

Fall 2022

Northeastern North Carolina Partnership for Public Health



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

Partnering for Public Health

Harvest Days and Spirit Week in Halifax County

Submitted by Laura Ellis, Halifax County Public Health System

Halifax County kicked off a week of celebration with a Fall Spirit Week, October 17-22, 2022. The Halifax County Health Department participated showing their team spirit, mismatch attire and throwback Thursday best. The health department's Social Work department won the annual pumpkin contest for the second year in row. The Halifax County Health Department welcomed over 600 students from local schools including Halifax County Schools, Roanoke Rapids Graded School District and Weldon City Schools at Harvest Days on October 21, 2022. The health department partnered with Roanoke Valley Community Health Initiative to provide fresh fruit, sun chips and water to all students. Below is a photo of Team Spirit and Mismatched Day.

See more photos on page 3.



Pictured

Above: Mismatched Day

Left: Team Spirit

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NENCPPH Board Corner - Enhancing Employee Morale after COVID-

Submitted by Michelle Etheridge, Edgecombe County Health Department

A decrease in the healthcare workforce has been an unfortunate event that many of us have had to face due to the COVID-19 pandemic. Many of our agencies are still struggling to fill positions and provide needed services to the community. As we continue to venture into the future asking our employees to do more with less, we all are looking for ways to increase employee morale and strengthen our teams. I would like to share a few ideas that have worked for us in Edgecombe County such as supporting staff where they are in their lives – work/life balance; involving staff in brainstorming ideas; appreciating the small gestures; celebrating the wins; and looking for ways to build employees up through open communication and development of stronger working relationships.



Michelle Etheridge

We have all survived a historical time in public health and could not have done it without our wonderful staff. Now it's time to thrive! Take inventory of your agency and look at the good you are doing. When looking to the future, realize you have a great foundation to build upon. How has your vision and mission changed after the pandemic? Pull your staff together, and work together to come back stronger than ever!

(Modified version of a February 14, 2021 press release)

Michelle Etheridge was named as Edgecombe County's Health Director in February 2021. She leads a team of approximately eighty-five employees and is responsible for the administration of the County's public health programs and services.

Mrs. Etheridge has a Masters in Health Education from East Carolina University. During her twenty-two-year tenure with Edgecombe County, she has served as Health Education Specialist, Coordinator of Health Services, Local Public Health Administrator, Deputy Health Director, and more recently, as the Interim Health Director.

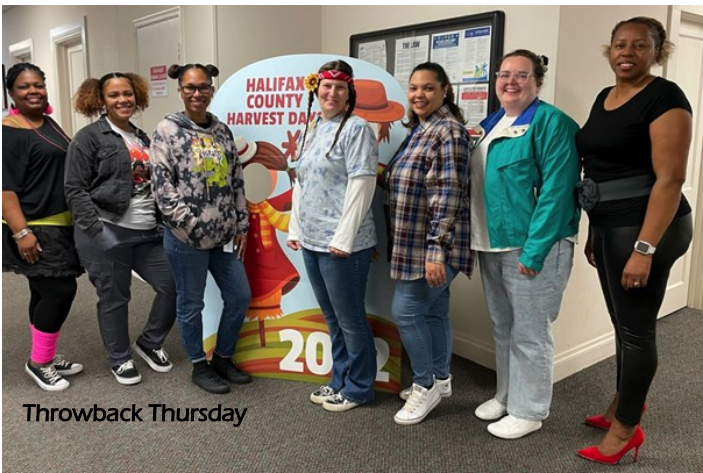
"Michelle and I have been with the County for almost the same amount of time, and it has been nice to see both us grow within the organization.", said Eric Evans, Edgecombe County Manager. "She has done a tremendous job, especially during her time as Interim Director, which stands out even more considering we're in the midst of the greatest public health crisis of our generation."

The Health Department is part of the County's consolidated Human Services Agency. Human Services Board Chairman Larry Woodley expressed, "A very hearty congratulations to Michelle Etheridge! We have a very smart, intelligent, hard-working Health Director who cares for every citizen. She has already demonstrated and proven to be an asset to our County and its citizens. I'm looking forward to her becoming the best County Health Director in the State of North Carolina. Thanks to Michelle and her family for sharing her talents with Edgecombe County."

