

School Nurse UPDATE



#17 May 10, 2023

Greetings!

It was inspiring to see so many school nurses at the Wisconsin Association of School Nurses annual conference! **Practice Points** is a **summary of the highlights of the conference and my “take aways.”** I find it both energizing and humbling to attend the conference. So many expert school nurses and others to learn from. At the same time the school nurse consultant gets a lot of recognition as the spokesperson for the Department of Public Instruction. I feel I have reached celebrity status when asked to take a selfie or picture with school nurses! Humbling indeed. 😊

May is [National Adolescent Health Month](#). This dovetails nicely with the learning objectives of the recent conference. In Practice Points I share DPI's numerous mental health resources. I noted on the WASN discussion list this Wisconsin Childrens mental health resource was shared - [Shine Through](#).

Last Update I shared information regarding stocking naloxone in schools. This past week I learned of the spreading public health risk of xylazine complicating the opioid overdose response. **This non-opioid veterinary tranquilizer does not respond to opioid antagonists** (p. 13).

As mentioned at the conference **I am seeking feedback on the newsletters and communications used to provide school health services personnel with pertinent information.** Please see the survey link [and](#) the link to the health services survey in DPI News (p. 3).

Just for fun I have included an article about a “Smart Toilet Seat”. When I saw the article I thought “only a nurse could appreciate this!” Embrace your role and contributions as a nurse practicing in schools. **Happy School Nurse Day!** *Louise*

FEATURED STORIES

PRACTICE POINTS
Conference Takeaways

Celebrating School Nurse
Day (DPI News)

NASN Fellows (p. 7)

WASN Awards (p. 8)

Xylazine Public Health
Threat Moving Westward
(p. 13)

SAVE THE DATES

DiSH Webinar 5/17/2023
3-4 PM

School Nurse Summer
Institute –August 8, 2023
[Registration](#) now open.

DPI's New School Nurse
Orientation- October 24-
25, 2023 Wisconsin
Dells. Registration will
open in mid August.

DPI News

Celebrating Wisconsin School Nurses

May 10, 2023, is National School Nurse Day. Since 1972, National School Nurse Day has been set aside to recognize school nurses. National School Nurse Day was established to foster a better understanding of the role of school nurses in the educational setting.



School Nurses support the physical and mental health and educational success of children and youth by providing the link between health and learning. School nurses impact students of all levels of health and at every demographic group. They provide direct care for acutely ill or injured students and manage the effects of chronic conditions affecting attendance and school success. Acute and chronic conditions disproportionately affect our students of color and lower socioeconomic status.

School nurses are leaders. They demonstrated leadership in navigating the infection control and prevention measures to mitigate the risks of COVID-19 transmission in schools. School nurses develop policies and protocols to respond effectively to life-threatening health conditions. They supervise medication management. School nurses perform, train, supervise and delegate direct patient care in schools while following all the standards expected in a well-resourced healthcare setting.

Department of Public Instruction's [State Superintendent Dr. Jill Underly](#) and Governor Tony Evers signed School Nurse Day proclamations for recognizing the contributions of Wisconsin school nurses. For information regarding school nursing services in Wisconsin, see the [DPI School Nursing and Health Services website](#).

New School Nurse Orientation Dates Announced

The 2023 New School Nurse Orientation will be held at the Kalahari Convention Center in Wisconsin Dells on October 24-25, 2023. The orientation is targeted to those registered nurses who are new to the specialty of school nursing or, are working in a Wisconsin school district for the first time. It is appropriate for school and registered nurses who have worked in a school-setting zero to three years. Registration will open in August. Watch for registration under New Items on the main [School Nurse webpage](#).

Registration for School Nurse Summer Institute Now Open

Registration for the *School Nurse Summer Institute* (August 8, 2023) is now open! See the [2023 Save the Date flyer](#) for more information and the link to register. Registration is limited to 60 participants and closes July 14, 2023.

Since 1972, National School Nurse Day has been set aside to recognize school nurses. National School Nurse Day was established to foster a better understanding of the role of school nurses in the educational setting.

DPI News



School Health Service Survey

The **2022-2023 School Health Services Survey** is now open! See the [Data Collection webpage](#) for more information regarding this voluntary but important source of data collection.

School Nurse Consultant Seeking Feedback

The DPI state School Nurse/Health Services Consultant is interested in school nurses' ideas, opinions, and preferences in the format and types of communication with school nurses and others interested in school health services. Please complete [this short survey](#) to provide your feedback. The survey will be open until the end of June 2023.

Request to Submit Proposals for Building the Heart of Successful Schools Conference

See the flyer attached to this newsletter for more information and the link to submit a proposal. School nurses who have effective practices are encouraged to submit proposal to this conference as a way to share with a broad audience what you are accomplishing as a school nurse. If school nurses are a valued part of the school mental health team, I especially encourage you to consider presenting your experience at this conference.

Research and Program Evaluation Education Consultant Position Open at DPI

Are you interested in a new opportunity in a workplace focused on equity and inclusivity? Then come join our team! The Student Services, Prevention and Wellness Team within the Division for Learning Support is **seeking applicants for a Research and Program Evaluation Education Consultant position**. This position is eligible for 100% remote work, though those that elect to work in the office can take advantage of the casual office atmosphere and on-site employee exercise facility. The office is conveniently located near a wide variety of bus routes and bike paths, the Capitol, restaurants, shopping, and entertainment in beautiful downtown Madison.

