



Southern NH Area Health Education Center

September
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!

- ***Interprofessional Collaboration***, Dayle Sharp, PhD, DNP, M^cPH, FNP-BC, APRN
- ***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



Join Us for "Climate Change: A Public Health Approach"



**Tuesday, September 13th from
6:00 - 7:00 PM ET**

[Register Here:](#)

[www.nhclimatehealth.org/our-
events](http://www.nhclimatehealth.org/our-events)

Georges C. Benjamin, MD, is a well-known health policy leader, practitioner, and administrator. He currently serves as the executive director of the American Public Health Association, the nation's oldest and largest organization of public health professionals. He is also a former secretary of health for the state of Maryland.

Dr. Benjamin is a graduate of the Illinois Institute of Technology and the University of Illinois College of Medicine. He is board-certified in internal medicine, a Master of the American College of Physicians, a fellow of the National Academy of Public Administration, a fellow emeritus of the American College of Emergency Physicians, and a member of the National Academy of Medicine. At APHA he serves as the publisher for the American Journal of Public Health, the Nation's Health Newspaper and APHA Press, the associations book company. He serves on several nonprofit boards such as Research!America, the Truth Foundation, the Environmental Defense Fund, Ceres, and the Reagan-Udall Foundation. He is also a former member of the National Infrastructure Advisory Council, a council that advises the President on how best to assure the security of the nation's critical infrastructure.

Dr. Deborah Walker Klein, member of the NH HWCA Advisory Board, Past President, APHA will introduce Dr. Benjamin and moderate the Q & A.

This event is co-sponsored by the NH Medical Society and the NH Public Health Association.

See page 2 for details on continuing education.

Learning Objectives:

1. Describe the cause of climate change
2. Discuss the health impacts of climate change
3. Identify solutions to mitigation and adaptation to a changing climate to protect health

Outcome:

66% of participants will self-report a change in practice

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: 1487

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.

For other professionals: 1.0 professional hours of continuing education.

BUILDING THE EQUITY TOOLBOX: A Culturally Effective Organizations Training Series 2022



The Roadmap to High Quality Services for All

We want to ensure that everyone has equal opportunity to thrive. The Culturally Effective Organizations Framework offers an effective approach to turn our goals into broader success. This ongoing series offers an opportunity for deeper exploration of dimensions of each of the Framework elements.

BUILDING THE EQUITY TOOLBOX: A Culturally Effective Organizations Training Series

Offered at no charge

Learning Objectives:

By participating in this series participants will be able to:

- Implement elements of the Culturally Effective Organizations Framework
- Identify and make use of resources for deeper understanding and action
- Advance equity within their own organizations

Learning Outcome:

- 80% of participants will identify an action they will take as a result of this training

We encourage participation in the whole series; registration for individual sessions is available.

See below for Continuing Education

[Click here to REGISTER](#)



September 28, 1-3 pm

Tools for Growing Institutional Equity: The Equity Impact Review

Learn this best practice for structured assessment of policies, programs, proposals, and procedures; identify available EIR/EIA resources.

October 13, 1-4 pm

Data Collection for Equity: Applied Practice

Part 2 of the Data for Equity Series
Interactive opportunity for applied practice of the essential concepts and best practices for collecting high quality data, correctly and consistently, as introduced in Part 1.

October 25, 1-3 pm

Building Equity through Data Part 3 of the Data for Equity Series

Explore historical and cultural concepts of data and its use, and explore new ways to actively decolonize data to further equity. We will consider important questions about the nature of data and more.

November 16, 1-3 pm

Operationalizing Equity: The Culturally Effective Organizations Framework

Learn the roadmap for providing high quality services for all, foundational on the path to equity.



**New Hampshire
Equity Collective**

VISIT the [Culturally Effective Organizations Work Group](#) webpage to learn more!
For questions, please contact Brianna Ferraro, bferraro@snhahec.org

BUILDING THE EQUITY TOOLBOX: A Culturally Effective Organizations Training Series

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.

Up to 9.0 contact hours,. Activity Number: 1481

- Physicians

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 9.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Social Workers

Up to 9.0 CEUs pending approval from NASW NH.

- For all other health professionals: 9.0 hours

- For all other participants

A certificate of attendance for up to 9.0 hours will be available to serve your professional development needs.

