Join the School Nurse Organization of Minnesota (SNOM) at our annual conference November 1st and 2nd to expand your nursing knowledge, to network with school nurse colleagues from around the state, and to celebrate SNOM’s 50th Anniversary.

Friday, November 1st, our keynote speaker will be Michelle Backes who is a Senior Certified Facilitator for Trust Edge Leadership. She will present how the little things, done consistently, add up to huge results and will provide concrete steps to immediately help us improve our careers. Dr. Gewirtz will promote our understanding of the sources of anxiety in children; Dr. Hecht will describe how anxiety often presents in a school setting, as well as techniques for assessment of anxiety and related behaviors; and Daniel Gumnit will conclude our day with a presentation of the scope and impact of homelessness on students in the metro area and greater Minnesota. After presentations wrap up, please join us for appetizers and a social time to network with school nurses from around the state.

On Saturday, November 2nd, we will begin the day with our annual SNOM Board meeting. Jennifer Nordstrand will discuss the role of the LSN in the special education process; we will hear from Emily Wold regarding eating disorders in our school population; and Dr. Stillerman will conclude the presentations with an update on food allergies and anaphylaxis.

Our annual awards luncheon will follow the conclusion of the conference on Saturday to recognize the School Nurse of the Year, School Nurse Administrator of the Year, scholarship recipients, and special recognition awards.

**PROGRAM & PLANNING COMMITTEE:**

- Lillian Levine (Retired: ISD 15) Chair
- Gail Hansen (Minneapolis)
- Ann Lumbar Bendson (Minnetonka Public Schools)
- Susan Nokleby (Retired: Intermediate District 287)
- Patty Rezabek (Retired: Minnetonka)
- Nina Centrella (Intermediate District 287)
- Lisa Marien (Lead Nurse Planner, M Health Fairview ANCC Provider Unit)

**CONFERENCE BROCHURE AND INFORMATION**

is also available at:

www.minnesotaschoolnurses.org

**CONFERENCE INFORMATION**

**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. Note that all rooms are suites.

Reservations can be made at any time by calling 763-536-8300 or 877-303-1681. Mention the School Nurse Organization of MN when making your reservations. To receive the reduced rate, your room MUST be reserved 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, 2019. For more information, contact Lillian Levine at 612-819-6537 or email Mary Jo Martin at maryjo.martin@hopkinsschools.org

In addition, you can visit the SNOM website

**CONFERENCE QUESTIONS**

Please contact Lillian Levine at 612-819-6537 or email Lillianrose.levine@gmail.com
### Friday, November 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m.</td>
<td>Registration/Breakfast/Networking</td>
</tr>
<tr>
<td>7:00-8:00 a.m.</td>
<td><strong>Exhibits</strong>: Visit exhibitors that offer a variety of equipment, products, and other services vital to school nurse practice. <strong>Poster sessions</strong>: Visit colleagues as they present their special projects that enhance and/or promote school nursing practice.</td>
</tr>
<tr>
<td>8:00-8:15 a.m.</td>
<td>Welcome and Announcements</td>
</tr>
<tr>
<td>8:15-9:45 a.m.</td>
<td>“The Trust Edge™” Michelle Backes, Senior Certified Consultant for Trust Edge Leadership Institute</td>
</tr>
<tr>
<td>9:45-10:15 a.m.</td>
<td>Break/Exhibits/Posters/Networking</td>
</tr>
<tr>
<td>10:15-11:45 a.m.</td>
<td>“Helping Children Feel Secure in an Unsecure World” Dr. Abigail Gewirtz, Ph.D., L.P., Director of the U of M Institute for Translational Research in Children’s Mental Health</td>
</tr>
<tr>
<td>11:45-12:45 p.m.</td>
<td>Lunch/Exhibits/Posters/Networking</td>
</tr>
<tr>
<td>12:45-2:45 p.m.</td>
<td>“Not Just Another Stomachache: Identification and Management of Pediatric Anxiety in a School Nursing Context” Dr. Kathryn Hecht, Ph.D., L.P.</td>
</tr>
<tr>
<td>2:45-3:15 p.m.</td>
<td>Break/Exhibits/Posters/Networking</td>
</tr>
<tr>
<td>3:15-4:45 p.m.</td>
<td>“Trauma Responsive and Multigenerational Approaches to Homelessness” Daniel Gumnit, BA, MBA</td>
</tr>
<tr>
<td>4:45 p.m.</td>
<td>Closing Remarks</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td><strong>Hospitality Event</strong>: Please join conference participants for a relaxed time of socialization and fun! Complimentary appetizers will be served.</td>
</tr>
</tbody>
</table>

