

Spring 2021



Partnering for Health

Governor Cooper Visits Dare County's Vaccine Clinic

Submitted by Kelly Nettnin, Dare County Health and Human Services

Friday, April 16, 2021 proved to be an exciting day for Dare County Department of Health & Human Services staff as a surprise visitor toured the COVID-19 vaccine clinic in Kill Devil Hills. Governor Roy Cooper, accompanied by Dr. Mandy Cohen, Secretary of the North Carolina Department of Health and Human Services, arrived at the clinic around 11:00 am. Cooper and Cohen toured the clinic, while taking time to stop and chat with staff and patients.



"Dare County is leading the way," said Cohen during a media conference following the tour. In Dare County, almost half have received one dose of vaccine," said Cohen.

On Friday, the vaccine clinic administered almost 1,000 doses of the Moderna vaccine to people getting first and second shots. The Dare County Department of Health & Human Services has fully vaccinated more than 15,000



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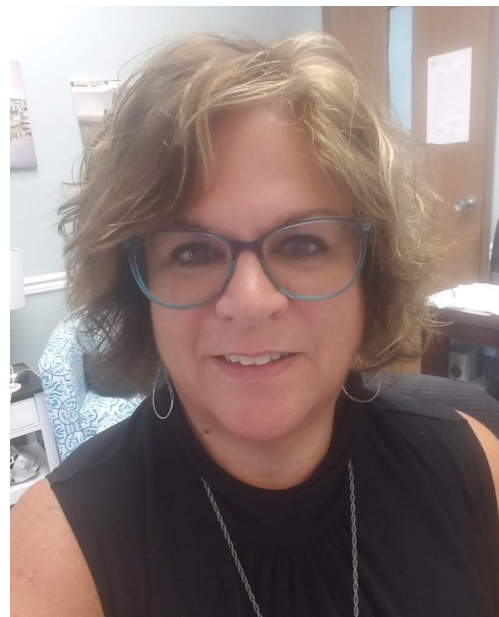


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NENCPPH Board Corner

Board of Director's Profile: Luana Gibbs

Luana Gibbs, Health Director for Hyde County, began her career at the Hyde County Health Department in 1998 as a Processing Assistant III. While working in this position, it became clear that she enjoyed public health and wanted to advance her work into a clinical setting. Luana became a Registered Nurse, graduating in 2002, and worked in the clinical setting until 2016. Throughout this 14 year stint, she worked as a Public Health Nurse I and progressed to a Nursing Supervisor II. In 2016, the opportunity arose to become the Health Director with an advanced degree, so Luana was off to school again! In 2019, she completed her Bachelor of Interdisciplinary Studies degree and moved from the interim position to the permanent Health Director role. Luana joined the Northeastern NC Partnership for Public Health Board of Directors in 2016, and in 2019 became the Board Secretary/Treasurer. Luana believes that public health is truly the foundation of health in our communities through assessment, diagnosis of challenges, education, and policy implementation to address those challenges. And she feels incredibly blessed to have had the continued support of both the Board of Health and Board of Commissioners throughout her tenure with Hyde County.



Luana and her husband of 38 years, CR, have had 2 children - Cameron and Ryan, and also have 3 dogs who keep them busy. Her hobbies include anything that has to do with the water (boating, swimming, etc.), painting furniture, reading, and music. Though she has experienced great tragedy and loss in her life (including the loss of Ryan in 2017), she feels blessed with a full life and public health has played a major role in that. Luana feels extremely grateful for the opportunity to serve Hyde County and hopes to continue in this endeavor for years to come!

NENCPPH Board Retreat



The Northeastern North Carolina Partnership for Public Health (NENCPPH) Board was fortunate to be able to meet in early May in Dare County to conduct the business of the Partnership and delve in-depth into conversations around public health and regional initiatives, and share ideas and best practices.

In the photo to the left are from left to right: Wes Gray (MTW), Karen Lachapelle (Edgecombe), Jim Madson (Beaufort), Amy Belfower Thomas (UNC-NCIPH), Battle Betts (ARHS), Sheila Davies (Dare), Bruce Robistow (Halifax), and Luana Gibbs (Hyde). Not shown: Ruth Little (ECU) and Beth Lovette (DPH).

