

# **HRHN HD CHW Program prepares for Year 2**

*Summary of Year 1 Progress  
and Next Steps in Year 2.*

# **COVID-19 Update**

*HRHN CHW COVID-19  
Initiative is Here to Help*

**Quarterly Newsletter for April - June 2022**



# **Network News**

**The Latest on Network Initiatives, Member Updates, and Rural Health.**

***Tobacco Free Florida  
Celebrates 15 Years of  
Success***

***AdventHealth: Stroke  
Health - The Need for  
Speed & Other Articles***

***FRHA Health Literacy  
ECHOs and Summit Pics***

***Announcements from  
our partners at:  
AHEC, AdventHealth,  
Florida Community  
Health Worker  
Coalition, and the  
Health Planning  
Council of Southwest  
Florida***

***Telemedicine Talk 9: CDC  
Offers Law and Policy  
Resources for Telehealth  
and Telemedicine***

***NRHA Updates from  
Latest Newsletter***





**Phone:** 863-471-6007

**Email:** [support@hrhn.org](mailto:support@hrhn.org)

**Web:** [www.hrhn.org](http://www.hrhn.org)

## **Follow us on social media:**

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**@hrhn\_imad**

**@hrhnstaff**



# **HD CHW Program Prepares for Year 2**

**May, 2022 kicks off the start of Year 2 for our HD CHW Program, let's take a look at some Year 1 achievements:**

- Identified our HD CHW Program Health Leaders and with their assistance created easily translated pathways to care.
- Hired and trained CHWs to provide culturally appropriate assistance to our communities.
- Established the HD CHW Program Vision and Purpose.
- Developed and launched the HD CHW Program in 6.5 months.
- Held 10 Consortium Meetings
- Served 35+ patients with direct services in 5.5 months

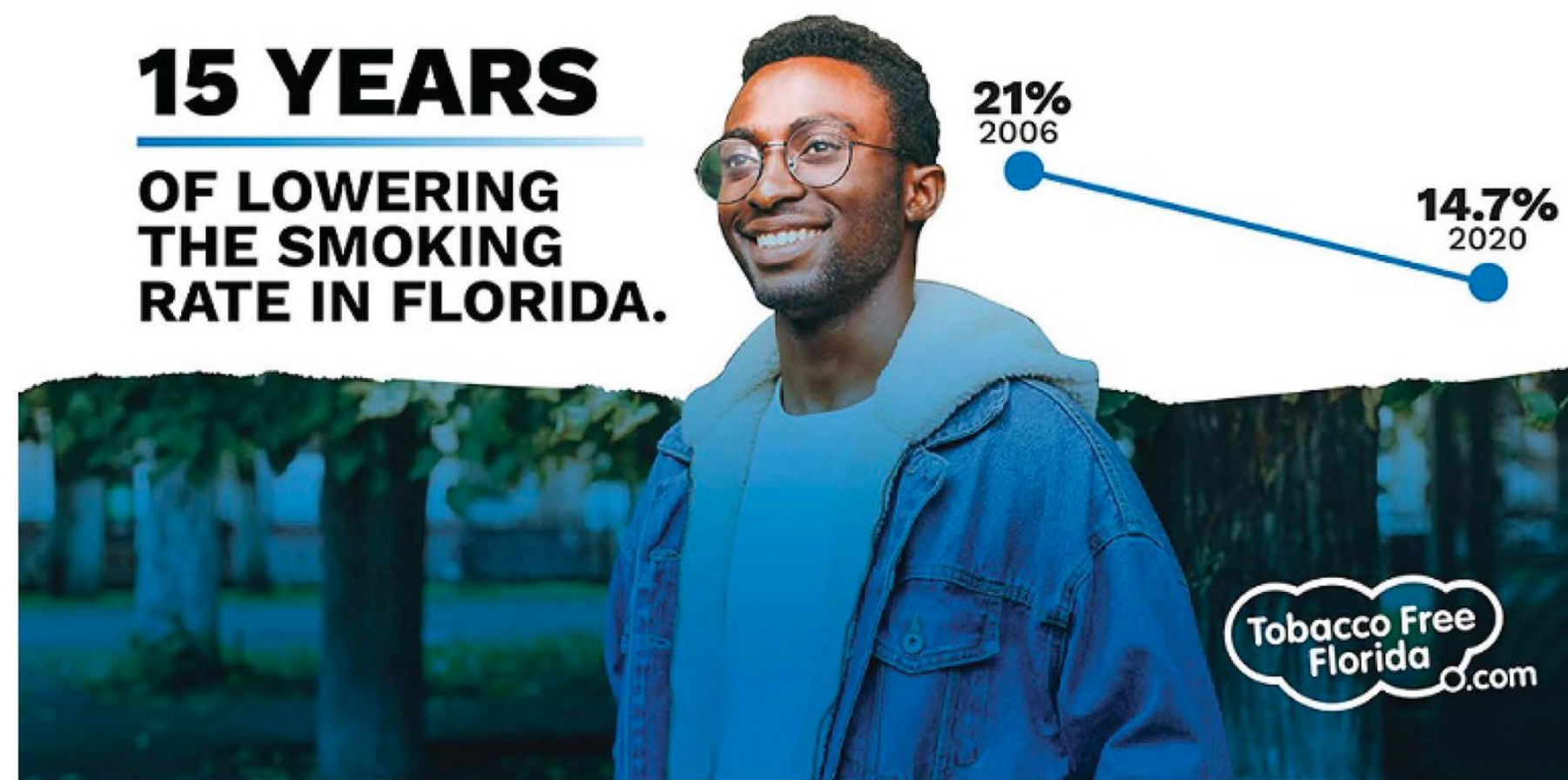
**As we look at Year 2, here are some of the goals we have for the program:**

- Provide services to at least 12 new patients per month.
- Decrease barriers to care from initial assessment to second follow-up by 75% annually in pre-identified barriers and 20% in other barriers.
- And increases in Wellness Checks/Annual Exams, 1st trimester pre-natal care; Decrease in tobacco use and ED mis-utilization
- Launching the HD CHW Program website!

