



Southern NH Area Health Education Center

January
2022

Upcoming Conferences, Workshops,
and Programs

Given the state of the world, SNHAHEC has pivoted to live webinars and online learning. Please visit snhahec.org for other online learning opportunities. Here are just some of the many modules we have available. Stay safe and healthy!

- ***Strategies for Preventing and Managing Tickborne Illness***, Apará Dave, MD
- ***COVID-19 & Diabetes***: Della B. Flanagan, RDN, CDCES, MEd, BC-ADM, LD
- ***Addressing Vaccine Hesitancy***-Ardis Olson, MD, Kim Bernard, MSN, RN, Elizabeth Talbot, MD, Suzanne Allison, RN, BSN
- ***Resilience & Thriving: The Secret Power of Stress***-Maria Reyes, BA, CADC

Health Literacy

Faculty

Lisa Stockwell, MEd,
Certified Train the
Trainer, Life Coach and
Motivational Interviewing
Trainer.

Continuing Education

Nursing

Southern New Hampshire Area
Health Education Center is an
approved provider with
distinction of nursing continuing
professional development by the
Northeast Multistate Division
Education Unit, an accredited
approver by the American
Nurses Credentialing Center's
Commission on Accreditation.

1.5 contact hours Activity
Number: 1408

Physicians

The Southern NH Area Health
Education Center is accredited
by the NH Medical Society to
provide continuing medical
education for physicians.
Southern New Hampshire Area
Health Education Center
designates this live activity for a
maximum of 1.5 AMA PRA
category 1 Credit (s)[™].
Physicians should claim only the
credit commensurate with the
extent of their participation in the
activity.

Other professionals

1.5 professional hours of
continuing education.

Wednesday, January 12, 2022

Live Webinar

11:00am to 12:30pm

Health literacy is the use of a wide range of skills that improve the ability of people to act on information in order to live healthier lives. This session will briefly cover some of the skills include: reading, writing, listening, speaking, numeracy, and communication and interaction skills.

Learning Objectives

After this session, participants will be able to:

- Define health literacy
- Identify behaviors suggestive of patients with low health literacy
- List strategies that enhance understanding of information when communicating with patients with low health literacy

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

[Click here](#) to register.

**An email with the Zoom information will
be sent out prior to the webinar.**

Young Child Sexual Abuse Learning Session

Join us in this two hour session to learn more about young child sexual abuse so we can identify possible risk and keep our children safe.

DATE: Thursday, January 13, 2022
10:00AM-12:00PM
LIVE WEBINAR VIA ZOOM



Learning Objectives:

1. Discuss the nature and scope of child sexual abuse
2. Identify the behaviors that may indicate that an adult poses a sexual risk to a child
3. Recognize signs of child sexual abuse
4. Describe normal and concerning child sexual behaviors.
5. Explain the nature of childhood memory as it pertains to child sexual abuse, including factors that facilitate and hinder recall for details about the abuse.
6. Describe key elements of the child sexual abuse disclosure process.
7. Analyze the multidisciplinary collaborative process for young sexual abuse victims.
8. Consider ethical issues related to CSA

Target Audience: School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

There is no fee to participate. Materials will be provided. A Zoom link will be emailed prior to the session.

[**Click here to register!**](#)

Presenter

Cassie Yackley, Psy.D., Licensed Psychologist/Director
Center for Trauma-Responsive Practice Change

Dr. Cassie Yackley has spent more than 25 years committed to understanding and effectively addressing the impact of traumatic exposure on children, families, and systems. She brings together recent discoveries from developmental neuroscience and attachment to help audiences learn how reflective practice leads to better working environments and outcomes for professionals and those they serve. She has extensive experience collaborating with mental health agencies, schools, law enforcement agencies, child welfare & juvenile justice services (to name a few) and demonstrated expertise in working with others to create trauma responsive systems.

