

Curriculum Vitae
Jane Indergaard, DNP, RN
Associate Professor
Department of Nursing
Concordia College

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EDUCATION

2018 **Doctor of Nursing Practice (DNP)**, Capella University, Minneapolis, MN-with distinction
1988 **Master of Science in Nursing**, University of North Dakota, Summa cum laude
1982 **Bachelor of Science in Nursing**, University of North Dakota, Summa cum laude

PROFESSIONAL EXPERIENCE

Academic Appointments

2015 - Present **Concordia College**
Associate Professor with Tenure

- Coordinate and teach baccalaureate course and clinical experiences in *Behavioral Health, Psychiatric Mental Health Nursing, Evidence-based Practice, Trauma & Critical Care, and Foundations for Nursing* for traditional and accelerated nursing tract cohorts

2015-Summer **Zhengzhou University, CHINA**
Visiting Professor Zhengzhou University Graduate Nursing Program- *advanced practice*

2003-2015 **Concordia College**
Adjunct Faculty-Instructor of Nursing- Psychiatric Mental Health Nursing, Foundations & Research- Didactic, Lab & Clinical

1997-2003 **Concordia/NDSU Tri College Program**
Course & Clinical/Lab Instructor of Nursing

1986-1994 **University of North Dakota, Grand Forks, ND**
Course & Clinical Instructor of Nursing- Trends & Issues, Professional Practice, Medical/Surgical Nursing for both graduate and undergraduate programs

Professional Practice

1982-1994 **St. Lukes/Meritcare Hospitals**

- Registered Nurse (staff and charge nurse responsibilities) – Critical Care (CV/MS ICU), Emergency Department (ED) & Life Flight Nurse
- Subspecialty areas included: Critical Care; Detoxification of Substance Abuse patients; Crisis Intervention; ER Psychiatric Evaluation; Rape/Trauma Care and Evidence Collection
- ACLS/ATLS Course Instructor (1988-1994)
- Chair of Critical Care Policy and Procedure Committee (1983-1985);
- Outreach Safety lectures for Occupational Health Program (1984-1986)
- Certified CCRN (1984), CEN (1985) and E-TNS (1985)

1988-Summer **Migrant Health Services, Grand Forks, ND**
Site Director and Provider of Clinic and Home-based Nursing Care

LICENSURE/CERTIFICATIONS

1982-Present **Registered Professional Nurse - North Dakota**
 1997-Present **Registered Professional Nurse - Minnesota**

TEACHING

Concordia College- BAN/BSN Program- Traditional and Accelerated Tracts
Associate Professor 2022-present; Assistant Professor 2015-2022; Adjunct Professor 1997-2015

Full Course Responsibility

NURS 251 New Curriculum – Fundamentals of Nursing I – Course & Skills Lab
 2024 to 2025

NURS 251 (formally 351) Nursing Concepts Course and Lab; Spring 2004, 2005, 2006, 2010,
 2017 to 2022; Summer 2005, 2006

NURS 341 Client Concepts Course and Lab; Fall 2003, 2004

NURS 302 (formally 402) Mental Health Nursing Course and Clinical; Fall, 2011-2012; 2014-
 2021

NURS 320 Nursing Research Course; Spring 2008-2009, 2013, 2020-2021, 2022

NURS 380 Clinical Internship Supervision; Spring 2025

NURS 403 Adult Health Nursing II Course and Clinical; May 2016 – 2018, 2020;
 Fall 2016-2019 (co-taught May 2016 & 2020); Co-taught Fall 2021;
 May 2022; Fall 2023; Fall 2024

NURS 405 (formally 302) New Curriculum – Psychiatric Mental Health Nursing – Course and
 Clinical – PEAK, Fall 2023, Fall 2024

NURS 423 Roles and Issues in Professional Nursing Course and Clinical
 Practicum; Spring 2016

NURS 480 Independent Study; Fall 2018, Spring 2019, Fall/Spring 2019-2020,
 Spring 2021

Clinical Supervision (outside my course)

NURS 302 Mental Health Nursing Clinical; Fall 2008-2009

NURS 342 Adult Health I Nursing Clinical; Spring 2017-2019

NURS 404 Adult Health III Nursing Clinical; Spring 2017-2018

NURS 423 Roles and Issues in Professional Nursing Practicum; 2018-2020, 2024, 2025

Lab Instruction (outside my course)

NURS 362 Health Assessment; Spring 2024, 2025

NURS 251 (formally 351) Nursing Concepts Lab; Spring 2003, 2006, 2013

NURS 261 (assistant) Health Assessment Lab; Spring 2024 and 2025

NURS 341 Client Concepts Lab; 2012

ANUR320 Foundations of Nursing Care II- LAB; Spring 2024

Clinical Instruction (outside my course)

NURS 302 Mental Health Clinical; Fall 2010-2011

NURS 401 Community Health Clinical Preceptor; Fall 2014-2015

NURS 405 Psychiatric Mental Health Clinical, Fall 2023

Zhengzhou University, CHINA**Visiting Professor Zhengzhou University Graduate Nursing Program**

