

Spring 2025



**NENCPPH**

Northeastern North Carolina Partnership for Public Health

## Partnering for Public Health

### Northampton County Health Department Shares About Public Health Careers

*Submitted by Julie Tunney and Misty Gibbs*

Northampton County Health Department Staff, Kayla Conde, Kysha Gary and Misty Gibbs, enjoyed a community outreach day at Roanoke Chowan Community College's Career and College Transfer Day this spring.

They shared Careers 2 Make A Difference (C2MAD) materials with students. C2MAD is a public health careers information campaign to provide students as well as other community members with a description of public health, some public health careers, and links to public health jobs in Eastern North Carolina. To learn more, click on this link: [www.careers2makeadifference.com](http://www.careers2makeadifference.com).



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## NENCPPH Board Corner - Listening, Leading, Growing: A Vision for a More Connected Health Department

*Submitted By Nicole C. Barnes, Health Director, Martin-Tyrrell-Washington District Health*

At the Martin-Tyrrell-Washington District Health Department, our greatest strength is our dedicated team of employees.

Spanning over three counties, we serve various populations with dedication and care. However, distance and differing day-to-day agendas can sometimes make communication and teamwork a challenge. One message we constantly hear from staff is clear: *"we want a seat at the table."*

Employees across all levels bring invaluable insight from their daily interactions with the public. Their experiences shape how programs function on the ground. When staff are invited to contribute ideas and help shape agency decisions, the results are more practical, effective, and grounded. With teams working across three counties, it's easy to feel disconnected. By creating more opportunities for input whether through regular huddles, listening sessions, or open feedback channels, we can close communication gaps and build a stronger environment.

Giving employees a voice improves morale, builds trust, and strengthens a shared sense of ownership in our mission. It also leads to better internal communication, more responsive leadership, and better outcomes for the communities we serve.

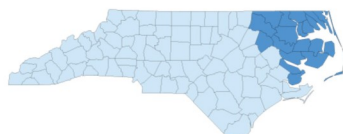
The work we do across three counties is complex. It requires insight from every corner of our agency. Our staff understand the communities we serve, including their challenges, their needs, and often, the best solutions. The perspectives of employees are not only essential to the success of our programs, but to our growth as an organization.

I've always believed that true leadership means listening as much as leading. Our employees' voices shouldn't just be heard; they should help shape the decisions that guide our work. This approach not only builds teamwork and trust but also strengthens our ability to respond effectively to the needs of our communities. When we work better together, we often make a greater impact. As a new Health Director, I remain committed to ensuring every employee has a seat at the table.



*Pictured Above: Nicole C. Barnes*

*The Northeastern North Carolina Partnership for Public Health (NENCPPH) started in 1999, and continues to meet regularly to lead and support regional community health improvement through collaboration and collective impact. The NENCPPH comprises twenty counties in northeastern North Carolina, including: Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Gates, Greene, Halifax, Hertford, Hyde, Martin, Northampton, Pamlico, Pasquotank, Perquimans, Pitt, Tyrrell, and Washington Counties. The Board of Directors includes the Health Directors of the Health Departments covering these counties plus representatives from the Division of Public Health in the North Carolina Department of Health and Human Services, the Division of Child and Family Well-Being in the North Carolina Department of Health and Human Services, the NC Institute of Public Health at the University of North Carolina at Chapel Hill, and the Department of Public Health in the Brody School of Medicine at East Carolina University. To learn more about the Northeastern North Carolina Partnership for Public Health you can visit the website here: <https://nencpph.net>.*



# NENCPPH

Northeastern North Carolina Partnership for Public Health

## Impactful Workplace Training: True Colors Conflict Navigation

*Submitted by Julie Tunney and Sheila Davies*

Conflict is inevitable in the workplace. It can impede the delivery of services to the public and negatively impact employee morale. Dare County DHHS has identified the need to provide tools for all team members to better address conflict in the workplace. True Colors to Personal Success and Conflict Navigation were the tools of choice.

Dr. Sheila Davies, Dare County DHHS Director, received training to be a facilitator of True Colors to Personal Success and Conflict Navigation with the support of NC Public Health Workforce Funds. She then not only provided five hours of training to all 176 Dare County Department of Health and Human Services (DHHS) staff, but also recently provided the Conflict Navigation training to Health Directors and senior leaders from Health Departments in the Northeastern NC Partnership for Public Health region (pictured below).

