and socio-constructivist learning. These learning/instructional theories are implicit in many of the behavior change models that are common to health education (Health-Belief Model; Theory of Planned Behavior; Social-Cognitive Theory). Understanding how and when to design health learning tasks through the

use of these foundational methods helps to better connect behavior-change theories to practice in the classroom. Through case-based learning scenarios, many of which will emphasize “the mental connection,” participants will examine and discover these four theories and what they might look like in the classroom related to health content, skills and behaviors.

### **WOW! ‘Em With the World of Wellness**

*Bonnie Pettifor*

WOW! your elementary school students with fresh and creative approaches to teaching about mental health and other health education topics within coordinated school health programming. See how you can infuse children’s literature, multicultural connections, natural phenomenon and kinesthetic activities seamlessly into lessons that meet the national health education standards. Explore exciting materials in both English and Spanish through hands-on strategies. *(Commercial Session Sponsored by Human Kinetics)*

### **To Screen or Not to Screen?**

#### **School-Based Screening for Suicide, Asthma and Body Mass Index**

*Terrence O’Toole, Lisa Barrios, Lani Wheeler; Co-author Sara Lee, Marci Hertz*

This presentation will engage participants in a discussion about school-based screening for asthma, overweight and mental health. Key terms such as screening and surveillance will be discussed, and existing guidelines from professional organizations will be reviewed. Presenters will articulate how to determine if, when and how to screen for each of these health risk behaviors in school-based settings.

### **School Health Information Guidelines: The HIPAA and FERPA Interface**

*Martha Bergren*

FERPA (Family Education Rights Privacy Act) has received increased scrutiny in this era of information privacy. Additionally, recent federal memorandums highlight and prohibit certain practices of sharing student health information with state agencies and between state agencies. Reasonable safeguards for transmitting routine health information are not adequate for sharing sensitive mental health data. This session will present best information practices.

### **Success Stories: Partnerships to Promote Integration of HIV, STD and Teen Pregnancy Prevention**

*Sharon Murray*

The presenter will describe how strategic partnerships between state education and health agencies have resulted in improved efforts to integrate HIV, STD and teen pregnancy prevention programs at the state and local levels.

### **A New Approach - Mental Health Professionals as Learning Support Consultants Meeting Student Needs!**

*Trish Bascom*

The presenter will describe how the San Francisco (Calif.) Unified School District (SFUSD) increased student support teams - comprised of mental health professionals and school nurses - by 200% in the past five years. The district focused on both micro and macro levels, and developed strategies to meet the needs of the whole child. The presenter will describe how the district was able to meet individual student needs while increasing the capacity of the educational system.

**12:30 - 1:50 pm**

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**All ASHA Luncheon**

Eddie R. Hedrick

**2 - 3 pm**

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**Collaborations to Strengthen School-Based Tobacco Prevention Efforts**

*James Hurley, Kevin Hornsby, Patricia Lauer, Laurie Schneider*

In this session, the presenters will share lessons learned from schools after the first year of tobacco tax funding. An overview of the Colorado K-12 Tobacco Prevention Initiative, strategies being used by schools, lessons learned related to collaborations and the unique needs of districts will be shared. The discussions of the various issues will help participants apply Colorado's lessons to their settings.

**Out of Our Box(es): Building Sustainable School Mental Health Services**

*Susan Millea, Stephen Barnett*

This presentation will address the development and implementation of plans for mental health services in the Austin (Texas) Independent School District. The strategies and actions, individually and collectively, that were needed are reviewed. After audience identification, either starters or improvers, they will share their experience. A take-home list of ideas will be developed, particularly addressing new approaches for prevention. *(Sponsored by the ASHA Physician Section)*

**Using Web-Based Technology to Support Evidence-Based Intervention Planning and Health Promotion in School Settings**

*Jessi Erickson, Julie Bender*

Intervention MICA is a useful tool for school teachers, staff and administrators to design, plan and implement health-related interventions for students. The session will be used to help participants explore the Intervention MICA system and find ways to incorporate it into their planning, education and policy strategies.

**Promoting Health Lifestyles:**

**A Holistic Approach to Changing the Culture of an Elementary School Community**

*Evelyn Montañez, Elizabeth Jarpe, Blanca Battino, Rosa Argelia Arredondo*

The presenters will demonstrate how an innovative ecological/holistic prevention model supports the traditional school-based mental health clinic and the entire school community. This comprehensive model includes a series of mind-body strategies that promote the overall well-being of staff, parents and children. The presenters will discuss how to identify, screen and refer children to appropriate services and monitor their progress.

