Featured Online Modules

- *Interprofessional Collaboration*, Dayle Sharp, PhD, DNP, M$c$PH, FNP-BC, APRN
- *Addressing Vaccine Hesitancy*-Ardis Olson, MD, Kim Bernard, MSN, RN, Elizabeth Talbot, MD, Suzanne Allison, RN, BSN
- *Choose Your Own Adventure: Exploring Different Models of Precepting*-Elizabeth Harrison, BSN, MSN, FNP-BC & Paula Smith, MBA, EdD

Please visit [snhahec.org](http://snhahec.org) for other online learning opportunities. These are just some of the many modules we have available. Stay safe and healthy!
Coaching & Supervision

Informational Webinar
September 15, 2023
12:00 pm to 1:30 pm

Increasing worker satisfaction and retention is a pressing challenge in the long term, post-acute, and assisted living communities. Learn more about how the 2 day PHI Coaching Supervision course can help address this challenge in this 90-minute-informational webinar.

Learning Objectives:
- Discuss strategies for supporting supervisors and workers and enhancing organizational climate.
- Describe elements of PHI Coaching Supervision training.
- Reflect on how to incorporate PHI Coaching & Supervision into your organizational learning plan.

Click here to register
The 2-day PHI Coaching Supervision course can help!!

PHI Coaching Supervision training is a unique approach to ending a damaging cycle that often leads to poor relationships, high turnover, and supervisor strain.

In the 2-day training, Supervisors will learn:
- Active listening
- Self-awareness and self-management
- Clear Communication without blame or judgement.

Who can participate? Supervisory staff (nurse supervisors, department heads, and service delivery coordinators), Administrators, Executive Directors, and DONs.

"Having had the [coaching training], I no longer dread having to meet with people who “have a problem.” I feel confident that I have the tools to help them come to their own solutions and no longer feel put on the spot to come up with a solution for them."

-- Assistant Director of Nursing, Edgewood Center, Portsmouth, NH

Funding Provided by:

[Network 4 Health]

[Rural Health Careers Grant]
INVITE YOU TO ATTEND

BEYOND COMMUNICATION ACCESS:
EQUITY AND THE LAW

Featuring Bruce Adelson, Esq.

Friday, September 29, 8:30 am - 12:15 pm
Puritan Backroom-Pappas Room
245 Hooksett Rd, Manchester, NH 03104

$45 with light breakfast
SCHOLARSHIPS AVAILABLE

Please email Brianna Ferro at bferraro@snhahec.org for more information

For questions, please email Brianna Ferro at bferraro@snhahec.org
Beyond Communication Access:
Equity and the Law

8:30-9:00  Registration & Light Breakfast

9:00-9:15  Welcome

9:15-10:45 Bruce Adelson Esq
           Equity and the Law, with interactive discussion

10:45-11:00  Break & Networking

11:00-11:45  Local Resources:
               How to Internalize Equity in Your Organization

11:45-12:15 Bruce Adelson Esq, Advocacy 101
               (interactive presentation)

LEARNING OBJECTIVES

• Discuss legal principles that support equity initiatives
• Explain the federal laws that govern language access, non-discrimination, and civil rights
• Describe how equity commitments raise worker productivity, worker satisfaction, and promote overall organizational health
• Develop personal strategies to advocate effectively
• Identify tips and strategies for persuading others and winning their arguments and advocacy presentation
EQUITY AND THE LAW

Language access plays a critical role in equitable organizational activities, both internal and external. Such access is but only part of a larger equity equation. Academic studies demonstrate that culturally competent, civil rights compliant policies and procedures reduce costs while also driving new business, attracting new customers, increasing workplace productivity, improving patient, client, and customer outcomes, improving organizational equity, and heightening staff satisfaction.

To appreciate the breadth of effective equity policies, we will discuss how bias and microaggressive behavior negatively affect workplace outcomes and equitable decision making, throughout all sectors of business and government. We will examine the origins and manifestations of implicit bias, how bias reveals itself through microaggressions, hostile comments, and conduct, and how these actions have significant personal, organizational, legal, and liability consequences.

Participants will learn through our discussions of court cases, studies, testimony, evidence, media reports, non-public situations, and additional material from other information sources.

ADVOCACY 101

There is often discussion, talk, and exhortations for advocacy – advocating for self, for a cause, principle, law, or concept. But what does all this mean? Advocacy is much more than communicating. Boiled down to its essential element, in the end, advocacy is about winning - achieving the goal for which you are advocating.

In our program we discuss “taking the win;” how to be successful with the positions you want to advance.

Our presenter: Bruce Adelson has been a highly successful advocate for more than 40 years. He will talk about how to get there – going for the win and persuading your target audience.