Dare DHHS staff now wear a colored badge holder or badge pin with their primary color to serve as a quick recognition tool of everyone's dominant temperament so that can be taken into consideration when navigating conflict or just day-to-day interactions. Staff have embraced the color/temperament concepts and have provided positive feedback regarding the training. They have been able to put the lessons into practice with staff, spouses, and patients to successfully navigate conflict.

All new employees will go through the Training and be given a name badge color or pin to reflect their dominant temperament. Supervisors will revisit True Colors lessons in their department meetings. The Dare County DHSS Director also offered to train other local health department staff in the region.



*"Thank you for this great training. It was fun and has already helped me in working through a conflict with a patient!"*

~ stated one

Dare DHHS employee



## Farewell to Julie Tunney and Welcome to Ikisha Mullen, NENCPPH Coordinator and Region 9 Public Health Workforce

*Submitted by Julie Tunney, NENCPPH Coordinator*

The Northeastern North Carolina Partnership for Public Health (NENCPPH) says farewell to Julie Tunney. Julie has been the Coordinator for the Northeastern North Carolina Partnership for Public Health since November 2010, and more recently assumed the role of Regional Public Health Workforce Director for Region 9 (since December 2021).

Julie said, "In my roles as the Coordinator for the Partnership (NENCPPH) and the Regional Public Health Workforce Director, I have had the wonderful opportunity to work with an amazing group of dedicated and talented public health leaders – *that's YOU!* - in my fourteen and a half years. Although many of the players have changed, or changed roles, one thing has remained constant: the desire to work together as a region for the good of the communities we serve. Your willingness to share ideas, support, best practices, and resources is commendable. Thank you to each of you for the valuable work you do each day for the health of the communities we serve."

Julie is hoping that retirement will allow her to spend more time with her family, including her husband, two sons, her 92-year-old father who lives in Massachusetts, and her sisters and brother. Julie and her husband Sean also hope to travel more, including trips to his family in Zambia, England and Australia, among other places. Julie would also like to volunteer in the community more.

When asked if she had any parting words, she offered this, "Keep on keeping on." "Continue to share and care for your loved ones and all in our communities." "I have been proud to work with you public health champions, especially those in Northeastern North Carolina: you are the best!"

Please join me in welcoming Ikisha Mullen who will continue to work with the Northeastern North Carolina region to foster public health collaboration as she assumes the position of Coordinator for the Northeastern North Carolina Partnership for Public Health and Director for Region 9 Public Health Workforce. She will begin in these roles as of June 15, 2025. Welcome, Ikisha, and all the best in your new roles.

See a message from Ikisha on page 5.



*Julie Tunney*



# NENCPPH

Northeastern North Carolina Partnership for Public Health



## Ikisha Brothers Mullen to Start as the NENCPPH Coordinator

*Submitted by Ikisha Mullen*

My name is Ikisha L. Mullen, and I am excited to officially introduce myself to the Northeastern North Carolina Partnership for Public Health (NENCPPH). It is truly an honor to join such a passionate and committed team of public health professionals.

Before stepping into this role, I served as an Executive Assistant with Albemarle Regional Health Services and as a Program Coordinator with the Eastern Area Health Education Center. I am also a proud graduate of Elizabeth City State University, where I earned a degree in Business Administration.

As a native of Pasquotank County, I am deeply invested in the health and well-being of our region. Outside of work, I am the proud mother of two amazing daughters, Adriel and Genesis, and a doting grandmother to my vivacious granddaughter, Kelaiah. I recently married a wonderful man, Chris, and am blessed to be the stepmother to five beautiful daughters. In my free time, I enjoy traveling, visiting the beach, and spending time in the yard and garden.

Thank you all for the warm welcome. I look forward to collaborating with each of you as we continue to strengthen public health initiatives across Northeastern North Carolina.



Ikisha Mullen



Share the Careers 2 Make A Difference website with those considering a career in public health. The website provides a description of public health, career options, and current job openings.