**Click [HERE](#) to learn more about the program.**



# Tobacco Free Florida Celebrates 15 Years of Success



Tobacco Free Florida is celebrating 15 years of success as Florida's tobacco education, cessation and use prevention program. Launched in 2007, Tobacco Free Florida provides free services to help Floridians quit smoking and funds a media outreach campaign to communicate with people all across the state.

A program of the Florida Department of Health, Tobacco Free Florida was created in response to [overwhelming support by Florida voters](#) and is funded by money derived from the state's tobacco settlement agreement with the major tobacco companies. These tobacco lawsuits were intended to punish cigarette makers for decades of fraud and racketeering and to help states pay for the Medicaid and other public health expenses to cover sick smokers.

For the last 15 years, the program has successfully reached various audience demographics, such as different age ranges and community segments, in addition to continuing its statewide educational and empowerment initiatives.

## Looking Back

Tobacco Free Florida's success is proven in numbers:

- Reducing Florida's adult smoking rates since 2007 and has resulted in saving the state over \$17.7 billion smoking-related health care costs.[\[i\]](#)
- Using the program's hard-hitting advertising, the number of quit attempts across the state has increased by millions and the campaign has been linked to reducing relapses among those who quit.[\[ii\]](#)
- Youth cigarette rates have declined from 10.6% in 2006 to 1.1% in 2021.[\[iii\]](#) [\[iv\]](#)
- Adult smoking rates have declined from 21% in 2006 to 14.7% in 2020.
- The program's free cessation services and tools have helped more than 254,000 Floridians quit smoking for good.
- There are now fewer adult smokers in Florida today than when Tobacco Free Florida launched, despite Florida's population growing by more than 3 million people during that time.

## Looking Ahead

Building off of the momentum from the last 15 years, Tobacco Free Florida looks forward to continuing to work with new channels and finding innovative ways to advance the importance of living tobacco free.

The [Quit Your Way](#) program offers different methods and services a person can use to start their quit journey, such as Phone Quit, Group Quit and Web Quit.

- Phone Quit provides individuals with access to a trained Quit Coach 24/7.
- Group Quit allows a person to receive a 2-week starter kit once they enroll, which includes free nicotine patches, gum, or lozenges to medically help them quit.
- Web Quit helps create a personalized web-based quit plan that anyone can follow and move at their own pace.

Additionally, youth ages 11 to 13-years-old can access Phone Quit, and youth ages 13 to 17-years-old can access both Phone and Web Quit.

Tobacco Free Florida also launched a new e-cigarette cessation service for teens called [Live Vape Free](#). The text-based program is meant to help teens ages 13 to 17-years-old quit e-cigarettes while providing adults with the tools they need to support teens on their quit journey. Teens looking to sign up for Live Vape Free can text **VAPEFREE** to 873373.

[\[i\]](#) Mann, Nathan M, Nonnemaker, James M., Thompson, Jesse. "Smoking-Attributable Health Care Costs in Florida and Potential Health Care Cost Savings Associated with Reductions in Adult Smoking Prevalence." 2016.

[\[ii\]](#) Centers for Disease Control and Prevention. Best Practices for Comprehensive Tobacco Control Programs—2014. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

[\[iii\]](#) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2006.

[\[iv\]](#) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2021.



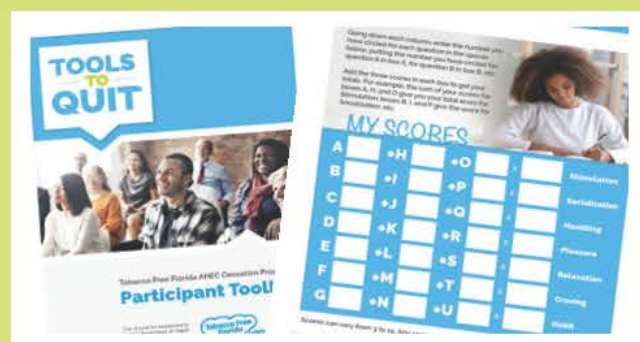
# QUIT TOBACCO with **GROUP QUIT**

There's never been a more important time to quit.

Free expert-led sessions to help you quit all forms of tobacco.



**Virtual Group Sessions** -OR- **In-Person Group Sessions**



Develop your  
personalized  
quit plan.



**FREE** nicotine  
replacement patches,  
gum, or lozenges.\*



More than  
**DOUBLES** your  
chances of success!