Dr. Robin Webb Corbett, Vice-Chair of the Human Services Board, stated, "It is a pleasure to have Michelle Etheridge as Director for Edgecombe County Health Department. Her commitment to and passion for Edgecombe County has been demonstrated in her many years of service at Edgecombe County Health Department. Her vision and strategies will provide new direction in transforming health care in our county."

Mrs. Etheridge currently lives in Rocky Mount, NC with her husband Frank and son Carson. Mrs. Etheridge stated, "I am very excited about my new journey with the county and look forward to continuing to serve the residents of Edgecombe County."

Harvest Days and Spirit Week in Halifax County - Additional Photos



Throwback Thursday



Harvest Days in Halifax



Harvest Days 5k Participation



Award Winning Pumpkin Contest

Suicide Awareness & Prevention Townhall Held

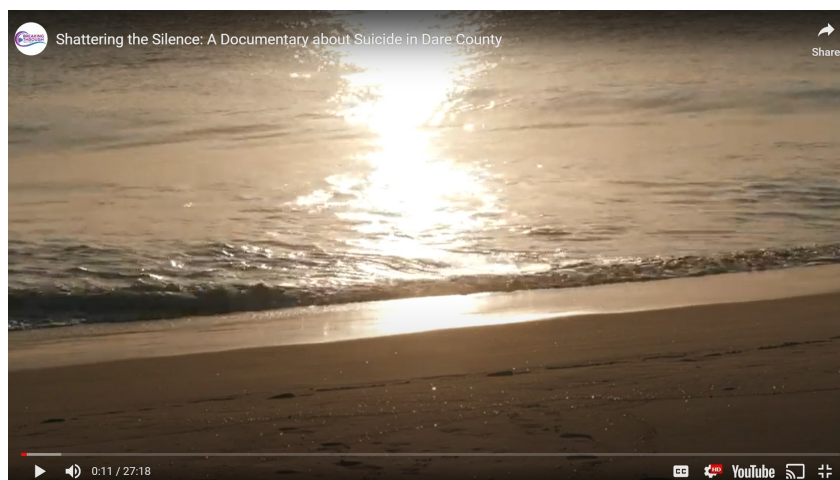
Shared by Kelly Nettnin, Dare County Health Education and Outreach Supervisor

The Breaking Through Task Force, Saving Lives Task Force, Be Resilient OBX, and Dare County Department of Health & Human Services partnered to host a town hall event on September 27, 2022 at First Flight High School.

With approximately 90 individuals in attendance, the main feature of the event was the recently filmed documentary [Shattering the Silence: A Documentary about Suicide in Dare County](#). The thirty-minute documentary included stories of six Dare County residents who have been impacted by the suicide of a loved one or suicidal ideations.

Attendees had the opportunity to enjoy refreshments and explore resources in Dare County related to mental health prior to the documentary viewing. After the documentary, a panel was held and members of the audience were able to ask questions of these local professionals. The panel included: Benny Baldwin, Documentary Videographer; Christie McEwan, Outer Banks Counseling Services; Susan Lee, Documentary Counselor; Kristen Krischoff, Mobile Crisis; Tracey Webster, Trillium; Dr. Ashley Clower, Surf Medicine & Dare County Department of Health & Human Services Board Member.

For more information please contact Kelly Nettnin, at kelly.nettnin@darenc.com or 252.475.5036.



[Shattering the Silence: A Documentary about Suicide in Dare County](#)

988 SUICIDE & CRISIS
LIFELINE

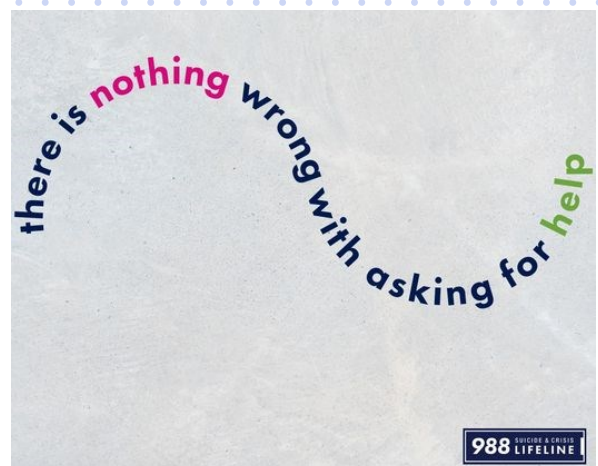
No matter where you live in the U.S.,
you can easily access 24/7 emotional support.