**Healthy Active Kids. . . What More Can We Ask For?**

*JoAnne Owens-Nauslar*

This session will focus on a collaborative project with business industry, policy makers and stakeholders to provide opportunities to increase health literacy and physical activity. The Project (Roper Romps) is targeted at 5th-grade students powered by pedometers while meeting the technology, character education, health education and physical education standards. Participants will receive a copy of the project progress to date as well as assessment instruments.

## **Promoting School Mental Health Within a Coordinated School Health Program**

*Mary Vernon-Smilely*

CDC provides cooperative agreements to national, nongovernmental organizations (NGOs) to establish national programs to prevent behaviors and unhealthy environments that place elementary school through college-aged young people at risk for a myriad of health problems. NGOs have become an integral part of a broad national strategy to promote the health of youth through health promotion programs, services and policies.

## **Lasting Partnerships for Safe Schools:**

### **Implementing Best Practice Approaches to Prevent School Violence**

*Susan Lyman, Praphul Joshi, Charles Duncan, Lisa LeBlanc,  
Philip Caillouet, Tracy LeBlanc, Barbara Friedrichs*

The presenters will discuss implementation of several best practice methods, such as Second Step Curriculum, Communities Mobilizing for Change, Leadership and Resiliency program, and others, for reducing school violence through a Lasting Partnerships for Safe Schools initiative grant. Participants will gain insight to practical issues related to implementation of best practice approaches.

## **From Frantic to Fulfilling: Reclaiming Your Team's Mental Health**

*Mary Doyen*

Do things seem out of control and only getting worse in your work environment? In spite of our best efforts, human beings cannot work as fast as the machines we create. This session will offer team leaders an opportunity to assess their teams "mental health" and develop strategies for becoming less frantic and more productive.

## **Putting "Life" into Your Health Classroom**

*Larry Olsen, Daniel Agle, Richard Fopeano, Jack Osman*

Using a "round robin" format, these experienced health education professionals will present a cornucopia of health education methods that can be used at all levels. More than a dozen methods will be presented in the session, and a booklet containing more than 40 "tried and true" methods will be distributed to participants.

**3:15 - 4:15 pm**

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## **Introduction of the Ohio Community Collaboration Model for School Improvement (OCCM)**

*Keith Zullig, Thomas Koopman, Dawn Anderson-Butcher,  
Paul Flaspohler, Amber Kwiatkowski*

The presenters will provide an overview of the Ohio Community Collaborative Model for School Improvement (OCCMSI). They will describe the tools and processes for providing onsite support, technical assistance and professional development. They also will outline the problems, progress and lessons learned from the project.

## **Clearing the Confusion on Self-Esteem:**

### **What the Literature Tells Us About What's Hot and What's Not**

*Beth Pateman*

Do bullies have high self-esteem? Is there a downside to classroom praise? What is healthy self-esteem anyway? This session will explore a research-based conceptualization of self-

esteem as a byproduct of doing well, and will offer implications for school-based practices that emphasize rewards and puffery as well-intentioned but perhaps misguided attempts to build self-esteem as a pathway to mental and emotional health.

### **Utilizing Peer Drama as Primary Prevention for Teen Dating Violence**

*Karen Mascolo*

The presenter will detail how to implement and evaluate a peer drama program as primary prevention for teen dating violence. A variety of teaching methods including a video of student performances will be shared. Participants will be able to apply information given to establish a similar drama prevention program in their school district.

### **The “Good Humor” Teacher: Fostering Positive Humor Development**

*Richard Cavanaugh, Kathy Phillips, Barbara Walker, Sheila Simons*

Is a sense of humor the most important sense we have? Humor is innate in human beings and associated with many positive health outcomes, but is all humor positive? As teachers and role models, we have a wonderful opportunity to nurture positive humor in students and help them develop a powerful life-long strategy for resilience.

### **Capacity Building Among Preservice Teachers to Manage Mental Health Issues of Students**

*Angela Stringer, Renee Axiotis, Cynthia Symons*

The presenters will discuss the elements of a teacher preparation course that prepares preservice teachers to work as part of a coordinated school health team, particularly in the management of mental health issues of students. Emphasis will be placed on the rationale for addressing mental health across content areas, as well as resources and activities that support student learning.

