1.4 million undocumented tax-paying Californians lack health coverage

Calendow.org
Putting Health Care Where Kids Are

The California School-Based Health Alliance is the statewide nonprofit organization leading the movement to put health care where kids are—in school. Our mission is to improve the health and academic success of children and youth by advancing health services in schools. We are working toward a future when all students have access to the health services they need to be successful in school.

Become a member and help us make school-based health care an integral part of the educational and health care systems.

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- Family HealthCare Network
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- Valley Health Team♦
- Ventura Unified School District
- Visalia Unified School District
- West Contra Costa Unified School District
- Western University of Health Sciences
- YMCA of the East Bay♦

**Individuals**
- Sumayya Aasi
- Catherine Arthur
- Pamela Avila
- Jennifer Barber
- Samantha Blackburn
- Sally Carlin
- Jose Campos
- Mark Cooper*
- Melissa Di Scala
- Susan Elizabeth
- Catherine Ferron
- Bonnie J Forrest
- Linda Garrett
- Katharine Greenway
- Ken Geisick♦
- Kathy Hahn
- Jenny Kattlove
- Greta Kindermann
- Barbara Kronick
- Anne LeDuc
- Sara Mehrmand
- Edna Miller
- Wanda Pierce
- Michele Rigsby Pauley
- Joseph Pasquariello
- Bill Powers
- Maryjane Puffer
- Naomi Schapiro
- Michael Shannon
- Judy Silva
- Deanna Stagg’s
- John Trueblood
- Lori Urbanec
- Joyce Yoshimizu

*Consecutive 6-yr Member  ♦ Consecutive 7+ yrs Member
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Martin Gonzalez
Director, Institute for Local Government

Pamela A. Kahn, RN, MPH
Coordinator of Health and Wellness, Orange County Department of Education, Instructional Services Division, Learning Support Unit

Barbara Kronick, LCSW
Director, Integrated Support Services, Sacramento City Unified School District

Jan Marquard, MPH
Director of Planning and Advocacy for School Health Services, Northeast Valley Health Corporation

Ryan McQuaid
CEO, PlushCare

Zettie Page III, MD, PhD, MBA, MSW
CEO, Tri-City Health Center

Bertrand Perdomo-Ucles
Teacher, Teach for America

Michele Rigsby Pauley, RN, CPNP
Director of Clinical Services, COACH For Kids, Cedars-Sinai Medical Center

Kimberly Uyeda, MD
Director of Student Medical Services, Los Angeles Unified School District

Heather West
Senior Public Programs Administrator, Health Net of California

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### SCHEDULE AT A GLANCE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity and Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 – 9:00 AM</td>
<td>EXHIBITS, REGISTRATION, BREAKFAST</td>
</tr>
<tr>
<td></td>
<td>• Register and sign up for continuing education credits.</td>
</tr>
<tr>
<td></td>
<td>• Visit the exhibitors and make sure to get your raffle card stamped by each exhibitor. Turn your completed raffle card to the California School-Based Health Alliance’s exhibit table by 3:00 pm to be entered into a drawing to win an iPad mini. The drawing will be held during the closing session. You must be present to win.</td>
</tr>
<tr>
<td>9:00 – 10:15 AM</td>
<td>OPENING PLENARY</td>
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<tr>
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<td>• Join us for a warm welcome from the California School-Based Health Alliance.</td>
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<tr>
<td></td>
<td>• Hear from Assemblymember Shirley Weber about how we can build more equitable communities by making a stronger commitment to health in schools (bio on p. 5).</td>
</tr>
<tr>
<td>10:15 – 10:45 AM</td>
<td>EXHIBITS &amp; BREAK</td>
</tr>
<tr>
<td></td>
<td>• Visit the exhibits and poster presentations (descriptions on p. 4). Make sure to get your raffle card stamped by each exhibitor so you can be entered into a drawing to win an iPad mini. The drawing will be held during the closing session. You must be present to win.</td>
</tr>
<tr>
<td>10:45 AM – 12:00 PM</td>
<td>WORKSHOP 1</td>
</tr>
<tr>
<td></td>
<td>• Choose from one of six workshops (full descriptions on p. 7).</td>
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<tr>
<td>12:00 – 1:15 PM</td>
<td>LUNCH, AWARDS CEREMONY, EXHIBITS</td>
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<td></td>
<td>• Join us in honoring three school health champions for their commitment to advancing school health in California (profiles and more information on p. 6).</td>
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<tr>
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<td>• Visit the exhibitors and make sure to get your raffle card stamped by each exhibitor. Turn your completed raffle card to the California School-Based Health Alliance’s exhibit table by 3:00 pm to be entered into a drawing to win an iPad mini. The drawing will be held during the closing session. You must be present to win.</td>
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<tr>
<td></td>
<td>• View the poster presentations in Ventana (descriptions on p. 4).</td>
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<tr>
<td>1:15 – 2:30 PM</td>
<td>WORKSHOP 2</td>
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<tr>
<td></td>
<td>• Choose from one of six workshops (full descriptions on p. 8).</td>
</tr>
<tr>
<td>2:30 – 3:00 PM</td>
<td>EXHIBITS &amp; BREAK</td>
</tr>
<tr>
<td></td>
<td>• Visit the exhibits and poster presentations (descriptions on p. 4). Turn your stamped raffle card into the California School-Based Health Alliance exhibit table by 3:00 pm to be entered into a drawing to win an iPad mini. The drawing will be held during the closing session. You must be present to win.</td>
</tr>
<tr>
<td>3:00 – 4:15 PM</td>
<td>WORKSHOP 3</td>
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<tr>
<td></td>
<td>• Choose from one of six workshops (full descriptions on p. 9).</td>
</tr>
<tr>
<td>4:20 – 5:00 PM</td>
<td>CLOSING SESSION</td>
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<tr>
<td></td>
<td>• Hear from Cherokee Elementary School Principal Godwin Higa on the importance of trauma-informed schools (bio on p. 5).</td>
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<tr>
<td></td>
<td>• Don’t miss the raffle drawing for the iPad mini. You must be present to win.</td>
</tr>
</tbody>
</table>
POSTER PRESENTATIONS