Call or text 988 or visit 988lifeline.org/chat to
chat with a caring counselor.

We're here for you.



Call
or
Text
988



Martin-Tyrrell-Washington District Health Updates

Submitted by Miranda Keel, Martin-Tyrrell-Washington District Health Department

Opioid Listening Sessions

The Martin-Tyrrell-Washington District Health Department has been working to address substance abuse issues and the opioid crisis for the last several years. The historic opioid settlement provides us with the opportunity to continue and expand that work to help the citizens of our District. We conducted focus groups in each county during the month of August to gather community input on what services residents would like to see. Those community recommendations include post-overdose response teams, psychiatric liaisons in hospital settings, behavioral health, early intervention, recovery support, detox, and inpatient rehab. We are looking forward to seeing how we can utilize the opioid settlement funds to bring plans and programs based on these recommendations back to MTW communities!



Gun Safety Team

Yerlin Villegas has started a Gun Safety Team in MTW counties through our Comprehensive Suicide Prevention Grant. Members of the gun safety team can learn more about proper storage and firearm safety. She has free gun lock cases and cables if anyone is interested. Yerlin also has free LivingWorks Start trainings available. In just 90 minutes online, LivingWorks Start teaches trainees to recognize when someone is thinking about suicide and connect them to help and support. For more information on Gun Safety Team, gun locks, or trainings, please contact Yerlin at Yerlin.villegas@mtwdh.org or 252-793-1607.

SUICIDE PREVENTION

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

Therefore, a gun safety team has been established for Martin, Washington, and Tyrrell Counties. To promote safe storage practices, the initiation of Counseling on Access to Lethal Means trainings, and the planning for future gatekeeper training sessions to prevent suicide and suicide attempts in our local communities.

CONTACT INFORMATION

Yerlin Villegas
Program Coordinator
(252)-793-1607

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108 S WATTS ST.
Williamston, NC 27892

Martin-Tyrrell-Washington DISTRICT HEALTH

GUN SAFETY TEAM

Together we can learn about firearm safety

SERVICES

PROMOTING SAFE STORAGE PRACTICES

Education and counseling around storing firearms locked in a secure place, unloaded, and separate from the ammunition and keeping medicines in a locked cabinet or other secure location away.

GATEKEEPER TRAINING COURSE

LivingStart teaches trainees to recognize when someone is thinking about suicide and connect them to help and support. It's a FREE course and is only 90 minutes online.

GUN LOCK, CABLE/CASES

As part of practicing safe storage, we offer a FREE gun lock case or cable of your choice.

988 SUICIDE & CRISIS LIFELINE

Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support.

Call or text 988
Chat at 988lifeline.org
Connect with a trained crisis counselor. 988 is confidential, free, and available 24/7/365.

Visit the 988 Suicide and Crisis Lifeline for more information at 988lifeline.org

Martin-Tyrrell-Washington District Health Updates *(continued)*

Substance Abuse Prevention Walk

On October 27th, the 2nd Judicial District Opioid Coalition hosted a Substance Abuse Prevention Walk in partnership with Trillium Health Services and MTW District Health. The Coalition is made of stakeholders from Martin, Tyrrell, Washington, Beaufort, and Hyde counties. Participants came to the track at the Washington County Health Department to walk laps to raise awareness about substance abuse and to stop at vendor tables to learn about local resources for substance abuse and mental health. Vendors included Trillium, Beaufort County Health Department, RHA Mobile Services, ECU Health, Agape, MTW District Health, ELKS Foundation of Plymouth, and Washington County Senior Center.



