








Nurses EXPO 2024 Speaker Information and Schedule – Flourish: Bloom, Grow, Thrive – Friday, April 26, 2024, 7:00 AM to 5:00 PM

Type	Time	Presentation Title/Learning Outcome/Objectives	Speaker/Credentials/Short bio
KEYNOTE 1	8:00-9:15 am	<p>Substance Use Disorder in Nurses: One Nurse’s Journey</p> <p>Learning Outcome: I have increased my knowledge of how to interact and support a colleague suffering from Substance Use Disorder (SUD)</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Gain an understanding of substance use disorder (SUD) in nursing. • Learn to recognize the signs of SUD. • Identify the resources for nurses with SUD. 	 <p>Kristin Waite-Labott, BSN, RN, CARN, CPRC</p> <p>Short bio: Kristin has been an RN since 1991. After losing much to alcohol and opioid use disorders, she found recovery in 2005. She now works as Senior Admissions Coordinator and Nurse Coach with Freedom Institute, offering treatment programs for people struggling with substance use disorders and underlying mental health issues; founded and serves as president of WisPAN (Wisconsin Peer Alliance for Nurses), a non-profit organization providing peer support for nurses with substance use issues; and is an emergency department nurse. She has published a book called, “An Unlikely Addict”, about her story of recovery and a textbook called “Substance Use Disorder in Healthcare Professionals, When Caregivers Need Care and Treatment”. She is a Certified Addictions Registered Nurse, CARN, and a Certified Professional Recovery Coach, CPRC. She is committed to making a difference</p>
Presentation	9:15-9:45 am	<p>Forest City Nurse Honor Guard</p> <p>Learning Outcome: I have gained increased understanding of a way to honor nurses for their contributions.</p> <ul style="list-style-type: none"> • Discuss the history behind the Forest City Nurse Honor Guard • Appreciate the honor shown to local nurses 	 <p>Deborah Green, BSN, RN</p> <p>Short bio: Deborah Green is a dedicated, compassionate nurse with over 40 years of experience in neurology, critical care, public health, and travel medicine, where she earned a specialized certificate (CTM) from the International Society of Travel Medicine. She has also worked as a nurse educator for the Rock Valley College CNA program. Deborah is now driven to honor those who have dedicated their lives to the nursing profession upon their death. She is the founder of Forest City Nurse Honor Guard.</p>


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<p>Morning Breakout 1</p>	<p>10:15-11:30 am</p>	<p>Sexual Harassment in Nursing</p> <p>Learning Outcome: I have gained understanding of how I can alter situations where sexual harassment is an issue.</p> <ul style="list-style-type: none"> • Define various forms of sexual harassment • Explain Federal, Illinois, and Wisconsin legal protections regarding sexual harassment and retaliation • Understand my role in prevention and intervention of sexual harassment situations 	 <p>Ann Bunnell, APNP</p> <p>Short bio: Ann Bunnell has been a psychiatric nurse for 35+ years and psychiatric nurse practitioner for 30+ years. She has worked with individuals across the lifespan in inpatient, clinic, community mental health, Head Start/Early Head Start, and Residential settings. She has a passion educating and empowering nurses to speak up and end workplace violence.</p>
<p>Morning Breakout 2</p>	<p>10:15-11:30 am</p>	<p>New Advances in Alzheimer’s Treatment</p> <p>Learning Outcome: I have increased my understanding of how to communicate with one who is suffering with Alzheimer’s Disease</p> <ul style="list-style-type: none"> • Explain the impact of anti-amyloid treatments on the brain, benefits and side effects • Explain the pathways to access treatment • List the FDA-approved treatments for Alzheimer’s 	 <p>Olivia Matongo, MPH</p> <p>Short bio: Olivia Matongo is the Vice President of Programs for the Alzheimer’s Association Illinois Chapter. Olivia leads the Chapter’s strategic initiatives, tactics, and measures to increase the reach of care and support programs and increase access to timely diagnosis and quality care. Prior to the Association, Olivia worked for the National Academies of Science, Engineering, and Medicine. Olivia has also held positions at Villa Healthcare and HCR ManorCare where she focused on transforming and advancing geriatric health outcomes and post-acute care. Olivia has extensive experience overseeing and managing complex programs that advance population health and health care. Olivia holds a BS in Business Management and a Master’s in Public Health.</p>


