

# RURAL HEALTH UNITED:



MOVING FORWARD  
TOGETHER



**RURAL  
HEALTH**  
ASSOCIATION OF TENNESSEE

27th Annual Conference  
Music Road Resort  
Pigeon Forge, TN.  
November 17-19, 2021

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## *Mission*

Lead the way for a healthy tomorrow throughout Rural Tennessee  
Partnership • Advocacy • Education • Resources

## *Values*

**Diversity:** Maintain a diverse membership representative of the rural and underrepresented communities we serve, and foster an inclusive environment through respect of people and thought.

**Health Equity:** Promote the overall health of rural Tennesseans through the removal of barriers attributed to social determinants of health and increasing affordability and accessibility of quality, compassionate care in rural areas.

**Health Education:** Support and deliver evidence-based education and information to professionals and communities to improve overall health.

**Collaboration:** Partner with engaged communities, partner organizations, and policymakers to identify and address the healthcare needs in rural Tennessee.

**Ethics:** Adhere to the highest standards of professional integrity in all interactions and encourage others to do the same.

**Sustainability:** Maintain financially sound practices and good stewardship to achieve the long-term goals of improved social, physical, and emotional well-being of the rural and underserved citizens of Tennessee.

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*RHA of TN receives partial funding from the Tennessee Department of Health, Office of Rural Health.*

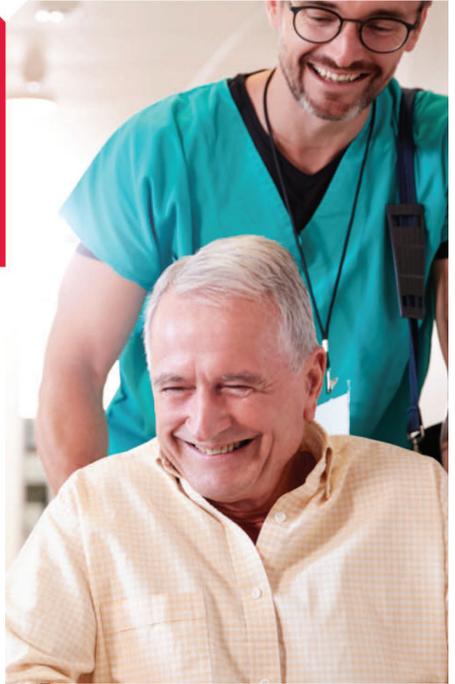
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# Welcome from the President



Greetings and Welcome,

It is my privilege and honor, along with the Rural Health Association of Tennessee's Board of Directors and staff, to welcome you to our 27th Annual Conference. This year's theme, "Rural Health United: Moving Forward Together," honors all of you who have served others during this time of difficulty and uncertainty. We applaud your strength and resolve to continue to make a difference.

One of the most important aspects of our conference is the level of professional development opportunities available. I would like to thank Conference Chairs Anna Hurt and Jackie Cavnar, and the conference planning committee, for their hard work and dedication in securing outstanding conference speakers and sessions.

As always, the conference is about more than learning. It's about connecting too. So, meet up with your friends and colleagues, make new acquaintances, engage with our sponsors, and participate in the Silent Auction. I hope you will immerse yourself in all that the conference has to offer, but also find some time to recharge and enjoy the beauty of East Tennessee. Finally, we would have no annual conference without the presence and participation of our attendees and sponsors. Thank you for your attendance and commitment to improve health access and health outcomes for all Tennesseans.

I want to publicly thank Jacy Warrell, our Executive Director, for her vision, hard work and commitment, as she continues to strengthen and expand the reach of the Rural Health Association of Tennessee. With Jacy's leadership and the Board's direction, RHA of TN, has new staff and programs, expanded member benefits, exciting initiatives and robust partnerships with organizations across all aspects of health care.

I am humbled and honored to serve as the President of the Rural Health Association of Tennessee this year. I have truly enjoyed my work with the Board and staff and consider it a privilege to be your representative. As I am ending my role as President, and Freda Russell takes the reins, I know this great organization will continue to be in constant pursuit of excellence and service.

Sincerely,

A handwritten signature in black ink that reads "Dana K. Cobb".

Dana Cobb

RHA of TN 2021 President



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2009	Deborah O. Murph, RN	1996	Al Grant
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# *Exhibitors*

Association of Infant Mental Health (AimHiTN)

Centerstone

East Tennessee Human Resource Agency (ETHRA)

East Tennessee State University- Quillen College of Medicine-  
Rural and Community Programs

Friends in Need Health Center

LifeLine Pilots

Mental Health America of the MidSouth

Systems of Care Across Tennessee (SOCAT)

Tennessee Association of Nurse Anesthetists (TANA)

Tennessee Childhood Lead Poisoning Prevention Program

Tennessee Disability Determination Services

Tennessee Department of Mental Health and  
Substance Abuse Services

Tennessee School Health Coalition

University of Arkansas for Medical Services- South Central  
Telehealth Resource Center

Volunteer Behavioral Health

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The AAFP has reviewed Rural Health Association of TN 27th Annual Conference and deemed it acceptable for up to 12.00 In-Person, Live (could include online) AAFP Prescribed credit. Term of Approval is from 11/17/2021 to 11/19/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



## Join the State Office of Rural Health in Celebrating the Power of Rural Movement

We are proud to support National Rural Health Day on November 18, 2021. We hope that you will join us in recognizing and honoring those who work every day to keep our community healthy.



Resiliency

Relationships

Resolve

Readiness

The Tennessee State Office of Rural Health encourages you to transform National Rural Health Day (NRHD) into a yearlong commitment and showcase partnerships that work to keep our rural communities healthy across Tennessee.