For more information, go to [wisc.jobs](https://wj.wi.gov/10264) here: <https://wj.wi.gov/10264> - **Deadline to apply is 5/15.**

The DPI state School Nurse/Health Services Consultant is interested in school nurses' ideas, opinions, and preferences in the format and types of communication with school nurses and others interested in school health services.

DPI News

DPI Children’s Mental Health Week Proclamation, May 7-13, 2023

Superintendent Dr. Jill Underly has called upon all of us “to commit to increased action to build, fund, and maintain appropriate and sustainable mental health supports and accessible services for all of Wisconsin’s children.” This language is offered in a well-written [Children’s Mental Health Week Proclamation](#) that supports an earlier proclamation offered by Governor Evers to lift up Children’s Mental Health Awareness Day on May 7, 2023.

In both proclamations, the emphasis on our children being our greatest resource and that they do not struggle alone with mental health challenges reminds us of the importance of both awareness and comprehensive and coordinated care as a “critical responsibility” for our educators, our communities, and our state. A health equity lens advances the idea that “mental wellness is heavily impacted by social determinants like income, housing, and available health care”. We are fortunate in Wisconsin to have key leaders like our governor and state superintendent lifting up mental health as a priority at a critical time when it is most needed.

State Superintendent Editorial Stresses Need for Supporting Teachers, Students Through Budget Provisions

State Superintendent Dr. Jill Underly published an editorial, “[Appreciation is not enough: Action is required](#),” highlighting the importance of supporting Wisconsin teachers, students, and schools through provisions in Gov. Tony Evers’ 2023-25 biennial budget.

In the editorial, Dr. Underly writes about an experience she had in April at Mount Horeb High School, where she fielded questions and feedback from students in a “Student Finance Committee” hearing. Students emphasized their needs, the challenges they face, and how provisions in the budget could address directly them. The editorial comes in anticipation of Teacher Appreciation Week, May 8-13, 2023.

Excerpt: “Our Wisconsin teachers do us an incredible public service by caring for and educating our children. We owe them more than appreciation. We owe them investment. We owe them opportunities like Grow Your Own programs, stipends for internships and mentorships, and funding for programs that will support the needs of the students in their classrooms, like school nutrition and mental health services. We owe our staff working in schools the opportunity to earn a salary that will allow them to own a home in the community where they teach, or not have to rely on food assistance programs or additional jobs to support their families.

“And today, we owe them action – action to change the challenges standing in the way of them providing the level of care and education they want to provide, and this state requires. Some of the K-12 provisions were cut by the actual Joint Finance Committee. I can’t help but wonder what the Student Finance Committee would have done instead.”

[Visit the Wisconsin Department of Public Instruction’s news release website for the full editorial for publication.](#)

DHS News

Respiratory Report

The [Weekly Respiratory Report](#) for the week ending on April 22, 2023 (Week 16) is now published.

Webinar Recording and Resources Now Available from the April 25 Public Health and School Stakeholders Meeting

The [recording of this webinar](#) can be found on the [DHS COVID-19 Schools webpage](#) under "Webinars for Local Public Health and School Stakeholders." Additional resources discussed are below.

Resources:

- [CESA regional contacts.](#)
- [Check iHealth COVID-19 test expiration date](#)
- [CDC Guidance for SARS-CoV-2 Rapid Testing Performed in Point-of-Care Settings](#)
- [Learn about the CLIA Certificate of Waiver](#)
- [How to obtain a CLIA Certificate of Waiver:](#)
- For questions about the CLIA Certificate of Waiver, contact dhsdqaclia@dhs.wisconsin.gov.
- [Sign up for the Department of Health Services CLIA GovD Listserv](#) to receive timely notifications.
- [CMS CLIA webpage](#) includes direct links to Certificate Help Guide and Pay.Gov
- For certification or technical lab testing questions, contact DHSDQACLIA@wi.gov.



Centers for Disease Control and Prevention (CDC) Director Dr. Rochelle Walensky announced that she plans to depart the public health agency at the end of June.

CDC

HHS Secretary Xavier Becerra Statement on CDC Director

U.S. Department of Health and Human Services (HHS) Secretary Xavier Becerra released the following statement on Centers for Disease Control and Prevention (CDC) Director Dr. Rochelle Walensky's announcement that she plans to depart the public health agency at the end of June.

[Read full news release »](#)

Updated Clinical Considerations for Use of COVID-19 Vaccines

CDC has updated the [Interim Clinical Considerations for Use of COVID-19 Vaccines Currently Authorized in the United States](#) to reflect recent changes in the mRNA COVID-19 vaccination schedule.



YRBS 2021 National Results Released

CDC released the 2021 Youth Risk Behavior Survey (YRBS) data that provides the most recent information on ongoing and emerging health behaviors and experiences among a nationally representative sample of U.S. high school students. The 2021 YRBS data show dietary and physical activity among high school students did not improve during the pandemic.

For example:

Daily consumption of fruits, vegetables, and breakfast remained low or worsened from 2019 to 2021.