GRADUATE COURSE Advanced Practice Nursing, Role & Development; May/June 2015

**Concordia/NDSU TriCollege Program
Course and Clinical Lab Instructor- 1997-2003**

Full Course Responsibility

NURS 320 Nursing Research, Spring 2003

Lab Instruction

NURS 351 Nursing Concepts Lab; Spring 1998-2002

NURS 341 Client Concepts Lab; Fall 1997-2002

Clinical Instruction

NURS 423 Roles and Issues in Professional Nursing; Practicum Supervisor

SKILLS Skills Remediation

Concordia College

Global Education

2019, 2022, 2023, 2024 Developed and co-led students on fall exploration seminar: *Psychiatric Healthcare: Interdisciplinary Perspectives*- London, United Kingdom

2019 Spring/ Dec Designed pilot program for collaborative nursing program partnership: *Arusha Lutheran Medical Center School of Nursing- Concordia College Nursing Collaborative* – Tanzania, Africa

Guest Lectures

Fall 2024 Nursing Care for Burns – N403 Adult Health III (guest second block)

Fall 2020, 2022 Care of the Multisystem Trauma Patient- N403 Adult Health

Nursing II. Concordia College, Moorhead, MN (November/May 2011-2015)

Fall 2020 EKG Interpretation - N403 Adult Health Nursing II.

Concordia College, Moorhead, MN (September 2020)

Summer 2020 Caring, Stress and Adaptation- N251 Nursing Concepts. Concordia College, Moorhead, MN. (July 2020)

Fall 2015 Everything Nurses Need to Know about ADHD- N462 Family

Nursing II. Concordia College, Moorhead, MN (Fall 2008-2010 & 2014-2015)

Fall 2011 Defibrillation, Cardioversion and Pacemakers- N403 Adult

Health Nursing II. Concordia College, Moorhead, MN (Fall 2010-2011)

University of North Dakota, Grand Forks, ND

BSN Program, RN to BSN Program, Master's Program

Course & Clinical Instructor, 1986-1994

- Undergraduate Course Coordinator & Instructor – Traditional Student program; Trends and Issues in Nursing
- Traditional student program and RN to BSN Completion Program- Nursing Concepts
- Development of course curriculum and Instructor for Interactive Television Nursing (IVN) State Outreach Program for North Dakota RN to BSN initiative
- Development and instruction of Independent Study curricula and courses for Nursing and Client Concepts and Trends & Issues for RN to BSN initiative and INMED (Native Americans in Medicine) Program
- Instructor for Master's Program Trends and Issues course
- Clinical Instructor for senior students in the ICU

- Clinical Instructor for junior level students in Perioperative Clinical (Prep, OR, PAR)
- Clinical Instructor for junior level students in Pediatrics clinical
- Faculty Advisor for nursing student events and pinning ceremony committee.

SCHOLARSHIP

Research

- ***Implementation of Family Psychoeducation as an Intervention in the Treatment of ADHD***
Clinical Immersion Project for completion of requirements for Doctor of Nursing Practice degree (DNP), Capella University, Minneapolis, MN. May 2017
- ***Concordia College Department of Nursing Attrition Study***
A 10-year retrospective survey and qualitative analysis of attrition from the Concordia Tri-College nursing program. Completed upon request of Department Chair Dr. Louis Nelson. Fall 1999
- ***A Comparison of Nurses' and Patients' Perceptions of Patients' Psychosocial Needs in the Intensive Care Unit***
A Thesis for completion of requirements for Master of Science Degree at the University of North Dakota, Grand Forks, ND. May 1988

Publications

- Indergaard, J. (manuscript in progress, April 2025). Chapter 1: *The Importance of Recognizing ADHD*. In- *Management of ADHD & Comorbidities: A Practice Guide for Nurse Practitioners*. (Springer, 2025).
- Indergaard, J. (manuscript in progress, Summer 2025). *Unlocking the Secrets of ADHD in Girls and Women*. Invitation to write feature article for: *South African Psychiatry*.
- Indergaard, J. (October, 2024 Edition). *Empowerment through Accommodations: Embrace Your Potential Fearlessly in College with ADHD Support*. *Attention Magazine*.
- **Indergaard, J.** (February, 2024). *Can I have a Do-Over? Motherhood and ADHD*. *Attention Magazine*, February, 26-30.
- **Indergaard, J.** (February, 2023). *It's Never About Me: The hidden needs of siblings of kids with ADHD*. *Attention Magazine*, 30(1), 12-16.
- Teigen, D. & **Indergaard, J.** (November, 10, 2022). *ADHD better understood now, but misconceptions still persist*. *On The Minds of Moms: Inforum*. Forum Communications. Fargo, ND

Media

- **Indergaard, J.** (Author, Presenter). Continuing Education Modules: *Concordia College Graduate and Continuing Education Studies*

