

**SOUTHWEST
REGION
HOMETOWN
HEALTH**

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**September is National
Suicide Prevention
Month**

CDC's Division of Violence Prevention and the Substance Abuse and Mental Health Service Administration are sponsoring a social media project, **1 Photo, 6 Words** **#VetoViolence**, observing National Suicide Prevention Month in September.

CDC is asking people to share their actions to help prevent suicide on Facebook, Twitter, and Instagram using the hashtag **#VetoViolence**.

They are asking you to compose six words and take a photo or create a unique image that:

- Promotes an action that supports people and helps prevent suicide,
- Educates others about how to save lives, or
- Honors National Suicide Prevention Month

For more information you can visit; <http://www.cdc.gov/violenceprevention/socialmedia/1photo6words.html>



**SOUTHWEST
REGIONAL NEWS**

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AUGUST 2015

Healthy Smiles In Lafayette County

LIFE Coalition members in partnership with Lafayette County Health Unit nurses and Smiles of Arkansas coordinated with both Lafayette County Elementary School and Bradley Elementary School to organize learning sessions with every 4-6th grader. The Learning Sessions focused on dental health and general hygiene practices. Each student was provided a dental health kit that included a toothbrush, toothpaste, dental floss and education materials.

The topics of the Learning Sessions included:

- Caring for your teeth and the importance of brushing and flossing
- How to brush your teeth
- The importance of not using alcohol or tobacco and the effects they can have on your teeth (illustrated effects using Mr. Gross Mouth)
- Choosing foods with less sugar and the importance of brushing teeth after each meal to decrease chances of tooth decay

Health Unit Nurses and Smiles of Arkansas representatives provided Dental Health Teaches to 180 students at Lafayette County Schools on May 22, 2015. Health Unit Nurses and Smiles of Arkansas representatives provided Dental Health Teaches to 80 students at Bradley Schools on May 20, 2015. In August, Health Unit nurses

will provide dental health teaches to approximately 300 students and parents at the annual Back to School Bash for Lafayette County Schools. The students will be provided a pencil with the messages: *Brush. Floss. Smile. & Brushing Twice A Day Keeps the Cavities Away!* along with a graphic of a tooth holding a toothbrush.

With the \$1,000 of Blue & You funds, coupled with the \$250 donation from Smiles of Arkansas, LIFE Coalition was able to purchase 700 Dental Health Kits which were used for the school presentations and the Lafayette County Health Unit's Topical Fluoride Varnish Pilot Program. Also, 500 pencils were purchased to be provided to students at the Back to School Bash event as a school supply item.

In addition to the Learning Sessions all children age 6 months through 20 years seeking WIC or Immunization services at Lafayette County Health Unit are counseled and offered topical fluoride varnish to their teeth. Efforts are made to connect the patients deemed at moderate to high risk to a dental home for professional oral health care.

The program goal is to provide Dental Health education to youth and adult residents of Lafayette County. This is accomplished through Dental Health teaches to all children and adolescents that participate in the Topical Fluoride Varnish Pilot Program. The Topical Fluoride Varnish Pilot Program is open to all 250 children

that are enrolled in the WIC program along with any children that receive their immunizations through the Lafayette Cty. Health Unit.

The Lafayette Cty. Health Unit's Topical Fluoride Varnish Pilot Program nurses provide dental health education and assessment on the following topics with each patient and parent of the patient :

- Dental decay is the most chronic infection of childhood diseases
- Children should have regular dental checkups starting at 12 months of age
- Diets high in sugar and/or carbohydrates can put children at risk for dental decay
- Avoid putting children to bed with a bottle or multiple snacks/beverages between meals
- Inspection for noticeable white spot lesions along the gum line that are indicative of Early Childhood Caries (ECC) before applying the Fluoride Varnish.
- Examine for malformed shaped teeth and/or teeth with obvious defects that may be indicative of decay.
- A risk assessment will be made on each patient to classify as low, moderate or high caries risk. Moderate to high caries risk patients should be referred to a dental practice for proper treatment.

National Summit On Youth Activism

The National Summit on Youth Activism was held in Orlando, Florida from July 20th-23rd. Two students from the Texarkana area were selected to attend the week-long intense training. The Summit focused on activism, community engagement, traditional and new media, and organizing through the lens of social justice. Additionally, these students pledge to train at least 100 peers in community activism within the subsequent twelve months. After the Summit, the attendees receive on-going technical assistance and training from Legacy staff.

