



New York State Center for School Health

Supporting Student Success Through Health and Education



2023 NYSCSH School Health Seminar Crowne Plaza Albany - The Desmond Hotel Saturday, May 20, 2023



Every student deserves a safe and supportive learning environment. School health professionals need current, accurate, research-based information and resources to support student success.

School Nurses, Medical Directors, Health Educators, & Allied School Personnel

Please Join Us

- Learn how to identify and to respond to student needs.
- Obtain current information about NYS requirements for school health care and health education.
- Learn about resources currently available to help you enhance what you do.
- Discover evidence-based models, programs, and strategies for teaching health and wellness.
- Connect and share ideas with your colleagues from districts across NYS.
- Create action plans to solve challenges in your office, classroom, school, and district.

Topics Include:

***Adverse Childhood Experiences - Trauma Effects in Children:
I'm More Than A Number***

and

The Hidden Epidemic of Sleep Disorders in Children

Monroe 2-Orleans BOCES is a NYS Education Department approved Sponsor of Continuing Teacher and Leader Education (CTLE) providing five (5) hours of CTLE credit awarded upon successful completion of the post-knowledge check, and satisfaction survey. Attendance of the entire Seminar is required.

SEMINAR OVERVIEW & PRESENTER INFORMATION

OVERVIEW

Both sessions will include 30 minutes for questions and answers. This time will help attendees reflect on and break down the information presented to help start the process of moving from talking about the issues to acting on them to support NYS students best. You will have the opportunity to collaborate with peers and share your experience on the topics presented.

Adverse Childhood Experiences - Trauma Effects on Children: I'm More Than A Number

This session aims to enable school personnel working with children to understand Adverse Childhood Experiences (ACEs) and the effects of trauma on children. This session will provide an overview of adverse childhood experiences (ACEs) and their impact on the psychosocial functioning and well-being of students in our public schools. Participants will be presented with school and community-level strategies to support students, families, and school personnel. Strategies presented will include trauma-responsive practices, restorative practices, and opportunities for positive youth development.



Learners will be able to:

- Define and identify adverse childhood experiences.
- Identify the principles of trauma-informed care in a school setting.
- Understand the school's role in mitigating the effects of trauma.
- Understand how restorative practices and positive youth development opportunities contribute to a decrease in stress responses.

Victor Rose

Student Support Services Project Coordinator, NYSED



Victor Rose is a licensed clinical social worker, school counselor, and master-credentialed alcoholism and substance abuse counselor in New York State. Currently, Victor is a project coordinator in the Office of Student Support Services at the New York State Education Department. In this role, Victor supports work around juvenile justice, school counseling, and mental health. Before joining the State Education Department, Victor served as a school social worker in a mid-size urban school district for over four years. In addition, Victor spent more than a decade working in various social services areas, including foster care, foster care prevention, domestic violence, substance use, LGBT homeless services, and residential treatment.

Victor graduated from the Silberman School of Social Work at Hunter College of the City University of New York, receiving a Master of Social Work degree, and Alfred University, where he was granted a Master of Science in Education in School Counseling. Victor is a doctoral student at the American College of Education majoring in Public Health Education.

SEMINAR OVERVIEW & PRESENTER INFORMATION

The Hidden Epidemic of Sleep Disorders in Children

In this session, attendees will be educated about sleep disorders in children. These disorders can affect children of all ages and may be extremely difficult to detect. Many sleep disorders are incorrectly diagnosed and treated by medical establishments. The consequences of these disorders on students' health, learning, and wellness are incalculable.

This session aims to enable the learner to understand sleep as a process in students and to recognize and help educate on common sleep disorders.

Attendees will learn how to recognize these disorders and when to refer students for further evaluation. Conditions ranging from inadequate sleep, breathing disturbances, and disorders of hypersomnia will be addressed. School personnel often play a key role in helping students determine their ideal sleeping situation, so they will be taught how to help children determine the proper amount of sleep they should receive. Additionally, school personnel will explore the concept of chronotype in a child's sleep and academic performance. Finally, sleep practices for all will be discussed.



Learners will be able to:

- Understand the role of healthy sleep in a child's development.
- Determine how sleep needs and timing affect children in and out of school.
- Explore three common sleep disorders, understand what causes them, and how they often masquerade as other medical and psychiatric conditions.
- Learn how to help students achieve optimal sleep through better sleep education and instruction.
- Learn the three essential components of a "sleep history" and better assess the sleep health of the students you serve.