[www.careers2makeadifference.com](http://www.careers2makeadifference.com)

## Northampton County Health Department Celebrates Public Health Week

*Submitted by Misty Gibbs, Northampton County Health Department*

For Public Health Week 2025, Northampton County Health Department traveled across the county bringing services and information to community locations. Monday, April 7, staff and Emergency Management started the week out strong in Seaboard providing emergency preparedness information and holding a LIFT (Life-long Improvements through Fitness Together) exercise class. Tuesday, April 8, staff were in Gaston doing free health screenings, while also giving out car seats and bicycle helmets. Wednesday, April 9, staff and partners went to Garysburg to provide mental health and substance use information, while giving out Detera drug disposal packets. Thursday, April 10 staff were doing free health screenings, plus giving out car seats and bicycle helmets in Woodland. Friday, April 11 was a community wellness walk held in Rich Square. The week ended on Saturday, 4/12 with WIC and Child Health staff attending the Bright Futures Fest held in Jackson. Each event included a variety of free giveaways and information about all of the services held at Northampton County Health Department.





## Northampton County Celebrates a Century of Public Health Services

*Submitted by Misty Gibbs, PIO, Northampton County Health Department*

On March 25, 2025 the Northampton County Health Department celebrated a century of Public Health service in Northampton County. The celebration consisted of a slideshow of current and past Health Department employees implementing services and programs throughout the years, a presentation given by Health Director Megan Vick, presentation of awards to Medical Director Dr. Francis Taylor and retired Health Director Andy Smith for their outstanding leadership through the COVID-19 response, and recognition of current Health Department staff. Director Vick's presentation consisted of a historical account of the development of Public Health in Northampton County, Northampton County Health Department's COVID-19 response, and information on current programs the Health Department offers.

*Pictured at Left: Board of Health Chairman Ben Moses, Former Health Director Andy Smith, Dr. Francis Taylor, Current Health Director Megan Vick*





## ARHS Community Events

*Submitted by Wanda Stallings, ARHS*

### Domestic Violence Awareness

Mireya Alvarado with Albemarle Hopeline set up a table at the Chowan County Health Department in April to bring awareness to the subject of Domestic Violence. Mireya is the Hispanic Outreach Program Coordinator that covers Camden, Chowan, Currituck, Gates, Pasquotank and Perquimans counties. She is present at health fairs and community events to get information out about her program and what help is available. Warning signs of abuse are possessiveness, extreme jealousy, control of finances, forces sex, verbal abuse, extremely controlling, threatens to hurt you, pets or children, and pressures you to use drugs or alcohol. There is a 24-crisis line: 252-338-3011.



### Community Baby Shower held in Bertie County

Tina Brown, Health Educator with Albemarle Regional Health Services and Erin Crites, Postpartum Support International Area Coordinator, put together a Baby Shower for Bertie and Hertford Counties. It was a huge success with a captive audience that learned about Infant CPR and Choking, Car Seat Instruction and Safe Sleep. There were more than twenty vendors to share information and offer goodies to the parents and parents-to-be. Participants went away with bags of infor-



mation and various door prizes. This is the first time a Community Baby Shower has taken place in Bertie County. If plans for another are in the works for the future, they may have to look for a bigger venue as this one was maxed out! Much thanks to our community partners for making this event a huge success.

## Staff from Albemarle Regional and CDSA attended Sentara's Community Baby Shower

*Submitted by Wanda Stallings, ARHS*

Sentara held a community baby shower at the Pasquotank Senior Center for pregnant parents and families with children 12 months and younger. They offered expert advice needed to navigate the pregnancy journey. Albemarle Regional Health Services (ARHS) Health Educators Gabi Corprew, Wanda Stallings, and Malinda Whittington attended to share information about the services ARHS provides and conduct car seat checks. Other staff represented were Tracy Russ, Breastfeeding Outreach Coordinator, Amber Nolan and Amy Coker from CDSA, Matt Sabin with Triple P, and Dabny Rollins along with Malori White-Jefferson with Behavioral Health. The Baby Shower was well attended and the participants walked away with lots of great information and goodies for their littles.





