



## Southern NH Area Health Education Center

September  
2021

Upcoming Conferences, Workshops,  
and Programs

Given the state of the world, SNHAHEC has pivoted to live webinars and online learning. Please visit [snhahec.org](https://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
- ***Community Programs: A Cure for Social Isolation***-Rachel S. Eichenbaum, RN, MSN
- ***Alzheimer's Dementia-Intro to Alzheimer's***-Carole Boutin, DNP, MS, RN, CNE
- ***Addressing Vaccine Hesitancy***-Ardis Olson, MD, Kim Bernard, MSN, RN, Elizabeth Talbot, MD, Suzanne Allison, RN, BSN
- ***Achieving Adolescent Wellness through Preventative Care***-Lyndsay Goss MSN, RN

# Southern NH AHEC Community Health Worker Course

7 day-8 hour class ■ Virtual

October 4, 18, 25 and November 1, 8, 15, 22, 2021

9:00am-3:00pm

**Registration  
Deadline:**  
September 20, 2021

As a nation and a state, we are struggling to address the transformation of the health care system as we move to a model of team based care. One strategy that other states have used to engage communities and assist with navigating services is to promote the Community Health Worker (CHW) model. Train to become a CHW in New Hampshire and incorporate your new knowledge into team based care opportunities offered in hospitals, medical practices, community health centers and social service settings.

## Target Audience

There are a variety of roles and numerous titles that fall under the CHW umbrella: Outreach Worker, Lay Health Advisor, Health Promoter, Patient Advocate, community health advisor, family advocate, liaison, peer counselor, patient navigator, health interpreter and public health aide. Those listed and more are welcome to attend!

**Cost:** \$1,200.00-includes curriculum, lunch, and training materials. A limited number of scholarships are available. Payment is by check only. Checks can be made out and mailed to: Southern NH AHEC, 128 State Route 27, Raymond, NH 03077

## Curriculum

### DAY 1:

#### **Outreach, Service Coordination Skills and Professionalism**

*Learn about outreach methods and strategies, care coordination, system navigation, and explore dimensions of professional skills and conduct.*

### DAY 2:

#### **Navigate Insurance Options, CHW Code of Ethics, Culture and Cultural Effectiveness**

*Discuss options for people who are uninsured and underinsured and identify resources to get them the information they need to navigate the health care system. This includes access to the Health Care Marketplace, Medicaid Managed Care, and Children's Health Insurance Program (CHIP). Apply ethical considerations while working as a CHW. Respond to clients in culturally effective ways.*



### **DAY 3:**

#### **Education and Facilitation Skills & Communication and Interviewing Skills**

*Gain the necessary skills to provide information to members of your community in the form of formal and semi-formal presentations. You will be able to educate, inform, persuade and motivate your audience. Communicate effectively with diverse individuals and groups in a variety of community and service provider settings while gaining interpersonal skills.*

### **DAY 4:**

#### **Assessment, Advocacy, Leadership and Care Coordination Skills**

*Demonstrate individual, client, and community assessment skills. You will learn how to educate and promote health behavior changes and offer concepts and approaches to living a healthy life. Learn to advocate, lead, and build capacity as a Community Health worker. Explore strategies for coordinating patient care.*

### **DAY 5:**

#### **Chronic Disease Management and Oral Health**

*Gain knowledge in diabetes management, asthma, heart disease and cancer to effectively assist your community in identifying risk factors as well as managing current conditions. Describe the importance of oral health and discuss ways of keeping teeth healthy.*

### **DAY 6:**

#### **Mental Health, Substance Abuse, Domestic Violence, and Research and Evaluation**

*Identify basic symptoms and signs of mental health conditions, such as depression, anxiety, substance abuse and mood disorders. Explain the process of addiction, screening methods, and resources for recovery. Review types and cycle of domestic violence abuse and discuss related resources. Identify the importance of research, evaluation and collecting data to inform CHW programs.*

### **DAY 7:**

#### **The Environment and Prevention and Wellness**

*Discuss how the outside environment, and the environment in the home, school, and work affects your community. Describe the importance of oral health and discuss ways of keeping teeth healthy. Recognize the importance of self-care and how wellness strategies you can help your clients prevent and reduce current health conditions.*

*A graduation ceremony will be held upon the completion of the 7 day training*

To register online please [click here](#).

