



# Central Region

Faulkner • Garland • Grant  
Lonoke • Perry • Pulaski • Saline



## ★ Hometown Health Improvement Newsletter • July 2015 ★

### “On Track” with Health and Wellness at Oaklawn

**Oaklawn Racing and Gaming** is placing their bets on employee wellness. “On Track” is the name of the company’s worksite wellness program and it defines the overall goal for their workers. Wellness Program Coordinator, Ron Burnett attended the Worksite Wellness Summit that Central Region HHI organized in the spring. Since then, Ron has provided several health education opportunities to his employees, including a Health and Wellness Expo where Central Region HHI was able to provide Carbon Monoxide testing for individuals that smoke. He is working diligently to update the company’s current tobacco policies. And he is providing his employees with many opportunities to end their tobacco addiction, such as implementing an upcoming “Freedom From Smoking” workshop.



To get your worksite “On Track” or to find more information about worksite wellness, visit the ADH Worksite Wellness Section at [www.healthy.arkansas.gov](http://www.healthy.arkansas.gov).



**Suicide Prevention in Central Region**

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## Lonoke County Teens Learn GDL Laws and Driving Distractions

Teenagers in Lonoke County have recently attended teen driving classes to better understand the process of obtaining a driving license through the Arkansas Graduated Driver Licensing (GDL) laws that went into effect in 2009. Some participants attended at the Lonoke County Library, while others attended as part of a program called PROMOTE that was hosted by Professional Counseling Associates. The purpose of the class is to educate teens about the fairly new GDL laws and make them aware of the many dangers involved with driving distractions such as texting and talking on a cell phone. Central Region staff also stressed the importance of seatbelt use and showed several safe driving videos. For more information on GDL laws, visit [www.dmv.org/ar-arkansas/teen-drivers](http://www.dmv.org/ar-arkansas/teen-drivers).



## Yoga For Kids

Anna Haver and Rosemary Withers, Community Health Promotion Specialists for Central and Southeast Regions recently partnered to provide a yoga workshop for PE teachers. Approximately 20 teachers from Pulaski, Saline, Jefferson, White, and Independence counties attended the training at the Arkansas School for the Deaf.

**Yoga for Kids** is a youth healthy living program designed by Arkansas 4-H, a program of the University of Arkansas Cooperative Extension Service. The program's developers saw an opportunity to expand the program to Arkansas' public schools and piloted it in several elementary and middle school settings. The curriculum has been aligned to the Arkansas PE Frameworks.

Participants in the skills based June training received the curriculum and necessary materials to begin teaching Yoga in their physical education programs. The training was made possible through a grant from Walmart. Anna Haver said that she hopes to be able to secure additional funding to provide this opportunity to more schools in the Central Arkansas area.



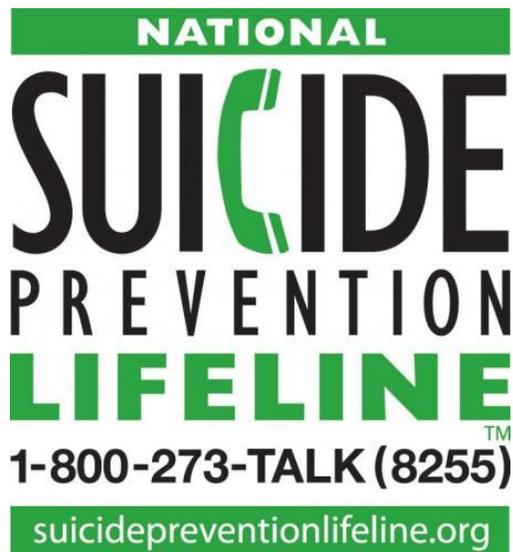
## Central Region Represented at School Health Conference

Central Region CHPS, Anna Haver provided a break out session at the 2015 School Health Conference in Little Rock. The conference is hosted bi-annually by the Arkansas Department of Education, School Health Services Office. Anna was asked to provide a presentation on the role of school wellness committees and how committees can use the School Health Index in planning wellness programs. Approximately 200 school personnel from across the state attended the 3 day conference.



## Applied Suicide Intervention Skills Training (ASIST) Comes to Central Region

Two Community Health Nurse Specialists (CHNS) have recently attended a Training of Trainers in an internationally recognized suicide prevention training program, ASIST. The CHNS have provided several ASIST trainings throughout the state, including one in Hot Springs in June. There are already plans for another training to take place in Central Region, this time in Grant County. Suicide is now among the leading cause of injury-related deaths in Arkansas.



ASIST is a two-day workshop prepares participants to integrate intervention principles into everyday practice. The curriculum is divided into 5 learning sections: Preparing, Connecting, Understanding, Assisting, and Networking. Skills and principles are illustrated with case studies presented in videos and live dramatizations, role-play simulations, discussions and in the Suicide Intervention Handbook. By the end of the workshop, participants will be better able to reduce attitudinal barriers which hinder the ability to be direct and comfortable with suicidal situations, dispel myths about youth suicide, identify the indicators and assess suicidal risk, intervene with a youth at risk of suicide and engage in efforts to build collaborative resource networks for suicidal youth.

For more information about suicide in Arkansas, visit the American Foundation for Suicide Prevention at [www.afsp.org](http://www.afsp.org).



## Heat and Hydration Education Reaches All Audiences

Central Region HHI Staff has worked with several groups throughout the region to increase their knowledge of properly hydrating themselves and watching for signs and symptoms of heat exhaustion. Recently, HHI staff has visited with several worksites, youth summer camps and even the Lonoke High School Marching Band. Individuals have learned not only ways to prevent heat illness and dehydration, but also how to handle a potentially dangerous heat-related situation.



# WATER. REST. SHADE.

*The work can't get done without them.*

**HEAT ILLNESS CAN BE DEADLY.** Every year, thousands of workers become sick from exposure to heat, and some even die. **Heat illnesses and deaths are preventable.** Employers are responsible for providing workplaces that are safe from excessive heat. [www.osha.gov](http://www.osha.gov)



## Your baby has you. You have Text4baby.

**FREE text messages to keep you & your baby healthy**

Join the hundreds of thousands of moms who receive free text messages throughout their pregnancy and their baby's first year.



## Central Region Health Unit Staff Uses 2A's&R

**Ask:** Have you used tobacco in the past 30 days?

**Advise to Quit:** Give a strong, personalized message to seek help in quitting.

**1-800-QUIT-NOW**  
[stampoutsmoking.org](http://stampoutsmoking.org)

**Ask  
Advise  
Refer**

**Refer** to resources to provide support and follow-up:

- Quitline
- Community
- In house

**Other Resources:**

- Materials
- Medications



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