## Edenton Chowan Schools Bring Vaping and Opioid Education to Students and Parents

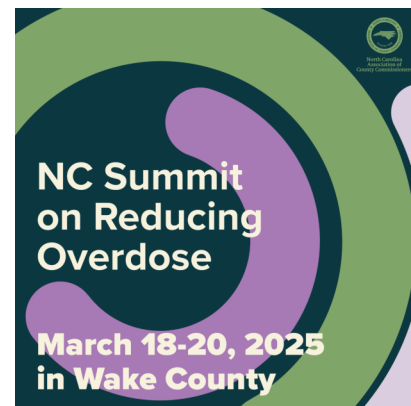
Submitted by Wanda Stallings, ARHS

As vaping continues to be an ongoing issue, the Student Health Advisory Council (SHAC) at Edenton Chowan Schools are making strides to educate students and parents about the dangers. The POE Center came to offer presentations on E-Cigarettes 101, Opioids 101, and will set up Drugs Uncovered on May 8<sup>th</sup> to the Chowan Community and beyond.

Susan Goodwin, PE teacher at DF Walker took on the challenge of teaching CATCH My Breath to all her 4<sup>th</sup> grade PE classes. CATCH My Breath is an evidence-based youth nicotine vaping prevention program that provides students with the skills to resist peer pressure and media influences to try e-cigarettes. In Susan's classes, she only does physical education with her students. She took on the challenge of offering this education which brought the students to the classroom for 30 minutes of the class and still provided an avenue for movement the last half of the class. The students were engaged and asked many questions regarding the subject matter.

## 2025 NC Summit on Reducing Overdose Draws More Than 600 to Wake County

The [2025 NC Summit on Reducing Overdose](#), held March 18-20, 2025 at the Raleigh Convention Center, brought together over 600+ local government leaders, experts, service providers, community partners, and individuals with lived experience to address the opioid overdose epidemic. Many individuals from Northeastern North Carolina were present for this event. Keynote speakers included Dr. Nabarun Dasgupta from the University of North Carolina at Chapel Hill and Stephen Murray from Boston Medical Center, who shared valuable insights on strategies to reduce opioid overdoses. Special guest speakers First Lady of North Carolina Anna Stein and North Carolina Attorney General Jeff Jackson offered perspectives on the state's efforts.



Sessions at the Summit covered a wide range of topics, including the National Opioid Settlement, prevention and early intervention, harm reduction, treatment, and recovery. Attendees also participated in workshops on evaluation, drug-related stigma, and trauma-informed communities. Evening programs like Naloxone Rescue Kit Making, the Settlement Academy Poster Session, and The Monti: Storytelling Event enriched the experience. The Summit provided valuable learning and collaboration opportunities for those working to reduce overdose in North Carolina.

For local substance use help or information check out [www.nenccconnect.org](http://www.nenccconnect.org).

**Scan or Call for Local Substance Use Help or Information**

**NENC CONNECT**  
Connecting People to Prevention, Support, Treatment & Recovery Services

**1-866-437-1821**  
Free, Confidential, 24/7

[www.nenccconnect.org](http://www.nenccconnect.org)



## Pitt County Public Health Community Events

*Submitted By Allison Swart, Pitt County Public Health*

Pitt County Health Department hosted their annual Hoops 4 Health on Saturday, April 12<sup>th</sup>. The Hoops4Health event was held at the Eppes Recreation Center. This is a 3-on-3 basketball tournament for middle school students. There were over 25 students in attendance with their parents. They had a chance to learn about different health related topics and then play basketball.



Pitt County Public Health also participated in the Wellness at Wildwood event on Saturday, April 12, at Wildwood Park. Pictured from left to right are Pitt County CMARC Staff TeAndrea Newsome, BSN, RN, Keosha Arnold, BSW, Ileana PalauCastro, BSW, and not pictured is Benisha Ward, Pitt County CMARC Supervisor (taking the picture). 185 adults and 183 children attended the event.



### SAVE THE DATE!

SATURDAY, April 12  
11 AM - 1:30 PM

**WILDWOOD PARK**  
3450 Blue Heron Drive,  
Greenville, NC 27834

**FREE EVENT!**

INTERESTED IN BEING A  
SPONSOR, AN EXHIBITOR,  
OR SHARING INFORMATION  
ABOUT YOUR BUSINESS?



