



Central Region

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

Hometown Health Improvement Newsletter • January 2016

Central Region Students Among Winners of 2015 “My Reason To Write” Contest

GRADES 4-5 LYRICS/POETRY

1st

Kaydence Walls
Lake Hamilton Intermediate

GRADES 4-5 ESSAY

2nd

Zac Pennington
Lake Hamilton

GRADES 2-3 ESSAY

3rd

Ryan Cromer
Indian Hills Elementary

Several Central Region schools recently participated in the “My Reason to Write: Creation for Elimination” contest sponsored by the Tobacco Prevention and Cessation Program. The contest is open to students in grade 2-8 and students may submit either an essay or poetry regarding the tobacco prevention theme. Contest winners are awarded great prizes such as gift cards, Nooks, and Chromebooks.

Central Region had three winners for the 2015 contest. Ryan Cromer of Indian Hills Elementary School in North Little Rock won 3rd place in the essay contest for students in grades 2-3. Zac Pennington with Lake Hamilton Intermediate School won 2nd place in the 4-5 grade division for his essay. The 1st place entry for poetry in grades 4-5 was awarded to Kaydence Walls, also from Lake Hamilton Intermediate School.

Congratulations to all the contest winners!

To view the full list of winners and read the entries, visit www.sosprojectprevent.org.



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Introducing New Central Region HHI Support Staff



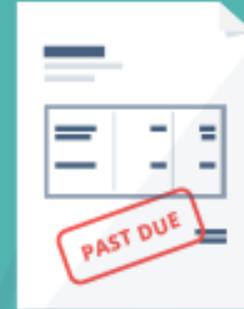
**Certified Public
Health Educator
Christianna Braddix**



**Community Health
Nurse Specialist
Lynette Slaughter**

Both are located in the NLR Health Unit - 501-791-8551

PAYING YOUR RENT
DOESN'T HAVE
TO BE A STRUGGLE



IF YOU QUIT
SMOKING
YOU'LL SAVE
\$1640
EACH YEAR

The Period of **PURPLE** Crying®

A New Way To Understand Your Baby's Crying



The Period of PURPLE Crying is a new way to help parents understand this time in their baby's life when their crying seems to resist soothing. This program helps parents understand their baby's crying and builds skills for coping with this frustrating phase in their child's development. Free classes are available for groups of parents and caregivers throughout Central Region. Contact the HHI Support Staff to schedule a class or obtain more information. To learn more about the Period of PURPLE Crying and Shaken Baby Syndrome, visit www.purplecrying.info.





VOLUNTEERS NEEDED!



ARKANSAS MINORITY BARBER & BEAUTY SHOP

Health Initiative 

Call 501-661-2282 for more information

APRIL 16, 2016

- Physicians
- Nurses
- Pharmacists
- Dieticians
- Medical, nursing, pharmacy, dietetic, and public health students
- Medical and nonmedical volunteers



Grant County HHI Celebrates

The Grant County HHI Coalition held their annual celebration on December 16th. The group participated in several projects in Grant County during 2015, including the beginning of a community garden. At the January meeting, coalition member plan to set new priorities for 2016. For more information about the Grant County HHI Coalition, contact Jessica Wells at jessica.wells@arkansas.gov.



New Trainings Available on escWorks!

Helping Students at risk for Suicide: A Lifelines Workshop

For school counselors, social workers, safety officers, nurses, and community providers who play a role in intervening at school when students are at risk for suicide.

Participants will receive best practice guidance for:

- Interviewing students and determining level of risk
- Collecting information to support referral
- Parent engagement, documentation, and safety planning
- And managing student return to school.

Participants receive a 200 page support manual, with DVDs and CD ROM as ongoing resources.

When: January 11, 2016

Where: Dawson Edu. Co-op, Arkadelphia

Register: https://www.escweb.net/ar_esc/

Course Number: 271698

**Seating is limited. Pre-registration is required.*

Suicide Prevention: A Lifelines Workshop

For health educators, health teachers, nurses and school counselors who provide health and prevention education to middle and high school students. This interactive training prepares participants to deliver a 4 unit suicide prevention course to students in grade 7 thru 10. Lifelines Prevention is a manualized, evidence-based course, aligned with National health education standards. In addition to the course, participants receive:

- An administrative readiness checklist
- School policy guidelines for at risk student follow up
- 130 page manual with videos and handouts
- Parent presentation video and handouts

When: February 29, 2016

**Where: Freeway Medical Towers, Room 902
5800 West 10th Street, Little Rock**

Register: https://www.escweb.net/ar_esc/

Course Number: 271701

**Seating is limited. Pre-registration is required.*

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\$6,000
FOR EACH PERSON



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