

# MNSBHA SUMMIT <sup>20</sup>25

*OPEN MORE DOORS*

## PROGRAM

**THURSDAY • NOVEMBER 13 • 2025**

8AM-5PM

ST. CATHERINE UNIVERSITY  
2004 RANDOLPH AVE  
SAINT PAUL, MN 55105





## LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Thank you for coming! Today marks Minnesota's first statewide Summit for the school-based healthcare workforce. Fifty-three years ago, a Ramsey Hospital physician, therapist, nutritionist, and health educator teamed up with a St. Paul Superintendent to move their clinic where their patients spent time -Mechanic Arts High School. Thirty years ago, school-based health centers were established in nearly every Minneapolis and St. Paul senior high. Twelve years ago, every leader of every school-based health center leaders in MN joined forces with the MN Department of Health to establish a volunteer affiliate of the national School-Based Health Alliance. Five years ago, SBHCs proved themselves a durable part of the children's health safety net by continuing to serve students during a pandemic that closed their schools. And three years ago, our legislators voted to define and fund school-based health centers in state law, providing an opportunity for the MN School-Based Health Alliance to open our doors.

*Since then, SBHCs have grown by 60% every year, from Moorhead to Winona.*

I could not be prouder today than to lead our Alliance, partner with Alliances across the U.S., collaborate with our state offices and strategize with statewide schools and healthcare organizations. We are opening more doors to students than any other time in Minnesota history. What makes these doors truly special is that they open to everyone, anytime. So many supportive programs for children necessitate them experiencing setbacks to qualify for interventions. But SBHC doors open before athletes are benched, sadness turns to crisis, outbreaks begin, or asthma symptoms escalate. These open doors prevent kids from missing school, parents missing work, or school staff feeling utterly overwhelmed. And because this is care in an educational setting, students are learning to ask for help, utilize preventive resources, and bring those messages home.

SBHCs demonstrate remarkable ability to eliminate disparities. Since the pandemic, my refrain has been, "we are all in this together, but we are not in this the same." Picture walking through a school, the sound of young voices, the smell of hot lunch, paper chains of hearts and hands on the walls. A few kids in that school have coaches or case managers. Many have a pediatrician and friends. More have food and at least one caring grown up at home. But every single student gets teachers and student health professionals. School-based health centers exist to fill in fractures in care and offer support to those who need it most.

Right now, rural clinics and hospitals are at risk of closing. Medical care costs are rising. Medicaid access is threatened. When we ask students where they would have gone for care if not their SBHC, studies show us 14% of students would have gone to the ER, 34% didn't know where else to go, and 5% percent said they wouldn't get care at all. *School-Based Health Centers aren't just convenient - they are vital.*

Our intention today is for you to connect with each other, learn from those in the field, and depart with new tools and energy. We understand that you face enormous challenges. *And yet, you welcome every child. We are here to welcome you. Together, we're opening doors, widening horizons, and building a future full of promise for Minnesota's students.*

With gratitude,



**Shawna Hedlund**

Executive Director

Minnesota School-Based Health Alliance



## **TABLE OF CONTENTS**

LETTER FROM THE EXECUTIVE DIRECTOR	III
ABOUT THE MNSBHA	1
CONTINUING EDUCATION INFORMATION	3
SCHEDULE OF EVENTS	4
STAY CONNECTED & SHARE YOUR STORY	14
DONATE TO THE MNSBHA	15
THANK YOU TO OUR SPONSORS	17

# ABOUT MNSBHA

## Organization Overview

The Minnesota School-Based Health Alliance is a nonprofit that works to optimize health and education outcomes for all young people through access to integrated healthcare in schools. We are the resource hub and advocacy team that leads a communitywide effort to ensure our students are healthy, engaged and thriving in school.

We offer training, resources, advocacy and connections. We work with school districts, healthcare organizations, public health teams, youth advocates, community leaders, and government offices to sustain and support school-based health initiatives through community partnerships. Our work is guided by our core values: Respect and Integrity, Equity and Inclusion, Collective Wisdom. We understand that expanding school-based healthcare to reach more students and families at this critical time is going to take strategy and collaboration.