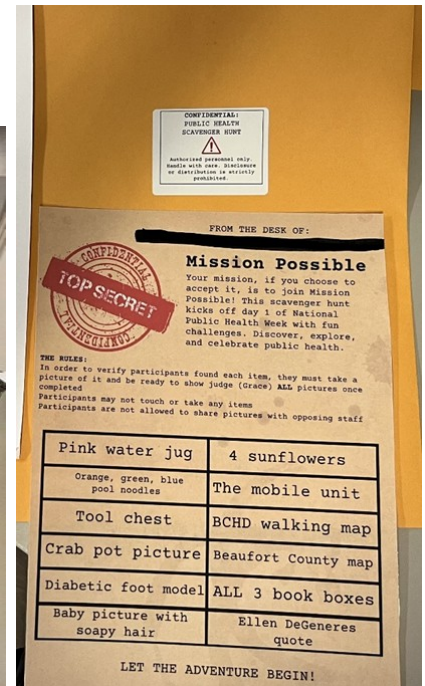
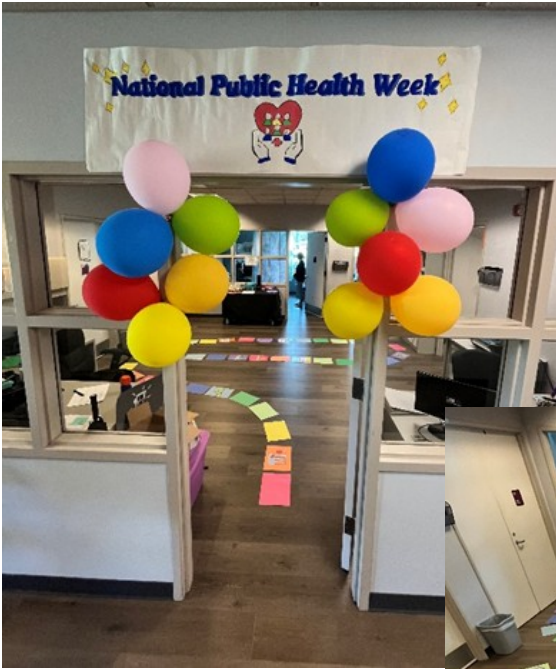


## Beaufort County Celebrates National Public Health Week

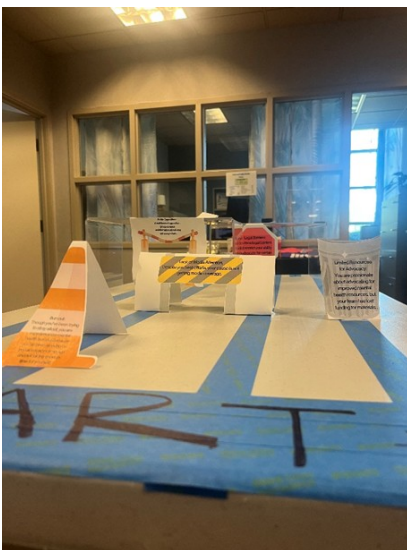
*Submitted by JaNell Octigan, Health Director, Beaufort County Health Department*

From April 7 to 11, 2025, we celebrated National Public Health Week (NPHW), a time to acknowledge the contributions of public health and address significant health issues. Each year, new daily themes and priority focus areas are introduced. This year for NPHW, Grace Brigaman, BCHD Intern, planned and organized activities and mini-games based on the daily themes for staff.

Staff earned "Beaufort Bucks" daily for completing the games, which they could redeem for different prizes at the end of the week.



Day 1: Mission Possible



Day 4: Advocacy Road Map

Day 3: Equity Lane

Day 5: Duck Public Health Trivia





## Beaufort County Celebrates National Public Health Week With Ninth Graders

*Submitted by JaNell Octigan, Health Director, Beaufort County Health Department*

Arielle Leach, Public Health Educator II, organized a vibrant carnival-themed event to promote teen health and well-being for all ninth-grade students in Beaufort County. The event took place during the school day at the Washington High School gymnasium and was structured like a field trip, with permission slips collected in advance. Students from other high schools were transported by bus to attend.

Sixteen vendors from Beaufort County and the surrounding areas participated, each offering valuable resources tailored to support teens. Nearly 100 students attended and engaged with the vendors throughout the event. To encourage participation, students who visited at least eight vendor booths were entered into a raffle for one of six \$50 gift cards.

The event was met with enthusiasm and gratitude from students, faculty, and community members alike, who praised both the educational value and the creative, engaging format of the experience.





## Beaufort County Community in Action

*Submitted by JaNell Octigan, Health Director, Beaufort County Health Department*

On April 12th Community in Action returned to Belhaven for a fourth year. Community in Action is a collective of county agencies that provide resources and education to include health screenings, information about options for the treatment of mental illness and substance use disorders, warm meals, hygiene products, and more. The idea behind Community in Action is to help community members overcome barriers to accessing resources. Each quarter, the event rotates to a different area of the county.