- About half (47%) of students had low fruit intake (i.e., ate fruit or drank 100% fruit juice less than once per day) (an increase from 42% in 2019).
- Almost 1 in 2 (45%) students had low vegetable intake (i.e., ate vegetables less than once per day) (an increase from 41% in 2019).
- About 3 in 4 (75%) students skipped breakfast each day (an increase from 67% in 2019).
- About 1 in 7 (15%) students drank soda or pop one or more times per day, and 1 in 10 (11%) drank a sports drink one or more times per day (no changes since 2019).

Physical activity behaviors remained low or worsened from 2019 to 2021.

- Roughly 1 in 6 (16%) students met both aerobic and muscle-strengthening guidelines (no change from 2019).
- About 1 in 4 students (24%) got the recommended 60 minutes or more of daily aerobic physical activity (no change from 2019).
- Almost 1 in 2 (45%) students met the guideline for muscle-strengthening activity of 3 or more days per week (a decrease from 50% in 2019).
- Only about 1 in 5 (19%) students attended physical education (PE) classes daily (a decrease from 26% in 2019) and about half of students (49%) played on one or more sports teams (a decrease from 57% in 2019).

While there is still more work to do to help students build lifelong healthy behaviors, we found **students who attended PE class daily or who played sports were more likely to meet the aerobic (60 minutes or more daily) and muscle-strengthening (3 or more days per week) physical activity guidelines.** We know from other studies that physical activity can help students feel more connected, valued, and supported in school. Additionally, healthy eating and physical activity are known to be important factors to improving students' mental health and minimizing the negative effects of anxiety, stress, and depression.

Working together, schools, families, and communities can support opportunities for youth to learn about and practice making healthy choices. Visit our [website](#) to learn more about a multi-component, coordinated approach to support student health and well-being. For more information about CDC's 2021 YRBS results and additional YRBS tools and resources, visit the [YRBS website](#).

NASN News

NASN Fellows Announced

Congratulations to the five Fellows that have been inducted into the National Academy of School Nursing. They are:

- Sharonlee Trefry, Vermont
- Eileen Gavin, New Jersey
- Kathy L. Reiner, Colorado
- Lynne P. Meadows, Georgia
- Jenny M. Gormley, Massachusetts

The induction ceremony will take place Sunday, July 2, 2023, during the Annual Business Meeting at the [NASN2023 Conference](#) in Orlando, Florida.

The honor of Fellow is the most prestigious recognition that members can receive from NASN. It is a symbol of superior achievement in school nursing and exceptional contributions to NASN. The depth and breadth of the Fellow's imprint on the field is extraordinary. Their contributions have had significant and enduring impact to the professional association and more broadly to school health and student well-being. Fellows' exemplary leadership qualities and achievements are recognized by many, both inside and outside of school nursing and educational spheres of influence.

NASN Professional Development Opportunities

Access online courses and other e-learning programs specifically for school nurses to earn NCPD contact hours. All courses 2 hours or less are free for members, others discounted

- [Incorporating Multi-Tiered System of Support into School Health Services to Promote Health Equity](#) [1.5 NCPD]
- [ME/CFS and Long-COVID: The School Nurse Role in Identifying Children with Chronic Illness](#) [1.0 NCPD]
- [Immunization 101: A Primer on School Recommended Vaccinations](#) [1.0 NCPD]
- [Overview of the Framework for 21st Century School Nursing Practice™](#) [1.0 NCPD]
- [Online School Emergency Triage Training \(SETT\)](#) [3.5 NCPD]



The honor of Fellow is the most prestigious recognition that members can receive from NASN. It is a symbol of superior achievement in school nursing and exceptional contributions to NASN.

NASN News

NASN2023 Registration is Open

NASN2023 once again offers two separate learning events to meet the needs of all school nurses. Choose from three ways to register:

[In-Person NASN2023](#): June 30 – July 3, 2023, in Orlando, Florida. This event offers up to 20.0 NCPD contact hours.

[Locate In-Person session details in the NASN Learning Center.](#)

[Virtual NASN2023](#), July 10 – 12, 2023. This online NASN conference experience gives you the flexibility to learn from anywhere and the opportunity to earn up to 20.0 NCPD contact hours. [Learn more about the Virtual NASN2023 agenda.](#)

[NASN2023 Bundle](#): Attend both the In-Person and Virtual events to increase the number of NCPD contact hours available and leverage all the ways to connect with colleagues and experts in the field.

[Register](#) by May 15, 2023, to get the early rate.



WASN News

School Nurse and School Nurse Administrator of the Year Awards Announced

WASN's School Nurse of the Year and the School Nurse Administrator of the Year Awards were announced at the WASN conference. Lara Baranek from the Marathon, Rosholt and Edgar School Districts was awarded the Kathryn Etter School Nurse of the Year Award. Dawn Sebranek of the Madison Metropolitan School District received WASN's School Nurse Administrator of the Year Award.



MMWR

COVID-19 Surveillance After Expiration of the Public Health Emergency Declaration — United States, May 11, 2023 [Link](#).

Summary

What is already known about this topic?

Authorizations to collect certain public health data expire at the end of the U.S. public health emergency declaration on May 11, 2023.

What is added by this report?