See best practices from school health programs across the state and learn about the latest research in the school health field. Poster presentations are on display in Ventana until 3:00 PM.

Best Practices in Improving Access to STD Prevention Services for California Teens
Learn best practices for providing STD prevention services in school settings and for improving access to comprehensive sexual and reproductive health care.
PRESENTERS: Sandee Young, MPH, Digital Adolescent Health Program Manager, Sarah Campbell, MPH, STD Prevention Program Manager, and Claire Feldman, MPH, Director of Statewide STD Prevention Programs – California Family Health Council

Bridging the Gap Between Schools & Health Coverage
AB 2706 requires schools to present information on health insurance coverage to families in 2015. Learn about the customizable one-page template to share affordable coverage options with your students and families.
PRESENTER: Wes Samms, MPA, Outreach & Enrollment Coordinator, California Coverage & Health Initiatives

Building Bridges to Holistic Health: Using Integrative Tools to Foster Resilience
Discover how positive psychology can help school-based health centers manage medical and mental health challenges.
PRESENTER: Andrea Karp, PsyD, Licensed Clinical Psychologist for CSUSM, Adjunct Faculty, CSPP at Alliant International University

Headstand Yoga & Mindfulness School Program
Learn about a research-based curriculum blending mindfulness, yoga, social-emotional learning, and integrated educational theory to combat toxic stress in at-risk students.
PRESENTER: Sara Geierstanger, MPH, Senior Evaluator, University of California at San Francisco

NAMI for Schools: Directing Change & NAMI on Campus Club
Learn about interactive suicide prevention and mental health awareness activities for high school students.
PRESENTER: Lauren Hee, School Liaison Coordinator, NAMI California

Student Engagement: A Systemic Intervention in Reducing Bullying & Drop-Outs
Learn about a focused strategy to prevent bullying and create a school climate that protects students from dropout.
PRESENTER: Emily Jo Hernandez, LMFT, EdD, Assistant Professor, California State University Los Angeles
About Our Speakers

keynote speaker

The Honorable Dr. Shirley Weber represents California's 79th Assembly District, which includes parts of our host city. She was a leading proponent of San Diego's first school-based health center in 1989 when she served on the board of the San Diego Unified School District. As a legislator, she has authored laws and pushed for funds to improve children's lives. She is an outspoken advocate for investing in education and health to improve equity for California's children and youth.

closing speaker

Godwin Higa is the Principal at Cherokee Point Elementary School in the City Heights neighborhood of San Diego. His school was recently recognized by the Huffington Post as one of the few trauma-informed schools in the nation. Under his leadership, there have been zero suspensions for the last two years. Principal Higa is passionate about his students' success and demands that all students are treated with the utmost respect so they can succeed and thrive in academics and later in life.
The California School-Based Health Alliance Board Is Proud to Present

The 2015 School Health Champion Awards

Every year, the California School-Based Health Alliance Board of Directors recognizes advocates who work tirelessly to bring health care to kids at school. We applaud all of the dedicated school health practitioners and advocates who are helping ensure that every child has the chance to be healthy and successful. For 2015, we are proud to honor three champions for their outstanding contributions advancing school health through practice, policy, and school community leadership.