Halifax County Public Health Services Receives Bridge Builder Award

Submitted by Laura Ellis, Halifax County Public Health Services

Halifax County Health Department is among one of many organizations who received the Community Bridge Builder Award presented by Halifax Community College in April 2021 during the third annual Progressive Community Awards Ceremony. The health department received the award for their dedication and commitment to reducing and eliminating COVID 19 in our communities. The Community Bridge Builder Award is presented in recognition of the individuals and organizations that deliver acts of kindness and services to help build a positive relationship with the community.



Honorees were recognized during Halifax Community College's third annual Progressive Community Awards Ceremony on Wednesday night.

Photo credit: Roanoke Rapids Daily Herald

Baby's Easy Safe Sleep Training Program Offered in Halifax County

Submitted by Laura Ellis, Halifax County Public Health Services

The Halifax County Health Department offers the BESST (Baby's Easy Safe Sleep Training) Program and Ready Set Baby to many within Halifax County and beyond. The BESST program is an evidenced based training program designed to increase SIDS risk reduction awareness and promote safe sleep practices among parents and caregivers of children ages 0-12 months. Ready Set Baby is an educational program designed to counsel prenatal women about maternity care best practices and the benefits and management of breastfeeding.

The health department offers both programs, BESST and Ready Set Baby, for all expecting mothers, mothers and caregivers providing care to babies under the age of one. Each participant receives a pack and play and expecting mothers receive multiple items to provide a safe sleep nursery. Classes are offered virtually at least two times per month by using conference call. Pick up of pack and play is easy with our drive thru set up.

The program is offered to expecting mothers, mothers and caregivers regardless of residence. For more information about the program or if you know someone who can benefit from the safe sleep program, please contact the health department at 252-583-5021.

Baby's Easy Safe Sleep Training Program Ready Set Baby



Join us in a phone session to learn more about safe sleep practices and the benefits of breastfeeding:

May 12, 2021 @ 11:00 am

Teleconference Number: Dial 712-451-0011

Access Code: 661013#

FREE Pack n' Play!

Pickup Time: 1:30 pm

Pickup Location: Halifax County Public Health System
19 North Dobbs Street
Halifax, NC

This program is for pregnant women and caregivers of children birth to one year.
Registration Not Required

 **Halifax County**
Public Health Services

Halifax County "Goes Red" in Recognition of Heart Disease in Women

Submitted by Laura Ellis, Halifax County Public Health System



Adult Services Department @ DSS



Dia Denton, Deputy
County Manager



Bruce Robistow,
Health Director



Library-Halifax



Library-Littleton



Tony Brown,
County Manager



Tax Department



Child Welfare @ DSS

Halifax County Goes Red



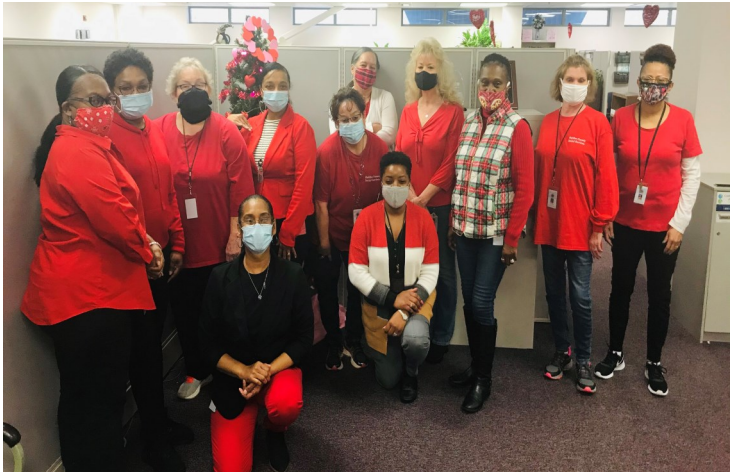
Health Department



Food and Nutrition Services @ DSS



Admin @ DSS



Food and Nutrition Services @ DSS

Governor Cooper's Visit *(Continued from page 1)*

individuals. To date, Dare County has 49.5% of percent of its population vaccinated with first doses per NCDHHS Vaccine Dashboard.

