

# FISCAL YEAR 2022-2023



1631 South Wesleyan Boulevard | Rocky Mount, NC | 27804  
[www.arealahec.org](http://www.arealahec.org)

**AREA L AHEC**  
PART OF NC AHEC

## RECRUIT

- Reached more than eighty students through Conetoe Family Life Center’s summer camp
  - Brought in ten students from UNC Eshelman School of Pharmacy and ten Master of Occupational Therapy students from Cabarrus College to assist in the facilitation of 2 weeks of camp
- Offered twenty-hour Youth Health Service Corps (YHSC) training to students
  - Twenty-nine students received their certificate (completed all twenty hours)
- One student received a Presidential YHSC Certificate
- Reached ten middle school students via in-person, school-based interactions through Wilson Foundation YMCA Y-Gig programming
- Worked with the Area L nursing education director to certify thirty-four students in *Stop the Bleed*
- Certified forty-five students in basic life support
- Trained forty-eight students on building a standout resume

## TRAIN

- Graduated thirteen of fifteen AHEC Scholars
- Twelve first-year Scholars will be returning as second-year Scholars
- Introduced forty-one new Scholars to NC AHEC Virtual Clinical Modules
  - All thirteen first-year Scholars from Area L completed the forty hours, including a Scholar who will not be continuing in the program
- Housed students in the following disciplines: Duke CRNA, Duke PA, UNCG CRNA, UNC Med, UNC Pharmacy, UNC Nutrition, UNC Allied Health, Methodist PA, and ECU PA
  - Students who used housing were doing rotations Jackson, Wilson, Rocky Mount, Roanoke Rapids, Nashville, Warrenton, Scotland Neck, and Tarboro

## RETAIN

- Collaborated with Duke Medical Center Department of Rheumatology to provide an ECHO series focusing on improving reproductive health for women with Lupus
  - Individuals from across the US attended this well-received activity
  - From an evaluation: “This was one of the best CME activities that I have done in the last 25 years. I enjoyed the mini lecture followed by the interactive discussions and the availability of handouts. Well done!”
- Collaborated with UNC Health Nash to provide five clinic-based CME activities in Nash County focused on improving the competence of providers in advance care planning
  - Events planned based on feedback from the community during the pandemic
  - Provided two webinars on legal aspects of advance care planning based on needs voiced by participants of the clinic-based activities
- Increased RSS contract partners from four to five
- Developed and disseminated weekly Practice Support Updates via email, to practices across the Area L AHEC region

