

NEUSHA 2024 Summer Academy:

Cultivating Hope & Kindness in Your School Nursing Practice

Summer Academy 2024 Bios

Sarika Agarwal, BA is a young adult mental health speaker and advocate who works with Minding Your Mind, a mental health education and suicide prevention foundation. Her story offers a vulnerable snapshot of her journey with major depression and anxiety and how she sought approval from others to validate herself. Sarika hopes to inspire others to accept themselves for who they are and to appreciate each and every quality they possess, regardless of social norms. Learn more about Sarika at www.mindingyourmind.org.



Bob Bundy, BS When not attending to his duties as the President of the Kathy Hassey Fan Club, Bob is a national School Medicaid expert having worked with Medicaid billing companies, state agencies, and local education agencies for more than 20 years. He regularly speaks on School Medicaid topics at state, regional, and national events and has produced the monthly School Medicaid Lunchinar series for the last 11 years. In his role as Vice President of Business Development at Professional Software for Nurses, Inc. (PSNI) (developer of SNAP Health Center EHR for School Nurses), Bob works to find ways to improve and streamline school nurse participation in School Medicaid programs. Bob loves public speaking to groups smaller than 3 people.



Elizabeth (Beth) Cabral-Townson, BA, MEd, JD is a graduate of the University of Massachusetts School of Law, magna cum laude, and she currently represents school districts throughout Massachusetts in a variety of student related matters, with particular emphasis on special education issues. Beth holds a Master of Education Degree in Elementary Administration from Providence College, and she was employed as both a school administrator and a district administrator prior to becoming an attorney. Before joining Lyons Law Group, LLC, Beth was an elementary school principal for four years and a special education director for nine years. Beth holds a Bachelor of Arts in Elementary/Special Education from Providence College, and she started her career as an elementary special education teacher for seven years.



Cody Foss, MS, BA is the Regional Director of Ben's Bells Northeast Operations in Bethel CT. He has lived and worked in CT for over 20 years with his wife Jennifer and their children. Cody holds an MS in Health Sciences and a BA in Sociology and has 25 years of experience in health and wellness and non-profit sector. During this time, he has worked as a community leader, allied health professional, public speaker, author, and manager/owner of multiple facilities in NYC and Fairfield County, CT. Cody has passionately created, directed, and participated in several community initiatives. These programs have been collaborative efforts with multiple local and national organizations with a focus on teaching kindness, empathy, compassion, and other social-emotional skills on a community-wide basis. In addition to his professional engagement, Cody is also involved with various local organizations, including serving as a volunteer youth coach.



Shannon Cohn, JD is a filmmaker, lawyer and social impact producer who has worked across Africa, Europe, the Middle East & the Americas on topics related to gender equity and combating stigma and taboo. Her films and TV series have aired on PBS, Nat Geo, Discovery Channel, Amazon and Netflix. Her new PBS documentary *BELOW THE BELT*, executive produced by Hillary Clinton and Rosario Dawson, approaches endometriosis as a social justice issue. The film is one element of a larger social impact plan to create meaningful change in endometriosis and women's health including increased research funding, policy changes, medical education initiatives and widespread awareness. Her previous film *ENDO WHAT?* was called "the first step in a plan for change" by *NEWSWEEK* and "film of the year" by *THE GUARDIAN*. Before becoming a filmmaker, Shannon practiced international law and was part of the legal team that prosecuted Enron. She has endometriosis and has two young daughters who have a 7x increased risk of having the disease.