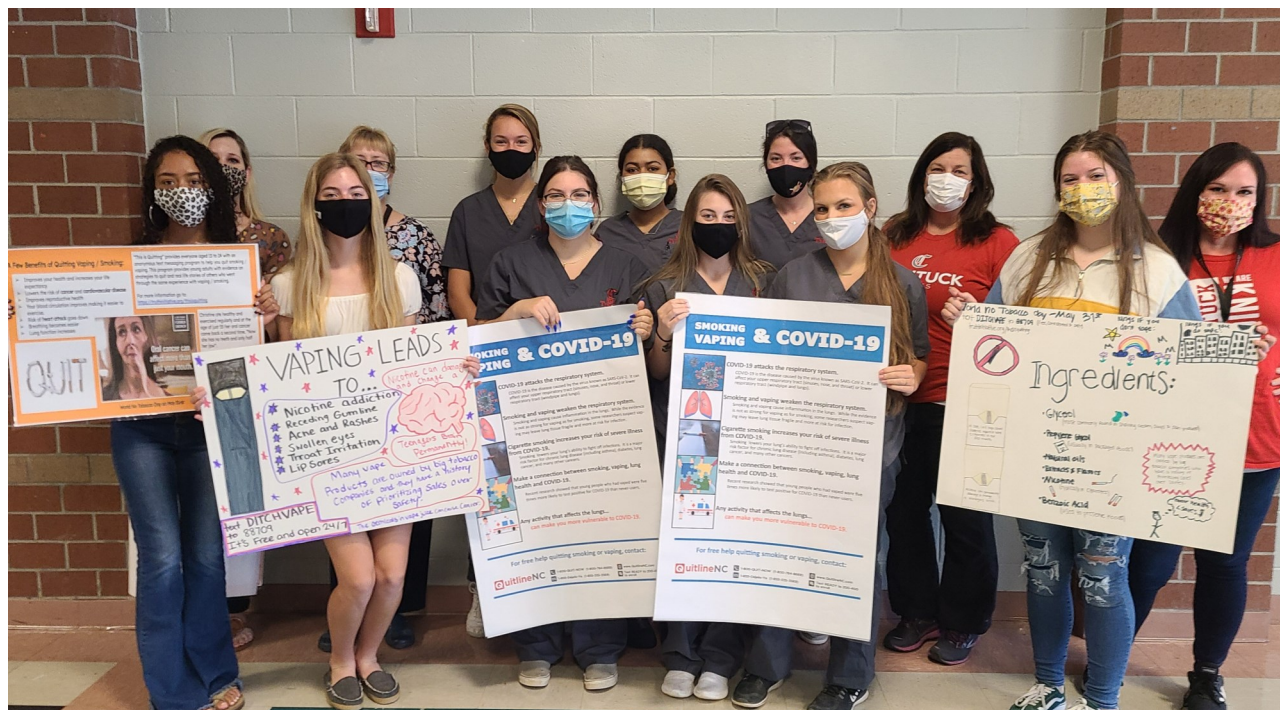
"We are grateful for Governor Cooper's leadership throughout the pandemic and for taking time to visit our vaccine clinic today to help reinforce the important message of encouraging people to get vaccinated to protect against COVID-19," said Dr. Sheila Davies, the Public Health Director for the Dare County Department of Health & Human Services (DHHS). "Dare County has been working diligently since December to provide COVID vaccinations to individuals in our community."

Currently, Dare County does not have a waitlist to get vaccinated. Appointments are available three days a week in three Dare County DHHS geographical locations throughout the county. Call (252)475-5008 or register online at www.darenc.com/covidvaccine for an appointment. Appointments are also available at most area pharmacies.

Currituck County High School Makes World No Tobacco Day Posters

Submitted by Teresa Beardsley, Tobacco Prevention Manager—Region 9

Currituck County High School Allied Health I and Nursing Fundamentals Honors classes created posters in preparation for World No Tobacco Day! Posters were displayed throughout the hallways of the high school and in the nurse's office. A special thank you to Nikki Broom, Currituck County High School Nurse, teachers and Principal Sholar for their ongoing support of youth tobacco prevention initiatives.



