



Colorado Association of School Nurses
Annual Fall Conference
Loveland, Colorado
November 3, 4, & 5, 2017

School Nursing in 21st Century:
Connecting Physical and Mental Health to Learning

Learn more about this year's wide range of learning opportunities!

ST Standards of Practice	QI Quality Improvement	CC Care Coordination	LD Leadership	Co/PH Community/ Public Health
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Friday, November 3, 2017
Pre-Conference

ST	CC	Child Care Health Consultant Training 101: CDHS Department approved training for child care health consultants in Colorado 2017
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Mary Utsler MSN, RN will present this pre-conference. She received her Master's Degree in Nursing Education from Regis University in Denver Colorado. Mary obtained her Bachelor's Degree in nursing from Oklahoma Wesleyan University in Tulsa Oklahoma. She currently is Coordinator for Healthy Child Care Colorado based at Qualistar. Mary is an American Heart Association BLS/CPR instructor and teaches an assortment of trainings for Child Care Health Consultants and childcare providers in a variety of settings. This face-to-face training provides specific Child Care Health Consultation information and resources to those nurses and physicians serving in this role in Colorado childcare programs. Using lecture, scenarios, and interaction with colleagues, this training describes the role competencies that will foster a deep understanding of health, safety, and wellness practices in childcare settings. **8AM-12PM**

ST	CC	Successful Application of Diabetes Technology in the School Setting
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Leah Wyckoff, MS, BSN, RN, NSCN is a Diabetes Nurse Educator at Barbara Davis Center for Childhood Diabetes, University of Colorado; School Nurse Consultant, and Colorado Diabetes Resource Nurse Consultant. She is co-editor of the www.coloradokidswithdiabetes.org. Leah is the Co-editor of Helping Administer to the Needs of the Student with Diabetes in School (H.A.N.D.S), 2014 Revision, NASN and instructor of H.A.N.D.S. nationally. She is CASN Past President and Colorado Director for NASN.

Successful Application of Diabetes Technology in the School Setting continued

Cari Berget BSN, RN, CDE is a Certified Diabetes Educator (CDE) with over five years of experience in pediatric T1D clinical care and clinical research. She currently co-manages the Pediatric Artificial Pancreas research team at the Barbara Davis Center in Denver, Colorado, where the team has conducted thirty-plus studies on insulin pumps, CGM and Artificial Pancreas technologies over the last five years.

Ms. Wyckoff, and Ms. Berget will provide an overview of the available CGMs and insulin pumps as well as critical information on how these devices impact pediatric diabetes care and patient outcomes. Recent advancements in diabetes technology, including artificial pancreas technologies, will also be discussed. There will be a discussion of trainings for school staff, what health care plans to use, dependent versus independent student and problem solving. **8AM-12PM**

LD	ST	Competencies, Standards, and Rubrics, Oh My!
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Pam Nii BSN, RN, NCSN, AE-C will present this pre-conference. Pam Brunner Nii joined the Children's Hospital Colorado School Health Program in 1997. She provides nursing consultation services and coordinates the Quality Improvement activities of the School Health Program. Colorado school nurses need to navigate multiple descriptions of the school nurse role. This pre-conference aims to explore those descriptions and apply the elements to individual school nurse roles.

Participants are strongly urged to obtain a copy of the *School Nursing Scope and Standards of Practice, 3rd edition* from NASN prior to the workshop. 9AM-12PM

ST	CC	Child Care Health Consultation 201
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Theresa Rapstine MS, RN will present this pre-conference. Theresa has been a pediatric nurse for thirty years in the Emergency Department, developing and leading injury prevention programs and in school health. She has experience in public speaking and policy, is faculty for the Emergency Nursing Pediatric Course and serves on the Colorado Infant Safe Sleep Coalition. She helped guide Colorado's Office of Early Childhood mandate safe sleep rules in child care homes and centers in 2015. Theresa serves as a Child Care Health Consultant for Children's Hospital Colorado and the Coordinator for Healthy Child Care Colorado, based at Qualistar Colorado. This higher level CCHC training will motivate competency skill building through self-assessment and create proactive practices for health and safety through checklist, action planning, and policy development within programs. **1PM-5PM**

