

# HRHN's HD CHW Program Website Lauches

Quarterly Newsletter for April - June 2023



## Network News

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

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Through Workforce  
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CommHIT***

***Don't Stress Over Stress,  
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Let's Get Real About Men's  
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Programs Calendar***

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***Direct Care Workforce  
Study from MissionCare  
Collective Available Now  
for Download***

***Announcements from  
our partners at:  
Central Florida Health  
Care, CommHIT, Florida  
CHW Coalition, Florida  
Department of Health,  
FRHA, Healthy Start  
Coalition, Heartland for  
Children, and Tampa  
General Hospital***

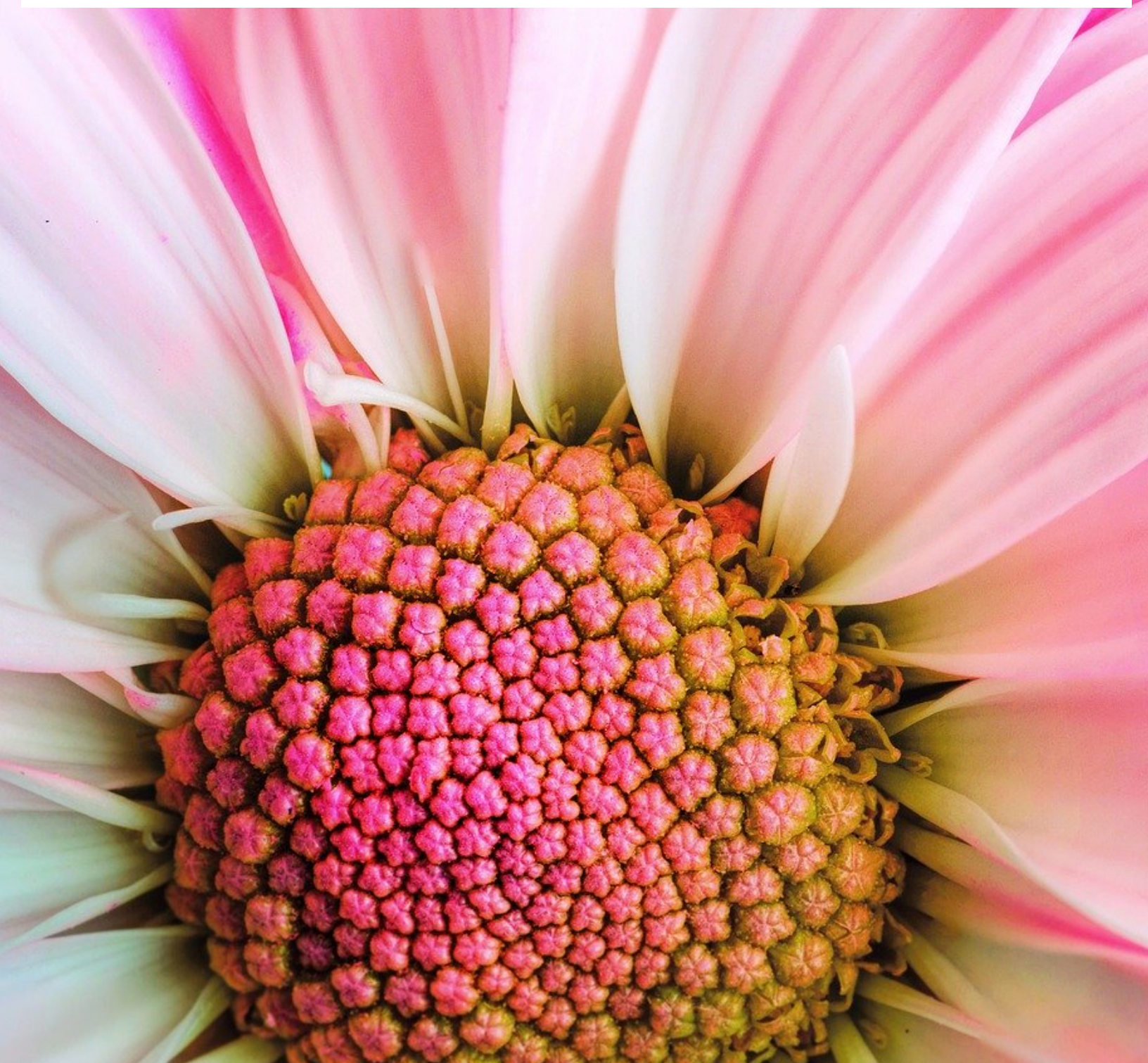
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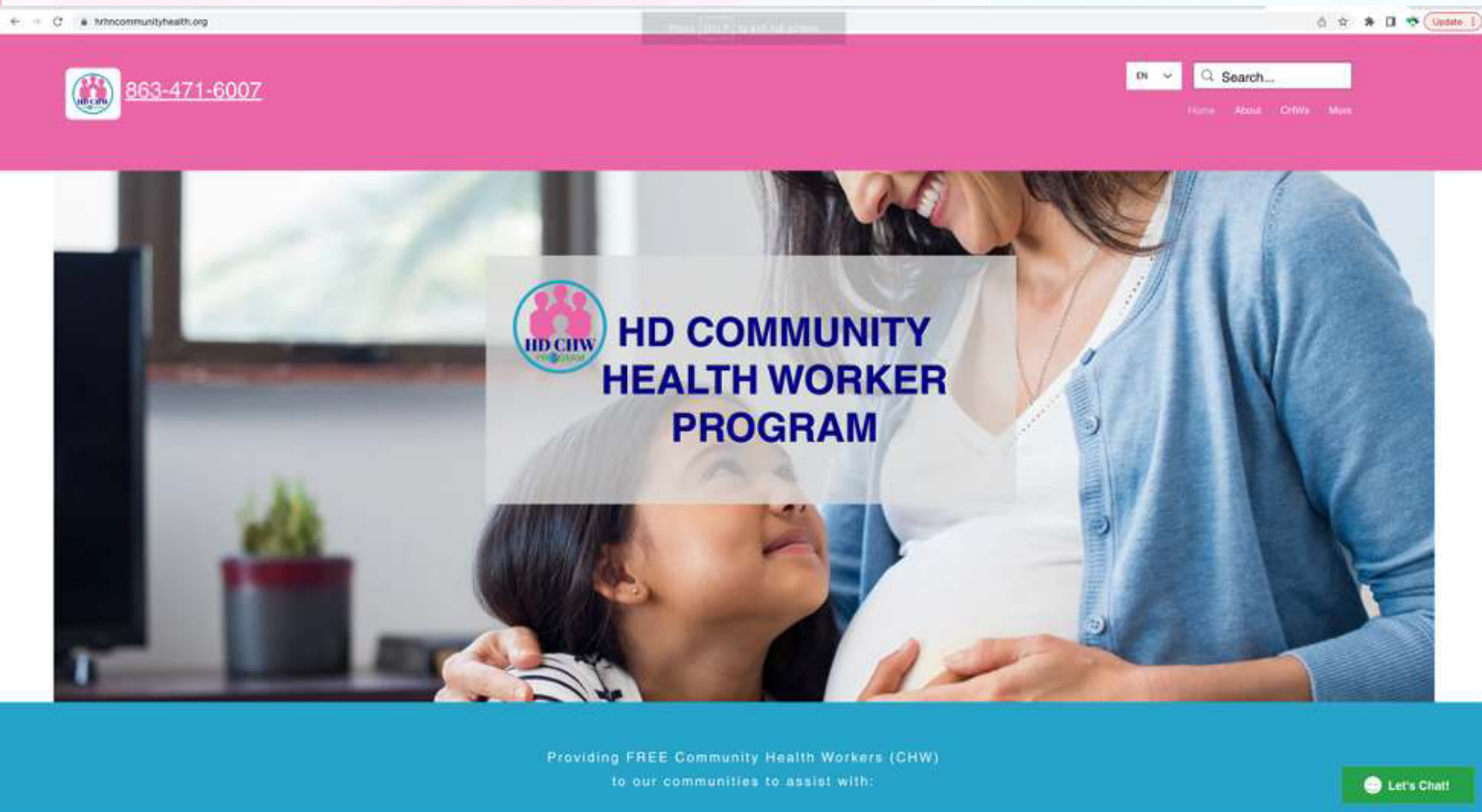
**t** [@hrhnstaff](https://twitter.com/hrhnstaff)





# HRHN's Hardee DeSoto Community Health Worker Program launches website

Have you heard about our Hardee DeSoto Community Health Worker Program (HD CHW Program)? Do you have questions about the program or how to qualify for services? Do you know what services we offer? We now have a website that can answer all these questions, provide you resources, and so much more! You should check it out by clicking the homepage below! Bookmark our website at [hrhncommunityhealth.org](http://hrhncommunityhealth.org) - it will become your favorite resource!