*Celebrate the #powerofrural  
powerofrural.org*



# Agenda At-a-Glance

## Rural Health United: Moving Forward Together

### **WEDNESDAY–NOVEMBER 17, 2021**

#### **Pre-conference**

#### **8:00–9:00 am You Don't Have to be a Large Corporation to Impact Rural Social Determinants of Health**

**Presenter: Kati Thomas Steele, M. Psych**, TCAT Jackson, GIVE Grant  
Work-Based Learning Project Manager

**Moderator: Allica Austin**

The 2020 COVID-19 pandemic exposed lingering challenges in healthcare and highlighted these challenges within what healthcare organizations and academics have coined “social determinants of health”. The presentation will uncover how these determinants historically manifest themselves in rural TN, solutions that are currently in place, and additional solutions necessary.

#### **Objectives:**

- Define and Understanding SDoH and Why they are Important
- Learn how SDoH impacts rural TN and solutions that reduce negative impact
- How to professionally advocate for stronger SDoH solutions and simple daily tips in applying SDoH solutions at work, home, and communities

**Audience:** All attendees

**Location:** Dulcimer

#### **9:00–10:00 am Mental Health and Staff Wellness in Schools**

**Presenters: Kate Galyon**, Loudon County Schools; **Shannon Railling**, Warren County Schools; **Laura Roberts**, Clinton City Schools

**Moderator: Shayla Sanderson**, Tennessee Department of Education State Coordinator—Coordinated School Health Program, Operations Division, Office of District Operations

Join Coordinated School Health Coordinators across the state to learn more about how they have implemented mental health and staff wellness in their schools. You will enjoy getting to hear from coordinators on programs that have been successful, best practices, and how to gain administrative buy in.

#### **Objectives:**

- Describe how mental health supports have been implemented in districts
- Gain and understanding for how staff wellness has been implemented in districts.
- Utilize ways to incorporate strategies to replicate implementation.

**Audience:** Coordinated School Health

**Location:** Banjo

**10:00–11:00 am Suicide Prevention in Rural Tennessee and Essence Alerts**

**Presenter:** Emily Hager, PhD, Tennessee Suicide Prevention Network

**Moderator:** Jackie Cavnar

Collaboration between organizations as services is essential for overcoming barriers to implementing suicide prevention efforts in Tennessee. This session highlights how networking, training, and equipping the communities with the right knowledge and resources can support persons who experience suicidal ideation.

**Objectives:**

- Explore data comparing suicide rates in rural versus urban counties.
- Identify barriers and challenges unique to rural communities.
- Address different methods to suicide prevention in rural areas.

**Audience:** Coordinated School Health

**Location:** Dulcimer

**10:00–11:00 am Providing Care for Students During Covid-19**

**Presenter:** Leslie Brasfield, RN, BSN, Manchester City Schools;

**Heather Ledbetter, EdD, MPH, Maryville City Schools;**

**Meghan Seay, MEd, Collierville Schools**

**Moderator:** Kathy Atwood

During the 2020-2021 school year, students were sent home when presenting with COVID-19 symptoms for 10 days. Families were faced with paying for a test or allowing their student to miss 10 days of school. Through funding from the TDOH, Tennessee schools are now able to offer COVID-19 tests to students and staff. During our panel discussion, you will learn how four school systems are using these funds to keep students and staff in a healthy school environment.

**Objectives:**

- Discuss how four school systems are providing care for students during Covid 19

**Audience:** Coordinated School Health

**Location:** Banjo

**11:00–11:30 am Break, Visit Exhibits**

**11:30 am Luncheon and Opening Welcome from Dana Cobb, RHA of TN President**

**11:30–12:30 pm    Keynote: Eliminating Health Disparities Statewide in Tennessee**

**Presenter: Kristina Pilgreen, MS**, Director for the Tennessee Department of Health, State Office of Rural Health, Division of Health Disparities Elimination

**Moderator: Dana Cobb**

Tennessee Department of Health's mission is to protect, promote and improve the health and prosperity of people in Tennessee. This session will provide updates on Tennessee's the Tennessee Department of Health's efforts to improve population health.

**Objectives:**

- Attendees will understand the most recent data on health disparities statewide and the success of various mitigation strategies, particularly in rural areas
- Attendees will understand how to support public health efforts through consistent messaging and education
- Attendees will discover resources available to providers and public to improve health of Tennesseans

**Location: Ballroom**

**12:40–1:40 pm    Keynote: Leadership, Collaboration & Best Practices**

**Panelists: Lisa Beasley, DNP, APRN, NP-C, RN**, UTHSC College of Nursing; **Sabrina Blue**, Grad Cert, Helping Hands of Tennessee; **Tyler Melton**, PharmD, University of Tennessee Health Science Center; **Christie Manasco, PHD, RN**, UTHSC College of Nursing; **Ericka Johnson-Lockett, RN, MSN, CNO** with West Tennessee Healthcare

**Moderator: Dr. Bill Auxier, PhD, CEO**, Dynamic Leadership Academy

How can you make a difference in your rural community? Leadership, Collaboration and Best Practices! Hear about first hand experience with all the above from this diverse group of rural health leaders.

