

Winter 2019



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Community Opioid Education Series Begins in Edgecombe County

Submitted by Leigh Saner

On Wednesday, January 16th, 2019 the Edgecombe County Health Department, Sheriff's Office, and Eastpointe held its first session of a three part opioid education series in the county. The first session discussed a local and state health perspective on the opioid epidemic. Detective Matthew Johnson from the Edgecombe County Sheriff's Office was one of three speakers for the session and gave an overview of the epidemic that included local and state statistics as well as



overall opioid education. The second speaker, Lindsey Whitaker, discussed her experience with substance use disorder as a person in long-term recovery. Our final speaker, Mike Cannon, discussed a parent's perspective on the opioid

epidemic. The second portion of the session involved breakout sessions and a group discussion on the epidemic, causes, advice to share with someone if they are prescribed opioids and ways to help control overdose rates at the local level. *(Continued Page 3)*

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PICH supports Halifax County School Farm

Submitted by Mary Jane Lyonnais, PICH Healthy Foods Coordinator

Partnerships to Improve Community Health (PICH) is working with the Halifax County School System Nutrition Director and Assistant Director, Joe Otranto and Tremayne Saliim, to

provide the resources needed to equip their operational five acre farm at Enfield Middle in Enfield, North Carolina. Halifax County Schools are the first of their kind to incorporate the produce grown from their own school into their school lunches and



Photo by Tremayne Saliim.

the community. By working with *(Continued Page 5)*

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Board of Directors Corner

Low Hanging Fruit

Submitted by Bruce Robistow, Health Director, Halifax County Health Department

Health Directors, and the departments they lead, are charged with improving or enhancing the overall public health. Many of our tasks involve the promotion of complete lifestyle changes, proper diet, escaping a sedentary lifestyle, smoking, etc. All of which take time, resources, and a prolonged commitment to stick-to-it-iveness. And, the end game where you will see the fruits of your labor, could actually take a generation or more before the positive effects are realized. I am not trying to in any way discourage these noble causes but while we are aggressively working toward these positive outcomes, I see an opportunity for what I would consider low hanging fruit.

Although I am a new health director,

I have worked in healthcare for over 40 years. Obviously I have been around longer than that (don't stray and try to guess my age). From 8 years in the military (so similar to public health but with a captive audience) to many years in hospitals, both as a care provider and the C suite, improving public health was always in the forefront of our mission.

Now, in my first year serving as a health director, I have taken on the challenge of many efforts to improve public health. After a few months I was concerned when I realized the deteriorating commitment of the public toward immunizations. More distressing is when I realized that a large number of our own team did not receive their flu shot. And, no matter what you watch or read, the reality of people straying away from the com-

mitment to take advantage of immunizations as a whole is becoming a catastrophic public health concern.

So, I took on what I thought would be a simple opportunity to lead by example, I decided to mandate the flu shot for all Health Department staff, with the intention of leading and teaching the public by example. To my dismay I found myself running into a brick wall. Some staff members were in an uproar. I even experienced push- (Continued on Page 4)



Above: Bruce Robistow, Health Director, Halifax

Hyde County Behavioral Health Program Started

Submitted by Anna Schafer and Misty Gibbs

Supported by the Hyde County Substance Awareness Taskforce and funding from the Kate B. Reynolds Charitable Trust, the Hyde County Health Department is proud to announce the establishment of the Hyde County Behavioral Health program. The program currently consists of telepsychiatry services through collaboration with ECU Center for Psychiatry, on-site mental health and substance abuse counseling services, as well as case manage-

ment and treatment navigation services for those suffering from substance use disorders. Hyde County Behavioral Health is working to eliminate barriers to accessing mental health and substance abuse services by providing its residents with services that have never been made available to them locally ever before.



Pictured above is (from left to right): Wendy West, On-site Licensed Clinical Social Worker; Hannah Byrd, Behavioral Health Nurse; and Caroline Tetterton Gurganus, Substance Awareness Coordinator.

Community Opioid Education *(Continued from Page 1)*

Thirty-six community members attended the first session. We are excited for our second and third sessions, as well. The second session will occur on Wednesday, February 20th, at the Edgecombe

County Administration Building and will focus on Opioids and Trauma. The 3rd session will be on March 20 and will focus on “building a more resilient community: what’s being done and what can be done.” Ses-

sions are open to all! A food truck will also be available after the session to purchase lunch and network with other community members and agencies.