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<p>Morning Breakout 3</p>	<p>10:15-11:30 am</p>	<p>Human Trafficking: Unseen Epidemic</p> <p>Learning Outcome: I have increased my knowledge of the hidden issues associated with human trafficking.</p> <ul style="list-style-type: none"> • Define Human Trafficking • Verbalize two indicators of trafficking • State at least two approaches to potential victims 	 <p>Nykole Jackson, BSN, RN, PHRN, ECRN, CEN, TCRN, CPEN</p> <p>Short bio: Nykole is an Emergency Nurse with 16+ years’ experience, with an extensive background as a Sexual Assault Nurse Examiner, also having worked in several Level 1 Trauma Centers. She has been a tireless advocate for those facing human trafficking, and has worked to spread awareness and build rescue programs. She has served as a guest lecturer for PAEMS on the topic of human trafficking, having trained multiple fire and EMS Departments in Central Illinois on the topic. Nykole was also a key consultant on PAEMS’s human trafficking protocol, one of the first EMS Systems to adopt such a protocol.</p>
<p>First Afternoon Breakout 1</p>	<p>12:30-1:45 pm</p>	<p>In My Own Voice: Implicit Bias</p> <p>Learning Outcome: I have gained an understanding of how implicit bias impacts patient care.</p> <ul style="list-style-type: none"> • Define Implicit Bias • Explain how said bias has affected me • Explain how to avoid implicit bias 	 <p>Bonnie HOLETON, BS, MPH, CRSS</p> <p>Short bio: Bonnie has worked in the mental health field for 10 years. Bonnie started working at Stepping Stones of Rockford in 2014, where she is currently the Certified Recovery Support Specialist and teaches Groups there. Bonnie’s experience has been in direct care with clients, working on life skills, medication observation, and facilitating art and coping skills. Bonnie’s social work practice has been focused on data collection, program evaluations and working with helping clients on their diagnosis and being their advocate. Bonnie is back in college studying to get her Masters in Social work.</p>  <p>Jeanette Towns, Recovery Support Specialist</p> <p>Short bio: Jeanette Towns is a mental health advocate, activist, public speaker and published author. She is also a Recovery Support Specialist working for NAMI Northern Illinois. Jeanette has lived experience with bipolar disorder. Jeanette oversees a church-led mental health ministry in Rockford. She helps educate incoming doctors on how to treat patients with a mental health disorder. Jeanette also educates police and state troopers on how to respond to those experiencing a mental health crisis. Lastly, Jeanette is the mother of two daughters and a grandmother of six.</p>

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First Afternoon Breakout 2	12:30-1:45 pm	<p>New Advances in Alzheimer’s Treatment</p> <p>(See morning breakout 2 above)</p>	<p>(See morning breakout 2 above)</p> <p>Olivia Matongo, MPH</p>
First Afternoon Breakout 3	12:30-1:45 pm	<p>AI and Healthcare</p> <p>Learning Outcome: I have gained a deeper understanding of how Artificial Intelligence (AI) can impact healthcare.</p> <ul style="list-style-type: none"> • Verbalize three historical points leading to the current state of AI in health care. • Recount at least two "pros" and two "cons" related to AI in health care • Appreciate ways in which AI will impact healthcare in the future. 	 <p>Carrie Hamilton, MSN, RN, CCRN, NPD-BC</p> <p>Short bio: Carrie has over 20 years of bedside critical care experience and brings that experience to nursing professional development. Carrie is intrigued by AI and the vast future of medicine using this tool. She enjoys asking "Can we do this?" and frequently searches for innovation to improve care.</p>
Second Afternoon Breakout 1	1:55-3:10 pm	<p>In My Own Voice: Implicit Bias</p> <p>(See first afternoon breakout 1 above)</p>	<p>(See first afternoon breakout 1 above)</p> <p>Bonnie Holeton, BS, MPH, CRSS</p> <p>Jeanette Towns, Recovery Support Specialist</p>
Second Afternoon Breakout 2	1:55-3:10 pm	<p>The Relevance of Certification</p> <p>Learning Outcome: I have increased my understanding of how certification can positively impact patient care</p> <ul style="list-style-type: none"> • Describe the relevance of nursing certification. • Identify barriers for achieving nursing specialty certification. • Discuss successful strategies for achieving nursing certification. 	 <p>Linda Beagley, MS, RN, CPAN, FASPAN</p> <p>Short bio: Linda has over 40 years of perianesthesia nursing experience. She currently works as manager for nursing education at a community hospital in Chicago. Certified in perianesthesia nursing for the last 20 years, Linda has mentored multiple nurses, taught certification classes, and lead study groups on the road toward certification. She is the biggest cheerleader for certification!</p>

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<p>Second Afternoon Breakout 3</p>	<p>1:55-3:10 pm</p>	<p>AI and Healthcare (See first afternoon breakout 3 above)</p>	<p>(See first afternoon breakout 3 above) Carrie Hamilton, MSN, RN, CCRN, NPD-BC</p>
<p>KEYNOTE 2</p>	<p>3:20–4:35 pm</p>	<p>Go With the Flo Learning Outcome: I have gained an increased understanding of the relevance of historical material to present-day nursing care.</p> <ul style="list-style-type: none"> • Recount historical perspective of a Nursing pioneer • Correlate historical prose to current-day nursing practice 	<div style="text-align: center;">  <p>Sylvia Baker, MSN, RN, CPAN-Retired, FASPAN</p> </div> <p>Short bio: Sylvia has been a nurse for a very long time: look at her! She graduated from Rockford Memorial Hospital School of Nursing way back when the dinosaurs roamed the earth (in the 1970s). She earned her BSN from Benedictine University in 2006 and her MSN from Walden University in 2009. She gets a "charge" from helping nurses make connections that impact patient care and safety. She has been married to the same guy for almost 46 years, has one daughter, one son, one son-in-law, one daughter-in-law, three grandsons and one granddaughter. In her spare time, she enjoys the outdoors on her e-bike or hot tub.</p>