**Objectives:**

- How you can make a difference through leadership
- How you can make a difference through collaboration
- How you can make a difference through best practices

**Location: Ballroom**

**1:40–2:00 pm    Break, Visit Exhibits**

**2:00–3:00 pm    Empowering Patients: Bringing Greater Access, Choice and Outcomes to Patients with Kidney Disease in Rural Tennessee**

**Presenter: Kyle Cooksey**

**Moderator: Dorshonda Evans**

This session will explore innovations in technology and treatment that are changing lives for kidney disease patients in Tennessee and across the nation. One in 7 adults and a disproportionate share of people of color suffer from chronic kidney disease

and end-stage renal disease. New evidence-based care models provide services and nephrologist care directly in the patient's home, ensuring patients are treated appropriately with treatment plans shown to drive the best results.

**Objectives:**

- Learn how early nephrologist engagement helps patients to understand kidney disease, delay its progress and engage in early planning for renal replacement therapy or conservative care.
- Learn how technology enabled services and telehealth capabilities can enable greater access for all kidney disease patients, including those living in remote or rural areas without local renal specialists.

**Audience:** Hospital/Clinic/FQHC, Rural Provider

**Location:** Cello AB

**2:00–3:00 pm    Developing Rural Primary Care Residency Programs**

**Presenter:** **Amanda J. Finley, DO, FACOI, FACP**, Henry County Medical Center; **Anya K. Cope, DO, FACOI**, Lincoln Memorial University-DeBusk College of Osteopathic Med

**Moderator:** **Daniel Jayroe**

Physicians from Henry County Medical Center in Paris, Tennessee will provide a broad overview of graduate medical education (medical residency training). Topics will include factors which should be analyzed to determine feasibility, accreditation of residencies, funding, as well benefits to the community. The session will also discuss how to train internal medicine physicians locally.

**Objectives:**

- By the end of this presentation, the learner will be able to describe a feasibility analysis of beginning a rural primary care residency program.
- By the end of this presentation, the learner will know two different Graduate Medical Education funding programs available to rural hospitals and clinics; as well as State of Tennessee funding.
- By the end of this presentation, the learner will understand the unique advantages community-based teaching hospitals and health systems have.

**Audience:** Hospital/Clinic/FQHC, Rural Provider

**Location:** Cello CD

**2:00–3:00 pm    Training the Next Generation Workforce**

**Presenters:** **Candi Collier, Ed. S**, Milan Special School District;  
**Amy Watson, RN**, Milan Special School District

**Moderator:** **Leslie Brasfield**

Milan High School works diligently to prepare students for careers in the medical field by providing them opportunities to earn industry certifications before graduation and access to apprenticeships and internships. We will explain how school systems are reimagining education to prepare the workforce.

**Objectives:**

- Participants will understand the emerging goals of high schools as it pertains to workforce.
- Participants will learn strategies to partner with their local high schools to build a workforce pipeline.

**Audience:** All - Population Health

**Location:** Banjo

**2:00–3:00 pm Comparing Public Stigma Associated with Mental Illness in Rural and Non-Rural Populations**

**Presenters:** Justin Kearley, BS, Center for Rural Health Research at East Tennessee State University; Michael Meit, MA, MPH, Center for Rural Health Research at East Tennessee State University

**Moderator:** Jackie Cavnar

Public stigma may negatively affect health care, behavioral health, and quality of life for individuals experiencing mental illness as well as the broader community. This session will discuss findings from a nationally representative survey designed to assess differences in stigmatizing attitudes and beliefs toward mental illness between rural and non-rural populations in the United States. Implications for both rural health and mental health practice will be discussed.

**Objectives:**

- Describe public stigma as it relates to mental illness and how it may affect health care, behavioral health, and quality of life for individuals and communities.
- Describe differences in mental illness stigma between rural and non-rural populations.
- Discuss the implications of survey findings on mental illness stigma for rural health and mental health policy, programming, and practice.

**Location:** Ballroom

**3:00–3:15 pm Break, Visit Exhibits****3:15–4:15 pm At the Crossroads of Opioid Use Disorder and Pregnancy: Exploring Addiction Treatment Practices for Pregnant and Postpartum Women in Rural America**

**Presenters:** KariLynn Dowling-McClay, PharmD, MPH, BCACP, ETSU Gatton College of Pharmacy; Bill Brooks, MPH, DrPH, ETSU College of Public Health

**Moderator:** Erica Johnson-Lockett

In the wake of the opioid epidemic, substantial increases in opioid use disorder (OUD) among pregnant women have been observed over the past two decades. In this interactive session we will share information for healthcare providers and community members alike to understand the co-occurrence of OUD and

pregnancy, review best practices for OUD treatment during pregnancy, and explore an analysis of buprenorphine prescribing in a national sample of commercially-insured pregnant and postpartum women.

**Objectives:**

- Apply the opioid prevention continuum to special considerations for pregnancy and the postpartum period.
- List the principles of current evidence-based best practices for treatment of OUD during pregnancy.
- Describe how key characteristics of buprenorphine treatment for commercial ly-insured pregnant and postpartum women differ between rural and urban treatment settings.

**Audience:** Hospital/Clinic/FQHC, Rural Provider, All - Population Health

**Location:** Cello AB

**3:15–4:15 pm Keeping it Real, Making it Personal: Shedding Light On Behavioral Health**

**Presenters:** Gina Matlock, BS, Henry County Medical Center;  
Tory Daugherty, MS, Henry County Medical Center

**Moderator:** Matt Salin

Hear how one rural hospital joined with community partners to launch a Behavioral Health Initiative providing education, reducing stigma, and increasing access to local resources. Through an elaborate video series, social media posts, TikToks, printed materials, and community outreach, Henry County Medical Center intends to silence the shame often associated with mental illness, poverty, and addiction. Come see the moving footage and hear how they addressed a critical population health need!