- Updates include relevant information regarding Medicaid Managed Care (MMC), Community Health Workers (CHWs), CMS' Quality Payment Program (QPP), Health Information Technology (HIT), continuing professional development (CPD) opportunities, Collaborative Care Model (CoCM), MMC billing, practice management, and other relevant topics
- Developed and disseminated the quarterly Area L AHEC Practice Support newsletter
- Provided leadership on the Advanced Medical Home (AMH) CHW Integration and Optimization Pilot
  - Pilot is led by Shannon Cambra, RT(R), BS, Director of Practice Support Activities & Public Health
  - Mrs. Cambra, part of the CHW Leadership Team since 2012, attends workgroups and planning meetings each month involving CHW ECHOs, CHW Peer Learning Collaboratives, CHW Webinars, CHW Stakeholders, CHW Summit, CHW Integration and Optimization Pilot and CHW Health Equity.
  - Five practice support coaches from across the state provide 1:1 coaching and technical assistance to practices participating in the pilot.
- Planned and currently implementing two enduring, asynchronous CPD activities related to substance use disorder
  - Content includes collateral and resources for physicians, APPs, nurses, pharmacists, social workers, certified medical assistants, practice managers, and other healthcare professionals who work in primary care and other clinical settings.
- Served on the Practice Support AMH Tier 3 IT Workgroup.
- Provided Megan Hensley, practice support coach, and Ivy Willims, Tailored Care Management (TCM) Coach, the opportunity to participate in QI 101 Boot Camp in May 2023.
- Trained sixteen school nurses/social workers in Stop the Bleed
- Promoted the NC AHEC Program and Area L AHEC to 106 senior nursing students
- Presented on Adverse Childhood Experiences (ACEs) to eighty-two camp counselors and support staff at Camp Willow Run and Camp Willow Springs
- Provided several trainings on Narcan administration and stigma related to substance use disorder to Area L AHEC staff, faith-based organizations, and members of the legal profession
- Planned and coordinated three Mental Health First Aid programs since many healthcare professionals must now participate in this training
- Continued collaboration with the NC Diabetes Advisory Council to plan and supply credit for an online event outlining North Carolina's Guide to Diabetes Prevention
- Assisted Halifax Community College with clinical site development grant focused on OB/GYN and newborn/postpartum care
- Developed nursing contact hours credit package for statewide preceptor program entitled, *Preceptor Strategies: How to Prepare Today's Nurse for Tomorrow's Challenges*
- Developed nursing contact hours credit package for 2022 statewide *Rural Nursing conference, The 5th Annual NC AHEC Statewide Celebration of Rural Nursing*
- Co-Hosted the *Community Health Worker Summit* in December 2022 along with SEAHEC and Southern Regional AHEC
  - Three hundred fifty-nine people attended the Summit
- Two hundred fifty-one participants completed the NC Certificate in Trauma and Resilience – funded by DHHS
  - Fifty-one completed the FSU Curriculum and two-day Resources for Resilience
  - Sixty-three completed the FSU Curriculum and three one-hour ECHO Sessions
  - Twenty completed the FSU Curriculum, 2-Day Resources for Resilience Training, and the 18-Hour Race and Trauma Workshop



- Seven completed the FSU Curriculum, three one-hour ECHO Sessions, and the 18-Hour Race and Trauma Workshop
- Fifty-eight completed the FSU Curriculum, 2-Day *Resources for Resilience* training, and the 8-Hour *Racial Equity Fundamentals* workshop
- Fifty-two completed the FSU Curriculum, three one-hour ECHO Sessions, and the 8-Hour Racial Equity Fundamentals Workshop
- Two hundred seventy-two participants completed the FSU Curriculum
- One hundred nine completed a two-day *Resources for Resilience* Training
- One hundred thirty-seven completed three one-hour ECHO Sessions
- One hundred thirty-three completed the Racial Equity Fundamentals Workshop
- Thirty-six completed the Race and Trauma Workshop
- Two *Resources for Resilience* trainings were offered to Barton College faculty and staff
  - Forty-three completed this training.
- Barton College, with the assistance of ROI, conducted a needs assessment as the first step to becoming a Trauma-Informed Campus.
- Fifty-three students and coaches completed the *Resiliency 101* training held on the Barton College campus.
- Collaborated with the Eastern AHEC Department of Nursing and Allied Health Education and Access East to provide five Healthy Opportunities Pilot (HOP) quarterly meetings for Human Service Organizations (HSOs) participating in the pilot
- Created an asynchronous course entitled *Healthy Opportunities Pilot for the Care Manager: Understanding the Medical Respite Cross Domain Service*
  - One hundred twenty-six individuals have registered for the course and ninety-two have completed the course
  - Course went live on December 8, 2022

## SUPPORT - For the Community

- Planned and coordinated logistics for multiple events featuring Stephen Loyd, MD held from October 16, 2022, through October 19, 2022:
  - Hosted a free Halifax County community Event at Halifax Community College on October 16 featuring Stephen Loyd, MD
    - Target audience: faith-based organizations, county and community leaders, Local Health Departments (LHDs), hospitals, providers, Law Enforcement Officers (LEOs), first responders, and other healthcare professionals with an interest in substance use disorders
  - Hosted a free Edgecombe County community Event at Edgecombe Community College, Tarboro campus, on October 17 featuring Stephen Loyd, MD
    - Target audience: faith-based organizations, county and community leaders, LHDs, hospitals, providers, LEOs, first responders, and other healthcare professionals with an interest in substance use disorders
  - Hosted an in-person *Opioid Conference* featuring Dr. Loyd and NC Attorney General Josh Stein on October 18
  - Coordinated Dr. Loyd's, presentation at the Upper Coastal Plain Council of Government's board meeting on October 19