Jeff Perrotti, MA, CAS is the founding director of the Safe Schools Program for LGBTQ Students, an antibullying initiative of the Massachusetts Department of Elementary and Secondary Education and the Massachusetts Commission on LGBTQ Youth. He is the co-author with Kim Westheimer of the book, *When the Drama Club is not Enough*. Jeff conducts workshops on sexual orientation and gender identity for school administrators, counselors, nurses, coaches, teachers, parents, and students. He facilitated the development of Massachusetts' pioneering *Guidance on Gender Identity* and has assisted numerous schools and families in orchestrating a thoughtful, comprehensive, and successful process when students are transitioning their gender. Jeff is the recipient of several awards, including the 2023 National Federation of State High School Associations' State Award for Outstanding Service, the *Distinguished Service Award* from the Massachusetts Association of School Superintendents, the *Michael J. Kane Friend of Education Award* from the Massachusetts School Administrators' Association, the *Michael J. Kane Wellness Award* from the Massachusetts Interscholastic Athletic Association, and the *Leadership in Suicide Prevention Award* from the Massachusetts Coalition for Suicide Prevention. Jeff teaches and advises students at Harvard University, and his work has been featured on ESPN, Italian Rai International Radio, 20/20 with Anderson Cooper, and in the *New York Times*, *Boston Globe*, *Boston Herald*, and *Harvard Ed. Magazine*.



Linda Price, MEd, CAGS, LEP, E-RYT As a Licensed Educational Psychologist, Linda provides individual and group counseling, social emotional learning groups, and parent consultation and workshops through her private practice, Wellness Empowerment in Scituate, MA. She specializes in working with youth coping with ADHD, Autism Spectrum Disorders, anxiety, social and executive function struggles, and learning differences. Linda earned her Masters of Education Degree in School Adjustment Counseling and her Certificate of Advanced Graduate Study in School Psychology in 1993 at Northeastern University. In building her expertise, Linda became certified in Children’s Yoga, Yoga Nidra meditation, is an Experienced-Registered Yoga Teacher and Continuing Education Provider, received intensive training in Mindfulness, and Train the Trainer in Calm Classroom, Resilient Schools from the Benson-Henry Institute through Massachusetts General Hospital, and Anti-Bullying and Cyberbullying through the Massachusetts Aggression Reduction Center. In combining her vast experience in counseling and mindfulness, Linda provides practical workshops and presentations with helpful, hands-on strategies for Minding Your Mind for parents and caregivers, school personnel, counselors/psychologists, corporations, and the community at large. Her presentations address topics in mindfulness, trauma-informed social emotional learning, mental health, and anxiety with titles including “Trauma-Informed SEL”, “SEL and Mindfulness for a more compassionate school climate”, “Surviving to Thriving”, “Coping Skills for Current Times: Supporting the Mental Health of K-6 youth”, and “Mindful Parenting”. No matter the audience or topic, Linda ensures that participants leave with resources and skills they can implement immediately.



Carilyn Rains has 26 years’ experience in the specialty practice of School Health. She is currently the Director of School Health Services for the Plymouth Public Schools. Before her role in Plymouth, Carilyn spent 6 years in the role of Nursing Supervisor for the Sandwich Public Schools; she also worked for the Marshfield Public Schools as a school nurse at the high school level for 11 years. Prior to entering the specialty field of School Health, Carilyn worked in Women’s Health as a labor and delivery room nurse and childbirth educator for 15 years. Carilyn currently serves on the Plymouth Youth Development Collaborative (PYDC), and on the Plymouth School Health Advisory Board, where she serves as Chair. Carilyn is a Certified PreVenture Facilitator, a member of the MA Department of Public Health’s Concussion Advisory Board and the MA Concussion Management Coalition (MCMC). Carilyn is also an active member of both the National Association of School Nurses (NASN) and the Massachusetts School Nurse Organization (MSNO) where she has served in multiple board roles since 2011. In addition, Carilyn participates on the Human Rights Committee for the ARC of Greater Plymouth and Upper Cape Cod, and is a member of both the Fisher College RN-BSN and Cape Cod Community College’s Advisory Boards. Carilyn has a BSN from Northeastern University and her M.Ed from Cambridge College. She has also completed a Postgraduate Educational Leadership Program at Bridgewater State University (BSU), which enabled her to attain licensure as a Supervisor/Director with the MA Department of Elementary and Secondary Education (DESE), and has recently taken a role with Bridgewater State University as a visiting lecturer in their M.Ed Leadership Program. Carilyn was awarded the Anne Sheetz Leadership Award in 2022 for her



exemplary leadership in School Nursing. Her articles on Concussion Management and Medical Emergency Planning have been published in the *NASN School Nurse*, a SAGE Publication of NASN.