ST	CC	Trauma Informed Care
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Dr. Marcela Torres is a clinical psychologist with the Center for the Study and Prevention of Violence at CU Boulder. She has expertise in child social emotional development, child trauma and resilience, and the protective role of relationships throughout childhood. Dr. Torres regularly provides training, consultation and coaching to parents, educators, and mental health professionals in evidence-based trauma-focused interventions and relationship-based strategies for building resilience in children, youth, and families and within schools. This presentation will offer background on how trauma affects students' development across emotional, behavioral, social, and physical domains and the impact of trauma on brain development, learning and behavior at school. Participants will also learn valuable information about the key factors that contribute to resilience for trauma-exposed students, and specific strategies for building a trauma-sensitive school environment, including how school staff can support students exposed to trauma. **1PM-4PM**

LD	ST	Nurse Leadership Meeting
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Colorado State School Nurse Consultant, **Kathy Patrick, RN, MA, NCSN, FNASN** will facilitate a discussion of current issues in school nursing with Colorado school nurse leaders. Kathy is a nationally certified school nurse and was inducted as a Fellow into the National Academy of School Nurses. She has been the Colorado State School Nurse Consultant since 2006. Space for this session is limited and participants must register. **1PM-4PM**

Saturday, November 5, 2017

6AM Join Belinda Strickland and Karen O'Keeffe for a morning walk. Meet in the hotel lobby

QI	CC	Key Note: The Link Between School Attendance and Good Health
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Mandy Allison, MEd, MD, MSPH is a former teacher who is now a pediatrician. She is the policy coordinator for the American Academy of Pediatrics' Council on School Health and Medical Director for the Children's Hospital Colorado School Health Program. Dr. Allison conducts research about promoting early childhood development and communication between primary care providers and community nurses. Dr. Allison cares for her patients and teaches medical and PA students and Pediatric residents at the Child Health Clinic. This presentation will answer the following questions: What is Chronic Absenteeism? Why does chronic absenteeism matter? What are health related causes of chronic absenteeism? What are evidence-based interventions to address health-related causes of chronic absenteeism? What can school nurses do?

CO/PH	CC	New Trends in Substance Abuse
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Lynn Riemer is an Adjunct Professor at the University of Northern Colorado (UNC), and president of ACT on Drugs, Inc., a Non-profit organization with a mission to educate parents, teens, and professionals about addictive and psychoactive substances, both legal and illegal, which are available in their community. With her in depth chemistry knowledge of drugs, having served with DEA and on the North Metro Drug Task Force, and her engaging style she brings a real, personal, and vivid face to the issues presented by illicit drug use. Opiate addiction is taking over the nation and the statistics are alarming. One person every fourteen minutes dies of a prescription drug overdose. Heroin use has increased over 7% in the last four years, and the number of children born addicted to opiates is skyrocketing.

**Visit
CASN Merchandise Table
Silent Auction Baskets
Break: 9:30-10:15**



**Lunch and Exhibits
11:30 am – 1:00 pm**

THANK YOU TO OUR WONDERFUL SPONSORS & EXHIBITORS!

**BREAKOUT SESSIONS: ROUND 1
1:00 pm – 2:00pm
Choose One**

ST	LD	School Nursing Legal Responsibilities For Students Before and After the Bell
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Liz Clark, MSN, RN, NCSN, is the presenter for this Breakout. Ms. Clark has over 20 years' experience in school nursing. She authored the chapter, "School Sponsored Before, After, and Extended School Year Programs" in Legal Issues for School Health Services, published in 2017. She is the recent past NASN Director from Colorado, and a CASN Past President and Treasurer. She currently works in the Boulder Valley School District as the School Medicaid Coordinator. She received her Master's Degree in the Nursing Care of Children from the UCHSC in 1991. Ms. Clark is a member of ANA, NASN, CASN. This session will provide guidance for school nurses practicing in Colorado. Ethical and legal aspects will be discussed regarding before, after, and extended school year programs.

CO/PH	CC	Basic Gang Identification
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Officer Brent Maksyn, from the Aurora Police/Gang Officer, is the speaker of this breakout session. This presentation will assist attendees take necessary precautions in their work places when dealing with gang members or their associates within their workplace.

