

Summer 2019



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Cultivating Healthy Food Opportunities in Bertie County – A Community Effort



Pictured above: Deborah Freeman, Director of the Good Shepherd Food Pantry, at the Bertie Early College while students assemble garden beds.

Submitted by Mary Jane Lyonnias

In November of 2018, community partners from Bertie County and Martin-Tyrrell-Washington (MTW) District Health Department joined together with the Good Shepherd Food Pantry for a planning meeting. The mission: to reintroduce the Windsor Farmers Market, then called My Little Garden. My Little Garden Market near downtown Windsor closed down in the winter of 2017 and residents were saddened that they no longer had a place to shop for fresh fruits and vegetables. Fortunately, The Good Shepherd, Partnerships to Improve *(Continued page 3)*

Edgecombe County Health Department Hosts Mass Overdose Tabletop Exercise

Submitted by Leigh Saner, Edgecombe

On June 18, 2019, the Edgecombe County Health Department, along with several other agencies including the Edgecombe County Rescue Squad, Vidant Edgecombe Hospital, Edgecombe County Sheriff's Office, NC State Emergency Management, Edgecombe County Emergency Management, and NC Public Health Preparedness and Response, hosted a mass overdose tabletop exer-*(Continued page 5)*



Pictured above is the Edgecombe County Mass Overdose Tabletop Exercise

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Board of Directors Corner Change, Collaboration, and Innovation

Submitted by Battle Betts, Director, Albemarle Regional Health Services

It is hard to believe that we have just started fiscal year 2019-2020. If one thing is constant in public health it is change. As a partner member of the Northeast North Carolina Partnership for Public Health, I value the opportu-

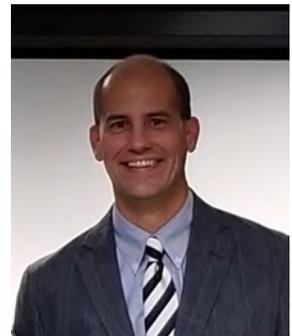
Sharing success stories and growing pains with peers allows all of us to grow and improve the services we provide.

nities we have to collaborate on programs and projects to benefit our communi-

ties. The Partnership has played a vital role in the North Carolina Medicaid Transformation process by proac-

tively seeking partnerships and communication with the new provider organizations and identifying ways we can all make the process as smooth as possible for everyone in our public health family. The Partnership has made great strides to assure public health is ready when our region goes live in February of 2020.

I am also proud of the innovation that public health staff continues to demonstrate throughout all of the Partnership counties. Partnership counties are implementing exciting new programs and expanding others in new directions. We have several success stories surrounding Behavioral Health, Dental, Primary Care, To-



Above: Battle Betts, Director, Albemarle Regional Health Services

bacco Prevention, Healthy Foods, and countless others. This innovation leads directly to assuring the opportunity for improved health outcomes for the communities we serve and protect.

As public (Continued page 4)

Hyde County Welcomes First Certified Peer Support Specialist

Submitted by Caroline Tetterton Gurganus

In rural areas such as Hyde County, it can often be difficult for people struggling with substance abuse or mental health problems to find the resources necessary to combat such issues. The members of Hyde County Behavioral Health (HCBH) and the Hyde County Substance Awareness Task Force have been diligently working to overcome this barrier by making appropriate services and treatment options readily available and accessible in Hyde County.

One of the new services HCBH is proud to announce is Peer Support. Peer Support is a drop-in service for anyone who would like support for problems related to substance use or mental health. These sessions are led by Hyde County resident, JD Rea, Hyde County's first North Carolina Certified Peer Support Specialist. JD is available for individual peer support sessions, group workshops, and more.

Individuals can contact JD to discuss individual needs for a peer support recovery *(Continued page 6)*



Pictured Above: JD Rea, NC Certified Peer Support Specialist

Healthy Food Opportunities *(Continued from Page 1)*

Community Health (PICH), Albemarle Regional Health Services (ARHS), Bertie Early College, NC Cooperative Extension, the Roanoke Cashie River Center, and many others also had the same vision to provide fresh fruits and vegetables for the community.