Outstanding Practitioner: Merry Grasska
Looking at the big picture is what Merry Grasska does best. As the Coordinator for Health Services at the Newport-Mesa Unified School District, Merry has led her district’s effort to increase collaborative partners so students can have the most resources to be healthy and ready to learn. The results? Students now have increased access to nutrition education, fitness, and behavioral health support. School staff are also benefiting from a wellness program to decrease stress and improve how they teach. Finally, her efforts have yielded very visible results in the form of a garden rejuvenation project at an elementary school. Merry is truly a champion for student health and academic success.

School Community Leader: Bruce McIver
As a health education instructor at the Elizabeth Learning Center in southeastern Los Angeles County, Bruce McIver has demonstrated a level of dedication to his students that is exceptional. He is a true partner of the school-based health center on his campus. He facilitates tours for his students to make sure they are comfortable in a medical setting. He also helps the health center conduct screenings for vision, obesity, STIs, and participates in the health center’s anti-bullying education. His students are better informed about personal and community health and are enthusiastically pursuing health careers.

Legislative Champion: Assemblymember Shirley Weber
As the representative of California’s 79th Assembly District, the Honorable Dr. Shirley Weber is an outspoken advocate for investing in education and health to improve equity for California’s children and youth. She was a leading proponent of San Diego’s first school-based health center in 1989. In 2014, under her leadership as Chair of the Assembly Budget Subcommittee on Health and Human Services, the committee proposed a significant reinvestment in public health programs, including funding for school-based health centers. Always at the top of her agenda is doing what it takes so California’s children have what they need to be successful.
### 10:45 AM – 12:00 PM

#### WORKSHOP 1 (CHOOSE ONE)

- **School-Based Oral Health Centers: Partnering to Provide Integrative Care** *
  - MARINA
  - Untreated dental problems are a major obstacle to student attendance and learning. Learn about a partnership among dental schools, school districts, and healthcare professionals to provide oral healthcare so students can be at school, ready to learn.
  - **SPEAKERS:** *Timothy Martinez*, DMD, Associate Dean for Community Partnerships and Access to Care/Assistant Professor; *Marisa Watanabe*, DDS, MS, Assistant Professor; *Sei Kim*, BS, BA, DMD 2016 Candidate – Western University of Health Sciences, College of Dental Medicine; *Mary Borja*, RN, FNP, BSN, MSN, Health Services Chairperson, El Monte City School District

- **Understanding Teen Sexual Health & Relationships: A Comprehensive High School Program**
  - DEL MAR
  - Sexually transmitted infections and unintended pregnancies among adolescents continue to be a major public health concern. Learn about a multi-component high school program to address teen sexual health, relationships, and behavior.
  - **SPEAKERS:** *Nicole Ressa*, BA, Director, School-Based & Youth Education; *Michelle Horejs*, MPH, CHES, Manager, School-Based Programs – Planned Parenthood Los Angeles

- **Comprehensive Wellness Policies: Using the Coordinated School Health Model**
  - EVANS 1
  - San Diego Unified School District adopted the Coordinated School Health model to develop a comprehensive Wellness Policy to address mental health, school climate, and staff wellness. Learn about this model and how you can adapt it for your district.
  - **SPEAKERS:** *Michelle Bell*, RN, BSN, MA Ed, Nursing & Wellness Program Manager; *Patrice Breslow*, RCSN, Program Nurse, Wellness/PowerSchool/EZ Track; *Kat Greenway*, RN, Special Projects Nurse, San Diego Unified School District

- **Using Private Insurance for Confidential Care: SB 138 & Minor Consent**
  - BELLE 1
  - A new state law prevents insurers from disclosing confidential health information when youth seek minor consent services. Get an overview of how this law affects services that youth can access and of the challenges in ensuring privacy of insurance information.
  - **SPEAKER:** *Rebecca Gudeman*, JD, MPA, Senior Attorney, Director of the Adolescent Health Law Project, National Center for Youth Law

- **Cultivating Mindfulness in Teachers & Students to Reduce Barriers to Learning**
  - BELLE 2
  - Unrelenting stress debilitates students and educators. Hear how elementary and middle school teachers enhanced their stress-coping skills and implemented stress-reduction practices that improved students’ readiness to learn and ability to self-regulate.
  - **SPEAKER:** *Lucy Vezzuto*, MA, PhD, Credentialed Teacher, Coordinator Student Mental Health & School Climate, Orange County Department of Education

