

Center of Excellence in Rural Health



ANNUAL REPORT
2018

Office of the Director



What an exciting year 2018 was for the University of Kentucky College of Medicine's **Center of Excellence in Rural Health**. With the overall vision of "A Healthier Kentucky", the Center's "Excellence in Action" team is now in the second year of the Strategic Plan 2017-2020. Much has been accomplished in reaching our mission of *Improving the Health and Wellbeing of Rural Kentuckians*.

Overall, five goals have set the Center's strategic plan into action. Driven by initiatives established from Center employees' input, improvements are occurring related to our goals of: (1) creating a vibrant learning community, (2) cultivating a robust research

environment, (3) fostering a positive work environment, (4) ensuring a meaningful impact on the Commonwealth and the community, and (5) developing a strong and sustainable infrastructure.

The Center academic programs continue to grow and are focused on curbing health professions shortages within rural Kentucky. A Rural Health Ambassadors program was implemented in 2018. This gives students the opportunity to gain leadership skills, public speaking and community relations experience, and an increased awareness of, and involvement in, the educational and healthcare issues facing our region.

The Center research committee mission is to "Conduct rural health research related to health disparities, health outcomes, health policy, health care delivery systems and workforce needs". Research goals are to: improve the efficiency and effectiveness of health care for rural Kentuckians by addressing health disparities and barriers to access quality care; and to raise public awareness of rural health issues research findings will be disseminated at the local, state, national and international level through publications and presentations.

Center staff and faculty have attended and provided presentations and/or posters at 15 national, 14 state, 10 regional and one keynote international conference. Center faculty and partners had 11 publications on such topics as health disparities, mobility, lay health workers, and workforce. These presentations and publications allowed us to share the work of the Center and increase our networking connections to improve the health of rural Kentuckians.

You will see in the recognitions and awards section that Center programs, faculty and staff were recognized at the local, state and national levels for their accomplishments. This is exciting as others are now showing appreciation for the hard work of the Center's "Excellence in Action" team.

As the Center Director, I am very proud of this year's accomplishments and I am happy to share this executive summary and highlights for your review.

Sincerely,

A handwritten signature in black ink that reads "Frances J. Feltner".

Frances J. Feltner, DNP, MSN, RN, FAAN
Director, Center of Excellence in Rural Health

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ABOUT THE CENTER



 Center of Excellence
in Rural Health

Administration

UK CERH Administration

Director

Frances Feltner

Center Administrator

Larry Quillen

Administrative Support

Jodi Munsen

Business Office

Administrative Officer

Peggy Combs

Account Clerks

Karen Pratt

Susan Robertson

Kathy Grigsby

Administrative Support

Regina Davis

Sherry Gayheart

Facilities

Coordinator

Richard Mee

Maintenance

Chester Ritchie

Wallace Napier

Bus Drivers

Jerry Baker

Nehemiah Johnson

Brenda Whitaker

Custodial

James Holland

Angelina Fugate

Lorene Johnson

Ellie Parcel

Jack Combs

Sherrill Hall

James Gunter

James Mullins

Security

Security Officers

John P. Stidham

David Wiseman

Information Technology

Field Service Analyst

Gary Gilbert

Jon Henrickson

A&RT Web Programmer Analyst

Willie Bates

PROGRAMS OF THE CENTER

Kentucky Office of Rural Health

Staff Directory

Director

Ernie Scott

Rural Project Managers

Kayla Combs
Kevin Fleming
Michael McGill
Marcus Pigman
Scott Helle

Administrative Support

Alice Combs

Kentucky Office of Rural Health (KORH) serves as a resource for clinicians, students, community leaders, state agencies and legislators for information about rural health issues. KORH works to promote the improvement of rural health care through partnerships with public and private entities statewide and at the regional and national levels. This program provides a framework for linking small rural communities with local, state and federal resources while working toward long-term solutions to rural health issues.



KORH Programs

KORH is pleased to administer the following programs in Kentucky:

Small Rural Hospital Improvement Grant Program

In 2018, the Small Rural Hospital Improvement Grant Program (SHIP) supported 33 of Kentucky's small rural hospitals in the areas of Value Based Purchasing, Accountable Care Organizations, and Payment Bundling/PPS (ICD-10).

Kentucky State Loan Repayment Program

During 2018, the Kentucky State Loan Repayment Program (KSLRP) supported 25 providers located in 20 rural or underserved counties across the Commonwealth. The 2018/2019 application window closed October 1, 2018 with 41 additional providers submitting applications.



Kentucky Office of Rural Health

Rural Hospital Flexibility Program

Kentucky's Rural Hospital Flexibility (Flex) Grant Program endeavors to stabilize the smallest and most vulnerable rural hospitals and to improve access to hospital-based care for rural populations. During 2018, the Flex program continued to provide support to Kentucky's 27 Critical Access Hospitals (CAHs) and the communities they serve. As part of the Flex program, KORH was awarded funding for the Kentucky EMS Sustainability Project and the Critical Access Substance Abuse Project (CASAP).

Kentucky EMS Sustainability Project

The FY 2018 Flex EMS Sustainability Project's administrative supplement funding to the Medicare Rural Hospital Flexibility (Flex) Grant Program provides additional funding to states for one year to support in-depth technical assistance to rural EMS systems. The purpose of this award is to fund projects to build an evidence base for sustainable rural EMS models and use results from these projects to inform future Flex program direction and disseminate information about successful models to rural EMS stakeholders.

Critical Access Substance Abuse Project

Through the Consolidated Appropriations Act of 2017, the KORH was fortunate to have received a supplemental funding award to develop additional projects with measurable improvements targeting a cohort of 10 CAHs. These CAHs were among 40 CAHs nationwide that were identified by HRSA's Federal Office of Rural Health Policy (FORHP) as being located in rural communities with the highest rates of poverty, unemployment, and substance abuse. This supplemental funding provides an opportunity for the KORH to engage in more in-depth technical assistance than could be provided through the existing Flex program.

National Health Service Corps

The National Health Service Corps (NHSC) is a competitive Federal program that awards scholarships to students in return for a commitment to provide care in underserved communities. The program pays tuition and fees and provides a living stipend to students enrolled in accredited medical (M.D. or D.O.), dental, nurse practitioner, certified nurse midwife, or physician assistant training. By way of contract with the Kentucky Primary Care Association, the KORH continues to provide technical assistance to clinicians and facilities across Kentucky in regards to the promotion of the NHSC programs as well as promote the programs of the NHSC to the community at large.



Kentucky Office of Rural Health

KORH in the Community

Through the provision of direct and indirect technical assistance, coordination of rural health resources as well as through the dissemination of rural relevant information, the KORH is continually engaged with the community in every aspect of its work.

The mission of the KORH is to support the health and well-being of Kentuckians by promoting access to rural health services. The program provides a framework for linking small rural communities with local, state, and federal resources while working toward long-term solutions to rural health issues. The KORH assists clinicians, administrators and consumers to find ways to improve communications, finances and access to quality health care while insuring that funding agencies and policy makers are made aware of the needs of rural communities.

Information Dissemination

The *KORH Weekly Update*, a composition of rural health news, announcements, educational offerings, and funding opportunities is released each Monday morning. The *KORH Weekly Update* experienced a 22% increase in subscribers during 2018.

The Bridge Magazine debuted in January 2015. This quarterly publication focuses on rural health issues and topics pertaining to the Commonwealth, while spotlighting individuals and programs that exemplify innovation or excellence in Kentucky's rural health landscape. The magazine is a collaborative project between the UK Center of Excellence in Rural Health and the KORH.

2019 Outlook

The KORH continues to develop programmatic activities based on the needs of its rural stakeholders within the guidelines of its funders. The goal of maintaining adequate funding for KORH programs amidst the changing political environment remains an area of constant focus. The KORH continues to explore additional opportunities in order to effectively broaden programming while remaining true to the original mission and purpose.

"The Kentucky Office of Rural Health (KORH) is an invaluable asset to Kentucky's providers, patients, and other organizations that support them, including the Kentucky Health Center Network (KHCN). KHCN is the membership organization of Kentucky's Community Health Centers, and the resources provided by KORH is very important to our members. KORH enables better access to health care through their support and coordination of the Kentucky State Loan Repayment Program and National Health Service Corps programs. Additionally, the Kentucky Telehealth Summit, coordinated by KORH, is essential to maximizing telehealth availability to both improve health outcomes and minimize the cost of health care in Kentucky. Lastly, the KORH provides vital support and resources to other non-profit organizations in the work they do, including KHCN. Kentucky is very fortunate to have such a dedicated and mission-oriented team at the Kentucky Office of Rural Health."

Jennifer W. NeSmith, MBA, CMPE
CEO, Kentucky Health Center Network

Kentucky Homeplace

Staff Directory

Principal Investigator

Frances Feltner

Director

Mace Baker

Rural Project Manager

Janet Kegley

Community Health Workers

Carole Frazier

Judy Bailey

Amanda Goolman

Kathy Slusher

LaDonna Roberts

Elizabeth Smith

Kimberly R. Smith

Shirley Prater

Katherina Hamilton

Darla Shepherd

Rita Owsley

Kim N. Smith

Angela McGuire

Samantha Bowman

Mary Bowling

Ashley Gilbert

Barb Justice

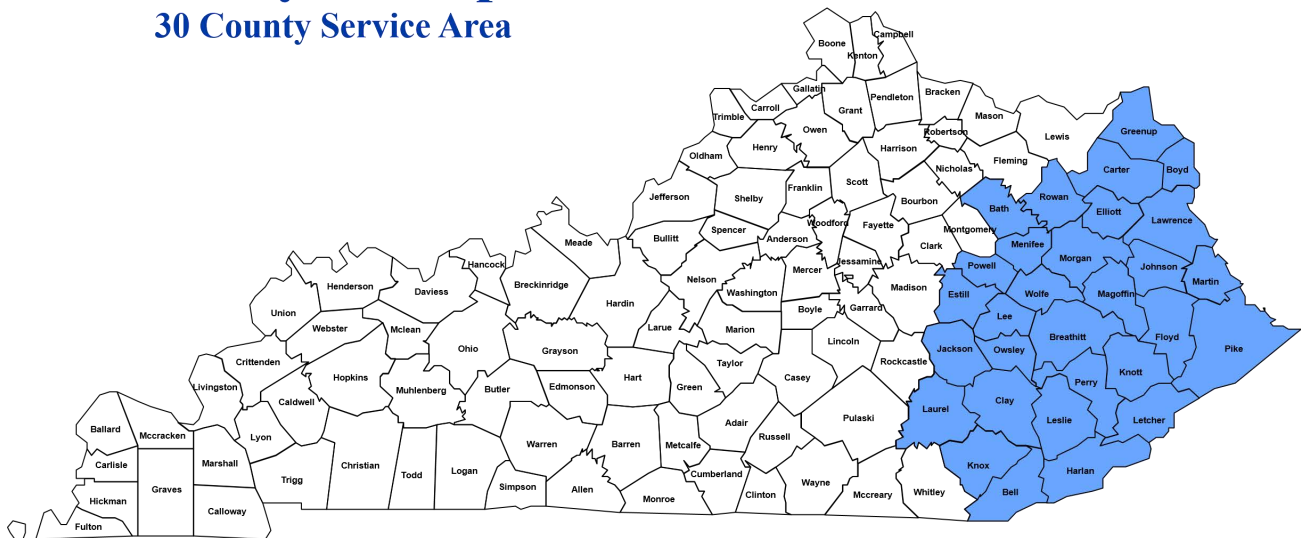
Pollyanna Gilbert

Kala Gilliam

Courtney Charles

Kentucky Homeplace

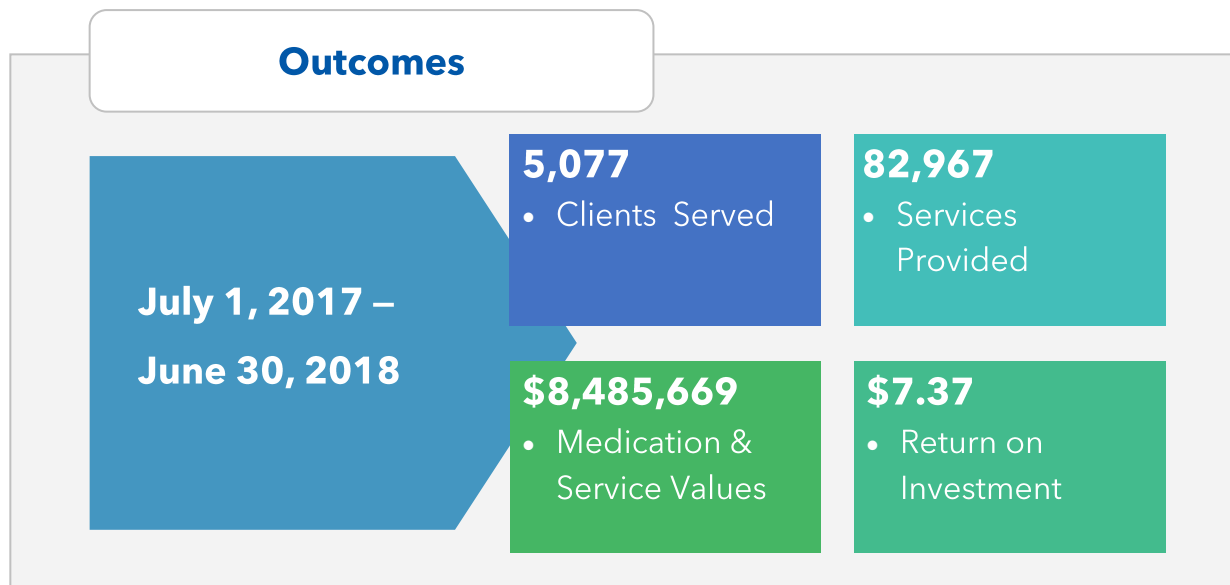
30 County Service Area



Kentucky Homeplace

Kentucky Homeplace is recognized at the national, state and local levels as a Community Health Worker (CHW) model that works. Residents of rural Kentucky have unusually high levels of certain diseases, including cancer, heart disease, hypertension, asthma and diabetes. Lifestyle choices, environmental factors, inadequate health insurance and general lack of understanding of the healthcare system are often cited as contributing factors.

To help address these issues, Kentucky Homeplace began in 1994 as a demonstration project in 14 Appalachian counties. After more than two decades, Kentucky Homeplace CHWs have linked tens of thousands of rural Kentuckians with medical, social and environmental services they otherwise might have gone without. Kentucky Homeplace CHWs are also available to help enroll eligible children in Medicaid and CHIP as part of the Connecting Kids to Coverage campaign. Eligibility for Kentucky Homeplace is not based on income, though nearly all clients are between 100%-133% of the federal poverty level. All services are offered at no charge to the clients.



