



## CASN 2018 Spring Workshop

**When:** March 3, 2018

**Location:** Adams 12 Conference Center  
1500 E. 128<sup>th</sup> Avenue  
Thornton, CO 80241

**Time:** 8:00 am- 4:00 pm

8:00-8:30 AM	Registration & Breakfast
8:30 – 8:45 AM	Welcome
8:45-10:45 AM	<i>Behold the Power of Sleep on Health and Academic Performance</i> - Dr. Vyga Kaufmann
10:45 AM-11:00 AM	Break
11:00AM-12:30 PM	<i>Dealing with Difficult People</i> - Michele Mitchell, PhD, MSW, LCSW
12:30-1:30 PM	Lunch
1:30-3:30 PM	<i>Advocacy 101: How to Use Your Voice to Improve Child Well-Being in Colorado</i> – Katie Creedon, M.A., B.S.
3:30– 4:00 PM	Wrap-Up

**Objectives:** Upon completion of this conference, participants will be able to:

- Identify the two theories that help explain why “difficult” behaviors can be challenging.
- Understand the three pillars of effective advocacy
- To gain an understanding about the scope of problems associated with insufficient sleep in school-age children and teens as well as behavioral interventions that can improve sleep in these populations.

**Contact Hours: 5.5**

**Hotel arrangements can be made with the following hotel.**

***Holiday Inn Express Hotel & Suites Denver North-Thornton***

12030 Grant St  
Thornton, CO  
303.452.0800  
\$125.00+ taxes/night

**School Nurses living further than 100 miles from the Denver Metro area have a special opportunity to attend via a remote learning link: this technology is much improved over last year. It is by LIVESTREAM- the same system that NASN uses.**

To register online using a credit card, please go to [www.blacktie-colorado.com/rsvp](http://www.blacktie-colorado.com/rsvp) and enter event code: **Casnspring2018** (All one word, not case sensitive)

*If paying by check please use the form below.*

**Conference Scholarships:** A limited amount of scholarships are available for this workshop. Note: **You must be a current member of CASN for the past 12 months to qualify for this scholarship.** Please contact Kathy Reiner: [klr6414@gmail.com](mailto:klr6414@gmail.com) or download the application form from <http://coloradoschoolnurse.org>. Completed application must be emailed to Kathy Reiner by **February 17, 2018.**

For any questions please contact: Meredith Urbani at [mereurbani@yahoo.com](mailto:mereurbani@yahoo.com) or 303.346.9444

Mail registration and payment to: Meredith Urbani  
 CASN Spring Workshop  
 9310 Cornell Circle  
 Highlands Ranch, CO 80130

## CASN Spring Workshop Registration Form

**Deadline for Registration is February 24, 2018**

Cancellation Policy: No refunds will be issued after March 1, 2018

*Please make checks payable to CASN*

Name		
Address		
Phone	Work:	Home:
Participant's Email		
District or Organization		NASN/CASN Member Number: _____ <b>Required for member discount</b>
Please Specify Any Dietary Needs		
<b>Payment - To attend In Person</b>	<b>CASN Members \$70.00</b>	<b>Non Members \$95.00</b>
<b>Payment- for online:</b> <i>For those nurses that live 100 miles from the Denver Metro area have a special opportunity to attend via a remote learning link:</i>	<b>CASN Members \$35.00</b>	<b>Non- Members \$45.00</b>



**Colorado Association of School Nurses**

**Annual Spring Workshop - Saturday, March 3, 2018**

Adams 12 Conference Center  
 1500 E. 128<sup>th</sup> Avenue  
 Thornton, CO 80241

<b>8:00 am – 8:30 am</b>	<b>Conference Registration and Breakfast</b>
Come early to connect with other Colorado School Nurses and enjoy a Continental Breakfast!	
<b>8:30 am – 8:45 am</b>	<b>Welcome from the Colorado Association of School Nurses, President-Elect</b>
<b>CASN President-Elect Patti Rojec MSN, RN, NCSN:</b> Patti is a Resource Nurse: Secondary - Cherry Creek School District	
<b>8:45 am – 10:45 am</b>	<b>Behold the Power of Sleep on Health and Academic Performance</b>
<p><b>Dr. Vyga Kaufmann is our speaker.</b> Despite the clear advantages of consistent sleep on overall health, more than 25% of school-aged children and teens receive inadequate sleep and report having difficulty awakening in the morning. Insufficient sleep is associated with behavioral problems, poor mental health, diminished physical health, difficulty concentrating, and lower academic grades. School nurses are optimally poised not only to assess whether sleep inadequacies may be contributing to issues of disruptive behavior, repeated illness, and mental or physical health problems but also to deliver health education and interventions targeting improvement of sleep. This presentation will include an overview of the adverse outcomes associated with insufficient sleep in school-aged children and teenagers, modifiable risk factors contributing to insufficient sleep, and behavioral interventions that can improve sleep in this population.</p>	
<b>10:45 am – 11:00 am</b>	<b>BREAK</b>
<b>11:00 – 12:30 pm</b>	<b>Dealing with Difficult People</b>
<p><b>Michele Mitchell PhD, MSW, LCSW</b> is a Talent Development Consultant at Children’s Hospital. She partnered with HR in developing a new training program for educating employees on dealing with difficult behaviors. She is recognized as SME (subject matter expert) on dealing with difficult people and provides support and guidance in the topic during leadership development courses. Dr. Mitchell graduated with a Master’s in Social Work degree in 2009 and a PhD in Psychology in 2015. This presentation will describe the two theories that help explain why “difficult” behaviors can be challenging. Participants will learn and practice different strategies for de-escalation, and describe steps one can take to protect themselves.</p>	
<b>12:30 pm – 1:30 pm</b>	<b>LUNCH – Included with Conference Registration</b>
<b>1:30 – 3:30 pm</b>	<b>Advocacy 101: How to Use Your Voice to Improve Child Well-Being in Colorado</b>
<p><b>Katie Creedon MA, BS,</b> is our speaker. She will discuss how school nurses can better advocate for their students through the legislative process. Katie manages the It’s About Kids (IAK) Network, which is the Children’s Campaign’s grassroots advocacy network. She is responsible for connecting with and providing resources to IAK leaders and communities statewide regarding policy issues affecting Colorado’s kids. Katie has her undergraduate degree from John Brown University in Family and Human Services. She has a graduate degree from the University of Denver in International Human Rights.</p>	
<b>3:30 – 4:00 pm</b>	<b>Wrap-Up</b>
We value your input! <b>Evaluations will be online.</b> Please make sure the <b>email address you give us is correct.</b>	