*For more information or a scholarship form, please contact  
Nitanga Jean De Dieu  
at 603-244-7360 or [nitanga@snhahec.org](mailto:nitanga@snhahec.org)*

# Stress Less & Manage More!

## 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: 1349

### 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)<sup>™</sup>. 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, October 13<sup>th</sup>, 2021**

**Live Webinar: 11:00 to 12:30pm**

Stress can take a toll on us all, especially in uncertain times. It is easy to forget that our own self-care is essential to our wellbeing. If we are depleting ourselves, we ultimately have less energy to give to our work or to offer someone else. Over time we can develop stress overload called "compassion fatigue," a set of symptoms that can affect our health, emotions, thoughts, relationships, behaviors, and even how we feel about the world in general.

In this workshop we will learn and practice some tools that we can use, giving us a sense of control and allowing us to let go of things beyond our control.

## **Learning Objectives**

After this session, participants will be able to:

- Describe stressors and signs of stress (healthy stress, compassion fatigue, burn-out)
- Recognize the link between thoughts, behavior, and emotion.
- Identify and practice techniques such as: communication, refocusing, healthy boundaries, and creative expression to lessen stress levels at home and work.

## **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.**

# Understanding the Causes of and Incorporating Healthy Responses to Nonsuicidal Self –Injury (NSSI) Training

## Faculty

Skerry Moir, MS

## 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.

2.0 contact hours Activity Number: 1405a

### 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 2.0 AMA PRA category 1 Credit (s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Other professionals

2.0 professional hours of continuing education.

**Wednesday, October 13, 2021**  
Live Webinar: 4:00 to 6:00pm

**Youth are experiencing significant stress given the pandemic, effects of social media and personal life experiences. Many adolescents use self -injury to cope with sadness, anxiety and distress. School nurses and other health care providers can play a role in caring for people who self-injure. Join us to learn more!**

## **Learning Objectives**

After this session, participants will be able to:

- Recognize how to identify whether behaviors are NSSI or suicidal/parasuicidal.
- Identify reasons individuals engage in NSSI.
- Explain overview of psychiatric diagnoses related to NSSI.
- Discuss effective treatment available for NSSI.
- Describe healthy and effective responses to those who present with NSSI.

## **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.**

# SAVE the DATE!

## NH Community Health Worker Summit



October 20 & 22, 2021

Virtual  
Event!

'Hand in Hand'



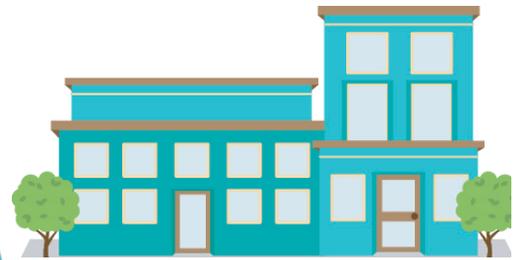
### TARGET AUDIENCE

*Community Health Workers and all those who provide support including:*

Social Service and community organizations;  
Physical, oral, and behavioral health care providers and administrators;  
Policy makers, supportive stakeholders, and all who are invested in the CHW workforce development

### Registration Coming Soon!

For more information contact:  
Amber Culver at [aculver@nchcnh.org](mailto:aculver@nchcnh.org)



Funding for this event is made possible by cooperative agreement NU58DP006515 between the New Hampshire Department of Health and Human Services, Division of Public Health Services, and the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications by speakers and moderators do not necessarily reflect the policies of the Department of Health and Human Services, nor does mention of trade names, commercial practices or organizations imply endorsement by the State or US Government

# Motivational Interviewing: A Conversation About Change

**October 21<sup>st</sup> &  
22<sup>nd</sup>, 2021  
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)*<sup>™</sup>.

