

OBJECTIVES:

1. List the prevalence of mental health challenges in the workplace.
2. Brain science (i.e. how trauma and stress impact the brain and how that may show up at work).
3. Mental health as a team (leader coaching strategies to support employee mental health – motivational interviewing, the LASER method, etc.)
4. Describe the state of the nursing workforce in Kentucky.
5. Discuss brand image of nursing implications for the profession.
6. Outline advocacy efforts to promote the nursing profession.
7. Define Self-Care and its importance. Why it is crucial for nurses' well-being.
8. Recognize the challenges nurses face and barriers to self-care.
9. Impact of implementing self-care strategies.
10. Explore self-care strategies.
11. What is ASPAN/KSPAN?
12. What are the goals, values and purpose of the organization.
13. What benefits are there to being a part of a professional organization.
14. What difference can I make by being a part of a professional organization.

AGENDA

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

KSPAN SPRING CONFERENCE

March 29, 2025

St. Elizabeth Training and Education Center (SETEC)

3861 Olympic Blvd, Erlanger, KY 41018

THE MOST TRUSTED VOICE:

ADVOCACY AND CARE FOR OUR PROFESSION, OUR PATIENTS, AND OURSELVES



TARGET AUDIENCE

RNs in Perioperative Areas

Criteria for Contact Hours

- Attendance of the entire session
- Completion of Program Evaluation by 4/15/25

Link / QR Code to program evaluation:
https://orgdev.qualtrics.com/jfe/form/SV_3Q1RswYzCKF7GtM



Continuing Nursing Education (CNE)

7.25 Contact hours

St. Elizabeth Healthcare is accredited as a provider of Nursing Continuing Professional Development by the American Nursing Credentialing Center's Commission on Accreditation.

No financial mitigation required.

The Most Trusted Voice: Advocacy and Care for Our Profession, Our Patients, and Ourselves

Please join us for the 2025 KSPAN Spring Conference in Erlanger, KY. A continental breakfast, snacks and lunch will be provided during the conference. This is a great opportunity for knowledge sharing, fellowship, and networking. See you there!

KSPAN BOARD OF DIRECTORS

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REGISTRATION

Register online at: kspan.nursingnetwork.com

KSPAN/ASPAN MEMBERS - \$60

NON-MEMBERS - \$65

VIRTUAL - \$55

STUDENTS - \$20

DAY OF CONFERENCE - \$70

In person includes breakfast and lunch

Community Outreach

NACU is the Nurse Advocacy Center for the Underserved. The Center has a proven record of reducing health disparities by improving the health of vulnerable populations, collaborating with community partners to identify needs, and providing service-learning opportunities for students while addressing the challenges of health care to the underserved community.

NACU's webpage is:

<https://www.nku.edu/academics/chhs/institutes/nacu.html>

List of donation needs:

<https://www.nku.edu/academics/chhs/institutes/nacu/getinvolved.html>

KSPAN reserves the right to substitute speakers if necessary. You will receive confirmation of meeting registration. Please layer clothing, as it is difficult to maintain a comfortable room temperature for all attendees.