Karen Rufo, MS, RN, PPCNP-BC has been a nurse for 44 years, 37 of those years have been spent in School Nursing. She is currently the Director of School Health Services for the Lexington Public Schools and Vice President of Programs for MSNO as well as the Region VII Co-Chair for MSNO. Karen is a graduate of Northeastern University and received her Masters Degree from Boston College. She has worked in a variety of nursing roles, including private practice as a PNP, the hospital as a staff nurse (ER, OR, IV Therapy, Pediatrics) and currently a Nursing Administrator, as well as multiple school settings. When not working, Karen can be found on a golf course trying to better her golf game or at Fenway Park as a Fenway Faithful- even when they lose- Red Sox Fan!



Tina Rusak, MSN, RN, CMGT-BC, NCSN has been a school nurse for Gardner Public Schools since 2012. In that time, she has filled the positions of middle school nurse, float nurse, resource nurse, and for the past five years as nurse care coordinator. In 2021, Tina received a Master of Science in Public Health/Community Nursing from Worcester State University. When her schedule allows, she has enjoyed working as an Adjunct Nursing Instructor at Fitchburg State University with undergraduate community nursing students. Tina co-facilitates a virtual professional learning community for school nurses in case management or care coordinator roles and this summer she became board certified in nursing case management through the ANCC! Tina enjoys working with students with complex health conditions and their caregivers in her care coordinator role. For the past 5 years she has had a special interest in school Medicaid and has worked closely with Gardner school nurses and outside supports to maximize her district's Medicaid reimbursement for nursing services within the guidelines set by the Commonwealth of Massachusetts.



Stacey Schakel is a registered nurse who has over 25 years of school nurse experience. She is currently the elementary school nurse at KC Coombs Elementary along with being the District Nurse coordinator for many years. She has a masters in education in school nursing from Cambridge College, a masters in nursing from Graceland University and her certificate of advanced graduate studies in educational leadership from Bridgewater State University. Her areas of expertise and passions include pediatric care, health prevention and education, mentoring and leadership. Given these interests she has served as a school nurse mentor for many new and aspiring nurses and school nurses. She and a former colleague developed a Mentor Handbook which she will share with you to use and update to reflect your school and district needs. She also has a school therapy dog, Cassie. Stacey is a board member of the Massachusetts School Nurses Organization and the Regional 5 Co-chair.



Tylee Schraufnagel, MS, ATC received her bachelor's degree in Kinesiology- Athletic Training from the University of Wisconsin and her master's degree in Human Physiology- Athletic Training from Boston University. She also completed a Residency in Neurotrauma and Spine at BU before becoming the full-time athletic trainer at Chelsea Public Schools in 2017. She works closely with the nursing staff in the Chelsea, MA public school district and has a passion for interprofessional collaboration and community health.



Susan Whitfield-Gabrieli, PhD is an American scientist, psychologist/neuroscientist, academic and researcher. She is a professor of psychology, the Founding Director of the Biomedical Imaging Center at Northeastern University, Researcher in the Department of Psychiatry at Massachusetts General Hospital, Harvard Medical School and a Research Affiliate of McGovern Institute for Brain Research at Massachusetts Institute of Technology. Whitfield-Gabrieli's research is focused on the working of the human brain, its development from childhood through adult maturity, the brain's working in neurodevelopmental and neuropsychiatric disorders, and the translation of neuroscience knowledge into treatments. She is involved in the development of neuroimaging analysis methods and software packages including CONN, REX, and ART.