PICH and the Early College already had a project under way in which they were using donated wooden pallets from the Perdue Chicken Plant and Lazy Weekends Landscaping to cultivate fresh fruits and vegetables

on an acre of land next to the school that was donated by a neighboring farmer. From this large garden, the students in the agriculture program have been able to expand their skills by also selling the produce that they harvest at the farmers market.

Since the inception of the Windsor Farmers Market, it has also received funds from Vidant Bertie Hospital for a SNAP/EBT machine and from the Rural Advancement Foundation International (RAFI) to double the dollars of SNAP re-

ipients who purchase fresh fruits and vegetables! Many have already taken advantage of this program and those who are not eligible for SNAP are using vouchers, funded by the Three Rivers Healthy Carolinians program, which are distributed by the WIC office at the Health Department and the Expanded Food and Nutrition Education Program (EFNEP) at the Cooperative Extension Center.



Pictured above are students from the Early College selling plants at the beginning of the season at the Windsor Farmers Market from their garden. From left to right: D'Coya Jordan, Oudre Joyner, Jakoury Leary, Aslyn Tibbitt

Director's Corner *(Continued from Page 2)*

health continues to evolve and change I hope that we can continue to focus on developing our workforce. Last year's "We are the Champions" celebration was a huge success in honoring our public health family. We have great strength in institutional knowledge and expertise in our partner agencies and we have an obligation to pay that forward to support future public health leaders. We need to encourage young people to seek careers in public

service to ensure we maintain our talented public health workforce well into the future. Our long-time staff needs to serve as mentors to newer staff and our newer staff needs to seek out those they seek to emulate as their mentors. Young innovative minds continue to breathe new life into public health practices every day.

It is an exciting time to be a part of public health and it is encouraging to see and hear about all of

the wonderful things happening throughout all of the Partnership counties. Please continue to seek new ways to partner and collaborate with everyone in our Partnership network. Sharing success stories and growing pains with peers allows all of us to grow and improve the services we provide. Thanks to all of you for everything you do to support our communities throughout Northeast North Carolina.

Elizabeth Jackson Interns with ARHS

Submitted by Wanda Stallings, ARHS

Albemarle Regional Health Services (ARHS) has had a busy summer! They especially enjoyed working with Elizabeth Jackson, an intern with East Carolina University, working towards the completion of 385 hours. Ms Jackson was kept busy helping out and having fun at the newly opened Windsor Farmer's Market that operates Fridays from 3pm – 6pm, various community events and much planning and assisting health education staff throughout the agency. ARHS welcomes interns and enjoys the new ideas they bring and the excitement they share with our staff. Interns are exposed to many different avenues throughout their stay. Ms Jackson was able to plan

presentations, develop pamphlets, shadow WIC nutritionists and environmental staff, work with Smart Start staff, and work within situations that allowed her to grow professionally. All the best for your future endeavors Elizabeth Jackson!



Pictured Above: Elizabeth Jackson on a bike-powered blender

Pictured at Left: Elizabeth Jackson and ARHS Health Educator, Ashley Mikus

Mass Overdose Table Top Exercise *(Continued from page 1)*

cise to better help first responders prepare and plan for a mass overdose incident if it were to occur in the County. Several agencies participated in the exercise and discussed how they would respond to specific

scenario updates that were presented to them. Upon completing the exercise, through evaluation, several partners stated that exercises like this would be beneficial to implement in other parts of the State. A

big thank you to the planning committee and partners who attended the tabletop exercise!

District Two Recovery Court Core Team Attends RISE19 in Maryland

Submitted by Kirsten Smith, MTW

The core team from the District Two Recovery Court (launching January 2020) attended the RISE19 National Association of Drug Court Professionals conference in Fort Washington, MD last week to learn about the latest evidence-based practices to serve individuals with substance use and mental health disorders.