**Objectives:**

- Recognize community joint partners and outline a plan to collaborate.
- Identify multiple strategies to address stigma and increase education for varying demographics.
- Develop tools to track and manage progress.

**Audience:** Hospital/Clinic/FQHC, Coordinated School Health, Rural Provider, All – Population Health

**Location:** Cello CD

**3:15–4:15 pm Time to Talk: Empowering Rural Health Care Providers and Patients to Engage in Health Care Cost Conversations**

**Presenters:** Victoria Niederhauser, DrPH, RN, FAAN, The University of Tennessee; Christopher Sneed, PhD, The University of Tennessee Extension

**Moderator:** Dr. Richard Wallace

Access to health care and compliance is inhibited by indirect and competing costs of care (COC). Engaging in COC conversations can empower patients to take responsibility for their health leading to better outcomes. This session provides

background on COC conversations and current COC interventions. Time to Talk, a new COC intervention by UT and UT Extension, will be highlighted. Strategies for working with UT Extension’s county-based educators in delivering Time to Talk concludes the session.

**Objectives:**

- Explain the importance of Cost of Care conversations.
- Identify benefits of working with UT Extension through Time to Talk and other health education programs.
- Engage with local UT Extension educators for delivery of health education programming.

**Audience:** Hospital/Clinic/FQHC, Rural Provider, All –Population Health

**Location:** Dulcimer

**3:15–4:15 pm Extending Pediatric Clinical Services to Rural Communities: A Successful Model of Care**

**Presenter:** Nan Gaylord, PhD, RN, FAAN University of Tennessee-Knoxville

**Moderator:** Rema Wilson

This session will describe the collaboration between the University of Tennessee, Knoxville, College of Nursing and Mountain Peoples Health Council, Inc. for pediatric health services.

**Objectives:**

- Describe one successful example of extending pediatric clinical expertise through collaboration
- Clarify the roles and responsibilities of each party in a successful collaborative relationship
- Brainstorm other short and long-term services needed in rural areas that could be contracted for through University/urban/community resources

**Audience:** Hospital/Clinic/FQHC, Coordinated School Health, Rural Provider, All – Population Health

**Location:** Banjo

**3:15–4:15 pm Compassion Fatigue & Rebuilding Mental Fortitude**

**Presenter:** Tom Starling, EdD, Mental Health America of the MidSouth

**Moderator:** Ashley King

Do you pour yourself out until you can give no longer? This workshop helps you identify, prevent, and combat compassion fatigue and burnout by establishing realistic expectations and boundaries.

**Objectives:**

- Define compassion fatigue
- List 5 ways to build your resiliency & fortitude
- Identify 3 false beliefs impeding your mental fortitude

**Location:** Ballroom

## **THURSDAY–NOVEMBER 18, 2021**

### **8:30–9:30 am Plenary Topic: National Rural Health Updates**

**Presenter:** Brock Slabach, MPH, FACHE, National Rural Health Association

**Moderator:** Freda Russell

**Location:** Ballroom

### **9:40–10:40 am Plenary Topic: Dental Disease, the National Symbol of Social Inequality; Oral Health Promotion: Evidences and Strategies for Rural Communities**

**Presenter:** Cassandra Holder Christiansen, EdD., MPA, RDH, University of Tennessee Health Science Center; Sabrina Blue, GradCert. Helping Hands of Tennessee

**Moderator:** Kelly Shearin

Although largely preventable, dental caries and periodontal disease are the two biggest threats to oral health and are among the most common chronic diseases in the United States. People are more likely to have dental and other chronic diseases if they reside in rural areas, are low-income, uninsured, and/or members of racial/ethnic minority, or immigrant populations. This course will explore the critical importance of oral health to physical, emotional, psychological, and socioeconomic well-being. We will also delve into reasons for the high incidence of dental disease in the before-mentioned populations and review the connections between oral and systemic disease conditions.

#### **Objectives:**

- Explore how oral health contributes to physical, emotional, psychological, and socioeconomic well-being
- Review the growing evidence of the correlation between oral and systemic disease conditions
- Discuss the need for interdisciplinary training in assessing the patient's mental health, their head, neck, and oral cavity, and cultural influences

**Location:** Ballroom

### **10:45–11:45 am Be the One: Preventing Suicide in the Workplace**

**Presenter:** Joanne Perley, MPH, TN Dept. of Mental Health and Substance Abuse Services

**Moderator:** Mike Leventhal

The “Be the One” initiative began in the State of Tennessee as a suicide prevention campaign for co-workers; it is one of only two in our Nation. It is based on the idea that colleagues can help build a supportive workforce which values and affirms life. This presentation will review the Campaign and provide attendees the tools to initiate this in their agencies, through resource awareness, training, and postvention suggestions.

**Objectives:**

- Attendees will be able to identify three or more Tennessee suicide prevention specific resources. Attendees will be familiar with suicide statistics and why workforce prevention is crucial to saving lives in Tennessee.
- Attendees will be equipped with the next steps to become a Be the One agency.

**Audience:** Hospital/Clinic/FQHC, All – Population Health, Rural Provider

**Location:** Cello AB

**10:45–11:45 am Addictive Behaviors**

**Presenters:** Kristen Robinson, BS, LADAC II, NCAC II,

Village Behavioral Health

**Moderator:** Ann Cranford

Provide education about addiction and recovery as well as how it involves more than just stopping use of a substance. Information about the addictive process and 8 addictive behaviors that can be utilized to reinforce recovery.