\*If medically appropriate for those 18 years of age or older

**Pre-registration is required.**

**CALL TODAY:**

**Central Florida AHEC**  
**1-877-252-6094**

**Sponsored by:**



**Florida  
HEALTH**

Learn more about all of Tobacco Free Florida's tools and services at  
**[www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway)**





# **CHW COVID-19 Initiative**

**Earlier this year, Heartland Rural Health Network was awarded a sub-contract to hire CHWs to assist in spreading education and conducting outreach around the COVID-19 vaccine. This sub-contract is funded through the Health Planning Council of West Central Florida as part of the HRSA Community-Based Workforce to Increase COVID-19 Vaccinations in Underserved Communities grant awarded to the Treasure Coast Health Council.**

**Since hiring CHWs under this contract in late March, we have been able to complete outreach and education to 372 people and vaccinations to 53 as of April 24, 2022.**

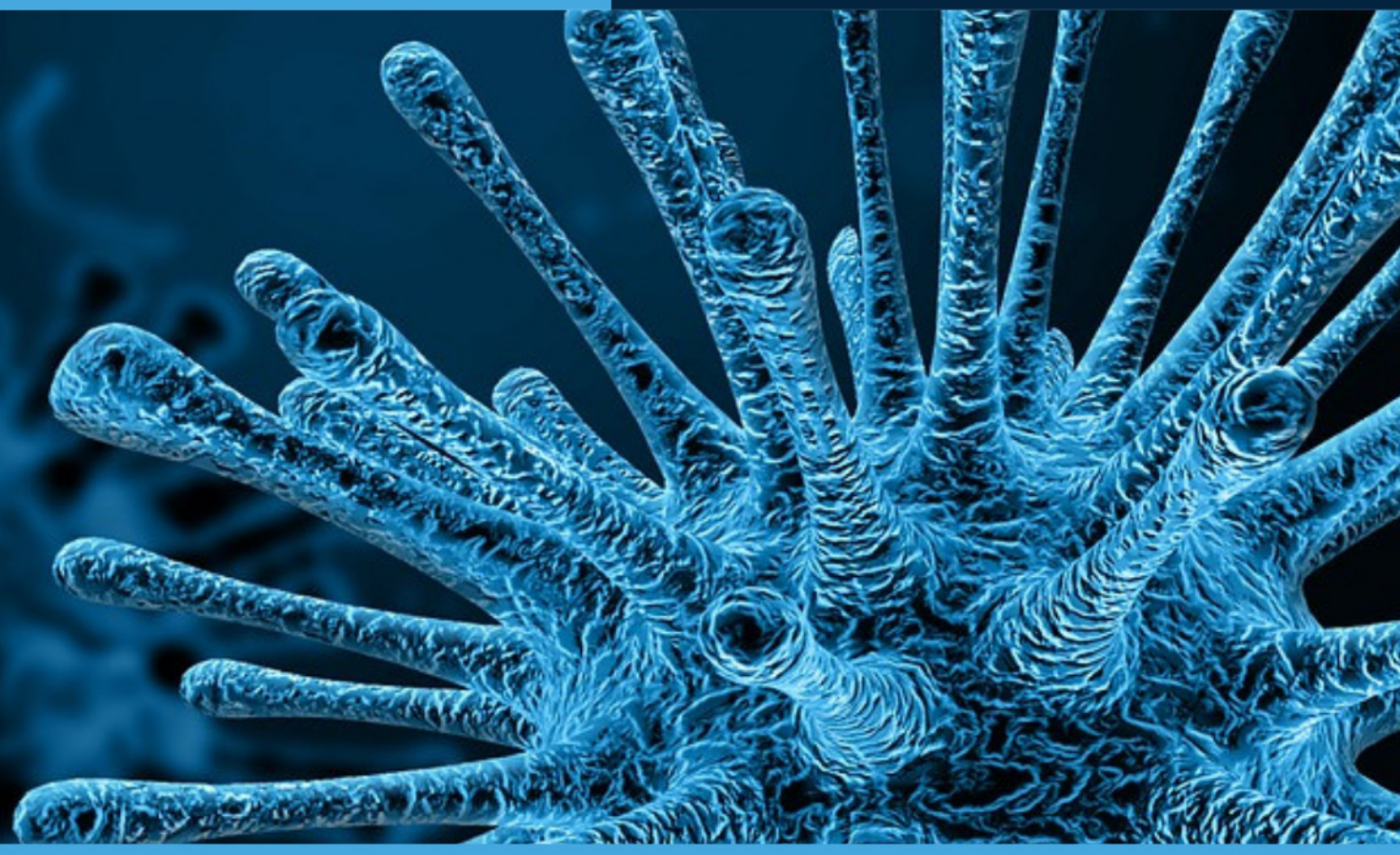
**We are currently actively looking for outreach and vaccination events to be able to share the COVID-19 vaccination education. We are able to provide incentives to participants that receive the vaccine. If you are interested in talking about partnering on this initiative, please email Valeria Carrasquillo Rivera at [valeria.rivera@hrhn.org](mailto:valeria.rivera@hrhn.org).**



# COVID-19

## IMPORTANT INFORMATION

Many people are struggling to get vaccinated...



### COVID-19 VIRUS SYMPTOMS

- Cough
- Fever or Chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Sore throat
- Loss of taste or smell
- Diarrhea
- Headache
- Fatigue
- Nausea or Vomiting
- Congestion or runny nose

vs.

### FLU SYMPTOMS

- Cough
- Fever or Chills
- Muscle or body aches
- Sore throat
- Headache
- Fatigue
- Congestion or runny nose

*\*Some people may experience vomiting and diarrhea, though this is more common in children than adults.\**

## COVID-19 VACCINE INFORMATION

**Pfizer - Initial Series (2 shots) & Booster**

**Moderna - Initial Series (2 shots) & Booster**

**Johnson & Johnson's Janssen- Primary Dose Only**

All are fully approved by the FDA and recommended by the CDC as highly effective in preventing serious disease, hospitalization, and death from COVID-19.

