

Nature's Healing Path: Connecting to the Outdoors for the Health and Well-being of School Nurses and Schools

Webinar

Thursday, September 24, 2020

Shanda Demorest, DNP, RN-BC, PHN is a Member Engagement Manager with Practice Greenhealth, where she works with hospitals & health systems to reduce their environmental impact. She earned her DNP in Health Innovation & Leadership from the U. of Minnesota & holds the LEED Green Associate credential through the U.S. Green Building Council. A cardio-vascular nurse with horticultural training by background, Shanda leads the Nurses Climate Challenge at Health Care Without Harm: A national campaign to educate 50,000 health professionals about the health impacts of climate change. She served on the Executive Board of Health Professionals for a Healthy Climate for four years, & currently sits on the Global Climate Change Committee for the Alliance of Nurses for Healthy Environments. Shanda serves on the development team of the Nurses Drawdown, a global project to equip nurses to take climate action in accordance with Project Drawdown solutions. Additionally, she partnered in the development of CHANT: Climate, Health and Nursing Tool, which measures nurses' awareness and engagement with climate change globally. Shanda also serves as an Affiliate Faculty member at the University of Minnesota SON and has published works on environmental sustainability in health care and the health impacts of climate change in local, state, & national journals.

Milagros Elia is the founder of M. Elia Wellness, LLC, a service which offers Integrative Health Program Design within local cancer survivorship communities, larger healthcare systems and organizations. She is the proud recipient of the (SIO) Society for Integrative Oncology's 2019 Clinician Stakeholder Award for the impact her services have had, and continue to have, on the cancer survivorship community. She has twenty years of experience as a Nurse Practitioner and received her Master's of Arts from NYU in Advanced Practice Nursing. Additionally, she is a certified Health and Wellness Coach and Yoga Instructor.

Donna Gaffney is a psychotherapist, author and educator, has long addressed a wide range of life-altering experiences in the lives of children and families—loss, trauma, and stress. She has counseled professionals, young people and schools in the aftermath of individual and national tragedies — 9/11, Sandy Hook, and Hurricane Katrina. In addition to academic papers, Donna is the author of *The Seasons of Grief, Helping Children Grow Through Loss*. She taught at Columbia University and holds master's degrees from Teachers College, Columbia University; Rutgers University, and a doctorate from the University of Pennsylvania. Her post-doctoral work includes the Prudential Fellowship for Children and the News at Columbia Journalism School. Donna consults for the New York Life Foundation and the Resilient Parenting for Bereaved Families Program at Arizona State University.

Sonya L. Jakubec, (PhD, RN) is a Professor at Mount Royal U. in Calgary, AB, Canada where she teaches in the Faculty of Health, Community and Education. Sonya has been a community mental health nurse for nearly 30 years, a researcher/academic for nearly 20 years of those years. Her research concentrates on health & environment connection across the lifespan. She has published in areas of critical and social determinants of mental health, mental wellbeing related to community recreation and parks inclusion, as well as family/ caregiver needs in illness and end of life. Sonya presents at a local library book talk or parks volunteer training group, or at professional conferences. Her research is in edited book collections, excerpted in student textbooks and featured in international journals. It is this work across/ with academics, government, parks and health leaders, graduate/undergraduate students, & volunteer groups that Sonya considers the secret sauce of an engaged research program in parks and health connection! It is all connected.

Clifton Joullian, BSN, RN, is The Nurse Farmer. He is an innovator who has intertwined his career as a nurse and a passion through helping others through farming. Clif was a home health case manager for 20 years and is now a plasmapheresis nurse. He has always had an interest in gardening, starting small with flower beds. Throughout the years his interest expanded to backyard farming and he began connecting this passion of farming into his nursing career and goals. He writes a blog as "The Nurse Farmer" at thenursefarmer.com. His mission as a nurse and a backyard farmer is to advocate and teach how gardening activities are a means of health promotion and disease prevention from a holistic perspective, bodies, mind, and spirit. Along with his colleague, Susan Allison-Dean, Clif announced the launch of a national health and wellness campaign called Healthy Green Thumbs™. Clif is a graduate of Capella University.

Ed Lord is a lecturer in Mental Health Nursing and RCBC PhD Fellow in Ecotherapy at Swansea University in Wales, UK. His research interests are in the intersection of critical social theory, human geography, and nature based interventions. Prior to entering nursing research and education Ed worked for over a decade in inpatient acute mental health settings in the National Health Service (NHS) in England and Wales. Since 2016 Ed has been conducting qualitative ethnographic research in the field of ecotherapy and nature based interventions as part of a PhD Fellowship awarded by RCBC Wales. In addition to his role in the Department of Nursing Ed is developing and delivering the "Actif Woods Wales" programme of woodland based wellbeing interventions in Neath Port Talbot with the social forestry NGO 'Coed Lleol'. @ecotherapyTed

Courtney Schultz holds a PhD in Parks, Recreation and Tourism Management from NC State University, where her research focused on integrating nature-based physical activity prescriptions into clinical care settings. Her MS in Parks, Recreation and Tourism is from the U. of Missouri-Columbia, where she was instrumental in fostering communication between communities of color and city officials in regards to proposed public park renovations; she also holds a Bachelor of Science from the same department. Courtney's early career was grounded in recreation services. She combines these hands-on experiences with her academic studies to inform her real-world research and programmatic protocols. She currently serves as the Research Fellow for Park Rx America, is a SHIFT Emerging Leader ('19), sits on the advisory council for the SHIFT Emerging Leaders Program, and is Adjunct Faculty for the University of Missouri.