

**Southwest Region  
CHNS/CHPS Report  
December 2015**

**Cheryl Byrd, CHNS**

- Provided tobacco signage to 3 schools: Mena (8 signs), De Queen (12 signs) and Ouachita River (4 signs) to complete their comprehensive tobacco program for each school.
- Collaborated with Melissa Kuhn to host School Wellness Training for 10 wellness committee members and chairs at DMEC- held Dec 7th –presenters included Justin Mills, School Food Consultant; Tamara Baker re: SBHC; and Melissa Kuhn re: SHI.
- Participated in CDC Webinar: e-Cigarettes: An Emerging Public Health Challenge.
- Provided AHA CPR/AED for HCP certification. Also provided AHA Instructor Certification Training.
- Distributed 2015 AHA Guidelines and Highlights to all SN/CPR Instructors.
- Partnering with Jeri Clark to present at School Wellness Committee training: Proposed revisions to Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in the Public Schools.

**Eddie Greenwood, CHNS**

- Thirteen at-risk youth in Hope were given information about STI's, teen pregnancy and dating violence using a Reproductive Health Jeopardy Game covering a variety of topics; Reproductive Fun Facts, Anatomy & Physiology, Arkansas Laws, Teen Awareness, Adolescent Dating Violence, and STI/HIV/AIDS. During the presentation, also discussed the harms of tobacco use
- Assisted LIFE Coalition in Lewisville with sponsoring a health fair at Bancorp South. CHNS, LHU Administrator, and Rural Health Specialist staffed a booth at the health fair. We distributed information about tobacco harms, SOS Quitline, Act 811, as well as a variety of other information.
- Collaborated with the Pregnancy Resource Center in Hope presented infant safety to 10 expectant parents and 1 sibling. Discussion included Safe Sleep, Breastfeeding, WIC information, tobacco/nicotine harms and dangers, secondhand smoke dangers including Act 811. Home safety to prevent falls, drowning, accidental poisoning, and car seat safety were also addressed. We presented the Period of Purple Crying video and discussed shaken baby. Each expectant mother was given a copy of the DVD.
- Completed the following online trainings: 2015 AHA Guidelines for CPR and ECC Science In-Service, CDC's Dating Matters: Understanding Teen Dating Violence Prevention, and CDC's Public Health Grand Rounds—E-Cigarettes: An Emerging Public Health Challenge.
- Visited with the school nurse in Blevins; assisted her with where to find the toolkit and information about starting a Wellness Committee. Also reviewed the school district's plans based on the previous year's School Health Index report and where to find information and help to reach those goals.
- Attended the SW Prevention Taskforce meeting in Texarkana.
- Attended the Miler/Bowie Health Coalition in Texarkana; served as secretary for the meeting and transcribed notes and sent to DeAnna O'Malley, RHS Acting Chair.

### **Rhonda McDonald, CHNS**

- Collaborated with Liz Mercer, CHNS and Saline County LHU Administrator to provide a 2 day ASIST training in Saline County (10 participants: 2 from LHU, 1 from psych floor at hospital and the remaining 8 were from Bryant School District).
- Collaborated with Liz Mercer, CHNS to provide a 2 day ASIST training at ARESC (8 participants: 2 from JRM (ER Nurses), 1 from Junction City (School Nurse), 2 EMS from Saline County, 1 mental health counselor from Dollarway and 2 pastors from Drew County).
- Collaborated with CHPS to provide a presentation for approx. sixty-three 6-8 grade students on STD and Teen Pregnancy.
- Collaborating with TOUCH and St Mary's to set up ASIST in El Dorado scheduled for January 14th and 15th.
- Collaborating with OCMC to set up ASIST in Camden scheduled for January 28th and 29th.
- Collaborating with CHNS, Edie to set up ASIST training in Hope scheduled for February 4th and 5th.

### **Tommie Rogers, CHNS**

- Hosted the Lifelines Postvention Workshop at Dawson Co-op in Arkadelphia. Pat Breux, Program Director at Society for the Prevention of Teen Suicide presented the workshop which concentrated on what to do in the aftermath of a death by suicide (22 participants).
- Presented information on Oral Hygiene/Great American ToothFairy: discussed flossing, supervising tooth brushing and making tooth brushing fun for children. Distributed copies of the fact sheet from the Arkansas Office of Oral Health and a handout on Tips from the ToothFairy. Utilized Mr. Gross Mouth and discussed tobacco prevention as a visual. Pre-test was given to the mothers that attended the Parent Meeting at the Gurdon Headstart Center.
- Participated in the Gurdon School District Wellness Committee Meeting. Provided an update on the upcoming Lifeline Suicide Trainings in December, January, and February. Spoke about the Lifeline Suicide Trainings being sponsored by the Garrett Lee Smith Grant through the Arkansas Department of Health. Pat Breux, National Speaker, and Program Director at Society for the Prevention of Teen Suicide is the presenter. Encouraged interested staff to attend the workshop and receive some valuable free resources (10 participants).
- Participated in the Bauxite Wellness Committee Meeting. Kristy Ammons, Child Nutrition, spoke about Breakfast in the Classroom. Ann Haver, CHPS, provided a presentation on the Arkansas Department of Health Programs and the School Health Index Component (11 participants).
- Participated in the Centerpoint Wellness Committee Meeting. Discussed new beverage contracts, water sales, Blue and You Grant for the new Elementary School and Grab N Go Breakfast at High School. Reviewed some of the lunch menus and discussed other options instead of candy bar sales. (11 participants).
- Provide technical assistance to school nurses as needed through e-mail and phone on a daily basis. E-mailed them about upcoming trainings: Scoliosis, BMI, Vision, Hearing, and Lifelines Suicide Prevention, Intervention, and Postvention.

**Melissa Kuhn Shatley, CHPS**

- Attended the 2015 ArCOP Celebration at ACH. Accepted a GHC award on behalf of Camden, AR. Presented the award to the Mayor upon return to Camden.
- Provided a Wellness Presentation for the Foreman Wellness Committee.
- Provided a Wellness Presentation for the Ashdown Wellness Committee.
- Hosted and presented for a Wellness Workshop at the DeQueen/Mena Educational Cooperative.
- Provided a Health/Hygiene/Puberty presentation for 5th & 6th grade boys at Gurdon Middle School. Also provided a similar presentation to the 7th & 8th grade girls (120 students).
- Attended the Coordinated School Health Conference in Little Rock.
- Met with CHNS about implementing the SPARK program/equipment for a school in the DeQueen/Mena Coop.
- Completed and submitted the SW CHPS/CHNS Corner for the Newsletter.