About Dr. Christopher Winter

Sleep Specialist/Neurologist, Author



Dr. Christopher Winter has practiced sleep medicine and neurology in Charlottesville, Virginia, since 2004 and has been involved with sleep medicine and sleep research since 1993. He owns the Charlottesville Neurology and Sleep Medicine clinic and CNSM Consulting. He recently stepped down as the Medical Director of the Martha Jefferson Hospital Sleep Medicine Center. Dr. Winter has authored numerous scientific papers and abstracts dealing with sleep and has written ["The Sleep Solution, Why Your Sleep Is Broken and How to Fix It"](#) and ["The Rested Child: Why Your Tired, Wired, or Irritable Child May Have a Sleep Disorder--And How to Help."](#)

Dr. Winter is an Echols Scholar graduate of the University of Virginia and received his medical degree from Emory University. He completed his neurology residency as Chief Resident at the University of Virginia and won a national American Academy of Neurology Teaching Award. He completed his Sleep Medicine fellowship at the University of North Carolina in Chapel Hill. Dr. Winter is certified in sleep medicine by the American Board of Sleep Medicine and certified in neurology by the American Board of Psychiatry and Neurology.



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Saturday, May 20, 2023

Crowne Plaza Albany - The Desmond Hotel

8:00 AM – 8:30 AM	Registration - Continental Breakfast Served
8:30 AM – 8:45 AM	Welcome & Introduction
8:45 AM – 9:45 AM	Adverse Childhood Experiences - Trauma Effects on Children: I'm More Than A Number - Part 1 Victor Rose NYS Education Department (NYSED)
9:45 AM – 10:15 AM	Vendor Break Refreshments Served
10:15 AM – 11:15 AM	Adverse Childhood Experiences - Trauma Effects on Children: I'm More Than A Number - Part 2 Q&A Victor Rose NYS Education Department (NYSED)
11:15 AM – 12:30 PM	Lunch (Included in Registration)
12:30 PM – 1:30 PM	The Hidden Epidemic of Sleep Disorders in Children - Part 1 Dr. Christopher Winter Sleep Specialist, Neurologist, and Author
1:30 PM – 2:00 PM	Professional Organizations Introductions & Break Refreshments Served
2:00 PM – 3:00 PM	The Hidden Epidemic of Sleep Disorders in Children - Part 2 Q&A Dr. Christopher Winter Sleep Specialist, Neurologist, and Author
3:00 PM – 3:30 PM	Wrap Up Information & Adjourn

Learn more and register at www.schoolhealthny.com



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Registration Information

Cost: \$80.00 includes continental breakfast, lunch, and all break refreshments.

Payment by check or purchase order must be received by May 16, 2023.

Registration closes on May 16, 2023.

Registration will be confirmed when payment is received.

Confirmation email will be sent to the email associated with your LMS account.

Refunds will be provided if cancellation is received ten days prior to seminar date.

Attendees must be present for all sessions and successfully complete the post-knowledge check and satisfaction survey to receive a Certificate of Competition for Professional Development (PD) and/or CTLE credit.

Register online at the NYSCSH [Learning Management System \(LMS\)](#)

1. If you're new to the NYSCSH LMS, you will need to create a free account at the link above.
2. If you already have an account, please take a moment to review your profile information.
3. Once logged in to the LMS, click on the Catalog and select 2023 School Health Seminar Registration course.
4. Select the "Enroll" option in the upper right.
5. Download the Attendance Justification and instructions for submitting payment document.
6. Once we've received payment (PO or check) you'll receive confirmation of your registration.

Hotel Accommodations:

We're pleased to be hosted by the landmark Crowne Plaza Albany - the Desmond Hotel. Rooms have been reserved for seminar participants at the rate of \$114 plus tax per night. These special rate rooms will be held until April 28, 2023.

Click [here](#) to book your room online

Or Call the Hotel directly at 518-869-8100 and use Group CODE "HSH"

Hotel reservations are independent and separate from this registration

We will be following the COVID protocols established by the NYSDOH. Appropriate measures have been put in place by the Crowne Plaza Albany - the Desmond Hotel for your safety.

The New York State Center for School Health may take photographs or video during this seminar. They may be used in social media, print and/or electronic form or on the Center's website. Conference registration confers your permission to use your photo, video and/or name in various media forms unless you notify the Center in writing.