- Understanding and Managing the Impact of ADHD on Siblings in a Household: An update for clinicians, counselors, social workers, educators, parents & caregivers
- ADHD and the Reproductive Hormones: From Puberty through Menopause
- ADHD Series Part I: Nine Things *Everyone* Needs to Know About ADHD
- ADHD Series Part 2: What Everyone Needs to Know about Executive Function and the Lived Experience of ADHD
- ADHD Series Part 3: What Everyone Needs to Know about ADHD Treatment & Management
- ADHD Series Part 4: ADHD Management- How to Build a “Toolbox” of Skills and Create a Support Team

Professional Presentations

International

Indergaard, J. (2025). *An Invisible Tide: The Overlooked Role of Hormonal Fluctuations in Women's ADHD.* The ADHD Entrepreneur Summit. Taped Interview Presentation. April 8, 2025. Live/virtual Event.

Indergaard, J. (2024). *ADHD and Hormonal Fluctuation in Women- Across the Lifespan.* 3rd Annual ADHD Summit- PESI. December 12, 2024. Live/virtual session.

Indergaard, J. (2024). *ADHD Meets "Aging": ADHD and Cognitive Decline.* Annual International Conference on ADHD 2024. November 14, 2024. Anaheim, CA. Podium Presentation.

Indergaard, J. (2024). *Improving Outcomes in Female ADHD.* 5th South African Multidisciplinary ADHD Virtual Congress- Scientific Session 5. September 6th, 2024. Live/Virtual.

Indergaard, J. (2023). *ADHD and the Reproductive Hormones (from pre-puberty to menopause).* Annual International Conference on ADHD 2023. December 1, 2023, Baltimore, MD

Indergaard, J. (2023). *Is it ADHD or Early Cognitive Decline?* The 4th Southern African Multidisciplinary Virtual Congress on ADHD. September, 1, 2023. Live/Virtual.

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Indergaard, J., Didier, J. (2022). *The Impact of ADHD on Neurotypical (and Neurodiverse) Siblings and Family Members.* Annual International Conference on ADHD 2022. November 18, 2023. Dallas, Tx

Indergaard, J. (2022). *ADHD and the Reproductive Hormones (pre-puberty through menopause).* The 3rd Southern African Multidisciplinary ADHD Virtual Congress. Live/Virtual: September 3, 2022.

Indergaard, J., Didier, J. (2022). *Siblings, Self-Care and ADHD. It's a Family Thing.* Learning Disabilities Association of America (LDA) 59th Annual International Conference. January 28, 2022. New Orleans, LA.

Indergaard, J., Didier, J. (2021). *Underdiagnosis and Treatment of Girls and Women with ADHD – A National Challenge.* Learning Disabilities Association of America (LDA) 58th Annual International Conference. Virtual: February 20, 2021

Indergaard, J., Hughes, R., Indergaard, M., Duyrea, K., Duyrea, C. (2019). *Expert Panel- The Underdiagnosis of ADHD in Girls and Women*. 2019 Annual International Conference On ADHD, Nov. 9, 2019, Philadelphia, PA.

Indergaard, J., Duyrea, K., Didier, J., Indergaard, M., Duyrea, C., Didier, S. (2018). *Unique Challenges Facing Girls and their Mothers with ADHD*. International Conference on ADHD, November 11, 2018, St. Louis, Mo.

Indergaard, J. (2017). *Running a Support Group - Volunteer Leader Training* CHADD, International Conference on ADHD, November 10, 2017, Atlanta, Ga

Didier, J., **Indergaard, J.** (2016).- *Feeding Your Tribe*. CHADD Volunteer Leader Training, CHADD International Conference, Nov. 11, 2016, New Orleans, LA.

Indergaard, J. (1988). *A Comparison of Nurses' and Patients' Perceptions of Patients' Psychosocial Needs in the Intensive Care Unit* – International Graduate Nursing Student Research Symposium, April 9, 1988, Winnipeg, Manitoba, Canada

National/Regional

Dider, J., Colleran, C., Wilson, J., **Indergaard, J.** (2024). *Managing ADHD through a lifetime without medication*. 17th Annual Southeast Regional ADHD Conference. Tuscaloosa, AL. Friday, January 31, 2024. Moderator-Live/Panel/Concurrent Session.

Didier, J., **Indergaard, J.**, Colleran, C., Pearson, S. (2025). *The ADHD Lifespan and Motherhood: From Chaos to Calm*. 17th Annual Southeast Regional ADHD Conference. Tuscaloosa, AL. Friday, January 31, 2025. Live/Panel/Concurrent Session.

Indergaard, J., Didier, J. (2023). *The Four S's of Comorbid ADHD Family Survival*. Workshop: ADDA-SR. Virtual – September 23, 2023.

Indergaard, J., Didier, J. (2023). *Becoming a Family Centered on Tourette and ADHD Excellence*. Tourette Association of American. Virtual – January 30, 2023

Indergaard, J., Didier, J. (2022). *The Underdiagnosis of Women and Girls*. Taped interview for the ADHD Virtual Summit. Virtual- October 17, 2022.