Grants/Contracts Awarded

CMS Connecting Kids to Coverage– Funded until June 30, 2018

- Enroll families/children in Medicaid and Kentucky Children’s Health Insurance Program (KCHIP)

CDC Arthritis Grant– Funded until June 30, 2018

- Collaboration with the Cabinet for Health and Family Services
- Conduct Chronic Disease Self-Management Program and Walk With Ease workshops

Wellcare CDSMP and DSMP Project

- Provide assistance for clients to attend Chronic Disease Self-Management Program workshops

Kentucky Homeplace

Kentucky Homeplace in the Community

Kentucky Homeplace community health workers are actively involved in their communities. The following is a sample of the types of events they participated in during this year.

- Diabetic coalitions
- Diabetic shoe clinics
- Colon cancer prevention
- Child abuse prevention
- Operation Unite
- Healthy Choices for Healthy Communities
- Community Health Worker conferences
- Cancer awareness
- Food drives
- Health fairs
- Smoking cessation
- Remote Area Medical (RAM)



"If it had not been for the services offered by UK through Kentucky Homeplace, I would have lost my eyesight and been completely blind in that eye. I can't thank my Kentucky Homeplace worker enough for helping me discover the problem and keep my eyesight!"

- Kentucky Homeplace Client

2019 Outlook

Kentucky Homeplace will continue efforts to obtain sustainable funding in order to meet their mission to provide access to medical, social, and environmental services for the citizens of the Commonwealth.

Kentucky Homeplace

Community-Based Programs

Community health workers are trained to facilitate community-based health education and coaching workshops to assist people with chronic illness to achieve improvements in nutrition, medication use, exercise, communication, decision-making and more.

Walk with Ease

Developed by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina, the Walk With Ease (WWE) program can be experienced on your own or with a group. Comprehensive studies demonstrate that WWE reduces pain, increases balance and strength and improves your overall health. The Arthritis Foundation's six week WWE program can teach individuals how to safely make physical activity part of their everyday life. Classes are taught by an Arthritis Foundation certified leader.

Chronic Disease Self-Management Program

Kentucky Homeplace community health workers are trained as lay leaders in the Chronic Disease Self-Management Program (CDSMP) developed by Stanford University. Small group education workshops are conducted for six weeks, meeting once a week for 2 ½ hours per session. Classes are highly participatory. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Outcomes

The FY 2018 totals regarding these two programs are as follows: CDSMP-373 participants and WWE- 330 participants. During the process of recruiting individuals to participate in these programs, many new clients were enrolled into Kentucky Homeplace and multiple clients' needs were discovered and met during the process.

Program	Participants
CDSMP	373
WWE	330

Funding

Funding for both the CDSMP and WWE programs is a joint collaboration of the Kentucky Cabinet for Health and Family Services in conjunction with a grant from the Centers for Disease Control and the UK Center of Excellence in Rural Health.

2019 Outlook

The goal for next year is to continue conducting CDSMP, DSMP and WWE workshops in the Kentucky Homeplace 30-county service area with the goal of improving the health of participants. Every person who attends will be enrolled as a Kentucky Homeplace client and health measures will be compared before and after the sessions.

Connecting Kids to Coverage

The Connecting Kids to Coverage (CKTC) campaign is a national outreach and enrollment initiative funded under the Children's Health Insurance Program Reauthorization Act (CHIPRA) and the Affordable Care Act. The CKTC program helps raise awareness about health coverage that is available, what benefits children can get and how to apply for coverage. Community health workers in 40 counties of the Appalachian region of Kentucky reach out to and help enroll families with children and teens eligible for Medicaid and the Children's Health Insurance Program (CHIP).

Outcomes

From July 2016 until funding ended in June 2018, community health workers achieved the following results.

665

**Children enrolled or renewed for
KCHIP or Medicaid**

657

**Parents enrolled or renewed for
Medicaid**

2019 Outlook

In November 2018, a new funding opportunity for Connecting Kids to Coverage was released by the Centers of Medicare & Medicaid Services. The UK Center of Excellence in Rural Health plans to pursue this opportunity in hopes to continue providing enrollment services. Kentucky Homeplace CHWs will continue to serve as advocates to provide access to medical, social and environmental services and to deliver education on prevention and disease self management.

STRATEGIC PLAN

2017-2020 Strategic Plan

Goals and Initiatives

The UK CERH's "Excellence in Action" team has been committed to implementing the strategic plan and goals set forth in July 2017.

Learning Community: The academic committee has created interdisciplinary opportunities for students at the Center, with positive feedback from the students regarding these events. Work continues on recruitment efforts and tackling challenges, such as limited space and academic resources, faced by the programs.

Research Environment: Research has been a primary focus in 2018. The research committee has established a research mission and vision for the Center and set priority focus areas: Hepatitis C, substance abuse, diabetes, youth wellness, and disabilities. The team continues to discuss ways to increase student involvement in research and implementing a research project selection process.

Work Environment: Communication is improving which helps foster a positive work environment and strengthens the Center's infrastructure. Efforts are being made to identify employees' interest in potential projects and tapping into the skillset of each employee.

Commonwealth and the Community: Our community outreach efforts continue to be a priority. The Center has reached out to other health related agencies and coalitions and has taken the lead in coordinating efforts in projects. Also, the UK CERH is looking for ways to provide needed training to our area professionals.

Infrastructure: Efforts to disseminate the UK CERH's work have increased. The UK CERH Facebook page has grown to over 930 followers. Using social media, the Center is able to inform and educate more individuals at the local, state and national levels about our work. In addition, our Center staff/faculty increased the number of presentations (40 total) at conferences.

Goals

Create a Vibrant Learning Community

Cultivate a Robust Research Environment

Foster a Positive Work Environment

Ensure a Meaningful Impact on the Commonwealth and the Community

Develop a Strong and Sustainable Infrastructure

Vision:

A Healthier Kentucky

Mission:

Improve the Health and Wellbeing of Rural Kentuckians

2017-2020 Strategic Plan

Create a Vibrant Learning Community

Initiatives:

- Define our recruitment needs
- Academic committee will collaborate to ensure success of academic programs
- Engage and track alumni
- Interdisciplinary opportunities for all programs at the Center

Cultivate a Robust Research Environment

Initiatives:

- Core Research Team developed
- Research Mission updated for the Center
- Implement systematic review for how projects are selected
- Increase student involvement in research activities
- Connect researchers and the community to ensure successful collaborations

Foster a Positive Work Environment

Initiatives:

- Consistent way of welcoming new hires to the Center
- Onboarding to Center and Clinic for new residents and increase involvement in research activities and with other programs
- Employees updated on Center projects/programs/expectations consistently
- Strengthen and support our talent
- Best practices in recruiting and hiring to support our goals

Ensure a Meaningful Impact on the Commonwealth and the Community

Initiatives:

- Trainings offered to the community and commonwealth via Center employees
- Optimize relationships with community partners to have a more meaningful impact

Develop a Strong and Sustainable Infrastructure

Initiatives:

- Technology used in a way that benefits the Center, faculty and staff
- Maximize space in a way to best accommodate the mission of the Center
- Technology (social media) to promote the Center
- Explore the housing needs of students applying for Center academic programs

Strategic Plan

UK CERH Committees

Academic Committee

Purpose: Identify needs of the academic programs at the Center and develop plans/recommendations to promote meeting these needs.

Duties:

- Ensure communication among academic programs at the Center and their respective Colleges.
- Assess the feasibility of new academic programs interested in coming to the Center and assist with integration.
- Develop and implement academic policies that pertain to all programs at the Center.
- Promote academic support staff collaboration and development.
- Serve as an advisory committee to the Center Director.

Policy Committee

Purpose: Create, communicate and maintain the policies and procedures of the UK CERH.

Duties:

- Yearly review of policies to ensure still relevant and/or up-to-date to UK CERH needs.
- Develop UK CERH specific policies and procedures needed to address administrative, business or HR processes.
- Dissemination of policies and procedure changes/updates to supervisors and make available to individual employees.
- Communicate with supervisors about other external policies (accrediting sources, research requirements, etc.) influencing the Center and department/program functioning.
- Communicate with our partners any policy updates/changes that may affect working relationship.

Safety Committee

Purpose: Address safety issues of employees, students and guest at the UK CERH.

Duties:

- Annually review and update the Building Emergency Action Plan (BEAP) Manual.
- Draft new policy protocols related to safety and forward to policy committee for input and approval.
- Conduct emergency drills per protocol and train floor leaders as needed.
- Address problems made known to the committee (i.e. sidewalks, lights etc.).
- Ensure all personnel have evacuated the building or have reached the assigned safety areas within the building during drills or actual emergencies.



Strategic Plan



UK CERH Committees

Research Committee

Purpose: Provide guidance to UK CERH in regards to research/grant opportunities and engagement of others in the process.

Duties:

- Review and evaluate possible research/grant opportunities for UK CERH.
- Assist with grant writing and review/edit of applications.
- Identify opportunities for students to engage in research projects and establish a way of ensuring communication about opportunities to students and faculty connected to UK CERH and the University.
- Monitor workforce needs of the area served by UK CERH and make recommendations to Academic committee and Director of potential academic programs needed.
- Assess needs of the community and develop a research plan each year to assist in addressing these areas.
- Assist in identifying Appalachian Research Day topic area and speakers each year.

Communication/Marketing Committee

Purpose: Ensure compliance with University brand standards and help with consistency in branding for UK CERH.

Duties:

- Review external communications, marketing and promotional materials (including television, radio and newspaper advertisements, brochures, fliers, promotional items, etc.) to assure that the UK CERH adheres to the University of Kentucky's brand standards and utilizes only approved licensed vendors for printing of promotional materials.
- Ensure professional and consistent messaging using the official UK CERH logo; UK CERH mission statement; UK CERH contact information; and materials that are free of grammatical and spelling errors.
- As needed, serve in an advisory capacity to support UK CERH units in conceptualizing and/or developing content and messaging for marketing and promotional materials.

THE BRIDGE

The Bridge

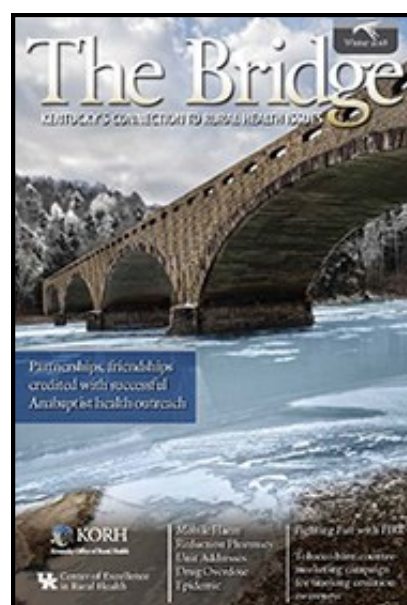
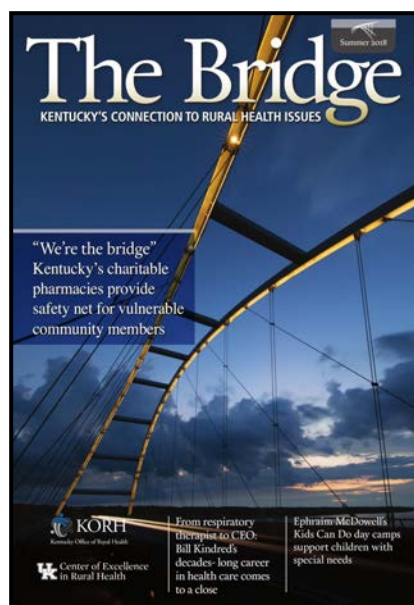
The Bridge Magazine, Kentucky's Connection to Rural Health is a quarterly publication that focuses on rural health issues and topics pertaining to the Commonwealth, while spotlighting individuals and programs that exemplify innovation or excellence in Kentucky's rural health landscape.

Available both electronically and in print, "The Bridge" features authentic stories and reporting from a variety of voices and perspectives to highlight best practices and accomplishments from across the Commonwealth. Recurring articles spotlight rural health champions, hospitals and clinics each quarter.

"The Bridge" targets health care providers, educators, researchers, leaders, community members and others who work in the rural health care arena or have interest in rural health issues, innovations and best practices.

The themes and features of each quarterly issue of "The Bridge" are selected by the four-member editorial board based on current and future rural health issues, events and concerns. Suggestions for story topics and ideas for "The Bridge" are welcome and encouraged; there is an online suggestion form on the magazine's website. Many of the stories are written by staff and/or members of the magazine's cross-disciplinary advisory committee, while other stories are submitted by guest authors.

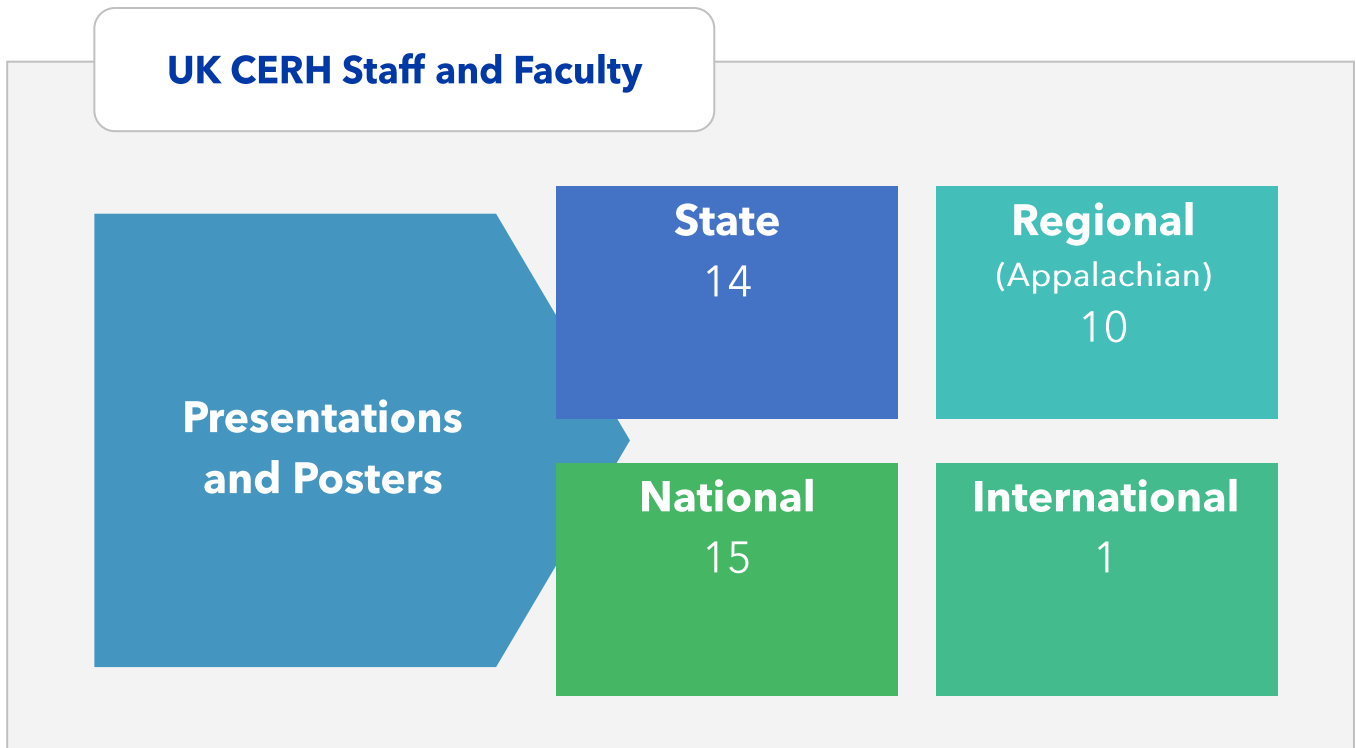
The Bridge Magazine has an annual outreach of approximately 4,000.