CDC does not recommend mixing products for your primary vaccine series. If you received a Pfizer-BioNTech or Moderna COVID-19 vaccine, you should get the same product when you need a second shot.

*\*However, people ages 12 and older may get the Pfizer booster shot and those 18 years and older may get a different product for the Moderna booster shot.\**

Getting sick with COVID-19 can offer some protection from future illness, sometimes called “natural immunity,” but the level of protection people get from having COVID-19 may vary depending on:

1. how mild or severe their illness was
2. the time since their infection
3. their age

**COVID-19 vaccination helps protect you by creating an antibody response without you having to experience sickness.**

## Contact Us Today for COVID-19 Vaccine Assistance



[www.hrh.org](http://www.hrh.org)  
(863) 494-8409  
Fax: 863-993-7677



*\*This information was gathered from the following websites [www.cdc.gov](http://www.cdc.gov), and [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)\**





Healthy Science




# 2022 ANNUAL

*When:*

*Time:*

*Title:* Healthy Ha

*Presented*



*Bio:* Tracy Magee PhD, RN, CPNP has 25 years and has expertise in early child health, is an associate professor of pediatric nursing at Florida State University, College of Nursing and Health Science and the Center for Early Learning and Health. She is also a faculty member of Nursing and Health Science and School of Public Health in Polk County and surrounding areas.

*Register in advance for this meeting*

<https://us02web.zoom.us/meeting>

*After registering, you will receive a confirmation email*



# ANNUAL MEETING

Tuesday, May 24, 2022

Time: 1:30pm-3:30pm

Topic: Habits that Help Kids Learn Better

Presented by: Dr. Tracy Magee

Dr. Magee has been a pediatric nurse practitioner for more than 30 years, specializing in child development. She currently is an assistant clinical professor at Florida Southern College Ann Blanton Edwards School of Education and serves as the Education Coordinator for the Carol Jenkins Barnett Center for Early Childhood Education. This is a unique collaboration between the FSC School of Education and the Polk County School of Education to improve childhood learning and development in underserved areas.

Registration link:  
[/register/tZcpdOmvqjkhHtHuG8ta9jzrzibRbXUf8Esz](#)  
An email containing information about joining the meeting.



## Stroke: The Need for Speed

A stroke is a medical emergency, and it needs treatment right away. That's because strokes can cause long-term problems with thinking, speaking or moving. And, they can be deadly. Every minute matters. Roughly 85% of strokes are caused by a clot that interrupts blood flow to the brain. A drug can dissolve the clot. But it has to be given fast—typically within three hours after symptoms start. Sometimes doctors can also suction out a clot. But this should be done within six hours after symptoms begin. To get these treatments, it's best to arrive at the hospital within 60 minutes of the first signs of a stroke. But many people don't make it in time.

To improve your chances of spotting a stroke quickly, you can learn to recognize the most common signs. Just remember the word "BEFAST":

- **B: BALANCE** Watch for sudden loss of balance.
- **E: EYES** Check for vision loss.
- **F: FACE** Ask the person to smile. Does one side of the face droop?
- **A: ARMS** Ask them to raise both arms. Does one arm drift downward?
- **S: SPEECH** Ask them to repeat a simple phrase. Is their speech strange or slurred?
- **T: TIME** Call 911 right away if you see any of these signs. Be sure to tell them when symptoms first started.

"To get the best care when you or a loved one is having a stroke, you need to have speed, expertise, and experience on your side.



# Stroke Awareness Month

AdventHealth is the only primary stroke center in the Heartland certified to provide all three,” said Victoria Selley, board certified in emergency medicine at AdventHealth Sebring. “The center follows best practices for stroke care from a group of leaders in the field of stroke. Certification is through the American Heart Association/American Stroke Association and The Joint Commission.”

Among other things, our stroke center offers:

- A 24/7 acute stroke team. The team includes a physician and others experienced in stroke diagnosis and treatment.
- Excellent coordination with emergency medical services personnel. This allows care to start before the patient reaches our door.
- Fast access to brain imaging services. That cuts the time it takes to diagnose a stroke. The sooner a diagnosis is made, the sooner treatment can begin.

If you suspect a stroke, call 911 and ask to be taken to AdventHealth.

To read additional articles from  
AdventHealth, click the article title below:

- [Treat Heart Disease and Hypertension with Your Diet](#)
- [Women’s Health Screenings for Your To-Do List](#)
- [How to Master Menopause](#)
- [Improving Joint Pain for Overweight Patients](#)





Florida Rural Health Association  
*One Voice for Florida. Louder.*

## 2022 HEALTH LITERACY ECHOS

As we announced last quarter, the Rural Health Partnership has partnered with the Florida Rural Health Association and Suwannee River AHEC to offer a multi-session webinar series that prepares providers and community educators for evaluating the health literacy needs of different audiences, choosing instructional strategies, and evaluating success. The best part of our program is that your participation is **TOTALLY FREE**.

Each TeleECHO webinar will be 50-60 minutes long and sessions start at noon (12:00 pm EST). Following a short lecture, each session will include an interactive case study, problem-from-the-field, Q&A session, and opportunity to communicate with health literacy experts. Sessions use the Zoom application for videoconferencing.

