

## UC AHEC Community Advisory Committee Meeting Minutes - December 14, 2021

**Attendees:** Vicky Abdella/Area Council on Aging, Dr. Holly Binnig/Healthsource of Ohio, Angie Clark/UC College of Nursing, Dr. Bruce Gebhardt/UC West Chester, Beth Kress/Hospice of Hope, Jack Kues/UC College of Medicine, Tiffany Mattingly/The Health Collaborative, Lois Mills/Otterbein Senior Living, Kim Newberry/Live Oaks, Mona Sedrak/UC Clermont

**Staff:** Sharron DiMario, Taylor O'Shaughnessy, Dr. Sarah Pickle

**Review of aging suits:** Kim shared that the geriatric/aging suits and curriculum was a hit with the nursing assistant students. She created three stations – one of which was a kitchen area and the students tried to fix and eat a bowl of cereal using the tremor hands and with/without adaptive utensils. They watched a video and used adaptive equipment – shoehorn, sock extender and button assist. AHEC has created curriculum and exercises which are available to any advisory committee member organization.

**Introduction of new program coordinator:** Taylor O'Shaughnessy grew up in and around Harrodsburg, KY. She has her BA and Masters' degrees. She first worked with the UK AHEC on the Scholars program and then at the local health department. Her primary responsibilities will be with the AHEC Scholars program and social media. Welcome Taylor!

**Introduction of new advisory committee member:** Mona Sedrak, MEd and PhD is clinically trained as a physical therapist. Her background includes research, graduate health education, and instructional design. She is currently at UC Clermont as a health science instructor and principal COVID contact. She is also a first-generation student emigrating from Egypt when she was 5.

**Activity Report highlights:** Dr. Pickle briefly mentioned the Equitas mobile van project in urban underserved areas in our region, as well as in Portsmouth in Southeastern Ohio. (The UC AHEC does not cover Scioto Co., where Portsmouth is located. It's in shared counties' territory for the OSU and OU AHECs.) The rural student interest group has been re-established and is looking at projects in Adams County.

**Sharing survey results:** Dr. Pickle shared results of the most recent advisory committee survey.

- Best part: networking, learning about others' projects, conversations, breakout groups, meeting organization
- Areas of improvement: no breakout groups, more breakout time, more rural focus, members host site visits for best practices
- Other committee members: Good representation
- Connection with other members outside of meetings: Mixed

**Additional group discussion:** Beth Kress shared that the UC Health office in West Union is open and in partnership with Adams County Regional Medical Center (ACRMC). This is a welcome addition to Adams and Brown Counties as there is limited access to physicians. Most care is provided by Nurse Practitioners as the last generation of physicians are retiring or approaching retirement. Once the patient base is established and other requirements are met, this location will serve as a training site for the UC Family Medicine Residency from West Chester Hospital. ACRMC has also partnered with Highland District Hospital to offer ob-gyn and deliveries and several sites in Brown and Adams Counties will now have x-ray capabilities through partnerships with Southern Ohio Medical Center.

Dr. Binnig said that the Healthsource of Ohio primary care residency is now housed at Highland District Hospital. (Previously, it was at Mercy Anderson.)

**Community Advisory Committee Member presentation:** Vicky Abdella shared that the Area Agency on Aging is providing QPR (Question, Persuade, Refer) training in the rural counties it serves. QPR is a recognized suicide prevention model. The training is available at no cost to anyone – community members, first responders, clergy, healthcare professionals - through a donation from the Appalachian Community Foundation. Right now, it's being shared virtually. For more information, see [www.aaa7.org](http://www.aaa7.org)

**Community Advisory Committee Member presentation:** Tiffany Mattingly from The Health Collaborative talked about bringing a resiliency training expert to train frontline healthcare workers. Sixty people were trained over two days and the results overwhelmingly positive. She is working to see how to bring the training back. This was not just for hospital-based employees. The trainer, Michael Sherman is with the organization, Mentally Tougher. Sherman initially came to town to provide free training through a grant supporting first responders and The Collaborative was able to piggyback on that visit. Sherman is a Level III master trainer and works for the US Army. He hadn't worked with healthcare professionals before and shadowed employees in the ICU so that he could tailor the training. The majority of the attendees felt they could go back to work and immediately apply the skills and knowledge and were able to identify personal barriers. <https://mentallytougher.com/index.php/about-us/>

The Collaborative continues to work on recruitment and retention strategies, specifically for under-represented minority populations. They have explored what area colleges and universities are doing through key informant interview and hope to pull a together stakeholder group together in the first quarter of 2022.

The AHEC supported work this year for the TAP Remote project that connects students in rural counties. The workforce website has also been launched. She and Dr. Binnig agreed that retaining students from the rural area who can be Medical Assistants, State-Tested Nursing Assistants and Dental Hygienists is critical. <https://workforce.healthcollab.org/>

**Community Advisory Committee Member presentation:** Beth Kress shared information about the Hospice of Hope 'Transitions' program that stops the revolving door of having patients move from home to the hospital to skilled nursing care continually.

She also shared slides on the GRIT – Growing Rural Independence Together – program. The concept is that individuals can “Stay here, learn here, live here, and work here.” It's aimed at high school sophomores in Adams and Brown Counties. Students are given an assessment that determines interests and skills and then paired with coaches and other supports that align with their interests. For example, 25% of the respondents were interested in health science careers. Additionally, there was interest in human services and IT careers which could also be related to health careers. Ongoing program challenges include: breaking down silos and increased school involvement; greater, equitable broadband access and support from volunteers that can be trained as coaches. <https://gritohio.org>

Respectfully submitted,

Sharron DiMario, Center Director