

# ANNUAL REPORT 2019



 Center of Excellence  
in Rural Health

## Office of the Director



As the New Year begins and we stop for a moment to reflect on the past year, I am overcome with pride for our “Excellence in Action” team at the University of Kentucky College of Medicine’s Center of Excellence in Rural Health and am happy to submit our 2019 annual report. Together, our team has strived to play distinct and critical roles in addressing the unique health care needs of our rural communities.

The Center of Excellence in Rural Health’s (Center) mission is to improve the health and wellbeing of rural Kentuckians and is reflected in all of our work. The Center serves as an impactful, federally designated Kentucky Office of Rural Health that promotes the improvement of rural health care by providing support and resources for rural communities. Kentucky Homeplace, a community health worker program developed and implemented by the Center, provides access to health, social and environmental services to the citizens of the Commonwealth. Our programs have been recognized at the local, state, national and international level as successful evidence-based models.

The 2019 year also marked a special occasion for Kentucky Homeplace commemorating the program’s 25th anniversary. Celebrating this milestone in May, we took pause in remembering those who were instrumental in the development and implementation of the community health worker model program. It was an honor to celebrate Kentucky Homeplace and the valuable work of the community health workers who have made such an impact in our rural communities by providing thousands of peoples across Kentucky with lifesaving services they might otherwise go without.

Since being established, the Center’s research team has increased academic and community partnerships to provide an open door to research in Kentucky’s most vulnerable populations. Our vision of “A Healthier Kentucky” is the motivation for improving communication, refining research efforts, and exploring how the Center could expand or create new services to meet the needs of the rural communities of Appalachia to the communities across the state to the Delta region of Kentucky.

I am proud of all we accomplished in 2019 and hope you enjoy this summary of the highlights of our year. We are already working hard in 2020 and are excited that the Center of Excellence in Rural Health, Kentucky Office of Rural Health, and East Kentucky Family Medical Residency program will celebrate our 30th anniversary of serving rural Kentucky in June 2020. I look forward to the coming year to see what our “Excellence in Action” team, a title truly deserved, can achieve.

Sincerely,

A handwritten signature in cursive script that reads "Frances J. Feltner".

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



# Center of Excellence in Rural Health

## **Excellence in Action Team**



The UK Center of Excellence in Rural Health would like to thank all of our employees and community partners for their hard work and commitment to improving our rural communities.

***Alone we can do so little;  
together we can do so much.  
- Helen Keller***

# Table of Contents

## ABOUT THE CENTER.....

### Administration Directory

### Programs of the Center

- Healthy WAY
- Kentucky Office of Rural Health
- Kentucky Homeplace

### Kentucky Homeplace 25 Year Anniversary

### Strategic Plan

- 2017-2020 Strategic Plan
- UK CERH Committees

### The Bridge

### Recognition

- Presentations
- Publications
- Media
- Awards and Honors

### Employee Appreciation Day

### North Fork Valley Community Health Center

## ACADEMICS.....

### Academic Programs

- College of Health Sciences
  - Bachelor of Health Sciences with a Major in Medical Laboratory Science
  - Doctor of Physical Therapy
- College of Social Work
  - Bachelors of Arts in Social Work
  - Master of Social Work
- College of Medicine
  - East Kentucky Family Medicine Residency

### Rural Health Ambassadors

### Student Awards

### Student Events



# Table of Contents

## RESEARCH.....

### Research Team

### Mission and Goals

### Center Grants

### Center Research and Partnerships

- Partnership Grants
- Center for Clinical and Translational Science

### Appalachian Research Day

## COMMUNITY ENGAGEMENT and SERVICE.....

### Trainings

### Boards and Committees

### Community Partnerships

- Community Leadership Institute of Kentucky
- Kentucky Appalachian Rural Rehabilitation Network
  - Coordinating and Assisting the Reuse of Assistive Technology (Project CARAT)
  - Stroke Survivor and Caregiver Stroke Support Group
- Operation Change
- Area Health Education Center
  - Health Career Enrichment Camp
  - Scrub Camp
- Students Striving Toward Better Health in Self and Community Initiative
- Diabetes Coalitions
- Kentucky River Health Consortium
- Kentucky Rural Health Association
- CNWG Seminar Series

### Community Events



# ABOUT THE CENTER

- [Administration Directory](#)
- [Programs of the Center](#)
- [Kentucky Homeplace 25 Year Anniversary](#)
- [Strategic Plan](#)
- [The Bridge](#)
- [Recognition](#)
- [Employee Appreciation Day](#)
- [North Fork Valley Community Health Center](#)

# Administration Directory

## 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**

Sherry Gayheart

## Facilities

**Coordinator**

Richard Mee

**Maintenance**

Chester Ritchie

Wallace Napier

James Holland

**Bus Drivers**

Jerry Baker

Nehemiah Johnson

Brenda Whitaker

**Custodial**

Angelina Fugate

Lorene Johnson

Ellie Parcel

Jack Combs

Sherrill Hall

James Gunter

James Mullins

## Security

**Security Officers**

John P. Stidham

## Information Technology

**Field Service Analyst**

Gary Gilbert

Jon Henrikson

**A&RT Web Programmer Analyst**

Willie Bates



# Administration Directory



**PROGRAMS  
OF THE CENTER**

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# Healthy WAY

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## Empowering Youth to Create Solutions

Healthy WAY began as a pilot initiative called Healthalachia, a student-based research initiative used to engage high school teams in identifying an issue within their school. Each team was required to have students, school staff and community members. Student teams were provided funding for their project and technical support as they implemented them. The initiative was a joint partnership between the University of Kentucky Center of Excellence in Rural Health (UK CERH) and the Kentucky Valley Educational Cooperative (KVEC). Feedback related to the Healthalachia pilot was so positive that UK CERH has formalized the project, rebranded, made updates based on feedback from pilot student groups, and implemented Healthy WAY as a Center program.



Healthy WAY encourages student-led teams to work collectively on an identified problem by reviewing local data, trends, and research to develop a strategic plan of action with key stakeholders in their schools and communities.

This is a competitive process requiring each high school student group to complete a request for proposal. Three projects were selected from the Kentucky Appalachian counties. Each selected student group was awarded \$1,000 to implement their project. Schools are expected to be the fiscal agent for the award. Selected student groups participate in a workshop designed to help them identify resources and skills to enhance their proposals.

The UK CERH provides monthly check-ins with each group and a mid-point in-person meeting. Staff are also available for any questions or issues that arise. Student groups are expected to present their research at events hosted by the UK CERH.

### 2019 Selected Projects

- **“Clean Air- Healthy Mouth, Lungs and Heart” (Buckhorn High School)**

Addressing student use of tobacco and vaping products and its impact on the health of all students and faculty.

- **“Lived United” (Somerset Christian School)**

Working with Operation UNITE, the students will put together a one-day workshop to share with a group of Pulaski County High School students. Substance misuse education and prevention will be the focus.

- **“Awesome Panthers” (Pikeville High School)**

The students will look at the pros and cons of the current School Safety and Prevention Plan and work with others to make them strong so that they feel, and actually are, safer should a situation arise.



# Kentucky Office of Rural Health

## Staff Directory

### Director

Ernie Scott

### Rural Project Managers

Kayla Combs

Lisa Garza

Michael McGill

Marcus Pigman

### Rural Outreach Coordinator

Scott Helle

### Administrative Support

Alice Combs



Kentucky Office of Rural Health

The UK Center of Excellence in Rural Health serves as the federally-designated Kentucky Office of Rural Health (KORH).