**Objectives:**

- Provide information about the addictive
- Process explore addictive behaviors impact on the progression of addiction
- Increase understanding of how to reinforce recovery

**Audience:** All – Population Health

**Moderator:** Cello CD

**11:45–12:00 pm Break, Visit Exhibits****12:00 pm Awards Luncheon****12:15–1:15 pm Keynote: Post Covid Conversations Access to Resources**

**Presenters:** Monty Burks PhD, CPRS, Tennessee Department of Mental Health and Substance Abuse Services

**Moderator:** Barry Cooper

This session will present the innovative ways that Tennessee has approached partnering with the faith-based community to combat addiction and mental health issues. The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) designed the Tennessee Community Faith Based Initiative to connect the state's faith-based community with its recovery courts, prevention coalitions, recovery programs, treatment programs, jail and prison programs, and lifeline peers around the state to increase access to resources and, ultimately, to become resources.

**Objectives:**

- Deepen understand of COVID impact on mental health and substance use disorder.

- Explore resources that schools, providers, and others can utilize locally
- Increase competency discussing mental health issues with non-health professionals

**Location: Ballroom**

**1:20–1:50 pm Presentation of Awards**

**1:50–2:00 pm Break, Visit Exhibits**

**2:00–3:00 pm Increasing Mental Health Screenings During the Covid-19 Pandemic**

**Presenter: David Bohan**, Mental Health America of the MidSouth

**Moderator: Aaron Shankle**

Alarmed by a 114 percent increase in mental health screenings from April 2020 to May 2020, Mental Health America of the MidSouth launched a communications campaign to encourage Tennesseans to seek help and reduce stigmas associated with mental illness.

**Objectives:**

- Demonstrate how increased awareness and utilization of Mental Health America’s (MHA) evidence-based, free, and confidential on-line screening portal grew by more than 284 percent during the Covid-19 pandemic.
- With an overall increased level of anxiety occurring due to pandemic fears and restrictions, educate individuals on the positive benefits of the information obtained through screenings. Thereby, helping reduce the stigma of mental health issues in rural Tennessee.
- Engage a media partner to reach the target audience throughout Middle and West Tennessee.

**Audience:** All – Population Health

**Locator: Cello AB**

**2:00–3:00 pm Identifying Strategies to Sustain Rural Health Systems and Promote Economic Development**

**Presenters: Judy Roitman, LMSW**, Organization Tennessee Health Care Campaign; **Tracey Stansberry, MSN, APRN, AOCN**, Tennessee Health Care Campaign

**Moderator: Alicia Calloway**

A strong network of rural hospitals aligned to community needs and linked to local services is needed to improve the mental, physical and economic health of Tennessee’s rural communities. This workshop will share the insights gained from state-wide listening sessions in counties that lost their hospitals about the causes and consequences of these closures. Participants will explore promising state based proposals to prevent further closures and revitalize rural community health systems and promote economic development.

**Objectives:**

- Participants will identify the main causes of rural hospital closures in Tennessee from the perspective of community stakeholders, and learn what solutions they recommended.
- Participants will gain understanding of the dual benefit of community hospitals in improving population and economic health and development of rural counties.
- Participants will prioritize the potential of proposals for state policy changes to sustain and improve rural community health systems.

**Audience:** Hospital/Clinic/FQHC, Coordinated School Health, Rural Provider, All – Population Health

**Location:** Dulcimer

**2:00–3:00 pm Addressing the Social Determinants of Health Through Primary Prevention**

**Presenter:** Cameron Taylor, Post-Nominal Initials AICP Candidate, Organization Tennessee Department of Health

**Moderator:** Sherry Shruggs, RN, BSN

According to the CDC, social determinants of health are conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of life-risks and outcomes. This presentation will discuss how the Tennessee Department of Health, Office of Primary Prevention is working to improve social determinants of health for residents across the State through a healthier built environment.

**Objectives:**

- Learn about recent primary prevention successes at the Tennessee Department of Health, including those at the local level
- Discover how the Office of Primary Prevention is partnering with entities across different sectors
- Gain insights into grants the Office of Primary Prevention offers for built environment projects

**Audience:** All – Population Health

**Moderator:** Cello CD

**2:00–3:00 pm TN Save-A-Life Overdose Awareness and Prevention Training**

**Presenter:** Marissa Sage Valentine, R.O.P.S., Sevier County C.A.R.E.S.

**Moderator:** Dana Cobb

Session provides overdose prevention, the science behind the addicted brain, and an intro. to the TN Save-A-Life program

**Objectives:**

- Overdose awareness and prevention
- Regional overdose prevention program introduction
- Community coalition and resources introduction

**Audience:** All – Population Health

**Location:** Banjo

**3:00–3:15 pm** Break, Visit Exhibits

**3:15–4:15 pm** Leveraging Partnerships to Deploy Holistic Interventions: Lessons Learned from the Rural Health Connections Program

**Presenters:** Lauren Barca, RN, BSN, MHA, UnitedHealthcare Community Plan of Tennessee; Doug Adair, Nashville Diaper Connection

**Moderator:** Suzy Sonnier

In 2020, various stakeholders, including UnitedHealthcare, Nashville Diaper Connection, FQHCs, and TDOH, launched the connections Program, which provides diapers to promote key children’s health indicators (immunizations, well child/mother visits, and developmental screening). The Connections Program is a collaborative effort with the mutual objectives of improving immunization rates and the percentage of Tennessee children achieving EPSDT goals. In the first 6 months, we engaged with 2,471 families and facilitated 1,030 immunizations/EPSTDs at 20 unique locations, including in rural clinic settings.