**MINNESOTA**  
**SCHOOL-BASED**  
**HEALTH ALLIANCE**



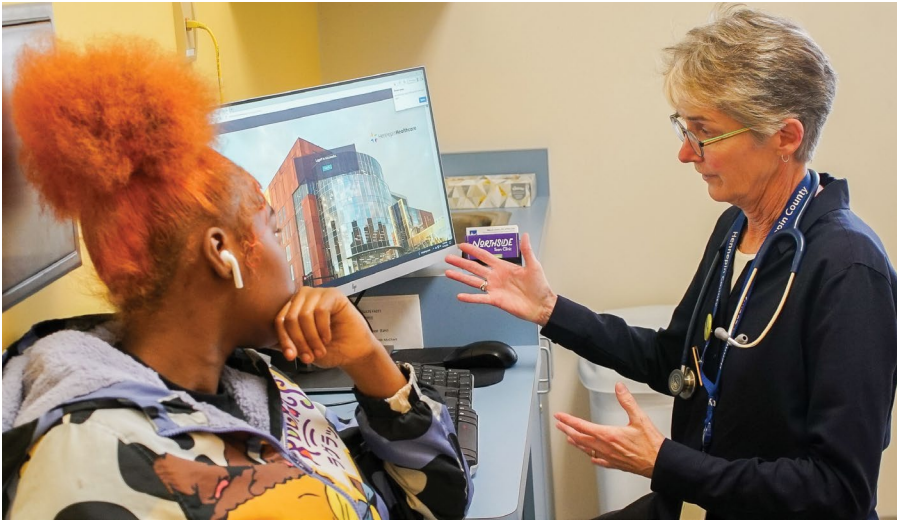
## JOIN OUR COMMUNITY OF PRACTICE!

The Alliance supports clinic operators at all stages of development through no-cost technical assistance and monthly Community of Practice workshops. Expert speakers offer informed strategies that support the school health workforce, sustainable operations, and student wellbeing. Whether you're operating an established clinic or exploring how to start one, our Community of Practice connects you with peers, provides practical resources, and ensures you're never navigating challenges alone.



CONTACT FORM

**SCAN THE QR CODE**  
TO JOIN OUR COMMUNITY OF PRACTICE  
AND RECEIVE INVITATIONS TO OUR BASECAMP



## OPEN MORE DOORS

Child development studies show that little ones develop the social skill of knocking on doors over time, though for many it must be explicitly taught. When those inside are welcoming, when a caring adult opens the door, when kids knock themselves and the door opens again and again, young people learn that healthcare is for them. The Minnesota School-Based Health Alliance has a very focused purpose: we open doors for you so that you can be there for students.

Today, we have planned an agenda that allows you to connect with peers, consider challenges, and discuss solutions for vibrant SBHCs.



JOINT ACCREDITATION™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity was planned and implemented by the Minnesota School-based Health Alliance and Moses/Weitzman Health System and its Weitzman Institute and is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Additional CE credits are available for dentists, physician assistants/associates, psychologists, registered dietitians, and social workers.



**weitzman**  **institute**  
inspiring primary care innovation

Scan for link to instructions for Continuing Education Credit



**MNSBHA  
SUMMIT 2025**

# SCHEDULE OF EVENTS

Thursday, November 13, 2025

## Welcome Celebration (8:30–9:00 AM)

Led by MNSBHA’s Shawna Hedlund and Connie Sheenan

### Leadership Team

#### **SHAWNA HEDLUND, EXECUTIVE DIRECTOR**



Shawna is the first Executive Director of the Minnesota School-Based Health Alliance, bringing twenty-five years of experience in community health, education innovation, and public policy to her work. She believes that to create change for young people and communities, healthcare delivery needs to be dynamic and adaptive, recognizing that it is in our homes, schools, and communities that we heal. Shawna is proud to stand on the shoulders of visionary youth advocates who have advanced this work in Minnesota for decades.

