

NW REGION COMPILED REPORT

October 2015

CHNS/CHPS

CINDY JONES

- Provided hands on education to 32 parents and students at a parent involvement night on the topic of tobacco. I utilized a tobacco spin board and asked questions regarding the use of tobacco, Act 811, and cancer risks associated with tobacco use.
- I provided paraprofessional train the trainer to 10 area school nurses and also discussed tobacco use and cessation efforts with conversation tactics (via brochure) during the training period.
- Partnered with NW/Health educator, to provide a senior fall education/presentation to a group of 45 senior adults in Russellville. We also provided fire alarm education to the same group.
- Provided education/presentation to 46 Jr. High school students in Greenbrier on the topic of Gatekeepers Suicide Prevention.
- Provided education/presentations to 6 classes comprised of 5th, 6th, and 7th graders on the topic of Rethink Your Drink. This educates the students on sugar content of the things they are drinking. Also, educated on how obesity leads to diabetes and is linked to cancer with tobacco use being the number one cause of cancer.
- Provided required vision and hearing training to school nurses in the Danville school district.
- In conjunction with NE/CHNS, provided adult, child, and infant CPR/AED training and first aid training to 35 employees at the Concord school district.

ASHLEY LEFEVRE

- Provided suicide awareness presentations to 5 classes totaling approximately 75 high school students at the Agee-Lierly Life Preparation Services in Fayetteville. Educated students the causes of suicidal behavior with an emphasis on mental disorders and depression that leads to suicide in teens. Students watched the film "More Than Sad: Preventing Teen Suicide" to identify behaviors that could be a warning sign of suicide and steps to take if they or someone they know needs help.
- Educated Elmdale Elementary School teachers at staff meeting about the dangers of tobacco and e-cigarettes. Presented the Emerging Tobacco Products presentation. Teachers were given a fact sheet about e-cigs.

- Attended Helen Tyson's Health and Fitness night to educate approximately 45 adults/parents and 50 students on dangers of sugary drinks and tobacco. Educated on the impacts of too much sugar by showing a display of the amount of sugar in popular drinks. I also educated on Act 811, and the harms of tobacco/secondhand smoke. Distributed educational handouts and brochures explaining more about healthy eating and the dangers of tobacco/smokeless tobacco.
- Educated 42 high school students at the Agee-Lierly Life Preparation Services in Fayetteville about the impact of consuming too much alcohol. They watched a video on binge drinking and DUIs. We discussed peer pressure and the consequences of drinking alcohol illegally as well as the serious dangers of consuming too much.
- Educated 248 7th, 8th, and 9th graders at Helen Tyson Middle School, Prairie Grove Middle School and Lifeway Christian School on safe driving. They learned the statistics about teen vehicle crashes as well as phone use laws. Each student had the opportunity to use the driving and texting simulator provided by the AVTRAC to experience how difficult it is to multi task and shows why driving and texting is not a smart decision and leads to motor vehicle crashes.
- Educated six PE classes of approximately 50 students in each at Robert E. Lee Elementary School in Springdale on benefits of yoga. Led class in sequence of poses to help with flexibility, strength, and focus.
- Educated 272 8th grade students at the Carroll Co Teen Summit on sugary drinks. They learned how sugar is absorbed in the body and how it can lead to diabetes, obesity and heart disease. Students saw the actual amount of sugar found in popular drinks so they can understand that they might be drinking more sugar than they thought. We had group discussions on alternative drinks and how to drink more water.

CHERIA LINDSEY

- Presented to a diverse group of 52 8th graders x 2 at Elmwood Jr. High in Rogers on various subjects by partnering with their assignment on "What Freedom Means To Mean" and incorporating how Choice is a freedom and included Tobacco and Injury Prevention, Immunizations such as Flu Shots, and then Nutrition and Physical Activity
- Facilitated/Coordinate/Assist with the Carroll County 8th Grade Teen Summit with 272 diverse kids that included multiple topics from nutrition, physical activity-Zumba, Cross fit, and Yoga, Tobacco Prevention and several Injury Prevention-Alcohol Prevention, Suicide Prevention, and Dating Violence
- Participated in 19 school flu clinics in all 5 counties that included: Deer, Mt. Judea, Bergman, Valley Springs, Harrison HS, Harrison MS, Jasper, Yellville, Omaha, Green Forest, Marshall Elementary, Leslie Intermediate, Marshall HS, Alpena, Harrison JR High, Eureka Springs, Berryville Elementary and Intermediate, and Berryville MS and HS and also with the OUR Educational Cooperative Staff.

- Participated in Community Flu Clinics at Deer, Mt. Judea, Boone Mass, Boone Co Sherriff's Office, County Offices, and DHS
- TA Berryville School District on a Comprehensive Tobacco Policy, met with counselor and administration and provided sample policy and explained the importance

SARAH BRISCO

- Provided a presentation to Nan's Daycare on the importance of Bully Prevention. The presentation included a story on Bully Prevention to the children.
- Provided a presentation to the ABC Staff at the OUR Co-op. The presentation included the role of the CHPS and presentations that we can offer in the preschools in each district.
- Provided presentations to 3, Yellville School District Preschool classes on the importance of good oral health while using the American Tooth Fairy kit.
- Provided the School Health Index Training to the Berryville School District. I provided information on the current requirements and the program that is used for the data entry.
- Provided a presentation on Rethinking your Drink at the Carroll County Teen Summit. The presentation was given to 9 groups.
- Provided a presentation on healthy eating, physical activity, and healthy choices to the Alpena School physical activity class.
- Assisted NW CHPS with the Texting and driving program with 3, Helen Tyson School classes in Springdale.

MIRANDA CURBOW

- TA and education provided to Mansfield schools regarding medications in the schools, seizure precaution, emergency preparedness, IHP, IEP, and prescription drug abuse, and disposal. Emergency plan developed and actions put in place.
- Guy Fenter Coop: Provided BMI and Scoliosis trainings for school nurses at the Guy Fenter Cooperative. Included education on hypertension, obesity, heart disease, stroke, cancer, tobacco use, child abuse, mandated reporter, and certified those present to conduct screenings.
- Assisted with Lavaca school flu clinic, Ozark school clinic and Logan county mass flu clinic
- TA and education provided to Mulberry/PV wellness committee. I educated on JUA for use in walking trail improvement, softball field completion for community use, Farm to school grant

and Lowes, Farm Bureau grant for use in greenhouse construction and garden for school and community. Action steps decided and also educated on GHC and committee planned to participate and partner with Mulberry GHC.

- Educated Magazine school students and Logan county school students concerning suicide during the Logan County annual Red Ribbon Rally at Magazine schools. Included Lifelines strategies using interactive presentation on suicide prevention and intervention. I provided Myth vs. fact interactive education piece on cyber safety and suicide. 80 students and 60 adults present

NANCY MARSH

- Training to Grant staff on Tobacco Prevention Education Curriculums
- Gatekeepers Suicide Prevention Training to Rogers Nursing Staff – 23 people
- Hosted Personal Care Training at NWAESC by Dana Bennett – 17 people
- Gatekeepers Suicide Prevention Training to Gravette Staff – 120 people
- Huntsville school: Tobacco Education/presentation to 60 Pre K students on Act 811
- Huntsville school: Tobacco Education/presentations to 126 1st grade student in 6 different classes/sessions. Tobacco Education/education to 173 Kindergarten student in 9 different classes/sessions
- Worked with Springdale Head Nurse to get copy of Flu Form they had translated into Marshallese for Decatur who needed these forms.