

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

Cheryl Byrd, CHNS

- Presented Brain Health to 115 Foster Grandparents at De Gray Lake during the Annual Foster Grandparents Conference. Brain Health topics included: Effects of Tobacco and Smoking on the brain, nutrition, activity, socialization, medications, alcohol use, heredity, age on the overall health and function of the brain as it ages naturally. CDC/NIH PowerPoint used with handouts provided.
- Partnered with UA-Cossatot OTA Program to host the 2015 Annual Kids Kollege for students in SW AR, elementary school age with a focus on healthy choices. Provided four breakout sessions re: harmful effects of tobacco use, Act 811, e-Cigs and smokeless tobacco products, the cost of tobacco, using Tobacco money and the Pig Lung Display, Mr. Diplip, Jar of Tar and Mr. Grossmouth. SOS collateral items provided to UA-Cossatot for distribution at Kids Kollege to participants (including tattoos, pencils, jump ropes, baseballs and Frisbees). Zobey DVDs also provided to encourage physical activity to participants. 32 youth and 9 adult attendees to the tobacco presentations.
- Provided Paraprofessional Training for Students with Special Healthcare Needs to 42 paraprofessionals/Early Childhood Educators and 2 School RNs. Topics included Standard Precautions, HIPAA/FERPA, Delegations, ASBN Roles and Responsibilities r/t UAPs. Review of Handouts included: ASBN School Nurse Roles and Responsibilities Practice Guidelines, Resource Guide: developing School Policies and Training Programs for Children with Special Health Care Needs, and Delegated Nursing Skills Training Manual for Unlicensed Assistive Personnel: A Reference for School Nurses.
- Provided technical assistance to Horatio Superintendent and Teresa Morris (ADH DM) re: School Wellness Committees Roles and Responsibilities using: Role of School Wellness Committee ppt, SHI ppt, and ADE Nutrition and Physical Activity Rules document. Referred superintendent to ACHI for School Rankings for BMI.
- Provided First Aid training to 27 Early childhood Educators at DMEC. Poison Hotline magnets distributed, Act 811 discussed.
- Provided Making Educators Partners training to 28 Early Childhood Educators at DMEC.
- Participated in Safety Baby Shower at Little River Co-CCCUA-Ashdown-Presented Shaken Baby Syndrome demonstration, Car Seat Safety to 2 Moms and 1 Dad. Poison Hotline magnets, home safety checklist magnets distributed. Presented information on Act 811 and Effects of SHS.

Eddie Greenwood, CHNS

- Provided a tobacco presentation at a Daycare center in Hope for 17 children ages 2-13. Utilizing pig lungs, discussed how smoking can harm the lungs, turn them black and make it so you cannot breath. Also used Mr. Gross Mouth and discussed not using smokeless tobacco, but also the need to take care of your teeth by brushing for two minutes, twice a day.

- Provided information on nicotine as a drug and related problems for a fetus during Camp Save A Life presentation to 19 sixth graders and EMT students and one LPN to RN student. Students were shown the pig lungs and Jar of Tar to demonstrate how tobacco affects the lungs. Using the \$100.00 tobacco bill and the tobacco calculator, the students had to figure the cost of using tobacco for one year and longer. Also discussed alcohol and its effect on a fetus. Used an egg in alcohol as a demonstration on how alcohol can damage cells. The students had to keep notes during the experiment and then report back at the end of the class. Showed the video from the FASD baby kit and demonstrated shaken baby syndrome using the SBS doll.
- Presented to a group of 20 people at Bluff City, AR at the request of the Mayor about cholesterol, hypertension, and diabetes and how these factors fit into increased risk for stroke, heart disease, and heart attack. Discussed how a person can reduce their risk factors by lifestyle changes-eat a healthy diet, exercise, stop using tobacco in any form including ENDS, maintain a healthy weight, limit alcohol use, lower sodium intake, see your healthcare professional regularly, follow their advice, and take medications as directed. Provided pamphlets with information on the Community Team-Based Care for Hypertension Management and the Diabetes Self-Management Education Program at Nevada County Health Unit., pamphlets about tobacco use and cardiovascular disease as well as the tobacco cost calculators.
- Presented the Making Educators Partners suicide prevention training at Administrators Institute held at the Co-op to 64 administrative staff from the area schools. I gave a flyer about the Lifelines training that is available. I also distributed the Take Out Tobacco in Any Form pamphlets. Cheryl Byrd, RN, CHNS attended and assisted with the presentation.
- Presented AHA Heartsaver CPR/AED training at Prescott school district for 13 teachers and staff. I provided an AM and PM session. During the presentations, I discussed about how tobacco affects the heart and the need to quit any type of tobacco. Presented Heartsaver CPR and AED class for adults and children to 7 participants at the Co-Op. Discussed tobacco cessation and need to quit. Also discussed the heart and lung health risks with tobacco use.
- Attended the Arkansas School Nurse Conference in Benton. Before and during the conference, assisted attendees with registering for the conference and workshops on A-Train for them to receive their CNE credit. Also assisted at the CHNS/CHPS booth and distributed information on trainings and presentations the CHNS/CHPS can provide and other health resources. Cheryl Byrd and I worked on a brochure with information about who the CHNS/CHPS are, a map showing where each one is located and information about how they assist within the school district.
- Presented the More Than Sad Suicide Training to a group of 80 teachers and staff at Spring Hill School District.