The schedule for May and June, 2022 is as follows:

May 11th "Building Health Literacy Into Your Community Programs"

May 25th "Health Literate LGBTQ+ Care"

June 8th "Communicating with Deaf and Hard-of-Hearing Persons"

June 22nd "Designing Accessible Educational Materials"

**CLICK HERE to Register.**



# DID WE SEE YOU AT THE SUMMIT?



## Hope you join us for the 2023 Rural Health Educational Summit



# Food <sup>is</sup> Health<sup>®</sup>

Be Wise, Eat Wise<sup>®</sup>



## FREE Health Education, Health Screenings and Produce!

### EAT HEALTHY, BE ACTIVE

Join us for a 6-week class series where you'll learn about healthy eating in a hands-on learning setting. Each lesson is taught live, in-person, and lasts one hour. Learn how to enjoy healthy food choices that taste great, eat healthy on a budget, and make healthy eating and physical activity part of your lifestyle. After each class, you'll receive a \$10 voucher to exchange for produce on site.

#### Learn:

- Healthy eating and cooking for less
- How to save money at the grocery store
- Ways to cook and plan meals

#### Location:

Wauchula Seventh Day Adventist Church  
440 Carlton St.  
Wauchula, FL 33873

**Mondays, June 6th - July 18th from 11:00am-12:00pm (no class on July 4th)**



### \$10 Food/Produce Voucher given to each participant at each class.

\*Requires a minimum of 10 participants for the class to begin. Only accepting a maximum of 30 participants. Participants must agree to attend classes in order to receive weekly vouchers for healthy and affordable food and produce. Vouchers will be redeemable in your community through a mobile grocery truck or produce stand. Please see voucher for details.



UF IFAS Extension  
UNIVERSITY of FLORIDA



Register with UF/IFAS Extension at 863-773-2164 or online at [bit.ly/adventhealthclasses](http://bit.ly/adventhealthclasses)

  
**AdventHealth**







# Telemedicine Talk

## Episode 9: CDC Offers Law and Policy Resources for Telehealth and Telemedicine.

Under the Centers for Disease Control's (CDC) Publication & Resources, they have a whole section devoted to Telehealth & Telemedicine called "Telehealth and Telemedicine: A Research Anthology of Law and Policy Resources."

Under this tab, you will find information and resources on:

- Resources for Identification and Discussion of Barriers to Telehealth
- Resources for Evidence of Cost and Health Outcomes Through the Use of Telehealth
- Resources for Telehealth Statutes and Regulations
- Resources for Recent Policy Recommendations
- Resources for Telehealth in Rural Areas

This website is updated regularly and all linked articles/publications are vetted and from reputable sources. If you are working on telemedicine/telehealth in any capacity, you should check it out.

[Click here to learn more and view the website in its entirety.](#)



# Quit tobacco with **Group Quit.**

**There's never been a more  
important time to quit.**

## Virtual Group Sessions



## In-Person Group Sessions



## Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.\*  
\*if medically appropriate for those 18 years of age or older
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.



**Florida  
HEALTH**

Learn more about all of  
Tobacco Free Florida's tools and services at  
[tobaccofreeflorida.com/quityourway](https://tobaccofreeflorida.com/quityourway)

Sponsored by:



GULFCOAST SOUTH  
AREA HEALTH  
EDUCATION CENTER

For more information on Group Quit  
sessions, contact:

**Gulfcoast South AHEC**  
**866-534-7909**

## Virtual Group Schedule:

### 4-Week Virtual Group

#### Thursdays

May 5, 12, 19, & 26 | 3:00pm-4:00pm

### One-time Virtual Groups

#### Mondays

May 2 & 23 | 2:00pm-4:00pm

#### Wednesdays

May 4, 11, 18, and 25 | 6:00 - 8:00pm

**AUDIO Group** - Thursday, May 26, 10am - 12pm

**SPANISH Group** - Tuesday, May 17, 3 - 5pm

## In-Person Group Schedule:

### Faith Mission

**1109 SE Ninth Avenues, Arcadia, FL 34266**

*First Thursday of the month | 3:00-4:30pm*

### South Florida State College

**2251 NE Turner Avenue Arcadia, FL 34266**

*Second Tuesday of the month | 1:00-3:00pm*

### Desoto Memorial Hospital

**900 N Roberts Avenue, Arcadia, FL 34266**

*Third Thursday of the month | 2:00-4:00pm*

*Pre-registration is required.*

**Call TODAY (866) 534-7909  
to Quit Your Way!**





# QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.



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Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.

## CLASS SCHEDULE

### Free Tools to Quit Program

**Tuesday, June 14**  
**12:00 - 1:30 pm**

**AdventHealth**  
**Wellness Center Wauchula**  
**610 W. Orange St.**  
**Wauchula, 33873**  
**Leon Sharp Classroom**

To Register or Learn More  
Call 1-877-252-6094

## FREE

Nicotine replacement patches, gum and lozenges.\*

*\*While supplies last and if medically appropriate.*

## FREE

Community, worksite and clinic groups offered.

