

Agenda At-a-Glance

RHA OF TN 29TH ANNUAL CONFERENCE

Pre-Conference | Conference
November 15, 2023 | November 15–17, 2023

Shining a Light on Rural Health: Advocating for a Brighter Future

WEDNESDAY–NOVEMBER 15, 2023, PRE-CONFERENCE

8:00 – 11:15 am | Coordinated School Health: Continuing to Empower Districts and Schools to Help All Students Reach Their Potential

Presenter: Melisa Fuhrmeister, M.Ed. Tennessee Department of Education

This session will provide an overview and updates on Coordinated School Health (CSH) and how CSH benefits all members of the whole community. CSH tools, strategies, current data, accomplishments, and success stories will be shared to strengthen the foundation of a student-centered approach to health and learning.

Objectives:

- Expand knowledge of CSH and the effective approach of connecting health and learning.
- Identify how CSH supports the Tennessee Department of Education's Student Readiness strategic priority through aligned support and resources targeted to reduce barriers to learning and success.
- Identify tools and resources for addressing student health and wellness and increasing the commitment of all partners in ensuring positive education and health outcomes.

Audience: Coordinated School Health

Location: Hope

CONFERENCE START

11:15 am | **Break - Visit Exhibits**

11:30 am | **Opening Welcome and Luncheon** - Jackie Cavnar, RHA President

12:30 pm | **Break - Visit Exhibits**

12:45 – 1:45 pm | **Keynote:** The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) Response to Behavioral Health Needs in Rural Communities

Presenter: Jessica Youngblom and Dr. Howard Burley Tennessee Department of Education Mental Health and Substance Abuse Services

Individuals in rural communities face unique challenges when seeking treatment and recovery support for mental health conditions. This presentation will explore the work TDMHSAS has done with community partners in rural areas to develop programs to address some of these barriers and how organizations in Rural Tennessee can bring awareness and resources to their own communities.

Objectives:

- Participants will be able to identify opportunities to access and expand behavioral health services in rural and remote communities.
- Participants will gain knowledge about TDMHSAS funded resources, such as Project Rural Recovery, Individual Placement and Support supported employment, Regional Overdose Prevention Specialists, etc. that provide physical healthcare, mental healthcare, and substance use treatment to people in rural communities.
- Participants will be able to recognize the benefits of access to behavioral health care in rural communities and identify areas for growth and education.

Location: Ballroom**1:45 pm | Break – Visit Exhibits****2:00 – 3:00 pm | Topic:** Tennessee Brighter Futures: Improving How TN Collaborates to Identify, Educate, and Serve People with Co-Occurring Needs**Presenter:** Jennifer Rayman, EdS, CRC, CBIS Brain Links

Join us to learn more about Tennessee Brighter Futures (TBF), a statewide group of agencies and organizations that help people who often have multiple potential diagnoses or needs. Learn key resources for referrals, training, and educational tools for each system of care. Gain access to the most relevant resources to use in your practice.

Objectives:

- Learn about an exciting new collaborative on co-occurring needs (mental health, homelessness, brain injury, child abuse, childhood trauma, substance abuse, chronic pain, domestic violence, criminal and juvenile justice).
- Save time by knowing exactly where to go for training, topic-specific educational materials, screening tools and referrals to provide better, more relevant support.
- Receive our first five resource pages and access our TBF website.

Audience: Hospital/Clinic/FQHC**Location: Wiley****2:00 – 3:00 pm | Topic:** Federal Grants 101**Presenter:** Jennifer Sanchez, MHA Tennessee Department of Health

The federal grant process follows a linear lifecycle that includes creating funding opportunities, applying, making award decisions, and successfully implementing the award. This presentation will serve as a crash course on federal grants and cover the federal grant writing process, grant budgeting, and grant management techniques. Attendees will learn the federal grant basics and how to be good stewards of federal grant awards.

Objectives:

- Name tools to properly apply and manage federal grant funds.
- Discuss the grant award lifecycle.
- Identify online tools and portals used in the pre/post-award stages of the grant lifecycle.