Rhonda McDonald, CHNS

- Attended the School Health and Wellness Conference as a staff member. Assisted Audra Walters with workshop tasks (stuffed bags, prepared name tags, and assisted participants at the conference). Also proctored 2 ½ sessions, assisted speakers and worked with Liz Mercer on ATRAIN (CNE's) and other duties as needed.

- Provided CPR Training for Camden Fairview Nurses. Health Care Provider. Quit Line available and Tobacco effects on the cardiovascular system discussed (five participants).
- Provided an ASIST two day training (interventions of suicide) at Southcentral Education Cooperative in Camden. Tobacco table set up in room for two days also. CO monitor, Mr. Gross Mouth, Fax Referral, Quitline number, ACT 811, and many brochures available. Also provided the training at Arkansas River Education Cooperative in Pine Bluff. Tobacco table set up in room for two days also. CO monitor, Mr. Gross Mouth, Fax Referral, Quitline number, ACT 811, and many brochures available.
- Provided a Gatekeeper two-hour presentation on Suicide Awareness at Arkansas River Education Cooperative in Pine Bluff Tobacco table set up in room for two days also. CO monitor, Mr. Gross Mouth, Fax Referral, Quitline number, ACT 811, and many brochures available.
- Provided a six hour CPR instructor training for one Early Childhood employee from Southcentral Coop.
- Provided a HeartSaver CPR and First Aid for Early Childhood staff for Co-op. Quit Line available and Tobacco effects on the cardiovascular system discussed (eight participants).
- Assisted with the grand opening of the Farmers Market and Community Garden in Ouachita County; partnered with the CHPS and other community leaders to make this a successful event (approximately 100 participants).

Tommie Rogers, CHNS

- Participated in the Pike County Coalition Planning Meeting; discussed the Coalition Name, Bylaws, Brochure, and Mission (seven participants).
- Hosted and facilitated the School Wellness Workshop held at Dawson Co-op. Melissa Kuhn, CHPS, and Anna Haver, CHPS, were the presenters (12 participants).
- Presented information using the *National Children's Oral Health Foundation ToothFairy Education Kit* to 16 three and four year olds at Miss Mae's FunTime Learning Center. Discussed Toothbrushing, and did the Toothbrushing Demonstration and Song, Flossing Lesson, and Toothfriendly Snacks Lesson. I went over the motions to the Toothbrushing Song and spoke of the importance in taking care of your teeth at a young age so that you will have a healthy future. I also brought yarn to demonstrate how to floss your teeth. The children took turns flossing each other's pretend teeth (by putting two fists together to represent two teeth in our mouth). We also used the magnetic tooth board to demonstrate what toothfriendly snacks were. The toothfriendly snacks don't stick to your teeth like the sugary snacks do. Also presented a second time to 23 Kindergarten through 6th grade students.
- Completed the SWR CHNS/CHPS Newsletter (partnered with Edie Greenwood, CHNS).
- Assisted staff from the Minority Research Center at the University of Arkansas in Pine Bluff to obtain contacts for the Faith Based Organizations in Clark County. Faxed copies of all the churches, Arkadelphia Ministerial Alliance, and Red River Baptist Association in Clark County.
- Collaborated with Garland County Suicide Prevention Coalition regarding participants registered for the ASIST Training to be held in Garland County on 06/09/15-06/10/15 related to nurses and CNEs.

Melissa Kuhn, CHPS

- Attended a Community Garden Committee Meeting; planned the first annual Farmer's Market Grand Opening for Ouachita County. The Community Foundation has awarded the Community Garden Committee a \$1,000 grant that will purchase a metal covering for the Farmer's Market. Signs have been made and vendors have been notified. Met with local vendors and business partners to organize the upcoming Farmer's Market. Received food goods from local markets and wellness tools from local businesses to be used as door prizes for the event.
- As a member of the Ouachita County Farmer's Market Committee, I helped plan and execute the county's first annual Farmer's Market Grand Opening. We personally put information on tobacco and health/wellness into the hands of approximately 100 people. Lessons were given about local fresh produce and a tour of the community garden was made available for those interested.
- Partnered with another CHPS and CHNS to prepare for a Wellness Workshop in Arkadelphia. Presented the DATA portion of a Wellness Workshop at the Dawson Coop in Arkadelphia to approximately 20 people.
- Attended the Coordinated School Health Conference. As a proctor, assisted speakers with the following topics: Staff Wellness; Bringing Farm to School Practices to your school; SNAP-Ed is serving up My Plate; Healthy Schools Resources Rodeo: Rounding up Tools You can Use, and Engaging Students through Differentiated Instruction. The conferences also provided the opportunity to network with others and learn ways which will further help the schools to be more aware of their students' health and wellness.
- Attended a HOPE Commission Meeting in preparation for a large scale press release that will be hosted at the Post Master Grill in July. State dignitaries, including our Governor, will be in attendance.
- Continued preparation for upcoming press release. As a member of the HOPE Commission's Steering Committee, aided in the selection of 13 commissioners from applications that were submitted throughout the county. Plans are being made to conduct a weekend retreat where these commissioners will be educated on the status of the County's Health Ranking and how to work, as a team, to improve that status. Presentation of the commissioners to the public will be made on July 23rd, by the City Mayor and the County Judge.