**Objectives:**

- Understand how to create partnerships across the healthcare and CBO landscapes
- Discuss diapers and other SDOH incentives as a means to achieve health outcomes
- Review outcomes of initial findings of the Connections Program and how they could be replicated in additional rural counties

**Audience:** Hospital/Clinic/FQHC, Coordinated School Health, Rural Provider, All – Population Health

**Location:** Cello AB

**3:15–4:15 pm** Radon and Lung Cancer in Tennessee

**Presenters:** Bruce Snead, BCS, Engineering Extension at Kansas State University; Lexi Brown, LLB, Tennessee Department of Environment and Conservation, TN Radon Program

**Moderator:** Bill Moats

This presentation with TN specific information will provide viewers with key fundamental knowledge addressing radon risk understanding, assessment and reduction through health care outreach with resources and educational materials.

**Objectives:**

- Explain the relationship between radon and lung cancer risk
- Gain knowledge needed to introduce radon as a health risk to clients
- Gain knowledge needed to encourage radon risk reduction through testing and mitigation

**Audience:** All – Population Health

**Location:** Cello CD

### **3:15–4:15 pm Healthy Housing—A Retrospective Qualitative Assessment of Impact of Home Repairs**

**Presenters:** Bethesda O’Connell, DrPH, MPH, CHES, East Tennessee State University; Nicole Intagliata, BA, Appalachia Service Project

**Moderator:** Beth Ramer

Appalachia Service Project and East Tennessee State University collaborated to evaluate the impact of repairs to substandard housing in rural East Tennessee through 28 interviews of clients receiving services from 2017-19 in four counties. Overarching themes of the results included impacts on risk reduction, physical health, mental health, financial wellbeing, and willingness to receive assistance from service organizations. Implications for practice and for future research will be discussed.

#### **Objectives:**

- Describe housing as a social determinant of health
- Discuss impacts of housing quality on health and wellbeing

**Audience:** All – Population Health

**Location:** Dulcimer

### **3:15–4:15 pm Introduction to Apprenticeships and Community Health Workers**

**Presenters:** Jacy Warrell, MPA, Executive Director with Rural Health Association of Tennessee; Allica Austin, MBA, BExS, Workforce Development, Assistant Director with Rural Health Association of Tennessee

**Moderator:** Kelly Shearin

Apprenticeships in health professions such as nursing assistants, dental assistants, and community health workers support recruitment and retention of new entrants into the healthcare workforce. This session discusses links between access to care, career readiness, and health so that providers, schools, and others can support or implement programs locally.

#### **Objectives:**

- Understand Tennessee’s health professional shortage areas and how it impacts rural populations.
- Explain the apprenticeship model and the successes and challenges of starting new programs.
- Identify steps needed to implement or support an apprenticeship program locally.

**Audience:** All – Population Health

**Location:** Banjo

### **3:15–4:15 pm Community Engagement in the Prevention of Prescription Drug Misuse**

**Presenter:** Tyler Cody Melton, PharmD, MPH, University of Tennessee Health Science Center College of Pharmacy

**Moderator:** Dr. Ben Coulter

This presentation will review proper medication storage and disposal practices, the importance of drug take-back events, and the role these best practices have in the prevention of prescription drug misuse. In addition, resources for drug-take back events and medication drop-box installation will be reviewed. The presentation will conclude with an examination of current literature and drug misuse prevention projects, with discussion on how the literature can be implemented as community engagement opportunities.

#### **Objectives:**

- Review and discuss proper medication storage, disposal, and drug take-back events, along with the role these best practices have in the prevention of prescription drug misuse
- Identify resources for drug-take back events and medication drop-boxes
- Examine opportunities for community engagement and collaboration for the prevention of prescription drug misuse

**Location:** Ballroom

## **FRIDAY–NOVEMBER 19, 2021**

### **8:00–9:00 am Implementing Social Determinants of Health Screening in a Rural Primary Care Clinic**

**Presenter:** Kim Roberts, FNP-C, MSN, Abilene Christian University

**Moderator:** Mary Kiger

Social determinants of health are the environment and conditions in which people live. The social determinants of health include the risk factors and resources people have available to them that impact their health status. The goal in screening for social determinants of health is to identify social needs, partner with community agencies to meet these needs, and impact health outcomes. This presentation will discuss how a pilot program was created and the preliminary results.

#### **Objectives:**

- Review Define the social determinants of health resources and risk factors
- Explain how identifying and addressing social determinants of health impacts health outcomes
- Analyze how your organization may implement screening for social determinants of health, including implementation in an Athena EMR, and how this would impact your patient population.

**Audience:** Hospital/Clinic/FQHC, Coordinated School Health, Rural Provider, All – Population Health

**Location:** Cello AB

**8:00–9:00 am Skill Up Tennessee: Developing the Rural Workforce**

**Presenter: Kevin Treadway, B.S. in Health and Human Sciences,**

UT Extension Institute of Agriculture

**Moderator: Skylar Dawn Chapman Moore**

Skill Up Tennessee is the University of Tennessee Extension SNAP Employment and Training program offered in all 95 counties across the state and is funded through a grant awarded by the Tennessee Department of Labor and Workforce Development. This session focuses on how Skill Up Tennessee affords eligible participants financial assistance and practical knowledge to assist in achieving their career goals. Additionally, this session explores how Skill Up Tennessee has found success in rural areas.

