Join the School Nurse Organization of Minnesota (SNOM) at our annual conference November 2nd and 3rd to expand your nursing knowledge and network with school nurse colleagues from around the state.

Friday, November 2nd will feature Dr. Gary Bloch who will explore the social detriments of health care. Dr. Christopher Bedford will update us on what is new in ADHD; Margaret Volz will go beyond the basics of child abuse; and Dr. Jennifer Niedzielski will explain the practice and benefits of mindfulness in the school setting. Following the presentations please join us for appetizers and a social time to network with school nurses from around the state.

On Saturday, November 3rd we will begin the day with our annual SNOM Board meeting. We will be given the tools to become more welcoming to humans who are “other” from Ellen Krug, a transgender Iowa Civil Trial Attorney; Dr. Jennifer Niedzielski will return and present how mindfulness can cultivate nurse well-being and prevent burnout; and Sue Will’s presentation will include points of delegation using the National Council of State Boards of Nursing Decision Making Tree and how to apply strategic thinking, utilizing supportive data to articulate nursing service needs and/or student health needs to administrators and how best to present this information.

Our annual awards luncheon will follow the conference to recognize the School Nurse of the Year, scholarship recipients, and special recognition awards. This year’s award winner for the School Nurse of the Year is Ann Lumbar Bendson.

**PROGRAM & PLANNING COMMITTEE:**
- Lillian Levine (Retired: ISD 15) Chair
- Gail Hansen (Minneapolis)
- Ann Lumbar Bendson (Minneapolis)
- Susan Nokleby (District 287)
- Patty Rezabek (Retired: Minnetonka)
- Nina Centrella (District 287)
- Lisa Marien (ANCC Nurse Planner)

**Conference brochure and information is also available at:**
www.minnesotaschoolnurses.org

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**JOIN SNOM & NASN**
To join SNOM and NASN visit:
https://www.nasn.org/nasn/membership/become-a-member

**ROOM RESERVATIONS:**
Minneapolis Marriott Northwest
7025 Northland Dr. North
Minneapolis, MN 55428

Cost of a Suite is $133.00 plus tax.
All rooms are suites. Reservations can be made at any time by calling 763-536-8300 or 877-303-1681. Mention School Nurse Organization of MN when making your reservations. To receive the reduced rate, reserve your room by October 11th. You can also book your room by going to https://goo.gl/CJAF3c

**SCHOLARSHIPS**
SNOM Fall Conference scholarships are available; the deadline is October 14th, 2018. For more information, contact Lillian Levine at 612-819-6537 or email Mary Jo Martin at maryjo.martin@hopkinsschools.org

**CONFERENCE QUESTIONS**
Please contact Lillian Levine at 612-819-6537 or email Lillianrose.levine@gmail.com
### Friday, November 2

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:00 a.m.</td>
<td>Registration/Breakfast</td>
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<tr>
<td>7:00-8:00 a.m.</td>
<td><strong>Exhibits</strong>: Visit the exhibitors with a wide-range of equipment, products and other services vital to school nurse practice <strong>Poster sessions</strong>: Interact and learn with colleagues</td>
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<tr>
<td>8:00-8:15 a.m.</td>
<td>Welcome and Announcements</td>
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<tr>
<td>8:15-9:45 a.m.</td>
<td>“The Next Great Challenge for Primary Care: Tackling the Social Detriments of Health” Gary Bloch, MD, CCFP</td>
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<tr>
<td>9:45-10:15 a.m.</td>
<td>Break/Exhibits/Posters</td>
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<tr>
<td>10:15-11:45 a.m.</td>
<td>“ADHD Update: Diagnosis, Risk Factors, Medication and Alternative Interventions” Christopher Bedford, Ph.D., Licensed Psychologist, Board Certified in School Neuropsychology</td>
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<tr>
<td>11:45-1:15 p.m.</td>
<td>Lunch/Exhibits/Posters</td>
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<tr>
<td>1:15-2:45 p.m.</td>
<td>“Child Abuse Beyond the Basics: When to Suspect and What to Do” Margaret Volz, BSN, MN, CPNP</td>
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<tr>
<td>2:45-3:15 p.m.</td>
<td>Break/Exhibits/Posters</td>
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<tr>
<td>3:15-4:45 p.m.</td>
<td>“Cultivating a Climate of Calm: Exploring the Practice and Benefits of Mindfulness in the School Setting” Jennifer Niedzielski, Ph.D.</td>
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<tr>
<td>4:45 p.m.</td>
<td>Closing Remarks</td>
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<tr>
<td>5:00 p.m.</td>
<td><strong>Hospitality Event</strong>: Please join other conference participants for a relaxed time of socialization and fun! Appetizers will be served.</td>
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### Saturday, November 3