- Facilitated Dr. Loyd's appearance as a guest speaker in a youth-led Podcast at Tarboro High School (Edgecombe County) on October 17
  - Dr. Loyd discussed substance use disorder and adverse childhood experiences
- Facilitated a session at which Dr. Loyd spoke to athletes and students at Barton College in Wilson
  - There was no charge to attend this event
  - The event was made available, via live-stream, to other schools within Area L's five-county region (middle schools, high schools - both private and public - and colleges)
- Worked with the Wilson County Substance Prevention Coalition to plan/provide a thirty-hour virtual *Recovery Coach Academy*
  - Held February 27 through March 3, 2023
  - Planning for another Academy session underway
    - To be held the week of August 7-11
- Supported the Health Care Advancement Collaborative (HCAC) by serving on the Steering Committee and work groups to address workforce needs
- Continue to host Region 7 LHD directors virtual monthly meetings
  - Provides a consistent platform for the health directors to meet and brainstorm about hot topics, new and upcoming policies, projects, needs, barriers, and funding opportunities
- Continued to host/support virtual, monthly Edgecombe County Opioid Coalition meetings
- Participated in the Twin Counties Partnership for Healthier Communities – Opioid Settlement Collaboration
- Coordinated and facilitated monthly HRSA RCORP meetings for Edgecombe County
- Coordinated and facilitated monthly HRSA RCORP meetings for Halifax and Northampton Counties
- Participated in monthly Coalition for Addiction Recovery and Education (CARE) meetings
  - Coordinated and planned Screening, Brief Intervention and Referral to Treatment (SBIRT) training
- Received grant funding from Trillium and Eastpointe to purchase and distribute Narcan, lockboxes, supplies, and Fentanyl test strips to partners in all five counties as well as some counties in Wake and Eastern AHEC counties adjacent to Area L
- Continued fiscal sponsorship of the Rural Opportunity Institute (ROI)
  - ROI supports youth, organizations, and communities in rural North Carolina to interrupt the cycle of generational trauma and design innovative solutions for healing & resilience.
- Completed, in partnership with ROI:
  - Twenty-four awareness-building presentations
  - Seven *Reconnect for Resilience* trainings and practice sessions
- Organized nine listening groups, reaching over 1,100 individuals

#### ROI:

- Received support from the SECU Foundation
  - One of forty organizations to receive a [Mission Development Grant](#) (MDG)
  - MDGs provide support for programming that centers on SDOH, children and youth services, mental health services, and arts and cultural education among other topics
- Was profiled on the Walton Family Foundation [website](#)
- Led a cohort of individuals from Edgecombe Community College, the Wilson Department of Social Services, Southwest Edgecombe High School, Upper Coastal Plain Council of Governments, and the

Eastern Star Missionary Baptist Church through a nine-month social accelerator program called the *Resilient Leaders Initiative* – this was the second cohort to complete the program

- Shared over 3,500 sets of resilience cards, 2,000 breathing card packs, and more than 350 resilience kits with community groups
  - These tools, available in English and Spanish, teach professionals about trauma-aware practices
    - <https://www.ruralopportunity.org/breathing-cards/>
    - <https://www.ruralopportunity.org/resilience-cards/>

## Concerns/Observations

We were pleased to see that we maintained attendance while offering fewer total events and that 35% of our CPD customers were new to us. Additionally, the number of unique participants has consistently increased over the past two fiscal years.

We are concerned by the drop in attendance at series events since this number had been on the upswing in FY 22. There is also uncertainty about whether to hold programs in-person, by webinar, or in a hybrid format. This ambiguity may intensify as the number of cases of COVID-19 increases. Staff has also observed that participants in live webinars appear to be much less engaged than attendees at face-to-face events. Our team will explore solutions to minimize the problem.