*Programs cover all forms of tobacco.*



## GROUP QUIT

Is the in-person option of Tobacco Free Florida Quit Your Way services.

toll free 877-848-6696  
tobaccofreeflorida.com/quityourway

## CLASS SCHEDULE

### Free 4-Week Quit Smoking Now Program

**Weekly Mondays**  
**May 16 - June 13**  
**12:00 - 1:00 pm**

**Lake Placid Seventh-day  
Adventist Church**  
**Better Living Community Ctr**  
**24 E. Phoenix Street**  
**Lake Placid, 33852**

To Register or Learn More  
Call 1-877-252-6094

## FREE

Nicotine replacement patches, gum and lozenges.\*

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toll free 877-848-6696  
tobaccofreeflorida.com/quityourway



# QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.

## CLASS SCHEDULE

### Free Tools to Quit Program

**Tuesday, May 17**  
**10:00 - 11:30 am**

**AdventHealth Sebring**  
**CREATION Life Wellness Center**  
**4005 Sun 'n Lake Blvd**  
**Sebring, 33872**

To Register or Learn More  
Call 1-877-252-6094

## FREE

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## FREE

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toll free 877-848-6696  
tobaccofreeflorida.com/quityourway



# HIV and Expecting Mothers

<1%

In 2018, in the United States, of the new HIV diagnoses less than 1% were due to perinatal transmission<sup>1</sup>

**What is perinatal transmission?** Perinatal transmission is when HIV is passed from mother to-child anytime during pregnancy, childbirth, and breastfeeding.<sup>1</sup>

For expecting mothers living with HIV, the risk of transmission to her baby can be 1% or less if she does these 3 things<sup>1</sup>:



**(1)** Takes her HIV medicine as prescribed throughout pregnancy, birth, and delivery<sup>1</sup>

**(2)** Gives her baby HIV medicine for 4 to 6 weeks after giving birth<sup>1</sup>



**(3)** Does NOT breastfeed or pre-chew her baby's food<sup>1</sup>

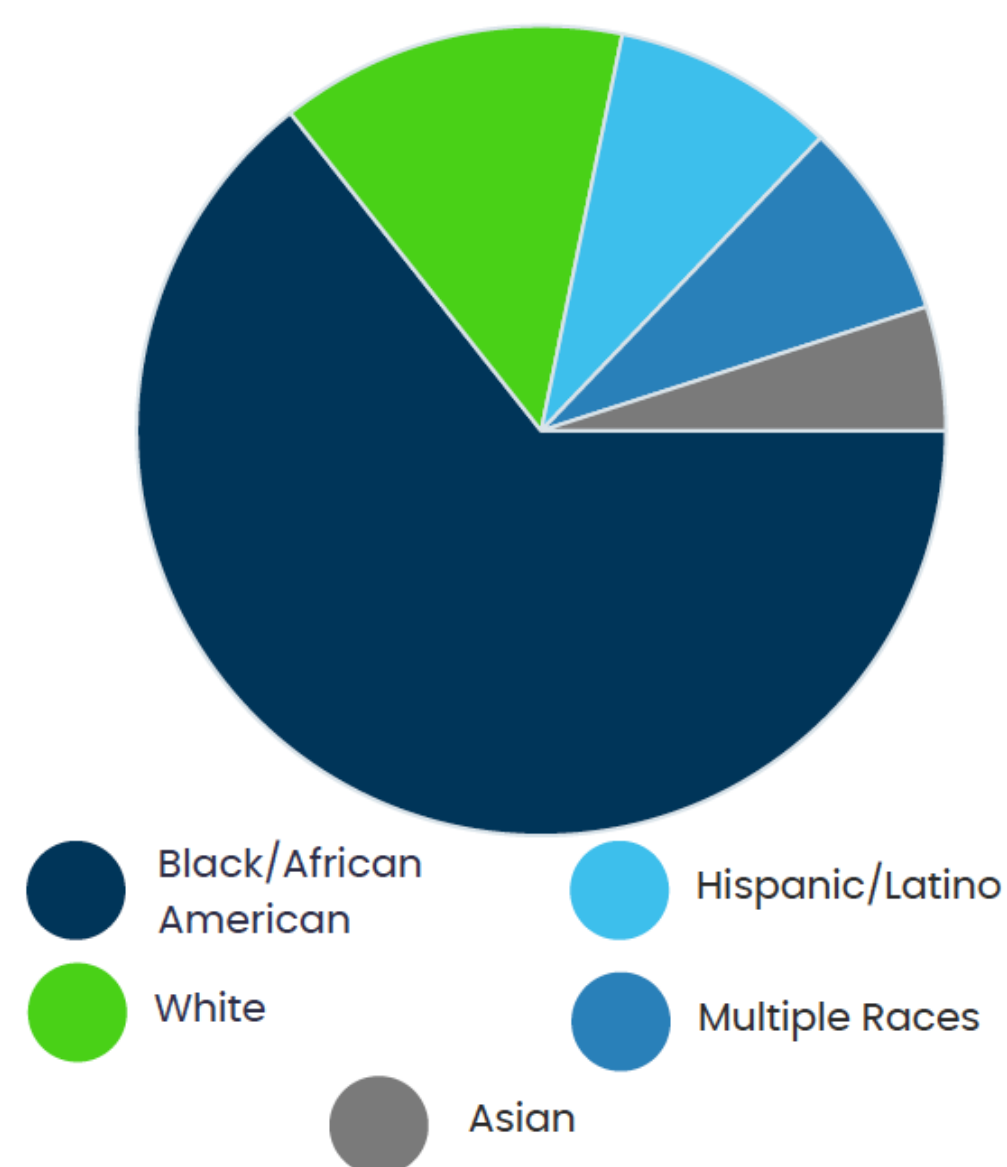
## In Florida:

In 2019, there were a total of 453 perinatal HIV exposures<sup>2</sup>

From 2015-2018 there were 35 babies born HIV positive, this is known as perinatally acquired HIV<sup>2</sup>