# Light at the End of the Tunnel through Workforce Development

Jaquesha Jefferson

May 2023

CommunityHealth IT (CommHIT) is proud to be one of the organizations nationwide that actively contributes to improved workforce outcomes for previously incarcerated individuals.

The Bureau of Justice Statistics approximates that roughly 60% of previously incarcerated individuals grapple with securing employment. This is due to a lack of education degrees, literacy, and confidence in their ability to convince an employer to provide them with a job opportunity—much less a career.

CommHIT constructed the Rural Roads to Connected Care (RRCC) program, supported by the U.S. Department of Labor, to train the healthcare workforce that serve Florida's rural communities. Part of the RRCC program is to serve individuals who have previously been involved with the criminal justice system. Through RRCC, individuals residing in underserved communities received up to \$3,000 in grant-funded support to pursue education in direct patient care occupation. Almost 5% of the total RRCC participants disclosed that they were ex-offenders. Since receiving RRCC training, the trainees previously involved with the criminal justice system have been able to secure employment.

For example, one RRCC participant that was an ex-offender worked as a general manager in the fast-food industry for years following incarceration. She believed that she could not pursue a career due to her background. She took a "step out on faith" and contacted CommHIT about RRCC. Through RRCC, she acquired Medical Assistant and Phlebotomy certificates and found "a true love for the field of medicine." RRCC gave her the boost she needed, and she is now in the process of opening her own mobile health unit and serving individuals in her community who may not normally be able to afford care.

There are many stories like hers in the RRCC program—stories of success and perseverance regardless of past setbacks. CommHIT hopes that RRCC trainee outcomes encourage those who have been involved in the criminal justice system and those who feel that they are coming from behind to know that there is light at the end of the tunnel. To learn more about CommHIT's RRCC program, go to [www.communityhealthit.org/rrcc](http://www.communityhealthit.org/rrcc).

About CommHIT: CommHIT is a 501(c)(6) at the Kennedy Space Center that ensures that rural organizations and small to mid-sized businesses have access to the same resources and opportunities as their urban and large business counterparts. At the Kennedy Space Center, CommHIT is an integral part of a cluster of cybersecurity organizations that protect and monitor the digital security of key business sector entities and critical infrastructure. CommHIT specializes in workforce development and provides apprentices and employers opportunities through the Technology and Health Apprenticeship Program (THAP). THAP is CommHIT's Florida Department of Education-registered apprenticeship program.

# The 27th Annual Rural Health Educational Summit



**October 10th-11th 2023**

The Westshore Grand, A Tribute Portfolio Hotel  
4860 W Kennedy Blvd, Tampa, FL 33609

*Registration Open Now!*

*"Call for Presenters" Submit by July 14th*

*"Exhibitor Prospectus" Showcase your company!*

## **Call for Presenters Open! Click Here!**

**The Florida Rural Health Association invites members, supporters and guests with an interest in rural health to submit proposals for presentations for the 2023 FRHA Rural Health Educational Summit in Tampa, FL. The Summit is an opportunity to learn, share, and network for FRHA members, rural hospital administrators and staff, rural health network directors, rural governments, county health departments, public health workers, legislators, nonprofits, medical students, educational institutes and individuals interested in the health and well-being of rural Floridians.**

## **Exhibitor Invitation**

**On behalf of the Florida Rural Health Association (FRHA) Board of Directors and members, we cordially invite you to join FRHA at our 27th Annual Summit on October 10-11, 2023 at the Westshore Grand in Tampa, Florida. Formed in 1992, FRHA was created to provide a mechanism through which interested individuals and organizations in Florida unite in advocacy and ensure that all residents of rural Florida have access to a continuum of affordable healthcare. It is this common interest that binds the FRHA membership and has allowed the development of a common voice for rural health.**

# Let's Get Real About

Men work hard and play hard! Now it's time to work just as hard on your health! June is Men's Health Month, the perfect time to remind Dad or any man you know to stay on top of their health.

While people are living longer, studies show the average lifespan for a man is about five years less than a woman's. One factor is women are more likely to visit a doctor.

According to the Centers for Disease Control and Prevention, heart disease, cancer, and unintentional injuries are the leading causes of death for men. Knowing your family health history is a great place to start and might signify the need to get screened early for certain cancers.