Pictured left to right are: Galo Sentenera (Public Defense), Shannon Jarvis (Assistant District Attorney), Kirsten Smith (Health Educator and Coordinator), Tammy Green (Probation Officer), Judge Regina Parker (District Court Judge) and Anthony Tyre (Treatment/Clinical Specialist).



Family Nurse Practitioner Starts at Halifax County Public Health System

Submitted by Laura Ellis, Halifax County Public Health System

The Halifax County Public Health System is pleased to announce John Killgore, Family Nurse Practitioner, joined the Health Department and is now accepting new patients. A graduate of Vanderbilt University, John has over twenty years of experience with extensive knowledge of emergency/non-emergency management as well as providing full spectrum

care to a diverse population.

The health department provides a wide range of services for men, women and children. Men and women can visit the health department for information, education, counseling and clinical services including: STD testing and treatment, HIV testing, physicals, birth control options and more. Maternity care is offered for all pregnant women. The health

department offers routine health screenings, sick visits, and immunizations for children of all ages.

The WIC Department offers services to pregnant women, infants, and children up to the age of five. The WIC Department has a location in Roanoke Rapids, Hollister, and Halifax and is accepting clients from 8:30-5:00, with extended hours on Mondays until 7:00 pm.

Hyde County Peer Support Specialist *(Continued from page 2)*

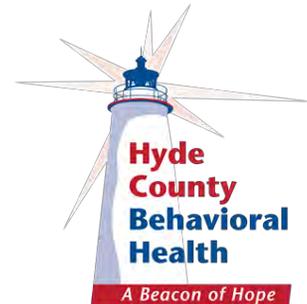
plan tailored specifically to those needs, or individuals can simply drop in at one of his scheduled peer support sessions to take the next step towards a happier healthier life. JD Rea can be reached at 252-542-0688 or via email at newlifejdr@gmail.com.

Peer Support Specialists are people living in recovery with mental illness or substance use disorders, and who provide support to others that can benefit from their

lived experiences. The North Carolina Certified Peer Support Specialist Program acknowledges that JD has met a set of requirements necessary to provide support to individuals with mental health or substance use disorders.

Peer Support is located at 1221 Main St, Swan Quarter, NC 27885 in the Hyde County Health Department's Behavioral Health Building on the last Wednesday of every

month from 1:30 PM until 2:30 PM. No appointment is necessary to attend. Light refreshments will be available during scheduled peer support hours.



Community Health Worker Initiative Program - Edgecombe County

Submitted by Leigh Saner, Edgecombe

In the beginning of July 2019, the Edgecombe County Health Department was the recipient of a grant award through the Nash UNC Healthcare Foundation to Implement a Community Health Worker Initiative Program in Edgecombe County. The grant program is set to begin in Sep-

tember, 2019 and will focus on decreasing the number of African American individuals in the community who are at high risk for heart disease and stroke. The program will also focus on increasing awareness around living a healthier lifestyle through physical activity and nutrition. The program de-

sign is based off of an evidence-based 12-session program on heart health through the National Heart, Lung and Blood Institute. It is the health department's hope that through this program, it can help build healthier lifestyle choices within the community!

Beaufort County Health Department Happenings

Submitted by JaNell Lewis

Syringe Exchange Program

On July 13, 2019, Beaufort County Health Department launched Beaufort County's first ever syringe exchange program.

Diabetes Prevention Program

Beaufort County Health Department recently completed its diabetes prevention program, where the class lost over 119 pounds! One participant lost enough weight that she is now eligible to receive a kidney transplant! *(picture of group to the right).*



Hyde County Updates and Efforts Addressing Opioid Misuse and Behavioral Health

Submitted by Caroline Tetterton Gurganus

The following is Hyde County's current updates and efforts and future plans in addressing opioid misuse and illegal drug use.

