

Insights for the Quarter

Volume 4 of the Share Health Southeast Georgia Board of Directors focuses on the Youth Mental Health First Aid training being hosted by Dusty Arnold, CHAC partner and owner of Shiloh Behavioral Health in Appling. Additionally, this volume will share updates on two new grants that have been awarded to two coalitions, JDSAC and Trust Partnership, a tri-county coalition between Brantley, Pierce, and Ware counties. Moreover, updates will be provided on new staff and board members and on Coalition events during this quarter. The next board meeting will be held Wednesday, November 9th at Noon. This meeting will be held via Zoom.

Highlight of an area of work: Youth Mental Health First Aid Training, Dusty Arnold, MA, NCC, LPC, CPCS



According to U.S. Surgeon General Vivek Murthy, “Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide - and rates have increased over the past decade.” The COVID-19 pandemic further accelerated the decline in youth mental health and this effect will have a devastating impact. Everyone can help address this crisis and improve youth mental health, including young people and their families, educators and schools, social service organizations, and the broader communities in which our youth live. One way to help is to get trained in Youth Mental Health First Aid (YMHFA). YMHFA is an early intervention public education program that teaches adults how to recognize signs and symptoms that suggest a potential mental health challenge, how to listen non-judgmentally and give reassurance to a youth who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services. This workshop is for anyone who works with youth as well as parents and caregivers of youth. If you are interested in attending or know someone who would like to attend, let us know. Dusty Arnold, LPC and owner of Shiloh Behavioral Health in Baxley, Georgia was trained as a trainer of YMHFA through a CHAC mini grant. While several individuals in our 16-county region have been trained on Mental Health First Aid, Dusty is, to our knowledge, the only individual in our region who has been trained on the version of this curriculum that focuses on youth mental health. Over the course of the next year, he will be holding trainings at various sites throughout our service area. If you or your organization is interested in hosting or attending a training, or you would like more information, contact Barbara Bruno at bbruno@sharehealthsega.org.



COVID-19 Health Equity Navigator Project

The COVID-19 Health Equity Navigator program continues to conduct outreach and provide health education and PPE at events across our 16 counties. During the quarter, Share Health attended 7 events in 6 counties: Appling, Bacon, Bulloch, Jeff Davis, Tattnall, and Wayne. At these events, PPE and health education materials were distributed, stress balls and other miscellaneous items were also distributed. From June to September, 95 test kits were distributed at various events and to Southeast Georgia Communities Project, our community partner in Lyons (Toombs County) who conducts outreach and education to the area's Latinx residents and migrant and seasonal farmworkers. Share Health staff conducted nine interviews with 2 healthcare professionals, 6 Action Pact staff, and 1 Action Pact parent during this time.



Share Health Updates

Staff

Share Health Southeast Georgia welcomes Florina Spikes, our new Operations Coordinator, and Destiny Jordan, our new Data Analyst, to our organization! Florina comes to us from Waycross where she works as a Tax Preparer and also as a Bus Driver for the local YMCA. Destiny is a current Master of Public Health in Epidemiology student at Georgia Southern University and works as a Case Investigator Supervisor. We are excited to have them join Share Health and look forward to working with them!

Board Members

We now have Board representation in Clinch County! Join us in welcoming Jamayla Morehead to the Share Health Board. Jamayla has worked in the field of Behavioral Health for 21 years. Currently the Business Development Representative for Greenleaf Behavior Health Hospital, she started her career as a registered nurse and, in 2008, Jamayla became a Certified Addiction Counselor (CAC). Jamayla's experience will provide expertise to the Share Health Board of Directors in understanding the factors that put youth at risk for substance use and other behavioral health challenges. Her motto is "Mental Health matters!" Jamayla and Greenleaf are our Healthcare professional sector representation for the DFCSP grant in Jeff Davis County. Jamayla currently lives in Homerville Georgia. We look forward to working with her and connecting with her to determine locally available resources. Welcome Jamayla! This Board fiscal year, we are saying "See you later" to Stephanie Watson. Stephanie Watson joined our Board last year to replace past President, Joshua McCarthy. Stephanie has started a new position as a pharmacist with the Southeast Health District. Initially the Pharmacy Manager with Memorial Satilla Health in Waycross, Stephanie joined us eager for another opportunity to improve health outcomes in Southeast Georgia. Thank you, Stephanie, for your service over the past year to Share Health! We wish you much success in your new endeavor! If you are familiar with anyone in Ware County who would be interested in joining the Share Health Board, let Barbara know.