Changes to the national COVID-19 monitoring strategy and COVID Data Tracker capitalize on marked improvements in multiple surveillance systems. Weekly COVID-19 hospital admission levels and the percentage of all COVID-19–associated deaths will be primary surveillance indicators. Emergency department visits and percentage of positive SARS-CoV-2 laboratory test results will help detect early changes in trends. Genomic surveillance will continue to help identify and monitor SARS-CoV-2 variants.

What are the implications for public health practice?

COVID-19 is an ongoing public health problem that will be monitored with sustainable data sources to guide prevention efforts.

Youth Risk Behavior Surveillance — United States, 2021

The Youth Risk Behavior Surveillance System is the largest public health surveillance system in the United States, monitoring a broad range of health-related behaviors among high school students. [Data from 2021](#) provided the first opportunity since the COVID-19 pandemic began to compare youth health behaviors using long-term public health surveillance.

- [Overview and Methods for the Youth Risk Behavior Surveillance System — United States, 2021](#)
- [School Connectedness and Risk Behaviors and Experiences Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)
- [Witnessing Community Violence, Gun Carrying, and Associations with Substance Use and Suicide Risk Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)
- [Experiences of Unstable Housing Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)
- [Parental Monitoring and Risk Behaviors and Experiences Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)
- [Suicidal Thoughts and Behaviors Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)
- [Role of the COVID-19 Pandemic on Sexual Behaviors and Receipt of Sexual and Reproductive Health Services Among U.S. High School Students — Youth Risk Behavior Survey, United States, 2019–2021](#)
- [Dating Violence, Sexual Violence, and Bullying Victimization Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)
- [Dietary and Physical Activity Behaviors in 2021 and Changes from 2019 to 2021 Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)
- [Alcohol and Other Substance Use Before and During the COVID-19 Pandemic Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)
- [Electronic Vapor Product Use Among High School Students — Youth Risk Behavior Survey, United States, 2021](#)



Medscape Nurses

FDA Approves First RSV Vaccine for Older Adults

The US Food and Drug Administration (FDA) has approved the first vaccine for respiratory syncytial virus (RSV) in the United States, the agency [announced May 3](#). Arexvy, manufactured by GSK, is the world's first [RSV vaccine](#) for adults aged 60 years and older, the company said in [an announcement](#).

Researchers found that the RSV vaccine reduced RSV-associated lower respiratory tract disease (LRTD) by nearly 83% and reduced the risk of developing severe RSV-associated LRTD by 94%. [Read article](#).

CDC Plans to End Community-Level COVID Reporting

The CDC will stop tracking and reporting COVID cases at the community level later this month. That means COVID tracking will become similar to how the agency tracks the [flu](#) and other respiratory illnesses. [Read more](#).

School Nurse Blog

[The Relentless School Nurse: A Non-Nurse Sends a Message of Support Just in Time for Nurses Week 2023](#)

Robin Cogan, MEd, RN, NCSN, FNASN, FAAN

Children's Safety Network

CSN's upcoming webinar, "[Exploring the Relationship between Bullying and Substance Use](#)," will be held on Tuesday, May 23, from 2-3PM ET. Dr. Laura Crothers of Duquesne University and Chuck Klevgaard of Education Development Center (EDC) will discuss the relationship between youth bullying and substance use and provide ways to address these problems. Dr. Charles Irwin, an active member of the CSN-A, will moderate this webinar.

Immunization Action Coalition

National Nurses Week is May 6–12 and School Nurse Day is May 10; Immunize.org Thanks America's Nurses for their Role in Delivering and Advocating for Vaccination

[National Nurses Week](#) runs from May 6 through May 12. May 10 is designated [School Nurse Day](#). Immunize.org is proud to recognize all nurses and to join the [National Association of School Nurses](#) (NASN) in recognizing the dedicated school nurses who help keep schools a safe and healthful learning environment. School nurses bridge health care and education, provide care coordination, and advocate for quality student-centered care, including vaccination.

Acknowledge and celebrate school nurses as critical educators and vaccination champions by spreading the word across your social media channels today by using the SND2023 logo, [social media tools](#), and the hashtag #SND2023 with your posts on May 10.

Related Links

- American Nurses Association: [National Nurses Week History](#) web page
- NASN: [School Nurse Day](#) web page
- CDC: [School Nurses Help Keep Students Healthy](#) web page

Prevent Blindness

Inherited Retinal Diseases and Children's Vision and Eye Health: What You Need to Know Tuesday, May 16, 2023, 2-3:30 p.m. Central via Zoom

[Register Today!](#)

[Inherited retinal diseases](#)—or IRDs—are a group of diseases that can cause severe vision loss or even blindness. Examples of IRDs include Retinitis Pigmentosa, Choroideremia, Stargardt Disease, Leber Congenital Amaurosis, and Cone-rod Dystrophy. Each IRD is caused by at least one gene that is not working as it should. IRDs can affect people of all ages, can progress at different rates, and are rare. However, many have symptoms that get worse over time. This webinar will focus on Children living with an IRD. Topics covered will include causes, diagnosis, genetic testing, treatment, and support for children and families. Topics covered will include causes, diagnosis, genetic testing, treatment (including gene therapy), and support for children and families.

Goal: Professionals and families will gain knowledge about IRDs, genetic testing and gene therapy, and resources to support families.