The KORH serves as a resource for clinicians, students, community leaders, state agencies and legislators for information about rural health issues. The 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 are funded primarily through HRSA's Federal Office of Rural Health Policy under the U.S. Department of Health and Human Services as well as through other state and federal agencies; including a 3:1 match support from the UK CERH.

## KORH Programs

KORH is pleased to administer the following programs in Kentucky:

### Small Rural Hospital Improvement Grant Program

In 2019, the Small Rural Hospital Improvement Grant Program (SHIP) supported 35 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 2019, the Kentucky State Loan Repayment Program (KSLRP) supported 33 providers located in 24 rural or underserved counties across the Commonwealth. The 2019-2020 application window closed October 1, 2019 with 45 additional providers submitting applications.



"The Kentucky Office of Rural Health is my go-to resource when I need rural health data. The KORH staff are always eager to partner in rural initiatives across the state."

Matthew L. Hunt, Ed.D., District Director  
Barren River District Health Department

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# Kentucky Office of Rural Health

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## **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 2019, 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 Committed to the Heart Initiative.

## **Kentucky EMS Sustainability Project**

The FY 2018-2019 Flex EMS Sustainability Project's administrative supplement funding to the Medicare Rural Hospital Flexibility (Flex) Grant Program provided additional funding to states for one year to support in-depth technical assistance to rural EMS systems. The purpose of this award was 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. This program ended on August 31, 2019.

## **Committed to the Heart Initiative—Flex EMS Supplemental Funding**

Through a competitive application process, Kentucky was selected as one of eight recipients to receive a 3-year supplemental Flex funding award (2019-2022) targeted to improve access to quality emergency medical care in rural communities. This supplemental funding is expected to assist in addressing the challenges faced by rural EMS agencies, while contributing to the rural EMS evidence base. Our proposal was centered on the phased rollout of CARES (Cardiac Arrest Registry to Enhance Survival) as well as increasing bystander CPR at the community level and AED registry promotion among targeted communities. The project will specifically focus on improving out-of-hospital sudden cardiac arrest rates among those rural counties served by one of the state's 27 designated Critical Access Hospitals.

## **National Health Service Corps Promotion Project**

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 Office, 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 an 8% increase in subscribers during 2019.

The Bridge 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.

## 2020 Outlook

The KORH continues to develop programmatic activities based on the needs of rural stakeholders within the guidelines of 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.

"Livingston Hospital is grateful for the work and partnership of the Kentucky Office of Rural Health. We cannot say enough about the staff - truly dedicated, knowledgeable and committed to being an outstanding resource to rural hospitals. Livingston Hospital has also been able to tap into most of KORH's services including conferences/workshops, the SHIP, FLEX and State Loan Repayment Programs. We were able to hire a Pharmacist to our rural hospital due to the KSLRP. KORH is typically our 1st "go-to" whenever we need to know where to start to look for assistance and/or resources on projects. This was evident when we started researching HRSA's Rural Health Network Planning Grant. KORH staff educated us on rural health networks and put us in touch with a mature network. Because of the KORH, we were awarded the grant and KORH continues to be actively involved in network meetings and a great resource to our partnership alliance."

Elizabeth A. Snodgrass, CPA, CHC  
Chief Executive Officer  
Livingston Hospital and Healthcare Services, Inc.



# Kentucky Homeplace

## Staff Directory

**Principal Investigator**

Frances Feltner

**Director**

Mace Baker

**Rural Project Manager**

Janet Kegley

**Community Health Workers**

Amanda Goolman

Angela McGuire

Ashley Gilbert

Barb Justice

Carole Frazier

Courtney Charles

Darla Shepherd

Elizabeth Smith

Judy Bailey

Kala Gilliam

Katherina Hamilton

Kathy Slusher

Katie Dampier

Kimberly N. Smith

Kimberly R. Smith

LaDonna Roberts

Mary Bowling

Michaela Williams

Pollyanna Gilbert

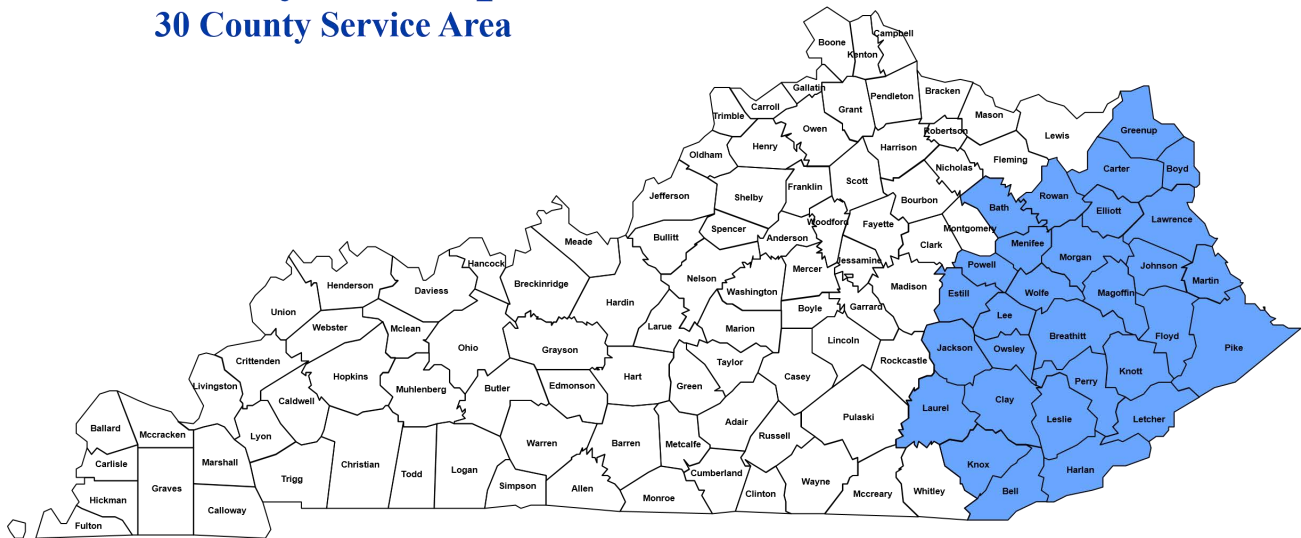
Samantha Bowman

Shelly Menix

Shirley Prater

## Kentucky Homeplace

### 30 County Service Area



Funding for the program is a joint collaboration of the Kentucky Cabinet for Health and Family Services and the University of Kentucky and the Center of Excellence in Rural Health.

# 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. Today, Kentucky Homeplace's geographic service area includes 30 Appalachian counties in eastern Kentucky. 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.



## Community Health Worker Success

July 1, 2018 –  
June 30, 2019

**4,259**  
• Clients Served

**94,715**  
• Services Provided

**\$15,699,959**  
• Medication & Service Values

**\$15.05**  
• Return on Investment

**CHWS logged 17,263 hours on care coordination activities.**

# Kentucky Homeplace

## Community Health Worker Trainings

Kentucky Homeplace CHWs receive training in several areas to meet the needs of their clients.