### **Managing Asthma in Schools -What Have We Learned?**

*Lani Wheeler, Sarah Merkle*

This session for school nurses, coordinators, educators, counselors, administrators, and program evaluators will review some of the lessons learned published in the August 2006 special issue of the **Journal of School Health** on “Managing Asthma in Schools-What Have We Learned?” The presenters will engage participants in a discussion about implementing some of the lessons learned using case studies and participant experiences. *(Sponsored by the ASHA Physician Section)*

### **Institutes in Community Health Education: The Gold Standard for Training Sex Educators**

*Nora Gelperin, Monica Rodriguez*

This session will provide an overview of the Institute for Community Health Educators (ICHE) model, a week-long, residential, skills-based training for sexuality educators. The ICHE model, started in Seattle 25 years ago, is being replicated in many regions of the country and is considered the “gold standard” of training for sexuality educators. *(Sponsored by the ASHA Sexuality Education and Reproduction Health Council)*

### **Go Back to School, Doctor!**

*Robert Murray, Madra Guinn-Jones*

In this session, the presenters will describe how to identify, engage and maintain physicians and other medical professionals in school health programs. The presenters will share success stories of such involvement.

## **Bullying on a Continuum: The Mental Health Connection**

*Sue Baldwin, Scott Roberts*

Participants will learn how to assess the physical, social and emotional factors that influence bullying behavior. They will be introduced to conceptualizing the different levels of bullying and placing them on a continuum based on the degree of emotional and mental trauma.

Participants will have the opportunity to brainstorm and discuss bullying identification and intervention as they apply to coordinated school health programs.

**4:30 - 5:30 pm**

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## **Opportunities and Threats for Mental Health Services in Rural Schools**

*Kari Bruce, Amy Wright, Woody Thorne, James Teufel*

The presenters will outline the importance of capacity building in improving the access to child and adolescent mental health services in rural schools. The presenters will recommend innovative techniques used to bring mental health services to rural communities. They also will describe various policy, procedural and practical barriers.

## **Tipping the Scales on Childhood Obesity and Bullying**

*Natalie Allen, Lynne Lang*

Childhood obesity and bullying - an unhealthy mix! This presentation will engage the audience in a simulated school environment and raise awareness of the issues facing overweight and obese children in social settings. The session is based on research which shows that reducing bullying could help children overcome weight problems.

## **Medicaid Funding for Mental Health**

*Dann Stevens*

The presenter, a Medicaid consultant with the Iowa Dept. of Education, will outline Medicaid covered services options for mental health. The presenter also will discuss other states' options, and offer various suggestions.

## **New Adolescent Immunizations: "Give It a Shot!" Toolkit for Nurses and Other Immunization Champions in Secondary Schools**

*Lynda Boyer-Chu, Susan Wooley*

School-based health services staff juggle a wide range of healthcare needs, from asthma to depression, from STIs to "zits." Immunizations can sometimes be sidelined. This presentation will provide tools and suggestions for delivering vaccine-related messages and setting up immunization programs in secondary schools. *(Sponsored by ASHA)*

## **Making the Connection: Health and Student Achievement**

*Sharon Murray*

The presenter will describe Making the Connection: Health and Student Achievement (MTC), a valuable tool for education and health personnel to use to make the case for coordinated school health programs with state and local decision-makers, parents, teachers and administrators. The presenter will reveal the new literature that supports the link between CSHP and achievement and will describe various resources.

## **What Makes My Program Work?**

### **Understanding Prevention Outcomes Through Logic Models and Linking Constructs**

*Patricia Lauer, Debra Christopher*

In this session, the presenters will demonstrate how logic models and linking constructs can guide program evaluation and help educators understand and use the results. Participants will work in small groups to develop logic models using real-life examples. Handouts and a bibliography will be provided.

### **Schools: A Golden Opportunity for Mental Health Promotion and Prevention of Disorders**

*Deborah Haber*

In this session, participants will discover how to use a framework to integrate evidence-based, mental health promotion and prevention strategies into Coordinated School Health Programs. Participants will learn about and use two tools that can help to identify opportunities and resources for implementing mental health promotion and prevention strategies .

### **Mental Health Service in the School Setting: A University, Community and School Partnership**

*Martha Bergren, Cynthia Barnes Boyd, Susan Painter*

The presenters will describe a unique partnership between an urban university, community primary care organizations and an inner city school for expanding direct mental health services to students. The session will address the formation of the partnership, the phases of the implementation of the model and results to date.

### **Developing a Class Resource File: A Strategy to Enhance Health Literacy**

*Susan Clark, Rebecca Brey, Molly Wantz*

As a strategy to enhance health literacy, this technique will describe how a class can compile a variety of resources to create a class health resource file that incorporates health information, services or products organized into the four health education settings.