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](mailto:bferraro@snhahec.org)

October 20<sup>th</sup>, 2021, 9:00 am – 1:00 pm  
EST

# Epilepsy & Self-Management



*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-162442992363>**

## 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*

*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 3.75 AMA PRA category 1 Credit (s)<sup>™</sup>. 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*

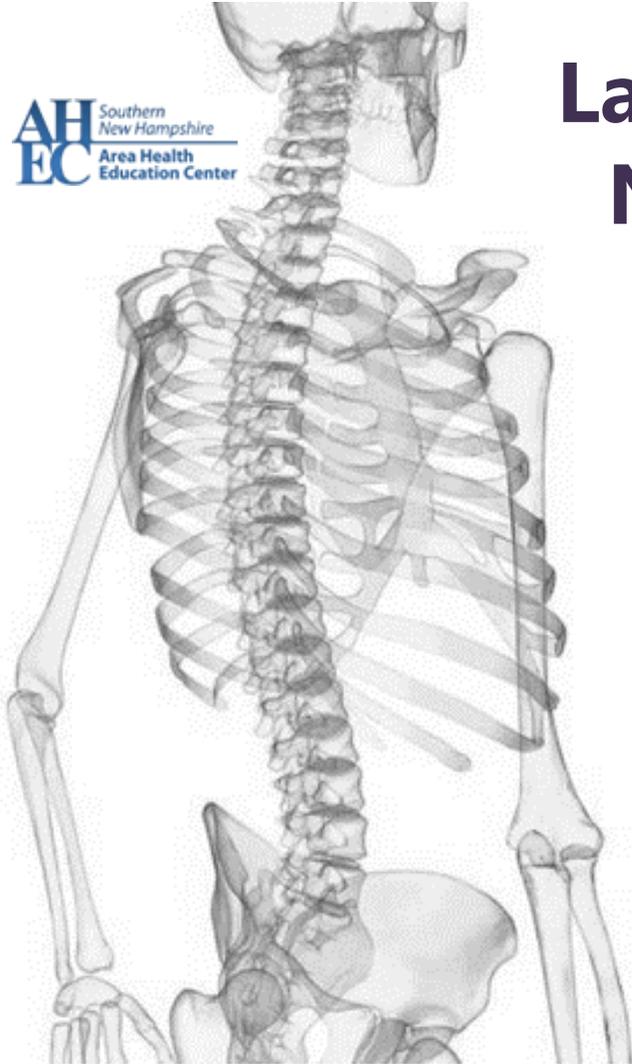
*For other professionals: 3.75 professional hours of continuing education.*

# SAVE THE DATE!

## October 21-22, 2021 | Virtual Conference



AH  
EC Southern  
New Hampshire  
Area Health  
Education Center



# Lawrence Raisz Memorial New England Bone Club

**Submit your abstract for review!  
Showcase your success story, a  
challenging case or a research  
project.**

**The meeting program delivers:**

- Updates on recent developments and cutting-edge research in metabolic bone diseases
- Guidance for challenging cases
- Clinical updates on rare bone disorders

**Early Bird Rate: \$60.00**

**Free for fellows, trainees, speakers/case presenters (please email Brianna at [bferraro@snhahec.org](mailto:bferraro@snhahec.org) to register)**

**[Click here](#) to register today! A detailed brochure will be coming soon.**

**Case abstracts are being accepted through September 24, 2021.**

**Submit your case abstract to:**

Brianna Ferraro, Program Coordinator

[bferraro@snhahec.org](mailto:bferraro@snhahec.org)

*A Program of*

Maine Medical Center Research Institute • Southern NH Area Health  
Education Center • Exeter Hospital

# Culturally Effective Organizations Framework Learning Forum



## *The Roadmap to High Quality Services for All*



New Hampshire  
Equity Collective



## Culturally Effective Organizations Framework

Learning Forum

**October 26, 2021, 1-4 pm**

Remote, on Zoom

**Cost:** \$45.00 per person

- **Scholarships are available!** We do not want cost to be a barrier to participation! Please email Brianna Ferraro at [bferraro@snhahec.org](mailto:bferraro@snhahec.org) to request a scholarship.
- **Group discounts are also available!** If you are registering five or more people from your organization at a time, please email Brianna at [bferraro@snhahec.org](mailto:bferraro@snhahec.org) for a discount code prior to registering.