8 people die per day in North Carolina from a drug overdose.

Join Us In The Discussion

Understanding the Crisis, Getting the Facts:

A Community Series on The Opioid Epidemic

Session 1

A local and state health perspective on the opioid epidemic

Date: Wednesday, January 16th, 2019

Time: 10:00-11:30 AM

Location: 201 St. Andrew Street Tarboro, NC 27886



Session 2

Know the Risks: Opioids & Trauma

Date: Wednesday, February 20th, 2019

Time: 10:00-11:30 AM

Location: 201 St. Andrew Street Tarboro, NC 27886

Sessions are open to all!

After each session, there will be a food truck located outside of the auditorium where you can purchase lunch and network with community members and partners!

Session 3

Building a More Resilient Community:
What’s Being Done and What Can Be Done

Date: Wednesday, March 20th, 2019

Time: 10:00-11:30 AM

Location: 201 St. Andrew Street Tarboro, NC 27886

POBLANOS TACOS & MORE FOOD TRUCK WILL BE ON SITE AFTER EACH SESSION FROM 11:30-1:00PM!!

Questions? Contact:

Leigh Saner, Coordinator of Health Services

Edgecombe County Health Department

P: 252-641-6288

Email: leighsaner@edgecombeco.com



Low Hanging Fruit *(Continued from Page 2)*

back from some of our Board of Health. Valuable lesson learned and a rude awakening to my age (stop trying to guess).

I remember as a child my mother taking myself and 4 siblings to the local theater on a Saturday. Not for a matinee but instead for mass immunizations for the entire Hamlet in which I lived. Lots of screaming and crying stands out in my memory, but so did the excitement of my mother knowing that it was available and was free. My uncle (mom’s brother) had been afflicted with Polio and was permanently disabled by it. Chicken Pox and other diseases were also everyday news.

My next phase in life was the military. I cannot begin to count the amount of immunizations I received in my first week and throughout my 8 years of service as I traveled all over the globe. Thankfully the network of knowledge regarding diseases in foreign lands enabled the military to plan ahead and immunize us from potential life

threatening illness, and even worse, bringing the diseased back to America. And, for those of you that may not have served, declining an immunization was not an option.

After reminding our health department team who we serve (mothers, children, chronically ill, etc.) and where we do it (not just in our Health Department but often in family homes), and of course some education for both staff and the Board of Health, I was able to mandate flu shots for the entire Health Department. Emboldened by my success I took my proposal to the county with the intent of gaining their buy-in for the rest of the county employees (law enforcement, EMS and so on) who also come into contact with many of the same people that the Health Department cares for. Let me just say I have a lot more educating to do.

So, to my point of low hanging fruit: although not as easy as I initially an-

ticipated, the entire plan took only two months. I reached out to our association with the anticipation of emulating other health departments and learned that there is a gap in many health departments where mandating flu shots is not a policy. The one Ace that I had in my pocket by the end of the day was the common sense that this policy of mandating flu shots for all HD staff became quite obvious to our policy makers and most staff.

I would like to close with an “at-a-boy” for those health departments that have implemented mandatory flu shot policies, and a challenge for those that have not yet done so. Let’s add the revitalization of the importance of immunizations to our never ending list of goals, starting with this common sense policy and practice. There are a few obstacles, the biggest being the legal aspect, but I am happy to assist and save you some of the research and policy writing.

Baby Shower Offered in Dare County

Submitted by Debbie Dutton, Clinical and Community Services Nursing Director, Dare County Public Health Department

On Nov. 5, 2018, the Delta Alpha Chapter of Alpha Delta Kappa held a “Baby Shower” for the Baby Links program at the Dare County Department of Health & Human Services, Public Health Division. The gifts, which included adorable baby outfits, infant toys, diapers, baby wipes and many other items, will be distributed to new moms and their infants.

