

## **NW Region Compiled Report**

**June 2015**

**CHNS/CHPS**

### **CHERIA LINDSEY:**

- Provided BLS to 4 Health Department nurses and 4 School nurses with Berryville School District which includes diabetes/Heart disease/Stroke prevention along with tobacco efforts needed to reduce these chronic diseases
- Provided and facilitated education with NW/CHPS and Aleecia Starkey on Executive Function Dysfunction to a diverse group of 18 educators and included Tobacco and Injury Prevention Facts/education that included Act 811, Water and Sun Safety and other facts for Arkansas.
- Provided education in Partnership with NW/CHPS on Gatekeepers-Suicide Prevention to 57 administrators and counselors which also included Tobacco Prevention including E-cigarettes and also on Water Safety/Sun Safety
- Provided education and training on CPR/AED/FA to diverse group of 9 school employees which included tobacco prevention/education on Act 811 and the Quit line- also educated on Injury Prevention with Water Safety, Sun Safety and seatbelt use
- Provided education on Communicable Diseases, Diabetes, and Heart Disease/Stroke to 22 diverse individuals in the community at a Developmental Disability workshop and also included the Tobacco Quit line education and provided education on Seatbelt use and Sun Safety
- Facilitated and partnered with NW/CHPS and Kathleen Courtney, ADE to provided education for workshop on Strategies to Enhance Health Education Instruction and Student Learning which included Tobacco education and Injury Prevention with Bullying and Dating Violence to 10 individuals from the schools
- Completed CNE packet for NW Back to School Workshops

### **CINDY JONES:**

- Facilitated the Paula Smith's workshop at Arch Ford Cooperative "Our Student's Don't Use Drugs! Or do they?" I presented to the group of 26 counselors and teachers

regarding tobacco cessation and injury prevention and providing the Emerging Products presentation to their schools faculty. I also provided brochures on tobacco and injury prevention.

- Prepared and presented an interactive display board for the state CHNS/CHPS along with information on what we can do for school nurses at the annual 2 day Arkansas School Nurse Association conference in Benton. I also provided numerous brochures on tobacco, quit line, Act 811, concussion and suicide.
- I facilitated a day long workshop provided by Alecia Starkey on TBI and Autism to 30 teachers, counselors, coaches, and school nurses. I educated and provided information on tobacco and suicide.
- I taught CPR/AED training to 2 classes (one class of 4 and once class of 6) teachers and coaches. I also provided brochures and educated on tobacco cessation, Act 811, and suicide prevention.
- Partnered with NE/NW CHNS/CHPS Supervisor on an interactive display board representing the state CHNS/CHPS along with information on what we can do for schools at the annual 2 day School Health conference in Little Rock. We also distributed numerous brochures on tobacco, quit line, Act 811, concussion, suicide, and state wide CHNS/CHPS contact information. An interactive tobacco spin board was used with participants to educate on tobacco.
- I attended the Conway County Wellness Coalition. I educated the coalition on the Shaken Baby Training I provided to child care providers in Conway County in May.
- I attended the Cleburne County Hometown Health Coalition and educated on drug treatment facilities as well as providing a Reality Works doll demonstration to the local rotary club.

## **MIRANDA CURBOW:**

- TA provided to Charleston District SBHC, meeting with superintendent, health office manager, and VFC coordinator to assist with the SBHC paperwork and plan to provide immunizations in the SBHC.
- TA provided to Booneville district in assisting with hiring of a new school nurse, securing an RN for the district. Educated on role and responsibility of an RN vs. LPN and discussed legal liability issues and care issues. I also provided information on Para-Pro training and supervision in the schools.
- Provided TA for worksite wellness program implementation. Educated employees at Ashland Manufacturing in Fort Smith, AR on tobacco cessation and provided Act 811 education, chronic disease education related to tobacco use. I also included risk of

secondhand smoke and children (Act 811, asthma, SIDS, ear infections and hearing loss). Provided materials on E-cigarettes and updated research on their harms and harms from secondhand smoke from the devices. Educated on current quit line availability and other cessation recommendations Assisted with arranging for upcoming weekly cessation classes to be provided by a cessation coach from PRC.

- AM and PM classes for CPR: Included education on tobacco use and heart disease, stroke, general cardiovascular disease. Educated on secondhand smoke and its role in these disease processes- Also educated on injury prevention including seat belt use, traumatic brain injury and helmet use.
- Attended and Proctored School Health Conference in Little Rock. Educated attendees in 2 sessions on role of CHNS and CHPS, tobacco education, obesity disparities, injury prevention and chronic disease education available. ( 36 participants)
- Western Coop workshop: Educated teachers, staff, counselors, administrators, coaches, and school nurses on Reality Works curriculum: Fetal Alcohol Spectrum Disorder, The effects of Drugs on the Fetus, and Shaken Baby Syndrome. Provided attendees with information on infant mortality and morbidity related to these topics and gave them training on how to best use the available, best practice curriculum. 40 present
- Western Coop workshop: Educated teachers, staff, counselors, administrators, coaches, and school nurses on Gatekeepers Suicide Awareness Training. I provided education using this best practice model and included recognizing risk factors, warning signs and immediate interventions. 16 present
- Western Coop Workshop: Educated Teachers, staff, counselors, administrators, coaches and school nurses on Bullying prevention, using the best practice curriculum: Creating a Safe and Respectful Environment in the Classroom. 16 present