Audience: All-Population Health**Location: Milani**

2:00 – 3:00 pm | Topic: Creating a Brighter Future by Implementing Monthly Community Seminars: Preventative Healthcare and Nutrition

Presenter: **Ava Yobst, Student** East Tennessee State University

As nutrition plays an important role in preventative healthcare, I propose the implementation of monthly community seminars focusing on specific aspects of healthy eating. Each seminar is to be paired with a cooking demonstration of a meal that relates to the previous lesson. If made possible by local grocery store donations, each community member in attendance will leave the seminar with the exact ingredients to cook the family-sized meals.

Objectives:

- Understand the importance of nutrition in preventative healthcare.
- Identify ways to reach and educate our communities on healthy eating.
- Discover opportunities to collaborate with local grocery stores to provide ingredients for family-sized meals.

Audience: All-Population Health

Location: Hope

2:00 – 3:00 pm | Topic: OIG: Who? What? Why? How?

Presenter: **Chad D. Holman, CPM,** Office of Inspector General

The presentation will educate attendees about the Office of Inspector General's function, role, and purpose. It is intended to create new and valuable partnerships with the conference audience as well as with the organizations that they represent.

Objectives:

- Who? To provide an overview of the OIG and the composition of our staff while highlighting our law enforcement designation and regional agents across the state.
- What? An in-depth discussion about our mission statement and what we were established to do.
- Why? To explain and reveal the reality that anyone that pays taxes in the State of TN is a victim of TennCare Fraud
- How? A more detailed explanation of our data-gathering processes and how we follow through with that information to the point of potential criminal/civil resolution.

Audience: All-Population Health

Location: Clark

2:00 – 3:00 pm | Topic: Anatomy of A Relapse

Presenter: **Kristen Robinson, LADAC II, NCAC II, QCS** Village Behavioral Health

This workshop focuses on providing an in-depth analysis of a relapse to assist patients in recovery. Case studies about persons with addictions will be dissected to examine the complex patterns cycles that fuel relapse. It will include information and techniques to fuel the recovery by identifying unhealthy parts in the relapse that create the initial lapse. Understanding the anatomy of a relapse to interrupt (or reverse) the process can empower a patient's ability to maintain recovery.

Objectives:

- Complex patterns and disruptive cycles that are hidden within the relapse process will be identified and analyzed as a way to reinforce recovery.

- Case Studies from individuals with substance use and/or process disorders will be explored as an effective tool to uncover the cause of the initial lapse. The case studies will also provide clarity to the process that facilitated the relapse.
- Participants will be provided vital information that allows their patients to utilize their specific relapse process as a resource that fuels their recovery.

Audience: All-Population Health

Location: Armstrong

3:00 pm | Break - Visit Exhibits

3:15 – 4:15 pm | Topic: Understanding and Working with Children from Hard Places, including FASD

Presenter: S. Chris Troutt, LMFT and Olivia Caldwell, LLPC-MHSP, Papillion Center for FASD

Adults often find themselves at a loss when working with children from hard places; struggling with techniques that will be positively responded to. Our Behavior Dysregulation Program provides an understanding and outline utilizing Trust Based Relational Intervention[®] and other interventions promoting higher levels of success when working with children and families. The basic techniques can be utilized in any setting.

Objectives:

- Participants will gain tools to recognize trauma to the brain, including prenatal trauma, resulting in Troubling Behaviors and be able to list the seven risk factors that defines a child from a hard place.
- Participants will learn the basic principles of Trust-Based Relational Intervention (TBRI)[®], a holistic, attachment-based, and trauma-informed intervention that is designed to meet the complex needs of vulnerable children.
- Participants will develop a brief protocol to intervene during difficult situations.

Audience: All-Population Health

Location: Milani

3:15 – 4:15 pm | Topic: Community Registered Nurse Navigator Project

Presenter: Elizabeth Sowell, MSN, FNP-BC and Benjamin Jones, PMP
University of Tennessee College of Nursing

The session will teach attendees about the Community Registered Nurse Navigator (CRNN) project through The University of Tennessee, College of Nursing. The program, which is grant-funded through the Tennessee Department of Health, has placed 16 CRNNs across the state of Tennessee to identify barriers to routine immunizations and implement interventions to increase immunization rates at the county level. Focus is in the most rural and vulnerable areas.