The Youth Summit was funded 100% by The Legacy. The Legacy was established in 1999 as part of the Master Settlement Agreement (MSA) between the major tobacco companies, 46 US states, the District of Columbia and five US territories. The states requested that a

portion of the money they received from the tobacco industry be used to establish and fund an organization primarily dedicated to studying and providing public education about the impact of tobacco in order to reduce its use and associated death and disease.

Teams comprised of 2-5 youth will:

- Focus on activism, community engagement, traditional and new media and organizing through the lens of social justice
- Become equipped to train at least 100 youth in their local communities within the subsequent 12-month period
- Network, brainstorm and strategize with other young leaders from

across the country

- Create a media opportunity or a social media campaign in their local communities
- Continue to receive on-going technical assistance support from the youth activism team at Legacy

DeAnna O'Malley, Public Information Specialist, served as an adult chaperone on the trip and will continue to work with the youth in the Texarkana area on their social media campaign.



Tobacco Jeopardy

Bobby Willborg, SWR Grants Administrator, conducted a tobacco jeopardy activity with new grantees from throughout the state last week. Tobacco Jeopardy is basically an online version of the popular TV game show Jeopardy only all of the questions are tobacco related. Aside from being a fun activity for the new grantees, the game was also used as a tool to help them memorize important tobacco prevention facts and information

that are essential for tobacco control advocates.

The categories and questions centered on the toll of tobacco on Arkansas, TPCP policies and procedures, new products, and tobacco free laws and ordinances.

| Tobacco Jeopardy | | | | |
|------------------|------------------------------------|-----------------|----------|-------------------------|
| Just the Facts | I fought the law, but the law won? | The Daily Grind | Products | Celebrities and Tobacco |
| 10 | 10 | 10 | 10 | 10 |
| 20 | 20 | 20 | 20 | 20 |
| 30 | 30 | 30 | 30 | 30 |
| 40 | 40 | 40 | 40 | 40 |
| 50 | 50 | 50 | 50 | 50 |

Union County Back to School Bash

The United Way of Union County sponsored a Back 2 School Blast for K-12 students and parents at the El Dorado Boys and Girls Club on Saturday, August 1st. The event included a resource fair staffed by 20 local agencies that provided pertinent information to participants.



All students were required to be accompanied by an adult who received a card with the names of every vendor.

Each vendor marked the cards with a unique identifying mark after the participants visited their booth. Once the card was filled, attendees were guided to a room filled with backpacks where each student was allowed to pick out his or her favorite. A total of 340 students received backpacks.

In addition to pens and pencils and various other giveaways from participating agencies, each child was given the opportunity to pick out a book from the Literacy Council.

The Medical Center of South Arkansas provided free blood pressure screenings and bicycle helmets purchased with funds from the Injury Prevention subcommittee of the SW Region Trauma

Advisory Council. Members of the Bicycle Organization of Southern Arkansas showed up to help measure each child and fit them for a helmet.



TOUCH

Coalition members were on hand to educate parents and students about the prevention of alcohol and tobacco use and prescription drug misuse.

Dawson Updates

During the month of July, Tommie Rogers, CHNS, presented the National Children's Oral Health Foundation America's Toothfairy Education Toolkit to 30 children at Bright Beginnings Learning Center. Presentations on Summer Safety, including Hydration, Sun Safety, and Playground Safety were presented to 31 children at FunTime Learning Center and 31 children at Bright Beginnings Learning Center. Hand washing, Personal Hygiene and coughing and sneezing etiquette was also taught to 42 children at FunTime Learning Center and 32 students at Bright Beginning Learning Center this summer.