Safe Kids Booster Seat Blitz



In September, Safe Kids Riverbend Coalition partnered with Safe Kids Pitt County to distribute booster seats to community members and educate them on the safety of proper child car seat use. MTW has three (3) certified Child Passenger Safety (CPS) Technicians on staff who can check and install your car seats. Please reach out to us for education and hands-on assistance with installing your child(ren)'s car seats!

Updated Tobacco Signs

Thanks to Teresa Beardsley, MTW was able to update our Tobacco-Free Campus signs on all of our campuses! So far, English signs have been put up. Spanish signs have been ordered and will be put up soon! We are super excited that the Spanish signs have QR codes that lead to the Spanish Quitline website. We were able to purchase decals with QR codes to add to the English signs. Thank you, Teresa, for all of your help and support!!

(Pictured at right: Dakiah Rowe with tobacco sign)



Tobacco-Free Living Activities

Submitted by Teresa Beardsley, Tobacco-Free Living Regional Coordinator

Tobacco Free Living has had a very productive Fall. Albemarle Regional Health Services is updating Tobacco Free Campus signage in all 8 counties. This tobacco free signage includes a QR code that will send people directly to QuitlineNC when scanned. In addition, Shayla Hayes, Health Education Specialist with Albemarle Regional Health Services, and Teresa Beardsley, Tobacco Prevention and Control Manager, provided training for the Perquimans Juvenile Crime Prevention Council. Members were provided information regarding the most popular vape products, Delta THC, Tobacco 21, youth cessation services and evidence based prevention programs.



Shayla Hayes at Perquimans JCPC

Tia Brown, Health Education Specialist with Albemarle Regional Health Services provided the CATCH My Breath Training for Hertford County Middle School teachers. This training has enabled the staff to provide an evidence based vaping prevention curriculum to their students. Additionally, Beardsley trained ECU oral health staff so that they could include vaping prevention within their oral health lessons in Bertie County.

We also teamed up and attended numerous clinics and events to provide vaping and cessation information. Beardsley attended the Currituck County Senior Center Wellness Event and provided education to 100 seniors. Elizabeth City State University also provided a wellness event for students. Students had the opportunity to ask questions regarding vaping and receive information on cessation. Currituck County School Employees also received youth cessation posters at a vaccine clinic.

Dare County Healthy Communities and Region 9 Tobacco Prevention worked together to provide vape disposal boxes, cessation information, prevention resources and resources for parents of all Dare County High Schools. Additionally, Beardsley provided a Medicaid Transformation Tobacco Free Policy update at the Dare County Saving Lives Task Force and teamed up with the Task Force to attend the Outer Banks Pride Fest. Vaping prevention and cessation resources were shared with 100 plus attendees at this event.

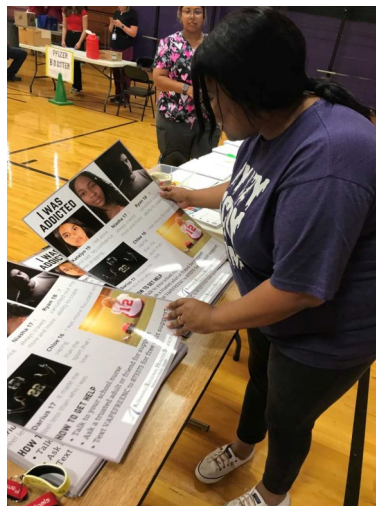
If you would like more information about Tobacco Free work within the region, or would like to attend our next coalition meeting, please contact Teresa Beardsley at Teresa.beardsley@arhs-nc.org or call 252-340-0407.



Teresa Beardsley, Region 9 Tobacco Prevention and Control and Katy Haslar of the Dare County Saving Lives Taskforce at the Outer Banks Pride fest event



ECSU Health and Wellness Event for Students



Currituck County Schools Vaccine Clinic

Northampton County Health Department News

Submitted by Megan Vick, Health Director, Northampton County Health Department

We would like to congratulate Northampton County Health Department Family Nurse Practitioner Jamie Piland! On behalf of the North Carolina Association of Public Health Nurse Administrators, Jamie has been chosen to receive an Elizabeth S. Holley Scholarship for her contributions and desire to improve Public Health in 2021. The awardees for 2021 and 2022 will be recognized at the North Carolina Association of Public Health Nurse Administration Conference in Raleigh later in October 2022. **Congratulations** Jamie!