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<tr>
<td>7:00-7:30 a.m.</td>
<td>Registration/ Breakfast</td>
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<tr>
<td>7:30-8:00 a.m.</td>
<td>SNOM Board Meeting</td>
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<tr>
<td>8:00-9:30 a.m.</td>
<td>“Gray Area Thinking®” Ellen Krug, J.D., published author, former nonprofit Executive Director</td>
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<td>9:30-9:45 a.m.</td>
<td>Break</td>
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<tr>
<td>9:45-11:15 a.m.</td>
<td>“Strategies to Increase Delegation Safety and Make Your Point” Sue Will, MPH, BS, RN NCSN, FNASN</td>
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<tr>
<td>11:15-12:45 p.m.</td>
<td>“The Burnout Antidote: Cultivating Nurse Well-Being through Mindfulness” Jennifer Niedzielski, Ph.D</td>
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<tr>
<td>12:45 p.m.</td>
<td><strong>Lunch &amp; Awards</strong>: Join us for the School Nurse of the Year, scholarship recipients, and special recognition awards.</td>
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**Session Descriptions: November 2 & 3**

**FRIDAY, NOVEMBER 2**

**“The Next Great Challenge for Primary Care: Tackling the Social Detriments of Health”**
Speaker: Gary Bloch, MD, CCFP

Dr. Bloch is a family physician with St. Michael’s Hospital in Toronto. His clinical, education, program development, and research interests focus on the intersection between social vulnerability and healthy. He is a founding member of the advocacy group Health Providers Against Poverty and of Inner City Health Associates, a group of physicians who work with the homeless across Toronto. He is co-chair of the Ontario College of Family Physicians Committee on Poverty and Health. He has created and evaluated health team interventions into the social factors that impact health and has developed and delivered reductional curricula for health trainees and providers. His work has been profiled in local, national and international medical journals.

Dr. Bloch will deliver an evidence-based argument for intervening in poverty in front line care. Through his stories and experience, he will explore practical ways front line healthcare providers can intervene into a social determinant of health at multiple levels: with individual clients, through health teams, and through advocacy.

**“ADHD Update: Diagnosis, Risk Factors, Medication and Alternative Interventions”**
Speaker: Christopher Bedford, Ph.D., Licensed Psychologist, Board Certified in School Neuropsychology

Dr. Christopher Bedford is a licensed psychologist who is board certified in school neuropsychology. He has expertise in neurocognitive assessment with an emphasis on evaluating difficulty with attention, learning, and memory. Dr. Bedford has also earned a post-doctoral master’s degree in clinical psychopharmacology. He has in-depth knowledge about psychological assessment techniques, learning and memory theories and interventions, executive functions, and mental health. In addition to his work at a clinician, he also teaches graduate students at the University of St. Thomas.

Dr. Bedford will update SNOM Members on ADHD diagnostic trends and risk factors, and discuss pharmaceutical and non-pharmaceutical ADHD interventions.

**“Child Abuse Beyond the Basics: When to Suspect and What to Do”**
Speaker: Margaret Volz, BSN, MN, CPNP

Ms. Volz has been a pediatric nurse for over 40 years and has worked in pediatric oncology, school health, home care, and primary care. She completed her undergraduate degree at the College of St. Benedict and graduate degree at the University of Washington in Seattle becoming a pediatric nurse practitioner in 1994. Ms. Volz has worked in the child abuse field for nearly 20 years in Alaska. She co-founded a Children’s Advocacy Center in Wasilla and worked at Alaska CARES in Anchorage before relocating to the Midwest in 2015. Ms. Volz provides medical evaluations for children when there is a concern for sexual or physical abuse or neglect at the Otto Bremer Trust Center for Safe and Healthy Children at UMMCH and CornerHouse Children’s Advocacy Center in Minneapolis.

Ms. Volz will bring her expertise and identify the disclosure process for children who have experienced abuse and list two types of clarifying questions for obtaining minimal facts. She will also discuss the range of symptoms and presentation of trauma/abuse in children.

**“ Cultivating a Climate of Calm: Exploring the Practice and Benefits of Mindfulness in the School Setting”**
Speaker: Jennifer Niedzielski, Ph.D.

Dr. Jennifer Niedzielski is the founder of Present Well-Being LLC. She obtained her Ph.D. from the University of Minnesota in the College of Education and Human Development where she studies and conducts research on mindfulness training and the cultivation of stress-resilience, burnout prevention, and well-being for human service professionals. Jennifer has over 20 years of experience as a public-school teacher and university teacher educator. She is the creator of Present Teacher Training and delivers mindfulness-based curriculum and professional development programs for preK-12 educators, counselors, school nurses, and administrators. Jennifer speaks publicly to school districts, senior centers, and corporate communities about the mental, emotional, physical, and spiritual benefits of mindfulness and intentional self-care.

Dr. Niedzielski will describe the three fundamental principles of mindfulness. Participants will learn what mindfulness is, what it is not, and the benefits of mindfulness in the school setting. Participants will learn several mindfulness practices and techniques to use at work with students and teachers that cultivate self-calm, stress resilience, and emotional regulation. Participants will practice these techniques.