### Saturday, November 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-7:30 a.m.</td>
<td>Registration/ Breakfast</td>
</tr>
<tr>
<td>7:30-8:00 a.m.</td>
<td>SNOM Board Meeting</td>
</tr>
<tr>
<td>8:00-9:30 a.m.</td>
<td>“The Licensed School Nurse’s Role in Special Education” Jennifer Nordstrand, RN, MS, CPNP, LSN</td>
</tr>
<tr>
<td>9:30-9:45 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>9:45-11:00 a.m.</td>
<td>“Eating Disorders in Your School: The School Nurse Role in Identification and Support” Emily Wold, RN, MSN</td>
</tr>
<tr>
<td>11:00-11:15 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>11:15 12:45 p.m.</td>
<td>“An Update on Food Allergy and Anaphylaxis in School: Intervention and Prevention in School and Community” Dr. Allan Stillerman</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Lunch &amp; Awards-Join us for the School Nurse of the Year, School Nurse Administrator of the Year, scholarship recipients, and special recognition awards.</td>
</tr>
</tbody>
</table>
Mr. Daniel Gumnit is focused on developing systemic solutions to childhood, youth and family homelessness and is a passionate advocate for improving access to early childhood development programs for children who have experienced trauma. Mr. Gumnit recently led the creation of a new Center of Excellence that combines early education and parental engagement direct services to homeless and at-risk children and their families, with research and training to improve the field of trauma-informed education and service. He is actively involved with community and policy organizations focused on our community’s most vulnerable children including the State of Minnesota Early Childhood Systems Reform Steering Committee. Mr. Gumnit has a BA from the University of Minnesota, an MBA from the University of St. Thomas, and was a Policy Fellow at the University of Minnesota’s Humphrey School of Public Affairs. He has led People Serving People since August 2011. Mr. Gumnit will present the scope and impact of homelessness on students in the metro and greater Minnesota as well as presenting effective trauma responsive and multigenerational approaches to homelessness.

FRIDAY, NOVEMBER 1

“The Trust Edge™”
Michelle Backes, Senior Certified Consultant Facilitator for Trust Edge Leadership Institute where the mission is to develop trusted leaders and organizations. Ms. Backes is the WNBA chaplain of the Minnesota Lynx, and educator and mentor to many. As part of the Trust Edge team, she passionately shares practical strategies and tools for developing a high-trust culture in your work and life!

Ms. Backes will speak on trust as a fundamental, bottom line issue. Learn how trust is not just a soft skill. Trust is a measurable competency that brings dramatic results. It can be built into an organizations’ strategy, goals, and culture. With trust we will learn how individuals and organization enjoy greater creativity, productivity, freedom, results and thriving relationships with colleagues and clients.

“Helping Children Feel Secure in an Unsecure World”
Speaker: Dr. Abigail Gewirtz, Ph.D., L. P.

Dr. Gewirtz is the John and Nancy Lindahl Leadership Professor in the Department of Family Social Science and the Institute of Child Development, and Director of the Institute for Translational Research in Children’s Mental Health at the University of Minnesota.

Dr. Gewirtz will offer her expertise and outline the sources of anxiety in children, how to apply Principles and develop skills to help children deal with anxiety, and identify specific skills to help children cope with anxiety in today’s world.

“Not Just Another Stomachache: Identification and Management of Pediatric Anxiety in a School Nursing Context”
Speaker: Dr. Kathryn Hecht, Ph.D., L.P.

Dr. Kathryn Hecht is a licensed clinical psychologist with expertise in the empirically supported evaluation and treatment of anxiety disorders and related issues in children, adolescents and young adults. With an educational background in the field of developmental psychopathology, Dr. Hecht’s research and clinical work focuses on mental health issues such as excessive worry that develops over time in response to genetic, social and environmental factors. Dr. Hecht is a frequent speaker and lecturer on the diagnosis and treatment of youth anxiety and related issues and enjoys working with school, hospital and community groups both locally and internationally on the best ways to support the mental health of youth experiencing anxiety or other stressors. Dr. Hecht is a professional member of the Anxiety and Depression Association of America, the International OCD Foundation, the Association for Behavioral and Cognitive Therapies and APA’s Society of Child and Adolescent Clinical Psychology. She currently sees families in private practice as a member of Anxiety Treatment Resources.

Dr. Hecht will describe typical presentations of anxiety in a school setting, as well as techniques for assessment of anxiety and related behaviors; and describe empirically supported interventions for anxiety as well as useful accommodations or supports that can be implemented by school nurses who provide care for children with anxiety.

“Trauma Responsive and Multigenerational Approaches to Homelessness”
Speaker: Daniel Gumnit, BA, MBA

Mr. Daniel Gumnit is focused on developing systemic solutions to childhood, youth and family homelessness and is a passionate advocate for improving access to early childhood development programs for children who have experienced trauma. Mr. Gumnit recently led the creation of a new Center of Excellence that combines early education and parental engagement direct services to homeless and at-risk children and their families, with research and training to improve the field of trauma-informed education and service. He is actively involved with community and policy organizations focused on our community’s most vulnerable children including the State of Minnesota Early Childhood Systems Reform Steering Committee. Mr. Gumnit has a BA from the University of Minnesota, an MBA from the University of St. Thomas, and was a Policy Fellow at the University of Minnesota’s Humphrey School of Public Affairs. He has led People Serving People since August 2011. Mr. Gumnit will present the scope and impact of homelessness on students in the metro and greater Minnesota as well as presenting effective trauma responsive and multigenerational approaches to homelessness.