CO/PH	CC	Emerging and Re-Emerging Vaccine-Preventable Diseases in Colorado: Impact on School Settings
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Nicole Comstock MSPH and **Meghan Barnes MSPH** are co-presenting this breakout. They are both Epidemiologists at the Colorado Department of Public Health and Environment's (CDPHE) Communicable Disease Branch. **Ms. Barnes** has been an

Emerging and Re-Emerging Vaccine-Preventable Diseases in Colorado: Impact on School Settings continued

epidemiologist with the Communicable Disease Branch at the Colorado Department of Public Health and Environment (CDPHE) for ten years. She currently leads the Vaccine Preventable Unit that monitors disease trends and provides technical assistance and expertise to health care providers, hospital infection control practitioners, local health agencies, regional epidemiologists, and school nurses regarding testing, diagnosis, treatment, and disease control for vaccine preventable diseases in Colorado. **Ms. Barnes** will discuss select vaccine preventable diseases occasionally encountered in school settings such as pertussis, mumps, measles, chicken pox, and some forms of meningitis. Topics included will be information on the disease, epidemiology, vaccination, and CDPHE's recommendations for controlling the spread of disease.

Ms Comstock received her Bachelor of Science degree in Environmental Health from Colorado State University and a Master of Science in Public Health degree at the University of Colorado Health Services Center. She has been an Epidemiologist at Colorado Department of Public Health and Environment's Communicable Disease Branch since 2002. Much of her work is focused on communicable disease surveillance and outbreak investigation. **Ms. Comstock** will focus on current infectious disease issues in Colorado and how they impact schools Public health surveillance data will be presented, as well as public health recommendations for disease control.

CO/PH	CC	Street Drugs-What You Need to Know
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Lynn Riemer is an Adjunct Professor at the University of Northern Colorado (UNC), and president of ACT on Drugs, Inc., a non-profit organization with a mission to educate parents, teens, and professionals about addictive and psychoactive substances, both legal and illegal, which are available in their community. With her in depth chemistry knowledge of drugs, having served with DEA and on the North Metro Drug Task Force, and her engaging style she brings a real, personal, and vivid face to the issues presented by illicit drug use. Over the counter medication is being widely abused to get high without users knowing the full dangers these "legal" substances present. Alcohol continues to plague the nation as new ways to get drunk are popping up with teens and young people. Marijuana use is increasing across the nation as perception of harm decreases. Marijuana on the street and sold in dispensaries today is extremely potent. This breakout will provide valuable training to help identify substances of abuse, create a better understanding of how drug use affects all of us.

CC	ST	Anxiety 101: Identification to Brief Interventions
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Scott Cypers BA, MS, PhD., has worked for the past thirteen years in various clinical roles including Director of Anxiety and Stress Programs at Children's Hospital, Colorado, as a Psychologist working with active duty military at Buckley Mental Health, as well as working for many Universities in student health services in various roles. At each place he has worked, Dr. Cypers has built innovative programs to address the range of mental health issues, most notably in the areas of stress, anxiety, and promoting help seeking behaviors. This presentation will better prepare you to catch anxieties that may show up in your office, and understand ways to help those you identify as anxious.

CC	ST	My Student is Seizing- Now What?
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Cristi Wayne, BSN, RN, CPN has five years' experience as an RN in the Neurology Department at Children's Hospital. She is the RN coordinator for the Integrative Epilepsy Clinic where they treat and support non-epileptic patients. She works closely with the Epilepsy Foundation of Colorado and attends both epilepsy summer camps as an epilepsy camp RN. She provides the seizure safety training for both camps and families in the Neurology clinic. This presentation will discuss overall seizure safety and administration of seizure rescue medications. Time will be given to answer specific questions.

BREAKOUT SESSIONS: ROUND 2

2:15 pm – 3:15 pm

Choose One

ST	LD	Are You Aware This is the Law?
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Kathleen Patrick MA, BSN, RN, NCSN, FNASN has been the Assistant Director of Student Health Services in the Health and Wellness Unit at the CDE since 2006. Ms. Patrick started her career in school nursing in 1994 and received her Master's in Educational Counseling in 1999. Her prior job experience was in public health nursing. She works with the school districts and school nurses around the state of Colorado by providing professional development and technical assistance. She is active in both the National Association of School Nurses and the National Association of State School Nurse Consultants. There are many laws in Colorado that relate to schools especially regarding health services and school nursing. This will be a review of current statutes including rules from education and health.

