



KSPAN SPRING CONFERENCE

Program Overview: In caring for others, nurses can often forget to care for themselves. It is also difficult in today's busy world to have time to advocate for and support our profession as well as those in our care. This conference will give the nurses tools to enable them to be mindful of their needs in caring for themselves, learn ways to promote and strengthen our profession as well as our nursing specialty, and to advocate and be a voice for those we serve through healthcare policy and initiatives.



MARCH 29, 2025



7:30 AM - 4:30 PM



**ST. ELIZABETH TRAINING
AND EDUCATION CENTER
(SETEC)**

3861 Olympic Blvd, Erlanger,
KY 41018

Learner Outcome Statement: Learners will have an improved understanding of mental health and improve ways to care for and interact with patients and colleagues, have an improved understanding of self-care and how to care for their own needs, improved understanding of the legislative process, how nurses can use their voice to make a difference in our profession as well as in healthcare policy, advocating for those we serve, become an active member in our nursing specialty.

7:30 - 7:55 AM

Registration and Continental Breakfast

7:55 - 8:00 AM

Welcome: KSPAN President Elizabeth (Annie) Steffen
BSN-RN, CAPA

8:00 - 9:30 AM

"Advocacy and Healthcare Policy for the Nursing Profession"
Dolores White DNP, RN, CNE - Associate Professor School of
Nursing Northern Kentucky University

9:30 - 9:45 AM

Break

9:45 - 11:15 AM

*"Caring for Yourself to Care for Others: Self-Care and
Mindfulness for Nurses"*
Erika Coy MS, LPCC Coordinator of Counseling Services
Gateway Community and Technical College

11:15 - 12:00 PM

Lunch

12:00 - 3:00 PM

*"Leading with Care: Supporting Mental Health in the Workplace
through Leadership and Team Strategies"*
Kelly Barry MS, CHES, NBC-HWC 1n5 Senior Program
Manager, Corporate

3:00 - 3:15 PM

Break

3:15 - 4:15 PM

*"ASPAN/KSPAN 101: What the Organizations Can Do for You
and How You Can Help"*
Elizabeth A. Steffen BSN-RN, CAPA KNA Fellow
KSPAN President

4:15 - 4:30 PM

Evaluation