Session Information

Participants learn normative and concerning child sexual behaviors by age and develop a deeper understanding of the nature of childhood memory as it pertains to CSA. Participants will describe key elements of the CSA disclosure process, identify issues that impeded the capacity to substantiate or prosecute cases of CSA, and begin to consider the quality of interviews conducted with young children. The session calls for community action among professionals to facilitate the disclosure and healing process for young child victims of CSA and their caregivers with concrete next steps we can all take. The following Ethical issues and CSA topics will be the main focus of this training:

1. Addressing conflicts that arise between the law, legal processes, and organizational expectations in treating CSA
2. Contemplating clinical competence in working with CSA: What are the boundaries?
3. Navigating confidentiality and client disclosure of CSA
4. Ethical considerations in documenting CSA work with clients
5. Assessing CSA: Ethical administration and interpretation of assessment measures
6. The ethics of client consent to CSA treatment

Continuing Education

Nursing:

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

2.0 contact hours. Activity Number: 1415

Physicians:

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NASW:

This program has been approved for 2.0 Category A Continuing Education Credits, which includes 2.0 hours in ethics, by the National Association of Social Workers, NH Chapter. CEU #3894

For all other health professionals: 2.0 hours.



Radical Compassion: Improving Care for People Who Use Drugs



Foundation for
Healthy Communities
Partnering to improve health for all.

Radical Compassion is a term coined by Khen Lampert in 2003. The term refers to a specific type of general compassion which includes an inner imperative to take action that improves a person's quality of life or creates a positive impact on society. Harm Reduction can be considered a form of Radical Compassion. Harm Reduction, when done right, creates a positive impact on individuals, families and communities. This session will explore putting compassion into action through Harm Reduction strategies, beyond Narcan and syringe programs. Specifically, we will explore a Conversational Harm Reduction framework that works with and supports people on their journey to improved health and wellness. It is a method that can be applied by everyone professionals, families, friends or strangers. Come prepared to explore your own beliefs around harm reduction and to understand how practicing Radical Compassion can improve the experience for those who use drugs and those who love and care for them.

As a result of attending this training, participants will be able to:

- Identify your personal thoughts, beliefs, and biases and understand their impact on the work you do.
- Explore the harm reduction strategy of Conversational Harm Reduction, that can be applied in any setting— what you say and how you say it.
- Utilize Radical Compassion and Harm Reduction Principles to engage with people and improve care delivery, experience, and outcomes for people that use drugs.

Presenters: **Tanya Lord** is the Director of Patient and Family Engagement at the Foundation for Healthy Communities in Concord, NH. Tanya works with all NH hospitals as they partner with patient and families to improve care. Trained in Human Centered Design strategies, Tanya consults, teaches, and presents nationally as a patient safety, quality improvement, and patient/family engagement consultant. Tanya's passion for work in patient/family engagement and substance use disorders is both professional and based in her own lived experience. Her ongoing work is sustained by hope for a safer more inclusive healthcare system for all. **Ryan Fowler**, a native of New Hampshire, is a person in sustained recovery and a Certified Recovery Support Worker. He is a former injection drug user and credits being alive and his clean bill of health to harm reduction and evidence-based treatment. After working in addiction treatment and recovery for several years, Ryan began focusing on harm reduction, public health strategies, and overdose prevention efforts. Using both his negative lived experience and positive professional experience, he has grown in effectiveness and is passionate about helping other people who use drugs to stay alive and find recovery.

Continuing Education:

Nurses: Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 1.5 contact hours, Activity Number: 1427

Physicians: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern NH AHEC and the Foundation for Healthy Communities. The Southern NH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.5 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For all other health professionals: 1.5 hours

This training is funded by a grant from the Foundation for Opioid Response Efforts (FORE).

January 13, 2022
1:00-2:30 pm EST

To Register:

[https://radicalcompassion011322
.eventbrite.com](https://radicalcompassion011322.eventbrite.com)

Virtual Training Zoom link will be sent out the week of the training to registered participants

Please contact Carrie McFadden
cmcfadden@healthynh.org
with any questions.



January 18th, 2022, 12:00 pm – 4:00 pm
EST

Epilepsy & Self-Management Virtual Training

This training delivers learning modules that address,

- Overview of Epilepsy & Seizures
- Treatment Considerations in Epilepsy
- Seizure First Aid
- Comorbidities in Epilepsy
- Lifestyle Management
- Self-Management Programs
- Case Studies in Epilepsy

Target Audience: Nurses, NPs, nurse educators, CHW's, social workers, counselors, PCPs, psychologists, PAs, neurologists



To register: <https://www.eventbrite.com/e/epilepsy-self-management-virtual-training-tickets-203304989697>

Learning Objectives:

1. Describe seizures, epilepsy and 3 ways epilepsy may be treated
2. Discuss physical, mental and psychosocial challenges associated with living with epilepsy
3. Discover how to assist people with epilepsy control their seizures, prevent injuries, make healthy lifestyle choices, and improve quality of life
4. Identify 3 common comorbidities in epilepsy
5. Increase knowledge and confidence in their ability to provide seizure first-aid
6. Develop confidence in their ability to provide epilepsy management support
7. Explain the benefits of epilepsy self-management and at least 2 pathways for referral to a self-management program
8. List the resources and types of assistance available to people living with epilepsy

Learning Outcome: Participants will report a change in practice related to treating epilepsy.