SATURDAY, NOVEMBER 2

“The Licensed School Nurse’s Role in Special Education”
Speaker: Jennifer Nordstrand, RN, MS, CPNP, LSN

Ms. Nordstrand is an LSN and pediatric nurse practitioner and has worked in special education for 15 years.

Ms. Nordstrand’s presentation will strive to ensure the LSN understands the cycle of special education, better understand the role of the LSN in the evaluation process, and when nursing may be an appropriate IEP related service.

“Eating Disorders in Your School-The School Nurse Role in Identification and Support”
Speaker: Emily Wold, RN, MSN

Ms. Wold has worked in the field of eating disorders for 6 years, in both inpatient and outpatient settings, at the Melrose Center. Recently, she completed her Master’s in Nurse Education at Saint Catherine’s University.

Ms. Wold will identify triggering statements to avoid with students who have eating disorders as well as how to talk with parents about concerns. She will instruct us on how to create a supportive process for students returning to school post-treatment and promote positive body image messaging and environment in our schools.

“An Update on Food Allergy and Anaphylaxis in School: Intervention and Prevention in School and Community”
Speaker: Dr. Allan Stillerman MD, CPI, FAAAAI, FACAAI

Dr. Stillerman is Board Certified by the American Board of Allergy and Immunology and Board Certified by the American Board of Pediatrics. He is a Fellow of the American Academy of Allergy, Asthma, and Immunology; a Fellow of the American College of Allergy, Asthma and Immunology.

He has lectured extensively, regionally and nationally in the fields of food allergy, anaphylaxis asthma and allergic rhino-conjunctivitis.

Dr. Stillerman is a Medical Advisor to and Member of the Board of Anaphylaxis and Food Allergy Association of Minnesota. He has testified in the Minnesota Senate and House of Representatives in support of the Bill authorizing school children in Minnesota to self-carry and self-administer epinephrine auto-injectors.

Dr. Stillerman will review the symptoms and signs of anaphylaxis and when to administer Epinephrine as outlined in the Anaphylaxis Action Plan.

Session Descriptions: November 1 & 2
“The Best of Health: It Starts with Us!”
Conference Location:
Minneapolis Marriott Northwest,
7025 Northland Dr. Northwest, Minneapolis, MN 55428

Register online at: z.umn.edu/reg2019snom
Online registration is available until Friday, October 25, 2019.

COST FOR SNOM CONFERENCE:

<table>
<thead>
<tr>
<th></th>
<th>SNOM Member</th>
<th>NonMember</th>
<th>Student/Retirees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday only</td>
<td>$140</td>
<td>$180</td>
<td>$80</td>
</tr>
<tr>
<td>Saturday only</td>
<td>$110</td>
<td>$150</td>
<td>$65</td>
</tr>
<tr>
<td>Both Days</td>
<td>$220</td>
<td>$300</td>
<td>$120</td>
</tr>
</tbody>
</table>

Registration after October 25, 2019 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. No cash will be accepted.

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

Accreditation and Contact Hours

The SNOM annual conference is being jointly provided by School Nurses of Minnesota and M Health Fairview ANCC Provider Unit.

M Health Fairview 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
Friday is awarded up to 6.25 ANCC contact hours and Saturday is awarded up to 4.25 ANCC contact hours.

SNOM Annual Conference Mail In Registration

If you are unable to register online, please mail your completed conference form and check to:
University of Minnesota, School of Nursing c/o Taylor Gilard, 5-140 Weaver-Densford Hall, 308 Harvard St SE, Minneapolis, MN 55455
Checks payable to: University of Minnesota

If you are unable to register online, please mail your completed conference form and check to:
University of Minnesota, School of Nursing c/o Taylor Gilard, 5-140 Weaver-Densford Hall, 308 Harvard St SE, Minneapolis, MN 55455
Checks payable to: University of Minnesota

<table>
<thead>
<tr>
<th></th>
<th>SNOM Member</th>
<th>Non-Member</th>
<th>Student/Retirees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday only</td>
<td>$140</td>
<td>$180</td>
<td>$80</td>
</tr>
<tr>
<td>Saturday only</td>
<td>$110</td>
<td>$150</td>
<td>$65</td>
</tr>
<tr>
<td>Both Days</td>
<td>$220</td>
<td>$300</td>
<td>$120</td>
</tr>
</tbody>
</table>

Total amount enclosed: $________; includes additional fee of $30.00 if postmarked after October 25, 2019.

Please note if you have any special dietary requests: ________________________________.
Deadline for regular priced mail in registration must be post marked by October 25, 2019. No purchase orders accepted.