



# Annual Conference

February 23–25, 2011

**Evening Preconference Workshop—Robyn Husa, President and Founder, Normal in Schools (NIS), Incorporated, Milwaukee, Wisconsin; Expert Clinicians for a variety of recognized establishments such as Roger’s Memorial Hospital, Aurora, Children’s Hospital Wednesday, February 23, 2011, 7:00–9:30 p.m.**

*“Normal in Schools”*

*(Gr. 5–PS)*

Experience the award-winning Normal in Schools (NIS) program live at the 2011 WSCA Conference and be among the first to bring the affordable online educational film version of the NIS program into your school. NIS is a Milwaukee-based national nonprofit arts-and-education organization that brings a hip rock ‘n’ roll musical (Nor•mal), a related curriculum, medical experts, and people in recovery to middle schools, high schools, and universities to teach about the devastating impact of eating disorders and related issues, such as the shame and stigma surrounding mental illness, body image, self-esteem, and family communication. With more than half of teenage girls and almost one-third of teenage boys in the United States currently engaged in unhealthy weight control behaviors such as fasting, skipping meals, binge eating, smoking cigarettes to suppress appetite, vomiting and excessive exercise, there is an urgent need for eating disorder awareness and support in schools.

Awarded the 2010 Champion in Women’s Health Award by The Wisconsin Women’s Health Foundation and partners with leading medical experts nationwide, the NIS program is an effective way to educate about mental health and wellness and to encourage individuals to seek treatment for eating disorders (including binge eating disorder) due to the universal appeal of the gripping artistic programming and the shame-breaking talkback panel with expert clinicians and people in recovery.

The cutting-edge NIS program is highly regarded not only in the field of mental health but in education as well, uniting artistic, medical, and educational merit in one powerful program.

Participants will first enjoy the rock musical *Nor•mal*—a 75-minute award-winning musical that tells the true story of a family torn apart by an eating disorder through the eyes of the mother. Written by New York Foundation Artists & Art award winner Yvonne Adrian, Broadway veteran actress and writer Cheryl Stern, and Emmy award-winning composer Tom Kochan, *Nor•mal* keeps audiences on the edge of their seat through its short, episodic scenes and deeply resonant storytelling. Immediately following the musical, participants will be able to interact with school counselors who have experienced the NIS program in their communities, as well as with clinical psychologists and other experts who specialize in the treatment of eating disorders.

Among the many panelists will be Robyn Husa, MFA, RYT—president and founder of Normal In Schools. Ms. Husa was responsible for writing the wellness section of the NIS Curriculum incorporating everyday yoga and meditation techniques to children’s lives and was recently named a Champion in Women’s Health by Sue Ann Thompson. Come join Robyn, the artists, and the panel of experts and learn ways to help overcome the epidemic of eating disorders and obesity in our schools.



**Normal in Schools Team**