

2023-2024 Year in Review—Area L AHEC



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AREA L AHEC
PART OF NC AHEC

RECRUIT: Area L AHEC Scholars Program

- Twelve Cohort Five Scholars graduated - completing eighty hours of clinicals and eighty hours of didactics on multiple health-related topics
- Fifteen Cohort Six Scholars completed online, self-paced NC AHEC Virtual Clinical Modules
- Scholars participated in an inaugural weekend retreat receiving twenty hours of didactic instruction from local experts on core topics of the curriculum as well as interprofessional learning, hands-on activities, and engagement with local healthcare professionals
- Scholars participated in a trauma and resilience session with experts from the [Rural Opportunity Institute \(ROI\)](#)
- For the first time, learners from outside Wilson County applied for and were accepted into the Program

RECRUIT: Health Careers Awareness - Pathway Programs

- Established relationship with the [EDGE Academy of Health Sciences](#) - as a result:
 - Sixty-one students were certified in *Stop the Bleed*
 - Twenty-five students took part in a cultural humility lesson
 - Three students earned a **forty-hour Service-Learning Certificate**, and two students earned a **twenty-hour Service-Learning Certificate**; certification requirements included:
 - Exploration of health careers, healthcare skills, legal and ethical issues in health care, underserved populations, leadership, service through the Service-Learning online course offered by Area L AHEC, and either forty or twenty hours of service-learning within the community
- Held a two-day Winter Retreat at Barton College to increase students' and educators' awareness of careers in health care
- Partnered with Edgecombe Community College to offer a week-long intensive health sciences academy to twenty students
- Partnered with two regional hospitals to provide one-day, county-based events to expose students to hospital careers; thirteen Nash County students attended *Classrooms2Careers* at UNC Health Nash Hospital and six Northampton County students along with twenty-five Halifax County students attended *Summer Health Careers Boot Camp* at ECU Health North Hospital
- Provided HIPAA training to twenty-one students in the Career Health Connections Program in Wilson County
- Led a three-day program through Operation Restart in Halifax County for thirty students to increase health literacy and increase awareness of health careers
 - Included a visit to the Halifax Community College nursing lab, a dental hygiene lesson led by an ECU dental student, and engagement with health professionals from Rural Health Group (RHG)
- Joined in fourteen mock interviews with high school students to improve interview skills
- Trained 144 students, including twenty-six AHEC Scholars, in *Stop the Bleed*
- Trained six students in *Basic Life Support*
- Reached 235 students via regional health fairs
- Offered, via Foundation YMCA of Wilson's Y-GIG after-school program, Collegiate Health Careers Exploration to increase awareness of health careers and aspects of college life for thirty-three middle school students
- Developed, and shared with the public and academic institutions, documentation highlighting program requirements for professional schools and other health-related graduate programs
- Provided a presentation on NC AHEC to 139 regional (from Nash Community College, Halifax Community College, Wilson Community College, and Barton College) senior nursing students
- Increased attendance at Pathways events by 213% (FY23 n=97; FY24 n=304)