#### **CONNIE SHEEHAN, PROGRAM DIRECTOR**



Connie supports communities who would like to implement new school-based health centers or improve existing ones, bringing over 25 years of experience. She is known for her ethical leadership, clear communication, and energetic drive to build positive change. Connie’s passion is working with students and adults in the BIPOC community to find joyful ways to move their bodies.



#### **Happy 100<sup>th</sup> Birthday to Reverend Dr. Roxie T. Smith!**

Beloved as “everybody’s Grandmother,” Roxie welcomed thousands of students to St Paul Public School’s “Health Start Clinics.” Founded in 1973 under the leadership of Dr. Laura Edwards, these first school-based health centers, now operated by MN Community Care, sparked a nationwide movement to bring care to kids where they spend time; in school.



# SPEAKERS & SESSIONS

## KEYNOTE PRESENTATION

### Opening Doors to Digital Wellbeing: What Students Need From Us Now

Parents and professionals are swimming in headlines about AI, phones, social media, and mental health. In this engaging and affirming talk, Erin Walsh takes you inside the teenage brain and connects the dots to the unique risks and opportunities of growing up digital. With warmth, science, and humor, she helps us move from feeling overwhelmed to capable and connected - the steady presence young people need to build resilience in a complicated world.



#### ERIN WALSH

Erin Walsh is co-founder of Spark & Stitch Institute and author of *It's Their World: Teens, Screens, and the Science of Adolescence* (Free Spirit Publishing). She has worked with communities across the country who want to understand child and adolescent development better and cut through conflicting information about kids and technology.

Erin's work has been featured in the Washington Post, the Star Tribune, Huffington Post, and Yahoo News. She co-authored the Tenth Anniversary Edition of the national bestseller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen* and has consulted with schools, school districts, parent groups, and other youth-serving organizations throughout the United States and Canada on issues related to digital media, parenting, and social-emotional development. You can follow her work at [sparkandstitchinstitute.com](http://sparkandstitchinstitute.com).

## BREAKOUT SESSION 1 (10:10–11:25 AM)

### ROOM 1: Physical Health

#### Improving Body Image and Preventing Disordered Eating in K-12 Students

Children and adolescents are increasingly facing body image concerns, appearance-based bullying, and rising rates of eating disorders. This session equips educators and health professionals with tools to recognize disordered eating and promote positive body image through inclusive, protective nutrition education. Learn how eating disorders present in diverse populations and discover curriculum resources designed to support K-12 students. The session also challenges common stereotypes about eating disorders and highlights how systemic issues such as racism, transphobia, and anti-fatness increase risk for marginalized populations.

#### Public Health Specialist, Statewide Health Improvement Partnership (SHIP); Be Real Ambassador



*Presented by:*

*Salena Salfen, MPH, RD, Public Health Specialist*

*Saint Paul – Ramsey County Public Health; BeRealUSA.org*

*Co-Presenters:*

*Alyssa Greene, LPC - Mental Health Systems Coordinator, Minnesota Department of Health*

*Amanda Holmes, RD, LD - Cultivate Counseling*

---

### ROOM 2: Behavioral Health

#### Refugee Health Innovation: A Resilience-Based Model to Promote Psychological Wellness Among Refugee and Immigrant Youth

Refugee and immigrant children in the US often present with trauma but rarely receive services due to systemic barriers, including a lack of linguistically and culturally relevant services, distrust of care provision, service inaccessibility, and stigma. This session shares insights from the CIRCLE Project and Trauma Systems Therapy for Refugees (TST-R), which addresses trauma in refugee children through culturally attuned, multi-tiered school-based interventions. Participants will learn how TST-R builds resilience and belonging in youth through education, wellness promotion, and trauma-responsive environments.



*Presented by:*

*Saida Abdi, PhD, MSW, LICSW, Assistant Professor*

*University of Minnesota School of Social Work*

---

### ROOM 3: Innovation

#### **Bridging Health and Education: A Rural Success Story**

This session highlights a successful partnership between Ortonville Area Health Services and the Ortonville School District in a rural Minnesota community of about 2,000 people, several hours away from major medical facilities. Attendees will gain practical tools for building sustainable, community-backed school-health collaborations, including strategies for identifying shared goals, navigating logistical challenges, and securing community buy-in.