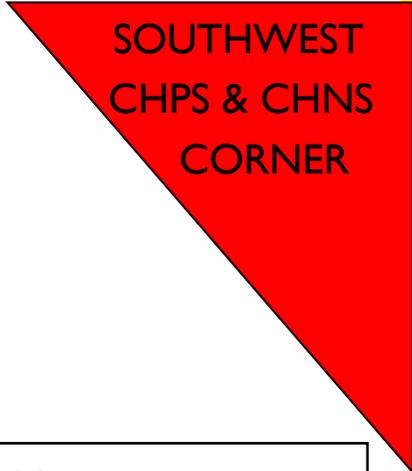


DeQueen-Mena Coop Hosts National Speaker

Cheryl Byrd, CHNS hosted *Creating Suicide Safety in School* on July 15th and School-based response to Suicide and Traumatic Death: A Workshop for School Crisis Teams based on *Lifelines: A Postvention* on July 16th at De Queen Mena Educational Coop. Pat Breux, RN BSN, the Program Director for the Society for the Prevention of Teen Suicide presented both workshops. She provides training, and consultation in best practices in suicide prevention, intervention and after suicide death to schools, youth serving organizations and states across the Country. Cheryl received many positive comments and reviews about the workshops. One nurse who attended said, "All administrators need to attend this training."

SWAEC Highlights

- Edie Greenwood, CHNS, on July 27th and 28th presented Making Educators Partners in Suicide Prevention to 6 sessions for a total of 100 teachers at Texarkana School District.
- This training is part of the Lifelines: A School-Based Youth Suicide Prevention Initiative that is available through Arkansas Department of Health and funded by a federal grant. Edie distributed pamphlets about tobacco use and the effect on cardiovascular health. She also distributed pamphlets on Youth Suicide from Prevention Resource.



Upcoming Workshops

- 09/03/15 Vision and Hearing Certification for School Nurses
- 09/10/15 Personal Care Para Professional Training
- 09/17/15 Scoliosis and Obesity Education for School Nurses
- All of the above trainings will be Regional Trainings held at Dawson Co-op in Arkadelphia.
- 09/28/15-09/30/15 New School Nurse Conference in Little Rock

Happenings from South Central Service Cooperative



Melissa Kuhn, CHPS, is a member of the steering committee for the HOPE Health Commission of Ouachita County. The Commission inducted 13 members at the Post Master Grill in Camden on July 23, 2015. City Mayor, Marie Trisollini and Ouachita County Judge, Robert McAdoo offered the first ever joint proclamation to the committee. It is in the best interest of Ouachita County to promote the general well-being of its citizens by ensuring access to information on making healthy choices. The HOPE Health Commission is composed of knowledgeable citizens that will bring together public and private partnerships in helping promote a healthy community, and is the first health commission of its kind in the state of Arkansas. The founder of the commission, Dr. Larry Braden, will be presenting at ADH for October's Grand Rounds.

Trainings in El Dorado

Rhonda McDonald, CHNS, provided Vision, Hearing, Scoliosis, and Obesity Prevention Trainings to the El Dorado school nurses on July 30-31,

Suicide Prevention Trainings

Rhonda McDonald, South Central CHNS, along with Liz Mercer, AR River CHNS, presented the Applied Suicide Intervention Skills Training (ASIST) in Poyen. This workshop was done at the request of the Grant County Coalition on July 16-17. This ASIST Workshop was also presented on July 21-22 at the Arkansas Rivers Educational Co-op in Pine Bluff.

Rhonda also presented Gatekeeper Suicide Training at the South Central Educational Co-op in Camden on July 2nd, 23rd, and 28th for teachers and school staff.



Southwest Region CHNS/ CHPS

| | | |
|-----------------|------------|--------------|
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<http://swchns.weebly.com/>



**REGISTRATION
IS OPEN!**

WWW.ARCHILDRENS.ORG/FARMTOSCHOOL

SAVE THE DATE

**Hope, AR
10/15/15**

**Southwest Research
and Extension**

**Monticello, AR
10/29/15**

**University of AR -
Monticello**

**Jonesboro, AR
11/5/15**

AR State University

**Harrison, AR
11/12/15**

**North AR Community
College**

**Little Rock, AR
11/19/15**

**U of A Cooperative
Extension**

FARM TO SCHOOL WORKSHOPS

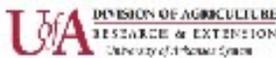
- Who Should Attend: Schools, Farmers, and Community Partners
- Learn How to Menu, Procure, Market, and Prepare Local Foods in Schools
- Hands-On Culinary Skills Training for Cafeteria Staff
- Business and Production Planning for Farmers
- Food Safety for Farmers and Schools
- Participant Giveaways
- 10 Travel Scholarships Available Per Workshop

Questions? Contact:

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SPACE IS LIMITED!