RECOGNITION

Presentations

In 2018, UK CERH staff and faculty increased efforts to submit abstracts for conferences and workshops that were directly related to our work. These presentations allowed us to share work being done at the Center and to increase our networking connections.



Presentations

- Feltner, F. (2018, November). *From research to policy: How do we make the connection?* Presentation at the Kentucky Rural Health Association's Annual Conference, Bowling Green, KY.
- Feltner, F., Baker, W. M., Gilliam, K., & Shepherd, D. (2018, November). *Evidence based self-management programs delivered in a nurse led community health worker lay leader model in rural Appalachia.* Presentation at the Kentucky Rural Health Association's Annual Conference, Bowling Green, KY.
- Feltner, F., Slone, M., Bowling, B., & Shields, R. (2018, November). *Healthalachia: Rural Appalachian youth creating solutions for our future.* Presentation at the Kentucky Rural Health Association's Annual Conference, Bowling Green, KY.
- Kitzman, P. (2018, November). *Rural healthcare accessibility for individuals with disabilities.* Panel presentation at the Kentucky Rural Health Association's Annual Conference, Bowling Green, KY.
- Dale, P., Thomas, J., & Hazle, C. (2018, November). *Physical therapist decision-making & classification of headache disorders.* Presentation at the American Academy of Orthopaedic Manual Physical Therapists Annual Conference, Reno, NV.
- Cornwell, L., Doyle, H., Stohner, M., & Hazle, C. (2018, November). *Work-related musculoskeletal disorders in physical therapists attributable to manual therapy.* Presentation at the American Academy of Orthopaedic Manual Physical Therapists Annual Conference, Reno, NV.
- Feltner, F. (2018, November). *Y'all making me sick: How your zip code influences your health* panel at the Movement is Life Caucus, Washington, DC.
- Snell-Rood, C. & Feltner, F. (2018, October). *Appalachian women with depression: The community health workers role for care.* Presentation at the APA Mental Health Disparities Program, Promoting Mental Health in Central Appalachia Conference, Johnson City, TN.
- Kirk, M. & Feltner, F. (2018, September). *It takes a village! How communities can work together to remove social barriers and improve health outcomes.* Presentation at the Kentucky Association of Community Health Workers Annual Community Health Worker Conference, Louisville, KY.
- Hazle, C. (2018, September). *Neurobiology of pain.* Conference educational session at the West Virginia Physical Therapy Association Payer's Forum, Charleston, WV.
- Carper, R. (2018, September). *Alternatives to opioids.* Panel presentation at the 2018 Howard L. Bost Memorial Health Policy Forum, Lexington, KY.
- Carper, R. (2018, September). *Inter-rater reliability of bubble inclinometer measuring forearm pronation/supination.* Poster presentation at the Kentucky Physical Therapy Association Fall Conference, Louisville, KY.
- Kitzman, P., Hunter, B., Hudson, K., Sylvia, V., Sutton, K., & Wallace, C. (2018, September). *Perceived health and healthcare needs for people with neurological conditions and caregivers transitioning back to rural communities.* Poster presentation at the INAPTA and KPTA Joint Conference, Louisville, KY.

Presentations

- Feltner, F. (2018, September). *Community health workers open doors for health disparities research to improve health equity*. Poster presentation at the Appalachian Translational Research Network Health Summit, Lexington, KY.
- Noble, W., Mudd-Martin, G., Hall, A., & Gibson, A. (2018, September). *UK CCTS field offices established through Appalachian partnership*. Poster presentation at the Appalachian Translational Research Network Health Summit, Lexington, KY.
- Scott, E., Lockard, S., Starling, S., & Adams, S. (2018, August). *Rural health: A boots on the ground perspective*. Panel presentation at the SOAR Summit, Pikeville, KY.
- Fleming, K., (2018, August). *Regional opioid crisis response network*. Presentation at the NE KY Opioid Crisis Response Network initial meeting, Morehead, KY.
- Fleming, K. (2018, August). *Developing a rural healthcare network*. Presentation at the Livingston Rural Health Network initial meeting, Grand Rivers, KY.
- Hudson, K. (2018, August). *WRAP it together: Wellness recovery action plan*. Presentation at the Kentucky Appalachian Rural Rehabilitation Network Annual KARRN Conference, Richmond, KY.
- Feltner, F. (2018, August). *Community health workers and fall prevention*. Presentation at the 2018 Falls and Osteoporosis Summit, Louisville, KY.
- Feltner, F. (2018, July). *Improving the health and wellbeing of rural Kentuckians*. Keynote speaker at the 2018 International Rural Nursing Conference, Nashville, TN.
- Combs, K. (2018, July). *Kentucky's flex supplemental project*. Presentation at the Reverse Site Visit Follow Up Meeting for Supplemental Awardees, Washington DC.
- Combs, K. (2018, July). *Flex program internal improvement strategies*. Presentation at the Flex Reverse Site Visit, Washington DC.
- Dale, P., Thomas, J., & Hazle C. (2018, June). *Physical therapist clinical decision-making: Headache disorders*. Poster presentation at the American Physical Therapy Association NEXT Conference, Orlando, FL.
- Van Arsdale, J., Brohm, L., Hirani, N., & Hazle, C. (2018, June). *Imaging appropriateness decision-making ability of physical therapists*. Poster presentation at the American Physical Therapy Association NEXT Conference, Orlando, FL.
- Kitzman, P. (2018, June). *Community reintegration for individuals with neurological conditions transitioning back to rural underserved communities*. Presentation for the Penny G. Kroll Visiting Speaker series- Marshall University, Huntington, WV.
- Combs, K. (2018, May). *Kentucky's flex supplemental project (CASAP)*. Presentation at the National Rural Health Association's 41st Annual Rural Health Conference, New Orleans, LA.

Presentations

- Bowling, B., Feltner, F., Schoenberg, N., Scott, E. & Mudd-Martin, G. (2018, May). *Community Leadership Institute of Kentucky*. Poster presentation at the National Rural Health Association's 41st Annual Rural Health Conference, New Orleans, LA.
- Giger, J., Feltner, F., Slone, M., & Shields, R. (2018, May). *Children's worlds project: Child well-being in Appalachia Kentucky*. Presentation at the National Rural Health Association's Rural Health Equity Conference, New Orleans, LA.
- Feltner, F. (2018, May). *Rural women, depression and community health workers role*. Presentation at the National Rural Health Association's Rural Health Equity Conference, New Orleans, LA.
- Gilliam, K., (2018, May). *The Cost of Poverty Experience* panel, Morehead, KY.
- Feltner, F. & Baker, M. (2018, April). *Chronic disease self-management program delivered in a nurse led community health worker lay leader model in rural Appalachia*. Presentation at the 70th Annual Kentucky Public Health Association Conference, Covington, KY.
- Fleming, K. (2018, April). *Recipe for a successful grant*. Presentation at the South Central Network Quarterly Meeting, Tompkinsville, KY.
- Feltner, F. (2018, April). *UK Center of Excellence in Rural Health*. Face to Face Works! Successful Health Promotion in Urban and Rural Settings panel presentation at the 41st Annual Appalachian Studies Association Conference, Cincinnati, OH.
- Feltner, F. (2018, April). *Appalachian Research Day, come sit on the porch*. Localizing Health: Intervention and Prevention Efforts in Appalachia panel presentation at the 41st Annual Appalachian Studies Association Conference, Cincinnati, OH.
- Fleming, K. (2018, March). *Recipe for a successful grant*. Presentation at the Rural Health Grant Writing Workshop, Berea, KY.
- Fleming, K. (2018, February). *Engaging with your state office of rural health*. Presentation at the Community Based Division All Programs Meeting, Rockville, MD.
- Kitzman, P., Hunter, B., Hudson, K., Sylvia, V., Sutton, K., & Wallace, C. (2018, February). *Perceived health and healthcare needs for people with neurological conditions and caregivers transitioning back to rural communities*. Poster presentation at the Combined Sections of the American Physical Therapy Association, New Orleans, LA.
- Hazle, C., Elliott, J., Boissonnault, W., Keil, A., Rezac, S., Schick, M., & Shuman, A. (2018, February). *Referral for imaging in physical therapist practice: A pragmatic vision*. Two-hour educational session presentation at American Physical Therapy Association Combined Sections Meeting, New Orleans, LA.
- Hazle, C., Boyles, R., Young, B., & Dauber, J. (2018, February). *Achieving clinical correlates: Imaging implications for physical therapists*. Full day pre-conference course at American Physical Therapy Association Combined Sections Meeting, New Orleans, LA.

Publications

- Sutton, K., Kitzman, P., Hunter, E., Hudson, K., Wallace, C., Sylvia, V., Brock, J., (in press). Engaging individuals with neurological conditions and caregivers in rural communities in a health research team. *Progress in Community Health Partnerships: Research Education, and Action*.
- Snell-Rood, C., Jenkins, R., Hudson, K., Frazier, C., Noble, W. & Feltner, F. (in press). Building interventions when distress is under debate: A case study from Appalachia. *Transcultural Psychiatry*.
- Yin, M., Pu, T., Wang, L., Marshall, C., Wu, T., & Xiao, M. (2018). Astroglial water channel aquaporin 4-mediated glymphatic clearance function: A determined factor for time-sensitive treatment of aerobic exercise in patients with Alzheimer's disease. *Medical Hypotheses*, 119, 18-21. doi:10.1016/j.mehy.2018.07.016
- Wang, L., Zhang, Y., Zhao, Y., Marshall, C., Wu, T., & Xiao, M. (2018). Deep cervical lymph node ligation aggravates AD-like pathology of APP/PS1 mice. *Brain Pathology*. doi: 10.1111/bpa.12656
- Tuttle, N. & Hazle, C. (2018). Spinal PA movements behave 'as if' there are limitations of local segmental mobility and are large enough to be perceivable by manual palpation: A synthesis of the literature. *Musculoskeletal Science and Practice*, 36, 25-31. doi: 10.1016/j.msksp.2018.04.005
- Gao, J., Chen, Y., Su, D., Marshall, C., & Xiao, M. (2018). Depressive- and anxiety-like phenotypes in young adult APPSwe/PS1dE9 transgenic mice with insensitivity to chronic mild stress. *Behavioural Brain Research*, 353, 114-123. doi:10.1016/j.bbr.2018.07.007
- Cardarelli, R., Horsley, M., Ray, L., Maggard, N., Schilling, J., Weatherford, S., Feltner, F., & Gilliam, K. (2018). Reducing 30-day readmission rates in a high-risk population using a lay-health worker model in Appalachia Kentucky. *Health Education Research*, 33(1), 73-80. doi:10.1093/her/cyx064
- Snell-Rood, C., Feltner, F., & Schoenberg, N. (2018). What role can community health workers play in connecting rural women with depression to the "de facto" rural mental health care system? *Journal of Community Mental Health*. doi:10.1007/s10597-017-0221-9
- Feltner, F., Thompson, S., & Slone, M. (2018). The need for certified diabetes educators and community health workers in community-based diabetes self-management education for high risk groups. *University of Kentucky Center of Excellence in Rural Health Workforce Report*.
- Butina, M., Feltner, F. J., & Slone, M. (2018). Medical laboratory science workforce shortage. *University of Kentucky Center of Excellence in Rural Health Workforce Report*.
- Williamson, J., Hays, D., Slone, M., & Feltner, F. J. (2018). UK CERH social work programs: History & employment outlook. *University of Kentucky Center of Excellence in Rural Health Workforce Report*.

Media

Kentucky Homeplace

[APA collaborates to promote mental health in Appalachia](#)

Mark Moran – *Psychiatric News*

[UK Center of Excellence in Rural Health and Kentucky Homeplace recognized as 2018 National Rural Health Day “Community Stars”](#)

Center of Excellence in Rural Health Website

[Kentucky Homeplace receives health innovation award](#)

Center of Excellence in Rural Health Website

[MediStar Awards to honor UK nurse, Kentucky Homeplace](#)

Loretta Stafford – *UKnow*



Kentucky Office of Rural Health

[Kentucky Office of Rural Health director honored with 2018 James D. Bernstein Mentoring Award](#)

Center of Excellence in Rural Health Website

[Hospital CEOs, emergency department leaders gather for training in Shelbyville](#)

Michael McGill - *Center of Excellence in Rural Health Website*

[Morgan County health care professionals hear about the “disease of addiction”](#)

Michael McGill - *Center of Excellence in Rural Health Website*

[Community members receive Naloxone training at Mary Breckinridge ARH Hospital](#)

Michael McGill - *Center of Excellence in Rural Health Website*

[One-year project aims to help 10 Ky. critical-access hospitals deal with substance-abuse issues and treatment access](#)

Melissa Patrick – *Kentucky Health News*

Appalachian Research Day

[Appalachian Research Day focuses on opioid epidemic](#)

Stu Johnson – *WEKU Radio*

[Video highlights from the fourth annual Appalachian Research Day](#)

Center of Excellence in Rural Health Website

[Registration, abstract submission available for Appalachian Research Day](#)

Mallory Powell – *UKnow*



Media

Stroke Survivor and Caregiver Stroke Support Group

[Diabetes awareness month proclaimed](#)

Katie Kelley - Hazard Herald

[Hazard Stroke Survivor and Caregiver Support Group receives award](#)

Center of Excellence in Rural Health Website

[During stroke awareness month, health experts warn how deadly they can be](#)

Justin Kase - WYMT



Other News

[UK Global Ophthalmology hosts inaugural outreach clinic](#)

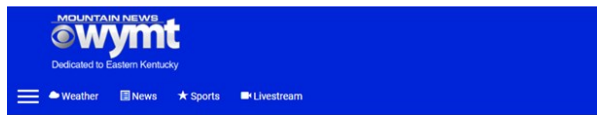
Center of Excellence in Rural Health Website

[UK Center of Excellence in Rural Health hosts first 'Day of Belonging'](#)

Paige Noel - WYMT

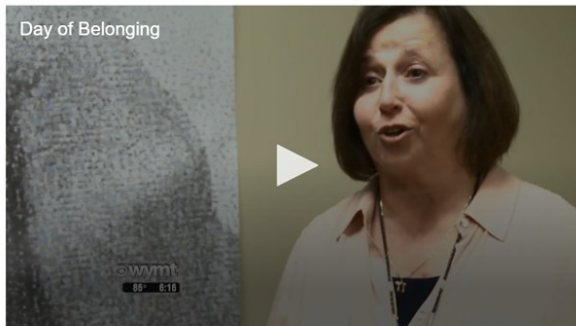
[Local high school students test Perry County air quality](#)

News Staff - WYMT



Home / Local / Article

UK Center of Excellence in Rural Health hosts first 'Day of Belonging'



By Paige Noel | Posted: Wed 3:54 PM, Aug 29, 2018 | Updated: Wed 6:48 PM, Aug 29, 2018



Home / Local / Article

Local high school students test Perry County air quality



By WYMT News Staff | Posted: Wed 4:39 PM, Feb 28, 2018 | Updated: Wed 11:53 PM, Feb 28, 2018

Media



News



UK Center of Excellence in Rural Health and Kentucky Homeplace Recognized as 2018 National Rural Health Day "Community Stars" (Hazard, Ky.) - University of Kentucky Center of Excellence in Rural Health (UKCERH) and Kentucky Homeplace have been recognized as "Community Stars" by the National Organization of State Offices of...