Objectives:

- At the end of the session, the participant will be able to describe the CRNN project, assessment process and examples of findings, and the process for the formulation of unique interventions to improve immunization rates in rural and vulnerable areas.
- At the end of the session, the participant will be able to illustrate the potential impact of this replicable program when informational and connection efforts are sustained over time.

- At the end of the session, the participant will be able to explain the importance of building and maintaining trust in the community by exhibiting understanding of the collaborative effort between the CRNNs and county leaders and stakeholders in the community.

Audience: All-Population Health

Location: Hope

3:15 – 4:15 pm | Topic: Advocacy Made Simple: Tips for Schools, Provider, and Public Health Advocates

Presenter: **Jacy Warrell, MPH**, Rural Health Association of Tennessee;

Hunter Hancock, B.S.W., IMH-E, AIMHiTN; **Chrissy Hood**, Council for Developmental Disabilities

Advocacy starts with creating connections, sharing successes, and being informed on the needs of your schools, communities, and patients. In this session we'll discuss how to engage with local and state administrators, policymakers, and others who can support your cause. Whether it is defending against funding cuts or promoting new programs, your voice is needed to inform decision makers.

Objectives:

- Examine the differences between advocacy and lobbying and what is allowable for schools, nonprofits, and others.
- Learn new communication tools and strategies for sharing stories about your programs, patients, and communities.
- Discover resources to keep yourself and your supporters informed on issues relevant to local and state government.

Audience: All-Population Health

Location: Clark

3:15 – 4:15 pm | Topic: Working with Human Trafficking Survivors in Rural Appalachia

Presenter: **Gabi Smith, BS, MA** and **Lisa Bolton, LMSW**, Community Coalition Against Human Trafficking

In this session, we will be discussing what trafficking looks like in East Tennessee, how our communities have come together to combat this issue, and how to work with survivors in our rural Appalachia.

Objectives:

- Attendees should be able to recognize human trafficking as it occurs in rural Appalachia.
- Attendees will learn about interventions used throughout East Tennessee to address human trafficking as a community.
- Attendees will learn about effective interventions used by survivor services to work with trafficked individuals.

Audience: All-Population Health

Location: Armstrong

3:15 – 4:15 pm | Topic: Unveiling the Opioid Epidemic: Errors in Policy, Education and Legislation

Presenter: **Michael Baron, MD, MPH, DFASAM, FAPA**, Tennessee Medical Foundation

The lessons of the Opioid Overprescribing will be presented including policy, educational and legislative errors. This will lead to how the population of patients with an active opioid substance use disorder increased and morphed into more lethal substances. I will show how we all (Pharmaceutical firms, lawmakers, regulators, and providers) had complicity in this epidemic which now kills over 100K people per year. And how original research that showed that high dose opioid therapy made pain worse was ignored.

Objectives:

- The attendee will be exposed to the contributing factors of the Opioid Epidemic and OD rates.
- The learner will appreciate the mistakes that Regulators and Legislators made with state and Federal Bills like the Intractable Pain Act.
- We will review how the prescribing education was very limited and industry based to sell pills, not to appropriately treat patients.

Audience: Hospital/Clinic/FQHC

Location: Wiley

4:15 pm | Tennessee School Health Coalition Meeting | Location: Milani

NOVEMBER 16 – National Rural Health Day

8:30 – 9:30 am Morning Plenary | Topic: Shining a Light on Women’s Health Issues in Rural Communities

Presenter: Nikki Zite, MD, MPH, University of Tennessee Graduate School of Medicine

The session aims to analyze data comparing teen pregnancy rates between urban and rural communities, while also exploring evidence-based strategies for reducing these rates. Additionally, the session will delve into the influence of programs and healthcare providers in enhancing access to contraception and involve a comprehensive examination of the factors contributing to Tennessee’s elevated rates on maternal morbidity and mortality, differentiating between the deaths directly related to pregnancy and those associated with it. The session will also discuss more on access to women’s health, such as vaccination rates and cancer screenings.