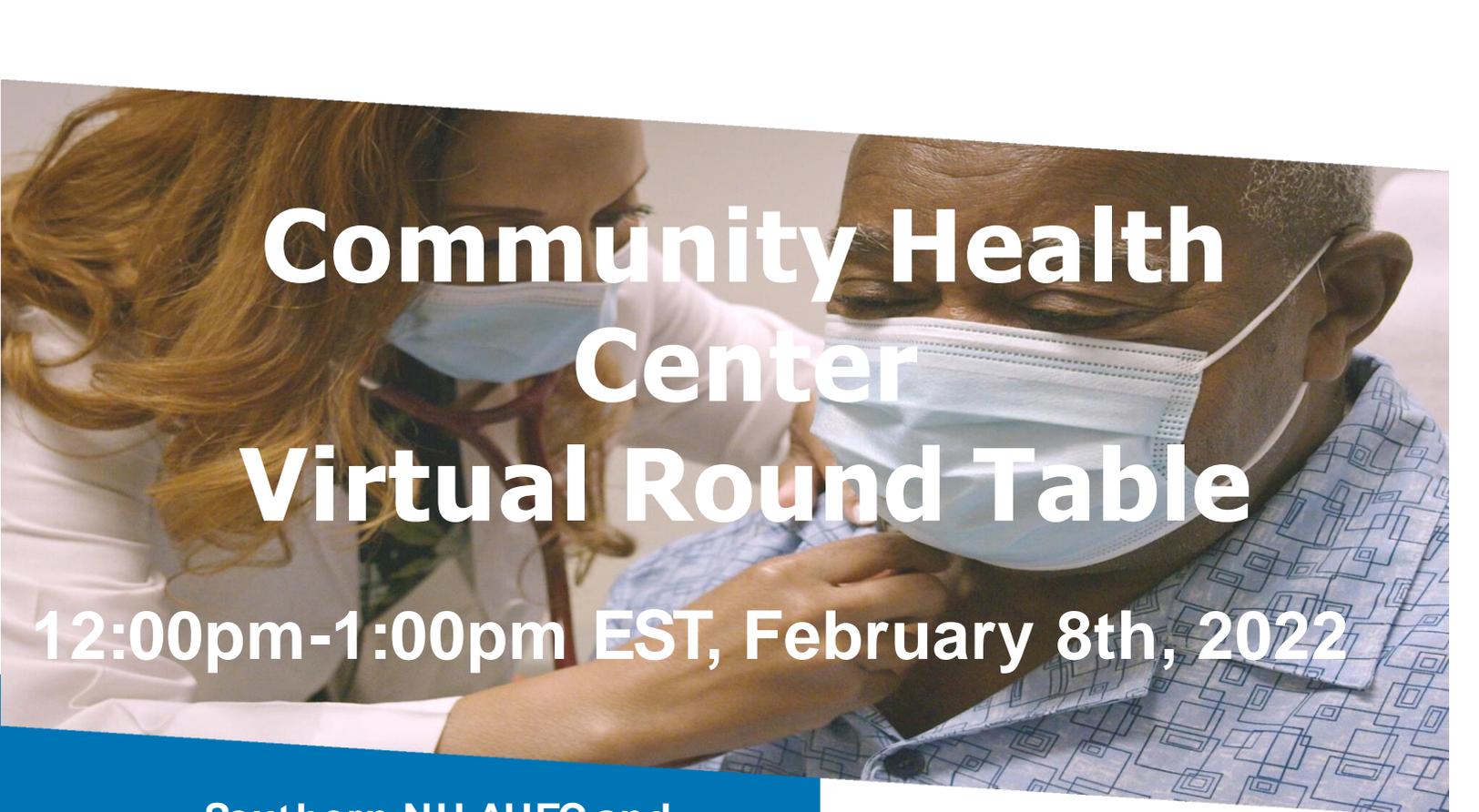
Continuing Education:

*Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
3.75 contact hours. Activity Number: 1343*

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern NH AHEC and the HOBSCOTCH Institute at the Dartmouth-Hitchcock Epilepsy Center. The Southern NH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 3.75 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been approved for 3.5 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CEU #3749

For other professionals: 3.75 professional hours of continuing education.



