



SCHOOL NURSE ORGANIZATION OF MINNESOTA

Complexities in School Nursing Practice: Empowering Champions of Student Health

NOVEMBER 14 & 15, 2025



Join the School Nurse Organization of Minnesota (SNOM) at our annual conference November 14th and 15th to expand your nursing knowledge and network with school nurse colleagues from around the state.

Welcome to our fall conference! This is a great opportunity for school nurses across the state to come to meet, learn, and grow with each other. Our fantastic conference committee has put together a day and a half of pertinent topics to ensure nurses have the knowledge they need to support students. If you are not a current member of SNOM, we welcome you and invite you to consider joining us to gain access to webinars, toolkits, advocacy and leadership development opportunities and a professional network of school nurses across the state and nation. Enjoy the conference!

Tara Cliff

SNOM President

The Program and Planning Committee is excited for you to attend the fall SNOM conference. We have an assortment of topics lined up for you this year based on your requests after last year's conference. Friday we will be discussing concussion care, SNOM updates, chronic absenteeism, and learning about the Circle of Courage. There will also be recognition of the School Nurses of the Year, followed by the President's Happy Hour. This will be a great time to socialize and get to know new colleagues. Saturday we will continue with topics that cover neuromuscular diseases, Postural Orthostatic Tachycardia Syndrome (POTS), and cultural considerations for mental health. We hope you get a lot of practical information to take back to your schools.

Program & Planning Committee

HEIDI STREED (Chair)

BSN, RN, LSN, NCSN

Minnehaha Academy

NINA CENTRELLA

BSN, RN, LSN, NCSN

Minneapolis Public Schools

JULIE DAHLMAN

BSN, PHN, RN, LSN

Stephen-Argyle Central Schools

GAIL HANSEN

MS, RN, PHN, LSN

Minneapolis Public Schools

STACEY HURRELL

DNP, RN, LSN, CNE

St Catherine University

PATTY REZABEK

MA, RN, PHN, FNASN

Minnetonka (retired)

JOIN SNOM & NASN

To join SNOM and NASN,
please visit:

www.nasn.org/membership

Friday, November 14th

Saturday, November 15th

Concussion (mTBI) Management: Assessment and Accommodations

ADAM TERRELL, MS CCC-SLP, CBIS

The presentation will review and provide information regarding the following: concussion (mTBI) definition, best assessment practice, accommodation management, appropriate classroom modifications, and planning for a successful return to classroom learning.

The Legislative Process, SNOM's Role, Updates in MN, and Data Collection

SNOM BOARD & EMILY MJELLELI MPH, BSN, LSN

An overview of the legislative process and how it relates to the school nursing field will be addressed. Discussion of current topics will occur, including: how to get involved and promote legislative change, insight on data collection for school nurses and how it can be used to provide a voice for staffing and school health needs. We will also review the results of 'Every Student Counts' data collection for MN with focus on the use of regional staffing models.

Frequent Fliers: Anxiety, School Refusal, and What Nurses can Do

KATHERINE HECHT PHD, LP

School nurses play a vital role in the identification and management of anxiety within the school context. This presentation will provide nurses with the knowledge and tools necessary to identify anxiety in a school setting and to support anxious youth when caring for them, with a particular focus on anxiety-driven absenteeism and anxiety-based school refusal.

Trauma Responsive Resilience Focused Health Rooms

REBECCA HUDLOW MS, BSN, LSN

School Nurses are in the front lines of recognizing the impact of chronic stress and trauma. Through this program, they will be reminded of the impact of trauma and ACES. Nurses will be affirmed for resilient focused strategies they are using along with learning about the the Circle of Courage which is a research evidence based model for building resilience which has Native American Roots

Neuromuscular Disease in the School Setting

MULTIDISCIPLINARY TEAM FROM GILLETTE CHILDREN'S

This session will be focused on providing medical and treatment updates for students who have genetic neuromuscular disease, which has changed immensely over the past 10 years. Our medical team understands the incredibly valuable role that school nurses play in the everyday lives of our patients--often serving as unofficial medical liaisons for the academic teams in addition to providing nursing care--and we hope to use this time to update, educate, and empower nurses so they can best care for our patients in the school setting.

When Standing Feels Like Too Much: Recognizing and Advocating for Dizzy and Misunderstood Teens with POTS

CHRISTINA MCCARTHY MS, APRN, CPNP-AC/PC

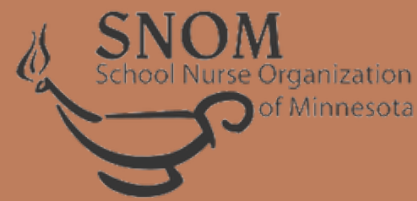
We will discuss recognition of signs and symptoms of adolescent POTS (Postural Orthostatic Tachycardia Syndrome), understand its epidemiology and diagnostic criteria, and differentiate it from other conditions with overlapping symptoms. Attendees will gain insight into the daily challenges students with POTS face. You will learn practical behavioral strategies along with an overview of medication options used in treatment. Most importantly, you will be empowered to advocate for appropriate school accommodations and provide informed, compassionate support that helps affected students thrive academically and socially.

Navigating Cross Cultural Conversations Centered on Health

JODY NELSON ED.D, LMFT

This workshop will explore the cultural dynamics that are sometimes present when school nurses engage parents in conversations centered on their child's health. Cultural factors related to mental/emotional health will be considered. Participants will reflect upon their own cultural biases related to wellness and will consider how their perspectives may create barriers to understanding and collaboration. Strategies to work effectively cross-culturally will be demonstrated and practiced.