Objectives:

- Examine data related to teen pregnancy in urban vs. rural communities and review evidence-based solutions designed to lower teen pregnancy rates
- Discuss the role of policies, programs, and providers in advancing access to contraception
- Understand contributing factors to Tennessee’s high Maternal Morbidity/Mortality rate

Location: Ballroom

9:30 am | Break - Visit Exhibits

9:40 – 10:40 am | Topic: Organizational Leadership Strategies to Advance Infant and Early Childhood Mental Health Services

Presenter: Sarah Long, LCSW, IMH-E and Shannon Dow, LCSW,
Helen Ross McNabb Center

This session will introduce what infant mental health needs exist in rural communities, common challenges to address in creating access to this care, and organizational efforts that can be made to expand early childhood mental health services in community-based settings.

Objectives:

- Conceptualize opportunities for improving infant mental health care in community-based settings.
- Summarize strategies for integrating infant mental health care into a community-based organization.
- Integrate ideas for advancing diversity and equity throughout the organizational change process.

Audience: Hospital/Clinic/FQHC

Location: Hope

9:40 – 10:40 am | Topic: Body Size and Eating Disorders in Rural Areas

Presenter: **Melissa Robinson, MD** and **Amanda Stoltz, MD** East Tennessee State University, Quillen College of Medicine

Both body size and eating disorders continue to rise globally despite previous interventions, and stigma can have dire consequences. This presentation will help participants identify and avoid anti-fat bias while reviewing and considering data linking body size to health risk factors. Participants will learn to perform an eating disorder screening, brief intervention, and referral to care, and receive early data from a project teaching ETSU Family Medicine residents in these techniques.

Objectives:

- Identify and avoid anti-fat bias.
- Review and reconsider data linking body size to health risk factors and identify associated rural factors.
- Present early data from a project teaching ETSU Family Medicine residents to perform an eating disorder screening, brief intervention, and referral to care.

Audience: All-Population Health

Location: Clark

9:40 – 10:40 am | Topic: Considerations for the Care of Transgender Patients and Families

Presenter: **Del Ray Zimmerman**, Vanderbilt University Medical Center Office of Diversity and Affairs

The Williams Institute estimates that there are 1.6 million transgender people in the United States. While numerous studies point out health disparities that transgender people face, content regarding the care of this population is often not taught in schools of medicine and nursing. Today's presentation will highlight some of the healthcare issues that transgender people face and will offer some best practices for welcoming and caring for this community that are adaptable to most clinical settings.

Objectives:

- Participants will gain an understanding of common terminology relative to better understanding the transgender community and their unique healthcare needs.
- Participants will be able to identify the most significant healthcare disparities facing transgender people in the United States, particularly in the southeastern region.

- Participants will learn best universal clinical practices for working with transgender patients (i.e. practice forms, gender-neutral language, conducting sensitive exams, respectful communication)

Audience: All-Population Health

Location: Armstrong

9:40 – 10:40 am | Topic: Coping with the Pressures of Farming: Promoting Health through the Family Farm Health and Wellness Program

Presenter: Janet Fox, PhD; Matt Devereaux, PhD; Karen Franck, PhD; Heather Sedges; Carla Bush, MVTE; Eileen Legault, BS; and Heather Smith

Farmers and their families face diverse stressors including economic, weather-related, extreme work conditions, and excessive workloads that can negatively affect their health. University of Tennessee Extension Department of Family and Consumer Sciences created a model online educational series—Farm Family Health and Wellness—to help farm families identify and cope with these stressors. This presentation will include replication strategies to make long-term health and well-being investments, highlight program outcomes, lessons learned and TN partnerships.

Objectives:

- To increase participants’ knowledge of the unique health and well-being challenges that Tennessee farmers and their families face.
- To create an awareness of resources focused on helping farm families and their communities make long-term health investments.
- To engage capacity-building partnerships to enhance quality of life and reduce farm stress for TN families and farmers.