Community Health Center Virtual Round Table

12:00pm-1:00pm EST, February 8th, 2022

Southern NH AHEC and
Aledade invite you to
attend a round table
event:

Innovative Practice Models in The Community Health Center Setting

Join host, Dr. Marie Ramas,
Regional Medical Director
at Aledade, for an
engaging discussion on
value-based care

Nurses

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours, Activity Number: 1425

Physicians

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

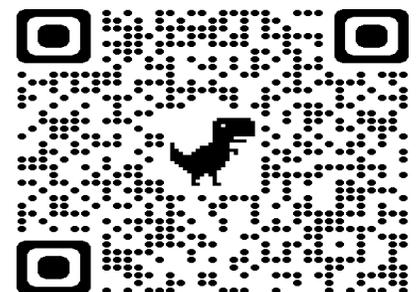
For all other health professionals: 1.0 hours

LEARNING OBJECTIVES

1. Discuss the role of value-based care in Community Health Center settings
2. Identify how value-based models complement existing Community Health Center practices
3. Identify three ways that value-based care addresses burnout

Register Below Using
Link or QR Code:

February 8th, 12:00PM - 1PM EST



<https://event.on24.com/wcc/r/3543178/C44B514C319BF2A397A6D7F54D>
EOE57F

Creative Resiliency Series: Creating Mandalas

Faculty

Lisa Stockwell, MEd,
Certified Train the
Trainer, Life Coach and
Motivational Interviewing
Trainer.

Continuing Education

Nursing

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.5 contact hours Activity
Number: 1329

Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.5 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other professionals

1.5 professional hours of continuing education.

Tuesday, February 15, 2022
Live Webinar: 11:00 to 12:30pm

Join us in using an evidence based framework, Arts and Culture in Public Health, to identify mechanisms you can use for yourself and your patients to increase engagement, strengthen communication, and create positive health outcomes.

Creating mandalas, provide a non-threatening approach for health professionals to support the clients they serve. Mandalas can be used as a form of art therapy or as a creative expression and can reduce anxiety, tension, stress, and increase focus. Originating in ancient Asian religions, the mandala is recognized by patterns of geometric, concentric circles and used as an aid in meditation. The psychological underpinning for this form of expression is Jungian.

Creating mandalas is fun, and it can be used to stimulate awareness, self-expression, and communication with others; and to create a mechanism to diffuse and manage stress.

Learning Objectives

After this session, participants will be able to:

- Describe the history and the process for creation of a mandala.
- Explain the psychological basis for mandala usage.
- Implement a mandala creation as a personal expression.
- Discuss mandala usage in a variety of settings.

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

[Click here](#) to register. An email with the Zoom information will be sent out prior to the webinar.

Motivational Interviewing: A Conversation About Change

**March 8th & 15th,
2022
9:00-12:00pm**

**Location: Live
Webinar via Zoom**

Cost: \$45.00

Continuing Education

Nurses

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

5.5 contact hours. Activity Number: 1388

Physicians

The Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credit(s)*[™].

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Work

This program has been approved for 5.5 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CEU #3828

Motivational Interviewing (MI) is a very specific way of having a conversation about change. The process of Motivational Interviewing discovers each person's values and interests. It is designed to decrease barriers and increase readiness to make a change. It provides concrete, person-focused tools that help to address ambivalence and engagement both on an individual level and at a group level.

These interactive training sessions will help you learn how to bring awareness to individuals about the discrepancy between their current behavior and their future goals. You will learn how to assist them to make meaningful healthy lifestyle changes.

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

Learning Objectives

After this session, participants will be able to:

- Describe active listening and its impact on the behavior change
- Explain the MI spirit, four processes and mind-set that guide MI conversations
- Discuss discord and how it impacts the relationship
- Identify how to effectively provide information and suggestions
- Demonstrate the use of one or more of the micro skills of OARS
- Describe sustain talk, change talk and commitment language
- Practice exercises

**Faculty: Lisa Stockwell, MEd ~ It's Your Journey, LLC,
Consulting & Training**

[Click here](#) to Register!

Space is limited. The use of video and audio and attendance to both sessions is **required** in order to receive credit.