Northampton County Health Department Communicable Disease Nurse Julia Johnson received the TB Nurse of the Year Award for the Central Region during the 70th Annual Tuberculosis/Respiratory Disease Conference in Cary, NC. **Congratulations** Julia! Thank you for all of your hard work for the citizens of Northampton County.

Pictured at right: From left to right is Julia Johnson, RN and TB Nurse Consultant Darlene Farmer, RN.



The Northampton County Health Department held a Breast Cancer roundtable discussion Friday, October 14th at the Northampton County Cultural and Wellness Center in Jackson. This event was sponsored by the Northampton County Health Department and the RVCHI Program through ECU Health North Hospital. Below is a photo from this event.



Seniors Farmers' Market Nutrition Program

Submitted by Laura Ellis, Halifax County Health Department

Halifax County Health Department partnered with Halifax County Council on Aging (COA) to increase the number of qualified applicants for the Seniors Farmers' Market Nutrition Program (SFMNP). Successful applications were submitted to Council on Aging as a result of the door to door canvassing at the three senior living communities. The Halifax County Health Department and their external workgroup delivered prepared boxes to successful applicants.

SFMNP provides low-income older adults (age 60+) with coupons to purchase fresh fruit and vegetables at their local farmers markets. The program is designed to improve the nutrition of older adults and increase business for local farmers. A big thank you to Council on Aging for allowing us to be a part of this rewarding and worthwhile initiative!



Edgecombe County Health Department Welcomes New Provider

Submitted by Meredith Capps, Deputy Director, Edgecombe County Health Department

Edgecombe County Health Department (ECHD) is thrilled to introduce our new provider Christie Walston, FNP. Christie comes to us with a wealth of knowledge and a love for public health. She is a graduate of the University of North Carolina at Wilmington where she received her MSN-Family Nurse Practitioner Concentration. Christie's clinical experience includes Adult, Family and Pediatric Primary Care as well as Women's Health. Before becoming a Family Nurse Practitioner, Christie was an RN in the Emergency Department at ECU-Health Edgecombe Hospital and a School Health Nurse with us, here at ECHD.



Christie has a passion for improving the health and wellbeing of children and teenagers, which has been key in planning the reopening of the Edgecombe County Health Department's Child Health Program. Our Child Health Program will start seeing patients on Monday, November 7, 2022, and have clinic hours Monday-Friday from 8am-5pm. We are very eager to bring this service back to Edgecombe County and honored to have Christie, an Edgecombe County resident, providing care to Edgecombe and surrounding counties.

Outside of the clinic, Christie enjoys spending time with her husband, three children and two grandchildren. When able, Christie and her family enjoy vacationing in Key West, Florida, where she can relax on the white sandy beaches and take in the views of the clear blue water.

Partners of the NENCPPH please join the Edgecombe County Health Department in giving a big public health welcome to Christie Walston, FNP!

Halifax County Health Department Welcomes Intern

Submitted by Laura Ellis, Halifax County Health Department

The Halifax County Health Department welcomed intern Madison Davis in August of 2022. Madison is completing her internship requirement for Master's in Public Health program. She graduated from East Carolina University in 2020 with a Bachelor's Degree in Public Health with a concentration in Community Health. Madison received Public Health Foundations and Practice Certificate in July 2021 from East Carolina University. She has been an outstanding intern, working with several departments and programs. Madison has implemented programs including infant safe sleep education and breastfeeding to name a few while working with populations of all ages. Madison will graduate from East Carolina University with a Master of Public Health with a concentration in Health Policy, Administration and Leadership in December 2022.



NENCPPH Regional Get Moving Challenge

Photos Submitted by Denise Norman, Halifax County and Wanda Stallings, ARHS

The Sixth annual NENCPPH physical activity challenge got under way on September 26 and will end November 6, 2022. Eighty-six teams registered to participate from eight of the health departments in the NENCPPH partnership region and their partners. There were over 400 individuals signed-up to participate this year! Individuals and teams continue to vie for first place. Stay tuned for the results to be announced via Facebook the week of November 14.