Audience: Hospital/Clinic/FQHC

Location: Wiley

9:40 – 10:40 am | Topic: Combating Opioid Use in Rural Appalachia Through Education and Mentorship

Presenter: Tyler Melton, PharmD, MPH; Jennifer Tourville, DNP, University of Tennessee Health Science Center College of Pharmacy

Opioid use has ravaged the rural Appalachian region of East Tennessee, with the prevalence of opioid-related overdoses and family dissolution exceeding that of the overall state and nation. COURAGE: Combating Opioid Use in Rural Appalachia with Grace and Evidence develops mentorship opportunities between healthcare providers, pharmacists, and faith leaders in rural Tennessee to address opioid use and enhance availability of treatment and prevention services for substance use disorder.

Objectives:

- Identify areas of opportunities in local communities to incorporate mentorship programs to increase access to treatment and recovery services.
- Discuss how the expansion of substance use education for healthcare providers, pharmacists, and faith leaders impacts availability of treatment and recovery services for substance use disorder.
- Investigate mentorship opportunities for healthcare providers, pharmacists, and faith leaders to build community capacity and social support.

Audience: All-Population Health
Location: Milani

10:40 am | Break - Visit Exhibits

10:55 – 11:50 am Morning Plenary Session | Topic: Empowering Rural Health: Collaborative Strategies and SDoH Insights

Presenter: Commissioner of Health Ralph Alvarado, MD, FACP,
Tennessee Department of Health

This session will discuss ways in which the Department of Health is partnering with rural communities to expand opportunities in enhancing access to healthcare when and where it is needed. This session will provide updates on TDH's efforts to improve population health and more about what resources are available, and how Social Drivers of Health (SDoH) significantly influence health results, especially in our rural areas.

Objectives:

- Participants should understand the social drivers of health (SDoH), such as housing, food security, and education access, which drive health outcomes - particularly those unique circumstances faced by rural populations when it comes to assessing and addressing the SDoH.
- Participants should better understand the resources available from the Tennessee Department of Health.
- Participants should better understand the potential impact of local, cross-sector collaboration – such as County Health Councils – which can improve the social drivers of health in rural communities.

Location: Ballroom

11:50 – 12:05 pm | Break – Visit Exhibits

12:05 – 12:45 pm | Awards Luncheon

12:45 – 1:15 pm | Presentation of Awards and Poster Contest – Conference Committee

1:15 – 1:30 pm | Break – Visit Exhibits

1:30 – 2:30 pm | Topic: Loudon Co Schools Mental Health Team: Building Resiliency and Connecting Resources

Presenter: Kate Galyon, BS, Loudon County Schools

Hear from Loudon Co Schools Mental Health Team and School Social Workers and their efforts to support student mental health and connecting families to mental health resources.

Objectives:

- Efforts for supporting mental health in schools.
- Connecting to resources in the community

Audience: Coordinated School Health

Location: Clark

1:30 – 2:30 pm | Topic: Advance Directives; Mind the Gap

Presenter: **Phil Martin, JD, RCFS**, Honoring Choices Tennessee and **Sally Pitt, TN**
Department of Health

Advance Directives are more important than ever because of many factors. 1) Today's growing and aging population lives longer. 2) Chances of chronic illnesses like dementia are greater. 3) COVID-19 often separated the patient and their family at the point of care. 4) We live in a mobile and global world where young adults tend to settle farther away from their families. 5) Healthcare resources are precious and limited. 6) Many patients and families have concluded that longer life doesn't necessarily equal "better" life. When advance care planning conversations have not occurred, caregivers are forced to guess what patients would want.

Objectives:

- Learn what a valid advance directive is and why it is important.
- Learn how to help patients conveniently create their advance directives at no cost and without a notary?
- Learn how hospitals and other providers can ensure patients' advance directives are available at the point of care?

Audience: Hospital/Clinic/FQHC

Location: **Armstrong**

1:30 – 2:30 pm | Topic: A Fresh Look at Diversity Training: Barriers to Successful Diversity and Inclusion Training in the Medical Setting

Presenter: **Alexis Jennings, Student (M1)** ETSU Quillen College of Medicine

Recent studies show that people who identify with minority groups feel increasingly marginalized in the U.S., and sometimes don't seek routine medical care. Training to care for a diverse patient population is important in rural health, allowing us to build rapport and improve outcomes for underserved populations. This presentation is intended to serve as a replicable diversity training template that demonstrates a framework for providing inclusive care and an opportunity to show compassion through medicine.

