



Wellness and Prevention Section

Location: MS Teams

November 6, 2023

2 p.m.

- **Welcome/Introductions**
 - Amber Tabarrini, Ayisha Razzak-Ellis, Cydney S. Herring, Emmanuelle Quenum, Ivey Robinson, Janna Blue, Jared Belk, Julie Gooding, Kathie Cox, Kelly, Kiahna Johnson, Kira Frawley, Kristie, LaShonda Richardson, Lakecia Owens, Phyllis B, Rachel Crowder, Regina Harper, Rhonda Mushaw, Ashley Rink, Samantha Combs, Ann Staples, Stephanie Todd, Tara Rybka, Trish Hipgrave, Megan Hauser, Sherita, Edeia Lynch
- **Fall Educational Conference: September 27-29, 2023**
 - How did it go? EastPointe offered an excellent session.
 - Thanks to all session volunteers!
 - Ideas for next year
 - Disaster preparedness from On Target
 - Teen Pregnancy Prevention Initiative- a panel was suggested, as well as information about curricula used/how it is implemented, successes/challenges).
 - Columbus County and Martin-Tyrrell-Washington are doing great work with teens. Lakecia will reach out to these agencies.
 - A self-care presentation was suggested (maybe as a component of the conference).
 - Sessions that offer tangible skills are desirable. NC SOPHE had an epilepsy talk and a CPR/First Aid certification.

- ECU Health is a stroke program partner and recent award winner. They have a stroke awareness campaign and educational video.
 - 2024 political issues (minors right to consent to contraception/STI treatment)
 - Citizens for Public Health/panel on major public health concerns for 2024 (opioid settlement money, Tobacco 21)
 - The next FEC will be in a triable community. We should consider partnering with BIPOC and reaching out to Public Health and Human Services with the Eastern Band of Cherokee Indians.
 - Medicaid expansion- We should discuss this and consider increased immigration and language barriers. Are we prepared to address this from an equity standpoint? How can public health departments best prepare?
 - *The section will use a structured abstract process for next year.*
- **NC SOPHE**
 - This was an excellent conference. There were many students, including from Johnson C. Smith, Fayetteville State University, and East Carolina University.
 - This was the first in-person conference several years. It was a good experience with excellent speakers. This was less crowded, which made it easier to engage.
 - The group discussed topics and speakers from this conference that we should consider for NCPHA:
 - Dr. Tanya Bass- circles of sexuality
 - Campus health education (maybe invite campuses to come share)
 - Appalachian State University's School Health Training Center shared about current issues, what teachers deal with, and the effects of social media.
 - UNC Greensboro presented about a Juneteenth walking tour on campus (library partnership)
 - Whole school/community/child model (Dr. Terri Mitchell)

- Dr. Mike Perko (UNC Greensboro Department of Public Health, 500 Fist Bumps/mental health initiative)
- Dr. Antonia Mead from Johnson C. Smith presenting about the NC Preconception Peer Education Program.
- Julie mentioned Tony Locklear's harm reduction/overdose prevention talk for tribal communities.
- **Announcements**
 - Samantha Combs (Martin-Tyrrell-Washington District Health Department)
 - April 2024 event: health fair to advertise what agency and surrounding counties have to offer.
 - Partnership with Duke clinical trials coordinator- they are working towards offering first aid/CPR/AED in rural churches.
 - Kathie Cox (Scotland County Health Department)
 - American Diabetes Month and World Diabetes Day are in November. Kathie and Janna are working with parks and recreation to offer walking events/photo opportunities.
 - The Great American Smokeout is this month.
 - They are working to offer mental health training for staff.
 - Media outreach is a focus.
 - A mental health day was offered for staff last month- quiet room offered (tea, deep breathing, stretching, etc), postpartum, maternal mental health mood management education offered.
 - Amber Tabarrini (Craven County Health Department)
 - They are partnering with the opioid epidemic response office in the county.
 - Providing hands-only CPR trainings, including when they offer other community health trainings.
 - Megan (Haywood County Health and Human Services)- She shared about 'Stroll to the North Pole,' an aerobic miles challenge that her department is doing.
- Julie- She mentioned NCCPH, which has active members in most counties. They will have a DPH meeting next year. There is no membership fee.
- **Next meeting-** Monday, February 5, 2024, 2 p.m.