Week of the Young Child Partners for a Successful Event

Submitted by Wanda Stallings, Albemarle Regional Health Services

Do you find enjoyment in doing something for the first time? Some things for sure, yes! A drive-thru event for children? How will that ever work? The Week of the Young Child, sponsored by Chowan/Perquimans Smart Start and Safe Kids Chowan County, proved it can be done! Successfully done!

The Week of the Young Child is an event that brings families together in order to receive a wealth of knowledge. This event turned into a drive-thru event due to COVID-19. Seventy-two families were reached and with that, 137 children. Safe Kids Chowan County, Vidant Chowan Hospital, Triple P, and Smart Start partnered to provide many educational outlets for parents, tractor and fire truck displays, as well as car seat checks. Fourteen car seats were checked/installed by Child Passenger Technicians, six safe sleep kits were distributed, and a demonstration of Kids Around the Car was displayed. A popular obstacle course was



Pictured above are Wanda Stallings and Kylli Priest, ARHS

enjoyed by many that demonstrated distracted driving, a common issue among teens as well as adults of all ages.

If you need any of these resources, please reach out to local health department to see what is happening in your county. Also, Triple P is available to help with those parenting issues that arise in all our households. Triple P is designed to give parents the skills they need to raise confident, healthy children and teenagers and to build stronger family relationships. Triple P doesn't tell people how to parent. Rather, it gives parents simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.



Pictured above are Erin Brabble and her son, TW



Pictured above is Shayla Hayes, Safe Kids Member

Tobacco Treatment Specialist Training Program

Submitted by Teresa Beardsley, Tobacco Prevention Manager—Region 9



Rebecca Woods, Health Education and Community Outreach Supervisor for Dare County Health and Human Services, recently attended the Duke-UNC Tobacco Treatment Specialist Training. This 4-day intense training was offered via Zoom due to COVID-19 restrictions. The main goal of the program is to train health professionals to deliver evidence-based treatment for tobacco use and dependence. The program affords an effective experience for a wide range of professionals, including, but not limited to, clinicians, nurses, health educators, pharmacists, social workers, public health policy-makers. After completion of this class, the requirement of training for the National Certificate in Tobacco Treatment Practice, has been satisfied. The professional also will need to pass an exam and complete 240 hours of tobacco treatment practice experience.

Rebecca is an active member of the Tobacco Free Living Coalition, continuously working on system changes in Dare County. Teresa Beardsley, Region 9 Tobacco Prevention and Control Manager, shared that Tobacco Free Living grant funds can be utilized, if available, to send professionals within region 9 to the training, if they are working on health system changes within their county. If you are interested in attending the training, or would like further information, contact Teresa Beardsley at 252-340-0407 or Teresa.beardsley@arhs-nc.org.

Tobacco-Free Event and Facility Boards

Submitted by Teresa Beardsley, Tobacco Prevention Manager—Region 9

Is your health department or vaccine clinic having a difficult time with seeing an increase in smoking on your campus? This very challenge was recently discussed at our Region 9 Tobacco Free Living Coalition meeting. The coalition meets on the 3rd Friday of every other month and discusses local and state policy updates, collaborates regarding challenges within each county concerning tobacco use, promotes youth tobacco prevention programs and offers the opportunity to receive needed supplies and materials. Recently, coalition members received “Tobacco Free Facility” and “Tobacco Free Event” sandwich boards to utilize as needed, in response to the increase in the number of tobacco users observed at Health Departments and COVID-19 vaccine events. Wanda Stallings, Public Health Education Specialist for Albemarle Regional Health Services, said, “I was really excited to receive the sandwich boards with the No Smoking Event message. The boards are appealing and I love that text to quit information is included.” For more information regarding the Region 9 Tobacco Free Living Coalition, and how you can be involved, contact Teresa Beardsley at 252-340-0407 or Teresa.Beardsley@arhs-nc.org.



