

SCHOOL NURSES: Best Practices for Addressing Mental Health Issues in Your Schools



A Unique One-Day Live Online Seminar Presented by

Vickie Beckwith, RN, MSN, PHN

Outstanding School Nurse and National Presenter

Specifically Designed for School Nurses, District Nurses and School Health Services Coordinators Serving Students in Grades K-12

Be better prepared for the mental health issues in your schools ... **What every school nurse should know about mental illnesses** and signs of mental health concerns

Recognize the vital role school nurses have in supporting the mental health and well-being of students

Identify and destigmatize common mental health issues and learn the next steps

Discover **evidence-based models, programs and strategies** for support of those involved with mental health issues

LIVE ONLINE SEMINARS

December 4

9 AM Central, 8 AM Mountain,
7 AM Pacific, 10 AM Eastern

December 17

9 AM Eastern, 8 AM Central,
7 AM Mountain, 6 AM Pacific

State CEUs and Graduate Credit Available
Nursing CEUs Available in Certain States
See page 6 for details

CAN'T ATTEND?

Order the recorded version
and take the seminar online at
your convenience (see page 6)

*"Great content, videos
and examples."*

— NOREEN FLEMMING, RN, SCHOOL NURSE

Ten Key Benefits of Attending

"Great resources and ideas to increase effectiveness and communication."

– JAMIE STANKARD,
SCHOOL NURSE



Who Should Attend

School Nurses, District
Nurses and School Health
Services Coordinators
Serving Students in
Grades K-12

1. **What Every School Nurse Should Know About Mental Health Issues in Schools**

Build your understanding and skills to better help and assist students faced with the challenges of mental health issues ... What school nurses can do to support students with mental and behavioral health concerns

2. **Mental Health First Aid: Be Better Prepared**

Learn the basics of mental health first aid and the important role of the school nurse in supporting the well-being of students and staff ... Tips and strategies to reduce the stigma and barriers to appropriate care

3. **Key Issues Impacting Student Mental Health**

Gain an understanding of mental health disorders and receive resources and guidelines to build a safer environment for your students

4. **Explore the Impact of Bullying on Students' Mental Health**

Gain tips and strategies to recognize the impact of bullying in your school ... Review methods to reduce bullying and improve school connectedness

5. **Evidence-Based Models and Programs**

Discover evidence-based programs schools and districts are implementing to address today's mental health concerns ... Ideas you can use to develop mental well-being in your own schools

6. **Strategies for Depression, Anxiety and Disruptive Behaviors**

Identify and support students who may experience depression and anxiety that impacts their ability to fully participate in school

7. **Practical Strategies to Reduce Unnecessary Office Visits**

Don't let excessive, repeat student visits frustrate you ... Discover the best ways to reduce visits, build resiliency and support students staying in their classrooms

8. **Examine the Signs of Suicide in Students and Interventions You Can Use**

What are the suicidal warning signs and risk factors ... Learn effective techniques to provide therapeutic interventions

9. **Motivational Interviewing: An Evidence-Based Approach You Can Use**

How to listen and engage with others, gain insight into student issues, facilitate change and support a student's journey toward improved mental health ... Hands-on experience and practice

10. **Receive a Comprehensive Digital Resource Handbook**

Dozens of resources designed specifically for school nurses ... You'll leave with a comprehensive digital resource handbook

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- What school nurses can do to **support students with mental and behavioral health concerns** ... Strategies and resources you can use right away
- **Learn evidence-based techniques and strategies** to address the ever increasing mental health issues in your schools
- **Be better prepared for mental health issues** that impact students' ability to participate in school ... Practical strategies, resources and information you can use to be more proactive
- **Recognize the vital role nurses play** in prevention and promotion of the emotional and mental well-being of students
- Mental health first aid ... **Why and how problems develop** and what you can do to help
- **Examine your role in response** to the escalation of violence and concerning behavior in school due to mental health issues
- How to use trauma informed practices to **decrease stigma and barriers to mental health care** and increase student motivation to make a change
- **Strategies to understand and support** depression, anxiety and disruptive behaviors
- **Tips for supporting students in crisis**
- **Respond with greater confidence** to a mental health crisis or emergency
- Up-to-date, best practices for **prevention/intervention of bullying**
- **Learn strategies for increasing suicide prevention** and getting students the help they need
- **Gain insight** into working with frequent visitors to the school nurse
- **Build confidence in discussing sensitive issues and risky behaviors**
- Develop skills to **have more constructive conversations** and less conflict



"Thank you, Vickie, for sharing your knowledgeable nursing experiences with us!"