Objectives:

- Participants will learn about the unique importance of diverse informed care in rural health settings.
- Participants will practice a framework for thinking about ideas, beliefs, and cultures that may be different from their own by using scenarios that demonstrate the impact of providing inclusive care on patient outcomes.
- Participants will gain an understanding of how to provide diversity training in their own institutions.

Audience: All Population

Location: **Wiley**

1:30 – 2:30 pm | Topic: The Impact of Healthcare Acquired Infections on Rural Tennesseans

Presenter: **Cody Rocha, MPH; Darryl Nevels, PhD; Katherine Buechel, RN, BSN, CIC, LTC-CIP** Tennessee Department of Health

Healthcare acquired infections (HAIs) are an urgent public health threat. Once discharged from a healthcare facility, patients with an HAI often return to their community to receive care locally. To understand the impact of HAIs on rural Tennesseans, we will quantify the proportion of patients with a HAI whose primary residence is a rural county and describe their risk factors.

Objectives:

- Quantify the proportion of patients with a HAI whose primary residence is a rural county in Tennessee.
- Identify the most prevalent hospital-acquired multi-drug-resistant organisms affecting rural Tennesseans.
- Describe risk factors associated with HAI.

Audience: Hospital/Clinic/FQHC

Location: Milani

1:30 – 2:30 pm | Topic: Addressing Social Drivers of Health through Technology

Presenter: Savannah Cleveland, findhelp and Carol Kapnick, BS, Amerigroup TN
Almost 1 in 5 Americans live in rural communities, but many face barriers to accessing care. More limited access to resources and greater distances required to travel to healthcare providers can make it difficult for patients to receive care. It's time to take action to advance health equity for rural communities.

Objectives:

- How organizations like Amerigroup and findhelp are addressing rural needs through targeted interventions in rural areas.
- How Community Organizations can build trusted community networks and partnerships. We will also review the role of community organizations as pillars within the social care ecosystem.
- The positive impact of bringing together healthcare and social care via digital, interoperable tools.

Audience: Hospital/Clinic/FQHC

Location: Hope

2:30 – 3:25 pm Afternoon Plenary Session | Topic: Shining a Light on Rural Health: How to Advocate for Self and Communities

Presenter: Jacy Warrell, MPH, Rural Health Association of Tennessee

Rural patients and communities too often go unseen and lack representation in research and policy discussions. This interactive session will highlight some of the most common health and socioeconomic disparities among rural people and how patients, students, and health professionals can advocate for meaningful change.

Objectives:

- Explore the difference between self, individual, and systems advocacy and the strategies to use among different audiences.
- Use evidence including story and data to educate and change minds, hearts, and beliefs.
- Practice using tools and resources aimed to advance rural health advocacy goals.

Location: Ballroom

3:25 – 3:35 pm | Break – Visit Exhibits

3:35 – 4:35 pm | Topic: Mental Illness Stigma by Geographic and Demographic Characteristics

Presenter: Michael Meit, MA, MPH ETSU/NORC Center for Rural Health Research and Kate Beatty, PhD, MPH, ETSU/NORC Center for Rural Health Research

The public stigma associated with mental illness is an increasingly important social driver of health. This session will examine public stigma associated with any mental illness in rural versus non-rural communities using a nationally representative panel-based survey. Differences by demographic characteristics and experience with mental illness (personal or knowing someone) will be discussed. Findings could inform strategies to reduce public stigma associated with mental illness, particularly in rural communities where access to services may be limited.

Objectives:

- Describe differences in public stigma associated with mental illness by geographic and demographic characteristics.
- Describe the relationship between experience with mental illness (personal or knowing someone) and public stigma associated with mental illness.
- Identify strategies to reduce public stigma associated with mental illness in rural communities.