CO/PH	CC	Safe2Tell
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Safe2Tell Colorado is a prevention initiative that provides an anonymous method of reporting safety threats or concerns. All

Safe2Tell continued

reports made, generate an immediate, live response and are received 24/7 via telephone, online or through a mobile app. What started as a small, non-profit organization has evolved into a statewide program, now proudly supported by the Colorado Attorney General's Office. Recognizing the importance and value of student voices, coupled with today's digital age making it easy for small issues to morph quickly into dangerous situations, Safe2Tell educates youth on the how's and why's to report any threats to their own safety and to the safety of others. With a shared goal to save lives and to prevent tragedies such as Columbine from ever happening again, Safe2Tell collaborates with many partners including youth, parents, law enforcement, government agencies, and community groups. In this session, come learn about how Safe2Tell started, how its proven method works, and how in your roles, you can be an advocate for school safety. Speakers for this breakout: **Suzi Karrer**, Lead Program Manager of Safe2Tell, **Laura Howsden**, Safe2Tell Program Assistant, and **Bill Kitamura**, Safe2Tell Operations and Communications Administrator.

CO/PH	CC	An Introduction to Human Trafficking in Colorado
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Maria Trujillo MA is the Human Trafficking Program Manager at the Colorado Department of Public Safety. She coordinates the efforts of the Human Trafficking Council. Ms. Trujillo joined the division in December 2014 after spending the previous six years in Houston, Texas as the Executive Director of the non-profit, United Against Human Trafficking (UAAHT). Ms. Trujillo obtained her Master's Degree in International Communications at American University in Washington DC. Ms. Trujillo serves as a speaker and expert technical advisor on the issue of human trafficking. Human Trafficking is a lucrative and thriving industry that takes place around the globe and right here in Colorado. This interactive training program developed by the Council is the first in a series of training programs. The program is designed to provide participants foundational information on the topic rooted in a Colorado context. Participants will learn how to respond to potential victims.

CC	CO/PH	Food Allergies: Keeping Students Safe and Included
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Jenny Kleiman Dowd, MA is the Community Engagement Senior Associate at Food Allergy Research and Education (FARE). She received her Master of Arts (M.A.), Social Service Administration and Bachelor of Science (B.S.), in Human Development and Family Studies. Food Allergies: Keeping Students Safe and Included provides a foundation for school staff and administrators on food allergy management in schools, including facts and statistics, recognizing and treating anaphylaxis, best practices for safety and tips for inclusion.

LD	QI	The Campaign For the Future of School Nursing
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Kathy Reiner MPH, BSN, RN is a School Nurse Consultant and member of the Health Services Management Team for Aurora Public Schools. Previously, she worked in the public health arena in the study of communicable diseases and injury epidemiology. In that role, Ms. Reiner authored and contributed to articles regarding head injury and infectious disease. Professionally, Ms. Reiner has twenty years' experience as a school nurse. She is the Colorado Director to the National Association of School Nurses. In 2010, The Institute of Medicine released the report. The Future of Nursing: Leading Change, Advancing Health. The report became the foundation of the Robert Wood Johnson Future of Nursing. In this presentation, Ms Reiner will explore how school nurses' current practice aligns with the recommendations and how we are strategically placed to respond to current health care challenges.

ST	CC	What Do You Mean That's Not a Seizure? Do I Need to Call 911?
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Cristi Wayne, BSN, RN, CPN has five years' experience as an RN in the Neurology Department at Children's Hospital. She is the RN coordinator for the Integrative Epilepsy Clinic where they treat and support non-epileptic patients. She works closely with the Epilepsy Foundation of Colorado and attends both epilepsy summer camps as an epilepsy camp RN. She provides the seizure safety training for both camps and families in the Neurology clinic. Stress is at an all-time high in our society. Stress can trigger non-epileptic spells (formerly known as pseudo-seizures). This presentation will discuss the response to a non-epileptic seizures.