Indergaard, J., Didier, J. (2022). *ADHD & Siblings*. Invited to present at Online Expert Speakers Conference for the ADHD Parents' Palooza. Taped interview for showing on July 28-30. International distribution.

Indergaard, J., Didier, J., Duryea, K., Soileau, T., Durea, C. (2022). *The Underdiagnosis of Girls and Women*. Dendy ADHD Training Institute Reunion. July 24, 2022. Cedar Bluff, Alabama.

Indergaard, J. (2019). *Establishing Programming for Underserved Groups: A Father's ADHD Program & A Preschool Teacher Pilot Program*. Dendy ADHD Intensive Training Institute, July 22, 2019, Cedar Bluff, Alabama

Didier, J., Duryea, C., **Indergaard, J.,** Duryea, K. (2019). *The Benefits of Setting Up Youth Panels*. Dendy ADHD Intensive Training Institute, July 22, 2019, Cedar Bluff, Alabama

Indergaard, J. (2018). *Training Seminar Leader - Innovative Programming for ADHD Outreach-Dendy ADHD Intensive Training Institute*, August 4, 2018, Cedar Bluff, Alabama

Webinars (National)

Indergaard, J. (2023). *ADHD and the Reproductive Hormones (from puberty through menopause)*. TADD Talks – National ADDA Webinar Podcast – October 23.

Indergaard, J. (2022). *The Impact of ADHD and Tourette Syndrome on Siblings*. The Tourette Association of America. Live Webinar. October 18, 2022.

Indergaard, J. (2018). *The Continuing Challenge of Underdiagnosis of ADHD for Girls and Women – TADD Talks - National ADDA Live Webinar-* October 29.

Didier, J., **Indergaard, J.**, (2016). *Feeding your Tribe-* National CHADD Webinar co-presenter March 31.

Regional

Indergaard, J. (2024). *Flourishing Futures: Community Catalysts: Empowering Children with ADHD to Flourish*. Concordia College Faith & Reasoning Symposium. Nurturing Children for Civic Engagement. (Live Podium Presentation- concurrent sessions). September 18, 2024. – Concordia College- Moorhead, MN

Indergaard, J. (2024). *Unlocking Potential- Helping Your Child Navigate ADHD*. Red River Valley CHADD ADHD Three-part Summer Series. August 5, 12, 19, 2024. Fargo, ND. Live/Virtual workshop.

Indergaard, J. (2024). *Ten Insights into the Condition We Call ADHD*. Touchmark at Harwood Groves Retirement Community Educational Session. (Live Podium Presentation). July 16, 2024.

Indergaard, J. (2024). *Breaking the Silence: Exploring the Hidden Realities of ADHD in Girls and Women*. ProADHD Coaching Special Event. (Live presentation, also provided virtually in real time). May 29, 2024.

Indergaard, J. & Didier, J. (2024). *The Impact of ADHD on Neurotypical and Neurodiverse Siblings and Family Members*. The Midwest Regional Conference on ADHD: Living Well with ADHD> (Live-Podium Presentation). April 20, 2024.

Indergaard, J. (2024). *Ten Things Everyone Must Know About ADHD*. Grand Rounds Presentation. Concordia College Sanford Heimarck School of Health Professions. (Virtual). March 25, 2024.

Indergaard, J. & Didier, J. (2024). *What's Fair Got To Do With It? Nurturing Neurotypical Siblings in the ADHD Household*. ADHD-KC CHADD Chapter. (Virtual). January 5, 2024.

Indergaard, J., Cohen, J., Duryea, K., Duryea, C. (2024). *ADHD in Women: Underdiagnosed, Menopause, Estrogen Deficits and Perinatal Depression & Anxiety*.- 16th Annual Southeast Regional ADHD Conference. January 26, 2024

Indergaard, J. (2023). *Strategies for Siblings of Children with ADHD*. Meeting of the Fremont CHADD Chapter, Fremont, CA. (virtual). May 10, 2023.

Indergaard, J. (2023). *Panelist – Parent Panel- Anything But Typical: Celebration of Neurodiversity Event-* April 29, 2023. Fargo, ND

Indergaard, J. (2023). *Panelist – Educator Panel- Anything But Typical: Celebration of Neurodiversity Event-* April 29, 2023. Fargo, ND

Didier, J. **Indergaard, J.** (2023). *ADHD in Women and Girls: Advocacy, Awareness and Action*. Midwest Regional Conference on ADHD: Living Well with ADHD. April 15, 2023. Johnston, Iowa.