Worst Pace Scenario

Chafing the Dream

The team which was awarded with the Most Creative Name, Worst Pace Scenario, came once again from Halifax County Health Department. Runner-up was "Chafing the Dream."



Below: Walking in the rain, Halifax Tax Department



Above: The Penny Loafers, Halifax Tax Department

Above: Halifax Tax Department Walking: "OK As Is" and "Step Collectors"



Above: The Step Collectors, Halifax Tax Department

Pictured at Right From ARHS: Wanda Stallings, Agiona James and Priscilla Gordon.



Banana Apple Nut Muffin Recipe

A tasty treat for breakfast, lunch, or a snack

Most muffins are just a step away from cake with lots of added sugar. Not these med muffins! These muffins have no added sugar and super healthy fats from nuts. Use muffin papers and spray them with non-stick spray for the best product. You can experiment with using pears in the place of the apples and vary the type of nuts you use.

Serves 12

Serving Size: 1 muffin

Prep Time: 20 minutes

Cook Time: 20-25 minutes

Total Time: 45 minutes



Ingredients

- 2 overripe bananas
- 1 ½ cup chopped apples
- 1 cup chopped nuts (walnuts, pecans, or almonds)
- 2 eggs
- 1 cup old fashioned oats (not quick cooking)
- 1 teaspoon cinnamon (you can use Chinese 5 spice for a different flavor)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt

Instructions

1. Preheat oven to 400° degrees.
2. Line 12 muffin tins with muffin papers, spray with non-stick cooking spray.
3. Mash bananas with a fork in a medium bowl.
4. Add apples, nuts, and eggs to the bananas, mix well.
5. In another bowl, mix dry ingredients.
6. Add the banana mixture to the dry ingredients and mix until just combined.
7. Spoon the muffin mixture into muffin cups.
8. Bake for 20-25 minutes until the internal temperature of the muffin is 165° degrees.
9. Place on a wire rack for cooling.

Once cool, store in the refrigerator for 4-7 days.

Nutrition Information

- Serving Size: 1 muffin
- Vegetables: 0 cups; Fruits: ¼ cup
- Calories: 130 calories
- Carbohydrates: 13 grams; Fiber: 2 grams
- Protein: 4 grams; Fat: 8 grams
- Sodium: 294 mg

<https://medinsteadofmeds.com/banana-nut-med-muffins/>

Northeastern NC Partnership for Public Health



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Gates · Halifax · Hertford · Hyde · Martin · Northampton · Pamlico
Pasquotank · Perquimans · Tyrrell · Washington

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

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Calendar of Events

Nov 8	NENCPPH Workforce Conference Planning Meeting
Nov 9	Careers in Public Health Joint Advisory Committee
Nov 24	Thanksgiving
Dec 2	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
Dec 5	NENCPPH Finance Committee Conference Call
Dec 9	NENCPPH Board Meeting
Jan 12	NENCPPH Regional Finance/Billing Idea Exchange
Jan 26	NENCPPH Leadership Call
Jan 31	Items Due for Spring NENCPPH Newsletter
Feb 1	NENCPPH Regional Substance Misuse Idea Exchange
Feb 9	NENCPPH Human Resource Directors Idea Exchange

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

Board of Directors

James Madson, NENCPPH Board Chair
Director, Beaufort County Health Department

Luana Gibbs, NENCPPH Secretary and Treasurer
Director, Hyde County Health Department

Bruce Robistow, NENCPPH Board
Director, Halifax County Public Health System

Wes Gray
Director, Martin-Tyrrell-Washington District Health Department

Megan Vick,
Director, Northampton County Health Department

Melanie Campen,
Director, Pamlico County Health Department

Michelle Etheridge,
Director, Edgecombe County Health Department

Ashley Stoop
Director, Albemarle Regional Health Department

Sheila Davies,
Director, Dare County Department of Health & Human Services

Ruth Little
Public Health Dept., East Carolina University

Doug Urland
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 nine health departments and eighteen counties.