Individuals with SCD can still have full lives. Quality medical care from a trusted provider can help prevent serious problems. For example, adults and

## out Men's Health

children need to receive regular health check-ups. Common illnesses can become dangerous for children, so hand washing, proper food safety, and getting annual vaccines, like the flu vaccine, are extremely important.

Healthy habits and lifestyle behavior can also help prevent SCD complications. Drinking plenty of water, avoiding high altitudes, avoiding places or situations with exposure to low oxygen levels, including exercising extremely hard can help. It's important as well to not get too hot or too cold.

Blood transfusions can also treat severe anemia. Talk with your provider when deciding how to care for yourself with an SCD diagnosis. Bone marrow or a stem cell transplant is a possible cure, and your provider can educate you on those potential procedures and what may work best for you.

# 2023 Florida Community Health Worker Summit June 22-23, 2023 | Sheraton Orlando North

## ABOUT THE SUMMIT

FCHWC's 2023 Florida Community Health Worker Summit is the first statewide in-person event dedicated to CHW/Ps and their allies since the pandemic. This 2-day educational program features topics on the social determinants of health, priority health issues, the CHW workforce and more. Attendees will have an opportunity to share best practices, hold collaborative discussions, and network with peers and community partners from across the state of Florida and other states. The event is co-sponsored by the Florida Department of Health.



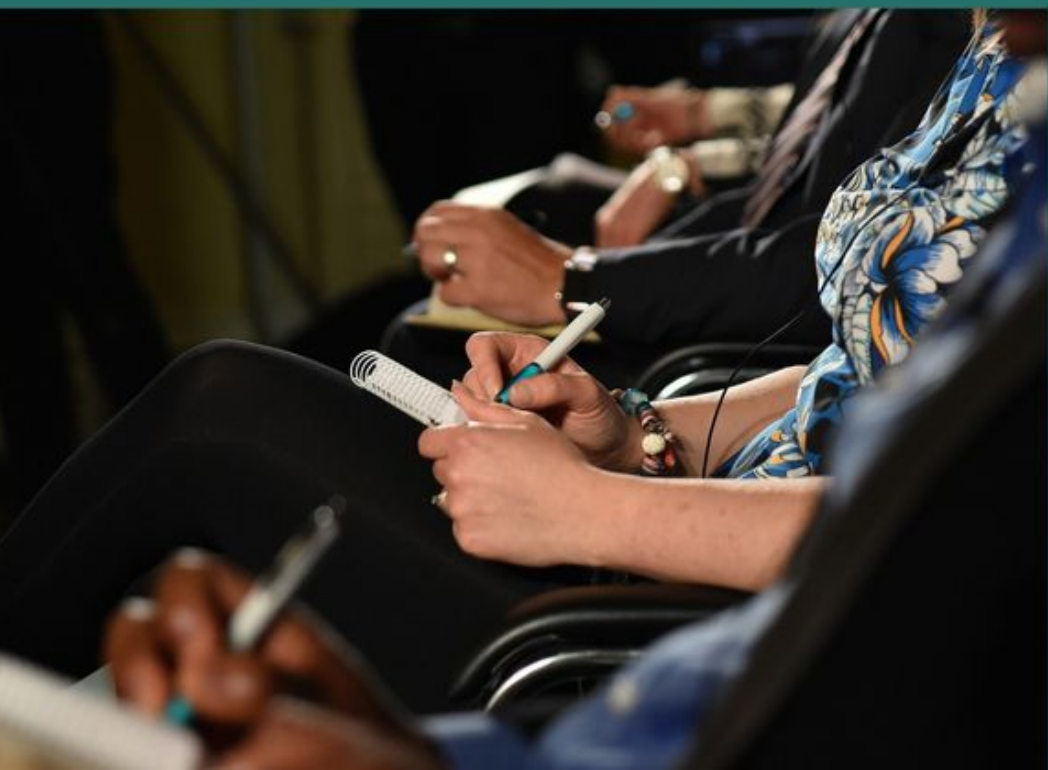
## REGISTRATION

The 2023 Florida Community Health Worker Summit June 9, 2023 registration deadline is quickly approaching. Please register before the deadline or we reach capacity. An Agenda at a Glance can be found on our website at [flchwcoalition.org](http://flchwcoalition.org). CE credits will be available for the educational sessions and can be used for the purpose of certification or credential renewal. The QR Code is located below. Register today!