Didier, J., **Indergaard, J.** (2022). *Strategies to Address the Under-diagnosis of ADHD in Women and Girls*. Alabama Parent Education Center (APEC) Virtual Conference: Raising the Standards. May 18, 2022. Live Virtual – Professional Invitation to present

Indergaard, J., Didier, J. (2022). *Siblings, Self-Care, and ADHD: It's a Family thing*. LDA Illinois Janet Lerner Memorial Parent Speaker Series, May 16, 2022. LDA Illinois. Live Virtual – Professional Invitation to present

Indergaard, J., Didier, J. (2022). *Siblings, Self-Care and ADHD. It's a Family Thing*. ADHDKC: Parent Talk. Live Virtual: April 12, 2022 – Professional Invitation to present

Indergaard, J. (2021). *The Underdiagnosis of ADHD in Women and Girls: Awareness and Action*. Virtual Presentation- Concordia Graduate and Continuing Studies: Fall 2020 Mental Health Conference. October 22, 2021.

Hughes, R., Duryea, K., **Indergaard, J.**, Soileau, T., Soileau, L., Duryea, C., Rutkiewicz, M. (2020). *Opening Keynote Address: Panel Member: Strategies to Address the Underdiagnosis of ADHD In Women and Girls*. 12th Annual Southeast Regional ADHD Conference, January 23, 2020, University of Alabama, Tuscaloosa, AL.

Dendy, C., Duryea, K., Hughes, R., **Indergaard, J.**, Soileau, T. (2019). *Co-presentation- Half-day workshop: The Underdiagnosis of Girls and Women with ADHD*. ADDA Annual Conference on ADHD, April 6, 2019, Dallas, TX.

Indergaard, J., Duryea, K., Dendy, C. (2019) *Innovative School and Community ADHD Programs for Students and Families*. 11th Annual Southeast Regional ADHD Conference, January 26, 2019, University of Alabama, Tuscaloosa, Alabama.

Indergaard, J. (2019). *Panel Moderator and Presentor (Panel- Mays, L., Dendy, C., Duryea, K., Duryea, C., Tankersley)*. *Presentor: Under Diagnosed Populations: Girls, Women, Minorities, and Intellectually Gifted*. 11th Annual Southeast Regional ADHD Conference, January 25, 2019, University of Alabama, Tuscaloosa, AL.

Duryea, K., Duryea, C., **Indergaard, J.**, Indergaard, M. (2018). *Under-diagnosis of Girl's and Women with ADHD: a Personal Perspective* - ADDA 30th Annual Conference on ADHD: Succeed at Life with ADHD, February 17, 2018, Houston, Tx.

Indergaard, J. (1990). *The ABCs of ABGs* – Medical/Surgical Continuing Education Conference, UND College of Nursing, January 26, 1990, Grand Forks, ND

Indergaard, J. (1990). *Nursing Care of the Multisystem Trauma Patient* - Medical/Surgical Continuing Education Conference, UND College of Nursing, January 25, 1990, Grand Forks, ND

Vogel, J. [*my maiden name*] (1986). *Genital Urinary Trauma, Nursing Considerations in the ER*. St. Lukes Hospitals Regional Urology Conference, March 14, 1986, Fargo, ND

Poster Presentations (International)

Indergaard, J. (2017). *Innovations in Education and Outreach for ADHD* Innovators Session – International Conference on ADHD, November 8-12, Atlanta, GA.

Psychoeducational Programming and Presentations (Local/Regional)

Indergaard, J. (2024). *What Every Teacher Needs to Know about ADHD. Two-part classroom presentation.* Guest Speaker – The Special Student Course. In-person: November 22 & December 9, 2024. Concordia College, Moorhead, MN.

Indergaard, J. (2024). *What Every Teacher Needs to Know about ADHD and ADHD Friendly Teaching.* Three- hour in-person professional development presentation to St. Teresa’s Catholic School, Belleville, IL.

Indergaard, J. (2024). *ADHD in Children – Preschool Through Adolescence.* Red River Valley Satellite of CHADD monthly educational support meeting. Virtual: March 18, 2024. Fargo, ND

Indergaard, J. (2024). *Everything You Need to Know About ADHD.* Red River Valley Satellite of CHADD monthly educational support meeting. Virtual: February 18, 2024. Fargo, ND

Indergaard, J. (2022). *To Sleep or Not to Sleep- the Big Question in ADHD.* Red River Valley Satellite of CHADD monthly educational support meeting. Virtual: April 10, 2023, Fargo, ND

Indergaard, J. (2022). *Unlocking the Secrets of Motivation in ADHD.* Red River Valley Satellite of CHADD monthly educational support meeting. Virtual: February 13, 2023, Fargo, ND

Indergaard, J. (2022). *Ten Tips for Organizing and Structuring the Life of a Child or Adult with ADHD.* Red River Valley Satellite of CHADD monthly educational support meeting. Virtual: January 9, 2023. Fargo, ND

Indergaard, J. (2022). *ADHD and Executive Dysfunction: What Gives?* Red River Valley Satellite of CHADD monthly educational support meeting. Virtual: November 14, 2022, Fargo, ND

Indergaard, J. (2022). *A Community Conversation- This Thing We Call ADHD.* Red River Valley Satellite of CHADD monthly educational support meeting. Virtual: October 10, 2022, Fargo, ND

Indergaard, J. (2022). *What Every Teacher Needs to Know About ADHD.* Concordia College, Department of Education Seminar: Teaching Exceptionalities. October 5, 2022, Moorhead, MN

Indergaard, J. & Khibnik, L. (2022). *Spring 022 Series on Adult ADHD*. Red River Valley CHADD. Fargo, ND. Virtual

- *My Life is Chaos, Where to Begin? The Challenges of Adult ADHD*. March 15.
- *Your Unique Profile: Identifying your Challenges and Starting a Plan of Action*. March 22.
- *Adult ADHD: Peak Performance- Your Best Brain*. March 29.

