



Reflect Regroup Recharge

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**SUBMIT A NOMINATION FOR THE
2019 SCHOOL NURSE PAL AWARD**
See Page 3 of this Brochure

Photo by

Description:

This year the focus will be on the mental health of the school nurse and the resiliency needed to regroup and recharge during the school year. Self awareness, skills, advocacy, and communication will highlight this year's symposium.

Outcome:

School nurses who attend will have noted improvements in their own practice utilizing the skills and lecture discussed and implemented from the presentations.

Target Audience:

School Nurses in the public and private setting.

Credit:

6.25 CNE Hours

6.25 Contact Hours

Participants must attend the entire program to receive credit.

Registration Fee:

\$110 Breakfast & Lunch Included

Location:

Coastline Conference & Event Center

501 Nutt Street

Wilmington, NC 28401

Read more about accommodations on page 2

Agenda:

7:15 - 7:55 AM	Registration and Breakfast
7:55 - 8:00 AM	Welcome & Announcements
8:00 - 9:30 AM	<i>Yoga for All: Evidence and Experiential. Understanding and Experiencing the Impact on Physical, Functional and Mental Well Being.</i> Fred Hoffman, E-RYT200, Yogafit
9:30 - 9:45 AM	Break
9:45 - 11:30 AM	<i>Common Pediatric Mental Health Conditions: How school nurses can recognize the signs and interpret the evidence.</i> April Bice, PhD, CPNP, RN & Diane Parker, FNP-BC, RN
11:30 AM - 12:45 PM	Lunch - This year we will also award the 2nd annual outstanding school nurse award, The PAL Award , named for school nurse Phyllis Avery Lane, will be awarded to an outstanding school nurse in the region.
12:45- 2:15 PM	<i>Don't You Forget About Me: Navigating the Trenches, Maintaining Our Purpose</i> Ashley Swinson, MSW, LCSW and Lisa Brooks, MSW, LCSW
2:15 - 2:30 PM	Break
2:30- 4:00 PM	<i>Don't You Forget About Me...</i> Continued
4:00 PM	Adjourn

Our Faculty



Fred Hoffmann is in his sixteenth year in middle grades science. Curiosity, however, lead him to investigate yoga back in 2009. Since that time he has become an E-RYT200 through Yoga Alliance (Experienced - Registered Yoga Teacher with 200 hours of direct instruction and over 1,000 hours of leading instruction) and a YogaFit Master Trainer ,employed for 3 years and having lead over 80 trainings worldwide.



Dr. April Bice, PhD, CPNP, RN is an Assistant Professor and Certified Pediatric Nurse Practitioner at the University of North Carolina Wilmington. Her teaching is focused on advanced primary care of infants, children, and adolescents as well as professional nursing and nursing research. Dr. Bice teaches distance education courses in the RN to BSN program and a Hybrid course in the Family Nurse Practitioner program. Dr. Bice has been a registered nurse in the field of pediatrics for 13 years. In that time her focus and expertise has been on pediatric health and wellness, pediatric pain management, and pediatric procedural comfort enhancement.



Diane Parker, FNP-BC, RN is a board certified Family Nurse Practitioner and Graduate Clinical Coordinator at the UNCW. She is the primary responsible party for helping over one-hundred Family Nurse Practitioner students find appropriate clinical placement and a preceptor in the area of adult health, pediatric health, and women's health each semester. Diane graduated from UNCW with her MSN in 2001. In addition to her experience in advanced nursing practice for 16 years, she has been a registered nurse for 30 years, primarily in the field of child health and focused expertise in adolescent health, the health of communities and prevention of infectious disease in children.



Ashley Swinson, MSW, LCSW, Certified Therapist in EMDR and Founder of TIDE Associates, maintains a full-time private practice specializing in trauma-informed care. She also provides professional development services to mental health practitioners and holds an adjunct faculty position with UNC Wilmington. Areas of expertise include eating disorders, anxiety disorders, traumatic experience, dissociation, and secondary traumatic stress among professionals.



Lisa Brooks, MSW, LCSW, National TF-CBT Child Therapist/Interviewer and Founder of Wilmington Thrive Tribes. Lisa's primary area of interest is encouraging transformation, growth, self-love, and self-care amongst mental health professionals that are exposed to high levels of stress and trauma. She holds a full-time faculty position with UNC Wilmington. Areas of expertise include child sexual abuse, traumatic grief, and secondary traumatic stress.

ACCOMODATIONS

Discounted rooms rates are available for a limited time. Space is limited as well.