BREAKOUT SESSIONS: ROUND 3		
3:30 pm – 4:30 pm		
Choose One		

CO/PH	CC	Understanding the Refugee Journey and Promoting Refugee Wellness
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Tammy Wollbrink BSN, RN, NCSN, current President of CASN, began her work in health as an Emergency Medical Technician. Her experience as a Registered Nurse includes Telemetry, Emergency, Emergency Services Education, and School Nursing. Ms. Wollbrink received her Bachelor's Degree in Nursing from Regis University. She currently works in a school district that

Understanding the Refugee Journey and Promoting Refugee Wellness continued

consists of students from over one-hundred and thirty countries, speaking over one-hundred and fifty languages. Ms Wollbrink was the recipient of the 2015-2016 CASN School Nurse of the Year Award. She presented at the CASN, Children's Hospital, and National Association of School Nurse (NASN) Conferences. This presentation will provide an overview of refugee demographics, journey, and resettlement experiences. Relations between past trauma and cultural adjustment stressors and refugee wellness will be explored. Case examples and cultural considerations for addressing refugee health and mental health needs will be presented.

CO/PH	CC	Children's Mental Health: Moving From Discipline to Solutions
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Sarah Davidon Ed.D. is the Research Director at Mental Health Colorado, and Faculty at the University of Colorado School of Medicine with more than fifteen years' of research, policy development, and leadership in children's mental health in Colorado, with a focus on early childhood. Dr. Davidon is a graduate of Bryn Mawr College and the Harvard University Graduate School of Education. She received her doctorate from the University of Colorado School of Education and Human Development. Growing consensus is that if children with mental health issues are identified early, and get support and treatment they need, they are more likely to finish school, attend college and hold a steady job. More traditional forms of discipline, particularly suspension and expulsion, increase the likelihood of getting into more trouble. This presentation will address how we can rethink challenging situations in early childhood and elementary school age children that might result in suspension or expulsion through a mental health lens.

LD	School Nurse Certification Revisited
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Teresa Ross MSN, RN, NCSN is a nationally certified school nurse with eighteen years school nurse experience. She is the Colorado NBCSN Liaison. Teresa has been active in CASN since 2003, holding several CASN Executive and General positions including President from 2012-2013. Teresa is a member of the National Association of School Nurses (NASN), Colorado Association of School Nurses (CASN), and the American Nurses Association (ANA). Have you thought about becoming nationally certified but don't know where to start? This presentation will give an overview of school nurse certification, requirements for the examination and resources to help you prepare you for the examination.

QI	ST	Bias and Equity: What Does This Really Mean and How Does This Show Up in Your Role as a School Nurse?
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Sarah Blumenthal MSN, RN has been a registered nurse for thirty-four years, including the past fifteen years for Denver Public Schools (DPS). Her current role in DPS include central nursing leadership teamwork, professional learning coordinator, school nurse mentor/preceptor coordinator, peer evaluation support and other duties as assigned! Nurses do not have biases, right? Hm...not so fast! This interaction session will provide participants with opportunities to examine the meaning of bias and equity, explore how personal bias show up and identify how they have the power to influence personal and professional relationships. Participants will leave with a heightened awareness and tools to support deeper learning around this highly sensitive topic.

ST	CC	CO/PH	Expanding Your Asthma Tool Kit
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Christy Haas-Howard MPH, BSN, BA, has been a school nurse with Denver Public Schools (DPS) since 2005. Since 2013, she has been guiding the implementation of school-based asthma management programs. As a member of the Asthma Advisory Committee for NASN she contributed to the 2015 publication, "School Nurse Evidence-Based Clinical Guidelines: Asthma". In 2016, she became the program manager for the Healthy Learner Asthma Grant at the Colorado Department of Education (CDE) funded by the Kaiser Foundation. In this breakout session, you will be able to practice key skills will help you support your students with asthma. This skills session will complement the online training. Applying Best Practice Asthma Care in Schools offered through the CDE. It is highly recommended that nurses who register for this breakout session take a 4 hour online asthma training in advance of the conference. Our Administrative Assistant, Meredith Urbani will send you the link when you register.