*Presented by:*

*Kelsey Henningson-Kaye, MSPAC, PA-C*

*Ortonville Area Health Services, Trojan Care SBHC*

---

### ROOM 4: Policy and Sustainability

#### **Equitable Billing Practices for Sustainable Health Department Clinics: Bridging Gaps in Public Health**

In the wake of the pandemic, public health clinics face unprecedented challenges with shrinking state and federal funding threatening essential services like STI testing, family planning, and immunizations. This session demystifies the complex process of building a sustainable, equitable billing framework that secures clinic viability while honoring public health's mission: providing care to all, regardless of ability to pay. Heather outlines how health departments can build equitable billing systems that ensure financial sustainability without compromising access. Attendees will walk away with tools to stabilize revenue, navigate regulations, and protect underserved communities.



*Presented by:*

*Heather Gibson, Senior Healthcare Consultant*

*Rosen Sapperstein, & Friedlander, LLC*

---

## Breakout Session 2 (11:35am–1:00pm)

### ROOM 1: Physical Health

#### Collaborative Nutrition Counseling for Adolescents in School-Based Health Centers

Effective nutrition care in SBHCs involves dynamic teamwork between dietitians and other healthcare providers. Natalie explores how dietitians can integrate into school-based teams to support adolescent nutrition, sharing practical advice and case studies of successful communication and collaboration that improve student health outcomes. She shares effective strategies for adolescent engagement, rapport building, and developing health literacy and self-advocacy skills in teen clients.



*Presented by:*

*Natalie Nation, MPH, RD, LD & Community Health Specialist  
Hennepin County WIC & Minneapolis School-Based Clinics*

---

### ROOM 2: Behavioral Health

#### Drugs and Why People Use Them

This session discusses up-to-date theories of substance use and ways to promote safety in your clients. Kyle presents substance use as a functional coping mechanism (even if maladaptive) and shares how to build safety, recovery, and autonomy in clients of any age. The presentation is rooted in the concept that substance use is an attachment disorder and provides strategies to promote recovery in session and contract for safety with individuals engaging in chaotic substance use.



*Presented by:*

*Kyle Lipinski, Mental Health Counselor and Clinical Supervisor  
Wilder Recovery Services*

---

### ROOM 3: Innovation

## Sharing Smiles at School: Oral Health Tools, Education, and Insights for School-Based Health

Tooth decay remains one of the most common chronic diseases among children, yet it is almost entirely preventable. This session spotlights Delta Dental of Minnesota Foundation's Smiles@School program, a no-cost oral health initiative available to all first-grade schools in Minnesota. Now in its 10th year, the program has delivered over 61,000 dental health tool-kits to students across all 87 Minnesota counties. Attendees will learn practical strategies for integrating oral health education and prevention into school settings and discover partnership opportunities to expand dental care access.



**Presented By:**

**John Howe, Senior Director, Foundation & Community Giving Strategy & Operations  
Delta Dental of Minnesota**

**Panel of Co-Presenters:**

**Kara Esser (Delta Dental) on the 10-year journey of the Smiles@School program  
Dr. Eileen Crespo (Delta Dental) and Dr. Cindy McGregor (Delta Dental) on practical tips for oral health prevention and education beyond 1st grade  
HealthFinders Collaborative on their journey in school-based dental care at the new school-based health center in Faribault Public Schools**

---

### ROOM 4: Policy and Sustainability

## Medicaid Matters: Health Equity and School-Based Health Centers

This session explores how Minnesota Medicaid policy intersects with the delivery and sustainability of school-based health services, particularly in communities that have been historically underserved. Drawing on both policy expertise and hands-on experience managing a school-based clinic, this presentation highlights the essential role Medicaid plays in expanding access to physical, mental, and behavioral healthcare for students through SBHCs. Attendees will gain insights into effective reimbursement strategies, culturally responsive care, and how to build strong partnerships with schools and community organizations while navigating Medicaid policy developments.