TRAIN

- One hundred fifty-one individuals registered online to receive credit for Area L's podcast - *Finding Your Zone: Mindfulness Practices for the Healthcare Workforce*
 - Podcast can also be accessed on Apple Podcast and Spotify Podcast for leisure listening. Two hundred ninety-seven people have listened to the podcast, which has been downloaded across multiple platforms in the US, Canada, Israel, Germany, Holland, and Australia
- Provided advance care planning education for Wilson County EMS staff
- Increased the number of partners for regularly scheduled CME series (RSS) from five to seven
- Served on the Steering Committee and Burnout/DEI workgroup of the Health Care Advancement Collaborative (HCAC) to address workforce needs related to these issues
- Provided seven sessions of CME-accredited content on burnout and compassion fatigue to three local healthcare agencies
- Provided an inter-professional learning experience (IPE) to twenty students, via a partnership between Area L AHEC, RHG, ECU Health North, Halifax Community College, and the Northampton Open Clinic
- Provided, as a part of the Trauma-Informed Campus project, funds received from Wilson County DSS to support several Barton College initiatives
- Worked with NC DHHS Division of Mental Health to provide healthcare workers with resilience training
 - Approximately 57% of those enrolled have completed the **Level One** Trauma and Resilience Certificate offered via Florida State University's Trauma and Resilience Program
 - Approximately 30% of those enrolled have completed the **Level Two** Trauma and Resilience Certificate offered via Florida State University's Trauma and Resilience Program
 - Approximately 33% of those enrolled have completed the College Student Wellbeing, Trauma, and Resilience Certificate offered via Florida State University's Trauma and Resilience Program
- Enrolled twenty-seven participants in the [Question. Persuade. Refer.](#) (QPR) suicide prevention training
- Provided, through a partnership with the Eastern AHEC Department of Nursing and Allied Health Education and AccessEast, four Healthy Opportunities Pilot (HOP) meetings for Human Service Organizations (HSOs)
- Developed an asynchronous course - *Healthy Opportunities Pilot: Screening for Adverse Childhood Experiences for Care Managers*
- Led an AHEC Learning Academy professional development course for NC AHEC staff across the state entitled *From Pearl Harbor to the Pandemic: Generational Driving Forces*
- Planned and provided two educational events designed to aid primary care providers with meeting their controlled substance prescriber and DEA-MATE requirements (total of 6.0 AMA PRA Category 1™-accredited hours for attending both events))
- Shannon Cambra, Vice President & Director – Practice Support Activities and CPD, collaborated with regional partners to plan, coordinate, and manage three thirty-hour virtual *Recovery Coach Academies*; one of the three was provided in Spanish
- Mrs. Cambra partnered with Wake AHEC to plan and staff 1) Region 7 Local Health Department *Leadership with Purpose and Confidence* training – a two-part series with fifty-five attending the first session and fifty-two attending the second; and 2) the *Data for Impact Training Series* for Local Health Departments - there were three three-day events in the series
- Patty Collins, Director of Nursing and Interdisciplinary CPD, spent three days with the [Health Wagon](#) nurse practitioners in Wise, Virginia, to study how they manage ACEs in their patients and shared what she learned at the 6th Annual NC AHEC Statewide Celebration of Rural Health Nursing conference
- Mrs. Collins provided a presentation on Adverse Childhood Experiences (ACEs) to eighty-four camp counselors and support staff at Camp Willow Run and Camp Willow Springs

RETAIN

- Mrs. Cambra served on the NC AHEC Community Health Worker (CHW) Leadership Team from January 2021 to December 2024 where she took part in workgroups and planning meetings involving CHW ECHOs, CHW Peer Learning Collaboratives, CHW Webinars, CHW Stakeholders, CHW Summit, CHW Integration and Optimization Pilot and CHW Health Equity training
- Mrs. Cambra served on the NC AHEC HNC2030 Opioid Overdose Workgroup
- Monique Mackey, Director of Library and Information Services, oversaw the NC AHEC Library Services Service Line from July 2023 through January 2024

SUPPORT: For the Community

- Dispensed thirty-three lockboxes in Edgecombe County, thirty-four lockboxes in Halifax County, and five lockboxes in Wilson County
- Dispensed fifty boxes of Narcan in Edgecombe County, twenty-four boxes of Narcan in Halifax County, and one box of Narcan in Nash County
- Dispensed eighty xylazine and 135 fentanyl test strips in Edgecombe County
- Dispensed two ONEboxes: one in Nash and one in Halifax County
- Mrs. Cambra and Dr. Debby Futrell continue to partner and work with the Edgecombe County Health Department, EMS, and Freedom Hill of Carolina Family Health Centers, Inc., to provide support and host virtual monthly Edgecombe County Opioid coalition meetings and with representatives from RHG, Morris Clinic, Trillium, and ECU North to provide support for and host Halifax/Northampton County Opioid Coalition meetings
- Partnered with Recovery Together on the annual *Recovery Together Conference*, featuring Stephen Loyd, MD, and fourteen additional speakers at Wayne Community College October 2023 – 116 individuals attended the event
- Partnered with ROI to reach more than 1,300 individuals by providing nineteen awareness-building presentations, sixteen resilience coaching sessions, four Reconnect for Resilience Trainings/practice sessions, and organizing three listening groups

CONCERNS/OBSERVATIONS

- Participants are less engaged when attending webinars. Program Directors will continue to collaborate with speakers to make the necessary adjustments in their presentation style to increase engagement during webinars.
- Area L will continue to provide in-person events based on the results of a survey of our participants which showed that 61% of respondents (n=436) prefer in-person events and 39% prefer webinar.
- We were gratified that our CPD data improved across most measures. For example, attendance by RNs at Area L events in FY24 increased by 134.8% over FY23; unique participants attending all Area L events in FY24 increased by 42% over FY23; the number of events provided in FY24 increased by 12.8% and new participants increased by 71.7%.