Bruce Adelson, Esq.

is CEO of Federal Compliance Consulting LLC. He is a former U.S Department of Justice (DOJ) Senior Trial Attorney. During Bruce’s federal career, he was responsible for enforcing many federal laws, including the Americans with Disabilities Act, Voting Rights Act, and Title VI of the Civil Rights Act of 1964. At DOJ, Bruce had responsibility for enforcement and the enactment of federal policy. For example, Bruce approved for Federal Register publication the U.S. Department of Transportation’s Policy Guidance Concerning Recipients’ Responsibilities to Limited English Proficient Persons.

Professor Adelson is an Instructor of Family Medicine at Georgetown University School of Medicine and Adjunct Professor of Law at University of Pittsburgh School of Law. He teaches implicit bias in health care, civil rights, cultural awareness, and organizational culture. He has been a guest speaker at numerous illustrious institutions. He is the Americans with Disabilities Act Consultant to the Idaho Supreme Court and the New Mexico Administrative Office of the Courts.

Bruce is the expert in multiple federal and state lawsuits with allegations concerning discrimination, U.S. Constitution, workplace harassment and retaliation, and redistricting. Professor Adelson has been the keynote speaker and trainer about the ADA, Title VI, Affordable Care Act, HIPAA, federal compliance, implicit bias, organizational culture, federal civil rights laws and more for many events and organizations.

Bruce holds a BA in International Studies from The Johns Hopkins University and a JD from The University of Pittsburgh School of Law.
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. 2.75 contact hours, Activity Number: 1533

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.

SOCIAL WORKERS
This program has been approved for 3.0 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CE #4140

ALL OTHER HEALTH PROFESSIONALS
2.75 hours

FOR ALL OTHER PARTICIPANTS
A certificate of attendance for 2.75 hours will be available to serve your professional development needs.
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.

**Cost:** $45.00 per person

[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](mailto:bferraro@snhahec.org)
Mindful Leadership Series
October 4, 11, 18, 25, November 1, 2023
9:15-11:15am
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
• 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!
# Northeast Integrative Medicine Conference

**October 6, 2023 - Hooksett, NH**
Southern New Hampshire University Hospitality Center

**Expert Speaker Panel**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:30-9:15am</td>
<td>Attendee Registration &amp; Welcome</td>
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<tr>
<td>9:15-10:15am</td>
<td>Lisa Kardos, Occupational Therapist</td>
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<td></td>
<td>Compassion Fatigue Prevention</td>
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<tr>
<td>10:15-10:50am</td>
<td>Alisa Hurwitz, Psychologist, Pediatric &amp; Adolescent Transgender Program</td>
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<tr>
<td></td>
<td>Gender-Affirming Healthcare: Tools for Mitigating Marginalization</td>
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<tr>
<td></td>
<td>in Healthcare Encounters</td>
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<tr>
<td>11:00-12:00pm</td>
<td>The Articine Group: Robin Marcotte, Dr. Robert Kelly, Amanda Whitworth</td>
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<tr>
<td></td>
<td>Shadows Production</td>
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<tr>
<td>12:00-12:30pm</td>
<td>Refreshments &amp; Lunch</td>
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<tr>
<td>12:40-1:30pm</td>
<td>Randy Stevens, The Mental Health Center of Greater Manchester</td>
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<td>Mindfulness for Incarcerated Populations</td>
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<tr>
<td>1:40-3:15pm</td>
<td>Kelly A. Lafriamme, MPA, Peer Associates LLC</td>
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<td>Grant Writing Fundamentals</td>
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<td>3:30-4:15pm</td>
<td>Emily Higgins MSN, RN, ONC</td>
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<td>Kourtney Soucy, Director of Patient and Family Services</td>
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<td>Co-Chairs of the Concord Hospital Holistic Healing Committee</td>
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<td></td>
<td>Integrating Holistic &amp; Complementary Treatments into the Health Care Setting</td>
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**Cost To Attend:** $275
**Hospitality Center, Salons A&B**
2500 North River Road
Hooksett, NH 03106

Refreshments & Lunch

SPONSORED BY: Mindful Healing Matters, LLC, in partnership with Juniper Spiritual Healing, LLC

The 2023 Northeast Integrative Medicine Conference brings together nurses, physicians, researchers, experts and authors for an exciting day of exploration into leading-edge integrative health topics.
Northeast Integrative Medicine Conference

October 6, 2023 - Hooksett, NH
Southern New Hampshire University Hospitality Center

Expert Speaker Panel
Discover Modern Research
Progressive Holistic Modalities
Refreshments & Lunch

SPONSORED BY: Mindful Healing Matters, LLC, in partnership with Juniper Spiritual Healing, LLC

The 2023 Northeast Integrative Medicine Conference brings together nurses, physicians, researchers, experts and authors for an exciting day of exploration into leading-edge integrative health topics.