REGISTER at <https://ceorgsframeworklearningforum.eventbrite.com>

In NH we value that everyone lives freely, but that means ensuring everyone has equal opportunity to thrive. We know that organizations strive to ensure this opportunity by providing high quality services that are accessible to all in NH – yet achieving this can be challenging. Many of us have simply not had access to training about an effective approach that would turn our goals into broader success.

The good news is that a roadmap exists; there is a framework to provide high quality services for all called the Culturally Effective Organizations Framework, and this framework is the roadmap. The NH Equity Collective [Culturally Effective Organizations Work Group](#) in partnership with the [Southern NH AHEC Center for Cultural Effectiveness](#) will be hosting a forum to teach organizations about the essential pathways for success. You will have the opportunity to hear from local leaders who are enjoying the benefits of being a culturally effective organization.

**You are invited to attend this training webinar to learn about the roadmap for providing high quality services for all.** This Learning Forum is especially suited to interested individuals who are interested in advancing equity within their organization. *We recommend that organizations be represented by teams of 2-3 individuals who can take the information back to their organizational leadership.*

### **Learning Objectives**

By the end of this learning forum participants will be able to:

- Describe the Culturally Effective Organizations Framework and its 7 elements
- Identify at least one strategy that helps to achieve an element
- Identify at least one resource
- Reflect on how to apply this framework to their own organization
- Assess their own sphere of influence in effecting change in their organization

### **Learning Outcome**

- 80% of participants will identify at least one element of the Culturally Effective Organizations Framework that they will focus on implementing / improving in their organization

### **Continuing Education**

Certificates of participation will be available for all professionals.

#### **Social Workers**

2.75 CEUs pending approval from NASW NH.

#### **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.

2.75 contact hours. Activity Number: 1404

#### **Physicians**

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 2.75 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

VISIT <https://ceorgsframeworklearningforum.eventbrite.com> to REGISTER

VISIT the [Culturally Effective Organizations Work Group](#) webpage to learn more!

*For questions please contact Brianna Ferraro at [bferraro@snhahec.org](mailto:bferraro@snhahec.org).*

# 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**

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### **Other professionals**

1.5 professional hours of  
continuing education.

**Thursday, November 4, 2021**

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.

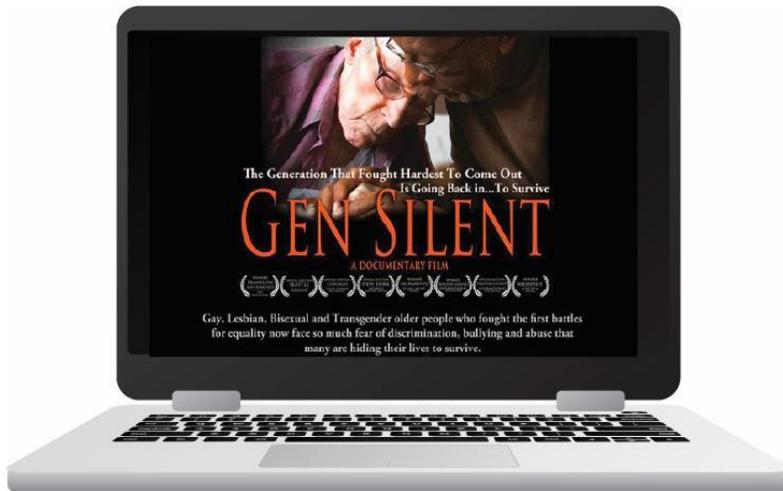
**[Click here](#) to register.**

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

Foundation for Healthy Communities & Southern NH Area Health Education Center  
present a film screening of  
**Gen Silent**, followed by a discussion.

**Friday, November 12 from 12:00-2:00pm**

Where: On Zoom! (Link will be emailed prior to the session)



**TARGET  
AUDIENCE**

FREE for Medical,  
Dental, Allied Health  
Professionals and  
Students

**interested in learning  
about LGBT older  
adults**

**IT'S MOVIE TIME!**

In our commitment to equity and professional development, we are providing staff a special screening of Gen Silent, a critically acclaimed award-winning documentary about LGBT older adults. It will be followed by a discussion and Q & A with gerontologist, Dr. Kristen Porter, and special guest, Professor Mel Simms, who is featured in the documentary.