- UK BREATH Tobacco Treatment Specialist
- Diabetes Self-Management Cross-Trainings
- Mental Health First Aid training
- Substance Abuse Brief Intervention Training
- Care Collaborative Blood Pressure
- Trauma Informed Care
- Bridges to Health
- Plan to be Tobacco Free
- CPR First Aid certification
- Operation Change Focus Group
- Medicaid/KCHIP Assisters

## Medicaid and KCHIP Assisters

Kentucky Homeplace CHWs are trained to assist individuals with Medicaid and Kentucky Children's Health Insurance Program (KCHIP) enrollment and coverage renewals. CHWs serve as an integral resource to help individuals navigate the health coverage process by providing educational services and application support. During the 2019 fiscal year, CHWs assisted 209 individuals with enrollments and renewals in Medicaid and KCHIP.

**209**  
**Enrollments/  
Renewals**

## Kentucky Homeplace in the Community

Kentucky Homeplace CHWs 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
- Child abuse prevention meetings
- Operation Unite
- Healthy Choices for Healthy Communities
- Kentucky Association of Community Health Workers
- Cancer awareness events
- Food drives
- Health Fairs
- Interagency meetings across service area
- Remote Area Medical (RAM) in Perry County and Pike County



# 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 Kentucky Homeplace CHWs who are trained as WWE leaders.

### 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. Kentucky Homeplace CHWs are also cross-trained in the Diabetes Self-Management Program (DSMP).

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.

"I have had diabetes for 10 years now and have struggled with what I can eat and when I can eat it. My physician told me to go talk to a dietitian but I had no way to get there and no money to pay someone to take me 30 miles from home and wait all day for me to get finished. This class has taught me more than I have ever learned. It has helped me learn how to better count from labels and I find myself trying harder to monitor everything that goes in my mouth and how it affects my glucose readings. This has been the best thing I could have ever taken."

- Kentucky Homeplace DSMP Participant

## 2020 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. CHWs will continue to provide education, coaching, and services with the goal of improving the health of their clients.

# Kentucky Homeplace

## WellCare and Kentucky Homeplace Partnership

WellCare partnered with Kentucky Homeplace and its community health workers between 12/30/2016 and 12/20/2018 to implement a pilot program focused on improving access to health care for rural Kentucky residents. The program utilized 22 Kentucky Homeplace CHWs, who are trained as lay leaders in the Chronic Disease Self-Management Program as well as the Diabetes Self-Management Program, to deliver health coaching workshops focused on preventive care and chronic disease self-management. Individuals diagnosed with a chronic condition, such as asthma, diabetes, high blood pressure, and obesity, who were WellCare members, and resided within Kentucky Homeplace's 30-county service area were selected to participate in the program. For six weeks, participants met weekly with a CHW and received educational workshops on nutrition, medication use, exercise, communication, decision-making, and more. Participants received a \$10 gas card each week to help remove transportation barriers.



## Outcomes

On October 3, 2019, WellCare and Kentucky Homeplace shared the results of their rural health research partnership. During the press event, Dr. Feltner, UK CERH Director, Mace Baker, Kentucky Homeplace Director, Ben Orris, WellCare of Kentucky COO, and the Kentucky Homeplace CHWS celebrated the success of the program. Overall, healthcare utilization decreased with ER visits, including non-emergency visits, and inpatients admission both declining. These results show promise that individuals can better manage their chronic conditions by receiving health coaching from a trusted provider and removing barriers to access.

10%

**Reduction in ER visits**

13%

**Reduction in non-emergency ER visits**

23%

**Reduction in inpatient admissions**

27%

**Reduction in inpatient days**

**KENTUCKY  
HOMEPLACE  
25-YEAR ANNIVERSARY**



# Kentucky Homeplace

## 25-Year Anniversary

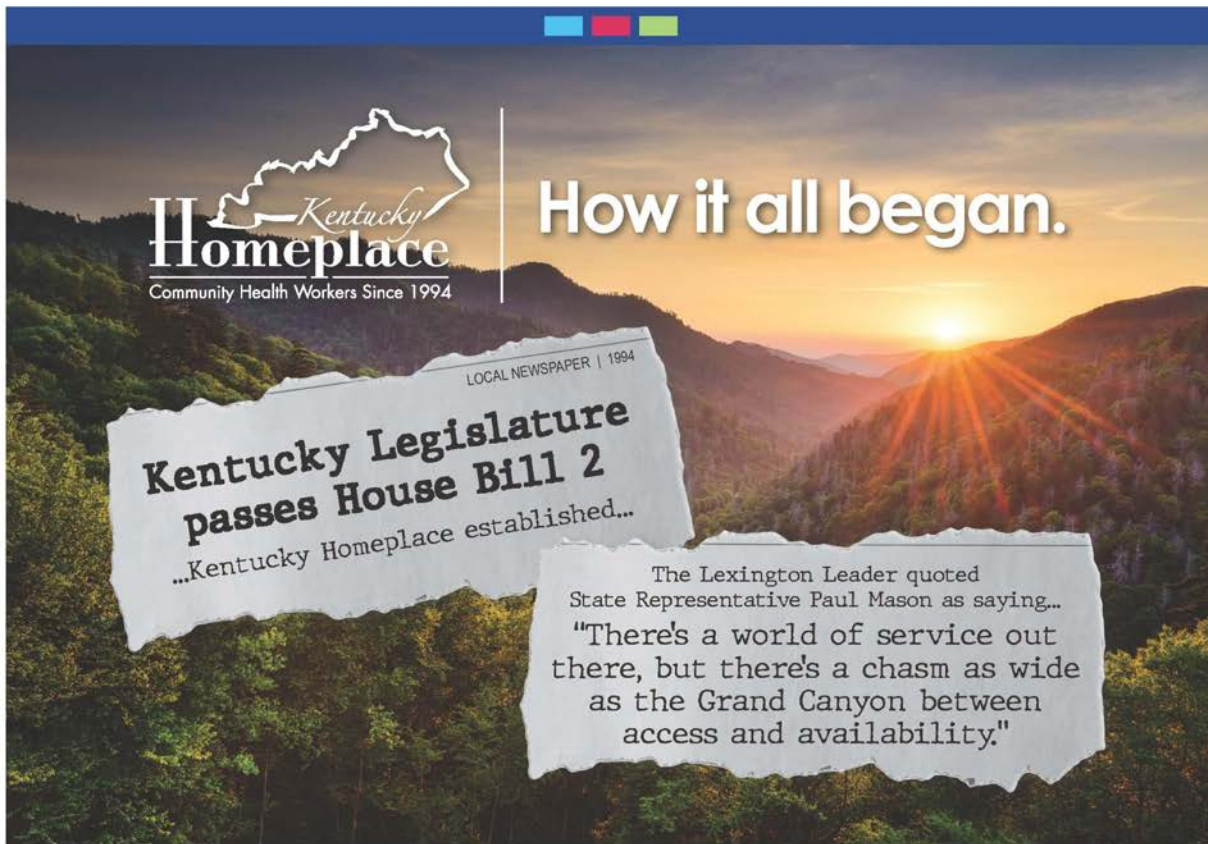
Kentucky Homeplace commemorated the program's 25th anniversary with a celebration on May 16, 2019 at the UK Center of Excellence in Rural Health. Many long-time supporters of Kentucky Homeplace were in attendance, including former UK CERH leaders, community champions and Kentucky legislators. All spoke highly of the work the CHWs provide in their communities and vowed their continued support of the mission of Kentucky Homeplace.