Alpha Delta Kappa is an honorary organization of women educators, both current and retired. Alpha Delta Kappa members combine their energies and talents to enrich their lives and the lives of others through heartwarming, community-based projects. In essence, they provide the opportunity to make a difference. “We had a ball throwing the baby shower and so enjoy working with the health department to impact the lives of babies who need a helping

start in Dare County” says Gail Driess, Alpha Delta Kappa President.

BabyLinks (Loving Infants, Newborns and Kids) is a collaborative effort funded by a Smart Start grant through the Children and Youth Partnership of Dare County and administered by the Dare County Department of Health & Humans Services, Public Health Division. BabyLinks is a program to support every new mother and her child from birth to age one in Dare *(Continued Page 9)*

Halifax School Garden *(Continued from page 1)*

the local food hub, Working Landscapes, they were able to receive GAP certification that allows the use of this produce into their school lunch plans. They are currently growing broccoli, cabbage, mustard greens, arugula, kale, turnip greens, romaine lettuce, and collards. They have plans to expand their farm to other school grounds in the future. With the help of teacher and farm

manager, Reginald Cotten, co-op students in the agriculture class (who are also employees of the farm) are not only able to utilize their agricultural skills to run the farm, but get to enjoy the food grown from the farm and learn the value of where their food comes from. They also look forward to selling their produce outside of their school walls into the community to

local restaurants, small stores, other schools, childcare centers, and at roadside stands.

Photos by Tremayne Saliim.



Meeting People Where They Are: Health Information Shared at Basketball Game

Submitted by Rebecca Woods

The Dare County Health and Human Services (DHHS) Public Health Division teamed up with Albemarle Regional Health, the Saving Lives Task Force and the Dare County Schools to deliver information regarding Juuling, Peer Power, proper medication disposal and the importance of locking medication. The informa-

tion, along with medication disposal bags and lock boxes were provided, free of charge to the community in the foyer at a First Flight High School basketball game.

Pictured on right (from left: to right): Rebecca Woods, Dare County DHHS; Teresa Beardsley, Albemarle Regional Health; Chris Fletcher, Dare County DHHS



Drug Recovery Court

Submitted by Kirsten Smith, MTW District Health Department

"There are approximately 20.2 million American adults (about 1 in 10) with a substance use disorder that are more likely to be incarcerated than treated. Drug treatment (recovery) courts are one of the most successful interventions for people living with substance use disorders. Instead of treating addiction as a moral failing, it is viewed as a treatable disease. Of all U.S. inmates, 65% have a SUD.

In North Carolina, there are fifteen existing adult drug treatment courts. A planning committee for the counties of Hyde, Beaufort, Martin, Tyrrell and Washington hopes to add one more to the list. This will be the first multi-county recovery court in the state. Not only will this program link nonviolent, non-trafficking offenders to treatment, it will also save time, money and resources. The US spends about eighty billion dollars annually on incar-

ceration, where treatment courts produce benefits of \$6,208 per participant (returning \$27 for every \$1 invested).

The five-county recovery court planning committee is leading the way to a future that will employ a holistic approach to treating substance use disorders to include education, family reunification, employment, housing and financial stability."



Pictured above are members of the 2nd Judicial District Opioid Coalition at the first Opioid Forum at the School of Government at UNC Chapel Hill - left to right MTW Opioid Health Educator Kirsten Smith, Chief District Court Judge Regina Parker, MTW Health Director Wes Gray, MTW Health Education Supervisor Billie Patrick, Health Education Specialist Mary Peaks from the Beaufort County Health Department, and Beaufort County Manager Brian Alligood.



Pictured above are members of the 2nd Judicial District Recovery Court Planning Team at a Drug Court training conference in Greensboro

March Forth For Healthy Air



March Forth for Healthy Air

Tobacco smoking (including e-cigarette use) is dangerous indoors. Let's make our indoor public places smoke-free by March 4th, 2019!

Dementia Care Reimagined in Chowan County

Submitted by Jean Bunch, Vidant Chowan Hospital

Let's imagine a society where people living with dementia are valued and respected, cared for and loved unconditionally, interacted with appropriately, and just as importantly understood. Let's also imagine a society where care-partners of those living with dementia are supported by their community, provided with resources by way of trainings, funding, and linkages to networking opportunities like support groups and respite care.

