



Voices of School Health - 2023

A conference for School Nurses

August 8, 2023
8 a.m. to 4:00 p.m.

Sponsored by the
Lehigh County School Nurses Advisory Board

Hosted by
Catasauqua Area School District
Catasauqua High School
2500 W. Bullshead Road
Northampton, PA 18067

Contact:
Donna Tercha, RN, BSN, CSN, MEd
Email: terchad@cattysd.org
610-697-0111 option 4 or extension 23131

The Basics:

Registration

- by mail
- deadline July 20, 2023
- fee - \$40

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Please note:

This conference is not designed to create profits. Your registration fee covers the cost of the conference. Any additional funds are put towards the scholarships sponsored by this board to support the education of future nurses. Thank you to all who have supported this conference.

In an effort to be more environmentally friendly, presentation materials as well as conference evaluation and certificates will be available online.

Directions and Parking:

Please use this address in your GPS app: 2500 W. Bullshead Road, Northampton, PA 18067

There is ample parking in the front of the building. Please enter through the main entrance doors in the middle of the building.

Registration information:

The cost is \$40 for the conference. The fee includes food and drink for the day as well as the conference and access to the presentation documents as they are shared with LCSNAB. Complete the registration form found on page 8 and mail it to the address provided with your payment for the conference. No purchase orders will be accepted. Payment must accompany your registration. Checks should be made payable to Lehigh Career & Technical Institute. **All** registration forms **must** be postmarked by **July 20, 2023**. Limited late registrations *may* be accepted until July 31, 2023 at a fee of \$45 for the conference at the discretion of the board. Please contact Donna Tercha at terchad@cattysd.org for availability. **NO** walk-in registrations will be accepted.

A full refund will be provided for all cancellations received in writing by the registration deadline of July 20, 2023. **No** refunds will be provided after that time.

Check-in/registration will be in the high school rotunda from 7:30 a.m. until 8:00 a.m. Please be prompt to avoid disrupting the opening speaker.

Please direct all questions to Donna Tercha, RN at email terchad@cattysd.org or leave a message at 610-697-0111 option 4 or extension 23131. Your message or call will be returned promptly.

Food information:

A light breakfast, lunch and snacks will be provided. Food will be served in the cafeteria. Breakfast will be during the registration period from 7:30 a.m. until 8:00 a.m. Please make a notation on the registration form if you have any special food needs. *Attempts* will be made to accommodate those needs.

Although Catasauqua High School is a climate-controlled environment, there may be some fluctuation in room temperature. It is suggested that you dress in layers or bring a sweater or light jacket. Exterior doors may not be propped open.

Act 48/CE's:

A **Certificate of Attendance** will be provided at the completion of the evaluation.

Sign-in is required at the beginning of the day. Evaluation forms are to be completed online. After the evaluation is completed, the certificate will be emailed to the address you provide. You may save it or print it on your own. Every school district has its own mechanism for recording Act 48 hours received outside of the district with the PA Dept of Education. Lehigh County School Nurses Advisory Board does NOT have the capability to upload the information for individual nurses. It is the responsibility of the participant to communicate with their school district to register the time for Act 48 hours.

There are 6 CE's available, with an optional 1 hour recording to be completed on your own.

Voices of School Health 2023
A Conference for School Nurses
Schedule
Tuesday, August 8, 2023

- 0730 – 0800 Registration & Breakfast
A brief welcome and announcements will begin promptly at 0800
- 0815 – 0945 Dr. Meagan L. Grega, MD, FACLM, DipABLM, Co-Founder, Chief
Medical Officer – Kellyn Foundation
Life Lessons from the Longest Lived
Have you ever wondered what it takes to be a centenarian? Longevity and vitality are not solely determined by our genes. The length and quality of our life is significantly influenced by choices we make every day. Join us as we explore the lifestyle habits of those who have enjoyed not only a long lifespan, but a long "healthspan".
- 0945 – 1000 Break
- 1000 – 1130 AM WORKSHOP
1. Christopher Leavy MS, LAT, ATC, NREMT, Lehigh Valley Health Network and Catasauqua High School Athletic Trainer
All Things Sports
Chris will discuss sports injuries and issues related to athletics in the school-age population.
 2. Daniele Schollenberger, CRNP, LVHN Concussion and Head Trauma Center
Concussions and Head Injuries
Explore current treatments, therapies and accommodations for those with concussions and head trauma
 3. Dr. Roger McFillin – Owner, Center for Integrated Behavior
Dialectical Behavior Therapy and Cognitive Behavior Therapy
Explore DBT and CBT for the adolescent population

- Christina Williams, RN, Supervisor of Health and Nursing Services CIU 20
Mental Health: Self care and addressing student mental health concerns. Christina may include tips on assessing students for drug use.