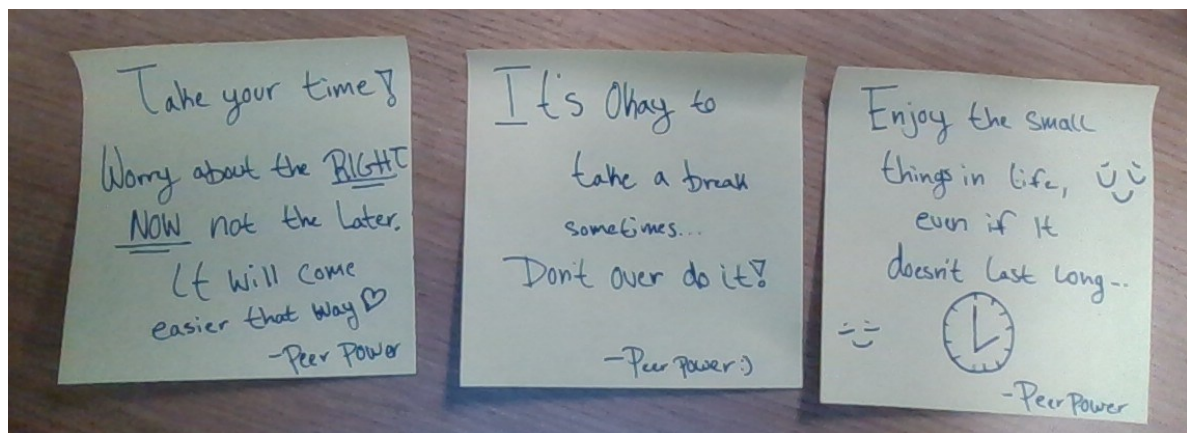
Peer Power Students Provide Encouragement to Peers and Teachers

Submitted by Rebecca Cook, Dare County Department of Health and Human Services

May is Mental Health Awareness Month. Through art and uplifting messages, our youth are learning ways to add a bright spot in the day of a teacher or a classmate. In Dare County, the Peer Power students are making an effort to encourage others. During the month of May, after they have participated in their lesson, the Peer Power Students in First Flight High School head outside to spread cheer in the parking lots, using chalk. See examples of encouraging chalked messages in below photos.



Peer Power students in Cape Hatteras Secondary School and Manteo High School are promoting optimism by creating notes of encouragement and posting them on lockers and in school entryways. See photo below for some examples of how students are providing encouragement.



Martin-Tyrrell-Washington Happenings

Submitted by Kirsten Smith, Martin-Tyrrell-Washington District Health



Pictured above is Samantha Campbell and MTW intern, Miranda.

MTW had their second dose mass vaccination event on March 10th at Riverside High School. It was a great turnout and the agency has given more than 11,737 doses of the COVID-19 vaccine (April 21, 2021).

The Hope Exchange has been operating since August 2020 and continues to grow. Our numbers to date are: 190 participants enrolled, 9730 syringes distributed, 1470 syringes returned and safely disposed of, 205 naloxone kits distributed and over 20 overdoses reported and revived from naloxone given at the SSP.



Pictured above Wes Gray, MTW Health Director, and other partners assisting with the mass COVID vaccination.



The MTW community garden is back again this year. We held an "adoption day" for plant beds on April 16th for departments to keep maintenance up for their garden beds. We are excited to be able to provide fresh vegetables again this year to our clients, staff and community.

On May 28th, MTW will be doing their first community event (drive-thru and for clients at their appointments) for National Don't Fry Day. We will be giving out free sunscreen and informational brochures about how to protect yourself from the sun and prevent skin cancer.



Virtual Baby Shower in Halifax County

Submitted by Georgiana Couden, Halifax County Public Health Services

In honor of Social Work Month in March, the Halifax County Public Health System social work unit hosted a virtual baby shower. This event spanned several weeks in the month of March where guests were asked to play games to win prizes, and receive a sweet treat in exchange for a baby shower gift. There were five worksheet games for which each completed worksheet provided an entry for a gift basket, the Guess Who? game asked Halifax County Public Health System employees to generously donate their baby pictures for others to wonder who they grew up to be, and a jar of candy required an accurate guess to win the jar. The gifts collected helped to serve the Halifax County pregnant and infant population with crisis needs of diapers, wipes, clothing, and baby care items including a car seat. To further honor the generations before us, prayer and thought cards were collected and distributed to two Halifax County nursing care facilities along with new socks for the residents, one of the most requested items. Overall, 115 socks were distributed and piles of baby items received. The event was a tremendous success! The winner of the worksheet gift basket was Chief Eric Hill, a national guard reservist who has been assisting with COVID efforts. The Guess Who? gift basket winner was Linda Arrington, a clinic RN. The candy jar was won by Angela Garner, a surge staff member assisting with COVID efforts. Congratulations to all and a warm thank you for the support!



