

THE SAGEBRUSH STANDARD

SEPTEMBER 2026

Get the Scoop!



News & Updates



School to Scrubs



Board of Directors



Challenge Yourself



Tips & Tricks



Pin & T-Shirt Design

Calendar of Events & Things to come





WHAT'S NEW?

Welcome to Casper HOSA and Jackson HOLE HOSA. We will be getting updates from them in future newsletters.

Welcome to University of Wyoming as a post-secondary chapter. We will be getting updates from them in future newsletters.

**Wyoming HOSA is looking for Chapters to affiliate.
If you know a school that may be interested please let Tammy Macy know.**

Watch for Interview with a Health Professional and Chapter Highlights in upcoming issues.



**We are looking for State Officer Candidates!
Please let Tammy Macy at advisor@wyomingosa.org if you are interested or visit wyominghosa.org for more information.**

EXPLORE YOUR FUTURE AT CASPER COLLEGE

Tuesday, September 29, 2026

9 a.m.-2 p.m.

Casper College Campus



TWO PATHS. ONE EXPERIENCE.

Explore hands-on programs, campus labs, and real-world careers — all in one day. Students will rotate through interactive activities based on their interests, experience, what each program has to offer, and connect with industry professionals.

WHAT TO EXPECT

Hands-on Activities • Campus Tours • Career Fair

Students will rotate through immersive experiences and visit an exhibitor fair featuring industry professionals, giving them the opportunity to explore career pathways, and connecting with experts in the field.

**PRE-REGISTER
TODAY**

LEARN MORE

Submit your interest to receive registration details.



A-STEM TRACK

Explore programs in cybersecurity and coding, engineering and electronics, fire, wildlife and environmental science, drones and GIS, pre-veterinary studies, and more. Through hands-on activities, students will explore how these fields solve real-world problems and build skills for careers in science and technology.



HEALTH SCIENCE TRACK

Discover programs in nursing, radiology, medical lab technology, respiratory therapy, pharmacy, and more. Through interactive experiences, students will gain insight into patient care, diagnostics, and the skills needed for careers in today's healthcare field.

MEET YOUR BOARD OF DIRECTORS



Barbara James
Board Chair



Jennifer Davis
Vice- Chair



Jennifer Monfre
Secretary



Amanda Teppo
Treasurer



Jenniger Querry
Member at Large



Lucy Stacy
Member at Large



Cheri Freeland
Member at Large



Sammie Smith
Southwest Region
Representative



Stephanie Jensen
Southeast Region
Representative

A Message from your Board Chair

Why I'm excited to be part of the Wyoming HOSA inaugural board is recognizing that educational programs give students the opportunity to participate, learn, engage and understand the process of career choices.

My background in the medical field started as an EMT which led me wanting more knowledge, of what I could do in the medical field. I started with my Associated Degree in nursing from CWC, which then lead to my Bachelor's Degree in Nursing from University of Wyoming, then my Master's Degree in Nursing from University of Wyoming.

I think HOSA is important to help students understand the opportunities that is out there to help them succeed in life, and there are pathways in the state of Wyoming.

What I look to accomplish in the year going forward is to get the word out there in Wyoming that we do care about our student's education and offering programs if they are interested in pursuing a career in health professions.

Going forward and embracing HOSA.

Barbara Jean James, M.S., B.S.N., RN

CHALLENGE YOURSELF

Wyoming HOSA is starting a tradition of hosting monthly “Challenge Yourself” tasks to increase school spirit and involvement in Wyoming HOSA. Every time your chapter completes a challenge, with photo or video proof, your chapter earns 5 points. The Wyoming HOSA chapter with the most points earned by March 15th, 2027 will be awarded a plaque for “Challenge Yourself” winner at the Spring Leadership Conference.

Challenge #1: Host a Mental Health Day with your chapter

September is Suicide Prevention Awareness Month. A way to prevent suicide is by promoting mental health awareness. For this challenge, please host a mental health awareness activity or workshop with your chapter. Some examples include, but are not limited to: stress balls, mindful coloring, origami, posters.

Here are some links to Challenge Yourself ideas:

- How to make a stress ball
- Coloring pages for adults
- How to make a paper butterfly in 3 minutes

Submit a photo or video of your activity to advisor@wyominghosa.org

Please include Chapter Name, Chapter Number, Name of Chapter Advisor, Chapter President Name, Challenge Yourself Event



CHALLENGE YOURSELF

Importance of National Suicide Prevention Month

Happy September! September is recognized as National Suicide Prevention month. Whether it is because of school, financial burden, work, or relationships, we sometimes find ourselves struggling to get through the day. You can talk to a trusted adult, friend, or family member when going through a difficult time. We want you to know that it is okay to not feel well and there are many resources to help.