Indergaard, J. & Khibnik, L. (2021). *Fall 021 Series on ADHD: Four-part Psychoeducational Program Series for Parents and Caregivers of Children with ADHD*. Red River Valley CHADD. Fargo, ND Virtual.

- *Eight Things Everyone Needs to Know About ADHD*. October 12.
- *Executive Function & Self-regulation Challenges of ADHD*. October 19.
- *ADHD Treatment and Management (best practices)*. October 26.
- *Putting it all Together: Building a toolbox of Skills and Creating a Support Team*. November 2.

Indergaard, J. & Kautzman, S. (2021). *Winter/Spring 021 Series on ADHD: Four-part Psychoeducational Program Series for Parents & Caregivers of Children with ADHD*. Red River Valley CHADD. Fargo, ND. Virtual.

- *Eight Things Everyone Needs to Know About ADHD*. January 28.
- *What Every Parent Needs to Know about the Challenges of ADHD*. February 22.
- *ADHD Treatment and Management (best practices)*. March 29.
- *Putting it all Together: Building a toolbox of Skills & What About You?* April 26.

Local/Community & Public Speaking or Training

2025	Faculty Speaker, Address – Traditional Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead, MN. May 3.
2024	Faculty Closing Address – Traditional Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead, MN. May 4.
2023	Faculty Speaker, Address – Traditional Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead MN. May 6.
2022	Faculty Closing Address – Accelerated Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead, MN. December 9.
2022	Faculty Speaker, Address – Traditional Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead, MN. April 20.
2021	Faculty Closing Address – Accelerated Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead, MN. December 15.
2020	Faculty Speaker, Address – Traditional Tract Senior Nursing Pinning Ceremony, Concordia College. Moorhead, MN. May 2.
2018	Faculty Speaker, Address – Traditional Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead, MN. April 28.
2017	Faculty Speaker, Address – Accelerated Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead, MN. December 8.
2017	Faculty Speaker, Address – Traditional Tract Senior Nursing Pinning Ceremony, Concordia College, Moorhead, MN. May 6.
2016	ADHD Friendly Teaching and the ADHD Friendly Classroom (co-presenter) – West

- 2015 Fargo Independence Elementary School, Staff Development Training, February 2.
Parent to Parent (P2P) Family Training on ADHD, (weekly) June 24-August 12,
Fargo, ND.
- 2014 Red River Valley CHADD: Parent to Parent Training on ADHD: A Multi-session,
Interactive and Educational Program for Parents of Children and Adolescents with
ADHD, February 9 and 16, Fargo, ND.
- 2013 Red River Valley CHADD: Parent to Parent Training on ADHD. January 20 and 27,
Fargo, ND.
- 2012 Teaching Students with ADHD - NDEA (North Dakota Educators Association)
Convention Speaker, October 18, 2012.
- 2012 Teaching Students with ADHD (co-presenter) - Fairmont Public Schools Teachers &
Staff, Staff Development Training, August 16, 2012
- 2012 Red River Valley CHADD: Parent to Parent Training on ADHD: A Multi-session,
Interactive and Educational Program for Parents of Children and Adolescents with
ADHD, October 28 and November 04, Fargo, ND.
- 2012 Red River Valley CHADD: Parent to Parent Training on ADHD: A Multi-session,
Interactive and Educational Program for Parents of Children and Adolescents with
ADHD, March 4 and 11, Fargo, ND.
- 2011 Red River Valley CHADD: Parent to Parent Training on ADHD: A Multi-session,
Interactive and Educational Program for Parents of Children and Adolescents with
ADHD, October 23 and November 6, Fargo, ND.
- 2010 Everything You Need to Know About ADHD (presenter) - FM Women's Showcase,
October 9, Fargo, ND.
- 2009 Everything You Need to Know About ADHD (presenter) - FM Women's Showcase,
October 10, Fargo, ND
- 2007 Faculty Speaker Address – Accelerated Tract Senior Nursing Pinning Ceremony,
Concordia College, Moorhead, MN. December 7.