Target Audience:

- School nurses
- Head Start and other early childhood program staff
- Early Intervention and special education professionals
- Teachers of Students with Visual Impairments
- State vision rehabilitation program staff
- Patient support organization staff
- Primary care providers
- Eye care providers

Miscellaneous

PATCH Youth Advocacy Fellowship (virtual & statewide)

Wisconsin PATCH is hiring teens across the state for several positions! To view job descriptions and access the online application visit <http://www.wipatch.org/workwithus>. Applications close June 11th at 11:59 PM.



The PATCH Advocacy Fellowship is an opportunity for Wisconsin youth, ages 13-19, to grow as leaders and young activists! Youth Advocates are hired to develop advocacy skills and consult for statewide adolescent health projects by sharing their own perspectives, insights, and advice. They are also paid to participate in a Youth Advocacy Learning Series that teaches the tools and skills needed to influence change in their community.

Applications are currently being accepted from all over the state of Wisconsin.

PATCH Teen Educators are high school students, ages 14-18, who are passionate about improving adolescent health care experiences. Their main role is to lead educational workshops for health care professionals and teens in their community. During these workshops Teen Educators speak from their own experiences and share personal stories, tips, and tricks to help providers better respect adolescent health care rights, build relationships with teens, and empower teens to take responsibility for some of their own health and health care decisions.

Teen Educator applications are currently being accepted in Madison, Milwaukee, La Crosse, Wausau, Green Bay, and the surrounding areas.

[GOP cuts to proposed education budget include funding for student mental health](#)

Wisconsin Public Radio

The Republican-led budget committee cut 38 items Gov. Tony Evers' proposed education budget, including more than \$276 million for mental health services in schools. One of the biggest cuts was a plan that would have provided school districts and independent charter schools with money to create evidence-based mental health programs.

FDA Clears Smart Toilet Seat for Heart Health Monitoring

The Food and Drug Administration (FDA) has cleared Casana's Heart Seat™ toilet seat for use in a home environment to measure heart rate and oxygen saturation (SpO2) in adults at least 22 years of age weighing 90 to 350 pounds. [Read more.](#)

Oral Health Website Offers Information on Oral STD's

NewMouth posted an article on Oral STDs on their [website](#) that might be an interest to school nurses.

The PATCH Advocacy Fellowship is an opportunity for Wisconsin youth, ages 13-19, to grow as leaders and young activists! Youth Advocates are hired to develop advocacy skills and consult for statewide adolescent health projects by sharing their own perspectives, insights, and advice.

American Nurses Association

Free Webinar on Advocacy

Learn the tools and skills to be an advocate for yourself and your profession in ANA's free National Nurses Month webinar. [Asking and Advocating for What Nurses Need](#), developed by the ANA policy and government affairs team, will present a case study on how nurses working collectively at the grassroots, state, and federal levels are effecting substantive changes in preventing workplace violence. These efforts illustrate how nurses can use their communications skills to advocate for themselves and the profession, and the impact such efforts can have. Earn 1.5 CNE hours.

2023 Nurses Month Toolkit is Available Now!

As part of Nurses Month, ANA has developed resources to support engagement during the entire month of May. Inside you will find information on our weekly themes and how to make the most of them, suggestions on how to recognize your nurses, and how to promote the nursing profession to the public. [Download toolkit.](#)



National Institute on Drug Abuse

Xylazine Complicating Opioid Overdose Response

Xylazine, a non-opioid veterinary tranquilizer not approved for human use, has been linked to an increasing number of overdose deaths nationwide in the evolving drug addiction and overdose crisis. Studies show people exposed to xylazine often knowingly or unknowingly used it in combination with other drugs, particularly illicit fentanyl.

While the full national scope of overdose deaths involving xylazine is unknown, research shows overdose deaths linked to xylazine have spread westward across the United States, with the largest impact in the Northeast. Also known as “tranq,” xylazine is a central nervous system depressant that can cause drowsiness and amnesia and slow breathing, heart rate, and blood pressure to dangerously low levels.

Taking opioids in combination with xylazine and other central nervous system depressants—like alcohol or benzodiazepines—increases the risk of life-threatening overdose. In the event of a suspected xylazine overdose, experts recommend giving the opioid overdose reversal medication naloxone because xylazine is frequently combined with opioids. **However, because xylazine is not an opioid, naloxone does not address the impact of xylazine on breathing. Because of this, experts are concerned that a growing prevalence of xylazine in the illicit opioid supply may render naloxone less effective for some overdoses.** Emergency medical services should always be alerted to a suspected overdose. [Read more.](#)

Practice Points

By Louise Wilson

Conference Takeaways

My older version of Webster's Dictionary did not include the word "takeaway." The Webster's app on my phone did, defining takeaway as "a main point or key message to be learned or understood from something experienced or observed." I certainly experienced and observed many things at the Wisconsin Association of School Nurses (WASN) conference that provided me with new perspectives and understandings. Indulge me as I share some of those key messages.

My colleagues on DPI's Student Services Prevention and Wellness (SSPW) team (Monica Caldwell and Jessica Frain) nailed their pre-conference presentation! They were asked to frame school mental health from the perspective and role of school nurses. Their presentation set participants up to embrace their role as mental healthcare providers in schools. Later in the conference these messages were echoed and expanded upon by other speakers.