**Presented By:**

**Miamon Queeglay, MPH, Integrated Population Health Researcher  
Minnesota Department of Human Services**



## LUNCH + 2025 G.R.I.T. Awards (1:00pm)

The G.R.I.T. Awards recognize individuals who embody Genuine, Resilient, Innovative, and Tenacious qualities in their daily work to promote school-based health care. Presented annually at the MNSBHA Summit, these awards celebrate providers, administrators, advocates, and champions working at the local and state level who are making a real, measurable difference in the lives of Minnesota students and families.



**2025 G.R.I.T. Award Winners**  
SCAN TO LEARN MORE



### PROVIDER AWARD

- Kathryn 'Katy' Schulz, Nurse Practitioner, Family Medicine  
*Park Nicollet - Bloomington Central High Resource Center*
- Linda Dick-Olson, LICSW, Therapist and Associate Director of Pediatric Mental Health  
*Minnesota Community Care, Health Start School-Based Clinics*

### ADMINISTRATOR AWARD

- Odam Medical Group
- Madeline Speltz, RN BSN  
*Winona Health School-Based Health Clinics*

### ADVOCATE AWARD

- Amy Martinez Svendsen, RN, PHN  
*Nurse Manager, Rise Up Health Clinics*
- Atasha Hayden, CMA, CHW  
*Supervisor of Medical Assistants, Minneapolis School-Based Clinics*

### CHAMPION AWARD

- Heather Bacon, APRN, CNM, PHN  
*Quality Improvement and Systems Coordinator, Rise Up Health Clinics*
- Beth Reilly, RN, PHN, LSN  
*School Health Specialist, Dakota County Public Health*

## BREAKOUT SESSION 3 (2:10–3:25 PM)

### ROOM 1: Physical Health

#### **Opportunities to Impact and Support Families of Children with Type 1 Diabetes Through School-based Nursing**

This session presents research conducted through a school-based health center to better understand the burdens associated with Type 1 Diabetes (T1DM) on school-aged youth and families, and identifies strategies school nurses can adopt to reduce disease impact. Family interviews revealed themes including individual and family struggles, the importance of teamwork, navigating barriers, and facing uncertainty. Based on these findings, Sarah will share plans for developing school-based programs focused on communication, care coordination, cognition, problem-solving, and strength-building to support students with T1DM and their families.



*Presented by:*

*Sarah Ogilvie, DNP, APRN, FNP-C, PHN, CPHQ*

*Assistant Professor of Nursing*

*School of Nursing, College of Allied Health and Nursing*

*Minnesota State University–Mankato*

*Co-Presenters:*

*Marissa Johnson RN, APRN Student*

*Tracy Irons-Dieterle, DNP, APRN, CNP, FNP-C*

---

### ROOM 2: Behavioral Health

#### **Cultivating Courageous Clinicians Through Culturally Responsive Supervision**

This workshop explores how culturally responsive supervision can support clinicians in navigating complex and ever-changing systems. Supervision that invites culturally responsive dialogues leads to stronger, authentic connections and relationships with supervisees. This requires examining our own cultural beliefs and practices and how they intersect with the complex identities we and our supervisees embody. It's also important to be aware of how larger systems are rooted in dominant culture and how supervisors can proactively address this. Attendees will gain increased awareness of their current supervision practices and actionable steps toward implementing resilient, culturally responsive supervision.



*Presented by:*

*David Hesse, LMFT | Director of Training and Supervision,  
Change Inc.*

### ROOM 3: Innovation

## Establishing an Innovative Non-Profit Organization to Operate School-Based Health Centers

A major challenge in establishing new school-based health centers is finding a sponsoring healthcare agency. This session explores strategies for creating an innovative nurse-led non-profit model aimed at building sustainable and effective operational structures for SBHCs. Attendees will gain insights into founding a non-profit organization that can successfully manage school-based health centers, focusing on community engagement, collaboration with healthcare providers, and securing sustainable funding. The presentation highlights the importance of adaptability, innovation, and stakeholder partnerships in creating a model that prioritizes health equity, operational efficiency, and meets the diverse needs of students.