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.

5.75 Contact Hours Activity Number: 1525

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 Mindful Healing Matters, LLC. 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 5.75 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 5.75 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CE #4110

This program has been approved for 5.75 hours of Continuing Education credit for LADC and Other Drug Use Professionals by the NH Board of Licensing for Alcohol and Other Drug Use Professionals in the following Categories 3, 7, 11, 13.

For other professionals: 5.75 professional hours of continuing education.

REGISTER: https://www.eventbrite.com/e/northeast-integrative-medicine-conference-tickets-507750213557

October 6, 2023
8:00am - 5:00pm

Cost To Attend: $275
Hospitality Center, Salons AsB
2500 North River Road
Hooksett, NH 03106

Refreshments & Lunch
Southern NH AHEC Community Health Worker Course

7 day-8 hour class ■ Virtual
October 16, 23, 30, November 6, 13, 20, 27, 2023
9:00am-3:00pm

Registration Deadline:
October 6, 2023

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 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 Carli Hughes

chughes@snhaliec.org
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 low cost – Scholarships available

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 the links below to register for one or all of these trainings.
1. Operationalizing Equity
2. Equity & Ethics in Storywork
3. Equitable Evaluation

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 4.5 contact hours. Activity Number: 1481 (1.5 contact hours each)

• Physicians
  The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 4.5 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 4.5 CEUs pending approval from NASW NH.

• For all other health professionals: 4.5 hours
• For all other participants
  A certificate of attendance for up to 4.5 hours will be available to serve your professional development needs.

Click the links below to register for one or all of these trainings.

1. Operationalizing Equity
2. Equity & Ethics in Storywork
3. Equitable Evaluation
A multidisciplinary conference for all involved in the care of patients with bone and mineral disorders

Showcase your success story, present a challenging case with questions to the audience, or share your findings on a research project!

Join us for an exciting program and hear:
- Recent developments and cutting-edge research
- Guidance on challenging cases
- Clinical updates on rare bone and mineral disorders

Hotel Accommodations
A limited number of rooms for Thursday evening, 10/26 have been reserved at a discounted rate of $239. Register by September 26th to avail this discount. Click here.

Early Bird Rate: $150.00
$35.00 for fellows, trainees and students (email Brianna at bferraro@snhahec.org to register)
Free for all speakers and case presenters.

Register now*! A detailed brochure coming soon.

Submit your case abstract by August 31, 2023 to: Brianna Ferraro, Program Manager bferraro@snhahec.org

A Program of
- Maine Medical Center Research Institute
- Southern NH Area Health Education Center
- Exeter Hospital
Lawrence Raisz Memorial
New England Bone Club 2023
October 26-27, 2023 Portsmouth, NH

Thursday 10/26/23

1:00-1:30* Registration / Tapas
1:40-1:45 Opening Remarks
1:45-2:15 Case # 1: Ugis Gruntmanis, MD-Care redesign in patients who have sustained low impact fracture
2:15-2:45 Case # 2: Shayan Riahi, DO; Andrew Robert Crawford, MD; Ugis Gruntmanis, MD-Multiple Non-Traumatic Vertebral Fractures after Discontinuation of Denosumab
2:45-3:00 Break and Exhibits
3:00-4:00 Keynote: Julie Hughes, PhD, FACSM, Building Strong Bones with Exercise – Lessons Learned From the Bones of Soldiers
4:00-4:45 Case # 3: TBD
4:45-5:30 Cocktail Reception (sponsored by Ascendis)
5:30-7:00 Dinner (Dr. John P. Bilezikian, Why You Should Care: Challenges in the Management of Hypoparathyroidism--sponsored by Ascendis; non-CME session; no cost!)

*Please note the new start time!

Friday 10/27/23

7:00-7:30 Registration & Breakfast
7:30-8:30 Breakfast Session (Dr. Nancy Dunbar-sponsored by Alexion; non-CME session)
8:30-9:00 Case #4: TBD
9:00-9:45 Case #5: Dr. Michael Holick, Death Defying Vitamin D and Cancer
9:45-10:00 Break and Exhibits
10:00-11:00 Keynote: Azeez Farooki, Title TBD
11:00 -11:45 Case #6: TBD
11:45 -12:15 Case #7: TBD
12:15** Wrap Up

**Snacks will be available
November 7th, 2023, 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

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.