- **Engaging Youth in School-Based Health Insurance Outreach**
  - PACIFIC
  - Hear about creative and sustainable activities that increase student awareness and involvement in health insurance coverage outreach. Develop lesson plans and learn how to engage youth in outreach and enrollment at your school.
  - **SPEAKERS:** *Lorena Sanchez*, Health Programs Coordinator, Children’s Defense Fund-CA; *Christine Arostigue-Manson*, Student Services Coordinator, Lynwood Unified School District

* This workshop does not qualify for LPCC, LEP, and/or LCSW. See p. 8 for details on Continuing Education Credits.
WORKSHOP 2 (CHOOSE ONE)

☐ Leveraging Policy Opportunities to Expand Care Coordination & Impact for SBHCs *

Health care reform continues to create incentives for improved care coordination. Learn about current major policy initiatives at the state level affecting community-based care and potential opportunities for school-based health centers.

SPEAKERS: Erynne Jones, MPH, Associate Director of Policy; Beth Malinowski, MPH, Assistant Director of Policy – California Primary Care Association

☐ Creating Trauma-Sensitive Schools

Learn about a framework for educators, principals, health care staff, and school counselors to serve students exposed to trauma. Engage in rich discussions that integrate personal experiences, explore consequences of trauma, and identify action steps for your school.

SPEAKERS: Lara Kain, Senior Director; Brock Cohen, Director; Erin Browder, Transformation Facilitator – Los Angeles Education Partnership

☐ Strengthening & Sustaining School Health Initiatives: A Framework & Toolkit

Learn how Alameda County and its partners have created and sustained comprehensive school health initiatives. Explore their new tools to help you make the case for school health and build the programs that link health and education for equity in your community.

SPEAKERS: Tracey Schear, MSW, LCSW, Director, Jamie Harris, EdM, Coordinator, Capacity Building & Community Schools – Center for Healthy Schools and Communities, Alameda County Health Care Services Agency

☐ Bringing Comprehensive Asthma Screening & Education to Your SBHC *

Hear about a school-based asthma screening and education program in West Oakland, a community with a high asthma prevalence and rates of asthma hospitalization. Learn about peer education groups and handheld spirometry screening, treatment, and referral.

SPEAKERS: Barbara Hollinger, RN, MSN, FNP-BC, Clinical Professor/ FNP clinician, UCSF/Lifelong Medical; Kristine Carter, RN, MS, PNP-BC, PNP clinician, Lifelong Medical

☐ Youth Engagement 101: Implementing Student-Led Health Programs

Learn how student-led health programs can increase visits to your SBHC. Find out how to engage youth at your school.

SPEAKERS: Rosario Rico, MPH, Health Program Coordinator, UMMA Community Clinic; Cynthia León, Project Coordinator, California School-Based Health Alliance

☐ Engaging Black Youth in Radical Healing: Social-Emotional Interventions at SBHCs

Learn strengths-based strategies that your school or SBHC can implement to build resiliency and self-efficacy in Black youth. Acquire tools and resources that can help integrate these ideas.

SPEAKERS: Mizan Alkebulan-Abakah, MPH, Clinic Supervisor, La Clinica de la Raza; Sizwe Andrews-Abakah, Co-Founder, Spearitwurx Foundation

CONTINUING EDUCATION CREDITS

All workshops meet qualifications for 1.25 hours of continuing education credits for RN and CHES.
All workshops except those marked with * qualify for LPCC, LEP, and/or LCSW.
CECs are $35. Payment is by cash or check only and can be delivered to ETR at their table near registration.

Behavioral Health Professionals: Courses meet qualifications for up to 3.75 hours of continuing education credit for LPCC, LEP, and/or LCSW as required by the California Board of Behavioral Sciences.
Registered Nurses: Provider approved by the California’s Board of Registered Nursing, Provider # 16259 for up to 3.75 contact hours.
Health Educators: Courses approved for CHES (Certified Health Education Specialists) for up to 3.75 hours of contact hours.