**SATURDAY, NOVEMBER 3**

**“Gray Area Thinking”**
Speaker: Ellen (Ellie) Krug, J.D., published author, former non-profit Executive Director

Ellen (Ellie) Krug (pronounced “Kroog”), while an Iowa civil trial attorney with 100+ trials, transitioned from male to female in 2009. She later became one of the few attorneys nationally to try jury cases in separate genders. From 2011 to 2016, she served as the executive director of Call for Justice, LLC, a Minneapolis legal nonprofit that was conferred an American Bar Association award for innovatively increasing legal access.

Ms. Krug has authored and published the following: Getting to Ellen: A Memoir about Love, Honesty and Gender Change. In 2016, Advocate Magazine named Ellie one of the “25 Legal Advocates Fighting for Trans Rights. And in January 2017, Ellie launched her weekly radio and podcast show,” Hidden Edges Radio”.

Ms. Krug will enlighten her audience on how to be more welcoming to humans who are “other” and to understand that our commonalities far outweigh our differences.

**“Strategies to Increase Delegation Safety and Make Your Point”**
Speaker Sue Will, MPH, BS, RN NCSN, FNASN

Ms. Will has been a School Nurse for over 40 years in urban and suburban settings serving infant/toddlers, pre-K to 12th grade and ALC students for 23 years in the St. Paul Public schools and the Minneapolis and Stillwater schools.

She is the primary editor of Individualized Healthcare Plans for the School Nurse (2nd Edition), 2017; author of over 80 articles, book chapters, and documents; SNOM Board of Directors 1985-1998; Past President of NASN (National Association of School Nurse) with prior service on NASN Board of Directors for Minnesota; Chair of NASN government Relations Committee; Chaired the Endowment Committee and Academy of Fellows Committee for NASN.

Through Ms. Will’s presentation, participants will be able to identify decision points to evaluate if delegation is appropriate and safe using the National Council of State Boards of Nursing Decision Making Tree, and identify components of training and supervision for delegation. Participants will also learn methods to articulate nursing service needs and/or student health needs to education administrators as well is ways to present this information.

**“The Burnout Antidote: Cultivating Nurse Well-Being through Mindfulness”**
Speaker Jennifer J. Niedzielski, Ph.D.

Dr. Jennifer Niedzielski is the founder of Present Well-Being LLC. She obtained her Ph.D. from the University of Minnesota in the College of Education and Human Development where she studies and conducts research on mindfulness training and the cultivation of stress-resilience, burnout prevention, and well-being for human service professionals. Jennifer has over 20 years of experience as a public-school teacher and university teacher educator. She is the creator of Present Teacher Training and delivers mindfulness-based curriculum and professional development programs for preK-12 educators, counselors, school nurses, and administrators. Jennifer speaks publicly to school districts, senior centers, and corporate communities about the mental, emotional, physical, and spiritual benefits of mindfulness and intentional self-care.

Participants will gain awareness of what burnout is, explore the three stages of burnout, learn how burnout manifests for nurses in the school setting, and engage in two mindfulness-based practices that help to stage-off the onset of burnout.

Participants will also engage in the 4 steps of the Infinite Well-Being Integration Model where nurses will discover practical strategies to re-connect with their innate power, intuition, passion, and resilience so to rejuvenate their emotional reservoirs and state of overall well-being.
Enrich, Empower, Accomplish

Conference Location:
Minneapolis Marriott Northwest, 7025 Northland Dr. Northwest, Minneapolis, MN 55428

Register online at: z.umn.edu/snom2018registration Online registration is available until Thursday, October 25, 2018.

COST FOR SNOM CONFERENCE:

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<td>$140</td>
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<td>$150</td>
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<tr>
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<td>$220</td>
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Registration after October 25, 2018 and same day registrations will be accepted at the door for an additional fee of $30.00. Payment will be accepted by credit card or check.

Deadline for regular priced registration must be post marked by October 25, 2018. No purchase orders accepted.

If you are unable to register online, mail conference form to:

Attn: Taylor-James Gilard, University of Minnesota School of Nursing, 5-140 Weaver-Densford Hall, 308 Harvard St SE, Minneapolis, MN 55455

University of Minnesota Health is an accredited provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

This activity is awarded up to 10.5 ANCC contact hours.

SNOM CONFERENCE registration fee covers breakfast, lunch and refreshments for each day and resource materials.

Please note if you have any special dietary requests: ________________________________.

SNOM Annual Conference Mail In Registration

Name: ____________________________ Email: ____________________________
Address: __________________________
Position: __________________________ Employer/School District Name: __________________________
NASN (National Organization of School Nurses #: __________________________ Exp. Date: ____________
Home Ph: (___) Work Ph: (___) Number of years in school nursing: ____________

COST FOR SNOM CONFERENCE NOVEMBER 2 & 3, please CHECK ONE:

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Total amount enclosed: $________; includes additional fee of $30.00 if postmarked after October 25, 2018. No cancellations are accepted after October 25, 2018. Prior to that there will be a full refund minus an administrative fee.

SATURDAY AWARDS LUNCHEON

Join us for the awards luncheon on Saturday.

Please let us know if you plan to attend:

_____ Yes  _____ No

Please note if you have any special dietary requests: ________________________________.