3.75 CEUs pending approval from NASW NH.

For other professionals: 3.75 professional hours of continuing education.
Provider Education on Lupus: Building connections, improving diagnosis and treatment

Please Join us on Wednesday, September 13th 2023 from 6:00 – 7:30 PM Via Zoom

Register Today

https://nchcnh.info/LupusEducation-PCPs-2

Free CMEs with an opportunity to network and learn about resources at Dartmouth Health!

Participants will ....
Learn how to identify signs and symptoms of lupus and what to do if lupus is suspected

Speaker:
Stephanie Mathew, DO, FACP

Dr. Stephanie Mathew, DO, FACP is a Rheumatologist at Dartmouth-Hitchcock Medical Center and Assistant Professor at Geisel School of Medicine. She received her Doctor of Osteopathy from New York College of Osteopathic Medicine, Old Westbury, NY. She completed her residency in Internal Medicine at Boonshoft School of Medicine Wright State University and Wright Patterson Medical Center in Dayton, OH and an Air Force Fellowship in Rheumatology at San Antonio Military Medical Consortium, Brooke Army Medical Center in San Antonio, TX

Physician: The North Country Health Consortium/NNH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. The North Country Health Consortium/NNH AHEC designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity

Nursing: North Country Health Consortium/NNH AHEC is approved as a provider 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. This activity was approved for 1.5 Nursing Contact Hour(s). Activity #560

The American College of Rheumatology’s Rural Health Outreach Project is, in part, supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $7 million dollars with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.
Substance Use Disorder ECHO®:
Core and Emerging Topics in Ambulatory Care

Date: October 2023-May 2024
First Wednesday of the Month

Time: 12:00-1:00PM

Target Audience: Primary care teams, students, and outpatient providers

Monthly Sessions

1. Positive Impacts of Harm Reduction in Primary Care
2. Rural Practice: Ambulatory Alcohol Withdrawal
3. Caring for Under-Resourced Rural Individuals
4. Polysubstance Use: Xylazine
5. Practical Language Interventions in Primary Care
6. Co-Occurring Bipolar Disorder and SUD
7. Treating Addiction as a Chronic Disease
8. Emerging Trends: High Dose Initiation

Apply to participate in our no-cost program by clicking here

New to ECHO? Visit ruralcare2.org to learn more.

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.
Earn a micro-credential with each module!

UNH TELEHEALTH CERTIFICATE

Who Should Join?
- Physicians
- Nurses & Nurse Practitioners
- Occupational Therapists
- Speech Language Pathologists
- Physical Therapists
- Registered Dietitians
- Psychologists
- Social workers

....And more!

Core Modules:
- Fundamentals of Telehealth
- Telehealth Etiquette
- Telehealth Technology

Elective Modules:
- Legal & Regulatory Issues
- Billing & Reimbursement
- Remote Patient Monitoring

The UNH Telehealth Certificate launched May 1, 2023 and covers a range of telehealth topics. The blended synchronous and asynchronous structure lends itself to busy individuals who prefer to complete coursework at their own pace but also value the opportunity for live discussion and Q&A.

REGISTER NOW!

Questions? Contact us at: unh.telehealth@unh.edu
Learning Objectives

- Summarize important historical milestones in telehealth including major drivers of telehealth use in a 5-contact hour asynchronous & synchronous format
- Describe the four telehealth modalities and appropriate applications in the delivery of care in a 5-contact hour asynchronous & synchronous format.
- Apply ethical principles to telehealth practice across modalities in a 5-contact hour asynchronous & synchronous format.
- Describe the three primary components of telehealth etiquette.
- Identify two common etiquette pitfalls associated with the delivery of telehealth services.
- Summarize strategies for a successful telehealth encounter and quality telepresence.
- Identify available telehealth technologies and appropriate uses for each.
- List five guiding questions for telehealth technology selection.
- Discuss risk reduction strategies and troubleshooting approaches to common issues associated with telehealth technology.

The UNH Telehealth Certificate offers professional continuing education credit for participants. Please refer to the individual module pages for more information.

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. 5.0 contact hours Activity Number: 1509

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

5.0 CEUs pending approval from NASW NH.

The Southern NH Area Health Education Center has requested up to 5.0 hours from the Commission on Dietetic Registration, the Credentialing Agency for the American Dietetic Association.