**Objectives:**

- What is SNAP employment and training
- Partnerships to develop the rural workforce
- Successful rural community outreach models

**Audience:** All – Population Health

**Location: Cello CD**

**8:00–9:00 am Multisector Response to Rural Opioid Overdose Prevention Across East Tennessee**

**Presenters: Kayla Simon Post-Nominal Initials MPH,** East Tennessee Regional Health Office; **Matthew McConaughey, MPH,** East Tennessee Regional Health Office

**Moderator: Mallory Hill**

Overview of the Overdose Data to Action (OD2A) grant from the Center for Disease Control and Prevention. Focusing on data collection, syringe service program's, local coalition, and linkage to care expansion. Additionally, the procedure of implementing pilot medication for opioid use disorder (MOUD) program in a Correctional Facility setting. Furthermore, the development, activation, implementation, and evaluation of a rural regional overdose response plan.

**Objectives:**

- Resource linkage and connection to care
- Pilot MOUD programming procedures
- Necessity of harm reduction expansion

**Audience:** Hospital/Clinic/FQHC, Rural Provider, All – Population Health

**Location: Dulcimer**

**8:00–9:00 am Implementing Collaborative Obstetrics and Midwifery Practices to Address Access to Healthcare in Rural Tennessee**

**Presenters: Dr. Kate Fouquier , CNM, PhD, FACNM,** UTHSC College of Nursing; **Amanda Williams, CNM, MSN,** University of Tennessee Health Science Center

**Moderator: Dorshonda Evans**

Barriers to accessing obstetrical care in rural Tennessee is multifactorial but a significant barrier is the shortage of OB/GYN providers. Over this past year, the pandemic has put a spotlight on disparities in health care, especially in our rural and underserved communities, providing us with an opportunity to reimagine new models of care. This presentation will feature speakers from the University of Tennessee Health Science Center, College of Nursing DNP Nurse Midwifery option. This panel will describe the implementation of a successful collaborative obstetrical model of care and present outcome data associated with midwifery care.

**Objectives:**

- Articulate the role and scope of practice of a certified nurse midwife
- Examine outcomes of health care reform initiatives related to quality care, patient satisfaction and cost of care.
- Describe successful structural and functional components of collaborative care practices in the rural setting Q6 Intended Audience Hospital/Clinic/FQHC, Rural Provider

**Audience:** Hospital/Clinic/FQHC, Rural Provider, All- Population Health

**Location:** Banjo

**9:00–9:15 am Break, Visit Exhibits**

**9:15–10:15 am Understanding the Numbers: Data Sources and Trends in Rural Overdose Deaths in Tennessee**

**Presenters:** **Aleisha Spaulding, MPH**, Tennessee Department of Health; **Kate Durst, MS**, Tennessee Department of Health; **Dr. Allison Roberts, PhD, MPH**, Tennessee Department of Health, Statistical Research Specialist

**Moderator:** **Tyler Melton**

This presentation will focus on drug overdose data in Tennessee. First, it will show fatal drug overdose trends in rural TN using State Unintentional Drug Overdose Reporting System (SUDORS) data, which contains detailed information from death certificates and, if available, autopsy and toxicology results. Second, it will demonstrate how to find and use publicly available drug overdose data and visualizations available through the Tennessee Department of Health, and how this data can assist rural communities.

**Objectives:**

- Understand trends in fatal overdoses in rural TN, with a focus on geographic variation, decedent characteristics, and the circumstances surrounding death (such as bystander reactions, active prescriptions, and mental health history)
- Learn about publicly available drug overdose data, both from the Tennessee Department of Health and other sources
- Learn ways to utilize data sources in prevention efforts, and how the TN Department of Health can assist in finding, using, and translating data for action

**Audience:** All - Population Health

**Location:** Cello AB

## **9:15–10:15 am    Crafting the Perfect Conversation for Early Dementia and Older Adults**

**Presenter:** Lynn Wood, PAC Certified Dementia Specialist, Member of National Council for Dementia Practitioners, Certified First Responder-Dementia Trained, Mental Health America of the MidSouth

**Moderator:** Anna Hurt

In the best of circumstances, some conversations are difficult to have. How do you talk to someone about giving up their independence and control over aspects that they have been controlling for years. Also, who are we to tell someone that they shouldn't be on a computer, handling their finances or driving? There is a way to start the conversations, but we first need to learn the, Who, What, When, Why and How.

### **Objectives:**

- Understand normal aging vs not normal aging
- Early signs of Alzheimer's and other dementia
- Communication do's & don't's
- Starting the conversation

**Audience:** Hospital/Clinic/FQHC, Rural Provider, All- Population Health

**Location:** Cello CD

## **9:15–10:15 am    The Road Map to Rural Area Services & Resources**

**Presenter:** Megan Hart, M.Ed., Tennessee Disability Pathfinder

**Moderator:** Tresea Donelson

Finding and accessing much needed services and resources can often be a challenge that affects the health of individuals living in rural areas. Tennessee Disability Pathfinder, a one-stop information and referral program, assists in navigating the path to community resource solutions. Through collaboration with state agencies and non-profit organizations, Pathfinder offers one-on-one assistance to individuals, an interactive website of information, and educational opportunities. Attend this session to learn more about the benefits of using Pathfinder.

### **Objectives:**

- Participants will be able to describe Tennessee Disability Pathfinder
- Participants will be able to seek community resource information by contacting Pathfinder staff and navigating its website
- Participants will be able to stay informed about resources through Pathfinder trainings and communications

**Audience:** All- Population Health

**Location:** Dulcimer

## **9:15–10:15 am Relational Cultural Theory: Why We Need It Now**

**Presenters:** **Dr. Katherine M. Hermann-Turner, Ph.D., NCC, LPC/MHSP-Temp** Organization Tennessee Tech University; **Christina Dukes, LPC-MHSP,** Tennessee Tech University; **Brittney Phillips, LPC-MHSP, NCC,** Tennessee Tech University

**Moderator: Patty Lane**

Relational Cultural Theory (RCT) is a post-modern feminist theory that describes individual growth as the byproduct of connection to others rather than individualization and autonomy; people grow through relationships. To understand an individual, RCT looks at their past experiences, current culture, and history of marginalization, microaggressions, and trauma experiences, which can lead an individual to disengage. Post-COVID, individuals in rural areas need tools to reconnect, ways to re-socialize, and opportunities to embrace connection.

