



## Year-End Review FY 2020-2021

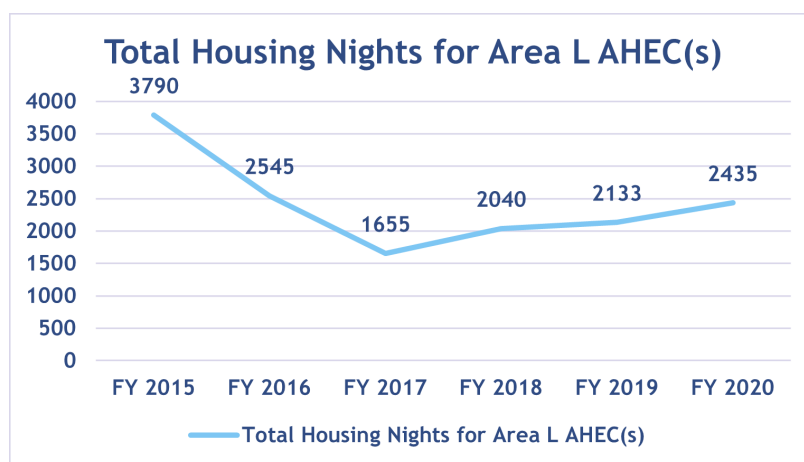
1631 South Wesleyan Boulevard | Rocky Mount, NC | 27804

## RECRUIT

- Developed online Youth Health Service Corp (YHSC) modules
  - Modules provide regional YHSC program participants with a virtual engagement option during the pandemic
- Purchased and offered Virtual Job Shadowing modules to pathway students
- Partnered with the Nashville Elementary PTA and the Town of Nashville Parks, Recreation, and Cultural Resources Department on Virtual Science Week for Nashville Elementary School 2021
  - Included 134 students, 16 educators, 7 organizations
  - Provided funding to purchase supplies for the Zoom sessions so that students could complete activities and for incentives to encourage student and family participation
- Area L AHEC Scholars program alumnus created a video to increase awareness of health careers for both pathway students and college freshman
- At the request of the Dental Hygiene department head at Halifax Community College, fourteen students attended “OSHA Laws: Annual Bloodborne Pathogens and Hazcom Update” in the fall of 2020 at no charge

## TRAIN

- Created Virtual Clinical Modules that reached 235 out of 280 NC AHEC Scholars. These modules were offered during the year, as they were developed, and will continue to be offered to future AHEC Scholar cohorts. After completing the modules, the Scholars earn 40+ clinical hours towards their grant-required total of 80 clinical hours for the two-year program.
  - This project enabled NC AHEC to make valuable connections across the state with content experts, as well as identifying potential shadowing experiences. Scholars not only learned about themselves through the construct of emotional intelligence, but they also learned about key topics presented in current and emerging issues (Chronic Disease and Lifestyle, ACEs, The Opioid Crisis, Needs of the Aging, and Pandemics). Integrating the HRSA core topics into the five clinical modules increased the Scholars’ understanding of the core topics and their relevance to clinical practice.
- Held a meeting with the Dean, UNC Eshelman School of Pharmacy (ESoP), the Regional Associate Dean for Eastern NC, UNC ESoP, and regional preceptors to solidify connection between ESoP and regional pharmacists
- Experienced a 14.2% increase in student housing nights based on the highest number of housing requests since FY 2016



## RETAIN

- Smoothly transitioned to delivering educational events virtually due to having provided hybrid access (learners could attend in person or virtually via live streaming) in the past
- George Venturella presented a poster entitled Health Behaviors in Middle School Students: Designing a Wilson YMCA After-School Program” at the National AHEC Organization meeting in June 2021
- Michaela Karriker became a Results-Based Accountability (RBA) instructor and managed a successful training event
- Renewed application to be an Approved Provider of Maintenance of Certification credit via the NC Maintenance of Certification (MOC) Program
- Monique Mackey was a co-author of A Controlled Trial of Dissemination and Implementation of a Cardiovascular Risk Reduction Strategy in Small Primary Care Practices, published in the October 13, 2020, issue of Health Services Research
- Monique Mackey was listed as a co-author of Dissemination and Implementation of Evidence on Screening and Management of Unhealthy Alcohol Use in Primary Care: The STUN (STop UNhealthy) Alcohol Use Now Randomized Trial Study Protocol, which was submitted for publication approval to Implementation Science
- Collaborated with Mountain AHEC to respond to multiple requests from the Governor’s Institute to provide training on stimulant use disorder
- Hosted two well-attended educational events featuring Dr. Stephen Loyd on how adverse childhood experiences (ACEs) impact addictive disease and the provision of Medication-Assisted Treatment (MAT)
- Hosted a virtual, two-day pharmacy symposium which consisted of seven sessions taught by seven different speakers. This was the first time that this event was provided virtually
- Provided a regularly scheduled series on COVID for the Rural Health Group
- Provided ECHO sessions to attendees of prior resiliency training to serve as an ongoing resource for problem-solving
- Director of Public Health Education:
  - Partnered with Wake AHEC to implement/facilitate two monthly Zoom meetings – one with Region 7 health directors and one with Region 7 nurse managers
    - » Meetings have included the region 7 Carolina Community Tracing Collaborative (CTCC) manager and team
    - » Meetings provide consistent platform for health directors and nurse managers to share best practices, brainstorm/discuss and address barriers and have on-going, open communication with CTCC team
  - Hosted seventeen participants at a forty-hour, face-to-face Peer Support Specialist (PSS) Certification course in October 2020 (pictured on cover)
    - » To foster a collaborative network of PSSs in the region, provided support by scheduling Zoom meetings so the group could stay connected and share resources/information
  - Created/supported a COVID-19 Trello Board for regional Faith-Based Organization Network (FBON)
  - Practice Support team managed an extremely heavy, pandemic-related workload
    - » Obtained/shared with regional providers – via an easily accessible Trello board - timely information/ knowledge/resources, related to COVID-19 (telehealth, reimbursement, testing, tracing, vaccines)
    - » Maintained a Trello board to share information on traditional practice support issues (Medicaid Managed Care (MMC), quality improvement, MIPS, and Medicaid Meaningful Use and other HIT issues)
- Developed a set of virtual training modules for a local hospice and palliative care consultant
- Worked with a cohort of ten RN Refresher students; two returning to nursing after an absence and eight used opportunity to change their role or area of focus/interest