Current updates and efforts are as follows:

- Recent establishment of the Hyde County Behavioral Health program that includes telepsychiatry services, on-site counseling, educational resources, treatment navigation, and case management
- The hire of new team members for Hyde County Behavioral Health including a board-certified Psychiatrist, Licensed Clinical Social Worker/ Licensed Clinical Addiction Specialist, Behavioral Health Nurse, and a Substance Awareness Program Coordinator
- Medication Take Back events held quarterly and drop boxes at multiple locations
- Substance awareness education and activities at Hyde County schools through LEAD (Lakers Educating for Awesome Decisions) from January 2019 until present
- Naloxone kits (the overdose reversal medicine) dispersed in the communities and available at the Hyde County Health Department
- Peer Support Recovery Services provided by Hyde's first

North Carolina Certified Peer Support Specialist, JD Rea, began on May 29th, 2019 and are available as needed and on the last Wednesday of every month from 1:30pm – 2:30pm

- Revamping of our mobile Syringe Exchange Program – SOS Hy-Life (Saving Our Society from drugs), as Caroline Gurganus has been newly named as Hyde's new Syringe Exchange Program Coordinator. In an effort to increase awareness, program participation, and program success, Caroline attended the 2019 Injury-Free NC Academy on Establishing Syringe Exchange Programs, in addition to a 2-day HIV Counseling, Testing and Referral Training provided by Whetsone Consultations. Hyde will now offer peer support, testing, counseling, and referrals at their Syringe Exchange. Great Syringe Exchange efforts and progress has been made recently. Several tubes of blood for Hepatitis C, HIV, and STD testing were collected during just one day of outreach this month and new participants have been enrolled in the program.
- Hyde County's Substance Awareness Task Force has made additional community outreach and advertisement

efforts and meets frequently to actively work on a strategic plan that aims to increase prevention education, awareness of and access to counseling and treatment resources, and enforcement of relevant laws.

Upcoming plans for this year are as follows:

- HIV and Hepatitis C rapid testing
- Medication Assisted Therapy available at the Hyde County Health Department
- Post Opioid Overdose Response Team
- Substance abuse prevention and mental health based curriculum, "Health Rocks" and "Take 5" implemented in addition to LEAD, at Mattamuskeet and Ocracoke to reach all grades at all Hyde County Schools



Eastern Regional Tobacco Prevention Training

Submitted by Teresa Beardsley, Region 9 Tobacco Prevention and Control Manager

Tobacco products and their use have been evolving significantly over the past ten years. Currently, cigarette use is at an all-time low among adults and youth alike; however, electronic nicotine delivery products, specifically the Juul, are thriving in sales and use, particularly among youth. In addition, tobacco use among military and Native American populations within NC that lead to health disparities remains high.

Region 9 Tobacco Prevention and Control Manager, Teresa Beardsley, collaborated with Tiffany Thigpen of Region 10, Ernest Watts of Region 8, and Travis

Greer of Region 6/8 to provide the first annual Eastern Region Tobacco Prevention Training. A full day of training was provided to 49 participants on May 8, 2019 at Eastern AHEC in Greenville.

The following professionals conducted a session:

- Military Tobacco Education and Cessation - Paula A Pendrick, Health Promotions Coordinator, Naval Health Clinic, Cherry Point
- Commercial Tobacco and Native Americans - Ernest Watts, Regional Tobacco Control Manager, Robeson County Department of Public Health