CONFERENCE SCHEDULE



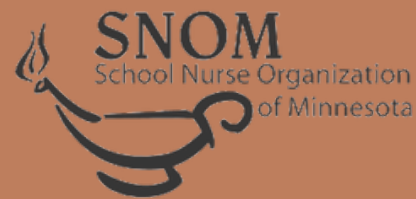
Friday, November 14th

7:00 AM	-Registration -Breakfast	-Networking
7:00 - 8:00 AM	<i>Exhibits:</i> Visit exhibitors that offer a variety of equipment, products, and other services vital to school nurse practices.	
8:00 - 8:15 AM	-Welcome -Announcements	
8:15 - 9:45 AM	<i>Concussion (mTBI) Management: Assessment and Accommodations</i> Adam Terrell, MS ccc-slp, cbis	
9:45 - 10:15 AM	-Break -Exhibits	-Posters
10:15 - 11:45 AM	<i>The Legislative Process, SNOM's Role, Updates in MN and Data Collection</i> SNOM Board and Emily Mjelleli MPH, BSN, LSN	
11:45 AM - 1:00 PM	-Lunch -Exhibits	-Networking -Posters
1:00 - 2:30 PM	<i>Frequent Fliers: Anxiety, School Refusal, and What Nurses Can Do</i> Katherine Hecht PhD, LP	
2:30 - 2:45 PM	-Break -Exhibits	-Posters
2:45 - 4:15 PM	<i>Trauma Responsive Resilience Focused Health Rooms</i> Rebecca Hudlow MS, BSN, LSN	
4:15 - 4:45 PM	- Award Presentations -School Nurse of the Year -Retired School Nurse of the Year	
4:45 PM	-Hospitality Event	*Cash & Complimentary hors d'oeuvres.

Poster sessions will be in the same area as the vendors on Friday. Interact and learn with colleagues as they present their posters on nursing standards and practice, projects, presentations, and research. If you are interested in presenting, [CLICK HERE](#) for more information.

Saturday, November 15th

7:45 - 8:00 AM	-Registration -Breakfast	-Networking
7:45 - 8:00 AM	<i>"Neuromuscular Disease in the School Setting"</i> Gillete Children's Multidisciplinary Team	
7:45 - 8:00 AM	Break	
9:45 - 11:15 AM	<i>"When Standing Feels Like Too Much: Recognizing and Advocating for Dizzy and Misunderstood Teens with POTS"</i> Christina McCarthy, APRN-NP	
11:15 - 11:45 AM	Break	
11:45 AM - 1:00 PM	<i>"Navigating Cross Cultural Conversations Centered on Health"</i> Jody Nelson Ed. D., LMFT	



**COMPLEXITIES IN SCHOOL
NURSING PRACTICE:
EMPOWERING CHAMPIONS OF
STUDENT HEALTH**

NOVEMBER 14 & 15, 2025

CONFERENCE LOCATION

Minneapolis Marriott West
9960 Wayzata Blvd.
Minneapolis, MN 55426

SNOM EXEC COMMITTEE MEMBERS

President - Tara Cliff
Vice President - Sarah Osterman
Secretary - Emily Mjelleli
Treasurer - Annie Lumbar Bendson
NASN Director - Kathy Schulz
Member at Large - Kate Keil

SNOM WEBSITE:

<https://www.minnesotaschoolnurses.org/home>

CONFERENCE INFORMATION

ROOM RESERVATIONS

Reservations can be made online by clicking [this link](#).

- Minneapolis Marriott West for 119.00 USD per night - Last Day to Book : Thursday, October 23, 2025

Please mention the School Nurse Organization of MN when making your reservations. ,

CONFERENCE QUESTIONS

Please contact Heidi Streed at streedheidi@minnehahaacademy.net

SNOM MEMBERSHIP:

[https://
www.minnesotaschoolnurses.org/
snom/membership/benefits](https://www.minnesotaschoolnurses.org/snom/membership/benefits)

**CONTINUING EDUCATION UNIT
CREDITS (CEUS)**

The SNOM conference is designed to meet the Minnesota Board of Nursing requirements for license renewal. After the conclusion of the conference, surveys will be sent to the emails used at registration. There will be separate surveys for Friday and Saturday. If you attended both days, you must complete both surveys. Friday's certificate of attendance with up to 7.2 CEU contact hours (1.8 CEU contact hours per speaker) will be sent after the survey is submitted. Saturday's certificate of attendance with up to 5.2 CEU contact hours (1.3 CEU contact hours per speaker) will be sent after submitting the survey. Each attendee can receive up to 12.4 CEU contact hours if they attend all sessions on Friday and Saturday and submit the survey for each day.

ONLINE REGISTRATION ONLY

Register online at www.minnesotaschoolnurses.org
Registration is available until Friday, November 7, 2025

Late registrations at the door will also be online only and include a \$30 late fee. No cash or checks will be collected.

SNOM Conference Prices: (Use codes below if needed.)

	SNOM MEMBERS	NON-MEMBERS	STUDENTS/RETIREEES
Friday only	\$140.00	\$180.00	\$80.00
(enter code)	SNOM	-	FridayStudent
Saturday only	\$110.00	\$150.00	\$65.00
(enter code)	SNOM	-	SaturdayStudent
Both Days	\$220.00	\$300.00	\$120.00
(enter code)	SNOM2Day	2Day	Student2Day

SNOM conference registration fees cover breakfast, lunch, and refreshments on Friday and breakfast on Saturday.

**Use Codes
to Register
for correct pricing**