



## **Wellness and Prevention Section**

**Location: MS Teams**

**Monday, May 1, 2023**

**2 p.m.**

- **Welcome/Introductions-** Megan Hauser/All
  - Kathie Cox, Rachel Crowder, Kira Frawley, Donna Hill, Tyler Pearce, Angela Wood, Tyzie Morning, Ivey Robinson, Jared Belk, Kathy Dail, Lakecia Owens, Stephanie Todd, Diana Hills, Tia Brown, Kendra Faries, Savannah Johnston, Ayisha Razzak-Ellis, Julie Gooding, Tara Rybka, Ivey Robinson, Stephanie Todd, Trish Hipgrave, Karina Romero, Stephanie Starr, Samantha Combs, Edeia Lynch, Kayla Bohannon, Cydney Herring, Fawn Rhodes, Sanquis Graham, Emmanuelle Quenum, Megan Hauser
- **Fall Educational Conference (topic and speaker ideas)- All**
  - Kendra suggested Mebane Boyd with the NC Healthy and Resilient Communities Initiative- trauma-informed care (self-care, monthly resilience meetings). Kendra will contact Mebane.
  - Kathie suggested Jessica Liens (On Target) who spoke at the Eastern District conference. She did an excellent talk on preparedness and response. Diana agreed and suggested preparedness and response panel. Resilience of communities after a disaster would be of interest.
  - Megan mentioned that Kathy Dail reached out about a Community Health (Needs) Assessment session. Members expressed interest in this topic.
  - Health and Wellness of public health workers- they have been on the front lines.
  - Emotional intelligence/wellness in public health leaders (what does this look like)

- Lakecia agreed with the recommendations- she suggested providing training to gives staff tangible outcomes (she mentioned Meryl Green, Susan Little and Lindsey Novachek- PHN conference on May 5)- address trauma of staff. Mentioned PHL conference in Raleigh- about building LHD resilience- partnered with trainer for resilience workforce training. She suggested reaching out to Jessica Silver and Ellison Matthison.
- Professional to walk us through mental health relaxation techniques was suggested. East Pointe and the Alamance County health director were both suggested. (trauma and/or resilience).
- Kathie suggested Tyler Yates (overdose prevention/harm reduction eastern region).
- Edeia echoed the previous suggestions. She mentioned compassion fatigue and wondered what workplaces are doing to support their staff.
- Julie mentioned gun safety speakers from Pitt County (Sue Ann). Megan mentioned that gun violence will be addressed during the main conference.
- There is interest in a NC update about the increase in STI rates due to lack of STI exams. Jacqueline Climore and Pete Moore from the epidemiology section were suggested. Lakecia also mentioned working with someone from DIS, like regional managers.
- Kathie mentioned heat prevention topics like climate change, farmworkers, etc. She can reach out. Julie mentioned that this was part of the preparedness talk.
- Methodology for conducting surveys was suggested.
- Kendra mentioned grant writing 101 (Hyde County hosted countywide workshop) and building relationships (not operating in siloes). We cross county lines and working with neighbors is important. Fawn echoed Kendra.
- For the Teen Pregnancy Prevention Initiative, Juanella Tyler.
- Kendra- ideas for certification breakout sessions---catch my breath. Lakecia- encouraged keeping in mind some general sessions that apply to a larger audience (ex- motivational interviewing). There is a provider in the triad who works with health departments.
- Kathie suggested communications (varying ways to reach community)

- Edeia mentioned language equity/health literacy (reaching people who may not come to us).