## Careers, Pre-Prom Alcohol Education, and Child Abuse Prevention in Hyde County

*Submitted by Tony Garcia, Hyde County Health Department*

Hyde County Health Department attended Mattamuskeet School's Career Fair to expose students from Hyde and Tyrrell counties to careers in public health. We had the opportunity to showcase a variety of careers from our department and the Careers 2 Make A Difference platform.

We also hosted our annual Pre-Prom Alcohol Education events at Mattamuskeet and Ocracoke to educate the youth on the dangers of underage drinking and drinking and driving through a series of simulations and educational games. A big thank you goes out to the ABC Board for their continued financial support that allows us to do these events.

Additionally, the Hyde County Health Department attended Go Blue Day hosted by the Beaufort-Hyde Partnership for Children to raise awareness for Child Abuse Prevention Month. We were happy to participate in an event aimed at increasing access to family support and strengthening community connections in an effort to prevent child abuse.



## Dare County Public Health Division Now Provides Hepatitis C Screening and Treatment

*Submitted by Michelle Wagner, Dare County DHHS*

The Dare County Department of Health & Human Services (DCDHHS) is pleased to announce that it is now providing both screening and treatment for hepatitis C. Before establishing the program in the Spring of 2024, patients had to be referred to Greenville, Virginia or Albemarle Regional Health Services (ARHS) for treatment.

Regionally, DCDHHS joins Hyde County Health Department and ARHS in providing hepatitis C treatment to residents. To date, 19 individuals have started the program at DCDHHS and seven have completed treatment.

“With the increase in the number of individuals living with Hepatitis C and the barriers to care having to travel outside of the county or the state, we recognized the need for treatment locally,” said DCDHHS Nursing Manager Debbie Dutton. “Our provider felt the passion to do something about the need and along with our dedicated staff, we embarked on this journey and now have the additional support of our health educators to make this program an outstanding success.”

Patients can now make appointments directly with the public health division or get a referral from their primary care physicians.

To establish the program, DCDHHS’s hepatitis C provider attended the CHAMPS Program (Carolina Hepatitis C Academic Mentorship Program) in February of 2024. The clinic then developed policies and procedures for the program as well as referral forms for local providers.

DCDHHS health educators are also assisting with the case management of patients, providing both support and encouragement to patients to complete treatment. The department is also creating educational materials to inform the community about the program and help our hepatitis C patients better understand the process of the treatment plan.

After an initial visit with the DCDHHS provider and lab work, patients can expect assistance with Medicaid if they are uninsured as well as assistance with obtaining medications. Medication treatment takes between eight to 12 weeks and patients will have between five and 10 visits with the provider during the treatment period that will include assessment of treatment progress and periodic lab work.





## Edgecombe County Health Department Supports Breastfeeding Mothers

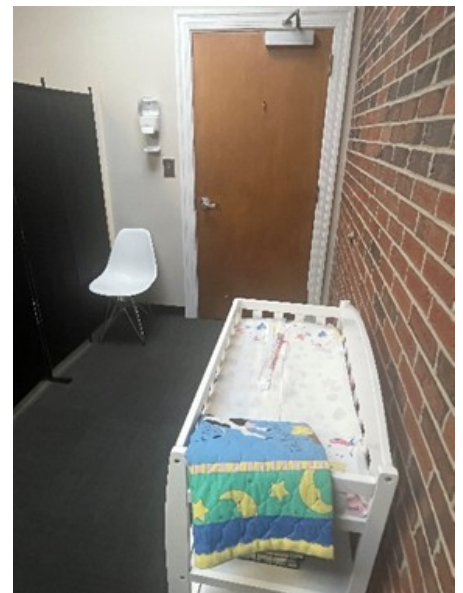
*Submitted by Meredith C. Shivers, Edgecombe County Health Department*

Edgecombe County Health Department (ECHD) is supporting breastfeeding moms by providing them with the ultimate experience while feeding their babies, in our clinics. These newly crafted Mothers Rooms are located in both ECHD sites, Tarboro and Rocky Mount. These rooms are designed to give breastfeeding moms comfort and privacy while they take care of the feeding needs of their baby. These rooms are not only offered to our patients, clients, and program participants, but also to our employees who may need to pump while working. These rooms are equipped with a power reclining breastfeeding chair, changing station, side table with USB ports and sockets to plug in a breast pump, and a sound system to create a peaceful experience. The rooms have soft lighting and cloud light covers to provide a soothing, calm, relaxing atmosphere for these mothers. We are excited to support and encourage breastfeeding moms by proudly offering these spaces.