Tags -

Posted - Nov 14

[READ MORE](#)



Request for Applications: Community Leadership Institute of Kentucky

The University of Kentucky Center of Excellence in Rural Health, the Kentucky Office of Rural Health, and the UK CCTS Community Engagement and Research Program are requesting applications for the 2019...

Tags -

Posted - Nov 12

[READ MORE](#)



Kentucky Homeplace Receives Health Innovation Award

Kentucky Homeplace received the 2018 Hosporus Health Innovation Award during IGE Media's 12th Annual MediStar Awards on Oct. 30 at the Muhammad Ali Center in Louisville. For more than a decade, IGE Media...

Tags -

Posted - Nov 5

[READ MORE](#)



Kentucky Office of Rural Health Director Honored with 2018 James D. Bernstein Mentoring Award

Kentucky Office of Rural Health Director Ernie Scott received the 2018 James D. Bernstein Mentoring Award from the National Organization of State Offices of Rural Health (NOSORH) on Oct. 17 at the group's...

Tags -

Posted - Nov 1

[READ MORE](#)



MediStar Awards to Honor UK Nurse, Kentucky Homeplace

The 2018 MediStar Awards will recognize Leslie Scott, associate professor in the University of Kentucky College of Nursing, and the Kentucky Homeplace initiative. This year's ceremony will take place on Oct. ...

Tags - Rural Health

Posted - Oct 16

[READ MORE](#)



Hazard Stroke Survivor and Caregiver Support Group Receives Award

Hazard, Ky. (Oct. 1, 2018) - The Hazard Stroke Survivor and Caregiver Support Group was recognized with a Community Service Award from the UK HealthCare/Norton HealthCare - Stroke Care Network, during the 2018...

Tags -

Posted - Oct 2

[READ MORE](#)



Hospital CEOs, emergency department leaders gather for training in Shelbyville

More than 40 hospital CEOs and emergency department (ED) leaders from critical access hospitals (CAHs) and other rural hospitals across the state met in Shelbyville on August 9-10 to learn about ways to...

Tags -

Posted - Aug 15

[READ MORE](#)



Morgan County health care professionals hear about the "disease of addiction"

Addiction doesn't make any sense and purely punitive approaches to ending addiction will not work, Dr. John Sanders, the medical director for hospice and palliative medicine at St. Claire HealthCare in...

Tags -

Posted - Jul 26

[READ MORE](#)



Community members receive Naloxone training at Mary Breckinridge ARH Hospital

Sixty community members took part in free Naloxone training offered on July 17 at the Mary Breckinridge ARH Hospital in Hyden. Training participants also received two doses of Naloxone to use if they encounter...

Tags -

Posted - Jul 26

[READ MORE](#)



UK Global Ophthalmology Hosts Inaugural Outreach Clinic

On May 5, the Department of Ophthalmology and Visual Sciences at the University of Kentucky College of Medicine, in partnership with the Center of Excellence in Rural Health (CERH) and the Huffman &...

Tags - Ophthalmology, Center of Excellence in Rural Health

Posted - Jun 1

[READ MORE](#)



Video Highlights from the Fourth Annual Appalachian Research Day

More than 200 people attended the Fourth Annual Appalachian Research Day on April 18 in Hazard, Ky. The event is hosted each year by the University of Kentucky Center of Excellence in Rural Health (UK CERH)...

Tags -

Posted - May 22

[READ MORE](#)



Perhaps more than ever, Kentucky needs social workers to help the most vulnerable among us

Since the 1960s, March has been marked as a time to celebrate the significant work of social work practitioners, educators, researchers and students. Social work has a rich and storied history. The...

Tags -

Posted - Mar 21

[READ MORE](#)

Awards

Dr. Fran Feltner

Exemplary Leadership

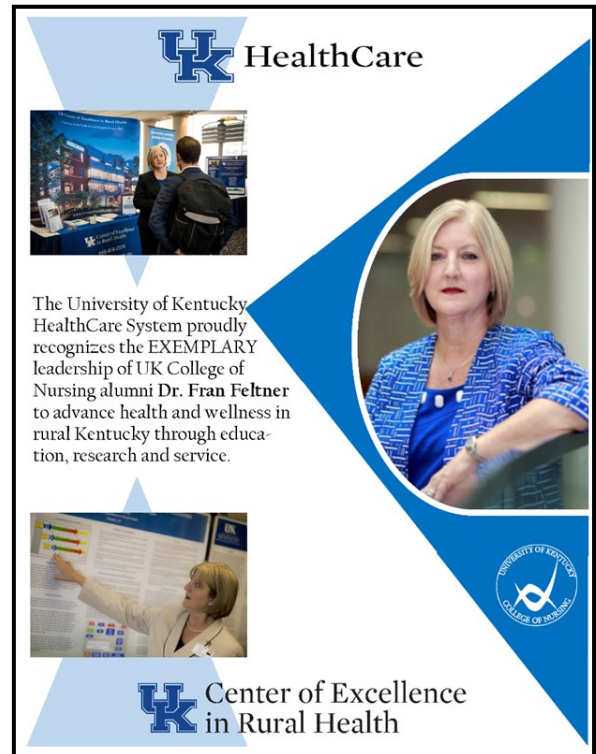
February 2018

The University of Kentucky HealthCare System proudly recognizes the exemplary leadership of UK College of Nursing alumni Dr. Fran Feltner to advance health and wellness in rural Kentucky through education, research and service.

Best Community Poster Award for Kentucky Homeplace

September 2018

8th Annual Appalachian Translational Research Network Health Summit, Lexington, KY



Beth Bowling

Best Community Poster Award for Community Leadership Institute of Kentucky

September 2018

8th Annual Appalachian Translational Research Network Health Summit, Lexington, KY

Chuck Hazle

Teachers Who Made A Difference Award

April 2018

Honors educators who have made profound impacts on the lives of their students.

Awarded by the UK College of Education



Awards

Ernie Scott

James D. Bernstein Mentoring Award

October 2018

This award honors an experienced, long-time rural health individual leader who is a member of NOSORH, is actively involved in a State Office of Rural Health, has sincere interest in emerging leaders' professional growth, and has played a key role in developing future leaders within the national rural health movement.

Awarded by the National Organization of State Offices of Rural Health (NOSORH)



Marcus Pigman

Certified Rural Health Clinic Professional

March 2018

Recognized by the National Association of Rural Health Clinics for successful completion of the National Association of Rural Health Clinic Academy's Rural Health Clinic Professional online course and examination.

Rural Health Rural Health Fellows Program

February 2018

Recognized for the successful completion of the National Rural Health Association's 2017 Rural Health Rural Health Fellows Program.



Awards

Hazard Stroke Survivor and Caregiver Support Group

Community Service Award

October 2018

Recognized for the community outreach, education, and awareness about stroke provided in the community.

Awarded by the Stroke Care Network



Nominated for RAISE Award: Voter's Choice ~ 2nd Place

Nominated October 2018

The Raising Awareness in Stroke Excellence (RAISE) Awards annually recognize individuals and groups from across the country for taking stroke awareness activities to new heights.

Awarded by the National Stroke Association



Awards

Kentucky Homeplace

Helen M. Lewis Community Service Award

April 2018

Given to an individual or an organization that has made exemplary contributions to Appalachia through involvement with and service to its people and communities.

Awarded by the Appalachian Studies Association

The Hosparus Health Innovation Award

October 2018

Presented to an organization that has developed a new procedure, device, service, program or treatment that improves the delivery of care.

Awarded by IGE Media's The MediStar Awards



Awards

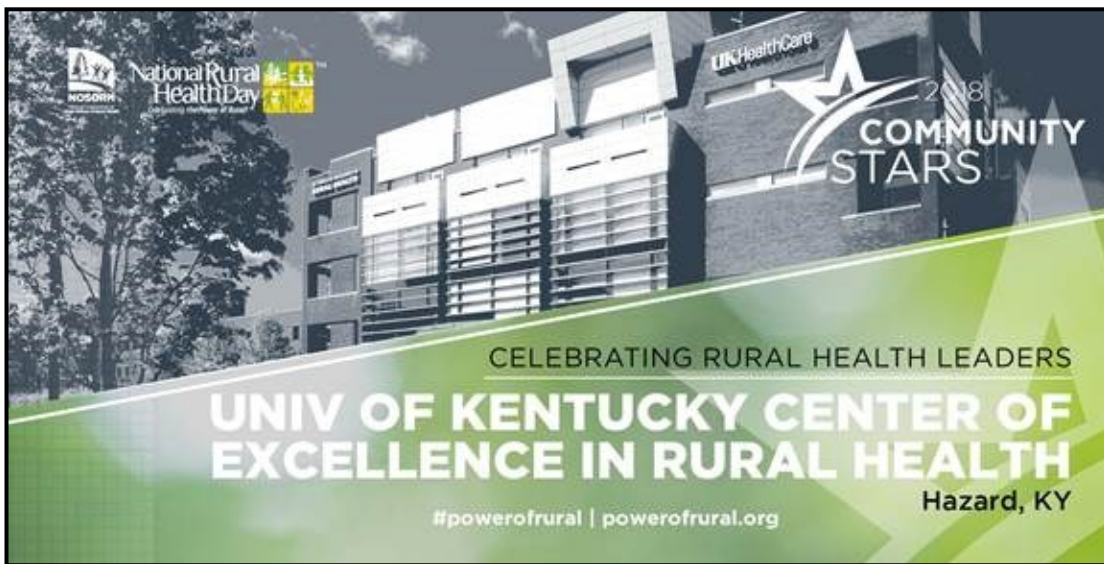
UK Center of Excellence in Rural Health / Kentucky Homeplace

Community Stars

November 2018

“Community Stars” is a collection of touching and impactful stories that embody the true Power of Rural. The National Organization of State Offices of Rural Health honors our nation’s rural health leaders and acknowledges that those who dedicate their life’s work to rural health are extraordinary people whose contributions are deserving of recognition.

Awarded by the National Organization of State Offices of Rural Health (NOSORH)



Awards

UK Center of Excellence in Rural Health / UK North Valley Community Health Center

Paint Perry Blue ~ 2nd Place

November 2018

Paint Perry Blue, sponsored by the Hazard Lions Club and the Diabetes Coalition, was a contest to raise awareness of diabetes and its symptoms, risk factors, and prevention measures.



**EMPLOYEE
APPRECIATION DAY**

Employee Appreciation Day

On August 10, 2018, UK CERH and UK North Fork Valley Community Health Center employees gathered for our annual Employee Appreciation and service awards celebration. Although it was rainy, there was still lots of fun to be had at the luau themed afternoon.

In addition to the fantastic Hawaiian inspired meal catered by Miller's Bakery & Catering, employees received door prizes, recognition for years of service, and participated in games such as the limbo and corn hole.

Special thanks to Keisha Hudson and Tiffany Miller for all your work coordinating such a wonderful day!



**NORTH FORK VALLEY
COMMUNITY
HEALTH CENTER**

North Fork Valley Community Health Center

UK North Fork Valley Community Health Center (UK NFVCHC) is a joint venture between the UK College of Medicine and the North Fork Valley Community Health Center Board. It is the first community health center in Kentucky to be affiliated with a university and family medicine residency training program. It is located in Hazard at the UK Center of Excellence in Rural Health.

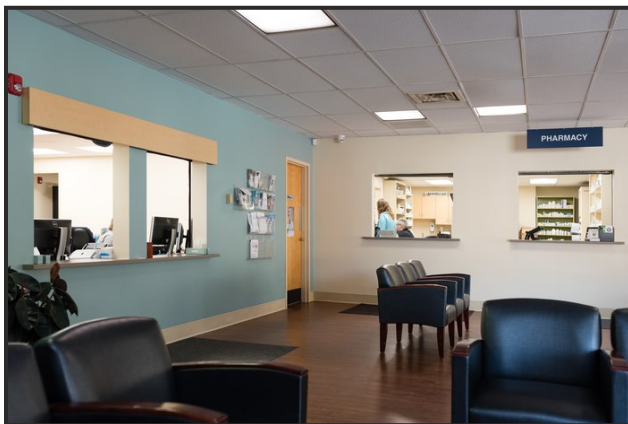
Services Provided:

- Family Practice
- Women's Health
- Psychology
- Dental (Fixed and Mobile)
- Pharmacy (340B)
- Laboratory



June Buchanan Medical Clinic

The UK June Buchanan Medical Clinic is focused on the health and well-being of all members of Knott and surrounding counties. June Buchanan operates under the direction of the UK NFVCHC leadership.



Services Provided:

- Primary Care
- Behavior health
- Dietitian services
- Discount pharmacy program
- Lab services with next day results
- X-Ray

ACADEMICS



 Center of Excellence
in Rural Health

ACADEMIC PROGRAMS

Academics

The UK Center of Excellence in Rural Health's academic offerings are focused on curbing health professional shortages within rural Kentucky. Regional workforce analyses are conducted periodically to project the need to add or change academic offerings to meet market demands. Long-term tracking of the Center's graduates indicate approximately 80% of graduates work in rural communities.