Statistical Data Gallery Walk - Sally P. Herndon, Branch

Hyde County Peer Support Spe-

cialist *(Continued from page 2)*

Hyde County Peer Support Specialist

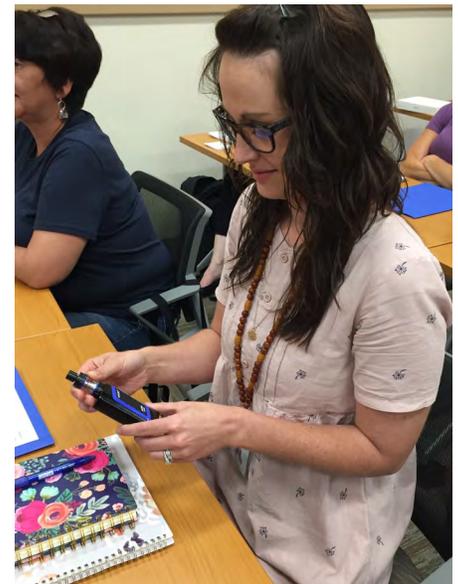
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- Lead, NC Tobacco Prevention and Control Branch
- New and Emerging Tobacco Products - Travis Greer, Youth Tobacco Prevention Coordinator, Cumberland County Department of Public Health Tobacco Cessation and Behavioral Health - Stephanie Gans, Tobacco Treatment Specialist, NC Tobacco Prevention and Control Branch

The training was targeted towards addiction professionals, healthcare professionals, peer support special-



Pictured at left: Sheridan Stanley, Implementation Specialist for Triple P, Albemarle Regional Health Services, enjoys the gallery walk inclusive of state and regional tobacco statistics.



Pictured above: Bailey Edwards, Program Coordinator & Pediatric Asthma Case Manager, Vidant Bertie & Vidant Chowan, handles a vape product example provided at the training.

Strawberry Quinoa Salad

A perfect addition to any spread, this salad includes strawberries, quinoa, arugula, basil, and almonds. Plus, the homemade dressing is easy to whip up quickly.

Ingredients:

Dressing:

2 tablespoons balsamic vinegar
1 teaspoon Dijon mustard
2 tablespoons olive oil
Salt and fresh ground pepper to taste

Salad:

½ cup dry quinoa
2 cups baby spinach leaves, chiffonade
2 cups arugula
⅔ cup sliced strawberries
2 tablespoons sliced almonds, toasted
1 handful of fresh basil leaves, chiffonade

Directions:

- Place quinoa in medium saucepan along with 1¾ cups water.
- Bring to boil, then cover and reduce heat to simmer for 15 minutes or until cooked.
- Remove lid and cook until all water is evaporated. Remove from heat.
- Make the dressing by combining all ingredients in a bowl or jar.
- Place the quinoa, spinach, arugula, strawberries, toasted almonds, and basil in bowl and combine.
- Add and toss in dressing just prior to serving.

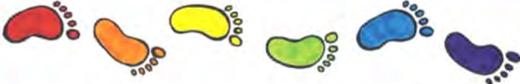
Nutrition Information per Serving:

(Based on ½ teaspoon salt and ½ teaspoon black pepper)

Serving Size: 1 cup
Calories: 182 calories
Carbohydrates: 18 grams
Fiber: 3 grams
Protein: 5 grams
Fat: 10 grams
Sodium: 33 mg

Recipe from medinsteadofmeds.com





It's time to Sign up

for the
Third Annual
2019 NENCPH Regional
Walking Challenge

Which Health Department team can walk the furthest in 6 weeks?

Which LHD Partnering Agency team can walk the furthest in 6 weeks?

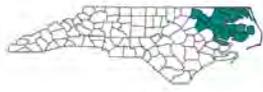
Sign-up by September 9, 2019

Dates of Challenge: September 16 - October 27, 2019

Bragging Rights, Traveling Trophy, and photograph in the newsletter/
social media for the Winning Team

For more information contact your LHD Walking Challenge Coordinator,
or Julie Tunney, Regional Walking Challenge Coordinator (jtunney@arhs-nc.org)

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”**

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Calendar of Events

Aug 9	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
Sept 11	NENCPPH Workforce Development Workgroup Mtg
Sept 16	NENCPPH Finance Committee Conference Call
Sept 18	NENCPPH Annual Board Meeting
Sept 25-27	NCPHA Fall Educational Conference
Oct 11	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
Oct 30	Items Due for Fall NENCPPH Newsletter

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

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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.