Something Monica said something - school nurses are excellent at care coordination and the school mental health team should use that skill set- which struck me. It is a key takeaway. I am going to use that concept and truth when I speak with educators and administrators. A keynote speaker mentioned the ethics of nursing. Though he did not exactly describe what the [American Nurses Association lists as our ethics](#), his comments made me reflect upon the *Framework for 21st Century School Nursing Practice™* and our need as school nurses to bring our whole professional experiences, standards, and expertise to the job. Care coordination is central to what school nurses do day in and day out and is one of the components of the framework. How will school nurses articulate that skill and role to their mental health colleagues? Ponder that.

Another concept that was mentioned at the conference which I have heard repeated by other presenters in conferences I have attended since the WASN conference is: behavior is communication. If I really believe that, then my responsibility is to try to figure out what the student/person/family member is trying to communicate. That belief would make such a difference in how we respond to student behavior. Easy to do in the health office when assessing a student for the chief (health) complaint, but sometimes forgotten in the classroom or hallway. Nurses are pros at reading non-verbal cues, looking at the entirety of the situation, making preliminary nursing diagnoses and then revising based on feedback. How will school nurses translate that skill and promote that belief with teachers? Ponder that.



Care coordination is central to what school nurses do day in and day out and is one of the components of the framework. How will school nurses articulate that skill and role to their mental health colleagues?

I made a note to myself during the conference to make sure I shared DPI's wealth of mental health resources. Start with [this webpage](#) and then search the various tabs listed on the left-hand side for specific information on youth suicide, trauma sensitive schools, resiliency, etc.

The WASN conference offered the opportunity for participants to have shared learning experiences by listening to keynote or plenary speakers and then choosing breakout presentations based on interest or need to garner knowledge on that topic. I was relieved to note that the presentation on legal aspects of IHPs, 504 plans and IEPs matched my understanding and echoed guidance I've provided. More emphasis should be placed on the needed accommodations in the 504 process rather than trying to rule a student out of not having a qualifying disability. I learned strategies for presenting Human Growth & Development to students with intellectual disabilities that I wish I had when I was doing such directly. I have more resources to share now if asked by parents, health teachers, or school nurses. The session I attended on pediatric sexual assault was impactful. Key takeaways are to humbly acknowledge the courage it took the person/student to share their story with you, remain calm (co-regulation is a concept from previous sessions), and be prepared ahead of time with knowledge of the resources you can provide. You are always part of a team and cannot provide the person with all the help they will need to navigate a healing journey. Ponder that.

Since the conference I have been asked if school nurses should always contact the parent/caregivers of a student presenting with suicidal ideology. This was stated by various speakers at the conference. I have conferred with my DPI consultant colleagues and that statement is true not because of any Wisconsin or federal statute, but because of best practice standards and professional ethics. Notice how that theme of ethics and standards of school nursing practice re-emerges?

Another takeaway is that there is much expertise in the membership of WASN! Not only were two outstanding school nurses recognize with awards, but several members presented sessions. Planning for the next conference begins shortly. Consider what expertise you could share with your school nurse colleagues and develop (new) skills in the process of creating and giving a presentation. Then contact me and I will connect you with the conference planners.

Takeaways include what I observe and feel at the conference. I absolutely love school nurse conferences (state and national) because of the connection and camaraderie I feel while attending. I leave energized to try new strategies and implement changes to my practice. I leave feeling supported and affirmed that what I do and what you do is critical to school children and adolescents in Wisconsin.

That's a great takeaway with which to enter [Nurses Week](#) and [School Nurse Day!](#) ☺

This publication is available from:
Learning and Support
Student Services Prevention and Wellness Team
(608) 266-8857
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

May 2023 Wisconsin Department of Public Instruction

The Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or ability and provides equal access to the Boy Scouts of America and other designated youth groups.





Annual Model Notice For Youth Suicide Prevention

Spring 2023

Youth Suicide Prevention Resources are Available

To get updated information on suicide prevention, intervention, and postvention resources, visit [DPI's website](#). There are online information and training modules, a downloadable document on suicide prevention requirements in state law, a fact sheet on youth suicide, and an updated suicide prevention curriculum for students. Other resources include strategies on suicide interventions, memorial suggestions, and other pertinent topics.

Resources for emergency situations:

988

Dial for immediate assistance in a suicide or mental health crisis

HOPELINE

text "HOPELINE" to 741741 or visit

<https://www.centerforsuicideawareness.org/hopeline>

Resources for non-emergency situations:

WI Safe and Healthy Schools Training Center

www.wishschools.org

Prevent Suicide Wisconsin

www.preventsuicidewi.org

Suicide Prevention Resource Center

www.sprc.org

American Foundation for Suicide Prevention

<https://afsp.org/>

IN THIS ISSUE

Resources

Know the Signs

Suicide is a Complex Problem

Common Concerns

Actions and Words to Avoid



When youth are facing what they believe is a crisis and exhibit warning signs of suicide, be sure they are not left alone or sent home without supervision!

Know the Signs

Suicide doesn't usually happen out of the blue— most often, there are warning signs for others to see or hear. Get the **FACTs** and know the signs of suicidal thinking in your students, friends, and family members. (see *FACTs* chart on right.)