“My license is active! ... I am so grateful for both AHEC and Nash Hospital for helping me refresh my clinical skills. The whole experience was a tremendous boost in my confidence with knowing that I am very capable of practicing clinical care even after a few years off raising my family... highly recommend the experience to anyone!”

--Sarah Matacale, RN

## SUPPORT

### For the Staff

- Kept all staff employed during the pandemic
- Provided a four-part DEI series
- Provided ongoing, PRN access to Susan Bane, MD, to assist with coping with changes brought on by the pandemic

### For the Program Office

- Managed SECU funds distribution for NC AHEC Program Office Practice Support (POPS) Team
- Managed numerous contracts for personnel and vendors; hired financial support specialist to assist with requests
- Managed ORH needs assessment And KKW funding for POPS team
- Worked with the Program Office's communications and marketing manager to identify materials for and coordinate the production of a video to commemorate NC AHEC's 50th Anniversary

### For the Community

- Partnered with NC Healthcare Quality Alliance (NCHQA) and Wilson County Substance Prevention Coalition on two, three-year Rural Communities Opioid Response (RCORP) HRSA grants
- Served on Nash County's advisory committee for a 1-year RCORP planning grant
- Received three-year funding from The Kate B. Reynolds Charitable Trust entitled "Trauma-informed, Resilience-focused: Continuing Capacity Building Efforts to Respond to ACEs, Build Resilience and Healing in Eastern NC"
- Partnered with NCHQA on a three-year Duke Endowment Grant focused on treating acute and chronic pain with reduced opioid prescriptions
- Served on the Twin Counties Opioid Settlement Committee
- Served on the Wilson Forward Wellness Collaborative
- Partnered with the Upper Coastal Plain Council of Governments on workforce development needs (covers all five counties)
- Distributed SECU funds to primary care and dental providers in the region
- Continued fiscal sponsorship of the Rural Opportunity Institute (ROI), ROI's work is based on the science around ACEs and evidence-based strategies to build resilience and healing. In FY 2021, ROI did the following:
  - o delivered 118 awareness-building presentations, sixty-one Reconnect for Resilience Trainings and practice groups and eighty-seven listening circles to 11,000 community members and professionals;
  - o received a three-year grant from Kate B. Reynolds Charitable Trust, through their Healthy Places Initiatives, to extend and continue resilience work which is governed by a six-member community accountability board that is made up of local residents; and
  - o developed/piloted a biofeedback breathing program at local middle schools, the Edgecombe County Sheriff's Office, and the Edgecombe Youth Development Center (Juvenile Detention Center); The Edgecombe County Sheriff's Office was the first county jail in the country to use this technology to support the resilience building of people currently detained at the county jail.



Area L  
AHEC

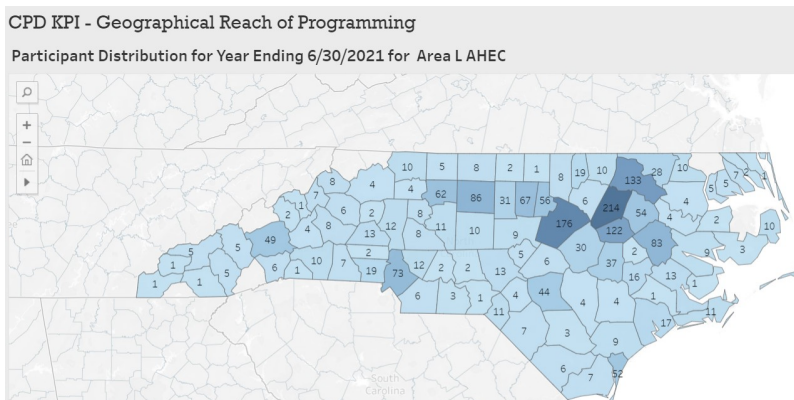
Part of the NC AHEC Program

**Recruit • Train • Retain**

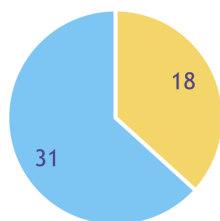
## Concerns/Observations

Both number of events and numbers of attendees are down this year which may be due to the upswing in the number of virtual CPD statewide events and the sheer number of events offered by DHHS, CCNC, and NCAHEC in response to the pandemic. We experienced the biggest decrease

in series events which are most often attended by physicians who were also the primary target audience for DHHS and CCNC webinars. In reference to the graphic on the right, our participants are mostly from Eastern NC, but we have participants attending our CPD events from most every county in the state.

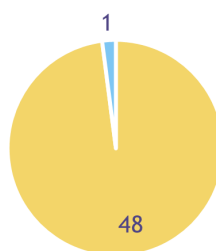


### Online vs. In-person Events:



■ In-person ■ Online

### Preferred Method of Contact:



■ By Email ■ By Mail

A survey was sent out to past program participants with questions on ways we can serve them better. We received a total of 49 responses. Many participants complimented the current service being provided and thanked Area L AHEC for all that is being done. The majority of respondents would prefer to receive information about upcoming programs via email.