Academic Programs

UK College of Health Sciences

- Bachelor of Health Sciences with a Major in Medical Laboratory Science
- Doctor of Physical Therapy

UK College of Social Work

- Bachelor of Arts in Social Work
- Master of Social Work

UK College of Medicine

- East Kentucky Family Medical Residency

Academics

Faculty / Staff Directory

UK College of Health Sciences

Physical Therapy

Faculty

Ramona Carper
Chuck Hazle
Charles Marshall

Student Affairs

Angie Phipps

Admin. Support

Yasman Olinger
Margie Coots

Medical Laboratory Science

Faculty

Bianna Music

UK College of Social Work

Social Work

Faculty

Melissa Slone

Coordinator

Jessica Williamson

Admin. Support

Dana Hays

UK College of Medicine

Residency

Faculty

Robert Atkins
Key Douthitt
Wanda Taylor
Crystal Fletcher-Jones
Jonathan Piercy
Juanita Fraan Hughes

Coordinators

Heather Pennington
Sandra Gayhart

College of Health Sciences

Bachelor of Health Sciences with a Major in Medical Laboratory Science

Medical laboratory scientists help improve lives by providing essential clinical information to health care providers. They are responsible for assuring reliable results that contribute to the prevention, diagnosis, prognosis, and treatment of physiological and pathological conditions. Laboratory tests are extremely valuable and contribute up to 70 percent of medical decisions made by health care providers.

MLS
Students

12

Admitted in 2018

17

Total Enrolled



Expected Job Growth

Employment of medical laboratory technologists is projected to grow 12 percent and for medical laboratory technicians 14 percent from 2016 to 2026, faster than the average for all occupations. An increase in the aging population is expected to lead to a greater need to diagnose medical conditions, such as cancer or type 2 diabetes, through laboratory procedures. ([*Bureau of Labor Statistics, Occupational Outlook Handbook](#))

"The UK Center of Excellence in Rural Health allowed me to have a sense of community while still working towards a profitable degree in the medical field."

- Perri

Student Impact in the Community

MLS students hosted a 5K run/walk to benefit Kaleb Maggard, a 14-year-old who was diagnosed large cell lymphoma in October 2017. A total of \$545 was raised by the students, along with the help from sponsors.

College of Health Sciences

Doctor of Physical Therapy

According to the American Physical Therapy Association website (www.apta.org), "Physical therapists (PTs) are highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility - in many cases without expensive surgery and often reducing the need for long-term use of prescription medications and their side effects. Physical therapists can teach patients how to prevent or manage their condition so that they will achieve long-term health benefits. PTs examine each individual and develop a plan, using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more active lifestyles."

DPT
Students

18

Admitted in 2018

50

Total Enrolled

Expected Job Growth

The Bureau of Labor Statistics (BLS) projects employment of physical therapists to grow 28 percent from 2016 to 2026, much faster than the average for all occupations. Demand for physical therapy services will come from the aging baby boomers, who are staying more active later in life. In addition, physical therapists will be needed to treat people with mobility issues stemming from chronic conditions, such as diabetes or obesity. Consequently, the BLS projects that more than 71,800 new physical therapist jobs will open up in the next decade. (*[Bureau of Labor Statistics, Occupational Outlook Handbook](#))



Student Impact in the Community

- Students participated in National Physical Therapy Day of Service with Hope House Homeless Shelter.
- DPT students and alumni volunteered at the Remote Access Medical (RAM) event in Hazard.

"As a native of Eastern Kentucky, having the option to obtain my DPT locally was an easy choice. UK DPT at the UK CERH allowed me to stay close to family while also providing me with a top notch education. I am passionate about helping and serving the people of Appalachia. The student-to-teacher ratio allows for direct attention and guidance which prepared me for success and competence in this very rewarding profession."

- Samuel Sparkman, DPT Alumni

College of Social Work

Bachelors of Arts in Social Work

A career in social work offers the opportunity to help groups of people in many different settings. As the only helping profession that emphasizes both human well-being and social justice, social workers strive to empower others to make the changes they desire in their lives and advocate to bring about social change on both individual and community levels.

BASW
Students

10

Admitted in 2018

21

Total Enrolled

"I elected to attend UK CERH because it is the closest university extension to me that I believed could offer me the best education for my future. I could not be more pleased about my choice to join the University of Kentucky and the UK CERH atmosphere. I chose to pursue a Social Work degree due to my passion for helping others, the drive to promote social justice and because of the growing need for the profession. I plan on continuing my education with the University at UK CERH for my Master's degree."

- Krystal



Student Impact in the Community

- Nearly 5,000 hours in various agencies throughout eastern Kentucky in 2018.
- Students participated in a service opportunity making cards for adolescents who currently reside in long-term residential placements.
- Students presented their research at the 2018 Appalachian Research Day.
- Students participated in a coin fundraiser which benefited the UK Kentucky Children's Hospital Oncology/Hematology Unit
- Students contributed personal care items as part of a fundraiser for Bluegrass Care Navigators (formerly Hospice Care Center).

"The BASW program at the UK Center of Excellence in Rural Health really opened a door of opportunity for me. As a non-traditional student it seemed impossible to find a quality BASW program close to home. The program allowed me to complete my degree in a small classroom setting which promoted my professional growth. I am so thankful that I had the opportunity to attend!"

- Kathy

"The benefits of the BASW program at the Center are that it is its own little family, they have all of their resources onsite, and everyone is very helpful. Everyone works together because they want to see you succeed."

- Kelly

College of Social Work

Master of Social Work

The College of Social Work at the University of Kentucky offers an innovative and exciting MSW curriculum based on ethical imperatives, research to practice and sound assessments and interventions. Its aim is to equip MSW graduates for the tasks and responsibilities they will encounter in professional Social Work practice.

MSW
Students

2*

Admitted in 2018

18

Total Enrolled



Student Impact in the Community

- Nearly 4,000 hours in various agencies throughout eastern Kentucky in 2018.

"Once you are enrolled in a program at UK CERH, you become family. I now have an extended family that has supported and encouraged me from the beginning of my academic career and my path as a professional. The support and encouragement from the staff and instructors was a key to my success. I would encourage anyone to choose this program if given the opportunity."

- Mark Reffitt-Ball

Expected Job Growth

Overall employment of social workers is projected to grow 16 percent from 2016 to 2026. Increased demand for healthcare and social services will drive demand for social workers. Employment of child, family, and school social workers is projected to grow 14 percent from 2016 to 2026. Employment of healthcare social workers is projected to grow 20 percent from 2016 to 2026, much faster than the average for all occupations. Employment of mental health and substance abuse social workers is projected to grow 19 percent from 2016 to 2026. ([*Bureau of Labor Statistics, Occupational Outlook Handbook](#))

*College of Social Work did not admit students off campus in the Fall of 2018. The two admitted were students previously admitted and returning.

College of Medicine

East Kentucky Family Medicine Residency

The UK East Kentucky Family Medicine Residency Program selects and trains residents to meet the unique demands of a rural practice and provide quality care in rural settings. The residency program is a community-based, university-administered program accredited by the Accreditation Council for Graduate Medical Education and American Osteopathic Association and approved for four residents in each postgraduate year. Applicants with an interest in rural practice and with ties to rural Kentucky are strongly considered for admission to the residency. The result is that the majority of graduates have chosen rural practice, mainly in Kentucky.

The UK North Fork Valley Community Health Center, the residency's model clinic, emphasizes quality of care in an environment that provides multi-disciplinary education to residents, medical students, nurse practitioner students and other health care professionals. The presence of the residency program in the UK Center of Excellence in Rural Health offers an opportunity for health disciplinary education with a variety of health professionals and collaboration with community programs.

Residency
Students

4

Admitted in 2018

12

Total Enrolled



"As a physician in family medicine, you are responsible for the greatest variety of cases over the largest population. As such, perhaps one of the most important skills you can develop is the ability to be resourceful. Practicing rural medicine at UK East Kentucky Family Medicine Residency is unique in the immersion of all aspects of a patient's care. Here, as an unopposed residency, you will learn the flexibility and proficiency to comfortably manage a patient from the clinic to the ICU with exposure to all major specialties along the way. After 3 years in Hazard, you will be able to practice with a level of autonomy that bridges multiple disciplines simply not possible at other programs. Here, you are not A doctor... here, you are THE doctor."

David Beneigh, MD
Postgraduate Year One Resident

GRADUATE NUMBERS

Our Graduates

Program	Number of Graduates in 2018	Total Program Graduates (Hazard Location)
Medical Laboratory Science	6	42
Doctor of Physical Therapy	17	177
Bachelor of Arts in Social Work	10	29
Master of Social Work	8	246
East Kentucky Family Medical Residency	4	88

RURAL HEALTH AMBASSADORS

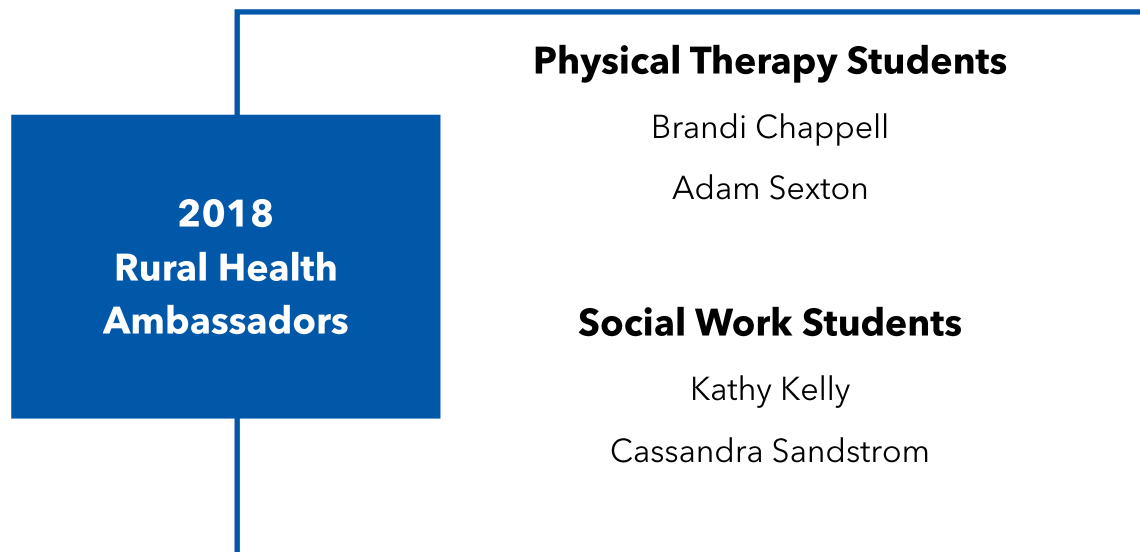
Rural Health Ambassadors

The Rural Health Ambassadors (RHA) Program supports the mission of the UK Center of Excellence in Rural Health by promoting student growth and leadership, service to the Center and the community, personal and professional development, increased awareness of UK CERH academic programs, community engagement, and shared responsibility.

The goal of the RHA program is to provide UK Center of Excellence in Rural Health students with opportunities to develop leadership skills, public speaking and community relations experience, and an increased awareness of, and involvement in, the educational and healthcare issues facing our region.

Rural Health Ambassadors serve the University, the Center, their professions, and the community by:

- Assisting with recruitment events (a minimum of two events per academic year in order to receive certificate, cords, and scholarship).
- Providing service to the Center, as needed.
- Engaging in community service projects.
- Assisting with Center tours.
- Speaking to local groups (civic, educational, community committees, etc.) on topics related to rural healthcare and the Center's academic programs.
- Serving on local wellness coalitions, committees, and work groups, when appropriate
- Collaborating with Center staff to assist with the organizing social events for UK CERH students.
- Attending monthly meetings and/or trainings.



STUDENT AWARDS

Student Awards

Medical Laboratory Science

Medical Laboratory Science Faculty Award - UK Center of Excellence in Rural Health campus

Perri Coots

Physical Therapy

Physical Therapy Outstanding Student Award

Philip Dale

Physical Therapy Student Excellence in Rural Health Award

Lindsey Woosley

2018 Paul Kevin Burberry Award

Lindsey Woosley



Social Work

Bachelor of Arts in Social Work Outstanding Southeast Kentucky Student Award

Angela Brown

Master of Social Work Outstanding Southeast Kentucky Student Award

Jennifer Weeber



STUDENT EVENTS

Student Events

Social Work Month

March 2018

March is social work month. Students, faculty, and staff participated in campus-wide events during the month, including:

- An informational table
- Parties in a Box were gifted to all of the Department of Community Based Services Protection and Permanency Offices in the Kentucky River Region counties of Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, and Wolfe.
- The UK Center of Excellence in Rural Health was highlighted during the UK COSW's 13th podcast interview, *Bringing Health, Research and Hope Back to Appalachia*, with the UK CERH Director, Dr. Fran Feltner.
- Joined in on Dr. Julie Cerel's Professorial address, *Suicide Exposure Research: A Professional Journey* via Facebook live.
- Attended Social Work Lobby Day in Frankfort, KY



Student Events

5K Run/Walk Benefit

April 21, 2018

The Hazard Medical Laboratory Science Club hosted a 5K run/walk in benefit of Kaleb Maggard. Kaleb is a 14-year-old who was diagnosed large cell lymphoma in October of 2017. Wearing lime green shirts in support of lymphoma awareness, participants enjoyed one of the first truly wonderful days of spring. With the help of sponsors, the MLS Club raised a total of \$545.



COSW Evening of Excellence

April 20, 2018

Five UK College of Social Work Hazard students were recognized as scholarship recipients. Adjunct faculty, Bonnie Hale, received the Social Justice Unsung Heroes Award.



Student Events

UK Laboratory Science Week

April 22-28, 2018



Interdisciplinary Student Orientation

August 21, 2018

Incoming students for the 2018 academic year were welcomed to the UK CERH Hazard campus during a new student orientation for the UK College of Health Sciences and UK College of Social Work. UK CERH director, Dr. Fran Feltner, opened the session and then the academic team reviewed Center specific information and academic and community resources. Additionally, student services staff facilitated an ice breaker for new students to give them the opportunity to learn about each other and their instructors. Current UK CERH students, as well as alumni, participated in a panel, giving new students an opportunity to ask questions and receive tips for academic success.



Student Events

Day of Belonging

August 29, 2018

Student Services staff hosted the 1st Annual Day of Belonging. The event, sponsored by UK CERH and the UK College of Health Sciences, included a University/Community resource fair, a scavenger hunt for prizes, video booth, free t-shirts, food and more. The Office of First Generation Initiatives also participated in the event. The Day of Belonging was an opportunity for students to participate in a celebration of belonging and inclusivity.



Student Events

Irma Sarett Rosenstein Lecture Series

September 27, 2018

UK College of Social Work undergraduate students, faculty, and staff attended the 16th the annual Irma Sarett Rosenstein Lecture Series. Social justice activist Fania Davis shared her ideas on restorative justice and declared that future and current social workers alike were answering a call to heal families and communities.