For questions please contact:
Brianna Ferraro @ bferraro@snhahec.org

70-hour Legal Interpretation Training, Online, via Zoom

January 18 – April 7, 2022

Time: 6:00pm – 9:00pm

On Tuesdays and Thursdays



For more information contact
Florentina G. Dinu at: fgdinu@snhahec.org

This is a comprehensive 70-hour program that teaches interpreters to work in the law enforcement (courts, police, correctional facilities, department hearings, with attorneys and more). Tuition cost for this training is \$900. Partial scholarships of \$400 are available for students residing Manchester, Scholarships provided by The City of Manchester Community Improvement Program, please check here if interested_. Registration fee, mandatory language proficiency screening (in English and target language), the manual and exercises/role-plays are included in this amount. Students need to have computers with camera to attend-Complete attendance is required.

Individuals interested in this training must complete the form below, and include a nonrefundable registration fee of \$100 check/money order made out to SNHAHEC and send it to: Florentina G. Dinu, Southern New Hampshire Area Health Education Center, 128 State Route 27, Raymond NH 03077, Any buyer may cancel this transaction any time prior to midnight of the third business day after the date of the transaction. After that the registration fee and tuition cost is non-refundable.



LIT REGISTRATION

NAME _____ HOME PHONE _____ OTHER PH. _____

ADDRESS: _____ TOWN _____ STATE/ZIP _____

EMAIL _____ PLACE OF BIRTH _____ NATIVE LANGUAGE _____

OTHER LNG'(S) SPOKEN _____ HIGHEST EDU. COMPLETED _____



HOW DID YOU FIND OUT ABOUT THIS TRAINING?

Please check: *SNHAHEC website _____ *Received email _____

*Other (please specify name): _____

Today's Date: _____

**64-hour Health Care
Community Interpretation
Training, Online/via Zoom
Dates: April 28–July 21/2022
Time: 6:00pm – 9:00 pm
On Tuesdays & Thursdays**

For more info. email: fgdinu@snhahec.org



This is a comprehensive 64-hour program that teaches interpreters to work in the community, social services, education, and healthcare, and it satisfies regional customer requirements for training interpreters providing services to state agencies and hospitals. This is a nationally known course taught in many states and is also accepted for medical certification processes for National Accreditation.

Tuition cost for this training is \$800. NH students interested in applying for a scholarship please check here . Registration fee, mandatory language proficiency screening (in English and target language), the manual and exercises/role-plays are included in this amount. **Students must have a computer with camera to participate in Zoom classes. Complete attendance is required.**

Individuals interested in this training must complete the form below, and include a nonrefundable registration fee of \$100 check/money order made out to SNHAHEC and **Mail and scan/email** it to: Florentina G. Dinu, Southern New Hampshire Area Health Education Center, 128 State Route 27, Raymond NH 03077, Any buyer may cancel this transaction any time prior to midnight of the third business day after the date of the transaction. After that the registration fee and tuition cost is non-refundable.



HC-CIT REGISTRATION

NAME _____ HOME PHONE _____ OTHER PH. _____

ADDRESS: _____ TOWN _____ STATE/ZIP _____

EMAIL _____ PLACE OF BIRTH _____ NATIVE LANGUAGE _____

OTHER LNG'(S) SPOKEN _____ HIGHEST EDU. COMPLETED _____

Today's date _____ HOW DID YOU FIND OUT ABOUT THIS TRAINING? **Please check:**

*SNHAHEC website _____ *Received email _____ *Other (please specify name): _____

Center for Cultural Effectiveness

Southern NH AHEC is committed to supporting health professionals, organizations and communities to be more culturally effective. For more than twenty years we have provided training opportunities that contribute to enhancing the communication skills of health professionals and diversifying the health care workforce.

[Click here](#) to check out the Center for Cultural Effectiveness on our new website!

Resources:

[Click here](#) for the Diversity, Equity, and Inclusion (DEI) Organizational Assessment Tools: A Resource Guide.



Optimizing employment outcomes among rural cancer survivors: Beginning a community-engaged research program

We are looking for ways to help people undergoing cancer treatment maintain their ability to work. We'd like to talk with employers and supervisors to understand the barriers to and facilitators of supporting employment of cancer survivors within various settings.

Who can participate?

- Employers and supervisors throughout New Hampshire and Vermont who can speak on the challenges employers face when an employee is being treated for cancer or comes back to work after cancer treatment.
- We would like to hear from employers of different sizes, ownership models and industries.