Above are pictures of the Mothers Room in the Tarboro Office.

At Right are pictures of the Mothers Room in the Rocky Mount Office.



## Halifax County Public Health System Celebrates National Public Health Week

*Submitted by: Betty Macon, Halifax County Public Health System*

Halifax County Public Health System (HCPHS) joined the American Public Health Association (APHA) along with other local and state health departments across the nation in celebrating National Public Health Week, April 7-13, 2025. The Health department used the week to spread awareness to the public through daily virtual messages focused on the following priority areas:

- ◇ Health is Our Mission
- ◇ Climate Action
- ◇ Health Equity
- ◇ Advocacy
- ◇ The Future of Public Health

During the week, staff was treated to a breakfast as well as a lunch where leadership provided a tote bag with goodies inside for everyone. Our team culminated the week showing their support for Child Abuse Prevention Month by wearing blue on Wear Blue Day.

HCPHS recognizes that public health plays a vital role in building and sustaining communities that are healthy places to live, work and play. Our dedicated staff remain steadfast and committed to protecting the health and well-being of all our citizens.



Public Health Week  
2025  
*"It Starts Here"*



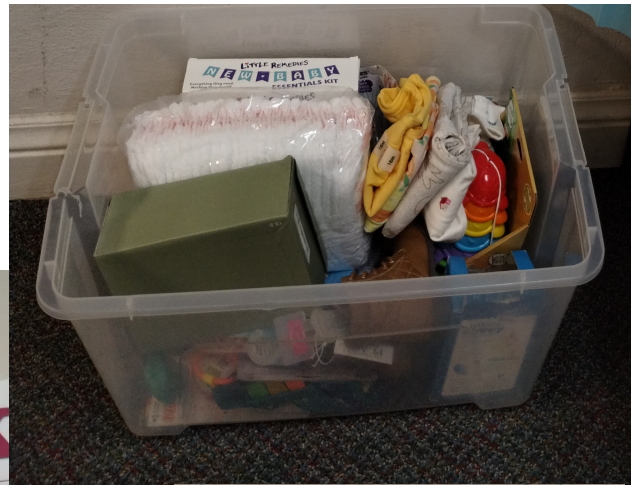


## Halifax County Public Health System Celebrates Social Work Month

*Submitted by: Dr. Georgiana Couden, Social Work Supervisor, Halifax County Public Health System*

March was Social Work Month! This year's theme was Compassion + Action. The Halifax County Public Health System (HCPHS) honored their social workers with a month of fun games and activities to highlight the work they do, while raising funds and collecting items for their community closet. Health Director, Cheyenna James, advocated for the County Commissioners to approve a Social Work Proclamation, which was endorsed by the County Commissioners March 10th. Games included social work trivia, a mock gender reveal and birth pool game, and a scavenger hunt. The community closet helps families they serve with immediate needs for infant and child care items. The social work unit was able to collect diapers, wipes, toys, clothing, shoes, breastfeeding supplies, and hygiene items.

The social work unit at HCPHS serves the community through three intensive home visiting care management programs, supporting preconception, prenatal, and postpartum families and children. They are also child passenger safety technicians, serve on agency and community committees, and assist with outreach and agency marketing of services. They truly and passionately care about the community in which they live and work, impacting the lives of others with empathy and servant hearts. HCPHS is honored to work with such a great team of social workers.





## MTW's Molar Express and Public Health Week Celebrations

*Submitted by Miranda Keel, MTW*

MTW's "Molar Express" will start seeing patients on Monday, May 5th! We are so excited to bring this mobile dental unit to our district's residents who may not be able to travel to our fixed locations. It is currently parked at 106 S Watts St, Williamston, NC 27892 and will provide all of the same services as our regular fixed locations in Washington and Tyrrell counties. When the 2025-2026 school year begins, we will start visiting some of the schools in our health district so that we can take dental services to our youth. Good oral health is essential for overall health and well-being. The Molar Express will provide the opportunity for youth and adults alike to establish a sound dental home, which is especially important for those who otherwise may have no access to dental care.