## **SARAH BRISCO:**

- Provided technical assistance to Nan's Daycare by providing a presentation- provided Henry Gets Moving and educated on the importance of nutrition and physical activity
- Facilitated a workshop at the OUR Co-op- Alicia Starkey and the Teenage Brain (approx. 15 participants) Tobacco and Injury prevention education provided
- Met with the Boone County Library to offer technical assistance and explain the role of the CHPS and offer presentations to the library for summer and fall activities
- Assisted with facilitating at the Gatekeepers Suicide Prevention Workshop at the OUR Co-op. Education provided on the harms of tobacco

- Provided Eating Disorders presentation at the School Health Conference in LR- discussed eating disorders and suicide prevention (approx. 35 participants)
- Facilitated the Health Education Workshop with Kathleen Courtney at the OUR Co-op. Education included injury and tobacco.
- Provided a presentation to Nan's Day Care on Healthy Choices and Injury Prevention- Bike Safety and helmet use, nutrition, physical activity, oral health

## **NANCY MARSH:**

- Spoke at NWAESC Superintendent's Meeting regarding Act 833 – Insulin being given in schools; shared copy of the law and talked about waiting for Rules and Regulations to be written. (20 people) Met at NWAESC with the first school nurse for New School (Private School). Educated on School Nurse Guidelines; need for screenings trainings – laws and rules and regulations; Immunization Rules & Regulations; healthcare plans and other health issues
- Gatekeepers Suicide Prevention Awareness Training done for Mary Mae Elementary in Bentonville – 3 sessions for faculty, total 50 people.
- Provided 'Understand Cultures – Marshallese & Hispanics Workshop' off-site for NWAESC at Huntsville Middle School. This training was an idea of mine – I got the speakers, planned the agenda, contracted with speakers, made co-op arrangements for 3 different sites. 39 people attended from schools in NWA and private organizations. 5 other people present.
- Gatekeepers Suicide Prevention Awareness Training done twice at NWAESC for counselors. 14 at one session and 24 at the second presentation. I also provided education on Injury Prevention –and Tobacco Prevention education; NWA Crisis Center resources; and Suicide Prevention Pamphlets from Prevention Resource Providers.
- Met with coordinator of new charter school in Springdale, Ozark Montessori – educated on the State Board of Nursing Rules for School Nurses; several laws for schools around health issues such as AED & CPR trained. Plan to return with copies of laws
- Hosted Aleecia Starkey training, 'How to Assist with Traumatic Brain Injury and Autism'. 27 people attended including 5 nurses that received 6.2 nursing CEs. I also provided education on Injury Prevention and Tobacco. I also hosted Aleecia Starkey, 'ABCs of Special Ed'. 14 people attended including 7 nurses that received 6 hours of CEs. Also provided education on injury prevention and tobacco prevention
- Attended Focus Group meeting at Huntsville Primary School at 6pm – part of Nutritional/Hunger Study – grant project that may be 5 years - from Dr. Ogbiedad from

U. of Arkansas. Attended School Health Conference in Little Rock and facilitated 2 sessions.

### **ASHLEY LAFEVRE:**

- I educated on the role of the Community Health Promotion Specialists and Community Health Nurse Specialists with school health professionals from across the state at the School Health Conference in Little Rock. Offered assistance on behalf of all the CHPS and CHNS in the state to educate their students on various health topics such as nutrition, physical activity, tobacco prevention, injury prevention, etc. Gave examples of different presentations we can provide to target various age groups. Provided a brochure which supplied information on what our roles is in the community and who is based in their school district.
- Educated about 250 Hispanic women of various ages at an educational booth during the Vestido Rojo event at the Jones Center in Springdale, AR. Using a translator, I was able to discuss and educate the women about sugar intake, diabetes, and danger of tobacco. I used a sugar board which showed the amount of sugar in popular drinks. I then educated the how a bad diet could lead to diabetes, heart disease, and obesity. Gave women resources to plan a healthy diet, start exercising, and how to stop smoking/dangers of tobacco.
- Educated approximately 150 diverse employees at the Butterball Health Fair for Franklin County Health Department on nutrition, physical activity, and tobacco. Used interactive education with My Plate and food models to show correct portion sizes as well as a representation of fat in popular foods. Interacted by asking questions about current diet habits. Displayed actual sugar amounts in drinks to bring awareness to how much sugar we consume in our favorite drinks. Employees were give brochures and pamphlets with more information on tobacco, healthy meal planning, and exercise. They were also given an opportunity to fill out a SOS fax referral.
- Attended YMCA's Diabetes Prevention Program kick-off to educate members on the importance of health eating, physical activity, and avoiding tobacco products especially individuals with diabetes. Educated members the risk of developing Type 2 diabetes and how to be proactive in prevention through the YMCA programs offered. Played Spin Smart game to educate on health related topics. Kids played physical activity dice game and colored a SOS coloring page.
- Partnered with NW/CHPS to create a nutrition/physical activity power point
- Attended Lifelines train the trainer video conference. Received training and resources to provide *Making Educators Partners in Youth Suicide Prevention* workshops to school staff
- Assisted CHNS in setting up and hosting "How to Assist with Traumatic Brain Injury and Autism Spectrum Disorders" at co-op