- Dr. Fran Feltner, Director of the UK Center of Excellence in Rural Health and Principal Investigator for Kentucky Homeplace
- Mace Baker, Director of Kentucky Homeplace
- Dr. Connie White, Deputy Commissioner of the Kentucky Department for Public Health
- Dr. Mark Newman, Executive Vice President for Health Affairs at UK HealthCare
- Mark Birdwhistell, Vice President for Health System Administration and Chief Of Staff at UK HealthCare
- Senator Robin Webb
- Representative Kathy Hinkle



# Kentucky Homeplace

## 25-Year Anniversary



KENTUCKY HOMEPLACE, the nationally-recognized community health worker (CHW) initiative that has aided thousands of the Commonwealth's rural residents in accessing health, social and environmental services that they might otherwise have gone without.



Kentucky State Representatives Paul Mason and Leonard Gray were among those that introduced House Bill 2 to establish Kentucky Homeplace—a possible solution to the ongoing health disparities and lack of access to care for the underserved and underinsured citizens of the Commonwealth. Additionally, Dr. Gil Friedell was an active advocate, seeing firsthand the lack of services available to rural regions. He later stated, "availability does not equal access." Their ultimate mission was to reach people where they are and 25 years later, their mission has been a success.



**Paul Mason**  
KY State Representative  
Whitesburg (Rural)



**Gil Friedell, M.D.**  
Director Emeritus University  
of Kentucky Markey  
Cancer Center



**Leonard Gray**  
KY State Representative  
Louisville (Urban)

Dr. Friedell stated, "If the problem is in the community, the solution is in the community."



# Kentucky Homeplace

## 25-Year Anniversary





# **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 programs collaborate on interdisciplinary opportunities for students at the Center, with positive feedback from the students regarding these events. Recruitment continues to be a focus for the programs. The academic committee has monthly contact to ensure open communication and to address any challenges faced by the programs.

**Research Environment:** Research continued to be a primary focus in 2019. The external and internal research teams are working to engage students in Center research and continue implementing a research project selection process. Identifying and establishing the Center's role in research partnerships with community agencies has been part of the focus for 2019.

**Work Environment:** Communication continues to improve, which helps foster a positive work environment and strengthens the Center's infrastructure. Efforts to identify employees' interest in potential projects and tapping into their skillsets has helped assign projects.

**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. In addition, in 2019, the Center reached out to rural communities in Western Kentucky to develop partnerships and provide support.

**Infrastructure:** The UK CERH Facebook page has grown from 930 page likes to 1,291 in the past year. 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 to 46 (8 international) at conferences. Space continues to be evaluated to ensure needs are met.

### 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* 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.

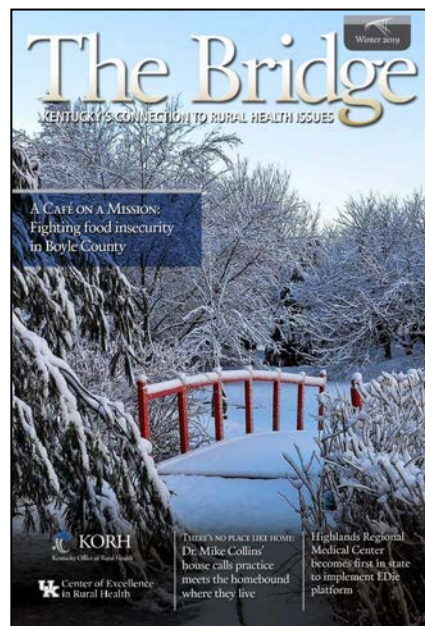
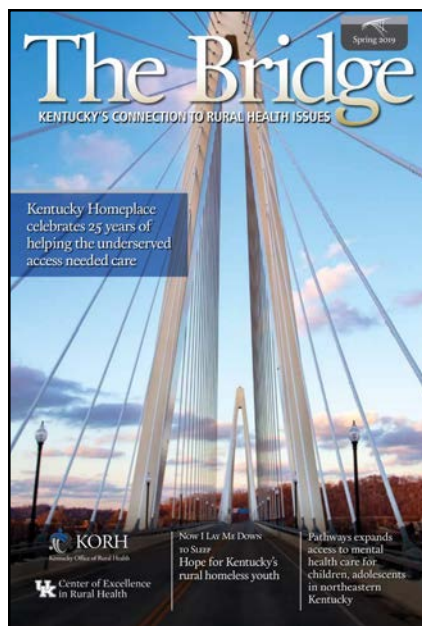
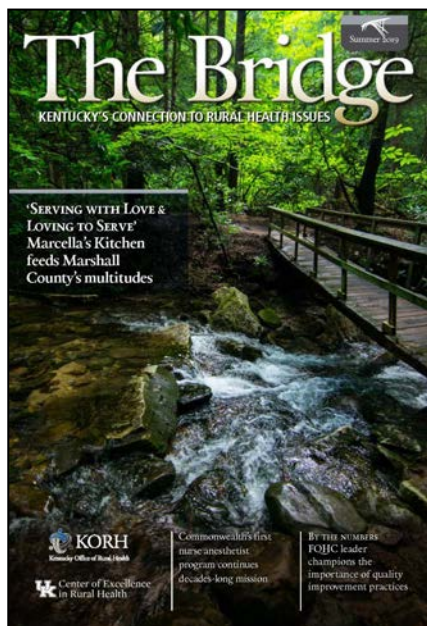
Available in both electronic and print forms, *The Bridge* features authentic stories and reporting from a variety of voices and perspectives to highlight best practices and accomplishments from across the Commonwealth. Recurring articles spotlight rural health champions, hospitals, clinics and National Health Service Corps participants.

*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 contained in each issue of *The Bridge* are developed in consultation with an advisory board and are based on current and future rural health issues, events and concerns. Suggestions for story topics and ideas for *The Bridge* are welcome and encouraged. Stories are written by staff members and freelance writers.

*The Bridge* has an annual outreach of approximately 7,500.

*The Bridge* is a collaborative effort between the UK Center of Excellence in Rural Health and the Kentucky Office of Rural Health.





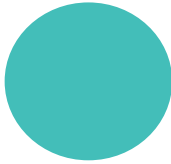
# The Bridge



Anonymous quotes from *The Bridge* readers:



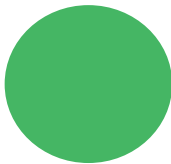
"The stories are both statewide and positive. It is easy to focus on the negative news because there is so much of it. But there are a lot of positive things going on in Kentucky and we need to celebrate them."



"Factual, easy to read and insightful. Always learn something new after each read."



"Provides relevant valid information to help keep updated on services, resources, and ideas to help meet the educational needs of healthcare workers in rural Kentucky which in turn benefits the customers they serve."



"Highlights programs and initiatives I would not know or hear of in other mainstream or organizational news media."

## The Bridge Awards

*The Bridge* received three awards at the Fall 2019 conference of the Kentucky Society for Healthcare Public Relations & Marketing, held on November 15 in Versailles:

- **Certificate of Merit, Writing:** Long - Narrative Text/Annual Report, Magazine or Speech more than 500 words for "From Respiratory Therapist to CEO: Bill Kindred's Decades-Long Career". Article written by Michael McGill, Rural Project Manager.
- **Certificate of Merit, Publication:** External for the Fall 2018 issue of *The Bridge*
- **Thoroughbred Award, Writing:** Long - Narrative Text/Annual Report, Magazine or Speech more than 500 words for "There's No Place Like Home: Dr. Mike Collins' House Calls Practice Meets the Homebound Where They Live". Article written by Michael McGill, Rural Project Manager.



