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ASHA Leadership Update

The ASHA Board of Directors held its mid-year meeting via conference call on Saturday, April 20, 2013. Interim Executive Director JoAnne Lyons Wooten presented ASHA's Organizational Assessment and provided recommendations on the best ways to capitalize on ASHA's assets while addressing its challenges.

The assessment process included interviews with members, staff, and ASHA's consultants; a review of the organization's by-laws and personnel policies; an examination of past and current funding agreements; and, an overview of the history and culture of the organization and the field of school health. JoAnne's recommendations will be addressed in a transition plan that will be presented to the Board at its next meeting.

Additionally, the ASHA Reorganization Committee, under the leadership of Ty Oehrtman, will review the feedback we received in 2012 on proposed changes to ASHA's Board, Sections and Councils. As part of the transition process, the committee will develop a reorganization plan and submit it to the Board for additional discussion.

The Professional Development Committee, under the leadership of Jeanie Alter, began exploring new professional development models such as regional and partnership conferences and more frequent webinars. Plans are already underway for an exciting 2014 conference in Portland, OR.

Elections for open Board positions will take place in July 2013. Exercise your right to choose the leaders of your organization. Information on the election will be made available in June.

The theme for the 2013 conference is Charting a New Course for School Health. The Board of Directors is also charting a new course for ASHA. More information about ASHA's transition plan and related issues will be shared in the months ahead.

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JoAnne Lyons Wooten, Interim Executive Director
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Did You Know?

The American School Health Association was founded as the American Association of School Physicians on October 27, 1927 by 325 physicians at the annual meeting of the American Public Health Association in Cincinnati. The charter members represented 29 states and Canada. The first president was William A. Howe, M.D., of Buffalo, N.Y. Interest in the Association grew so rapidly that in 1936 the American Association of School Physicians opened its membership to all professionals interested in promoting school health. The organization officially became the American School Health Association. Today, ASHA members include school nurses and physicians, health educators, physical educators, school health coordinators, counselors, social workers, state education and health officials, researchers, faculty from institutions of higher education, and students planning a career in a school health field.

Conference Update: Pre-Con Sessions for Every ASHA Member!

ASHA's 2013 conference features sessions focused on teaching techniques for classroom teachers as well as research and general sessions of interest to all members of the school health team. In addition, ASHA is offering a robust array of pre-conference sessions. Pre-conference sessions are offered on Wednesday, October 9, 2013 so plan your arrival in Myrtle Beach accordingly. There is a nominal fee for each session and CEUs will be provided. Here is a summary of each session. More details will be posted on the ASHA website very soon!

Pre-Con 1: Systems Thinking, Systems Changing: Implementing School Health Programs Effectively Within the System!

Presenters: Jessica Lawrence, Director, Cairn Guidance and Jamie Sparks, Coordinated School Health Director, Kentucky Department of Education

Have you ever tried to make change in your school? This four hour session will help you better understand the phases of change an individual and a system (school/district) goes through when implementing Coordinated School Health. Using a board game called Systems Thinking/Systems Changing (TM), this interactive activity is used by teams in workshop settings to experience what it takes to make effective systemic change in schools, focusing on the structures and strategies that schools need to be continuously improving learning organizations. The emphasis in this session is on school health and how to improve your programs and services.

Pre-Con 2: Engaging Parents in School Health Activities and Programs

Presenters: Shannon L. Michael, Health Scientist, CDC; Riley Steiner, Public Health Analyst, CDC; and Sandra Leonard, Health Education Specialist, CDC

Does your school or district have difficulty getting parents engaged? We know that partnerships between schools and parents can improve the health of adolescents. This session will focus on key strategies and actions to increase parent engagement in school health. Participants will reflect on their current practices, share challenges and successes, and discuss ways to integrate effective parent engagement strategies and actions into their current work.

Pre-Con 3: Training Tools for Healthy Schools: School Health Guidelines to Promote Healthy Eating and Physical Activity

Presenters: Allison Nihiser, Health Scientist, CDC and Bridget Borgogna, Health Education Specialist, CDC

Is your school wellness policy just a piece of paper? Would you like to make the case that school health policies and practices can truly address obesity and reduce related health disparities? This session will train school health practitioners to use CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity as a tool to improve what is happening in your school. Participants will create an action plan to identify next steps for implementing at least one evidence-based physical activity or healthy eating policy or practice in their state, region, city, or school district.

Pre-Con 4: Advancing School Behavioral Health in North and South Carolina

Presenters: Mark D. Weist, Professor and Clinical-Community Director, University of South Carolina and Kurt D. Michael, Professor, Appalachian State University

Are you responsible for behavioral health programs and services in your school or district? Are you looking for new ways to collaborate with behavioral health providers in your community or region? The Carolina Network for School Mental Health and the South Carolina School Behavioral Health Coalition built strong partnerships with key stakeholders to advance school health and behavioral health efforts across the region. This session, designed for any member of the school health team, will focus on ways to engage new partners, advance current activities, and develop action plans. Critical discussions will facilitate continued collaboration and advancement of the groups' mission and goals.

Pre-Con 5: Working Upstream: Teacher Preparation Standards for Sexuality Education

Presenters: Susan Telljohann, Professor, The University of Toledo; Denise Seabert, Associate Professor, Ball State University; Kelly Wilson, Associate Professor, Texas A&M University; and Danene Sorace, Consultant, Future of Sex Education Initiative

Do you prepare health educators to teach human sexuality in Pre-K-12 schools? Do you hire or supervise educators who teach health and human sexuality in your school or district? If you answered YES to either of those questions, then this workshop is for you! In response to the 2012 release of the National Sexuality Education Standards, the Future of Sex Education (FOSE) partnership developed Teacher Preparation Standards for Sexuality Education. These standards provide guidance to institutions of higher education to create more robust and effective course content to better prepare undergraduate students in the delivery of sexuality education. This workshop will preview the new standards and share tools for institutions of higher education and school health professionals. .