Grant Review

Reviewer Grant Proposals: Consortium of Universities for Global Health (CUGH)
Dr. Tom Hall Educational Grants – For initiatives to scale up education and/or
fund projects for building local health-care capacity in underserved populations.
Oct/Nov 2020

Proposal Review

Conference Proposal Reviewer: 2024 International Conference for ADHD.
Proposal submissions for presenting at the International Conference in Anaheim for
fall 2024

HONORS AND AWARDS

- 2022 Nomination: FLAAT Distinguished Teaching Award, Concordia College
- 2022 Awarded one-year full sabbatical for research and professional development for
academic year 2022-2023, Concordia College
- 2017 Nomination: Children & Adults with Attention Deficit Hyperactivity Disorder

International Organization CHADD Educator of the Year

2014 Recipient –Children & Adults with Attention Deficit Hyperactivity Disorder
International Organization - National Affiliate of the Year Award-In recognition
and achievement of Excellence in Programming and Outreach

PROFESSIONAL SERVICE

October, 2022 – present. Member: Advocacy, Policy and Procedure Committee – CHADD. (Children
and Adults with Attention Deficit Hyperactivity Disorder.)

July, 2022 – present. Director: National Board of Directors – CHADD (Children and Adults with
Attention Deficit Hyperactivity Disorder.)

April, 2022-present. Member: Editorial Advisory Board – Attention Magazine.

Concordia College/Nursing Department

Sept.-Nov. 2024: Member Search Committee

- National search for open position for full-time sociology professor

Sept. 2023-2024: College Committee: Symposium Planning Committee for fall 2024.
“Flourishing Futures: Nurturing Children for Civic Engagement”.

2021-present Member, faculty search committee

- Served on search committee for two full-time faculty positions for newly developed accelerated nursing program

2022-present Member Department Student Handbook Review and Development Committee

2018-present Chair (1) and member (2) faculty evaluation committees

2017-present Chair Departmental Academic Progression Committee

- Act on faculty or student referrals on matters related to violations of professional conduct, department policy, and other threats to student progression in the Nursing Major; track academic progression (attrition and completion data); develop and recommend to the nursing department criteria, policies, and procedures for progression in the nursing major; direct reinstatement process of students in the major

2018 Curriculum Mapping Review and Proposal Template for Department

- Performed complete curriculum review and mapping for the department in preparation for full curriculum revision

2017-present Simulation Program Development Committee

- Charged with investigation, design, and recommendations for a high-fidelity simulation lab at Concordia College. Development of Mission, Vision Statement, SIM Coordinator Job description, and Policy and Procedure Manual for the *Concordia College Nursing Department SIM Program*

2017-present Policy & Procedure Development- completed investigation, literature review and collaboration with stakeholders for crafting the following policies for the Nursing

	Department Student Handbook	<ul style="list-style-type: none"> • Academic Progression Readmission Policy- 2019-2020 • Critical/professional incident Variance Report form- 2019 • Clinical Dress Code Policy- 2018 • Nursing Department Drug Testing Policy- 2018
2007-2014	ATI (Assessment Technology Institute) Coordinator	<ul style="list-style-type: none"> • Oversight for student orientation to the platform; scheduling, proctoring and data aggregation of the exams; review of exam for curriculum strengths/weakness trends; reporting results to all faculty; liaison for remediation
2007-2011	Supervisor Nursing Skills Lab	<ul style="list-style-type: none"> • Responsible for coordination, organization, inventory, and ordering of durable and consumable lab supplies for the department
2003-present	Facilitator Vocations Retreat – sophomore/junior nursing students	

Professional Consultation

Reviewer: PESI Talk: Review and consultation for national speaker Jeremy Didier – PESI.

- Editing and content consultation for presentation: The Critical Intersection of ADHD & Addiction: Why Treating Both Matters. November 10, 2022.

Consulting Preceptor: Psychoeducational (PE) Experience Internship – Lena Khibnik (Aspire Psychological and Consulting Services) – Walden University w/ PhD in Neurobiology from MIT

- Trained and supervised Dr. Lena Khibnik, Master's student- who presented the series and facilitated group discussion for two PE series in Fall of 2021 and Spring of 2022 on ADHD.

Curriculum, Curricular and Academic Policy Consultant: Provided lit review, data collection, analysis and proposals at the request of the Fargo Catholic Schools Network (FCSN) Board of Directors and Superintendent for the following:

- Resource Integration program for Special learners in Private Education – research, networking, and nation-wide site visitation. Drafted and presented proposal(s) for Bishop of Catholic Diocese of Fargo and Supt. of Fargo Catholic Schools (2002-2003; 2005-2007; 2008)
- Grading Scale Policy – Research and Development of proposals for appropriate standardized grading scale system for the FCSN (Chaired the Committee, drafted and presented proposals) Summer/Fall 2005
- Class Size Study – Provided analysis and data to make recommendations for evidence based effective class size options for elementary students (2003-2004)
- Feasibility Study and Proposal for Varsity level Hockey Program – 2003

- Program Development for FCSN Hockey Feeder Program - 2002-2003

Professional Memberships

- Member – World Federation of ADHD (WFADHD), 2021 to present
- Member – American Nurses Association (ANA), 2015 to present
- Member – American Association of Colleges of Nursing (AACN), 2021 to present
- Member – Consortium of Universities for Global Health (CUGH) – 2019 to present
- Member – The American Professional society of ADHD and Related Disorders (APSARD), 2021 to present
- Member, NAMI - National Alliance for Mental Illness- 2014 to present
- Member and Affiliate Coordinator – Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), 2009 to present
- Subscriber – NIH – Fogerty International Center – 2018 to present