National Physical Therapy Month

October 2018

During National Physical Therapy Month, PT students volunteered to help at Hope House, the homeless shelter in Hazard, KY. Food was donated by the Class of 2019, 2020, and 2021.



First Generation: Everyone has a Story

November 26, 2018

The event offered an opportunity for first generation staff and students to sit together and share their experiences, challenges, and accomplishments during their academic journeys.



Student Events

Student Success Series

August 29, 2018–November 14, 2018

All UK CERH students were invited to attend student success series during the Fall semester.



Fall 2018

[STUDENT SUCCESS SERIES]

BELONGING

- Service: Culture of Belonging Day
8/29/18 at 10m-1pm
CERH Room 214

More Dates TBA

FINANCIAL

- Financing Your Future: FAFSA and Scholarship Searches
10/2 at 4:30PM
CERH 329
- Budgets: Can We Build It? Yes We Can!
10/24 at 4:00PM
CERH 329
- Trading Spaces: Off-Campus Student Services
11/14 at 4:00PM
CERH 329

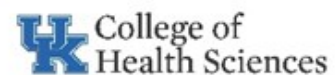
ACADEMIC

- Flipping the Script: Activating Your Reading and Note-taking
9/5 at 4:00PM
CERH 329
- Jitterbug: Curbing Exam Anxiety and Preparing Well for Exams
9/10 at 4:00PM
CERH 329
- Learning Styles: Doing College Your Way
9/26 at 4:00PM
CERH 329
- #GritGoals: Building Resilience Skills
10/10 at 4:00PM
CERH 329
- Unleashing Your Scholarly Potential: Undergraduate Research
10/30 at 4:30PM
CERH 329

WELLNESS

- Stress Less: An Intro to Mindfulness
8/28 at 4:30PM
CERH 329
- KORU 4-Week Course:
TBA @CERH

KORU is a 4-week series, and advanced registration is required. Contact Rebecca Serrano at: Rebecca.Serrano@uky.edu



RESEARCH



 Center of Excellence
in Rural Health

RESEARCH TEAM

Research

Research Team

Research Director

Melissa Slone

Data Analyst

Sydney Thompson

Documentation Manager

Peggy Lewis

Research Assistant

Ashley Combs

Research Committee Members

Frances J. Feltner,
DNP, MSN, RN, FAAN
Director, UK CERH

Patrick Kitzman PhD, MSPT
Director, KARRN
College of Health Sciences

Michele Staton, PhD
Faculty
Department of Behavioral Science
College of Medicine

Key Douthitt, MD
Medical Director
UK NFVCHC

Melissa Slone, MSW, CSW- Chair
Research Inter-Disciplinary Director
UK CERH

Robert Atkins, MD
Residency Director
UK NFVCHC

RESEARCH MISSION AND GOALS

Research

UK CERH's dedicated research team of faculty, providers and staff conducts rural health research related to health disparities, health outcomes, health policy, health care delivery systems and workforce needs. Through research efforts in local communities, the UK CERH works to improve the efficiency and effectiveness of health care for rural Kentuckians by addressing health disparities and barriers to access to quality care. Research outcomes are disseminated through publications and presentations to help raise awareness, develop solutions and identify best practices for rural health issues. As an invested stakeholder in the local community, UK CERH is uniquely positioned to facilitate partnerships between community members and other researchers interested in community-based research in rural areas.

Center of Excellence in Rural Health

Research Mission

Conduct rural health research related to health disparities, health outcomes, health policy, health care delivery systems and workforce needs.

Research Goals

Improve the efficiency and effectiveness of health care for rural Kentuckians by addressing health disparities and barriers to access quality care.

To raise public awareness of rural health issues research findings will be disseminated at the local, state, national and international levels through publications and presentations.

Research Focus Areas



Hepatitis C



Substance Abuse



Diabetes



Youth Wellness



Disabilities

CENTER GRANTS

UK CERH Grants

Health Resources and Services Administration

07/01/16–06/30/21

“State Office of Rural Health”

(PI: Scott, E.) (CI: Feltner, F.)

Goals: This project provides a framework for linking small, rural communities with state and federal resources while working toward a long-term solution to rural health issues.

Centers for Medicare & Medicaid Services

07/01/16–06/30/18

“Connecting Kids to Coverage: Outreach and Enrollment Cooperative Agreements”

(PI: Feltner, F.)

Goals: Increase enrollment in KCHIP and Medicaid by providing application and renewal assistance in 40 Appalachian counties of Kentucky utilizing community health workers; partner with existing programs to complement and fill gaps within the rural communities; and expand the capacity and build upon an existing community health worker program.

Comprehensive Health Management, Inc.

12/31/16–05/31/19

“WellCare CDSMP and DSMP Project”

(PI: Feltner, F.)

Goals: Provide Chronic Disease Self-Management (DSMP) and Diabetes Self-Management health coaching to Kentucky Homeplace clients who are WellCare members and other clients identified by Kentucky Homeplace CHWs.

KY Cabinet for Health and Family Services

07/01/14–03/31/19

“Kentucky Rural Health Journal”

(PI: Feltner, F.)

Goals: Produce a quarterly publication that focuses on rural health issues and topics pertaining to the Commonwealth. Role: PD/PI

Health Resources and Services Administration

“Rural Hospital Flexibility Program”

09/01/14–08/31/19

(PI: Scott, E.) (CI: Combs, K.)

Goals: This project endeavors to stabilize the smallest and most vulnerable rural hospitals, and to improve access to hospital-based care for rural populations.



UK CERH Grants



Health Resources and Services Administration

06/01/16–05/31/19

“Small Rural Hospital Improvement Grant Program”

(PI: Scott, E.)

Goals: This project provides funding to small rural hospitals to help them pay for costs related to the implementation of PPS, comply with provisions of HIPAA, reduce medical errors, and support quality improvement.

Health Resources and Services Administration

09/01/18–08/31/22

“State Loan Repayment Program”

(PI: Scott, E.)

Goals: This project is a 50/50 matching program that works to increase the availability of primary health care services through repayment of education loans to eligible health professionals practicing in Health Professional Shortage Areas.

Commonwealth of Kentucky- Cabinet for Health and Family Services- 07/01/18–03/31/20
Department for Public Health- Division of Prevention and
Quality Improvement- Health Care Access Branch

“National Health Service Corps Promotion Project”

(PI: Scott, E.)

Goals: This project provides for increased awareness of all NHSC programs to eligible clinicians and students. The project also provides basic technical assistance statewide for local NHSC facility site applicants.

**CENTER RESEARCH
AND PARTNERSHIPS**

Research Partnerships

Topic areas for research partnerships in 2018

Rural Health Issues

Public Health Improvements

Cancer Disparities

Cancer Screening

Cancer Patient Navigation

Cancer Precision Medication

Heart Disease and Caregivers

E-cigarettes and Births

Health Insurance

Self-management Programming

Youth Wellbeing

Youth Resilience

Family Check-up Model

School-Based Intervention

Insomnia

Environmental Concerns

National Center for Advancing Translational Sciences

08/15/16–05/31/20

“Kentucky Center for Clinical and Translational Science”

(PI: Kern, P.) (CI: Community Engagement/ATRN Cores: Feltner, F.)

Goals: The UK Center for Clinical and Translational Science (CCTS) accelerates the translation of basic science discoveries into tangible improvements in public health.

National Institute of Mental Health

2017–2020

“Creating & Testing a Training Packet for Consultants in COMPASS”

(PI: Ruble, L.) (CERH Project Manager)

Goals: Tested and replicated the effectiveness of a school-based parent-teacher consultation intervention called the Collaborative Model for Promoting Competence and Success (COMPASS).

National Cancer Institute

09/01/10–02/28/18

“Appalachian Community Cancer Network”

(PI: Dignan, M.) (CERH Project Manager and Faculty)

Goals: Maintain community partnerships to facilitate cancer health disparities research; conduct community based participatory research to address cancer health disparities in Appalachia; develop a training program in community based participatory research for junior investigators; and disseminate research findings to community and scientific partners.

Research Partnerships

Centers for Disease Control and Prevention

2014–2019

“Rural Cancer Prevention Center University of Kentucky College of Public Health-FIT Kits Distributed”

(PI: Crosby, R.) (Partner: Kentucky Homeplace CHWs)

Goals: Develop, implement, and disseminate an intervention to promote a simple, at-home screening test called FIT (fecal immunochemical test) that could drastically increase rates of annual colorectal cancer screening in rural areas.

CO-17895-C2-17

10/01/17–09/30/18

“Appalachian Cancer Patient Navigation Project “

(PD/PI: Dignan, M.) (CERH Project Manager)

Goals: Coordinated, culturally-sensitive, standardized patient navigation training for patient navigators in Appalachia.

National Institute of Nursing Research

09/26/14–07/31/19

“Effects of Family Sodium Watchers Program on Outcomes in Heart Failure Patient-Family Caregiver Dyads”

(PI: Chung M. L.) (CERH Research Assistant)

Goals: The intervention is designed to improve adherence to a sodium-restricted diet (SRD) by both patients and family caregivers through education and strategies for gradual taste adaptation to low salt foods.

National Institute on Drug Abuse

09/15/15–07/31/19

“The Impact of Electronic Cigarettes (E-cigs) on Perinatal Immune Responsiveness and Birth Outcomes in Appalachia”

(PI: Ashford, K.) (CI: Feltner, F.)

Goals: Determine the impact of electronic cigarettes (e-cigs) on perinatal immune responsiveness and birth outcomes in Appalachia.

Research Partnerships

UK College of Social Work

2016–2018

“Children's Worlds Survey”

(PI: Giger, J.) (CI: Feltner, F.) (CERH Project Manager and Faculty)

Goals: Gather information on 3rd, 5th and 7th graders on their perspective related to safety, health, family status, etc., that could impact health and wellbeing of the child.

National Institute of Environmental Health Sciences

05/01/17–03/31/22

“UK Center for Appalachian Research in Environmental Sciences”

(PI: Shi, X.) (CI: Feltner, F.) (CERH Project Manager)

Goals: Expand our extensive history of partnerships with Appalachian communities and address community concerns linked to prevalent environmental exposures and to leverage community perspectives and UK-CARES's strengths to facilitate new understandings of environmental factors in disease and their community impact.

National Institute of Nursing Research

09/01/16–08/31/21

“Rural Intervention for Caregivers' Heart Health (RICHH)”

(PI: Moser D. K. and Chung M. L.) (CERH Research Assistant)

Goals: Study the effects of the RICHH intervention on the primary outcomes of cardiovascular disease (CVD) risk factors, self-management behaviors, depressive factors and the impact of the caregivers' gender has at 4 and 12 months.

National Institute of Mental Health

03/01/15–02/28/18

“Systematically Adapted Delivery of the Family Check-up in Underserved Communities”

(PI: Studts, C.) (CI: Feltner, F.) (CERH Research Coordinator)

Goals: The major goals of this project are to systematically adapt the delivery model of the Family Check-Up and pilot-test its implementation by community health workers in four high-need, under-resourced Appalachian communities to assess feasibility, acceptability, and costs.

Kentucky Department of Public Health

07/01/05–06/30/20

“Kentucky Homeplace”

(PI: Feltner, F.) (Kentucky Homeplace Director, Project Manager, and CHWs)

Goals: To provide access to medical, social, and environmental services for the citizens of the Commonwealth.

Research Partnerships

UK CERH Research Projects Completed in 2018

AHEC Summer Camp

Health Career Enrichment Camp is a two-week, hands-on day camp designed to increase awareness of healthcare careers among 9th and 10th graders, co-hosted in partnership with Southeast Kentucky Area Health Education Center (AHEC).

Results: Timing of follow-up contact with camp attendees often made it difficult to connect with them in order to determine area of college matriculation. Small collection sizes made the data invalid.

Employee Wellness

Study the implementation process and health impact of a new worksite wellness program to be offered to employees at a small rural worksite in Appalachia.

Results: Employee Wellness Toolkit for small businesses developed and placed on Center website as resource.

Family Resource and Youth Services Centers (FRYSC)

Survey FRYSC coordinators to assess educational levels, experience on the job, feelings of preparedness for their positions and other factors that may influence their job success.

Results: Whitepaper created from results, on Center website.



Research Partnerships

Center for Clinical and Translational Science (CCTS)

CCTS Appalachian Research Site

The overall goal of the Community Engagement and Research Program is to connect lay, practice, and academic communities as partners in community-engaged research to address priority health needs of Appalachian populations in Kentucky, contributing to improved health outcomes.

The Community Engagement and Research program is supported by a central office at UK and two field offices located within the UK Center of Excellence in Rural Health (Hazard, KY) and St. Claire Regional Medical Center (Morehead, KY). Both field offices are located in Appalachian Kentucky and are staffed with a clinical faculty liaison and a research study coordinator.

Services from the Community Engagement Core include:

- Study coordination support from either or both of the 2 CCTS Community Engagement field offices (Hazard or Morehead)
- Research consultation on community engaged grant applications, project implementation, and/or research dissemination
- Identification of collaborative partnerships with community organization, practice based research networks
- Identification of collaborative opportunities within the Appalachian Translational Research Network



Research Partnerships

Center for Clinical and Translational Science (CCTS)

Staff Directory

Co-Director (Community Engagement & Research)

Frances Feltner

Rural Project Manager (Community Engagement & Research)

Beth Bowling

Research and Clinical Trials Coordinator

Wayne Noble

CCTS Appalachian Research Hazard Site

2018 Projects

2018–10/2020

“Journey of Hope in Appalachian Youth”

(PI: Feltner, F. & Mudd, G.)

09/1/17–11/5/2018

“Implementing Cancer Precision Medicine in Kentucky”

(PI: Kolesar, J.)

08/1/17–12/31/2018

“Evaluating Cognitive Behavioral Therapy to Reduce Insomnia, Sedative Hypnotic Use, and Stress in Middle-Aged and Older Women in Appalachia”

(PI: Moloney, M.)

3/1/15–12/31/2018

“Systematically Adapted Delivery of the Family Check-Up in Underserved Communities”

(PI: Studts, C.)

Research Partnerships

Appalachia Community Cancer Network

Staff Directory

Appalachian Community Cancer Network

Rose Shields, Rural Project Manager

The Appalachia Community Cancer Network (ACCN), with Headquarters at the University of Kentucky Prevention Research Center, is a team of community partners and academic collaborators from Kentucky, Ohio, Pennsylvania, Virginia, and West Virginia working together to reduce cancer health disparities in the Appalachian region.

ACCN Research Projects

Appalachian Cancer Patient Navigation Project 2017-2018

(PI: Dignan, M.)

