

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

**Cassie Lewis**

- Facilitated Strategies for Learning workshop with instructor Kathleen Courtney. In A.M. participants received an update on Sexual Health in Arkansas including STD, HIV, and Teen Pregnancy stats (nine people participated in the workshop including nurses, and teachers). Evaluations were good to excellent. CHNS provided CO2 testing for participants during the workshop. Three persons participated who were non-smokers but were exposed to second hand smoke. CHNS provided information on the Arkansas Quit line, dangers of tobacco use and secondhand smoke, and CO2 monitoring purpose, dangers, and prevention of abnormal levels.
- Engaged youth at the Brinkley East Lab Annual Health Fair. CHNS set up booth with information on tobacco and talked to youth who visited the booth about the dangers of tobacco products and environmental smoke. Utilized the piCO+ smokerlyzer monitor. All participants received information on CO2 and reason for monitoring. They also received information on the dangers of tobacco products in any form. They also received information on ACT 811 and information on the Arkansas Quit Line and how to access it.
- Assisted Stewart Elementary School Garden club Committee with building a fence around the perimeter of the school area where school garden will be maintained. School garden will be maintained in this spot on the Central Elementary school campus.
- Attended the Safe Schools Health Initiative quarterly meeting with Marvell School Staff Wellness Committee members. CHNS facilitated discussion and team planning related to school connectedness and parental involvement-Next Steps.
- Completed Online training for Lifelines Suicide Prevention-Educators as Partners.
- Co-facilitated CHNS/CHPS May 5th meeting. Secured speaker on Stress Management for the meeting. Speakers included Leigh Quarles with The American Tooth Fairy who provided program training for staff; Jess Kelton with GoNoodle who provided an overview of the website and what it had to offer for schools and homes; Stress management with Dr. Florine T. Milligan, who used interactive communication to present ways to manage stress at work, home, and with peers. Alice Story provided an update from TPCP. Paula Smith and CHNS supervisors also provided updates.
- Attended the Equipping, Educating and Empowering conference sponsored by the Arkansas Minority Health Commission. Conference conducted with speakers on various chronic disease and health and wellness issues to enhance the capabilities, skills and knowledge of community-based organizations, grass roots coalitions, and faith-based organizations to provide health awareness and outreach in their communities. The training provided equipment to provide health screenings; educated community members on how to conduct health screenings; and empowered community members with access to resources to live healthier lifestyles.

**Lisa England** No report received as of 06/09/15

### **Liz Mercer**

- Attended “Leaving a Trail of Smoke: Impact on Health” Conference at UAMS; topics included: How tobacco use causes or complicates diseases, the impact of second-hand smoke in child health, tobacco’s effects on maternal and fetal health, vapor and kids, and tobacco’s interaction with medication.
- Provided ASIST two day training; conducted at JRMC Pine Bluff on 5-28-2015 & 5-29-15. Tobacco booth set up in room with gross mouth, CO monitor (with participates reading from 2-12ppm’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. There were seven participants.
- Organized and Facilitated CHPS/CHNS meeting in Little Rock- topics included The Tooth Fairy training, GoNoodle training, Stress Management, Update from TPCP.
- Created and sent out survey for Drug testing in schools as requested by Paula Smith. Sent report to Paula Smith, State Nurse Consultant and ARESC Director.
- Attended Cleveland County Kick Start in Woodlawn: Community members brained stormed on ways to improve the community and build economic development in Woodlwan area. JUA was discussed as well as need for more school nurses in schools.
- Provided information and dates to school nurses and administration on Upcoming trainings at ARESC. Topics: Safe School Health, ASIST, Gatekeepers, BMI, Vision, Hearing, and Scoliosis.
- Provided technical assistance to school nurses related to BMI data entry, Medicaid billing question, Part 1 and Part 2 of the School Nurse Survey.

### **Rosemary Withers**

- Participated in the Physical Activity Leadership workshop: a program developed to support PE teachers, classroom teachers, principals, administrators, and parents who will be champions in their schools or school districts to make sure all youth engage in 60 minutes a day
- Attended Arkansas Coalition for Obesity Prevention Advocacy Training: Each workgroup focused on tactics for state and local policies that support access to healthy foods and safe places to be active. Received toolkit and training on launching an advocacy campaign, which includes four phases: recruit, engage, mobilize, and evaluate.
- Attended UAPB Clearing the Air Conference: received several tools and resources for community actions including a step by step process to use data and action plan from the county health rankings and roadmaps to build a culture of health. Introduced to the 27-9-3 rule, this requires skill in presenting a persuasive message with no more than 27 words in 9 seconds and no more than 3 points. Also, discussed the poised to progress tool and the logic model.
- CHNS-CHPS meeting: Received training and toolkit on America’s ToothFairy targeting prenatal to adults, updated on GoNoodle’s interactive website, received some stress management strategies, updated on school health and other issues. Recorded and disseminated minutes for this meeting.

- Dollarway Health Fair: Set up booth with yuck mouth, jar of tar, and brochures at Robert Morehead Middle School. Students in grades 6th- 8th were educated on the effects of smoking. Utilized the piCO+ smokerlyzer monitor to test two adults for carbon monoxide in the blood using Approximately 308 students participated.
- Distributed to Wellness Committees information regarding Joint Use Agreement grant and registration for School Health Conference.
- ARESC Staff meeting: Updated on end of year Division and Director's reports.
- Participated in World No Tobacco Day: Set-up booth displaying brochures, portion control models, jar of tar, yuck mouth and tested for carbon monoxide in the blood. Completed one fax referral for the AR Tobacco Quitline. Approximately 30 people in attendance.
- Participated in Pine Bluff Health Fair: Set-up booth with portion control food models, yuck mouth, jar of tar, and healthy lifestyle brochures. Screened 23 participants for carbon monoxide in the blood. Of the 23, two were referred to AR Tobacco Quitline.