Time or other commitments required of participants:

A one-time, 30 to 60 minute interview via telephone

or internet (based on preference). After a few months, participants will be invited to participate in a 75 minute discussion group with 4 to 10 other participants. We will discuss our findings and possible programs that could help cancer survivors.

Is compensation provided?

Yes. Participants will receive \$50.00 for completion of the individual interview and \$50.00 for completion of the discussion group.

To participate, please contact:

Kali Morrissette
Clinical Research Coordinator
Department of Psychiatry
Email: kali.j.morrissette@hitchcock.org
Phone: (603) 653-9901

Strategies for Preventing and Managing Tickborne Illness

Online Module



Be prepared
for Tick
Season!!

Learning Objectives:

- Identify different types of ticks and the prevalence of tick borne illness in NH
- Discuss strategies for testing and diagnosis of tick-borne illness
- Describe treatment options for tick borne disease
- Address prevention strategies to share with patients

Faculty:

Dr. Aparna Dave is an Infectious Disease specialist with CORE Physicians in Exeter, NH. Dr. Dave is board certified in Internal Medicine & Infectious Disease. She is also the medical director for the Seacoast Travel Clinic.

To view the module, click here:

<https://www.snhahec.org/strategies-for-preventing-and-managing-tickborne-illness.html>

Nurses

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours. Activity Number: 1382

Physicians

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Recognizing and Responding to Human Trafficking in a Healthcare Context

Faculty

Donna Plourde, Executive Director, Real Life Giving, Training Committee Chair, NH Human Trafficking Task Force,

Continuing Education

Nursing

Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

1.5 contact hours Activity Number: 1389

Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.5 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other professionals

1.5 professional hours of continuing education.

Online Module

Human trafficking is defined as “the recruitment, harboring, transportation, provision or obtaining of a person for exploitation through labor, services or a commercial sex act by force, fraud or coercion.” Human Trafficking happens in New Hampshire. Join us to learn what to look for and how to best provide care and services to your patients and/or clients.

Learning Objectives

After this session, participants will be able to:

- Discuss the dynamics of human trafficking and the scope of the issue in NH
- Identify indicators of human trafficking
- Describe best practices for responding and reporting

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

[Click here](#) to view the module.



Addressing Vaccine Hesitancy

Online Module

Faculty

-Ardis Olson, MD
-Kim Bernard, MSN, RN
-Elizabeth Talbot, MD
-Suzanne Allison, RN,
BSN

Continuing Education

Nursing

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity
Number: 1392

Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other professionals

1.0 professional hours of continuing education.

This session applies to:

- Childhood and Adolescent Vaccines
 - COVID-19 Vaccine
 - Flu Vaccine

Strategies discussed:

- Motivational interviewing for addressing vaccine hesitancy

Learning Objectives

After this session, participants will be able to:

- Describe vaccine hesitancy and underlying factors
- Recall at least three practices clinicians can use to build confidence in vaccines among patients
- Apply lessons learned to COVID, early childhood, and adolescent vaccinations.
- Identify at least one action they can take to support a culture of vaccine confidence in their practice setting

Learning Outcome: Participants will report a change in practice related to communicating about vaccines.

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, behavioral health and public health professionals.

[Click here](#) to view the module.



Preceptor Development Modules



A series of educational modules for community based clinical teachers

Dealing With the Difficult Learning Situation: Prevention

Narrated by: Elizabeth Harrison, BSN, MSN, FNP-BC

<https://www.sنهاec.org/preceptor-development-dealing-with-the-difficult-learning-situation-prevention.html>

Dealing With the Difficult Learning Situation: Management

Narrated by: Elizabeth Harrison, BSN, MSN, FNP-BC

<https://www.sنهاec.org/preceptor-development-dealing-with-the-difficult-learning-situation-management.html>

The Effective Preceptor

Narrated by: Justine Nims-Largy, APRN

<https://www.sنهاec.org/preceptor-development-effective-preceptor.html>

Evaluation: Making it Work

Narrated by: Kim O'Mahoney, APRN, FNP-BC

<https://www.sنهاec.org/preceptor-development-evaluation-making-it-work.html>

Feedback

Narrated by: Ruth James, MD, MPH

<https://www.sنهاec.org/preceptor-development-feedback.html>

Integrating the Learner Into the Busy Practice

Narrated by: Rajae Raji, APRN

<https://www.sنهاec.org/preceptor-development-integrating-the-learner-into-the-busy-practice.html>