Enter, the power of many helping hands and caring hearts. Enter, Chowan County. Enter, Vidant Chowan Hospital. A grassroots effort is simultaneously underway within our community and our hospital to create this ideal state of imagination. Our goal is simple: to help people living with dementia enjoy the fullest life possible.

Vidant Chowan hospital has embraced dementia care best practices not only because people with dementia have 3 times the number of emergency department visits and hospitalizations, and not only because people with dementia have 4 times more hospital days. We can also quote data, such as every 67 seconds someone in the U.S. develops dementia, 5.4 million Americans have dementia, dementia is the 6th leading cause of death, and dementia is the only cause of death in the top 10 in America that can't be cured or slowed. However, it's not the data that propels us to this Call to Action, it's the stories of care-partners, the faces of those living with dementia, and the shared personal and professional experiences. We just want to do what human beings are supposed to do - help each other out. Chowan Hospital recognizes that until there is a cure for dementia there is care.

Chowan Hospital achieved Dementia Friendly status through environmental and cultural changes, as well as role specific dementia trainings. Vidant Chowan Hospital is not only Dementia Friendly, we are also Dementia Capable. We are capable of providing exceptional care to everyone, including those whose brains are failing due to dementia. No doubt, there is a dementia awakening happening in Chowan County! We are proud to be on the cutting edge of this grand ground-swell that has brought together community champions and hospital leaders to break the dementia silence, decrease the dementia stigma, increase dementia awareness and optimize dementia knowledge. I am confident that we will continue on the positive path of expanding this ideal state of imagination - of becoming a dementia inclusive society.

Additional Notes

Submitted by Wanda Stallings, ARHS

Vidant Chowan Hospital was the second hospital in the State to become dementia friendly. A hospital task force was formed to guide the hospital in attaining its dementia friendly status.

A community dementia friendly task force comprised of representatives from behavior health, police, health providers, faith-based groups, and other sectors in the community was also formed in order to raise awareness and ultimately working towards making Chowan County a dementia friendly county.



*Back row (left to right): Patricia Jordan, Taylor Myers, Heather Williams, Teresa Dunlap, Jean Bunch
Front row (left to right): Laurie Simmons, Nicole Hill, Wendy Basnight, Ginny Waff, Kelly Cross, Wanda Stallings*

Beaufort County Happenings

Submitted by JaNell Lewis, Beaufort County Health Department

Beaufort County Health Department (BCHD) has been approved as a Medicare Diabetes Prevention Program (DPP) supplier (see image attached: "Diabetes is the name. Prevention is the game!")



BCHD's Current Healthy Beginnings program has been

awarded a 3 year extension!

Beaufort County Health Department was awarded 2 grants, one from the Division of Public Health where they will be implementing the program PREPare for Success in all Beaufort County High Schools. They will teach the sexual health curriculum in all 9th grade classes. They will be hiring for this position come March 2019. The other grant BCHD received was from the Injury and Violence Prevention Branch. They will be establishing the first ever syringe exchange program in Beaufort County as well as working to connect justice-involved persons to harm reduction and treatment services, all of which is to be implemented by July 2019.

BCHD created what



they hope will be a fun and encouraging video for the new year. The video includes a hand full of BCHD staff, as well as the Health Director, and focuses on being Public Health Champions! The video can be found on their Facebook page, twitter, or YouTube using the link: <https://www.youtube.com/watch?>



Halifax County Health Department WIOA Award Accepted

Submitted by Laura Ellis, Halifax County Health Department

Halifax County Health Department Baby Love Plus Program was recognized and awarded for their support with the Fill the Van Project by the Workforce Innovation and Opportunity Act Program of Halifax County (WIOA). WIOA is landmark legislation that is designed to strengthen and improve our nation's public workforce system and help get Americans, including youth and those with significant barriers to em-

ployment, into high-quality jobs and careers and help employers hire and retain skilled workers. The Baby Love Plus Program partnered with WIOA to assist with gathering and collecting items (clothing, baby products, personal hygiene products, etc.) for Hurricane Florence victims in New Bern, NC. WIOA celebrated their Thanksgiving luncheon on November 12th at the Halifax County Cooperative Extension where Baby Love Plus and Halifax County Health Department Director, Bruce Robistow, accepted the award.