Of Interest...

Trends in Allergic Conditions among Children: United States, 1997–2011

<http://www.cdc.gov/nchs/data/databriefs/db121.htm>

Global School-based Student Health Survey (GSHS) was developed by the World Health Organization (WHO) and is a survey conducted among students aged 13–15 years. <http://www.cdc.gov/gshs/>

Joining ASHA: Comments from the President

*The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.*

*~Nursery rhyme quoted by
Wayne Fields, What the River
Knows, 1990*



We can make a commitment to promote vegetables and fruits and whole grains on every part of every menu. We can make portion sizes smaller and emphasize quality over quantity. And we can help create a culture - imagine this - where our kids ask for healthy options instead of resisting them.

Michelle Obama

Are you looking for a voice for SCHOOL HEALTH? Are you tired of being a second-class citizen at school? Are you a member of one of those “other” national organizations with 15,000 members and a legislative agenda that does not impact your work? Are you a number in the ranks of another organization whose membership does not understand how schools work?

Do you know K-12 school health coordinators, health teachers, school nurses, physical educators, counselors, and other members of the school health team who want an association that speaks for them and for the children and youth they serve? Are you concerned about issues such as the common core, teacher evaluation, and school improvement? Do you value your role in both health and education?

ASHA is committed to the concept of a coordinated and collaborative school health environment that brings together all members of the team. ASHA is uniquely positioned to meet your individual needs as well as the collective needs of the school health team.

ASHA offers a cutting-edge journal, periodic webinars on current and emerging issues, an annual conference focused on emerging issues in the field, and free CEUs for its members. In addition, ASHA supports interdisciplinary networking.

During my professional career, I was often asked to “wear many hats”—as a middle school health educator, high school nurse, director and supervisor of state programs, and as a health and physical education standards coordinator for the New Jersey Department of Education. I have joined many national and state associations during my career but ASHA has always been the one organization where I could don those hats with ease, leaving the annual conference with a better appreciation for the work of the school health team.

ASHA is not about ONE profession--it is about all professions on the school health team speaking with one voice, singing the same tune in harmony. If you have friends and colleagues who are looking for a professional home, tell them to join ASHA. We are small enough to remember your name but large enough to matter.

For ASHA membership information, please go to:

<http://www.ashaweb.org/i4a/pages/index.cfm?pageid=3283>

Future Leaders Academy: We Want You!

The FLA connects prospective leaders to the inner workings of the Association in a safe, friendly, and convenient way, all while helping develop leadership skills that benefit the Association and the individual.

~Ty Oehrtman, FLA 2006: Current Chair of Sections

FLA is a wonderful opportunity for ASHA members to learn more about the governance and operations of the organization. I've enjoyed meeting the executive board and getting to know fellow FLA members. FLA has enhanced my leadership skills, and I plan to use my experiences to become more involved with ASHA.

~ Holly T. Moses, MSHE, CHES, FLA 2011

FLA was a unique opportunity to develop leadership skills, gain insight into the association, and become more invested in the mission we all share.

~Jeanie Alter, FLA 2008: Current Chair of Professional Development

I have had fabulous opportunities to better understand and really be a part of the "inner work" of ASHA. It has been a learning experience I won't forget!

~Desiree Voorhies, FLA 2013

FLA was a great opportunity to be become part of a School Health Professional Learning and Leading Community. We studied and applied leadership best practices, were mentored by quality health professionals, became familiar with the inner and outer workings of ASHA, and learned and applied important advocacy skills for promoting school health now and in the future. I now feel better prepared to take on an active ASHA leadership position.

~Kim McLaughlin, FLA 2012

In 2006, ASHA President David Wiley developed the Future Leaders Academy (FLA) to identify and train individuals for future leadership roles in the organization. The FLA builds skills and familiarizes young professionals with the programs and activities of the Association. Since its inception, 25 ASHA members representing various school health professions have participated in the program and many of them have gone on to serve as committee chairs or board members. The FLA has been so successful that other national organizations are planning to institute similar leadership programs.

Kelly L. Wilson, PhD, MCHES, Associate Professor at Texas A&M University is a charter member of the FLA and serves as a facilitator along with Sharon Murray, President of RMC Health. ASHA President-Elect Holly Hunt serves as the presiding officer of the FLA.

Becoming part of the FLA requires a two-year commitment. Conference calls are held monthly and include lively discussions about leadership on the job and within ASHA. FLA members are invited to "sit-in" on monthly ASHA Board conference calls to learn more about the inner workings of the organization and are invited to attend the face-to-face Board meeting at the annual conference.

First year members of the FLA learn more about ASHA's advocacy role. If the budget permits, travel may be covered for first year members to meet at the ASHA office and trek to the "Hill" to meet their state representatives.

To become a member of the FLA, simply complete the Application Form found on the ASHA website and e-mail the completed form and a three (3) page curriculum vita to the ASHA National Office at info@ashaweb.org by **June 1, 2013**. The vita should highlight professional service.

Here's what Monica Webb, current FLA member and Assistant Professor at East Carolina University says about FLA:

In the short time I have been part of FLA I have felt more connected to ASHA than I had as my previous years as a member. FLA has afforded me the ability to network at a different level, develop strong leadership skills, and advocate for school health issues. I have been able to apply these skills with my students to prepare future school health educators to advocate and lead the profession. Overall, it has been an enlightening experience!

Consider applying to become part of the 2014 FLA cadre. Who knows? You could be a future ASHA president!