Learner Engagement in Community Rotations

Narrated by: Paula Smith, MBA, EdD

<https://www.sنهاec.org/preceptor-development-learner-engagement-in-community-rotations.html>

The One-Minute Preceptor

Narrated by: Jonathan Gott, PA-C

<https://www.sنهاec.org/preceptor-development-one-minute-preceptor.html>

Setting Expectations

Narrated by: Ruth James, MD, MPH

<https://www.sنهاec.org/preceptor-development-setting-expectations.html>

Resilience & Thriving: The Secret Power of Stress

Want to learn more about Resiliency?

This narrated PowerPoint presentation, available online, provides introductory information about resiliency, the warning signs of stress, and more!

Learning Objectives:

- Apply the tools of Resilience and Thriving through self-examination of events in personal and professional lives
- Evaluate the broader aspects of stress and how you can reframe stressors to strengthen the ability to flourish under challenging circumstances
- Recognize early warning signs and utilizing the core tools of the positive coping cycle
- Discuss pandemic takeaways

Presented by: Maria Reyes, BA, CADDC

[Click here](#) to learn more!

Compassionate Boundaries

Want to learn more about Compassionate Boundaries?

This narrated PowerPoint presentation, available online, provides introductory information about compassionate boundaries. Learn more about how to set compassionate boundaries to avoid saying yes when we really mean no. As caregivers, we can learn to consider our own needs, while we are helping others to get their needs met. Learning to set boundaries with compassion can reduce compassion fatigue and role model positive behavior for our clients.

Learning Objectives:

- Discuss definitions and concepts of compassion and its place in health care settings
- Describe definitions of professional boundaries.
- Identify common challenges to creating and maintaining compassionate and professional boundaries.

Presented by: Jen Stout, LICSW, MLADC

[Click here](#) to learn more!

Motivational Interviewing

Want to learn more about Motivational Interviewing?

This narrated PowerPoint presentation, available online, provides introductory information about what Motivational Interviewing is, the elements that make up the mindset of MI, and more!

Learning Objectives:

- Describe the four elements of the mindset/spirit of MI
- Explain the four processes that guide MI conversations
- Describe 1 example of the core interviewing skills of MI
- Describe how to effectively provide information and suggestions

Presented by: Lisa Stockwell, MEd

Experienced trainer, educator and coach working with organizations, groups and individuals in topics related to positive behavior change, effective communication skills, mindfulness, compassion fatigue and motivational interviewing (member of MINT).

[Click here](#) to learn more!

Alzheimer's Dementia-Introduction to Alzheimer's-Online Module

Want to learn more about Alzheimer's Dementia?

This 45 minute narrated PowerPoint presentation, available online, provides introductory information about Alzheimer's Dementia, the cost burden, the stages of Alzheimer's and more.

Learning Objectives:

- Distinguish Alzheimer's as one of the Dementias
- Discuss the prevalence of dementia/Alzheimer's in NH and globally
- Explain the projected scope of the epidemic
- Discuss the cost burden of Alzheimer's for federal/state governments and individuals/caregivers
- Identify health disparities related to Alzheimer's and other dementias
- List the stages and signs/symptoms of each stage of Alzheimer's Disease.
- Relate changes in the brain to signs/symptoms at each stage of Alzheimer's Disease

Presented by: Carole Boutin, DNP, MS, RN, CNE

[Click here](#) to learn more!

COVID-19 and Diabetes

Want to learn more about the connection between COVID-19 and Diabetes?

This narrated PowerPoint presentation, available online, provides introductory information about the relation between COVID-19 and Diabetes and how to protect and prepare patients should they become ill.

Learning Objectives:

- Describe why diabetes poses an increased risk for illness with COVID-19
- List ways to protect and prepare patients with diabetes should they get sick
- State importance of monitoring and treating acute complications
- Describe how to boost the immune system with nutrition
- Explain how to reduce the chance of severe illness

Presented by: Della B. Flanagan, RDN, CDCES, MEd, BC-ADM, LD

[Click here](#) to learn more!

Trauma Informed Care Online Module

Faculty

**Jen Stout, LICSW,
MLADC**, The Doorway in
Dover

Continuing Education

Nursing

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity
Number: 1251

Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other professionals

1.0 professional hours of
continuing education.