Suicide is a Complex Problem

Multiple factors are involved when someone dies by suicide. Oversimplifying the reasons someone takes their own life is not helpful. For instance, saying bullying “caused” someone to end their life is not accurate. Not all bullying victims kill themselves. Research suggests many factors contribute to suicide. These include: biological factors, precipitating factors, and triggering events. Examples of biological factors include mental illness or losing a family member to suicide. Precipitating factors include poor grades, attending an unsafe school, victimization, or family rejection. Crisis/triggering events include experiencing a major loss, humiliation or bullying, and having access to lethal means. Suicide is a complex problem that is often misunderstood when oversimplified. *From: American Association of Suicidology (AAS) webinar January 2011.*

Identifying the factors for disproportionate youth suicide risk is vital to prevention.

Mental health issues: the most common mental illness leading to suicide is depression. It is also the most treatable!

LGB youth: the [2021 Youth Risk Behavior Survey \(YRBS\) Suicide Data Summary](#) showed almost half of LGB youth seriously considered suicide and are 3.5 times more likely to attempted suicide than their non-LGB peers.

Female youth: 2021 YRBS data indicated over half of female students ages 16-17 years old experienced being so sad or hopeless every day for two weeks in a row or more that they stopped doing usual activities.

Lethal means safety can save lives.

(see www.means5matter.com and <https://besmartforkids.org/>)

Secure storage of all lethal means is a critical prevention strategy and reducing access provides the most significant reduction in youth suicide rates. Most often, youth who attempt suicide use a gun or drugs kept in the home. Do not allow youth to have unsupervised access to firearms and dangerous medications.

(continued on page 3)

SUICIDE PREVENTION WARNING SIGNS (FACTS)

FEELINGS

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Feeling trapped – like there's no way out
- Having no sense of purpose in life

ACTIONS

- Acting reckless or engaging in risky activities
- Withdrawing from friends, family, society, and typical activities
- Increased use of alcohol or drugs
- Giving away prized possessions

CHANGES

- Decline in quality of school work
- Dramatic mood changes
- Anxiety, agitation, change of eating/sleeping habits

THREATS

- Threatening/talking about hurting self

From American Association of Suicidology



Suicide is a Complex Problem (cont'd)

What can you do if you are concerned about a student?

Teachers and other school staff are well-positioned to observe student behavior and to ACT if there is a suspicion that a student may consider self-harm. Suicide is a permanent solution to a temporary problem; but for kids, their problems can seem endless at this stage. If we get them through the crisis, there is a 90 percent chance that they will never attempt suicide. ACT stands for **Acknowledge, Care, and Tell.**

Acknowledge feelings rather than minimizing them. Telling a student to “get over it” or “move on” is not a realistic outcome when dealing with a person with depression.

“I’m sorry to hear about this. It sounds really hard.”

Show Care and Concern for the student by taking the next step.

“I’m worried about you. I don’t want anything bad to happen to you or for you to be hurt.”

Tell a member of your crisis team. They know how to work with students who have concerns like these.

“Let’s go talk with someone in the counseling office.”

These steps (Acknowledge-Care-Tell) are central components of the “Signs of Suicide” program (SOS), an evidence-based schoolwide intervention program. SOS kits for middle school and high school are available through your local CESA. The law mandates schools to educate students on suicide prevention; see the [laws handout](#) on the DPI website for further details on curriculum.



Text HOPELINE
to 741741



Common Concerns

What if I make a mistake? Can I be sued?

State law insulates all public and private school district employees and volunteers from civil liability for their acts and omissions when trying to intervene in a student’s possible suicide.

Lawmakers found it so important that adults take action when a student is suicidal that they protected those adults from any civil liability for their intervention efforts.

Does asking about suicide cause a student to attempt it? No. This issue has been thoroughly studied. By asking a student about suicidal intent, you are offering to help them. Please do your best to reach out to students. Don’t be afraid to ask the question, “Are you thinking about hurting or killing yourself?”



Seeing Urgent Warning Signs? Here's What to Avoid

All children and adolescents can experience moodiness and will take time to ask life's big questions. Since they lack the perspective of time, they can become overwhelmed. The best roles for teachers are to support students, and if you see the suicide warning signs, use ACT. Some of the statements below might make perfect sense for students who aren't suicidal; but when kids are in crisis, these things can make it worse.

Here are some actions and words to avoid when you see the urgent warning signs and positive, alternative options:

Don't Shame - Validate

NOT: "You've got to get over this. It's not a big deal."

RATHER: "You seem to be struggling with something. How can I help?"

NOT: "You're too sensitive. Grow up!"

RATHER: "I can tell something's really bothering you. What's up?"

Don't Delay - ACT

When you see urgent warning signs, *get help right away*, don't wait.

Don't Blame - Support

NOT: "If you wanted a better grade, you would've worked harder."

RATHER: "You're disappointed in yourself. How can we do better?"

NOT: "Maybe you should change your attitude if you want friends."

RATHER: "Tell me what you look for in a friend. How can that be you?"

Don't Give Up - Persevere

Suicide is NOT a destiny—when people make it through the suicidal crisis, they usually go on to live healthy, productive lives!

Don't Do It Alone - It Takes a Village

Enlist other pupil services staff or administration to help you!