In 2019, there were 0 babies born with HIV<sup>2</sup>

## Perinatal HIV Diagnosis by race/ethnicity, in the United States<sup>1</sup>



If you are currently pregnant or planning to get pregnant it is important to know your status and get test for HIV as soon as possible. If you are living with HIV, the sooner you start taking HIV medication the better the health for yourself and your baby.<sup>1</sup>

If you don't have HIV, but your partner is HIV positive, contact your physician to discuss medication that prevents you from getting HIV, this is call pre-exposure prophylaxis (PrEP).<sup>1</sup>

<sup>1</sup> Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention

<sup>2</sup> Florida Department of Health, Division of Disease Control and Health Protection, Bureau of Communicable Disease



# HIV and Expecting Mothers

Below are various resources for both HIV negative and positive expecting mothers located in Southwest Florida. Please click on the links to learn more.

## Where to Get Tested

### KnowYourHIVStatus

- [Knowyourhivstatus.com](http://Knowyourhivstatus.com)
- HIV testing locator and other resources

### Stop the Virus

- [Helpstopthevirus.com](http://Helpstopthevirus.com)
- HIV testing locator along with other resources

### HIV.Gov

- [Hiv.gov](http://Hiv.gov)
- HIV.gov collaborates with departments and agencies across the Federal government to provide HIV/AIDS-related information to users

### HIV Counseling, Testing, and Referral Sites - by County

- [Flhiv.doh.state.fl.us](http://Flhiv.doh.state.fl.us)

### United Way 211

- Call: 211
- Helpline to find resources and services in your area.

## Where to Get HIV Services

### HRSA Find a Ryan White HIV/AIDS Program Medical Provider Locator Tool

- [Findhivcare.hrsa.gov](http://Findhivcare.hrsa.gov)
- The locator tool allows users to search for Ryan White HIV/AIDS medical providers

### Housing for Better Health

- [Housingforbetterhealth.com](http://Housingforbetterhealth.com)
- Provides information about the Housing Opportunities for Persons with AIDS (HOPWA) housing program

### Southwest Florida HIV Services Locator

- [Hivswfl.com](http://Hivswfl.com)

### Florida Department of Health in DeSoto County - Lead Agency

- [DeSoto.floridahealth.gov](http://DeSoto.floridahealth.gov)

## Where to Get Resources for Pregnant Women

### Area 8 Perinatal Linkage Coordinator

- Contact: [Catherine.Leon@flhealth.gov](mailto:Catherine.Leon@flhealth.gov), 239-461-6127
- The perinatal linkage coordinator seeks to establish and/or provide resources/services for HIV positive mama bear during pregnancy prior to birth.

### Healthy Start

- [Connect.healthystartflorida.com](http://Connect.healthystartflorida.com)
- The Florida Healthy Start program provides education, support and proven interventions to expecting and new families who are at-risk of a poor birth outcome or delay in development.

### Florida Department of Health

- [Floridahealth.gov](http://Floridahealth.gov)
- The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

### Nutrition Program for Women, Infants, and Children (WIC)

- [Benefits.gov](http://Benefits.gov)
- Supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

## Where to Get Additional Information About HIV and Pregnancy

### Centers for Disease Control and Prevention , CDC

- [Cdc.gov](http://Cdc.gov)
- CDC works 24/7 to protect America from health, safety, and security threats.

### Office of Women's Health

- [Womenshealth.gov](http://Womenshealth.gov)
- Provide national leadership and coordination to improve the health of women and girls through policy, education, and innovative programs.

### HIV.Gov

- [Hiv.gov](http://Hiv.gov)
- HIV.gov collaborates with departments and agencies across the Federal government to provide HIV/AIDS-related information to users



# May is Mental Health Awareness Month

May is National Mental Health Awareness Month, a time to advocate and engage in more conversations about the impact of mental health.

Mental health refers to our emotional and social well-being affecting all areas of ourselves, including our thoughts, feelings, and behaviors. Mental health plays a role in how we connect with others, make decisions, handle stress, and many other aspects of our daily living.

Everyone has mental health, and it deserves as much attention as physical health.

What is a mental health condition?

A mental health condition refers to a group of symptoms that have been identified by mental health professionals as described in the Diagnostic and Statistical Manual of Mental Disorders Revised (DSM-V-TR) or the International Classification of Diseases (ICD-11). Those with mental health conditions deal with changes in emotions, thinking, and/or behaviors.

Children will feel more comfortable seeing the dentist when introduced at an early age, plus they'll adopt healthy habits to last a lifetime. And that's something to smile about!

Fast Facts:

1. Children who experience trauma are approximately 1.3 times more likely to develop a mental health condition than children who don't experience trauma (Copeland, Shanahan, & Hinesley, 2018.)
2. 21% of all U.S. adults live with a mental health condition (Substance Abuse and Mental Health Services Administration, 2021.)
3. 46% of Americans will meet the criteria for a diagnosable mental health condition at some point in their life (Kessler, Berglund, Demler, et. Al., 2005.)

Warning signs for children, adolescents, and adults:

Changes in behavior (ex. Withdrawal, isolation, irritability, tantrums, problem behavior at school.)



Warning signs for children, adolescents, and adults (Cont.):

Changes in appetite and/or sleeping patterns.

Poor academic or occupational functioning.

Difficulty concentrating or constant mental preoccupation.

Negative thoughts about self, others, and the world.