Southern NH AHEC Community Health Worker Course

7 day-8 hour class ■ Virtual

**Registration
Deadline:**
October 7, 2022

October 17, 24, 31 and November 7, 14, 21, 28, 2022
9:00am-3:00pm

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 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*

October 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-371162837037>

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.



***Breathing
Matters
Respiratory
Conference***

****New DATE****

Monday, October 17, 2022

Grappone Conference Center ▪ Concord, NH

Who Should Attend:

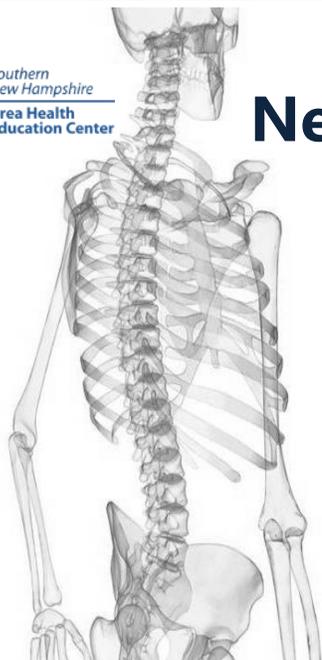
This conference is ideal for healthcare professionals involved in the care and management of patients with respiratory conditions.

For more information:

info@BreatheNH.org

BreatheNH.org

 **Breathe**[®]
NEW HAMPSHIRE
Improving lung health since 1916



Lawrence Raisz Memorial New England Bone Club Conference 2022

October 27-28, 2022

The Venue at Portwalk Place, 22 Portwalk Place,
Portsmouth, NH 03801

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

Registration:

Early Bird Fee: \$150.00-register by September 16

General Admission-\$200.00 (after September 16)

\$35.00 for fellows, trainees, & students (please email Brianna at bferraro@snhahec.org for registration code)

Free for speakers/case presenters

[Click here](#) to register today!

Hotel Accommodations

A limited number of overnight rooms for Thursday evening, 10/27 have been reserved at the Residence Inn, at a discounted rate of \$229. If you are interested in reserving a room, please click the link below. Cut-off date is September 28th. Click [here](#) for your hotel accommodations.

Case abstracts are being accepted through September 30, 2022.
Submit your case abstract to:

Brianna Ferraro, Program Manager
bferraro@snhahec.org|128 State Route 27, Raymond, NH 03077

Lawrence Raisz Memorial New England Bone Club 2022

Learning Objectives:

- Discuss recent developments and cutting-edge research in the pathophysiology, diagnosis, prevention and treatment of bone disorders
- Describe evidence-based practices for bone disorders
- Review current data that will facilitate prevention, diagnosis, and bone disease management
- Identify the newest clinical trials on the treatment of various bone diseases
- Explain findings of case discussions

October 27 Agenda:

2:00-2:30 Registration

2:40-2:45 Opening Remarks

2:45-3:15 Case # 1: TBD

3:15-3:45 Case # 2: TBD

3:45-4:45 Keynote: *PFAS, Obesity, and Bone Health: What Do We Know?*-Abby Fleisch, MD MPH

4:45-5:00 Break and Exhibits

5:00-5:45 Case # 3: *Physical Therapy Contributors to Bone Health Optimization and Maximization of Function in At-risk Populations*-Julia Dorci, MSPT, tDPT

5:45-6:00 Q&A/Wrap Up Day 1

October 28 Agenda:

7:00-7:30 Registration & Breakfast

7:30-8:30 *Beyond XLH: Hypophosphatemic rickets due to ENPP1 Deficiency*- Kathryn Dahir, MD (sponsored by Inozyme; virtual non-CME session; live Q&A)

8:30-9:30 *The Vitamin D-Lema for Bone Health*-Michael F. Holick, PhD, MD & Clifford J. Rosen, MD

9:30-9:45 Break and Exhibits

9:45-10:45 Keynote: Meryl S. LeBoff, MD, *Topic TBD*

10:45 -11:30 Case #6: TBD

11:30 -12:00 Case #7: TBD

12:00 Wrap Up / Lunch

Continuing Education

Physicians

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Mindful Leadership Series

November 15, 22, 29, December 6, & 13th, 2022

10:00-12:00pm

Live Webinar via Zoom

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

Mindful leadership is crucial to navigate these complex and chaotic times.