**LEARNING OBJECTIVES**

Participants will be able to:

1. Cite several disparities found among LGBT older adults.
2. Describe lived experiences of six LGBT older adults who are followed in the documentary.
3. Discuss how the historical context impacts LGBT older adults' healthcare access.

**LEARNING OUTCOME**

75% of participants will report a change in practice related to LGBT older adults.

**REGISTRATION (deadline 11/10/21)**

This event is FREE but registration is required at: <https://www.eventbrite.com/e/gen-silent-tickets-170443220260>

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: 1411

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 2.0 AMA PRA category 1 Credit (s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For other professionals: 2.0 professional hours of continuing education.

**This presentation will promote an environment of mutual respect,  
non-discrimination, and be free of bias.**



# JOIN OUR PROJECT ECHO® COMMUNITY!



Are you a clinical preceptor or provider who wants to improve the precepting experience?

Join us for six, 1-hour ECHO sessions

November 2021 - May 2022

1st Tuesday of the month from 12pm-1pm EST

## Preceptor ECHO to Enhance Rotations



Questions? Contact:

[unh.anew@unh.edu](mailto:unh.anew@unh.edu)

*Audience: Clinical Preceptors, Providers interested in becoming Preceptors, Office Staff/HR, Rural and Underserved Preceptor Sites and NP Students*

- Improve your practice by incorporating students.
- Explore opportunities to enhance precepting systems.
- Connect with experts and practices from across the nation.

PROJECT ECHO® USES A TELEMENTORING APPROACH TO CASE-BASED LEARNING

*"All Teach, All Learn"*

[Click here to find out more!](#)



# Chronic Disease Self-Management New Leader Training



**Tuesdays from 10:00-12:30 pm & 1:30-3:30pm**

11/9, 11/16, 11/23, 11/30, 12/7 & 12/14/2021

Virtual Training via Zoom

**\*There are two sessions per week on Tuesdays. Participants must attend all sessions to become a leader. Zoom information will be emailed prior to the start of the training.**

This training will prepare you to hold a 6 week remote or in-person workshop series to provide the Chronic Disease Self-Management program, known as Better Choices, Better Health. It is a great opportunity to join a supported network of other NH leaders offering this program throughout NH.

## Who should attend the Leader Training?

### **•Do you have a chronic disease or are you a caregiver of someone with a chronic disease?**

You do not need to be a health professional to lead the workshops-in fact, Stanford recommends that leaders be individuals living with a chronic condition or a caregiver for someone with a chronic condition.

**•Do you have a co-leader?** “Better Choices, Better Health” workshops are held in the community and are led by two trained leaders. It is beneficial to partner with an already trained leader or to attend with the leader training with a partner if possible. If you need a co-leader, let us know and we will try to help!

**•Can you commit to offering at least one 6-week program within one year, preferably within three months of being trained?** It is really helpful to lead a training soon after to solidify your learning. Many communities find that offering 2 or 3 trainings per year is a great way to keep the program sustainable through word-of mouth.

For more information on the Chronic Disease Self-Management Program (CDSMP), please refer to <https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/>

This leader training is grant funded and, therefore, there is **no cost to attend the training** itself for NH residents (usually \$450-\$500). You will also receive a Leader manual, a participant book, and a participant CD at no charge.

**\*By completing this training, you will be able to offer CDSMP workshops AND will position yourself to be eligible to take Crossover Trainings such as Chronic Pain and/or Diabetes Self-Management.**

**How do I apply?** Please [click here](#) to register online. Contact Brianna Ferraro at [bferraro@snhahec.org](mailto:bferraro@snhahec.org) with questions.



# Creative Resiliency in Turbulent Times

## 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: 1409

### 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)<sup>™</sup>. 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.

**Thursday, December 2, 2021**

Live Webinar: 11:00 to 12:30pm

Online via ZOOM

The current environment is stressful for health care providers and patients. Join us in using an evidence based frame work, 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. The Arts can help us manage our own emotions as we act as caregivers. Incorporating the Arts can help us connect with patients and overcome barriers, ultimately resulting in improved health outcomes for everyone.