*Presented By:*

*Jessica Mieke, DNP, RN, PHN, Founder/ED, Associate Professor,  
Executive Director*

*Rise Up Health Clinics, St. Catherine University*

---

### ROOM 4: Policy and Sustainability

## Everyone Wins When We're All on the Same Team! Nurturing Family and Community Support for Every Student Through MnMTSS and FSCS Strategies

Meet a Minnesota school district implementing both the Minnesota Multi-tiered System of Supports (MnMTSS) and Full-Service Community School (FSCS) strategies, seeing families and communities come together to ensure every child receives what they need to learn and thrive—including mental health services. This session shares tangible examples of how “partnership schools” implement Minnesota’s seven essential Family and Community Engagement (FACE) elements to connect school communities with behavioral health supports. Attendees will learn how to build high-trust, reciprocal partnerships, braid funding for blended programming, and include every student, family, and community in data-based education decision-making.



*Presented by:*

*Jackie Blagsvedt, MLIS, Full-Service Community Schools Policy  
Consultant*

*Minnesota Department of Education*

---

## PANEL DISCUSSION (4:00–4:45 PM)

### YouthCHAT: A Youth-Led Approach to Improving Communication Between Healthcare Professionals and Young People

YouthCHAT (Youth Council on Health and Teaching) is an innovative, youth-led program that trains current and future healthcare professionals to provide developmentally appropriate, culturally responsive, trauma-informed, and strengths-based care to adolescents. YouthCHAT Educators are adolescents and young adults from diverse backgrounds who act as simulated patients for healthcare trainees, developing characters and providing feedback on clinical interviews. This panel shares what young people need from healthcare providers, what's working, what's not, and how we can improve communication and care for adolescent patients.



*Lynn Bretl, MPP is the Program Manager of YouthCHAT in the Division of General Pediatrics and Adolescent Health, Department of Pediatrics, at the University of Minnesota.*

*Lynn will be joined by a panel of YouthCHAT Educators:*

*Alexis Craft Cheney, St Paul College student*

*Evie Mattson, University of Minnesota graduate and med school applicant*

*Aidan Maahs, recent Nursing School graduate from Minneapolis College*



## Farewell Remarks (4:45–5:00pm)

### Event Ends (5:00 PM)



# THANK YOU FOR BEING HERE

Thank you for spending the day with us at the 2025 MNSBHA Summit. We would like to offer a very special thank you to those who contributed extra time and heart to this day:

- Our passionate Board of Directors
- Our talented contractors and advisors
- Our thoughtful Summit Advisory Committee members
- Our energetic volunteers and ambassadors
- Our expert speakers and exhibitors
- Our Youth Council and Youth Panelists
- Our generous contributors to today's raffle
- Our dedicated sponsors

## Stay Connected



The connections you made today don't have to end here. Join our Community of Practice to continue learning, sharing, and growing alongside peers who understand your work. **Together, we're stronger.**

## Share Your Story

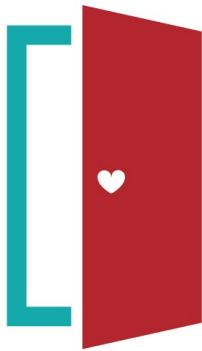


Your stories fuel our mission. Whether it's a student whose life changed because of your SBHC, a partnership that transformed your community, or a moment that reminded you why this work matters — **we want to hear from you.**

## Visit Us Online



Stay up to date with MNSBHA news, resources, and upcoming events by scanning the barcode or visit **[www.studenthealthmn.org](http://www.studenthealthmn.org)**



# MNSBHA SUMMIT <sup>20</sup><sub>25</sub>

*OPEN MORE DOORS*

**Together, we open more doors.**

When we support each other, we create a Minnesota where every student can access the care they need to learn, grow, and thrive.





MNSBHA  
SUMMIT 2025

# THANK YOU TO OUR 2025 SPONSORS

Allina Health 



Delta Dental of Minnesota

  
DEPARTMENT  
OF HEALTH



ST. CATHERINE  
UNIVERSITY

CLIENTEK

