

**Southeast Region  
CHNS/CHPS Report  
June 2015**

**Cassie Lewis**

- Partnering with Central Region CHNS to write an ATRAIN CNE packet for the UAPB Minority Health, and Clearing the Air organization for the Annual Strike it out Tobacco Conference.
- Provided an interactive tobacco prevention booth at the Annual Health Education Consortium Health Fair in Lee County, Marianna, AR. Discussed dangers of tobacco in all forms, used tobacco models (Mr. Gross Mouth, Tar in a Jar, Black Lungs, and Pico monitor testing to show the dangers of and health effects of tobacco on the body.). Act 811 cards were provided for parents to show the danger of smoking in cars with kids. Information was also provided on secondhand smoke and the Arkansas Quitline for those who expressed a desire to stop using tobacco. The booth was visited by 35 participants with 11 participants taking the Smoklyzer tests. The participants were provided with information on the effects of CO2 on the body's performance related to the use of tobacco products, especially smoking. Provided magnets with the Arkansas Quit Line number for assistance with quitting. Over 100 people attended the health fair.
- Creating a tobacco board related to CO2 monitoring and effects of tobacco use. Design borrowed from another CHNS to create effects.
- Provided the last flyer for this school year for three school districts (seven nurses) with install news holders to schools still in session. Schools included Marianna, Helena/West Helena/ and Barton. Flyers provided on How to prevent Heat Related injuries.
- Attended ASSIST Training in Pine Bluff. ASSIST is an evidence-based Suicide Training which explores the participant's attitudes and preconceptions about suicide and instructs on ways to better understand the needs of the person who is at risk of suicide and how to use suicide first aid to assist those in need. It was a very informative and interactive workshop that engaged the participants in connecting with suicide, understanding choices, and assisting life as a caregiver in preventive efforts.
- Presented on Shaken Baby Syndrome at the Safety Baby Shower sponsored by the Northeast TRAC and the Family Nurse Partnership program. The Nurse Family Partnership staff presented on all safety aspects for the new infant, moms and caretakers. CHNS used the model Reality Doll to demonstrate how shaking a baby can be detrimental to the infant and leave the families with the devastating effects, possibly even the death of the infant. Nine mothers/mothers to be attended the shower along with two supporting grandmothers and another support person. Car Seats were provided for appropriate ladies who were assisted with certified personnel to install the car seats. Smoke Detectors, Carbon Monoxide detectors, and water temperature thermometers were also provided for participants.

**Lisa England**

- Provided a two-day health workshop (Luau) at the Southeast AR Education Coop. Topics included Injury Prevention, Tobacco Prevention, Suicide, US, Arkansas and County Trends in

Adolescent Sexual Health and Wellness Committees: How to Keep Your Committee Active and Healthy (40 participants evaluations ranged from 89-94%).

- Attended Lifeline/Making Educators Partners training.
- Assisted SEATRAC with Car Seat Safety Checks at Pink Tomato Festival in Warren.
- Provided Safe Baby Presentation-CHW Birthing Project (12 participants)
- Planning meeting with LHUA and Lake Chicot State Park Ranger regarding conducting a Basic Bicycle Skills Clinic in the park.

#### **Liz Mercer**

- Provided ASIST two-day training at Southcentral Coop in Camden on June 11<sup>th</sup> and 12<sup>th</sup>. Tobacco booth set up in room with gross mouth, CO monitor Quitline Act 811, Cardiovascular Health, Referral Fax form, 2 A's & R, Quitline line cards, and other SOS brochures were displayed. Education on all tobacco materials was discussed in presentation (15 participants).
- Provided ASIST two-day training at ARESC in Pine Bluff on June 16<sup>th</sup> and 17<sup>th</sup>. Tobacco booth set up in room with gross mouth, CO monitor (with participates reading from 2-10ppm's). Quitline was offered to participates that were over 6ppm and for family/friends who smoke. Act 811, Cardiovascular Health, Referral Fax form, 2 A's & R, Quitline line cards, and other SOS brochures were displayed. Education on all tobacco materials was discussed in presentation (22 participants).
- Provided Gatekeeper's presentation at ARESC for school staff. This met ADE's required Suicide Professional Development for 2015-2016. Tobacco booth was set up with CO monitor, Tobacco Quitline Cards, Gross mouth, Act 811 Cards and Health information about Tobacco related diseases (15 participants).
- Attended Southeast Co-Op Luau assisted with suicide presentation.
- Attended School Health Conference, was responsible for registering nurses to A-Train and keeping up with CNE'S, faxed all sign in sheets to Little Rock.
- Attended Cleveland County Kick Start in Woodlawn: Community members brained stormed on ways to improve the community and build economic development in Woodlawn area. Farmers Market started June 6<sup>th</sup> at Woodlawn Community Park.
- Attended meeting in Stuttgart; brainstormed ideas to reenergize Arkansas County Partners in Health.

#### **Rosemary Withers**

- Assisted with School Health Conference: Proctored four breakout sessions: Positive Behavior Interventions and Support; Seeing the Whole Iceberg; School Partners in Youth Suicide, and Suicide Prevention: the Jason Foundation.
- Comprehensive tobacco policy follow-up resulted in two school districts (Dollarway and White Hall) including policy in handbooks as a package to be voted on in the next School Board meeting. Other districts are in the process of making a decision or have made a decision.
- Attended Grand Rounds: Addressing Childhood Obesity in Schools: Current Status and What Arkansas Should Do to Improve and Grand Rounds: Adversity in Early Life Changes: Brain Structures & Function Resulting in Lifelong Poor Health.

- Participated in train the trainer in Making Educators Partners in Youth Suicide Prevention founded by the Society for the Prevention of Teen Suicide. Goals include to increase awareness of youth suicide; outline the role of educators in prevention, and to increase strategies for dealing with at-risk students.
- Presented on the dangers of smoking and its negative effects for Empowering Daughters of Destiny: Utilized as illustrations, a human lung model, jar of tar, yuck mouth and pregnancy and smoking model. Provided 101 Smart Reasons to be Tobacco Free activity books (approximately 42 participants).
- Attended Applied Suicide Intervention Skills Training: Discussed attitudes about suicide, understanding the needs of a person at risk, practiced assisting, and practiced working together with other caregivers.
- Co-facilitated and trained to conduct U of A Cooperative Extension Yoga for Kids, a 4-H Healthy Living Program. Received curriculum, yoga DVD, yoga music, certificate and other items (approximately 20 participants).