Becoming a mindful leader requires developing self-awareness and cultivating self-regulation skills, understanding others' perspectives, communicating effectively, and inspiring others.

Participants in the Mindful Leadership series program will harness the power of mindfulness to enhance their personal power and leverage proven leadership principles to find increased balance, clarity, focus, compassion, and creativity in the workplace.

The Mindful Leadership series consists of 5 modules that involve practice activities, homework, and feedback. **Attending all 5 modules is required.**

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!

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

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

Mindful Leadership Series

November 15, 22, 29, December 6, & 13th, 2022

10:00-12:00pm

Live Webinar via Zoom

Learning Objectives

After this session, participants will be able to:

- Discuss how stress impacts decisions and communication skills
- Identify methods that reduce stress and increase focus
- Review communication styles and active listening
- Explain the 4 cycles in Appreciative Inquiry
- Identify the strengths of the organization and its staff
- Define Motivational Interviewing (MI) and the important foundational concepts around behavior change
- Review the core skills used in MI and practice using them
- Describe how to give and receive negative and positive feedback-EPE
- Identify realistic goals and next steps

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.

10 contact hours. Activity Number: 1490

Physicians

The Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 10 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

[Click here](#) to Register!

Critical Decision Making in Mental Health Crisis Care

Faculty

**Dennis Walker, MSW,
LICSW,**

VP of Clinical Operations for
Emergency Services &
Intake, Seacoast Mental
Health Center, Inc.

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: 1493

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.

Thursday, November 17, 2022

Live Webinar

12:00pm to 1:30pm

The Columbia-Suicide Severity Rating Scale uses plain language questions that can be used by anyone to identify risk for suicide and helps to assess the level of support the person needs. As NH rolls out 9-8-8, the national suicide prevention hotline, the Columbia is a great tool for us all to speak the same language as we refer people to the care they need.

Learning Objectives

After this session, participants will be able to:

- Describe how to use the C-SSRS to inform on complex decision making when assisting a person in crisis
- Discuss how to analyze important clinical aspects in determination of utilizing all aspects of the new crisis system in New Hampshire

Learning Outcome:

70% of participants will report an increase in confidence in using the rating scale

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

27th Annual Fall Palliative & Hospice Care Conference

Sync or Sink:

Pulling Together for Effective Palliative & Hospice Care



HOME CARE, HOSPICE
& PALLIATIVE CARE ALLIANCE
OF NEW HAMPSHIRE

www.homecarenh.org/FallConference

NOVEMBER 17
8:00 AM—4:30 PM

GRAPPONE CENTER
CONCORD, NH

Chronic Disease Self-Management New Leader Training



Mondays & Wednesdays from 10:00-12:30 pm & 1:30-3:30pm

11/28, 11/30, 12/5, 12/7, 12/12 & 12/14/2022

Virtual Training via Zoom

***There are two sessions each day. 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 with questions.



**64-hour Health Care
Community Interpretation
Training, Online/via Zoom
Dates: Oct. 6 – Dec.22, 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 \$900. **NH students interested in applying for a partial 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): _____

Monkeypox: Lessons Learned and Strategies Moving Forward

September 26, 12:00-1:00pm EST

Live Webinar

This webinar will describe some of the major lessons learned thus far in this monkeypox pandemic, setbacks and challenges, and common misconceptions. After, we will explore recommendations and practical knowledge for various healthcare providers, nurses, educators, and public health professionals to ensure participants have the tools necessary to have informed dialogue and policies about monkeypox and apply them to their organizations or personal lives.

At the end of the webinar, participants will be able to:

- Effectively explain scientific findings and misconceptions related to the current state of the monkeypox pandemic
- Describe challenges in the monkeypox response and opportunities for engagement
- Recommend and evaluate policy, programming and education related to monkeypox

This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1 total Category I continuing education contact hours.

ONLY 12.2%

of persons with substance use disorder (SUD) access specialty treatment.*

Now more than ever, ALL who work with clients and patients are needed to collaboratively treat SUD. Renew your energy and empathy by learning to build connections and meaningful relationships with patients.