# **RECOGNITION**

# Presentations

UK CERH faculty and staff continue to submit abstracts for conferences and workshops that are directly related to our work. These presentations allow us to share work being done at the Center and to increase our networking connections.

## Presentations and Posters



### Regional

1. Thompson, S. (2019, October). *Kentucky's dental workforce: Current and future needs*. Poster presentation at the Appalachian Translational Research Network Annual Health Summit, Columbus, OH.
2. Feltner, F., Baker, M., Gilbert, P., & Smith, E. (2019, October). *WellCare and Kentucky Homeplace partner to remove barriers to healthcare*. WellCare Press Conference, Hazard, KY.
3. Hudson, K. & Operation Change Participants. (2019, September). *Operation Change*. Panel presentation at Appalachian Research Day, Hazard, KY.
4. Baker, M., Gilbert, P., Shepherd, D., Smith, E., & Gilliam, K. (2019, September). *Health disparities in hard to reach populations: A community health worker perspective*. Panel presentation at Appalachian Research Day, Hazard, KY.
5. Garza, L. (2019, March). *Rural data: Lucky charms to grant gold*. Presentation at the Rural Health Grant Writing Workshop, Hopkinsville, KY.
6. Feltner, F. (2019, March). *Rural women, depression and community health workers role*. Presentation at the Appalachian Studies Association 42nd Annual Conference, Asheville, NC.
7. Slone, M., Bowling, B., Back, K., & Donnan, R. (2019, March). *A community approach to the wellbeing and resilience of Appalachian youth during an opioid crisis*. Presentation at the Appalachian Studies Association 42nd Annual Conference, Asheville, NC.
8. Bowling, B. (2019, March). *Healthalachia*. Presentation at the Appalachian Studies Association 42nd Annual Conference, Asheville, NC.

# Presentations

## State

1. Slone, M. & Bowling, B. (2019, November). *Building capacity for community-based participatory research (CBPR): Successful strategies from one rural area*. Presentation at the Kentucky Rural Health Association 21st Annual Conference, Bowling Green, KY.
2. Slone, M. (2019, November). *Connecting research to policy*. Presentation at the Kentucky Rural Health Association 21st Annual Conference, Bowling Green, KY.
3. Scott, E. (2019, November). *Successful approaches to community collaboration*. Panel presentation at the Kentucky Rural Health Association 21st Annual Conference, Bowling Green, KY.
4. Feltner, F. (2019, November). *Journey to Appalachia, come sit on the porch*. Presentation at the Kentucky Department of Public Health's Maternal and Child Health Conference, Lexington, KY.
5. Carper, M., Frazee, S., Felts, C., & James, K. (2019, September). *Tiered evaluation codes*. Presentation at the Kentucky Physical Therapy Association Conference, Lexington, KY.
6. Frazier, C. & Hudson, K. (2019, September). *Community health workers and mental health: Wellness recovery action plan model*. Presentation at the Kentucky Association of Community Health Workers 4th Annual Conference, Lexington, KY.
7. Smith, E. & Prater, S. (2019, September). *Diabetes management and CHWs*. Presentation at the Kentucky Association of Community Health Workers 4th Annual Conference, Lexington, KY.
8. Combs, K. (2019, September). *2019 Flex Review*. Presentation (forum call) at the CAH and Small Rural Forum.
9. Feltner, F., Baker, M., & Kirk, M. (2019, April). *Community collaborations: Addressing social determinants of health*. Presentation at the Kentucky Public Health Association 71st Annual Conference, Covington, KY.
10. Scott, E. (2019, April). *Successful approaches to community collaboration*. Panel presentation at the Kentucky Public Health Association 71st Annual Conference, Covington, KY.
11. Noble, W. (2019, March). *Recruitment in research: An Appalachian perspective*. Presentation for a Center for Clinical and Translational Science talk, Lexington, KY.
12. Carper, M. (2019). *Case study: The athlete and addiction*. Presentation at the Kentucky Physical Therapy Association 2019 Insurers Forum, Louisville, KY.



# Presentations

## National

1. Hudson, K. (2019, November). *Operation Change comes to rural Appalachia, rural health in America: Communities in crisis*. Presentation at the Movement is Life Caucus, National Harbor, MD.
2. Hudson, K. (2019, November). *Operation Change comes to rural Appalachia*, Poster presentation at the Movement is Life Caucus, National Harbor, MD.
3. Giger, J., Barnhart, S., Slone, M., Feltner, F., Newland, L., & Lawler, M. (2019, November). *Testing the validity of the eHealth Literacy Scale for school-based Appalachian youth*. Poster presentation at the American Public Health Association Annual Meeting, Philadelphia, PA.
4. Jinright, H., Williams, C., Kassoff, N., & Hazle, C. (2019, October). *Spurling's Test: Inconsistencies in clinical practice*. Presentation at the American Academy of Orthopaedic Manual Physical Therapists Annual Conference (Platform), Orlando, FL.
5. Hazle, C. & Boyles, B. (2019, October). *Do you trust your hands or the images?* Presentation at the American Academy of Orthopaedic Manual Physical Therapists Annual Conference, Orlando, FL.
6. Feltner, F. (2019, September). *Journey to Rural Appalachia*. Presentation for the CDC Nurses Work Group (CNWG) Seminar Series, Atlanta, GA.
7. Noble, W. (2019, September). *A patient-centered outcome research approach to prevention*. Presentation at the Patient-Centered Outcome Research Institutes (PCORI) annual meeting, Washington, DC.
8. Feltner, F., Slone, M., & Bowling, B. (2019, July). *Building capacity for community-based participatory research (CBPR): Successful strategies*. Presentation at the 44th Annual National Institute on Social Work and Human Services in Rural Areas National Rural Social Work Caucus, Paducah, KY.
9. Feltner, F., Slone, M., & Bowling, B. (2019, July). *Healthalachia: Rural Appalachian youth creating solutions for our future*. Presentation at the 44th Annual National Institute on Social Work and Human Services in Rural Areas National Rural Social Work Caucus, Paducah, KY.
10. Combs, K. (2019, July). *Kentucky's critical access substance abuse project*. Presentation at the Flex Reverse Site Visit, Washington, DC.
11. Scott, E. (2019, May). *Building bridges to improve health with state and federal collaboration*. Panel presentation at the National Rural Health Association 42nd Annual Rural Health Conference, Atlanta, GA.
12. Bowling, B. & Slone, M. (2019, May). *Creating a culture of health in Appalachia*. Presentation at the National Rural Health Association 42nd Annual Rural Health Conference, Atlanta, GA.
13. Feltner, F., Slone, M., & Bowling, B. (2019, May). *Healthalachia: Rural Appalachian youth creating solutions for our future*. Poster presentation at the National Rural Health Association 42nd Annual Rural Health Conference, Atlanta, GA.
14. Feltner, F., Baker, M., & Kentucky Homeplace CHWs. (2019, May). *Opening doors for health disparities research in Appalachia*. Poster presentation at the National Rural Health Association 42nd Annual Rural Health Conference, Atlanta, GA.

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# Presentations

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## National

15. Feltner, F. & Baker, M. (2019, May). *Nurse led community health worker lay leader model*. Poster presentation at the National Rural Health Association 42nd Annual Rural Health Conference, Atlanta, GA.
16. Feltner, F., Slone, M., & Bowling, B. (2019, May). *Healthalachia: Rural Appalachian youth creating solutions*. Presentation at the National Rural Health Association Rural Health Equity Conference, Atlanta, GA.
17. Feltner, F., & Baker, M. (2019, April). *Opening doors for health disparities research in Appalachia*. Presentation at the Unity Conference, Las Vegas, NV.
18. Carper, M. (2019, February). *Pain & athletes*. Presentation at the 2019 Coaches, Kids and Chemicals Summit, Cincinnati, OH.