Professional Activities & Service

October 2024-present **Secretary and Member** Advocacy and Public Policy Committee CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder)

June 2023 – present **Member National Board of Directors** – CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder)

March 2023- present **Member Editorial Advisory Board (national)** – ATTENTION Magazine

2009-present **Founder and Coordinator Red River Valley Satellite of CHADD** – 2009 (Children And Adults with Attention Deficit Hyperactivity Disorder)

- CHADD is the nation's leading non-profit organization serving individuals with AD/HD and their families with over 20,000 members in 200 local affiliates throughout the U.S.
- Coordinators are responsible for the coordination of all aspects of the Satellite (local affiliate) to include:
 - Development, instruction and facilitation for Educational Support Classes; & Discussion Support Groups for Families/Caregivers, and Adults with ADHD
 - Development of instructional materials, presentations and consultation on a variety of aspects of the science, treatment, and management of the challenges of ADHD.
 - Conduct Private and Public Advocacy activities.
 - Promote ADHD awareness in the local community.
- Have developed and presented a depository of 30 original evidence-based presentations on multiple topics for parents of children with ADHD and Adults with ADHD

2011-present **Co-teacher of CHADD Parent to Parent Family Training Class Series**
P2P Family Training Classes are a multi-session, interactive and educational program for parents of children and adolescents with ADHD. Teachers are formally trained and certified by CHADD.

- 2015- Parent to Parent (P2P) Family Training on ADHD, (weekly) June 24-August 12, Fargo, ND
- 2014 – Parent to Parent (P2P) Family Training on ADHD, February 9 & 16, Fargo, ND
- 2013 - Parent to Parent (P2P) Family Training on ADHD, January 20 & 27, Fargo, ND
- 2012- Parent to Parent (P2P) Family Training on ADHD, March 4 & 11; October 28 & November 4, Fargo, ND
- 2011- Parent to Parent (P2P) Family Training on ADHD, (weekly) October 23-November 6, Fargo, ND

2018 Expert Panel Judge: Innovative Teaching High School Science and Chemistry – West Fargo Public High Schools, January 3.

2012 **Co-Chair for 2012 ADHD Awareness Week- Two Day Fall Conference:**
Executive Function in ADHD and other LD with National Speaker Chris Ziegler Dendy

- Developed, designed and acquired sponsorship and CME for two-day conference.
 - Day 1 -Conference for Parents & Teachers on Executive Function in ADHD (attendance 300) October 17.
 - Day 2- Conference for Area Providers on Executive Function in ADHD (attendance 100). October 18.

Community/Public Activities & Service

2004-2007 Chair: Fargo Catholic Schools Network (FCSN) Council

- *Advisory Council to the Board of Directors of the FCSN*

2005-2007 Chair: FCSN Educational Planning Committee

- *Advisory Committee for curriculum and educational issues for K-12 of the FCSN*

2004-2005 Chair: FCSN Council Subcommittee for reorganization of the School Board

- *Responsible for evaluation, strategic planning, and reorganization of the Network Administrative and Governance Structure*

2004-2005 Chair: FCSN Council Bylaws Development Sub-Committee

2003-2004 Co-Chair: FCSN Annual Fall Drive

2000-2002 Chair: Holy Spirit School Improvement Process – Phases I & II

- *Responsible for all research, data collection, analysis, presentation, and the composition of the School Profile for Department of Public Instruction (DPI) review, 2000-2002*

2004 FCSN Administrative Search Committee, Spring 2004

- *Conducted Nationwide search for Superintendent of the Network, High School and Middle-School Principals*

2003-2004 FCSN School Board Member

2003-2004 FCSN School Board, Curriculum Sub-Committee

2003-2004 Ad Hoc Committee – Network Analysis & Administrative Restructuring Project

Specialized Training, Technical and Language Skills

2010-present Certified Instructor Training - Parent to Parent Family Training for ADHD, CHADD National, Seattle, WA

- 3-day certification workshop to prepare qualified instructors for facilitating a 14-hour multi-session, interactive Parent to Parent Family Training Course

- 2010-present Instructor Training– Teacher Friendly Training for ADHD, Cedar Bluffs, AL
- 3-day training workshop to prepare instructors for a 3-hour, two module educational program for teachers on ADHD and ADHD management in the Classroom.
- Current Certified Provider
- Mental Health First Aid
 - Healthcare Provider CPR and BLS
- 1985 Emergency Trauma Nurse Specialist Training (E-TNS)-Maricopa County Hospital, Phoenix, AZ, Fall
- 1983-1994 Provider and Educator: ACLS/ATLS- St. Lukes Hospitals/Meritcare Fargo, ND
- 1982 to present French Literacy/Fluency – minored in French, University of North Dakota

05/08/2025 JI