### **Objectives:**

- Understand Relational Cultural Theory's history, tenets, and applications.
- Explore how within the context of the recent double pandemic RCT's focus on healthy connection can be a balm for wounds created by isolation and marginalization.
- Discover how an RCT perspective can capitalize on the resilience of rural communities to improve the mental health of both individuals and the community.

**Audience:** All- Population Health

**Location:** Banjo

## **9:15–10:15 am Social and Emotional Implications of Belonging in Rural Areas**

**Presenters:** **Kristin Dunn, CTRS, IMH-E®**, Association of Infant Mental Health In TN; **Keena Friday-Gilbert, MBA, MSW, IMH-E®** Association of Infant Mental Health in TN

**Moderator: Elaine Jackson**

When serving diverse populations, particularly young children, belonging is vital to healthy development. A child who belongs feels a sense of pride in their communities, and they can be emotionally strong, self-assured, and able to deal with challenges and difficulties. This presentation will share how belonging and not belonging impact young children's social and emotional development. We will share practices that ensure young children belong and how to implement belonging into your work.

### **Objectives:**

- Understand To increase knowledge of social & emotional implications of belonging
- To identify 2-3 ways to ensure children have a sense of belonging
- To identify 2-3 next steps for agencies to implement belonging

**Location:** Ballroom

**10:15–10:30 am** Break, Visit Exhibits

**10:30–11:30 am** RHA of TN Member Meeting, RHA of TN Staff

**11:30 am** Adjourn until next year.



The Rural Health Association of TN has been approved by National Association of Social Workers – Tennessee Chapter to offer up to 15.0 continuing education units for *the 27th Annual Conference* on Nov. 17-19, 2021. **“This program was approved by the National Association of Social Workers – Tennessee Chapter (Provider Number: NASWTN 2021-0126) for up to 15.0 continuing education units.”**



“CNE Credit: Continuing nursing education contact hours for the conference have been approved. East Tennessee State University College of Nursing is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. The total number of Nursing contact hours to be offered will be 13.66 if attending pre-conference session and 10.41 if not attending pre-conference session.”



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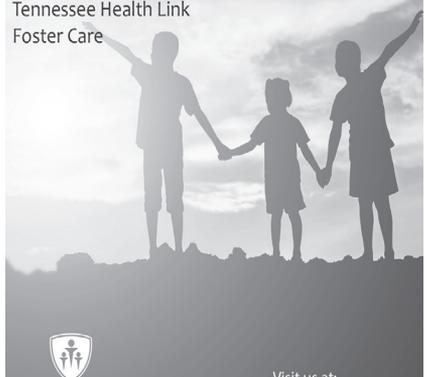
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Early relational health is all about healthy and positive child development that grows out of nurturing, warm, and responsive early relationships. These relationships between the parent/caregiver and child are rooted in trust and social connections.

In support of early childcare educators, AIMH TN offers:





**Endorsement™ - A Specialized Credential:** Infant and Early Childhood Internal Health Endorsement™ for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health (IEI-CH) is an interprofessionally recognized credential for professionals who work with children aged 0 to 3 and their families. Be working for ECDE/IEP for those professional working with young children 0 to 6 and their families. *Special Endorsement™* demonstrates that our research has found training and that they support early relational health. Endorsement™ shows that professionals understand how important relationships are for the children in their care.

**Diversity, Equity, Inclusion, and Belonging:** In addition to its commitment to ensuring that diversity, equity, and inclusion are embedded in early childhood programs, we offer training and technical assistance to the education job sector and childcare centers offering affirming, diverse, and healthy relationships with their parents and teachers, creating a more inclusive and equitable early childhood environment for all children and their families that they belong.

**Community Engagement:** You belong to AIMH TN! Just like children, professionals need a place to belong, too. We see the professional bond that grows when we work together to support early relational development for infants, young children, and their families. Become one of our members and join AIMH TN's multi-disciplinary teams of professionals. Let's work together to bring more smiles to children.

**Reflective Supervision and Consultation (RSC):** Reflective supervision helps to create better relationships and is a part of what we do to support mental health (ECMHI). The idea that each relationship affects every other relationship is an example of greater peace and the importance of RSC. Professionals are provided support and guidance in a safe, trusting, collaborative environment.





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CENTERSTONE

**TN** Department of  
**Mental Health &  
Substance Abuse Services**



 **ethra**™ East Tennessee  
Human Resource Agency



# TALK TO US ABOUT OUR INCENTIVES

## PRACTICE SITE RECRUITMENT AND RETENTION INCENTIVE

up to **\$50,000**

grant to assist a rural or underserved practice site in the recruitment or retention of a primary care physician, psychiatrist, psychiatric nurse practitioner, or dentist

## RESIDENCY INCENTIVE

**\$35,000**

per year of residency in exchange for a commitment to practice in a rural or underserved area of Tennessee. Available to resident physicians in primary care & psychiatry



For more information, contact Daniel Jayroe at [djayroe@tha.com](mailto:djayroe@tha.com)

**Thanks**  
for being  
a valuable partner  
in serving  
our community



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