## International

1. Carper, M., Johnson, A., Woltenberg, L., Taylor, S., & Kuperstein, J. (2019, October). *Using a common lens during community mentor experiences to understand health and to enhance interprofessional education*. Presentation at the CAB (Collaborating Across Borders) VII International Conference, Indianapolis, IN.
2. Giger, J., Barnhart, S., Feltner, F., Slone, M., Lawler, M., & Windsor, L. (2019 October). *Predicting subjective well-being in Appalachian children: Lessons learned from a school-based study*. Presentation at the WONCA World Rural Health Conference, Albuquerque, NM.
3. Hudson, K., Bowling, B., Feltner, F., & Gonzalez, R. (2019, October). *Operation Change comes to rural Appalachia*. Poster presentation at the WONCA World Rural Health Conference, Albuquerque, NM.
4. Slone, M. & Feltner, F. (2019, October). *Healthy WAY: Wellness in all youth*. Poster presentation at the WONCA World Rural Health Conference, Albuquerque, NM.
5. Bowling, B., Cardarelli, K., Feltner, F., & Scott, E. (2019, October). *Community Leadership Institute of Kentucky*. Poster presentation at the WONCA World Rural Health Conference, Albuquerque, NM.
6. Feltner, F., Slone, M., & Bowling, B. (2019 October). *Appalachian Research Day, come sit on the porch*. Poster presentation at the WONCA World Rural Health Conference, Albuquerque, NM.
7. Feltner, F. & Baker, M. (2019, October). *Ensuring children have needed health coverage in rural Appalachia Kentucky*. Presentation at the WONCA World Rural Health Conference, Albuquerque, NM.
8. Weeber, J., Slone, M., Douthitt, K., Atkins, R., Elder, W., Hughes, J., Fletcher-Jones, C., Piercy, J., Taylor, W., Marshall, K., Feltner, F., Sacks, D., & Thompson, S. (2019, April). *Resident education through participation in a diabetes clinic*. Poster presentation at the Society of Teachers of Family Medicine Annual Spring Conference, Toronto, Canada.

# Publications

- Moser, D., Chung, M. L., Feltner, F., Lennie, T. A., & Biddle, M. J. (2019). Reduction of cardiovascular disease risk factors in rural, medically under-served, socioeconomically distressed, high-risk individuals: A randomized controlled trial. *European Heart Journal*, Volume 40, Issue Supplement\_1. doi:10.1093/eurheartj/ehz748.0001
- Moser, D., Feltner, F., Biddle, M., Chung, M., Rayens, M., Mudd-Martin, G., Ashford, K., Hatcher, J., Hardin-Fanning, F., Bailey, A., & Lennie, T. (2019). *Does a program that focuses on lifestyle changes reduce heart disease risk factors in a rural community in Appalachian Kentucky?* Patient Centered Outcomes Research Institute (PCORI). doi:10.25302/4.2019.CER.850
- Thompson, S., Slone, M., & Feltner, F. (2019). 2018 Kentucky dental workforce update. *University of Kentucky Center of Excellence in Rural Health Workforce Report*.
- Powell, W., Jacobs, J. A., Noble, W., Bush, M. L., & Snell-Rood, C. (2019). Rural adult perspectives on impact of hearing loss and barriers to care. *Journal of Community Health*, 44(4), 668-674. doi:10.1007/s10900-019-00656-3
- Tuttle, N. & Hazle, C. (2019). An empirical, pragmatic approach applying reflection in interaction to manual therapy treatments. *Physiotherapy Theory and Practice*. doi: 10.1080/09593985.2019.1650405
- Dale, P. C., Thomas, J. C., & Hazle, C. R. (2019). Physical therapist clinical reasoning and classification inconsistencies in headache disorders: A United States survey. *Journal of Manual & Manipulative Therapy*. doi:10.1080/10669817.2019.1645414
- Zhang, R., Liu, Y., Chen, Y., Li, Q., Marshall, C., Wu, T., Hu, G., & Xiao, M. (2019). Aquaporin 4 deletion exacerbates brain impairments in a mouse model of chronic sleep disruption. *CNS Neuroscience & Therapeutics*. doi: 10.1111/cns.13194
- Sutton, K. M., Kitzman, P. H., Hunter, E. G., Hudson, K., Wallace, C., Sylvia, V., & Brock, J. (2019). Engaging individuals with neurological conditions and caregivers in rural communities in a health research team. *Progress in Community Health Partnerships: Research Education, and Action*, 13(2), 129-139. doi:10.1353/cpr.2019.0027
- Lee, K. S., Feltner, F. J., Bailey, A. L., Lennie, T. A., Chung, M. L., Smalls, B. L., Schuman, D. L., & Moser, D. K. (2019). The relationship between psychological states and health perception in individuals at risk for cardiovascular disease. *Psychology Research and Behavior Management*, 2019(12), 317-324. doi:10.2147/PRBM.S198280
- Snell-Rood, C., Jenkins, R., Hudson, K., Frazier, C., Noble, W., & Feltner, F. (2019). Building interventions when distress is under debate: A case study from Appalachia. *Transcultural Psychiatry*. doi:10.1177/1363461519833580
- Unrine, J. M., Slone, S. A., Sanderson, W., Johnson, N., Durbin, E. B., Shrestha, S., Hahn, E. J., Feltner, F., Huang, B., Christian, W. J., Mellon, I., Orren, D. K., & Arnold, S. M. (2019). A case-control study of trace-element status and lung cancer in Appalachian Kentucky. *PLOS ONE*. doi:10.1371/journal.pone.0212340

# Media

## UK CERH PROGRAMS NEWS

### Kentucky Office of Rural Health

[Kentucky Office of Rural Health awarded grant to combat sudden cardiac arrest survival rates in rural counties](#)

Michael McGill - UKNow

### Kentucky Homeplace

[Kentucky Homeplace celebrates 25 years of helping the commonwealth access needed care](#)

Kristi Willett - UKNow

[Kentucky Homeplace celebrates 25 years of service](#)

News Staff - WYMT

[Kentucky Homeplace, WellCare partner to remove barriers to healthcare, reduce emergency room use and diabetes complications](#)

Beth Bowling - UKNow

[Medical partnership study shows drop in ER trips, healthcare costs](#)

Emily Bennett - WYMT

[UK program saves sick Kentucky residents thousands in hospital bills. Here's how.](#)

Alex Acquisto - Lexington Herald-Leader

[WellCare, Kentucky, Homeplace partnership reduces emergency room use](#)

Emily Sokol - Health Payer Intelligence

[WellCare and Kentucky Homeplace partner to remove barriers to healthcare](#)

The Lane Report

[Community health workers fill gaps in rural healthcare](#)

Emily Sokol - Health Payer Intelligence





# Media

## RESEARCH NEWS

### Appalachia Research Day

[Health outcomes changing in Appalachia, now mindset change needed too](#)

Will Puckett - *WYMT*

[New Kentucky public health commissioner to speak at Appalachian Research Day](#)