Thank you to our Instructional Partner ETR for providing continuing education credits (Provider numbers: BBS#5503, BRN#16259, CHES #CA0057).
### WORKSHOP 3 (CHOOSE ONE)

<table>
<thead>
<tr>
<th>3:00 – 4:15 pm</th>
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<tbody>
<tr>
<td><strong>☐ Developing an Integrated Referral Network to Address Childhood Obesity in Schools</strong></td>
<td><strong>MARINA</strong></td>
</tr>
<tr>
<td>A unique integrated referral network is supporting students at risk of obesity at three South L.A. high schools. Learn about the development of this network and hear about nutrition and physical activity tools that support at-risk students.</td>
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</tr>
<tr>
<td>SPEAKERS: Lucy Montoya, Project Coordinator; Donzella Lee, MPH, Healthcare Systems Policy Director – Community Health Councils</td>
<td></td>
</tr>
</tbody>
</table>

| ☐ Leveraging Chronic Absence to Trigger Early Intervention | **DEL MAR** |
| Do you know how to find out which schools and students are affected by chronic absence in your community? Learn to partner effectively and incorporate strategies into your Local Control Accountability Plan (LCAP) to address the causes of chronic absence. |       |
| SPEakers: Hedy Chang, MPP, Director, Attendance Works; Gordon Jackson, Director, Coordinated Student Support Division, California Department of Education |       |

| ☐ Linking Health & Education Needs: Conducting a School Health Services Needs Assessment | **EVANS 1** |
| A comprehensive needs assessment identifies and prioritizes school health assets and challenges. Explore Alameda County’s unique assessment toolkit, including instruments and engagement strategies, using Livermore School District as a case study. |       |
| SPEAKERS: Jamie Harris, EdM, Coordinator, Capacity Building & Community Schools; Eric Yuan, MS, School and Community Health Services Coordinator – Center for Healthy Schools and Communities, Alameda County Health Care Services Agency; Catherine Arthur, RN, FNP, District/School Nurse, Livermore Valley Joint Unified School District |       |

| ☐ Building a Framework for Mental Health Programs at Your School | **EVANS 2** |
| One in five students experience mental health issues that impact learning. Learn how mental health challenges and childhood trauma affect the safety and health of schools and students. Get strategies, frameworks, and tools to implement systems for student wellness. |       |
| SPEAKERS: Michael Lombardo, Masters in Organizational Management, Director Student Support Services, Placer County Office of Education; Barbara Kelley, MA, PPS, BICM, California PBIS Coordinator, PBIS California Technical Assistance Center |       |

| ☐ Youth Engagement 102: How Students Can Educate & Advocate for Health | **BELLE 1** |
| Learn about a youth development program that has been advancing youth-led health education for over 10 years. Hear how peer education programs contribute to the sustainability of SBHCs through increased utilization by students. |       |
| SPEAKERS: Kale Jenks, PsyD, School-Linked Services Manager; Julie Gardner, BS, Health Education and Youth Development Coordinator – Alameda Family Services, School-Based Health Centers |       |

| ☐ Free Flu Shots for Kids! One County’s Successful Partnership for Vaccines * | **BELLE 2** |
| The Orange County Department of Education, Kaiser Permanente, and the Orange County Healthcare Agency partnered to bring free flu vaccinations to schools in 2014. Learn about clinic planning, staffing, implementation, and results of this initiative. |       |
| SPEAKERS: Pamela Kahn, RN, MPH, Coordinator, Health and Wellness, Orange County Department of Education; Gale M. Ivie, BS, MPH, Senior Consultant, SCPMG Administration, Kaiser Permanente |       |

* This workshop does not qualify for LPCC, LEP, and/or LCSW. See p. 8 for details on Continuing Education Credits.
The L.A. Trust: Proud Partner and Supporter of the CSHA and health equity!

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- Making the Health Home Model Work for Boys & Young Men of Color
- Attracting & Retaining Adolescent Patients
- Vision to Reality: How to Build a School Health Center From the Ground Up

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Special thanks to ETR for providing continuing education credits.
conference schedule

FRIDAY, MAY 1

8:00-9:00 AM  Registration/Breakfast/Exhibits [Ventana]
9:00-10:15 AM Opening Plenary Session [The Pavilion]
               Featuring Assemblymember Shirley Weber
10:15-10:45 AM Exhibits/Poster Presentations [Ventana]
10:45 AM -12:00 PM Workshop 1
12:00 PM -1:15 PM Awards Luncheon [The Pavilion] & Exhibits [Ventana]
1:15 -2:30 PM  Workshop 2
2:30 -3:00 PM  Exhibits/Poster Presentations [Ventana]
3:00 -4:15 PM  Workshop 3
4:20 -5:00 PM  Closing Session & Raffle Drawing [The Pavilion]
               Featuring Godwin Higa

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