Pictured above are Halifax County Health Department Staff working with the Baby Love Plus Program

Baby Shower *(Continued from page 4)*

County. The BabyLinks nurse, Jill Liverman, RN provides free home visits for nursing assessments of the mother and newborn, breastfeeding support and education, a telephone hotline for non-emergency questions, parenting support, and coordination of services and community resources, as needed.

OBCM, Obstetrical Care Management program, provides support that focuses on helping pregnant women

access health care services and resources. Ginny Zdan-ski, RN provides education, referrals and support for women who need information, help with pregnancy care, and resources to support their health.



Three Bean Chili

Makes: 8 Servings

Chili can be served by itself, with salad, crackers, cooked rice, or baked potato.

Ingredients

- 1 pound ground low fat beef or turkey
- 1 can (14-16 ounces) low-sodium kidney beans (drained)
- 1 can (14-16 ounces) low-sodium white beans (drained)
- 1 can (14-16 ounces) low-sodium black beans (rinsed, and drained)
- 1 cup onion (diced)
- 2 teaspoons chili powder
- 5 cups low-sodium tomato juice
- 1/2 teaspoon pepper

Optional additions: minced garlic cloves, chopped tomatoes, chopped green peppers

Directions

In a large-size pot, brown ground beef over medium to high heat for 8 to 10 minutes, or until browned. Drain fat.

Add beans, onions (other chopped vegetables if using), chili powder, tomato juice, and pepper.

Cook over low heat for about 40 minutes. Serve hot.

Optional Toppings: grated cheese, sliced green onion, sour cream, hot sauce

Notes:

- Tip for cooking with ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.
- Tip for Beans: Can use any combination of beans you desire.

Source: Modified from "A Harvest of Recipes with USDA Foods" <https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/two-bean-chili>



KEEPING *Current*

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adults with the tools
NECESSARY to
PREVENT teen
SUBSTANCE ABUSE.



THURSDAY, FEBRUARY 28, 2019

THE ARK CHURCH, NAGS HEAD • 6:30 PM—8:00 PM

LIGHT REFRESHMENTS WILL BE SERVED

FOR MORE INFO OR TO RSVP:

CALL 252.475.5036 OR EMAIL [KELLYN@DARENC.COM](mailto:kellyn@darenc.com)

**THIS EVENT IS FOR ADULTS ONLY.
RSVP IS ENCOURAGED BUT NOT REQUIRED.**



County of Dare

Department of Health & Human Services

P.O. Box 669 | Manteo, NC 27954

Health 252.475.5003 | Social Services 252.475.5500 | Veterans Services 252.475.5604 | darenc.com/hhs

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Northeastern NC Partnership for Public Health



Bertie · Beaufort · Camden · Chowan · Currituck · Dare
Edgecombe · Gates · Halifax · Hertford · Hyde · Martin
Pasquotank · Perquimans · Tyrrell · Washington

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**“Healthy Communities Through
Leadership and Collaboration”**

www.nencpph.net



www.facebook.com/nencpph

Calendar of Events

February 8	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings, Williamston
February 8	Preconception Health Summit Planning Meeting
February 27	Health ENC Regional Meeting, Greenville
March 25	NENCPPH Finance Committee Conference Call
March 28-29	NENCPPH Board Retreat, Kill Devil Hills
April 5	NENC Preconception Health Summit, Plymouth
April 12	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
April 30	Items Due for Spring NENCPPH Newsletter

For full calendar view: <https://www.nencpph.net/calendar>

Board of Directors

Wes Gray, NENCPPH Board Chair

Director, Martin-Tyrrell-Washington District Health Department

Bruce Robistow, NENCPPH Board Vice-Chair

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Battle Betts

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Division of Public Health, NC Dept of Health and Human Services

Amy Belflower Thomas

NCIPH at Gillings Global School of Public Health,
UNC at Chapel Hill

What is the Northeastern North Carolina Partnership for Public Health?

The Northeastern North Carolina Partnership for Public Health (NENCPPH) is a partnership of health departments in Northeastern NC which have come together with support from the Division of Public Health, East Carolina University, and the NC Institute of Public Health at UNC Chapel Hill, to collectively address the community's health by sharing best practices and resources. Currently the NENCPPH represents seven health departments and sixteen counties.