Beth Bowling - *UKNow*



## COMMUNITY ENGAGEMENT / SERVICE NEWS

### Community Leadership of Appalachian Kentucky

[CLIK participant's report on eastern Kentucky water affordability crisis receives national attention](#)

Maanasa Manchikanti - *UKNow*

### Project CARAT

[UK physical therapy students collect medical equipment to refurbish](#)

Lauren McCoart - *WYMT*

### Stroke Survivor and Caregiver Stroke Support Group

[Anyone can have one: Bringing awareness to 'World Stroke Day'](#)

Lacey Roberts - *WYMT*

### Operation Change

[Movement is Life: Operation Change comes to Perry County](#)

Lauren McCoart - *WYMT*

### Other News

[UK Center of Excellence in Rural Health Program offers free community health worker tuition and training for students](#)

Beth Bowling - *UKNow*

[New grant to allow local students to receive free health worker certification](#)

Madison Pergrem - *WYMT*

[Opioids and App Development: These KY High Schoolers Are Taking on an Epidemic, 100 Days in Appalachia](#)

Taylor Sisk - *100 Days in Appalachia*

# Awards and Honors

## Dr. Fran Feltner

### Perry County Woman of the Year

April 2019

Dr. Feltner was honored for her outstanding leadership and service to the Perry County community at the Hazard Perry County Civic Night.

Awarded by the Hazard-Perry County Chamber of Commerce



### Fred and Marcielle de Beer Award

May 2019

Recognized for outstanding achievements in research, education, and/or clinical care involving obesity, diabetes, or related conditions

Awarded by the Barnstable Brown Diabetes and Obesity Research Center

## Dr. Chuck Hazle

### Great Teacher Award

February 2019

The Great Teacher Award started in 1961 and is the longest-running University of Kentucky award recognizing teaching. In order to receive the award, educators must first be nominated by a student.

Awarded by the University of Kentucky Alumni Association



# Awards and Honors

## Janet Kegley

### Outstanding CHW Award

September 2019

This award honors an individual who has made outstanding contributions in the community health worker profession in Kentucky. Awardees are current or former community health workers.

Awarded by the Kentucky Association of Community Health Workers



## Angela McGuire

### 1st Certified Community Health Worker

October 2019

Certification obtained by meeting core competencies through education and experience.

Awarded by the Kentucky Department for Public Health

## Angie Phipps

### Ken Freedman Outstanding New Advisor Award

May 2019

The University of Kentucky Advising Network hosted the Ken Freedman Day of Recognition, with a luncheon sponsored by Student and Academic Life, honoring advisors for their work during the previous academic semester. The award is given to one full-time professional advisor and one faculty advisor for outstanding service each year.

Awarded by the University of Kentucky Advising Network



**EMPLOYEE  
APPRECIATION DAY**



# Employee Appreciation Day

August 9, 2019 was a day of celebration and togetherness for our annual Employee Appreciation Day. The UK CERH and UK North Fork Valley Community Health Center came together to commemorate and appreciate the hard work put forth daily. Many service awards for years of dedication were handed out with heartfelt sincerity. A carnival theme was the inspiration for our delicious meal provided by Miller's Bakery & Catering service. Employees got to experience the pleasant nostalgic feeling to relive childhood memories and fun times, with a chance to make cotton candy and snow cones. The day would not be complete without the appearance of "Key the Clown" who fascinated employees with his juggling abilities.

A special thanks to Wayne Noble and Tiffany Miller for all the hard work and pre-planning that made this day memorable.



**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:

- Primary care
- Dental (Fixed and Mobile)
- Psychological services
- Nutritional counseling
- Pharmacy
- 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:

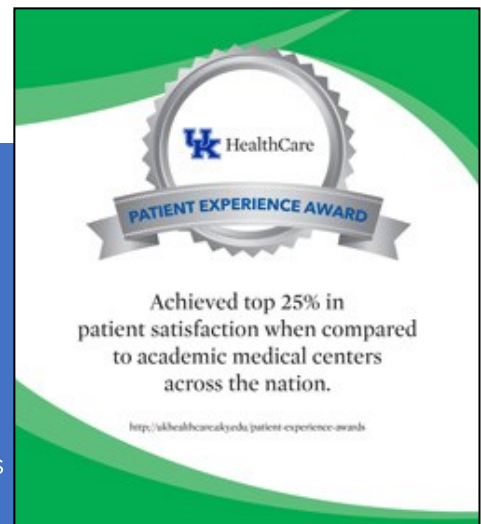
- Primary care
- Behavior health
- Dietitian services
- Discount pharmacy program
- Lab services with next day results
- X-Ray



## Patient Experience Award

*November 2019—Awarded to UK North Fork Valley Community Health Center and UK June Buchanan Medical Clinic*

The Patient Experience Award banner is awarded by UK HealthCare at the end of each quarter to departments or clinics that score in the top 25 percent or 5 percent in patient satisfaction when compared to academic medical centers across the nation.







# ACADEMICS

- Academic Programs
- Rural Health Ambassadors
- Student Awards
- Student Events

 Center of Excellence  
in Rural Health



# **ACADEMIC PROGRAMS**

# Academic Programs

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

# Faculty / Staff Directory

## UK College of Health Sciences

<b>Physical Therapy</b>	<b>Faculty</b>	<b>Student Affairs</b>	<b>Admin. Support</b>
	Ramona Carper	Angie Phipps	Yasman Olinger
	Chuck Hazle		
	Charles Marshall		
<b>Medical Laboratory Science</b>	<b>Associate Director</b>		
	Bianna Music		

## UK College of Social Work

<b>Social Work</b>	<b>Faculty</b>	<b>Coordinator</b>	<b>Recruiter</b>
	Melissa Slone	Jessica Williamson	Dana Hays

## UK College of Medicine

<b>East Kentucky Family Medical Residency</b>	<b>Faculty</b>	<b>Coordinators</b>
	Robert Atkins	Heather Pennington
	Key Douthitt	Sandra Gayhart
	Wanda Taylor	
	Crystal Fletcher-Jones	
	Jonathan Piercy	
	Juanita Fraan Hughes	

# 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

**4** Admitted in 2019

**16** Total Enrolled

**12** Graduated in 2019

**54** Total Graduates



### Expected Job Growth

Employment of medical laboratory technologists and technicians is projected to grow 11 percent from 2018 to 2028, much 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 CERH has given me the ability to attain an education that I normally would not have access to that will allow me to help revolutionize health care in rural areas. The encouragement and open doors of the staff inspired me to keep pushing toward my goals no matter the circumstance. Because of the CERH, I am reaching my dreams and dreaming bigger. I am a beacon of hope for students behind me. I am UK."

- Meagan Willis Estes, MLS Class of 2019



# College of Health Sciences

## Doctor of Physical Therapy

According to the American Physical Therapy Association website ([www.apta.org](http://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 2019

**53** Total Enrolled

**16** Graduated in 2019

**193** Total Graduates



"I wish there were enough words to describe the positive impact that the UKDPT program at the Hazard Campus has had on me. I've never been in an environment that fosters learning as much as this one. The professors are ALWAYS available and are here until 9pm sometimes just to make sure we fully grasp the content and truly follow the open-door policy. They've provided support emotionally, academically, and socially and are with us through every step of life while we are here as students and I'm sure they still will be once we graduate. I am a little further from home than I would like to be, but the professors, faculty, and my classmates provide an environment that makes me feel at home with people who truly care about me and my well-being. Having a small class size of 18 has also made this learning experience even richer. I never fear not having a study partner or a shoulder to cry on because we really are here for each other through ever up and down that we can experience while in a doctorate program."