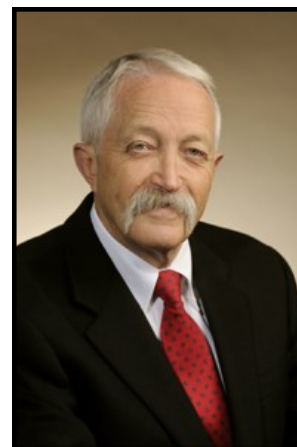
Funder: Appalachian Regional Commission

The purpose of this project is to improve the standardization of patient navigation training (to address cancer and other chronic diseases) for Appalachian health navigators and improve coordination of cancer navigation programs across the Appalachian region. These goals are being achieved through development and implementation of a patient navigation curriculum that is sensitive to the unique culture of Appalachia. Personnel from the UK Center of Excellence in Rural Health provided video clips for the curriculum as well as expert review. A total of 20 workshops with over 300 participants have been completed from 2015 through the present, averaging 15 attendees per session. Participants included nurses, social workers, patient navigators, community health workers, and administrators living and working in Appalachia. The trainings focused on integrating the unique aspects of Appalachian culture into patient navigation for cancer screening. Participants rated the trainings highly and also expressed appreciation for the opportunity to network, since many participants work in isolation. The project is currently working to provide the training through distance learning. The long-term objective is to build patient navigation infrastructure within Appalachia to facilitate delivery and use of quality clinical cancer services and to facilitate access to quality community resources for those at high risk for and living with cancer.

Culturally Tailored Patient Navigation Training for Rural and Appalachian Communities

(PI: Dignan, M.)

This FREE training program focuses on issues contributing to cancer health disparities affecting rural and Appalachian residents. Appalachian Patient Navigation provides patient-centered, community-based strategies to successfully address challenges in cancer early detection and care.



**APPALACHIAN
RESEARCH DAY**

Appalachian Research Day



Community-based research begins at the local level, built upon the foundation of relationships with individuals, neighborhoods, and groups who have common questions and concerns. UK CERH hosts Appalachian Research Day each year in Hazard to provide an opportunity to join in the discussion and learn about findings from research studies that have occurred in local communities.

2018 Appalachian Research Day April 18, 2018 Hazard Community and Technical College

Number of attendees - 222

Keynote speaker

Adverse Childhood Experiences and Resilience from the Porch

Connie White, MD, Senior Deputy Commissioner
Kentucky Department of Public Health



Topics covered

On the Move Art Studio - Bringing Art to Kids Everywhere

Joshua Nadzam, MSW, On the Move Art Studio

Healthy Youth Coalitions - Investing in Kentucky's Future Grantees

Robert Donnan, Perry County Wellness Coalition
Karen Back, Breathitt County Youth Health Council

Healthalachia: Youth Innovation and Problem-Solving Targeting a Looming Opioid Crisis

Students from: Paintsville Independent School
Pikeville Independent School
Magoffin County School



Appalachian Research Day

Engaging Youth Serving Communities: Developing a Sustainably Healthy Community

Mark Mains, PhD, Valerie Stewart and April Tipton
University of Kentucky

Lessons Learned and Preliminary Findings from the Clay County Clock Project!

Jody Clasey, PhD, University of Kentucky

Opportunities for Youth in Appalachia Panel

Jenna Meyer, Centers for Disease Control and Prevention
Ben Chandler, Foundation for a Healthy Kentucky
Angie Boggs, Save the Children
Jared Arnett, Shaping Our Appalachian Region



Appalachian Research Day

In addition to the conference speakers, attendees had the opportunity to participate in the activities below.

Poster Session

A variety of health research topics were presented by faculty, medical professionals and students. Conference attendees had an opportunity to talk directly with each poster presenter and learn more about each project.

Innovation Stations

Students from seven local high schools showcased the innovative approaches they are implementing to address health issues. Participants included:

Yours Mine and Ours (YMO): The Story of Addiction, Magoffin County High School

The Empty Chair, Pikeville High School

Providing Ultimate Recovery in Eastern KY (PURE KY), Paintsville Independent High School

BREATHE Tobacco-Free Ambassador Partnership (TAP), Hazard Independent High School

UK-CARES Air Beam Project, Perry County Central High School

Re-Think Your Drink, Breathitt County Youth Health Council, Investing in Kentucky's Future Grantee

Kids on the Move, Hazard Independent/Perry County Schools, Investing in Kentucky's Future Grantee



Mobile Art Studio Tour

On The Move Art Studio is a mobile art room created in a refurbished vintage trailer that visits underserved neighborhoods to host free art classes for at-risk youth. The studio brings the art to the kids, eliminating one of the biggest barriers for people in poverty: transportation.

Conference attendees had an opportunity to explore the studio, see projects by the youth it serves and ask questions about the project.



Appalachian Research Day



COMMUNITY ENGAGEMENT / SERVICE



 Center of Excellence
in Rural Health

TRAININGS

Trainings

Trainings Offered by the UK CERH

Training	Number trained 2018
Diabetes Self-Management Program (DSMP) (Master Trainer)	4 trained to be lay leaders in DSMP
Chronic Disease Self-Management Program (CDSMP) Diabetes Self-Management Program (DSMP) Walk with Ease (WWE) Navigator Training	705 Community members have been trained by lay leaders from 7/2017-6/2018
Community Health Worker Training	3 CHWs trained between 7/2016 and 6/2017

BOARDS AND COMMITTEES

Boards & Committees

UK CERH leadership encourages community involvement through service on various boards and committees. Participation usually occurs based on professional association or areas of interest. The majority of the service occurs in three focus areas: academics, research, and community engagement/service. We have classified each board or committee to one specific area, however, most fall under more than one focus area. Roles held by employees also vary, ranging from simple membership to leadership positions with the various boards or committees.



ACADEMICS

- Hazard Community & Technical College's Human Services Advisory Committee
- Imaging Special Interest Group of Orthopaedic Section of APTA
- University Center of the Mountains Partner's Council
- University of Kentucky College of Health Sciences Advancement Council
- University of Kentucky College of Social Work Curriculum Committee
- University of Kentucky College of Social Work Scholarship Committee
- University of Kentucky College of Nursing Advisory Board for Continuing Education

RESEARCH

- Center for Clinical and Translational Science - Internal Advisory Board
- Center for Clinical and Translational Science - Community Champions Cabinet
- Lung Cancer Prevention and Early Detection Network
- Perry County Early Childhood Community Advisory Board
- Rural Cancer Prevention Center Community Action Board
- University of Kentucky Superfund Research Center External Advisory Board

Boards & Committees

COMMUNITY ENGAGEMENT / SERVICE

- Appalachia Community Cancer Network Grant - Community Advisory Board
- Appalachian Kentucky Health Care Access Network Committee
- ARH Local Advisory Council
- ARH Stroke Committee
- Big Sandy Diabetes Coalition
- Breast Cancer Advisory Committee
- Buckhorn Childrens Center Board & Committees
- Caregiver Support Hour
- Carl D. Perkins Job Corps Center's Community Relations Council
- Carter County Family and Consumer Sciences Extension Advisory Council
- Carter County Interagency
- Community Health Worker Advisory Workgroup
- Community Health Worker Curriculum Sub-Committee
- Community Health Workers: Implementing a System in KY (State Team)
- Delta Regional Community Health Systems Development Program
- Diabetes Coalition-Breathitt County
- East Kentucky Workforce Innovation Board
- Family Consumer Science Advisory Board - UK Extension
- Flex Committee
- Foundation for a Healthy Kentucky Community Advisory Committee
- Foundation for a Healthy Kentucky Strategic Planning and Evaluation Committee
- FRYSC- LGR Advisory Council
- Guardian Angel Advisory Board
- HANDS Advisory/ I&E Family Planning
- Health Advisory Team
- Homeplace Clinic Advisory Board
- KC-AHC Consortium for Accountable Health Communities
- Kentucky Apprenticeship Council
- Kentucky Association of Community Health Workers
- Kentucky Board of EMS Services
- Kentucky Cancer Consortium
- Kentucky Physical Therapy Association, Legislative Committee
- Kentucky Primary Care Association Board
- Kentucky Rural Health Association Board and Committees
- Lawrence County Diabetes Support Group
- Lawrence County Oral Coalition Board
- Letcher County Food Pantry
- Letcher County Interagency
- MATRC Advisory Board Committee
- National Conference of State Legislatures (Kentucky Team)
- National Organization of State Offices of Rural Health Board of Directors
- National Organization of State Offices of Rural Health Futures Task Force
- National Organization of State Offices of Rural Health Structure/Governance Task Force
- North Fork Valley Community Health Center Board
- People's Clinic Board
- Perry County Diabetes Coalition
- Perry County Early Childhood Community Advisory
- Perry County Wellness Coalition Steering Committee
- The Bridge Editorial Board
- United Way Board
- University of Kentucky, Markey Cancer Center Community Advisory Board

CENTER EVENTS

International Visitors

On August 21, 2018, the UK CERH hosted participants in the International Visitor Leadership Program. These visitors are invited to the United States under the auspices of the Department of State's International Visitor Leadership Program. During their visit to the UK CERH and UK North Fork Valley Community Health Center, members were able to further explore their theme of 'Healthcare and Marginalized Populations' in a rural setting.

Participants in the Visitor Leadership Program

Asma Hamid (Algeria)

Chanchamnap Sok (Cambodia)

Suzette Adel Maher Faragallah (Egypt)

Mohamed Abdalla Yosry Mohamed Gamaleldin (Egypt)

Henry Kohar (Liberia)

Mahgu Kendino (Papua New Guinea)

Mariana Bezugla (Ukraine)



Events Hosted by Center

Critical Access Hospital Substance Abuse Project (CASAP) Summit (KORH)

March 7-8, 2018 @ London, KY

Focus/Theme: Substance Use

Keynote speakers: Van Ingram, ED for the KY Office of Drug Control Policy

Major topics covered: Role of Rural Hospitals in Addressing Opioid and Other substance abuse, Neonatal Abstinence to Self-care, KY Injury Prevention Research Center, WellCare Opioid Reduction Initiative, KY State Police Heroin Initiative, An Ounce of Prevention: Our Opioid Misuse Reduction Strategy, Operation UNITE and KY HELP call center, Why in the World Would We Give Needles to People Who Inject Drugs?, Treating Substance Use Patients in a Primary Care Setting, Women or Pregnant Parenting-KY Moms, Kentucky Plan to Address the Opioid Crisis, CAH Panel: Innovations to Address the Overdose and Substance Use in Communities, Payment for Substance Use services, Recovery Kentucky, Solution to the Drug Epidemic-Treatment and Training, and Coalition Building.

Statewide event - 95 attendees

Kentucky Rural Health Grant Writing Workshop (KORH)

March 15-16, 2018 @ Berea, KY

Focus/Theme: Grants

Keynote speakers: Teryl Eisinger, National Organization of State Offices of Rural Health; Kevin Fleming, Kentucky Office of Rural Health

Major topics covered: Getting Your Team and Concept Set for Success, Finding Data, Communicating Your Community Need, Using Logic Models, How to Write Goals & Objectives, Work plans and Timelines, Creating a Comprehensive Evaluation Plan, Developing a Realistic Budget, Gathering Community Support & Creating Lasting Relationships, How to Find Funding- Foundations are Different, Preparing for Future Success

Statewide event - 50 attendees

Cost of Poverty Experience (KORH)

May 4, 2018 @ Morehead, KY

Focus/Theme: Poverty

Keynote speakers: Heather Cunningham, Think Tank Inc.

Major topics covered: Poverty simulation designed for healthcare providers and staff, health professions students, and community agencies who work with impoverished populations

Regional event - 100 attendees

Events Hosted by Center

Kentucky Homeplace Host Free Eye Exam Clinic

May 5, 2018 @ Hazard, KY

UK doctors, and Kentucky Homeplace employees were able to see 109 clients from Breathitt, Elliott, Floyd, Knott, Lee, Leslie, Letcher, & Perry County. 75 people completed the entire process and many children were able to obtain glasses at no cost.

Kentucky Telehealth Summit (KORH)

May 24, 2018 @ Anne Hart Raymond Center, Midway University, Midway, KY

Focus/Theme: Telehealth

Keynote speakers: Senator Ralph Alvarado

Major topics covered: Telehealth Legal and Policy issues, Systems Approach to Telehealth, Telehealth Reimbursement, School Based Telehealth, Telehealth's Role in Behavioral Healthcare, VA Telehealth, Telehealth Overview, Opportunities to Address the Opioid Crisis with Telehealth

Statewide event - 207 attendees

Kentucky Rural Health Clinic Summit (KORH)

June 8, 2018 @ Anne Hart Raymond Center, Midway University, Midway, KY

Focus/Theme: Rural Health Clinics

Keynote speakers: Nathan Baugh, National Association of Rural Health Clinics; Adam Meier and Kristi Putnam, Cabinet for Health and Human Services

Major topics covered: Legislative Update, Kentucky HEALTH 1115 Waiver, Kentucky OIG Update and New Survey Guidelines, Payment Reform and Quality Reporting, Separating Clinical Documentation, Coding and Billing in Rural Health, Tips for Monitoring and Measuring Quality, Providing Great Customer Service, Annual Meeting and Emergency Plan Preparation, Treating the Rural Opioid Epidemic, Independent and Provider-Based Billing

Statewide event - 175 attendees

2018 Rural Hospital Leadership Development Symposium (KORH)

June 11-12, 2018 @ Berea, KY

Focus/Theme: Leadership

Keynote speakers: Michelle Rathman, Impact Communications

Major topics covered: Building High Reliability Organizations

Statewide event - 15 attendees



Events Hosted by Center



The Disease of Addiction–CE event (KORH)

July 18, 2018 @ West Liberty, KY

Focus/Theme: Substance Use

Keynote speakers: John Sanders, MD, Medical Director for Hospice and Palliative Medicine, St. Claire HealthCare

Major topics covered: Described how the medical establishment's understanding and treatment of addiction have evolved over the past 200 years. Discussed the history of 12 step programs. Recognized how physicians have contributed to prescription abuse.

Statewide event - 25 attendees

Excellence in the Emergency Department (KORH)

August 10-11, 2018 @ Shelbyville, KY

Focus/Theme: Quality Improvement

Keynote speakers: Stephanie Baker, RN, MBA, CEN, Studer Group; Dan Smith, MD, FACEP, Studer Group

Major topics covered: Excellence in the Emergency Department, Improving ED MBQIP Scores

Statewide event - 40 attendees

Substance Use Disorder Strategies and Treatment Options–CE event (KORH)

September 11, 2018 @ London, KY

Focus/Theme: Substance Use

Keynote speakers: Matt Brown, Addiction Recovery Care; Melissa Zook, MD, FAAFP, AAHIV, London Women's Care

Major topics covered: A True Continuum of Care for Addiction - From Crisis to Career and Treating the Whole Patient, Addiction Medicine is Primary Care Medicine

Statewide event - 50 attendees

COMMUNITY PARTNERSHIPS

Community Partnerships

Staff Directory

Community Leadership Institute of Kentucky

Beth Bowling, Rural Project Manager

Kentucky Care Coordination for Community Transition

Keisha Hudson, Research Assistant



Community Partnerships

Community Leadership Institute of Kentucky

Community Leadership Institute of Kentucky (CLIK) is a leadership development training program designed to enhance community research and capacity-building competencies in community leaders, directors, and administrators.