For other professionals: 5.0 professional hours of continuing education
You Are Invited to a Virtual
“Community Engagement Studio” To Generate Ideas For

IMPROVING MENTAL HEALTHCARE
FOR PREGNANT AND POSTPARTUM PEOPLE
IN NEW HAMPSHIRE

Community Engagement Studio Dates:
Tuesday, October 10, 2023  10 am-12 pm
Thursday, October 19, 2023  2 pm-4 pm

JOIN OTHER PROVIDERS INCLUDING:

Physicians  Community Health Workers
Nurses      Perinatal Mental Health Specialists
Social Workers  Doulas
Midwives     Lactation Specialists

RSVP to: postpartumhealth@hitchcock.org to receive the link for the
session of choice
Curriculum Resource Database

A database of resources for educators to teach grades K-12 about science, health, and professions.

Increasing the available resources for educators when creating lesson plans in

- Science
- Health
- Professions

Interested in gaining access to SNHAHEC/SPI Workforce Curriculum Resource Database?

Fill out the form below or scan the QR code to join the email list for access.

https://forms.gle/ZXcsXMd5qWNr3SDa8
Are you interested in sharing your career journey with students who may be interested in a health career?

Do you have content expertise you want to present on science and/or health related topics?

Join the Health Professions Speakers Bureau so K-12 school representatives can invite you to share your story!

JOIN THE BUREAU NOW
https://forms.gle/bQXiub3wF2qiv8r46
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 or virtual/remote 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/](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](https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/) to register online. Contact Brianna Ferraro at bferraro@snhahec.org with questions.
64-hour Health Care Community Interpretation Training, Online/via Zoom

**Dates:** October 3–Dec 14, 2023  
**Time:** 6:00 pm – 9:00 pm  
On Tuesdays & Thursdays

For more info. email: sosorio@snhahec.org - 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: Sandra Osorio, 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**

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Today’s date__________ HOW DID YOU FIND OUT ABOUT THIS TRAINING? **Please check:**

*SNHAHEC website | *Received email | *Other (please specify name): _______________________
Join us in celebrating NH AHEC’s 25th Anniversary!

We are thrilled to announce the launch of Your Health New Hampshire, the Southern NH Area Health Education Center’s new radio show that debuted on Monday, February 6 at 9:00am! Please visit the NH Talk Show Radio website to listen to our episodes!

https://www.nhtalkradio.com/?page_id=18912
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! 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.nhneedscaregivers.org](http://www.nhneedscaregivers.org).

Check out this recent article about Kearsarge High School students completing the LNA Program thanks to the Governor’s Office as well as N.H. Needs Caregivers Healthcare Heroes: [https://jgpr.net/2023/02/10/kearsarge-regional-high-school-students-graduate-from-licensed-nursing-assistant-program/](https://jgpr.net/2023/02/10/kearsarge-regional-high-school-students-graduate-from-licensed-nursing-assistant-program/)
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.

Preventing Youth Intentional Self-Poisoning Nationally Accredited

This toolkit provides background information on the rise of self-harm poisonings in teenagers and tools that primary care providers and key stakeholders can use to help prevent these poisonings. While the toolkit contains data and resources specific to Vermont, the framework of the toolkit can be useful to providers anywhere.

In support of improving patient care, this activity has been planned and implemented by The Robert Larner College of Medicine at the University of Vermont, the Northern New England Poison Center and Safe Kids Vermont. The University of Vermont is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Vermont designates this Enduring Material activity for a maximum of 2.5 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been reviewed and is acceptable for up to 2.5 Nursing Contact Hours. This activity was planned by and for the healthcare team, and learners will receive 2.5 Interprofessional Continuing Education (IPCE) credit for learning and change.
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 Overamped 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
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. Apara 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

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

Choose Your Own Adventure: Exploring Different Models of Precepting

Narrated by: Elizabeth Harrison, BSN, MSN, FNP-BC & Paula Smith, MBA, EdD

Dealing With the Difficult Learning Situation: Prevention

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

Dealing With the Difficult Learning Situation: Management

Narrated by: Justine Nims-Largy, APRN

The Effective Preceptor

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

Evaluation: Making it Work

Narrated by: Ruth James, MD, MPH

Feedback

Narrated by: Rajae Raji, APRN

Integrating the Learner Into the Busy Practice

Narrated by: Dayle Sharp, PhD, DNP, MS, MPH, FNP-BC, APRN

Interprofessional Collaboration

Narrated by: Paula Smith, MBA, EdD

Learner Engagement in Community Rotations

Narrated by: Jonathan Gott, PA-C

The One-Minute Preceptor

Narrated by: Ruth James, MD, MPH

Interprofessional Collaboration

Narrated by: Paula Smith, MBA, EdD

Learner Engagement in Community Rotations

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Learner Engagement in Community Rotations

Narrated by: Jonathan Gott, PA-C

The One-Minute Preceptor

Narrated by: Ruth James, MD, MPH
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, CADC

[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!
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!