1130 – 1230 Lunch

OPTIONAL: Overlapping the 2nd half of the lunch period...

1200 – 1230 Learn with Lunch – Narcan Training – *Lisa Wolff from the Center for Humanistic Change will present training in the use and administration of Narcan. Each participant will receive Narcan for their school.*

NOTE: This session is optional. To participate, you must sign up on the registration form.

1230 – 1400 PM WORKSHOP

- Lisa Wolff, Manager of Community Engagement, Center for Humanistic Change
Current Drug Trends – This lecture will discuss addiction as a disease. Current drug trends will be reviewed along with effects, complications and treatments. Brain development and mental health concerns associated with illicit drug and alcohol use will also be part of this discussion.
- A Speaker from the Good Shepherd Rehabilitation Hospital
Topic: Food Aversion
What are food aversions and how do they affect wellness? How are some chronic disorders related to food aversions?
- Ellen Baca – Lehigh Valley Coordinator, Epilepsy Foundation of Eastern Pennsylvania
Seizures and Seizure Disorders in School
- AnnMarie Barilla MHSc, RD, LDN, CDCES, BC-ADM, Quality Coordinator, Helwig Health and Diabetes Center
Diabetes Update
This workshop will discuss current treatments and management of Diabetes.

1400 - 1415 Break

1415 - 1545 Debra Esernio-Jenssen MD, FAAP, Allyce Brailo BSW, CIS, and Michele Nurse LSW, MSW
Child Protective Medicine at LVHN
John VanBrakos Child Advocacy Center
Everything you Wanted to Know About the CAC but You Were Afraid to Ask
Learn about programs at the CAC and how to interact with the Center to advocate for your students.

1545 – 1600 Wrap-up

Optional: On Your Own – recording by Colleen Schultz, Director of the Division of School Health, and Sherri Mountz, liaison to the NE region of PA DOH.

Colleen Schulz and Sherri Mountz will respond to your submitted questions via a recording – the link will be provided. Please submit your questions/concerns on the registration form or to your school nurse representative at smountz@pa.gov by July 20, 2023. You may view the recording on your own for an optional additional 1 hour of CE.



The Staff of CASD

Robert Spengler, Superintendent
Dan Muthersbaugh, Food Services Director
Paul Reilly, Technology Coordinator
Adam Schnug, Principal, CHS
The Custodial Staff of CASD

The Staff of LCTI

Lisa Greenawalt, Executive Director
Holly Keller, Business Administrator
Nadia Spengler, Business Office

Lehigh County School Nurses Advisory Board

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Representing the Lehigh County School Districts:

Allentown School District
Catasauqua Area School District
East Penn School District
Lehigh Career & Technical Institute
Northern Lehigh School District

Northwestern Lehigh School District
Parkland School District
Salisbury Township School District
Southern Lehigh School District
Whitehall-Coplay School District





Lehigh County School Nurses Advisory Board
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Registration Form

August 8, 2023 – Registration Forms must be postmarked by July 20, 2023

CONTACT INFORMATION – Please print clearly.

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Phone where you can be reached during the summer _____
 School District _____

Email – All communication will be done through email. **Please supply an email address where you can be reached during the summer.**

Make checks payable to: Lehigh Career & Technical Institute (LCTI)
Please write “SNAB-VOSH” on the memo line of your check.

For more information, contact: Donna Tercha, RN, BSN, CSN, MSEd
 Email: terchad@cattysd.org 610-697-0111 option 4 or extension 23131

Mail registration forms to: Nadia Spengler, Business Office
Lehigh Career & Technical Institute
4500 Education Park Drive
Schnecksville, PA 18078

Please indicate your first and second choice selections for each workshop session by using the **number** of the workshop listed in the brochure. Every attempt will be made to give you your first choice as space allows.

AM WORKSHOP	PM WORKSHOP
1 st choice	1 st choice
2 nd choice	2 nd choice

Please check this box if you would like to participate in Narcan Training during the lunch hour.

List questions for Colleen Schultz and Sherri Mountz