## ACCOMMODATIONS

Due to the holiday, the negotiated room rate \$129 deadline of May 26, 2023 has been extended until June 1, 2023. If you have not made your reservations, we kindly ask that you reserve your room today. Call (407)551-7522. Use code: FCHWC Conference



For more info, contact us at:  
[info@23FL-chwsummit.org](mailto:info@23FL-chwsummit.org)

Romona Jackson :  
[romona@flchwcoalition.org](mailto:romona@flchwcoalition.org)



**HIGHLANDS FIMR  
COMMUNITY ACTION GROUP**

presents

*community*  
**B★BY SHOWER**

Showering Our families with essential needs for a thriving future

Scan QR code below with your phones camera to register for the event.



**SATURDAY, AUGUST 26, 2023  
10AM - 1PM**

Sebring Civic Center, 355 W. Center Ave., Sebring FL

**EDUCATION - RESOURCES - SPEAKERS  
FREE FOOD - PRIZES - GAMES - VENDORS**



# The State of **The Direct Care Workforce**

By Brandi Kurtyka, CEO  
& Bill Dombi, President



MissionCare  
COLLECTIVE



Heartland Rural Health Network has partnered with MissionCare Collective to disseminate important information from their recent Direct Care Workforce Study.

With nearly 5 million direct care workers, this workforce is the largest workforce in the United States. Despite the high demand for caregivers, who provide essential services for older adults and people with disabilities- too few people are entering the profession, workers are leaving in droves, and companies are plagued with high turnover.

It's time to transform our industry. This study includes an analysis of 67K+ direct care workers, unveiling the seven key personas of a caregiver. Study components include:

- Demographics
- Marital Status
- Age
- Mental Health
- Common Health Ailments
- Weight Control
- Charity & Donation
- Support Causes
- Religion
- Education
- Income
- Credit Card Status
- Net Worth
- Discretionary Income
- What they listen to / read
- Hobbies

### A Few Highlights



#### Health

Many caregivers struggle with their own ailments and one of their biggest challenges is finding time to care for their own health.



[Download Full Report](#)

# *Don't Stress*

Worry is a natural part of life but can affect your overall health. Americans live stressful lives today, and technology at our fingertips can add to it. April is Stress Awareness Month, and Central Florida Health Care reminds you there are healthy ways to cope!

Stress can manifest as frequent mood swings, trouble sleeping, changes in appetite, difficulty concentrating, and feeling overwhelmed. Stress can lead to feelings of sadness, frustration, worry, stomach pain, headaches, and more. In the heightened moment or the peak of stress, specific hormones can increase heart rate, blood pressure, and glucose levels. Continued stress can increase the risk of stroke, heart attacks, and heart disease.

Central Florida Health Care's Integrated Behavioral Health Center helps patients find the best stress management method. Our team wants you to understand that you are most vulnerable when you are not getting enough sleep, experiencing life changes,

Florida  
Care  
with a Heart

# Over Stress

are in poor physical health, have poor eating habits, and have a poor network of support. Furthermore, knowing how to reduce stress can be most helpful.

Wendy Clark, a Psychiatric Mental Health Nurse Practitioner with CFHC, says, “Ways to reduce stress include managing your time with prioritization. Another technique is to practice relaxation, exercise daily, set aside “you” time, eat well and with a purpose, promote good sleep hygiene, know your needs, and always work to limit or avoid alcohol and drugs.”

If you are having trouble coping with stress and worry, we encourage you to make an appointment with one of our mental health professionals to help you create a wellness plan.

National Alliance on Mental Illness. (n.d.). Managing Stress. Retrieved from NAMI Article [Linked Here](#).



You're invited to the  
**CHILD WELFARE  
PROVIDER FAIR**

**June 15, 2023 | 10AM - 2PM**

**Bartow Civic Center**

2250 S Floral Avenue, Bartow, FL 33830

**Games, Raffles, Health Screenings, Massages,  
Training Credit, Fun Fair Food and More!**



**Register by Wednesday, May 31st**

For more info contact, Faye Dyer  
863-519-8900 x 400 or email [fdyer@heartlandforchildren.org](mailto:fdyer@heartlandforchildren.org)



**Tampa  
General  
Hospital®**

Our partners at Tampa General Hospital offer Community Programs every month. These programs include, but aren't limited to caregiver classes and support, cancer support groups, mental health first aid, tobacco cessation, community medical support, town halls, and many more! Some of these community programs are even offered solely in Spanish!

You can check them out for yourself by visiting their calendar online at any time. You can **click here** to check out current offerings.