Pictured Above from left to right: Georgiana Couden, Tekesha Turner, Kadesia Ellis, Linda Arrington, Doris Taylor, Natashja Hunter, and Sharon Deloatch.



Pictured Above from left to right: Doris Taylor, Tekesha Turner, Kadesia Ellis, Angela Garner, Sharon Deloatch, Natshja Hunter, and Georgiana Couden



Pictured Above from left to right: Doris Taylor, Sharon Deloatch, Kadesia Ellis, Chief Eric Hill, Tekesha Turner, Natashja Hunter, and Georgiana Couden



Hyde County Health Department's Substance Awareness Program

Submitted by Dustin Eaton, Hyde County Health Department

Naloxone Distribution

Hyde County Health Department's Substance Awareness staff has worked diligently to provide Naloxone medication and education to syringe services participants, businesses, first responders, and community members. Through advertising, education sessions, and basic Naloxone training, the Substance Awareness program has distributed 18 two-dose Naloxone kits in 2021, amounting to 36 total doses distributed. Hyde County Health Department continues to offer Naloxone medication and training, free of charge, to whomever may be interested.

New Narcotics Anonymous Meeting in Swan Quarter

Hyde County officially has their own chapter of Narcotics Anonymous! Simply named Hyde County NA, the chapter was recently voted into the Down East area of Narcotics Anonymous. This officially put Hyde County NA on the map of Narcotics Anonymous meetings, and establishes yet another substance use resource for community members to utilize. The meeting is held weekly on Fridays from 6:00pm-7:00pm at Swan Quarter Pentecostal Holiness Church on Academy Street in Swan Quarter, NC.

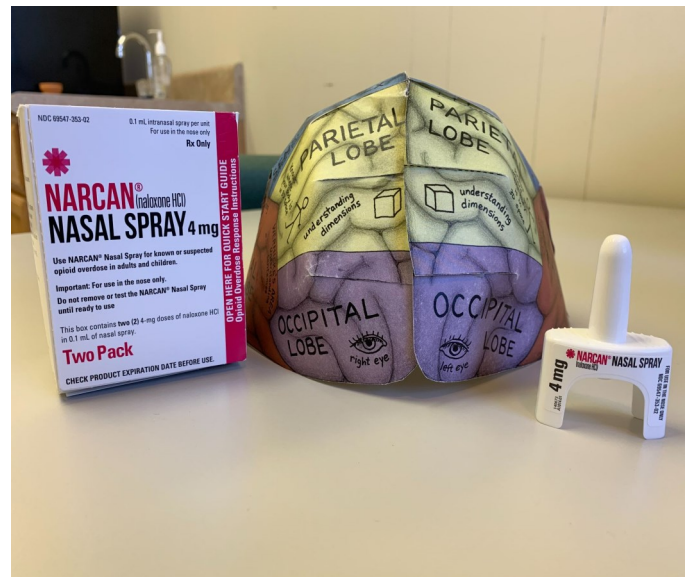
Peer Support

Hyde County Health Department's Substance Awareness program continues to offer peer support services and currently has three certified peer support specialists on staff. Peer Support Specialists are people living in recovery with mental illness and/or substance use disorder and who provide support to others who can benefit from their lived experiences. However, peer support is much more broad than just mental health and substance use and can be utilized by people who have not been diagnosed with either. The Substance Awareness program routinely engages in peer support throughout the entirety of Hyde County, and is hoping to continue that upward trend in peer support throughout the community.

Treatment Navigation

Hyde County Health Department's Substance Awareness program is particularly focused on removing barriers to substance use treatment services, specifically in-patient treatment facilities, which often have strict requirements and are difficult to apply for. The substance awareness program is *aware* of this, and creates a streamlined, simple process for those interested in treatment. Since the start of 2021, the program has successfully helped three people find suitable treatment programs for their substance use. Two of those people entered in-patient programs, while one chose to utilize Hyde County Health Department's on-site behavioral health services. The Substance Awareness program has also had the great pleasure of celebrating two graduations from in-patient treatment programs in 2021!