Pictured Above: MTW Sport Day, one of the themes for MTW's Public Health Spirt Week



## MTW Celebrates Public Health Week

*Submitted by Miranda Keel, MTW*

MTW hosted Open Houses throughout Public Health Week! These Open Houses provided an opportunity for the community to come into our health departments and get a visual of the facilities and services offered. Community members were able to meet providers and sign up for programs as needed. In addition to hosting Open Houses, MTW staff celebrated throughout Public Health Week by participating in a spirit week! The daily themes included twin day, decade day, MTW attire day, pajama day, and favorite team day. Staff also enjoyed an ice cream bar as a thank you for all of their hard work.

Pictured Below: Twin Day



Pictured Above: MTW Day

At Right:  
Decade Day



Pictured Above: Pajama Day



**Martin-Tyrrell-Washington District Health**

Promoting Healthier Lifestyles Through Personal and Environmental Health Services

Submitted by Matthew Sabin, Triple P Implementation Specialist, ARHS

# SPRING INTO POSITIVE PARENTING



## New Habits

Just like spring cleaning helps clear out clutter, small changes in our daily routines can make parenting smoother and more enjoyable.

### FOR KIDS (0-12)

Try adding a few extra minutes of one-on-one time each day.

Whether it's reading a book, playing outside, or just chatting at bedtime, these small moments matter!

### FOR TEENS

Give them more opportunities to make decisions. Whether it's choosing a family outing or planning their own schedule, allowing some independence helps them grow.

Spring is a reminder that change is possible. A few small shifts can bring more joy and connection into your home. What positive parenting habit will you start this season?



## Refresh Your Mindset

Spring is a time of change, and that includes adjusting expectations as kids grow. If something isn't working, try a new approach. For fresh parenting ideas sign up for your FREE course at:

[www.triplep-parenting.com](http://www.triplep-parenting.com)



## Spending Time Outdoors

With warmer weather, it's easier to get outside, which is great for everyone's mood. Outdoor activities reduce stress and give kids a positive outlet for energy.





## Quinoa Strawberry Salad

*A perfect addition to any meal, or make it your main course, this salad includes strawberries, quinoa, arugula, basil, and almonds. Plus, the homemade dressing is easy to whip up quickly. Quinoa is a popular whole grain thanks to its quick cooking time, high protein content, and nutty taste. The quinoa really soaks up the dressing in this recipe. Wait to dress the salad until right before serving. You will use about a bag of salad greens total. You can use all spinach, all arugula, or half and half.*

Serves 4-5

Serving Size: 1 cup

### Ingredients

#### Salad:

½ cup dry quinoa

1¾ cups water

2 cups baby spinach leaves, chiffonade (thin ribbon-like strips)

2 cups arugula

¾ cup sliced strawberries

2 tablespoons sliced almonds, toasted

1 handful of fresh basil leaves, chiffonade

#### Dressing:

2 tablespoons balsamic vinegar

1 teaspoon Dijon mustard

2 tablespoons olive oil

Salt and fresh ground pepper to taste

### 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

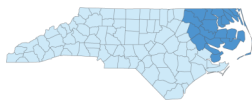
Fat: 10 grams

Sodium: 33 mg



Recipe from <https://medinsteadofmeds.com/quinoa-strawberry-salad/>

## Northeastern NC Partnership for Public Health



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

Julie Tunney, Coordinator

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Phone: 252-339-6727

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

[www.nencpph.net](http://www.nencpph.net)



[www.facebook.com/nencpph](https://www.facebook.com/nencpph)

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NC Dept of Health and Human Services

Ashley Stoop  
Director, Albemarle Regional Health Department

## Calendar of Events

May 6	Regional Substance Misuse Collaborative
June 5	PH Champions Conference Planning
June 23	NENCPPH Finance Committee Meeting
June 27	NENCPPH Board Meeting
July 24	NENCPPH Leadership Call
July 31	NENCPPH Spring Newsletter Items Due
August 5	Regional Substance Misuse Collaborative
August 31	NENCPPH Leadership Call

### 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, the Division of Children and Family Well-Being, 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 eleven health departments/districts and twenty counties. Learn more at <https://www.nencpph.net/>