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SOUTHWEST REGION HOMETOWN HEALTH

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Healthy!

www.healthyarkansas.com

Around the Region...

Union County-TOUCH members Jana Terry and Joni McGaha gave a safe driving presentation to 55 employees at the DuPont Fluoroproducts plant in El Dorado on July 22nd. The 30-minute interactive program touched on the two things that drivers can do to greatly reduce their risk of serious injury or death in a car crash – wearing a seatbelt and avoiding the use of a cell phone.

Statistics were presented that showed 20-44 year-old men are the most likely to die from motor vehicle crashes in the SW Trauma System Region and 20-44 and 45-64 year-old men are the most likely to be hospitalized. All of the attendees were men and the majority of them were in these two age categories.

Pre and post-tests were administered and showed an increase in knowledge following the program.

Hot Spring County- The Healthy Hot Spring County Coalition sponsored their annual Walk Across Hot Spring County program from March– May. The program had 19 teams (114 participants) and the teams logged almost 10,000 miles in the 8 week program. The winning team was Team Encore #3 with 994 miles.

Shown is the winning team receiving their



traveling trophy and each individual team member received a folding chair that was screen-printed with “Walk Across Hot Spring County, Overall Team Winner” .

Montgomery County- On June 24th, representatives from the AR Game & Fish Commission, Corp of Engineers, Montgomery County Judge, Mt. Ida Mayor, Montgomery County Health Education Board, the LOViT Traildogs and members of the community, gathered at Twin Creeks Recreation Area in Mt. Ida to celebrate the official



grand opening and ribbon cutting ceremony of the new handicap accessible fishing pier on Lake Ouachita. The fishing pier was built through funds from the AR Game & Fish Commission. Chris Racey, from the AR Game & Fish Commission said they were excited to build the pier on Lake Ouachita and knew from previous work with the Corp of Engineers and Montgomery County officials that they would have full support for the pier. Several folks from the community, who are wheelchair bound, attended the ribbon cutting ceremony and spoke of their use of the pier and the appreciation that they have for the AR Game & Fish Commission and Corp of Engineers for providing a place where they can go and enjoy a day of fishing with their family members. The area, next to the fishing pier, has a paved driveway and walkway making it easily accessible for those in a wheelchair.



Driving Safety Refresher: Back To School

Autumn is almost upon us and schools across the county will soon be back in full swing. Along with busy ball fields and jungle gyms will come more kids running across the street and a plethora of yellow school buses on the highways. With this in mind, it's a great opportunity for drivers everywhere to brush up on a couple of back to school driving tips:

Silly Drivers, School Zones Are For Kids

Have your foot covering the brake pedal and your eyes scanning the road when entering a marked school zone. When children are at hand, school zones require you to obey the posted 25mph or slower speed limit, regardless of the day of week or time of day. For example, if it's a Friday night at 10pm and you are in a school zone when kids are present (maybe a football game just ended), you are still required to adjust your speed to obey the slower school zone speed limit.

When you slow down for pedestrians, you not only make yourself a safer driver, but you also help other drivers who may not see the obstacles you do. When they see you slowing down, their natural intuition will kick in and they too will slow down to see what potential hazard may lie ahead.

Double Check Those Crosswalks

Now that kids will be back on their way to school, it's time to double and triple check those intersections; just when you think it's all systems go, a late for school student will magically appear out of nowhere and dart across the street when you least anticipate it. Making, full stops at stop signs and red-lights before turning right will give you the time you need to be completely sure the coast is clear before you enter a crosswalk.

Treat a Yellow Bus Like Gold

Those large yellow vehicles packed with a "bus load" of children? They're called school buses and there are special regulations in place to ensure they get from their origin to their destination safe and sound. Did you know that more bus passengers are killed while unloading or loading each year than are killed while traveling inside a school bus? When a school bus stops with its red brake lights flashing and/or its stop sign raised, you must stop from either direction until all kids are safely across the street and the bus lights stop flashing (unless the school bus is stopped on the other side of a multilane or divided highway).

Also, don't tailgate a bus as they often make sudden stops when least expected. Finally, when a school bus is trying to merge back into traffic, you must give them the right of way.

For more information go to www.Trafficschool.com