To receive further information about any of Hyde County Health Department's Substance Awareness programming, please contact Dustin Eaton at 252-422-1913 or Mike Wheeler at 252-422-2936.



Strawberry Spinach Salad Recipe

A delicious salad using in-season strawberries.

This strawberry Spinach Salad is full of fresh spinach, strawberries, feta cheese, walnuts, and a healthy homemade poppy seed dressing. Make as a side salad or add grilled chicken, shrimp, salmon, or chickpeas to make it a meal.

Ingredients

Salad

- 8 cups baby spinach, washed
- 2 cups strawberries, washed, hulled and cut
- 1/2 cup reduced fat feta cheese, in chunks
- 1/4 cup walnuts, chopped

Dressing

- 2 Tbsp White wine vinegar
- 1/4 cup nonfat plain Greek yogurt
- 1 Tbsp olive oil
- 2 tsp honey (or small amount of sugar or Stevia, to taste)
- 1 tsp Dijon mustard
- 1 tsp poppy seeds
- Salt and pepper

Instructions

Dressing: Stir together yogurt, white wine vinegar, honey, olive oil, mustard, and poppy seeds to make the dressing. Season with salt and pepper.

Salad: Toss the spinach, strawberries, feta cheese, and walnuts together. Mix in the dressing with the salad. Serve.

Notes:

- ◇ Can use pre-made purchased salad dressing instead of making your own.
- ◇ Can substitute other in-season fruit, like blueberries or pears, for the strawberries, other cheeses, like goat or blue cheese, for the feta cheese, and other nuts, like almonds, cashews or candied pecans, for the walnuts.
- ◇ This salad is best served on the same day but if you make it in advance, make sure to pack the dressing separately and toss it right before serving.

Nutrition Information

Servings: Four (4)
Calories: 136; Total Fat 8g (Saturated fat 2g); Total Carbohydrates 12 g; Protein 8g

Recipe from: <https://www.slenderkitchen.com/recipe/strawberry-spinach-salad#recipe>



Save The Date: We Are The Champions Conference 2022



“We Are The Champions! Moving Public Health Forward TOGETHER”

April 26, 2022 9:00 am—4:30 pm

Greenville

Because of the priority of COVID-19 vaccinations and the demands on public health department staff time, the conference has been rescheduled for April 2022. The Northeastern North Carolina Partnership for Public Health conference planning team is working with Eastern AHEC to provide a face-to-face one-day conference, with a virtual option. Thank you for your patience.

2021 Community Health Assessment

The Regional Community Health Needs Assessment is being implemented throughout 35 Eastern North Carolina Counties, of which NENCPPH counties are all a part. Online and paper surveys are being used. If you have not already, please complete the survey by using one of the links below, or ask someone at your health department for a paper copy of the survey.

Your opinions matter. Let us know what you think about the health of your county. Is it a safe place to live? Are there areas in need of improvement? Your input helps us determine what health issues to address for the next three years!

You can complete the survey by clicking the link below:

English survey: <https://redcap.ecu.edu/surveys/?s=4YJCCCAAEW>

Spanish survey: <https://redcap.ecu.edu/surveys/?s=YDLYHLEDL3>

Please complete survey by Friday, June 18, 2021

Thank you for taking time to help identify our most pressing health problems and issues to make our communities better and healthier places to live!



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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Edenton, NC 27932

Phone: 252-339-6727

Email: jtunney@arhs-nc.org

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

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Battle Betts
Director, Albemarle Regional Health Department

Sheila Davies,
Director, Dare County Department of Health & Hu-
man Services

Ruth Little
Public Health Dept., East Carolina University

Beth Lovette
Division of Public Health, NC Dept of Health and Hu-
man Services

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

Calendar of Events

May 18	NCPHA Spring Virtual Education Conference
June 2	NENCPPH Substance Misuse Taskforce Meeting
June 3	NENCPPH Workforce Planning Meeting
June 11	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
June 18	NENCPPH Medicaid Transformation Finance Meeting
June 28	NENCPPH Finance Committee Conference Call
June 30	NENCPPH Board Meeting
July 30	Items Due for Summer NENCPPH Newsletter

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

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.