## **Learning Objectives**

After this session, participants will be able to:

- Discuss research that supports the use of arts, by identifying a variety of ways the arts can improve self-care and healing
- Identify 3 self-care techniques they can use in their practice
- Describe strategies to promote ongoing resilience for you and your patients.

## **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.**

**\*\*\*Please be prepared with colored markers, pens or pencils and 2-3 pieces of paper or notecards.\*\*\***

# 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)<sup>™</sup>. 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.

**Thursday, December 9, 2021**

**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.**

**64-hour Health Care  
Community Interpretation  
Training, Online/via Zoom  
Dates: Oct. 7 – Dec. 22, 2021  
Time: 6:00pm – 9:00 pm  
On Tuesdays & Thursdays**

**For more info. email: [fgdinu@snhahec.org](mailto: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): \_\_\_\_\_

# 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](mailto: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:** \_\_\_\_\_

## ***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.

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## To participate, please contact:

Kali Morrissette  
Clinical Research Coordinator  
Department of Psychiatry  
Email: [kali.j.morrissette@hitchcock.org](mailto: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)<sup>™</sup>. 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)<sup>™</sup>. 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.snhahec.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.snhahec.org/preceptor-development-dealing-with-the-difficult-learning-situation-management.html>

## The Effective Preceptor

Narrated by: Justine Nims-Largy, APRN

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

## Evaluation: Making it Work

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

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

## Feedback

Narrated by: Ruth James, MD, MPH

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

## Integrating the Learner Into the Busy Practice

Narrated by: Rajae Raji, APRN

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

## Learner Engagement in Community Rotations

Narrated by: Paula Smith, MBA, EdD

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

## The One-Minute Preceptor

Narrated by: Jonathan Gott, PA-C

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

## Setting Expectations

Narrated by: Ruth James, MD, MPH

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

# Community Programs: A Cure for Social Isolation Online Module

## *Want to learn more about Community Programs?*

This 45 minute narrated PowerPoint presentation, available online, provides introductory information about various community programs. It touches upon social isolation and loneliness, social capital, and more!

### ***Learning Objectives:***

- Describe self-management programs and their value in the community
- Identify strategies to engage patients in managing their chronic disease
- Discuss the nursing role in chronic disease management

### **Presented by Rachel S. Eichenbaum, RN, MSN**

Rachel has been a nurse for over 20 years working in primary care, patient education and community health programming. For the last 4 years, she's worked in healthcare quality improvement. She lends technical assistance to primary care practices, helping providers to make changes that will enhance their practice and their patient.

[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!

# Transitions of Care: The Role of a Nurse

## ***Want to learn more about Transitions of Care?***

This narrated PowerPoint presentation, available online, provides introductory information about what transitional care is, the elements of transitions, and some evidence-based models of transitional care.

### ***Learning Objectives:***

- Discuss the definitions of transitional care, including the elements involved in management of transitions.
- Identify evidence based models and tools to improve transitional care.
- Recognize the roles nurses can play in transitional care.

**Presented by: Lyndsay Goss, MSN, RN, CNE**

[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!

# 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!

# Community Health Workers: A Patient Centered Model of Care

*Want to learn more about CHW's?*

This narrated PowerPoint presentation, available online, provides introductory information about what CHW's do, the elements of collaboration, and more!

## ***Learning Objectives:***

- Describe history of CHW movement
- Examine CHW core competencies and skills
- Discuss the Interprofessional Collaboration Framework
- Review payment models
- Reflect on the roles CHWs play to improve the community's health

**Presented by: Paula Smith, MBA, EdD**

**[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)<sup>™</sup>. 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.

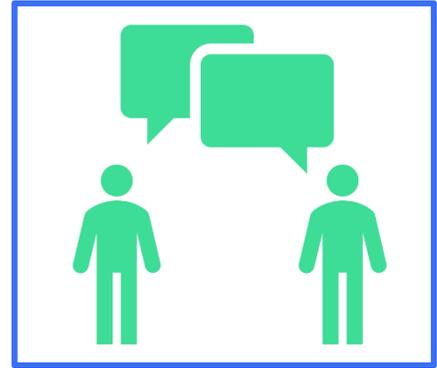
Activity Number: 1340

#### 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)<sup>™</sup>. 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](mailto: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

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

## **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](mailto: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.