– ALESSA ALARCON, SCHOOL NURSE

Practical Ideas and Strategies

Today, more than ever, mental health issues are surfacing with serious implications for individual students as well as the entire student body. School nurses are in a unique position to play an active role in mental wellness promotion, mental health screening and early intervention programs in the school setting.

This seminar has been developed specifically to equip you, the school nurse, with the information, resources and strategies you can use in your schools to better address mental health issues. Highly experienced school nurse and national trainer **VICKIE BECKWITH** will spend the day helping you prepare and plan for mental health first aid, work with students in need, and recognize symptoms and signs of depression, anxiety and other behavioral and mental health issues. She will share numerous resources, strategies, tips and practical ideas she has gathered throughout her extensive school nursing experience that will increase your knowledge and confidence in supporting students and schools facing potential mental health issues.

You will discover practical ways to communicate more effectively with students, teachers and parents. In addition, you will gain insight and strategies that will enable you to more comfortably support students with behavioral health issues.

You'll leave this seminar with an extensive digital resource handbook as well as dozens of ideas you will be able to use immediately to enhance your practice as a school nurse in addressing the mental health issues in your schools.



A Message From Seminar Leader, Vickie Beckwith



Uniquely Qualified Instructor

VICKIE BECKWITH not only brings over 25 years of practical school nurse experience to her seminars, but also a passion and enthusiasm for the valuable and critical role school nurses play in schools, especially as it relates to mental health issues.

She has implemented numerous, innovative programs to improve student outcomes and has served as a mentor for new school nurses for over a decade, including being a preceptor for BSN students completing their public health rotation in the school setting. She has been a frequent presenter at NASN national meetings, as well as local/state in-service programs. Vickie is the author of *SCHOOL NURSES: Best Practices for Addressing Mental Health Issues in Your Schools*, the extensive digital resource handbook you will receive, and has also authored many articles, most recently a feature article in *NASN School Nurse* on motivational interviewing. Using her own practice with the work of school nursing's best resources, Vickie provides tips, tools and strategies for dealing with mental health issues.

You will leave with strategies and ideas you can immediately use to positively impact the social-emotional well-being of the students you serve and reduce the barriers to mental health care.

Dear Colleague:

Behavioral and mental health issues in school-age children are becoming increasingly common. As a school nurse, you can play a key role in positively impacting the social-emotional well-being of students and reduce barriers to mental health care.

School nurses can make a huge difference! Join me in this hands-on seminar and learn why and how to respond to the mental health issues in your schools. I will share numerous strategies, techniques and resources that not only achieve better outcomes but will also reduce your stress in handling difficult situations.

I have developed this highly engaging, interactive seminar to help you be better prepared for mental health issues and concerns that occur in our schools today. I will give you tips, tools and strategies to:

- Better understand and assist students suffering from mental health concerns
- Identify the key issues impacting student mental health
- Demystify and lessen the stigma associated with mental health problems
- Deal with frequent visitors to the school nurse
- Prevent and intervene with bullying
- Address suicide
- Use Motivational Interviewing to engage with students and facilitate change

Join me and other school nurses for an engaging, fast-paced day and take home practical information you can use immediately in your school nursing practice to better address mental health issues in the schools you serve.

Sincerely,

Vickie Beckwith

Vickie Z. Beckwith, RN, MSN, PHN

P.S. You will receive an **extensive digital resource handbook** covering all of these topics, and more!

"I have developed this highly engaging, interactive seminar to help you be better prepared for mental health issues and concerns that occur in our schools today."

What Your Colleagues Say About Vickie Beckwith

"Nurse Beckwith is well versed and informative. It is always reassuring to hear that all school nurses face many of the same challenges."
– Gwen Steiner, School Nurse

"Great seminar and presenter – I didn't think you could cover so much material in a one-day seminar. Vickie is very knowledgeable. Her expertise in her various specialties was obvious and appreciated. Thank you for sharing your experience and wisdom with us!"

– Delma Perez, School Nurse

"Vickie really made her material clear and thorough. I would definitely take another seminar with her. Thank you, Vickie, for sharing your experiences!"

– Aleyda Berrelleza, School Nurse

"Perfect timing for me to attend this seminar as I'm a new high school nurse. The tips, content and resources provided give me ease as to my interactions with students moving forward."

– Evette Valentin, School Nurse

"This is just what I was looking for. A realistic presentation and discussion around mental health issues impacting access to education."

– Pamela Branciforte, RN



About BER Seminars

Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

Program Guarantee

As we have for 49 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

Special Benefits of Attending



"The seminar was great. I have learned more about how to engage students whom I see a lot."