The overall goal of the program is to assist community leaders associated with organizations that engage and empower communities to reduce health disparities, leverage funding, and learn how to use data to improve services and programs.

Participants are selected based on leadership qualities and a proposed real-world project that will positively impact their community.



CLIK at a Glance

- 30 CLIK Participants Since 2014 (Includes current 8 participants for 2018-19)
- 30 Real-World Projects Implemented
- 19 Appalachian Counties Impacted
- 12,000 Adults and Children Impacted
- More than \$100,000 In Additional Funding and In-kind Services/Supplies
- 2 CLIK Graduates Now Employed in Appalachian Research Projects
- 6 CLIK Graduates Featured in News/Media
- 4 CLIK Graduates Presented Research Posters at 4 Venues
- 2 CLIK Graduates Selected for Shaping Our Appalachian Region Innovation Showcase

"CLIK was a wonderful experience that offered so many opportunities and resources to learn and work with others to improve the health in my community. I met the most amazing leaders that are making a difference and highly recommend this program. I am very grateful to have been chosen to participate."

- 2018 CLIK Graduate

Community Partnerships

Community Leadership Institute of Kentucky



2018 Participants	Project
Sandi Back	Substance Abuse Prevention and Life Skills for Breathitt County 7th Graders
Kacie Bledsoe	ZOOMING In on Smoking Cessation
Ben Braman	The Medical Mile at Blackgold Plaza
Matthew Coleman	Substance Abuse Prevention and Life Skills for Lee County Middle Schoolers
Emma Davidson	5210 (Child Care Centers in Perry County)
Carol Huckelby	Health Care Provider Education to Prevent Substance Abuse
Debi Sexton	Keeping our Folk!
Katherine Ullery	Eating with Diabetes

Community Partnerships

Kentucky Appalachian Rural Rehabilitation Network

The Kentucky Appalachian Rural Rehabilitation Network (KARRN) is a statewide network of people with spinal cord injury (SCI), stroke, and brain injury (TBI), healthcare providers, educators, researchers, and other community members committed to the health and well-being of people with neurological impairments who live in the Appalachian region. The KARRN network continually engages community members and conducts research in the areas of SCI, TBI and stroke. Each year, the network holds an annual conference, which provides CEUs for physicians, nurses, social workers, physical therapists, occupational therapists, and speech therapists. In addition, KARRN helps provides assistance with the Kentucky Congress on Spinal Cord Injury Conference.



In 2018, KARRN celebrated its 10-year anniversary and has continued its commitment to the health and well-being of individuals with disabilities. Work continues with community partners to develop the Kentucky Appalachian Assistive and Rehabilitation Technology Center (KAART).

The Center is a long standing partner of the network. Under the umbrella of KARRN are the Kentucky Care Coordination for Community Transitions (KC³T) program, Project CARAT (Coordinating and Assisting the Reuse of Assistive Technology), and the (KAART) Center initiative.

Coordinating and Assisting the Reuse of Assistive Technology (Project CARAT)

Project Carat is a community outreach, service learning program that aims to make assistive technology and durable medical equipment (DME) more accessible to those who need it in underserved areas of Kentucky. The UK Center of Excellence in Rural Health and Carl D. Perkins Center were the original sites for Project CARAT. The UK CERH site is unique in that it is a service learning program and ran by Physical Therapy students. Students are trained to clean and refurbish DME to distribute to those in need. Project CARAT has several locations across Kentucky and is now overseen by the Kentucky Assistive Technology Service Network (KATS).



In 2018, Project CARAT at the Hazard location donated 41 pieces of equipment to the community valued at \$3,895 as well as loaned out 3 portable ramps through the Ramp UP Kentucky initiative, valued at \$1,823. This totals to 44 pieces of equipment valued at \$5,718.



Community Partnerships

Kentucky Appalachian Rural Rehabilitation Network

Kentucky Care Coordination for Community Transitions

The Kentucky Care Coordination for Community Transition (KC³T) Program provides patient navigation services to help individuals who have had a stroke, transient ischemic attack (TIA) or other neurological condition, to successfully transition back into their community. The KC³T navigator assists individuals and their caregivers to find resources in their community, link them with their healthcare provider and provide education about living with a stroke. These services help improve quality of life after stroke and decrease the number of times individuals need to seek medical assistance. A stroke survivor and caregiver support group meeting is offered each month. The UK CERH serves as a partner in this program and provides office and meeting space for the Neuro Navigator. KC³T was recognized at the 2018 Stroke Care Network Summit for all the work the program is doing in the Eastern Kentucky region.



Outcomes

Due to funding constraints, the KC³T program was unable to accept new clients beginning February 2018 but continued services with clients already enrolled in the program through April 2018. The data below represents outcomes from January - April 2018.

22 Clients Served <ul style="list-style-type: none">• 14 new clients• 8 previously enrolled	166 Client Encounters	597 Services Provided <ul style="list-style-type: none">• 210—access to insurance, medication waiver, access community resources• 387—education
0 30-Day Admissions	0 30-Day ED Visits	

Community Partnerships

Kentucky Appalachian Rural Rehabilitation Network

Stroke Survivor and Caregiver Stroke Support Group

The Stroke Survivor and Caregiver Stroke Support Group is the first group of its kind in Perry County to offer support for stroke survivors and caregivers. It was established in 2015 as part of the Kentucky Care Coordination for Community Transitions program and is registered with the National Stroke Association. The stroke support group is very active in the community conducting educational campaigns, providing stroke risk screenings, creating public service announcements, and many other activities.

In 2018, the support group succeeded in getting the month of May declared as Stroke Awareness Month in Perry County and the city of Hazard with Perry County Judge Executive, Scott Alexander, and Hazard Mayor, Jimmy Lindon, signing the first Stroke Awareness Month proclamation. In addition, the group won the Community Service Award, a statewide award at the Stroke Care Network Summit and was nominated for the National Stroke Association's RAISE Award for Voter's Choice. They were a final contender with well over 2,500 votes, only falling short by 220 votes. Through this nomination, the group has gained national recognition. In May 2018, Stroke Awareness Month, the support group educated 406 students and 165 adults on signs and symptoms of stroke and was featured on a local radio morning show, news story on WYMT, and front page of the Hazard Herald.



Community Partnerships

Area Health Education Center

Health Career Enrichment Camp

Health Career Enrichment Camp is a two-week, hands-on day camp that introduces incoming freshman and sophomore high school students to a variety of health careers. It is designed to provide a unique learning opportunity to motivate, encourage, and spark an interest in a student to further their education and pursue a career in the ever-growing and advancing field of healthcare. The annual camp is held at the UK Center of Excellence in Rural Health and is co-hosted in partnership with the Southeast Kentucky Area Health Education Center (AHEC).

Scrubs Camp

On June 21, 2018, the Southeast KY AHEC /Highlands Regional Medical Center Scrubs Camp group visited the UK CERH. Students were introduced to a variety of health careers, interacted with healthcare professionals, participated in a variety of hands-on activities, and toured the UK CERH.

"The Health Careers Camp was really a great experience. I really enjoyed the job shadowing and also learning more about other health professions outside of my chosen field."

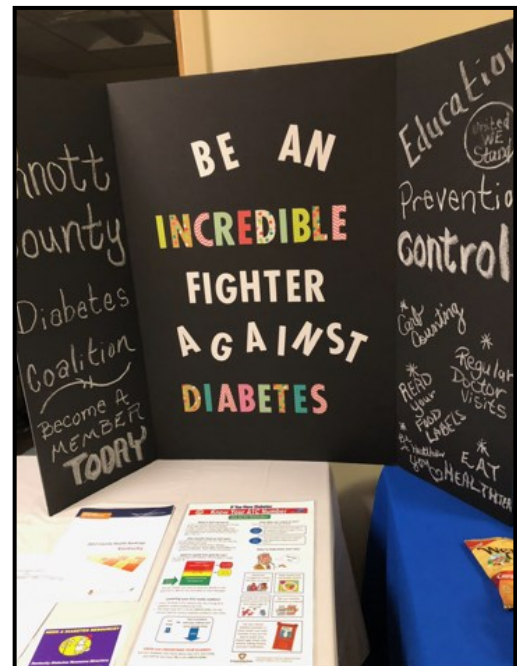
- Emma Quillen, 2018 Camp



Community Partnerships

Diabetes Coalitions

The Center acts as a community partner and advisor for the Perry, Knott, and Leslie County Diabetes Coalitions. The Center helped community members secure funding through Marshall University. Each coalition is made up of a group of concerned community members—professionals, people with diabetes, family members, and others—who want to raise awareness of diabetes as well as provide education on diabetes prevention and effective management.



Community Partnerships

Kentucky River Health Consortium

The Consortium is a partnership of agencies and coalitions working to address health issues in the Kentucky River area. Quarterly meetings allow members to share upcoming events and discuss opportunities for collaboration. The Consortium, with UK as the submitting agency, worked together to apply for a HRSA Rural Communities Opioid Response Program - Planning (RCORP) grant. We were not funded on the initial submission but encouraged to reapply in 2019. The consortium is currently working on this proposal. Members of the Consortium include: UK CERH, Kentucky River District Health Department, Breathitt County Health Department, Hazard ARH, Kentucky River Community Care, WellCare, Stinnett Area Community Center, Kentucky Cancer Program, Perry County Wellness Coalition and various others.

Healthalachia

The teams from Pikeville, Paintsville, and Magoffin County High Schools continued working on projects focused on the opioid crisis in 2018. Previously they had reviewed local data, trends, and research to develop a plan of action with key stakeholders in the school and community. UK CERH provided funding and technical assistance to all three community teams as they completed their projects. In March 2018, they presented their findings at the ARI FIRE Summit and in April 2018, at the UK CERH's Appalachian Research Day.



Community Partnerships

Kentucky Rural Health Association Conference

UK CERH celebrated Kentucky Rural Health Day and National Rural Health Day by sponsoring the research poster presentations at the Kentucky Rural Health Association (KRHA) conference on November 15, 2018. In addition to sharing their research and outcomes, participants were also required to discuss the potential policy impact of their work. Judges, from Western Kentucky University and the University of Kentucky, provided scoring and feedback on the fourteen posters accepted. During lunch the top five poster winners were announced by Dr. Fran Feltner, UK CERH Director and Melissa Slone, UK CERH Research Inter-disciplinary Director. Melissa also served as moderator for the poster presentations and an afternoon poster session by the top five poster representatives. At the state level, Governor Matt Bevin signed an official proclamation to designate November 15 as Kentucky Rural Health Day to recognize rural providers and community stakeholders in the Commonwealth who play distinct and critical roles in leading efforts to address unique health needs of rural citizens.



Community Events

Events Held at the UK CERH

ACADEMICS

Day of Belonging

First Generation: Everyone has a Story

DPT Information Session

Lawrence Co. Human Bio-Medical
Science Class

Scrub Camp from Highlands Regional
Prestonsburg

MLS Program Information Session

COMMUNITY ENGAGEMENT

Diabetes Coalition Planning meeting

Perry County HEAL (Help End Addiction for Life)

SOAR Provider Education Event-Remote Site Host

CE Workshop/ UK College of Social Work

Appalachian Regional Healthcare, Inc. Board of
Trustee Meeting

PTA Regional Program Clinical Educator Workshop

ARH Orientation for HCTC Allied Health Programs

Community Champions Cabinet CCST

Berea College Partners for Education

KAART Center Design Workshop

AHA Advanced Cardiac Life Support

Rural Caregiving Telemedicine Program

RESEARCH

Perry County Early Childhood Community
Advisory Board

Youth Advocacy Training/University of
Kentucky

UK CERH hosted over 500 guests in the building in 2018.

Community Events

Appalachian Foodways Workshop

February 28, 2018

Students and staff at the UK CERH participated in an Appalachian Foodways Workshop (Part of the Donavon Memorial Trust) provided by Ms. Martha Yount. The workshop focused on the culture and preparation of food and meals in Appalachia. Many of the techniques are still used today. The session included discussion, history, hands-on activities such as butter making, and food tasting.



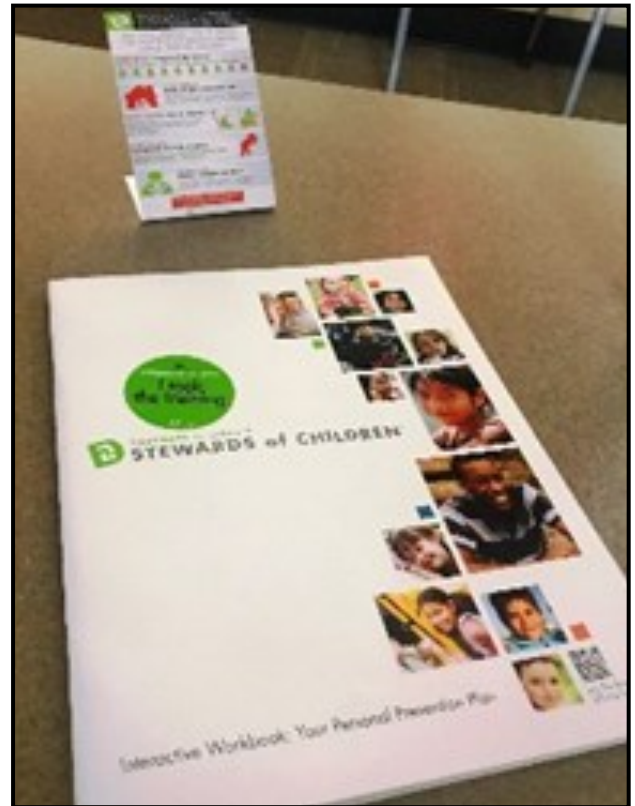
Community Events

Darkness to Light Training

April 10, 2018

The Center hosted a professional development opportunity, *Stewards of Children*, from the organization Darkness to Light, for social workers, nurses, staff, and students. The event was free and open to the public. The training was facilitated by Victoria Halcomb, BASW, Victims Advocate at the Kentucky River Children's Advocacy Center in Hazard, KY. Victoria graduated from the Bachelor of Arts in Social Work from the UK CERH campus in 2016.

Stewards of Children is a prevention training program which teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.



Center of Excellence in Rural Health

EXCELLENCE IN ACTION



Vision:

A Healthier Kentucky

Mission:

Improve the Health and Wellbeing of Rural Kentuckians

**750 MORTON BOULEVARD
HAZARD, KY 41701**

Visit us at: kyruralhealth.org