The Trust Partnership

Launched in November of 2020, the Trust Partnership was developed to address the opioid and substance use disorders that are afflicting Brantley, Pierce, and Ware Counties. The first meeting was headlined as "COVID-19 and the Opioid Crisis – When a Pandemic and Epidemic Collide". Hosted by the Family Connections agencies in the tri-county area and the Southeast Health District, the purpose of the initial meeting was: 1) to raise awareness of the disorder; 2) to establish a regional coalition; and 3) to introduce and encourage the use of overdose detection mapping. 130 cross-sector partners attended the first meeting in which they were brought up to date on the subject by local experts and those in recovery. Participants were trained in the use of Narcan and each left with a Narcan kit. Since then, the Trust has continued to meet and develop its coalition. The mission of the Trust Partnership is to create a safety net for those suffering from opioid and substance use disorders. To help accomplish its mission the Trust was recently awarded a three-year Rural Communities Opioid Response Program (RCORP) Implementation grant. Share Health Southeast Georgia is one of four partners for this grant; other partners include Ware County Children's Initiative, Unison Behavioral Health, and Ware County Board of Health, the grant applicant.

Board Community Projects

The Breast Health Initiative is undergoing a makeover! After meeting with Dr. Spahos, Share Health has decided to expand our purpose to focus on women's wellness with an emphasis on breast and cervical cancers, in addition to diabetes, hypertension, and stress reduction. To get us started, Share Health will attend the Tattnall County Kiwanis Pumpkin Patch in October and the Fall Festival Community Health Fair in November. Additionally, Share Health will apply for the Rural Health Network Planning grant to conduct planning activities for this initiative. This is a one year, \$100,000 grant. Wish us luck! The portable, manual screening audiometers have been purchased and delivered to East Georgia Health Center. The audiometers will be placed at the Ware County Public Schools and Action Pact. Thanks to Peyton Frye at East Georgia Healthcare Center (EGHC) for ordering the audiometers. Peyton is working to schedule training with Action Pact and Ware County Schools.

Share Health Updates

Drug Free Communities Support Program

Jeff Davis Hospital, on behalf of the Jeff Davis Substance Abuse Coalition (JDSAC), has been awarded the Drug Free Communities Support Program (DFCSP) grant! The DFCSP, a five year, \$125,000 per year grant, is the Nation's leading effort to mobilize communities to prevent and reduce youth substance use. There are two program goals of DFC: 1) Establish and strengthen collaboration among communities, public and private non-profit agencies, and Federal, state, local and tribal governments to support the efforts of community coalitions working to prevent and reduce substance use among youth; and 2) Reduce substance use among youth and, over time, reduce substance use among adults by addressing the factors in a community that increase risk for substance use and promoting factors that minimize risk for substance use. This is accomplished by assisting community coalitions in strengthening the infrastructure among local partners to create and sustain a reduction in local youth substance use. After five years, coalitions may re-apply for an additional five years of funding. JDSAC will be focusing on alcohol and nicotine as its drugs of focus for this grant.

If you know of anyone who may be interested in serving as the Project Coordinator for this grant, for more information and to complete the application, let them know to visit

https://www.jeffdavisbospital.org/jobs/show_job.php?id=137543&category=General&sub=Careers

Past and Upcoming Coalition Events

JDSAC

JDSAC is working to bring a Recovery Community Organization back to Jeff Davis County. Currently, a committee meeting is held monthly to discuss programs and activities that those in recovery need and would like to participate in to support their recovery. The committee has discussed offering an all-recovery meeting in addition to hosting classes on coping skills as well as yoga. Additionally, Tanesha Slocumb and Sheryl Lewis represented the Jeff Davis Substance Abuse Coalition at the Back to School Bash where 25 kids' masks, 100 sanitizers and cards that read "I can do all things" were distributed.

WCRC

WCRC hosted an event for Recovery month titled, Anchored in Recovery. This event was held at the Wayne Farmers' Market and over 100 people attended. Training and distribution of Narcan was part of the event. Share Health attended and distributed COVID-19 PPE and health education materials. This event was a true testament that Recovery happens in communities! Share Health is providing Technical Assistance to the WCRC to acquire a Drug Free Communities Support Program (DFCSP) grant. The process is in its very beginning stages, but the organization is currently assessing data, identifying a lead applicant, and determining its 12 sector representatives. Share Health is acquiring the services of the Consultants who secured this grant for JDSAC.

CHAC

CHAC has been busy! During June, CHAC hosted a Free, Fit, Fun (FFF) Health and Wellness event at the Jones Community Center in Surrency with the focus on diabetes and hypertension prevention. East Georgia Healthcare was on-site with their mobile unit to provide blood pressure and A1c checks for those who were interested. More than 30 community members attended and learned the importance of hydration from Appling Extension and how to do an easy workout at home with Anytime Fitness of Baxley. CHAC was also able to help support the Appling Back to School Bash by providing give away bags that included the CHAC newsletter, pencil pouches, pencils and inspirational postcards from Shiloh Behavioral Health to students. Another FFF event occurred in September, hosted by the Temple of the Higher Calling Church. Appling Extension taught participants how to make healthy smoothies, EGHC mobile clinic provided free blood pressure checks, Anytime Fitness of Baxley taught an exercise class, and CORE offered COVID-19 vaccines. CHAC is preparing to co-host its second annual Diabetes Awareness event in November. Stay tuned for more details on that event!