LD	CC	Google Apps for School Nurses
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David Van Sicklen is a Google Certified Educator Level One and Two. He has taught for six years, fourth through sixth grade, and Technology Kindergarten through fifth grade. Mr. Van Sicklen currently works as a Personalized Learning Partner in Aurora Public Schools where he works with teachers to guide them how to leverage resources to better personalize the learning in their classrooms. This session will highlight the features of Google Suite and how it can be utilized to increase collaboration between school nurses. Basic and more advanced features of Google Drive and Gmail will be covered. Mr. Van Sicklen looks forward to increasing your skill set of using Google tools! He is originally from Wisconsin and says, "Go Packers"! **School Nurses, please bring a lap top, chrome book, I-Pad or other devise.**

Saturday evening: CASN Awards Banquet

Sunday, November 5, 2017

6am Morning Walk: Join Belinda Strickland & Karen O'Keeffe in the hotel lobby

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Colorado School Nurse Updates

Colorado's State School Nurse Consultant, **Kathy Patrick, MA, BSN, RN NCSN, FNASN** will give the latest information on current hot topics. Kathleen has been the Assistant Director of Student Health Services in the Health and Wellness Unit at the CDE since 2006. Kathleen started her career in school nursing in 1994 and received her Master's in Educational Counseling in 1999. Her prior job experience was in public health nursing. She works with the school districts and school nurses around the state of Colorado by providing professional development and technical assistance. She is active in both the National Association of School Nurses and the National Association of State School Nurse Consultants.

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A Debrief on the 2017 Legislative Session and a Look Ahead

Diana Protopapa, MSW, Partner of Frontline Public Affairs, Ms. Protopapa has worked in the legislative and regulatory arena since 2000 as an accomplished lobbyist, political strategist, and grassroots mobilizer. She is well known for her ability to get complex legislation over the finish line based on her strong relationships with elected officials and collaborative approach with key stakeholders. Prior to joining Frontline Affairs, Ms Protopapa worked at the Colorado Medical Society for ten years, serving as Director of Political Affairs and Education. As head of the Colorado Medical Political Action Committee, she led fundraising and political outreach campaigns. Early in her career, she also held policy and lobbying positions with several not for profit organizations. Ms. Protopapa holds a Bachelor's Degree in Communications from Kent State University and a Master's Degree in Social Work (MSW) from the University of Denver. Ms. Protopapa will give us a debrief of the 2017 Legislative Session and a look ahead to 2018.

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How to Save Your Life and Career in the 21st Century: Lead, Laugh & Lighten Up- Key Note

Donna Strickland, MS RN PMHCNS-BC is the President of the Colorado Nurses Association, an Advanced Practice Psychiatric Nurse, and one of five Registered Nurses in the nation who is also a *Certified Speaking Professionals*. Donna has successfully traveled the nation teaching healthcare providers how to Lead, Laugh, Lighten Up, and Look at their own personal journeys and the impact they have on others. Donna is a national speaker, coach and organizational development consultant with more than 25 years of experience and well over 2.5 million workshop participants/audience members to her credit. Donna's clients have included The Mayo Clinic, CoorsTek, American Hospital Association, NASA, Hewlett-Packard, Lucent Technologies, Texaco, AT&T, Continental Airlines, Methodist Hospitals, Columbia-Presbyterian Medical Center, ACX Technologies, Voluntary Hospitals of America, the American Nurses Association, the American Hospital Association, Merrill Lynch, the United States Dept. of Interior, the United States Air Force and hundreds of health care organizations around the country. Ms. Strickland will lead us in a fun-filled playful journey teaching us about Laughter and Leadership in the 21st Century. To make it in this wild wacky world, you need to re-examine your basic assumptions about nursing, life, liberty, and the pursuit of happiness. Come learn how to lighten up, let go, and loosen up so you can take the risks you need to live the kind of life you really want. The future is now and the choice is yours.

*You are invited to our CASN Annual Awards Banquet
as we recognize our nominees
and distinguished award recipients this year.
Delicious food, Great company and
Wonderful music & entertainment!*

**Nationally certified school nurses can use
These contact hours to renew certification!**