Resources:

- 988 Suicide & Crisis Lifeline Call or Text line.
- (text BRAVE to 741741)
- National Alliance on Mental Illness Helpline:
Call 1-800-950-NAMI (6264)
Text Line: Text NAMI to 62640
Email: Send a message to helpline@nami.org.
- Talk Space → Free Online Therapy for teens under the age of 17
- Peptalk: Public Art Project by Westside School: (707)873-7862 Recorded encouraging messages from children in Westside School.



How can I reach out to others? It is hard to reach out to others for help. Whether you are afraid that you are overreacting, scared of being judged or becoming a burden, or you just don't know what to say, small conversations can make a big difference. Here are some pre-written messages you can send to a trusted person.

- "I'm struggling right now and just need to talk to someone."
- "Can we chat a bit?"
- "This is hard for me to say but I'm having painful thoughts and it might help to talk. Are you free?"
- "Hi, When you get a chance can you contact me? I feel really alone and suicidal, and could use some support."
- "I don't want to die, but I don't know how to live. Talking with you may help me feel safe. Are you free to talk?"
- Also, please know that you don't have to be suicidal to be struggling with mental health.



tips and tricks



1. MAKE MEETINGS WORTH ATTENDING

Keep members engaged with interactive meetings. Add icebreakers, healthcare games, guest speakers, or hands-on activities so every meeting is something members look forward to.

2. KEEP YOUR CHAPTER ACTIVE ONLINE

Use social media to celebrate members, promote events, and share chapter highlights. A strong online presence helps recruit new members and keeps everyone informed.

3. START COMPETITION PREP EARLY

Don't wait until registration opens! Explore competitive events on SCHOSA.org, choose your event early, find teammates, and create a plan for success.

4. USE YOUR RESOURCES

Take advantage of your advisor's experience, invite healthcare professionals or alumni to speak, and don't hesitate to ask questions. The best chapters know how to use the people around them.

5. LEAN ON YOUR TEAM

You're never on your own! Whether you need help recruiting members, planning meetings, preparing for conferences, or growing your chapter, reach out to another advisor, the state advisor, board member or request a chapter visit! We're here to help you succeed!

**Wyoming HOSA wants YOU
to design a t-shirt logo for the
2027 State Leadership Conference (SLC)!**

Wyoming HOSA is extending you the opportunity to submit a creative, fresh, and unique design around this year's HOSA theme "Redefine the Standard."

The criteria includes:

- The designer must be a Wyoming HOSA member in good standing.
- All entries must include Wyoming HOSA and the HOSA theme "Redefine the Standard."
- The design should be drawn at least 5' in size.
- Only one drawing/submission per student.
- Entries should be emailed to the State Advisor at advisor@wyominghosa.org in jpg format.
- Include designer's name, school, address and t-shirt size in submission email.
- All designs submitted become the property of Wyoming HOSA. Please understand that the submitted designs are concepts that a professional artist will render a complete and finished design including the necessary elements, if missing.

All designs must be received by October 30, 2026. The Board of Directors will choose the top 3 designs based on originality, concept and theme interpretation. From November 5-10th members of Wyoming HOSA can go to the Wyoming HOSA website to vote for their favorite design. The design that receives the most votes will receive a \$25.00 Amazon Gift Card and will be recognized at the 2027 State Leadership Conference!

Wyoming HOSA want YOU to design a Pin logo for the 2027 State Leadership Conference (SLC)!

Wyoming HOSA is extending you the opportunity to submit a creative, fresh, and unique design that represents Wyoming HOSA! The pins will be traded at International Leadership Conference (ILC)!

The criteria includes:

- The designer must be a Wyoming HOSA member in good standing.
- All entries must include Wyoming HOSA and the HOSA theme "Redefine the Standard."
- The design should be drawn at least 5' in size.
- Only one drawing/submission per student.
- Entries should be emailed to the State Advisor at advisor@wyominghosa.org in jpg format.
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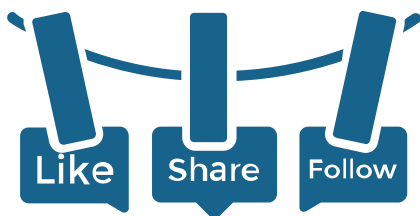
- September 29, 2026 School to Scrubs
- October 30, 2026 Submission deadline for t-shirt and pin contest
- April 5-6, 2027 - State Leadership Conference



- Update from Washington Leadership Academy
- Update on Competitive Events
- Update on State Leadership Conference
- Update on Winter Testing

HOSA Creed:

- I believe in the health care profession.
- I believe in the opportunities that my training offers.
- I believe in education.
- I believe that by using my skills, knowledge and experience, I can contribute to my community.
- I believe in myself.
- I believe that I will become more aware of myself, and become a more responsible citizen.
- I believe that each person is important and therefore I will treat each person with respect and love.
- To this end, I dedicate my training, my skills, and myself to serve others through HOSA-Future Health Professionals



advisor@wyominghosa.org