Audience: Rural Provider/All-Population Health

Location: Armstrong

3:35 – 4:35 pm | Topic: “I Didn’t See That Coming!” Critical Leadership Lessons, They Don’t Teach You in School

Presenter: Jeff Whitehorn, MBA, LFACHE, ACC Whitehorn Coaching & Consulting, LLC

How soon in your leadership journey were you confronted with a situation that you were completely unprepared? A strong educational background is very important. However, there are so many leadership lessons that are learned from experience. Truly, experience is the master teacher. Jeff Whitehorn reveals and shares ten critical leadership lessons that he learned “on the job” as a CEO that were never taught in school.

Objectives:

- Identify and prepare for untaught but real-life leadership challenges.
- Develop a toolbox of tips, strategies, and ideas to utilize to overcome these barriers to success.
- Increase one’s confidence to overcome unseen barriers.

Audience: Hospital/Clinic/FQHC

Location: Hope

3:35 – 4:35 pm | Topic: BHRT, Myths and New Truths

Presenter: Dr. Diane DeBerry DNP, FNP-BC, ANP-BC, Vanderbilt Integrated Providers

Over the past several decades, hormone replacement therapy has mostly been prescribed for menopausal symptoms. The dreaded, “hot flashes”, osteoporosis and cardiovascular disease prevention. However, many women opted to forego replacement therapy based on recent studies such as the 2002 Women’s Health Initiative. This study found estrogen and

progesterin increased risk of heart disease and breast cancer. Non-bioidentical hormones were the hormones under study CEE (conjugated equine estrogen and progesterin.)

Objectives:

- Participants will learn the differences between bioidentical hormones versus non-bioidentical hormones.
- Participants will be able to recognize the signs and symptoms of hormone deficiencies.
- Participants will be able to differentiate bioidentical hormones versus non-bioidentical ones and the benefits of replacement using bioidentical hormones specifically.

Audience: Hospital/Clinic/FQHC

Location: Milani

3:35 – 4:35 pm | Topic: Creating Trauma-Responsive Communities

Presenter: Elizabeth Power, MEd The Trauma Informed Academy

How do we reduce the risk of the conditions that accompany or are caused by exposure to trauma? Can we strengthen communities so that they provide the fabric that returns the fine art of neighboring to everyday life? Yes, we can. And this session helps attendees consider the knowledge and skills that support accomplishing multi-generational goals.

Objectives:

- Adopt “universal exposure” as the norm.
- Recognize the initial and generational impact of exposure.
- Demonstrate three skills that reduce, impact, and strengthen communities against occurrence.

Audience: All-Population Health

Location: Wiley

3:35 – 4:35 pm | Topic: Addressing Substance Use Disorder Stigma in Rural and Non-Rural Populations: Evidence from Three National Randomized Controlled Trials

Presenter: Madison Ashworth, PhD, Fletcher Group and Robin Thompson, DrPH, MPH, Fletcher Group

Social stigma towards people with substance use disorder (SUD) is a significant problem that affects treatment seeking and success. In this presentation, we discuss results from three nationally representative randomized controlled trials that test different communication strategies to reduce social SUD stigma and increase support for community treatment. We compare the effectiveness of our tested interventions across rural and non-rural participants and find that stigma reduction intervention effectiveness differs significantly across rurality.

Objectives:

- Describe components of successful communication strategies to reduce social stigma and increase support for community treatment.
- Identify how communication strategies may differ across rurality.
- Understand how stigma and community treatment support differ across rurality.

Audience: All-Population Health

Location: Clark

4:35 pm | End of Silent Auction – Must be present to win.

NOVEMBER 17

8:30 – 9:30 am Morning Plenary | Topic: Obtaining Grant Funding for Your Wish List
Presenter: Elizabeth Morgan Burrows, JD, Burrows Consulting, Inc.

Elizabeth Morgan Burrows, JD has more than a decade of experience as a grant writer and entrepreneur in rural and underserved America. Her extensive healthcare background includes working with 125+ healthcare entities across the country to obtain \$150,000,000+ in grant funding. As part of her presentation, she covers how to find and obtain grant funding, what obstacles and challenges to expect, and how to overcome them.