UNH PROJECT ECHO & MCD'S COLLABORATIVE FOR ADVANCING RURAL EXCELLENCE & EQUITY (CARE2) PRESENT:

Substance Use Disorder ECHO®: Fostering Connections to Drive Assessment, Treatment, & Outcomes



Audience

- Primary Care
- Behavioral Health
- Community Organizations

Date & Time

- Third Wednesday of every month
- October to June
- 12:00-1:30 PM EST on Zoom

EMAIL CARE2.ECHO@UNH.EDU FOR MORE INFO
NEW TO ECHO? [CLICK HERE TO LEARN MORE](#)

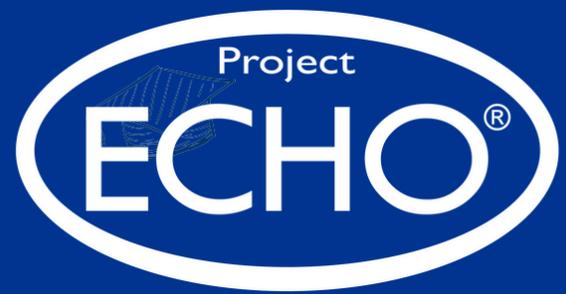
[CLICK HERE TO REGISTER](#)

**Center for Behavioral Health Statistics and Quality. (2021). 2020 National Survey on Drug Use and Health, SAMHSA*



**Institute for Health
Policy and Practice**

This curriculum is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$475,000 annually with 100% funded by HRSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS, or the U.S. Government.



JOIN Today!

Preceptor
ECHO to
Enhance
Rotations

Online learning
community to
support and
enhance NP
preceptor
rotations

[CLICK HERE TO REGISTER!](#)

Does your practice precept Nurse Practitioner students?

Learn and explore:

- Thriving in a busy practice
- Diversity, equity, and inclusion in the workplace
- Clinical-academic partnerships
- And much more!

Questions?

unh.anew@unh.edu

[Click here to learn more about Project ECHO!](#)

Benefits

- Engage real-time with experts, providers, students, and practices across the US
- Network with national colleagues to enhance precepting systems
- Improve your practice & develop work force by incorporating students



2nd Tuesday of each month
November 2022 - April 2023
12:00 PM - 1:00 PM ET



Continuing Education



Learning Objectives

- Explore opportunities to enhance precepting systems
- Discuss case-based feedback from faculty experts and peers
- Develop clinical-academic partnerships through networking

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.

6.0 contact hours, Activity Number: 1482

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 University of New Hampshire. 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 6.0 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: 6.0 hours





**University of
New Hampshire**

Participate in a
survey about LGBTQ
inclusion in health
care.

Dear participant

I am a graduate research fellow at the University of New Hampshire, and I am conducting a research study to learn more about LGBT+ inclusion in health care. I am working with all 219 clinics in New Hampshire (NH) and I invite you to participate in this study (UNH IRB #IRB-FY2022-136).

All people who work in primary care or women's health in NH are eligible. The online survey is anonymous and will take about 10-15 minutes to complete. The university and I will maintain the confidentiality of all responses.

Survey link and informed consent: https://unh.az1.qualtrics.com/jfe/form/SV_7NSvIL7i4FKg2oe

If there are any questions pertaining to the research, I can be contacted at evan.England@unh.edu

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.

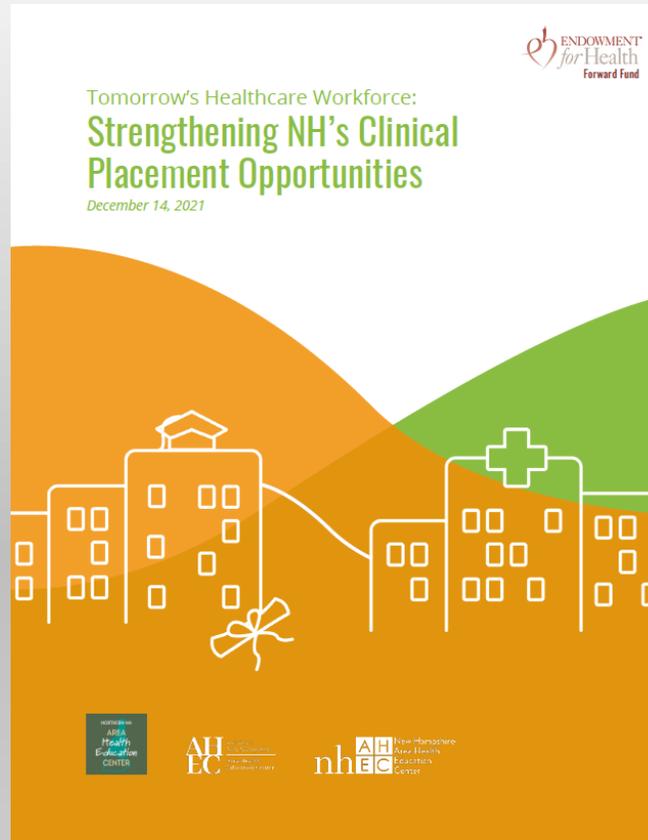
NH *needs* Caregivers!