How do we maintain good mental health?

Life can become very fast-paced; therefore, creating positive habits is a great way to support our mental health.

The quality of food can impact our overall physical and mental health. Our gut is often referred to as “the second brain” and communicates to our brain; therefore, eating various foods plays into our mental health.

Exercise and staying active improve self-esteem, brain function, and sleep and decrease social withdrawal and stress.

Sleep plays a role in our mood, learning ability, and organ health.

What do to if you need help with your mental health?

Seek support from a mental health professional.

Mental health professionals can be therapists, licensed social workers, psychologists, mental health counselors, and psychiatrists.

If unsure, consult with your primary care provider and seek support.

Here at CFHC, we proudly provide medication management for individuals 12 and above and specialty mental health services for individuals six years old and above.



**Yadira Torres, PsyD**  
**CFHC Dundee Annex**



*did you know?*

**Heartland Rural Health Network can help you with a variety of business activities that are essential for continued progress at non-profit prices - discounted if you are a Network Member!**

**Some of these services include:**

- Assistance with creating strategic surveys for a multitude of purposes in both English and Spanish**
  - Assistance aggregating and presenting data collected from surveys**
  - Strategic Planning Workshops**
  - Community Health Worker Program Implementation**
- AND MANY MORE!**

**To find out more about services available or to request a quote for a specific service, please send an email with as much information on what you are requesting to [support@hrhn.org](mailto:support@hrhn.org).**





The Florida CHW Coalition needs to hear from community health workers, to help gain an understanding of work being done in Florida and to advance workforce efforts.

The CHW Survey is available in English and Spanish. There is also a survey for employers who employ CHWs. Your responses will help our statewide training, outreach, and workforce development plans.

Please take a few moments to complete the survey by clicking the links below.

[2022 CHW Survey \(English\)](#)

[2022 CHW Survey \(Spanish\)](#)

[2022 Organization CHW Utilization Survey for Employers](#)

For more information about the Florida Community Health Worker Coalition, contact us or visit our website.



# National Rural

In the latest NRHA

- **NRHA announces 2022 top 20 critical access hospitals.**
- **Can't make it to Albuquerque? We've got you covered.**
- **Hospital press for more federal aid as fortunes turn.**
- **Survey provides insight on rural COVID vaccine apprehension.**
- **Strategies for recruiting physicians to rural communities.**
- **Hundreds of urban areas to become rural under new criteria.**
- **NRHA award winner honored for public health efforts.**
- **Nearly half of rural hospitals lose money on childbirth services.**
- **Apply for HHS public health scholarship, CHW programs.**
- **Now accepting presentations for NRHA's RHC, CAH Conferences.**

**To view the Newsletter in its**



# Health Updates

**A today Newsletter:**

- **Why it's time for hospital CEOs to retool rural health care.**
- **PA students learn about rural medicine thanks to partnership.**
- **CDC estimates 58% of Americans have been infected with COVID.**
- **CMS administrator seeking doctors' opinions to improve ACOs.**
- **Kansas medicine reflects on pandemic, looks ahead to future.**
- **Journal of Rural Health seeking papers for special section.**
- **NRHA webinar on ACO participation, seizure first aid.**
- **Study to test home hospitalization effectiveness in rural.**
- **Listening sessions on CMS rural health strategy updates.**
- **CRHC partners to connect rural facilities to statewide data.**

**s entirety, please click here.**



Contact Us



[www.hrhnl.org](http://www.hrhnl.org)



863-494-8409

HEARTLAND RURAL HEALTH NETWORK'S

# HD CHW PROGRAM



## Leaders in Healthcare coming together to better serve patients.

The HD CHW Program is led by a group of Health Leaders in Hardee and DeSoto Counties working together to improve pathways to care for patients and includes a group of Community Health Workers providing direct assistance and education to our clients.

Let our capable staff work with you to help coordinate care, assisting with helping navigate pathways to care, and providing requested follow-up on care and providing requested health education.

We strive to create a professional and supportive relationship with our patients and the community by adhering to our core values: integrity, ethics, collaboration, and quality.

## OUR SERVICES



**Care Coordination:** We use health assessments to determine clinical and non-clinical needs, provide pathways to meet these needs, and help clients navigate these paths.



**Health Education:** We provide health education to our clients on various topics that they need or want more information on.



**Care Support:** We provide support to our clients in every step of getting the healthcare they need and want.



**Health Assessments** and follow-ups within the community to help us find and resolve barriers to care in the most efficient way for our patients.

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Heartland Rural Health Network, Inc. is happy to share with you some great updates from our members and community partners! Thank you for your continued commitment to improving rural health care through your association with Heartland Rural Health Network. A full description of current Network initiatives can be found online on our website.

If the Network can partner with your organization on a project, please contact us to discuss. We value community partnerships to accomplish the mission of the Network.

Please feel free to forward this newsletter to a friend or colleague.



Heartland Rural Health Network, Inc.  
[www.hrhcn.org](http://www.hrhcn.org)

863.471.6007

**Mission:** Improving access to quality health care by implementing creative solutions in collaboration with network members and community partners.

**Vision:** To be a leader of innovative, collaborative, and quality driven rural health initiatives.

**2021 – 2022 Board of Directors:** Vince Sica, President; Blake Warren, Vice President; Heather Stephenson, Secretary/Treasurer; Robert Rihn, Past President; David Duke, Denise Collazo, Denise Grimsley, and Holly Murphy.