Learn how to incorporate trauma-informed care as a strengths-based approach to caring for your patients and clients. Trauma informed care incorporates a person-centered approach to working with people that incorporates the biological, neurological, psychological and social impact of trauma on an individual.

Learning Objectives

After this session, participants will be able to:

- Describe basics of brain function and development
- Discuss components of Trauma Informed Care
- Apply strategies to address challenging behaviors

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

[Click here](#) to access the module!

Enhancing Provider Skills in Serving People who Actively Use Substances

Free Online Module

[Click here
to watch!](#)

Target Audience

All members of the practice team including physicians, nurse practitioners, physician assistants, nurses, medical assistants and patient service representatives.



Continuing Education

Nurses

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Activity Number: 1340

Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 0.5 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For other professionals: 0.5 professional hours of continuing education.

Health care providers have opportunities to engage and support clients who use drugs in setting and attaining health related goals. This session will engage attendees in collaborative learning, conversation, and case discussion to identify opportunities to engage clients in setting goals.



This one-hour module will focus on provider acceptance of 'where a person is at' as a precursor to supporting client-driven goal setting. Cases shared within this session will highlight exemplars of engaged approaches as well as opportunities for improvement.

Evidence related to harm reduction approaches and goal setting will be discussed and harm reduction best practices, evidence, and current local and national resources will be provided.

Participants will consider how goal attainment can be supported with syringe service programs, overdose prevention and treatment, medications prescribed to mitigate withdrawal symptoms, and referrals across health care and community services including peer recovery supports.

Learning Objectives

After this session, participants will be able to:

- Relate the concepts of humility and curiosity to learn about substance use disorders as precursors to have supportive and pragmatic conversations with clients.
- Identify opportunities in varied practice settings to engage clients who use drugs in setting and achieving goals.
- Conduct collaborative goal setting for overdose and infection prevention with people who use drugs to augment substance disorder screening, treatment, referral, and recovery.
- Apply harm reduction principles to supporting patient experience drug withdrawal symptoms.

Learning Outcome

Participants will report a change in practice 6 months after the educational intervention.

Enhancing Provider Skills in Serving People who Actively Use Substances

Scheduling

This program can be offered at a day and time that best suits your organization. Contact Nitanga Jean De Dieu, Nitanga@snhahec.org, to schedule a program.

Target Audience

All members of the practice team including physicians, nurse practitioners, physician assistants, nurses, medical assistants and patient service representatives.

Faculty

Kerry Nolte, PhD, FNP-C

Continuing Education

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours.

Activity Number: 1250

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For all other health professionals: 1.0 hours

Health care providers have opportunities to engage and support clients who use drugs in setting and attaining health related goals. This session will engage attendees in collaborative learning, conversation, and case discussion to identify opportunities to engage clients in setting goals.

This one-hour session will first focus on provider acceptance of 'where a person is at' as a precursor to supporting client driven goal setting. Cases shared within this session will highlight exemplars of engaged approaches as well as opportunities for improvement.

Evidence related to harm reduction approaches and goal setting will be discussed and harm reduction best practices, evidence, and current local and national resources will be provided.

Participants will consider how goal attainment can be supported with syringe service programs, overdose prevention and treatment, medications prescribed to mitigate withdrawal symptoms, and referrals across health care and community services including peer recovery supports.

Learning Objectives

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- Relate the concepts of humility and curiosity to learn about substance use disorders as precursors to have supportive and pragmatic conversations with clients.
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- Apply harm reduction principles to supporting patient experience drug withdrawal symptoms.

Learning Outcome

Participants will report a change in practice 6 months after the educational intervention

Stanford's Chronic Disease Self-Management Program: Better Choices, Better Health

Do you have patients with a chronic disease? Are you looking for resources to help them take better care of themselves?

The NH CDSMP Network is offering Stanford's Chronic Disease Self-Management Program: Better Choices, Better Health as a resource to providers and residents of New Hampshire. The program gives patients with chronic diseases and the people who care for them an opportunity to learn how to put life back into their lives.



***For more information please
contact
Brianna Ferraro at
bferraro@snhahec.org
603-895-1514x2***

As a series of workshops:
Classes are offered in community centers across NH. Upcoming trainings can be found at [SNHAHEC](#), under the "BCBH" tab

"Lunch" and Learn
An introductory one-hour session can be brought to your practice by SNHAHEC to help your staff understand what can be done to help patients with chronic diseases manage their lives.