Objectives:

- The attendees will be provided with information on where to pursue grant funding for their organization.
- As a result of this workshop, participants will have the knowledge and skills to successfully write a grant proposal.
- During the presentation, we will explore the barriers and challenges to expect, how to overcome them, and when the most opportune time to seek funding is.

Location: Ballroom

9:30 – 10:30 am | Topic: County Health Councils as a Social Driver of Health Solutions in Rural Tennessee

Presenter: Xavier Andrews, Lindsey Wayland, and Heather Rhymes

Rural communities across Tennessee are experiencing successes in improving health and opportunities through County Health Councils (CHCs). This session will provide background on what County Health Councils are, how they operate, how providers, school health, and community-based organizations can participate. Presenters will share successes from rural communities across the state.

Objectives:

- Explore the role of CHCs in advancing health improvement goals in rural Tennessee.
- Demonstrate an understanding of how to engage with CHCs, the resources they provide, and the models they use to implement programs that address Social Drivers of Health.
- Discuss and share examples of replicable practices that can be modified and implemented in other communities.

Audience: All-Population Health

Location: Wiley

9:30 – 10:30 am | Topic: Enhancing Cancer Care for Rural Dweller through the Continuum

Presenter: Debra Friedman, MD, MS and Anne Washburn, MPH Vanderbilt-Ingram Cancer Center

The Vanderbilt-Ingram Cancer Center serves a significant rural population. We are committed to improving access to care and outcomes for rural dwellers across the cancer continuum. In partnership with our community, we are leading multi-level studies targeted to providers, cancer patients and survivors and those at risk for cancer. We will describe our

research focused on lung, breast, and cervical cancer screening, HPV vaccine uptake, molecular characterization for therapy selection, supportive oncology, and survivorship.

Objectives:

- To understand cancer health disparities of rural dwellers
- To gain knowledge on improving cancer care delivery to rural dwellers
- To learn about bidirectional initiatives to align rural community needs with cancer center programming

Audience: Hospital/Clinic/FQHC

Location: Milani

9:30 – 10:30 am | Topic: Bridging Perinatal and Infant and Early Childhood Mental Health: A Statewide, Interdisciplinary Collective Impact Project

Presenter: Keena Friday Gilbert, MSW, MBA AimHiTN

TN Postpartum Support International (PSI-TN) and the Association of Infant Mental Health in TN (AIMHiTN) joined forces to gather families with lived experience of Perinatal Mood and Anxiety Disorders (PMADs), doulas, midwives, psychologists, public health experts, policymakers, nurses, psychiatrists, home-visiting system leaders, and leaders within relevant branches of state government to co-write and collaborate on a state-wide reaching public service announcement (PSA) video and promotional materials campaign. Lastly, we are implementing a collective impact model to promote state-wide, cross-sector, and interdisciplinary collaboration and care coordination around perinatal mental health.

Objectives:

- Discuss the importance of the prevention, recognition, and treatment of PMAD's
- Demonstrate understanding of the role that safe, stable, and nurturing relationships play in the healthy development of children and in providing hope for caregivers
- Design a cross-sector, interdisciplinary collective impact model to increase awareness of PMADs and to provide access to effective and equitable resources and services to families of color, those in rural areas, and all families in TN

Audience: All-Population Health

Location: Hope

9:30 – 10:30 am | Topic: Current Trends in Tennessee School Nursing Practice

Presenter: Amanda Johnson, MPH, RN, CHES, Tennessee Department of Education

The annual Health Services Survey represents data collected during the 2022-23 school year regarding the characteristics and demographics of school nursing and school health services in Tennessee. In this session, participants will review the health services survey data, gain information about school nursing in Tennessee, and how to support the school nursing profession and the health of students they serve.

Objectives:

- Examine school nursing trends in Tennessee public and nonpublic schools from the 2022-23 Annual School Health Services Report
- Understand the value of student health data and its importance for building partnerships
- Identify school health laws, current recommendations, and best practices related to current trends

Audience: Coordinated School Health

Location: Ballroom

10:30 – 11:30 am Member Meeting, Announcement of New Board Members, Bingo Prizes and Door Prizes

11:30 am Adjourn Conference

**Save
the Date
2024**