Did you know?

NH Needs Caregivers is a grant funded program to recruit and train 525 licensed nursing assistants (LNAs) to work in a healthcare setting in NH. The program, funded through May 31, 2023, is managed by Lamprey Healthcare/ Southern NH Area Health Education Center (SNHAHEC). The program assists individuals interested in becoming LNAs to find training, funding for training, and employment in a participating facility or organization. Additionally, the NHNC Program Director connects participating facilities and organizations with participants interested in employment.

For those interested in learning more about the NH Needs Caregivers! initiative, please visit www.nhneeds caregivers.org.

NH AHEC's Community Placement Project Report



Check out this report that highlights the challenges between needing to increase the healthcare workforce and the limited availability of placement sites for health professional students, specifically in NH. The New Hampshire Area Health Education Centers conducted interviews with both placement sites and academic institutions to help generate recommendations to resolve issues with the placement system in NH. The findings of these interviews are also included in this report.

https://www.snhahec.org/uploads/1/3/2/1/132121212/clinical_placements_report-digital-final.pdf

Check Out These New Online Modules!

[Acute Pain Management in Individuals with Substance Use Disorder](#)

Kathleen Broglio, DNP, ANP-BC, ACHPN, CPE, FPCN, FAANP

[Addiction as a Chronic Disease](#)

Sarah Baker, MS, LCDP, LMHC

[De-Escalation of the Overramped Patient](#)

Justin Alves, RN, MSN, ACRN, CARN, CNE

[Management of Stimulant Use Disorders](#)

Justin Alves, RN, MSN, ACRN, CARN, CNE

[Multidisciplinary Approach to SUD, MH and Care Coordination](#)

Megan Detweiler, BSN, RN, CARN

[Our Actions Have Impact: The Importance of Stigma Reduction](#)

Rowan McFadden, LADC, PPS

[Recognizing, Preventing and Addressing Institutional and Community Stigma towards Substance Use Disorders](#)

Peter Jackson, MD

[Recovery Maintenance: Hospital Role in Supporting Individuals in Recovery](#)

Corey Gately, MLADC & Daisy M. Pierce, PhD

[Screening Best Practices](#)

Sarah Baker, MS, LCDP, LMHC

[Strategic Communications: Strengthening Our Connections in the Community](#)

Brenda Westberry, MS, CJP



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.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>

NEW!

Interprofessional Collaboration

Narrated by: Dayle Sharp, PhD, DNP, M'PH, FNP-BC, APRN

<https://www.snhahec.org/preceptor-development-interprofessional-collaboration.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>

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)[™]. 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.

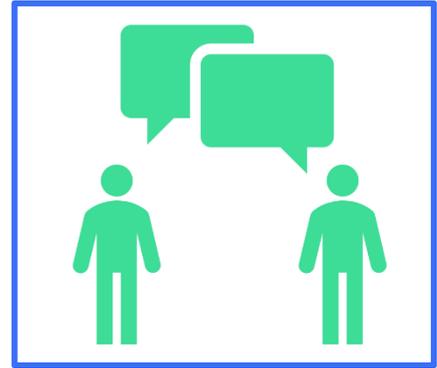
Activity Number: 1340

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.

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- 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
603-895-1514x2***

As a series of workshops:
Classes are offered in community centers across NH. Upcoming trainings can be found at [SNHAHEC](http://SNHAHEC.org), 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.