This publication is available from:

Division for Learning Support

Student Services/Prevention and Wellness

(608) 267-0363

dpi.wi.gov/sspw/mental-health/youth-suicide-prevention

March 2023 Wisconsin Department of Public Instruction

The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or ability and provides equal access to the Boy Scouts of America and other designated youth groups.



2023 Building the Heart of Successful Schools Preconference & Conference Sectional Proposal Form



Building the Heart of Successful Schools

Pre-conference December 6 & Conference December 7, 2023

Glacier Conference Center | Wilderness Resort | Wisconsin Dells, WI

The Building the Heart of Successful Schools (BHSS) Conference connects and inspires Wisconsin educators. The heart of the conference is the school experiences shared and the opportunity to network and learn from others. Please consider presenting your effective practices at our program sharing conference. We're looking for all levels of experiences - initial implementation through sustainable continuous improvement.

The DPI Student Services / Prevention and Wellness team and the Wisconsin Safe & Healthy Schools Center are inviting Wisconsin educators, students and school districts, Institutions of Higher Education (IHEs), community-based organizations, and other partners to submit proposals to present pre-conference or sectional sessions at the BHSS Conference at the Wilderness Resort in Wisconsin Dells. Pre-conference sessions will be held on Wednesday, December 6 and conference sessions will be held on Thursday, December 7, 2023.

Topics typically addressed at the conference support comprehensive school based mental health systems and include:

- Substance Use Prevention and Intervention
- Equity/Equitable and Culturally Responsive Practices
- Mental and Physical Health
- Creating a Positive School Climate
- School Safety and Violence Prevention, Trauma Sensitive Schools, Social Emotional Learning, and more

The ~400 attendees of this conference may include: school counselors, school social workers, school psychologists, health teachers, AODA Coordinators, administrators, school-based mental health providers, pupil services staff, school or district leadership, and other school partners.

Proposal Considerations:

- Conference sectionals are 60 minutes in length.
- Pre-conference sessions are half or full day in length.
- Presentation methods should be interactive. Consider using group exercises, demonstration, discussion, or case study.
- Presentations that represent a diversity of methods, materials, and audience are encouraged.
- Select sessions may be recorded for participant viewing at a later date. (sessions will not be livestreamed).
- The conference fee for presenters will be waived.
- Presenters are responsible for travel, lodging expenses, and pre-conference registration (if applicable).

**Proposals are due
May 15, 2023.**

**Proposals will be evaluated
by the conference
planning committee.**

**The lead presenter contact will
be notified of proposal
acceptance by June 2, 2023.**

[Click here to submit your proposal.](#)

Help Wisconsin's Homeless Youth Get the Help They Need

Expand Health Care and Mental Health Care Access for Unaccompanied Minors

Why can't Wisconsin's Unaccompanied Homeless Youth Receive the Health and Mental Health Care They Need?

Family members experiencing homelessness and crises are often separated from each other, have limited resources, and are fearful of systems involvement. Youth under 18, who are not in the custody of a parent or guardian, need essential services for dental emergencies, basic medical care, or counseling for non-substance related issues, cannot access these services even when providers are willing to care for them, regardless of their ability to pay.

Samantha, a 17 year old youth, has accessed a shelter with a broken tooth that is causing her significant pain. Her legal guardian is in another state and has substance abuse issues that lead to her disappearance for months at a time. The shelter has located a local dentist who is willing to meet Samantha's emergent dental need but cannot do so without her guardian's consent.*

Returning to the street is dangerous. Nationally, 20% of Runaway and Homeless Youth report being trafficked, 20-40% have been abused prior to being homeless, and 1 in 3 will be lured into exploitive sex within 48 hours of leaving home (National Sexual Violence Resource Center)

Jackson, a 17 year old whose parents are also homeless and unable to be located, is finishing high school while working and living with a friend. He needs mental health counseling to deal with the trauma of his experiences on the street, but cannot*

**real examples encountered by 17 year old youth in Wisconsin. Names have been changed.*



consent to care for non-emergency, non-substance related needs.

Wisconsin's unaccompanied homeless youth need the right to consent to their own mental and physical health care.

29 States, including Indiana, Minnesota, and Illinois, allow unaccompanied minors to consent for their own healthcare services ultimately improving their own well-being and reducing long-term health care costs.

What can we do? In 2019, Wisconsin Act 22 expanded Chapter 48 to allow 17-year-old youth to access shelter when their parents or guardian cannot provide this consent. While this provides a safety net to prevent non-system youth from falling through the cracks, once these youth access shelter, they also need the right to access essential healthcare.

The Wisconsin Association for Homeless and Runaway Services: Through a membership of community-based organizations and statewide partnerships, WAHRS supports family reunification, provides safe and stable housing and shelter options, and supports youth well-being, education, employment, and permanent connections to address and solve the underlying causes of youth homelessness. Learn more at www.wahrs.org

Wisconsin Association for Homeless and Runaway Services
Growing Stronger Together: 1982-2022

40 Years of Collective Advocacy and Services: Improving the Lives of Wisconsin Youth and Families

NOW HIRING TEENS IN WISCONSIN!



Do you know a passionate, motivated, change-making, young person who would enjoy **GETTING PAID** to help improve adolescent health and health care?!

Encourage them to apply for a position as a **Teen Educator or Youth Advocate.**

Positions available for young people from 13 - 19 years old!

Applications due June 11th!
www.wipatch.org