— LAURA RUIZ,
SCHOOL NURSE

On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. The handbook includes:

- Realistic and proven approaches to manage mental health issues in the school setting
- Best practices and evidence-based strategies to support social-emotional well-being
- Proven strategies to facilitate positive student interactions with peers
- Prevention/treatment options for behavioral health support
- Valuable resources: websites, references, organizations
- Motivational Interviewing guidelines and resources

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other school nurses.

Consultation Available

Vickie Beckwith will be available for consultation regarding your questions and the unique needs of your own program.

Meet Inservice Requirements / Earn State CEUs

- Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit www.ber.org/ceus
- Provider approved by the California Board of Registered Nursing, Provider #CEP 15144, for five (5) Contact Hours for RNs and LPNs. For specific details, visit www.ber.org/nursing-ceus

Earn One to Four Graduate Semester Credits



Up to four graduate-level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details may be found at www.ber.org/credit

Can't Attend?

Other Professional Development Options:



Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have 90-day access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, visit www.ber.org/credit



Related On-Demand Online Courses

Related On-Demand Video-Based Online Learning courses, *SCHOOL NURSES: Best Practices for Addressing Mental Health Issues in Your School*, for Grades K-12, *School Nurses: Best, Current Practices for School Medical Emergencies*, for Grades K-12, and other school nursing related courses, are available for immediate registration. To enroll, visit www.ber.org/online

SCHOOL NURSES:

Best Practices for Addressing Mental Health Issues in Your Schools

Registration (XN87F1)

- ☐ 1. **December 4, 2026** (Start time: 9 AM Central)
- ☐ 2. **December 17, 2026** (Start time: 9 AM Eastern)
- or —
- ☐ 3. **I'd like to order the recorded version of this seminar**

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR NUMBER: _____ (Please see list above)

List additional registrants on a copy of this form

SCHOOL NAME

SCHOOL MAILING ADDRESS

CITY & STATE ZIP CODE

SCHOOL PHONE NUMBER HOME PHONE NUMBER

() ()

Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)

HOME MAILING ADDRESS

CITY & STATE ZIP CODE

IMPORTANT – PRIORITY ID CODE: EXN87F1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$295 per person, for teams of three or more registering at the same time, the fee is \$275 per person. **Payment is due prior to the program.** No cash, please.

- ☐ A check (payable to **Bureau of Education & Research**) is attached
- ☐ A purchase order is attached, P.O. # _____ (Be sure to include priority ID code on the P.O.)
- Cards accepted: MasterCard, VISA, Discover, AMEX

Account # _____ Exp. Date: _____ MO/YR

Billing Zip Code: _____ 3 Digit CVV Code: _____ (Found on back of card)

Please print name as it appears on card

FIVE EASY WAYS TO REGISTER:

 **SCAN QR code or visit:**
at.ber.org/regXN8



 **EMAIL this form to: register@ber.org**

 **PHONE toll-free: 1-800-735-3503**
(Weekdays 5:30 am - 5:00 pm Pacific Time)

 **FAX this form to: 1-425-453-1134**

 **MAIL this form to: Bureau of Education & Research**
3000 Northup Way • PO Box 96068
Bellevue, WA 98004

Program Hours

All **Live Online** Seminars are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

Fee

The registration fee is \$295 per person, \$275 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

WA residents: visit www.dor.wa.gov/TaxRateLookup to find your required WA sales tax rate.

Cancellation/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at **www.ber.org**



XN87F1

© 2026 Bureau of Education & Research. All rights reserved.

SCHOOL NURSES: Best Practices for Addressing Mental Health Issues in Your Schools



An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

Can't Attend? Order the Recorded Version to access
online at your convenience

BER
BUREAU OF EDUCATION & RESEARCH
3000 Northup Way
PO Box 96068
Bellevue, WA 98004
www.ber.org

Prsrt Std
U.S. Postage
PAID
Bureau of
Education &
Research

SCHOOL NURSES: Support Students with Mental Health Concerns

XN87F1

SCHOOL NURSES: Best Practices for Addressing Mental Health Issues in Your Schools



Bureau of Education & Research

Live Online Seminar or
Recorded Version



A Unique One-Day Live Online Seminar
(Or Order the Recorded Version to Access Online at Your Convenience)

Presented by

Vickie Beckwith, RN, MSN, PHN

Outstanding School Nurse and National Presenter

Be better prepared for the mental health issues in your schools ... **What every school nurse should know about mental illnesses** and signs of mental health concerns

Recognize the vital role school nurses have in supporting the mental health and well-being of students

Identify and destigmatize common mental health issues and learn the next steps

Discover **evidence-based models, programs and strategies** for support of those involved with mental health issues