

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



A Unique One-Day 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 illness** and signs of mental concerns

**Recognize the vital role school nurses have** in prevention and promotion of the mental and emotional well-being of all students whether working online or in-person

**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 8

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

### December 9

**9 AM Pacific**, 12 PM Eastern,  
11 AM Central, 10 AM Mountain

### December 10

**9 AM Mountain**, 11 AM Eastern,  
10 AM Central, 8 AM Pacific

### December 11

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

## CAN'T ATTEND?

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

CEUs and Graduate Credits Available  
**Nursing CEUs Available in Certain States**  
See page 6 for details

# Ten Key Benefits of Attending

*'Great content,  
videos and  
examples.'*

- NOREEN FLEMMING  
RN, 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 who may suffer from mental health issues ... What school nurses can do to support students with mental and behavioral health concerns, whether working online or in-person
- 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 ... Common mental health issues today's students may have
- 4. Explore the Impact of Bullying on Students' Mental Health**  
Gain tips and strategies to recognize the impact of bullying in your school ... Strategies and solutions
- 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, whether working online or in-person
- 7. How to Deal with "Frequent Flyers" ... Is it Real or Not?**  
Don't let "frequent flyers" frustrate you ... Learn strategies to understand the underlying reasons and identify realistic solutions
- 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, whether working online or in-person ... 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 in-person and online
- 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
- What school nurses can do to **support students with mental and behavioral health concerns**
- 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 motivational interviewing 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



*"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, whether working online or in-person.

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 (Grades K-12)*, 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, I have learned how we, as school nurses, 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 whether working online or in-person.

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



## About BER Live Online Seminars

**With the current health challenges, all BER in-person PD events are currently being presented in a Live Online format:**

### **Outstanding Instructors**

All programs are led by outstanding BER national trainers

### **Extensive Resource Handbooks**

You'll have access to an extensive digital Resource Handbook before, during and after your seminar

### **Highly Interactive**

You'll be able to ask questions in real time and interact with the instructor and other participants

### **Program Guarantee**

As we have for 43 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](http://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 before, during and after the seminar. The handbook includes:

- Realistic and proven approaches to manage mental health issues in the school setting, whether working online or in-person
- Best practices and evidence-based strategies for mental health first aid
- 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

## Consultation Available

Vickie Beckwith will be available to answer your specific questions and the unique needs of your own school nursing program.

## Meet Inservice Requirements / Earn State and Nursing CEUs

- Participants of both the Live Online Seminar and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. State CEUs are available for both versions of the course. For specific details, visit [www.ber.org/ceus](http://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](http://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 for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.

## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

This course will be video recorded and available to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. Optional Nursing CEUs, State CEUs and graduate credit available. To enroll, see registration form on page 7.



#### Related On-Demand Online Courses

Two related On Demand Video-Based Online Learning courses, *School Nurses: Best, Current Practices for School Medical Emergencies*, and *Keys to Enhancing Your Effectiveness as a SCHOOL NURSE*, for Grades K-12, are available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

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

## Registration (XN81F1)

1. **December 8, 2020** (Start time: 9 AM Eastern)  
 2. **December 9, 2020** (Start time: 9 AM Pacific)  
 3. **December 10, 2020** (Start time: 9 AM Mountain)  
 4. **December 11, 2020** (Start time: 9 AM Central)  
 —or—  
 5. **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 ( <u>REQUIRED</u> FOR EACH REGISTRANT) _____	
HOME MAILING ADDRESS _____	
CITY & STATE _____	ZIP CODE _____

## IMPORTANT: PRIORITY ID CODE: **EXN81F1**

### METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person, for teams of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash please.


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## FOUR EASY WAYS TO REGISTER:

 **REGISTER ONLINE at: [www.ber.org](http://www.ber.org)**

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

 **PHONE toll-free: 1-800-735-3503**  
(Weekdays 5:30 am - 4 pm Pacific Time)

 **MAIL this form to: Bureau of Education & Research**  
 915 118th Avenue SE • PO Box 96068  
 Bellevue, WA 98009-9668

## Program Hours

- All Live Online seminars start times are described on the cover
- Check-in 15 minutes prior to the seminar
- Live Online seminars are five hours in length plus breaks
- Registrants will receive login information by email four days before their Live Online seminar

## Fee

The registration fee is \$279 per person, \$259 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.

## 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

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XN81F1

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



An outstanding one-day Live Online Seminar

Includes an extensive Resource Handbook

Can't Attend? A Recorded Version is available  
to use online at your convenience



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## SCHOOL NURSES: Support Students with Mental and Behavioral Health Concerns

### *Practical PD, No Travel*

XN81F1

# 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  
(Also available as a Recorded Online Version  
to Use at Your Convenience)

Presented by

**Vickie Beckwith, RN, MSN, PHN**  
Outstanding School Nurse and National Presenter

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