Embassy Suites by Hilton
9 Estell Lee Place
Wilmington, NC 2801
Walking Distance

Discount Price:
\$179/night + tax and fees
Parking: \$13/day self-park | \$20/day valet

Call 1-800-HILTONS and use discount code:
SEAHEC School Nurse Conference
Group Code: HEC

Contact Information:
Click [here](#) to book room online

Reservation Deadline: May 14, 2019

Best Western
503 Nutt Street
Wilmington, NC 28401

Discount Price:
\$109/night + tax and fees

Discount Code:
SEAHEC School Nurse Conference

Contact Information: (910) 763-2800

Reservation Deadline: May 13, 2019

2019 School Nurse PAL Award

GENERAL INFORMATION

The Phyllis Avery Lane (PAL) Award was created to publicly recognize school nurses and school nurse administrators in the state of North Carolina by annually honoring 1-3 school nurses per year.

The criteria includes a school nurse's efforts to:

- influence school health policy,
- to promote evidence-based practices,
- and to work effectively with others.

Eligibility:

- The nominee must be a Registered Nurse.
- The nominee must be practicing full time as a school nurse in North Carolina (full-time meaning the full position that is available).

This award will be given at the South East Area Health Education Center's (SEAHEC) Coastal School Nurse Symposium on June 14, 2019 at the Coastline Convention & Event Center.

The namesake of the award is Phyllis Avery Lane, who is recognized for advocating for her field and performing heroic life-saving acts of a child at her school, while battling cancer.



TO APPLY FOR THE PAL AWARD

1. Fill out the attached nomination form completely. Make sure all questions are answered fully. Submit answers on the attached application.
2. Submit one letter of reference from a nursing professional colleague or faculty member supporting the qualifications and achievements of the applicant. This needs to be mailed in a sealed envelope, along with application and transcript or emailed to tandra.miller@seahec.net from the author. **All deadlines apply.**
3. A school nurse may be nominated by a school nurse, administrator, supervisor, teacher, parent, student, or others affected by the school nurse administrator's scope of practice.

A brief narrative by the nominator summarizing the nominee's accomplishments using the following categories below as a guide:

1. **Creative** school program/ideas
2. **Administrative leadership and collaboration** (program planning, implementation, management; policy and procedure development)
3. **Professional development and collegiality** (participates in continuing education, provides continuing education for staff, membership in the School Nurse Association of NC - SNANC)
4. **Community involvement and advocacy** (participation in community organizations, initiator of projects, award recipient) resume or Curriculum Vitae

Applications will be reviewed and judged anonymously by the awards committee. All decisions by the committee are final. All SEAHEC awards are awarded without regard to race, sex, religion, age or national origin.

* Click [here](#) for the application form *

**ALL REQUESTED MATERIAL MUST BE EMAILED
BY APRIL 30, 2019 TO BE ELIGIBLE FOR CONSIDERATION**

MAIL TO:
NCNA South East Regional Scholarship
Tandra Miller, Project Specialist
SEAHEC, 2511 Delaney Ave, Wilmington, NC 28403

EMAIL TO:
Tandra.miller@seahec.net

Registration fee: \$110 includes credit, cost of instruction and breakfast and lunch.

Payment methods: Full payment must accompany your registration. Payment may be in the form of: cash, check (payable to SEAHEC), Visa or MasterCard.

In Person or by Mail: **2511 Delaney Ave.
Wilmington, NC 28403**

By Fax (*credit card only*): **866-734-4405**

Online (*credit card only*): www.seahec.net

Refunds/Cancellations: Notification must be received at least two business days prior to the start date, you may choose one of the following:

- ▶ Receive a refund, minus a 30% processing fee;
- ▶ Provide us with the name of a substitute who will attend the program in your place;
- ▶ Transfer registration to a different SEAHEC program. If the transfer results in a balance due, payment is due at the time of transfer. If the transfer results in a refund, the amount refunded will be minus 30% processing fee.

If notification is received less than 2 days prior to start date, SEAHEC is unable to process any refund option.

Credit:

6.25 Contact Hours

6.25 CNE Contact Hours

No Partial Credit will be given. Participants must attend the entire program in order to receive credit.

SEAHEC is an approved provider of Continuing Nursing Education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Register Today!

Submit a nomination for the School Nurse PAL Award by April 30, 2019



If you have any question concerning accessibility or special needs assistance please call 910-667-9330.

In order to receive all course notifications and materials, you must have an up-to-date account at www.seahec.net Thank you!

SEAHEC REGISTRATION FORM

Event Name: 2019 Coastal Carolina School Nurse Symposium 6/14/19		Event # : N58479 Cost: \$110	
Participant Name:			
Title/Occupation		Last 4 Digits of SS#	
Preferred Email		Credentials	
Home Address			
Home City/State/Zip		Home Phone	
Workplace/Dept.		Work Phone	
Work Address			
Work City/State/Zip			
Payment Method (if applicable)	Cash	Check	Visa MasterCard
Credit Card#			Exp Date
Printed Name as Appears on Card			
Cardholder's Address			Zip Code
Cardholder's Signature			