# Updated Resources



## How Community Health Workers Are Impacting Rural Communities

Purpose: Describes ways in which communities can use funding to build community health worker programs. Highlights the University of Kansas Medical Center's initiative in 10 counties, 6 of which are rural.

For more information: [How Community Health Workers Are Impacting Rural Communities | ASTHO](#)

## Understanding and Overcoming Barriers to Rural Obstetric Training for Family Physicians

Purpose: Reports findings from a mixed-methods study on the availability and characteristics of obstetric (OB) training in rural family medicine residency programs, as well as the barriers to and facilitators of rural OB training.

For more information: [Understanding and Overcoming Barriers to Rural Obstetric Training for Family Physicians \(stfm.org\)](#)

## Oversight Hearing – Addressing the Challenges of Rural America

Purpose: Recording of a March 29, 2023, House Committee on Appropriations Subcommittee on Labor, Health and Human Services, Education, and Related Agencies regarding challenges rural communities face. Discussions include access to healthcare; rural workforce development, including the healthcare workforce; telehealth and more.

For more information: [Oversight Hearing – Addressing the Challenges of Rural America | House Committee on Appropriations - Republicans](#)





# Telemedicine Talk

## Episode 13: Telehealth and the Expiration of the COVID-19 Public Health Emergency with Kathy Wibberly

**An episode of the Exploring Rural Health podcast featuring Kathy Wibberly, Director of the Mid-Atlantic Telehealth Resource Center. Discusses the impact of the COVID-19 Public Health Emergency (PHE) on rural access to telehealth services and adjustments patients and providers can anticipate as the PHE comes to an end May 11, 2023.**

To listen to the podcast or view the transcript, [click here](#).

# Put Your Mental Health

With Mother's Day approaching, one of the best gifts is not expensive. It's the gift of rest. May is Mental Health Awareness Month and Women's Health Month, a perfect time for women to recharge their batteries.

Women naturally are givers, and moms typically put everyone else before themselves. But when taking on so much, maintaining healthcare can be last on the list of to-dos. But to be your best, you must feel your best.

Millions of people live with a mental illness, whether dealing with anxiety, ADHD, depression, PTSD, an eating disorder, psychosis, etc. If untreated, conditions will get worse over time.

Treatment varies from patient to patient when it comes to improving mental health. For example, a supportive health provider can help patients establish treatment plans, such as therapy, teaching relaxation skills, or prescribing medications or holistic approaches.

Along with checking the box for establishing good mental health, moms also need to make time for routine check-ups. Women's Health Month aims to empower women to prioritize their health. Screening for different cancers is a proactive measure to stay on top of one's health. An early diagnosis is lifesaving. Sticking to a healthy diet, getting plenty of rest, and staying hydrated is key.

Central Florida Health Care's Winter Haven Integrated Behavioral Health Center can help patients receive behavioral health services

# h First



# Central Florida Health Care

Health Care With a Heart

and medical services under one roof, making it convenient for moms to take care of themselves while juggling busy schedules.

Encouraging moms to prioritize self-care and rest can also have long-term mental and physical health benefits. Taking care of oneself can help reduce stress, improve mood, and increase energy levels. This can be especially important for new moms experiencing sleep deprivation, hormonal changes, and the demands of caring for a newborn.

Self-care activities can include:

- Taking a relaxing bath.
- Practicing mindfulness or meditation.
- Exercising regularly.
- Spending time with friends.
- Pursuing hobbies or interests.

In addition to self-care, getting enough rest is crucial for overall health and well-being. This can be challenging for new moms adjusting to their baby's sleep schedule or dealing with sleep disturbances. However, prioritizing rest whenever possible can help improve mood, cognitive function, and physical health.

Encouraging moms to prioritize self-care and rest can also model healthy behaviors for their children, promoting self-care and stress management as a lifelong practice.

# did you know?



HRHN was asked to participate in the Community Connected Care Workforce (C3w+) Tech Zone Project as a founding director. We are working with leaders across the state to

create a strong, flexible tech and health infrastructure trained and prepared for day-to-day and emergency needs of rural communities and increase the diversity and inclusion to aid in providing health equity for all.

Although in its infancy, this project is set to make big impacts across the state and we are proud to be able to be a founding director. Included are pictures from the first meeting in May.



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.hrhn.org](http://www.hrhn.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.

**2022 – 2023 Board of Directors:** Vince Sica, President; Blake Warren, Vice President; Heather Stephenson, Secretary/Treasurer; Robert Rihn, Past President; Denise Collazo and Holly Murphy.