- Kristen Fryman , DPT Class of 2021

### Expected Job Growth

The Bureau of Labor Statistics (BLS) projects employment of physical therapists to grow 22 percent from 2018 to 2028, 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. ([Bureau of Labor Statistics, Occupational Outlook Handbook](#))

### Student Impact in the Community

DPT students volunteered and participated in:

- Remote Access Medical (RAM) event in Hazard, KY
- Kentucky Special Olympics
- Kids Day wheelchair games
- Cards for a Cause San Antonio Project
- For Pete's Sake organ donor campaign
- Project CARAT durable equipment drive

# 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

**2** Admitted in 2019

**36** Total Enrolled

**11** Graduated in 2019

**37** Total Graduates



"I feel like before I entered the BASW program, I knew my heart, but I did not realize the impact I could have when I acted on what my heart told me. This program forced me to look inside myself and to face any bias that I held, and it helped me learn to love some hard to love populations. The UK BASW program also gave me the tools I needed to empower others to make a difference in their own lives. I know that I can't save the world, but if I can make a difference in the life of one person, that could change their world."

- Donna Kirby, BASW Class of 2019

### Student Impact in the Community

- Over 3,000 hours in various agencies throughout eastern Kentucky in 2019.
- Students conducted a fundraiser, collecting blankets, personal care items, etc., for local children in foster care.

# 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. The program's aim is to equip MSW graduates for the tasks and responsibilities they will encounter in professional Social Work practice.

MSW  
Students

**12** Admitted in 2019

**29** Total Enrolled

**11** Graduated in 2019

**246** Total Graduates



### Student Impact in the Community

- 4,500 community service hours in various agencies throughout eastern Kentucky in 2019.

"Thank you for the opportunity to be a part of this wonderful program as an MSW student at UK. I cannot emphasize enough how well this program has prepared me in my day to day job and for my future career. As I've said before I have great ambitions in the field of clinical social work and beyond and although tough, this program prepared me well and helped turn me into a well-rounded social worker. I cannot thank you guys enough for all you've done for me and all I've been able to learn through the program."

- Jonnie Jackson, 2019 Graduate

## Expected Job Growth

Overall employment of social workers is projected to grow 11 percent from 2018 to 2028. Increased demand for healthcare and social services will drive demand for social workers, but growth will vary by specialization. From 2018 to 2028, employment of child, family, and school social workers is projected to grow 7 percent; employment of healthcare social workers is projected to grow 17 percent; and employment of mental health and substance abuse social workers is projected to grow 18 percent. ([Bureau of Labor Statistics, Occupational Outlook Handbook](#))



# 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 2019

**12** Total Enrolled

**4** Graduated in 2019

**92** Total Graduates



"The UK Hazard Family Medicine Residency has allowed me to continue my medical education in my hometown and serve patients in Eastern Kentucky. During my three years as a resident physician, I have had a diverse medical education with an emphasis on treating many individuals who may have lacked access to medical services in the past. Thanks to my experience as a resident here, I feel confident as I graduate I will be able to continue to serve the people of Appalachia as both a hospitalist and outpatient family medicine physician."

Scott Varney, D.O.  
PGY-3 resident



# **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.

RHAs 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 (e.g. civic, educational, community committees) 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.

## 2019 Rural Health Ambassadors

**UK Medical Laboratory Science**  
**Mackenzie Bowling**

**UK Doctor of Physical Therapy**  
**Danielle Hall**

**UK College of Social Work**  
**Krystal May**



# **STUDENT AWARDS**

# Student Awards

## Physical Therapy



### DPT Outstanding Student Award

Erin Marshall



### Kentucky Special Olympics 2019 Highest Attendance

DPT Class of 2021  
(UK CERH Campus)



### DPT Student Excellence in Rural Health Award

Taylor Atkinson



### DPT Graduation Research Award

Lauren Cornwell, Haley Doyle, Megan Stohner  
(Work-Related MSK Disorders in PTs Attributable to Manual Therapy)



# Student Awards

## Medical Laboratory Science

### Medical Laboratory Science Faculty Award

Cory Osborne

### Medical Laboratory Science Community Service Award

Meagan Willis Estes



## Social Work



### Bachelor of Arts in Social Work Outstanding Southeast Kentucky Student Award

Dana Hays



### Master of Social Work Outstanding Southeast Kentucky Student Award

Karen Combs-Clemons

# **STUDENT EVENTS**

# Student Events

## Cards for a Cause

February 14, 2019

On Valentine's Day, UK CERH students made Cards for a Cause, and delivered their handcrafted cards to the Pediatric Unit at Appalachian Regional Healthcare in Hazard, KY.





# Student Events

## Social Work Lobby Day

March 6, 2019

Students, faculty, and staff participated in Social Work Lobby Day in Frankfort, KY, as part of Social Work month.



## UK Medical Laboratory Professionals Week

April 21-27, 2019



# Student Events

## UK CERH Campus Visit

April / May 2019

Students from Big Sandy Community & Technical College (Prestonsburg Campus) and Lawrence County High School visited the UK Center of Excellence in Rural Health to learn more about the academic programs offered in Hazard.



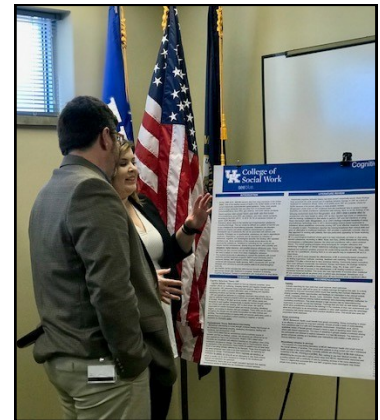


# Student Events

## BASW Poster Presentation

May 2, 2019

UK CERH Bachelor of Arts in Social Work students are assigned a research project related to their practicum. Each year, students present their findings during a poster dissemination session.



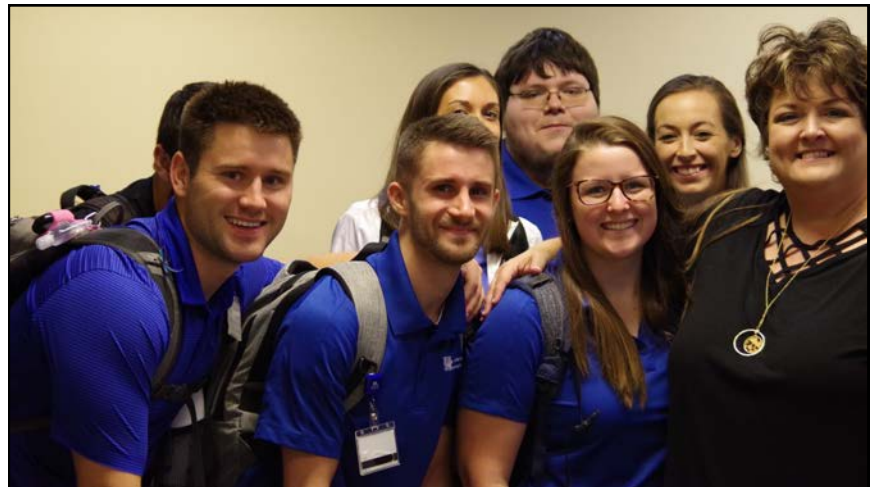


# Student Events

## Day of Belonging

September 4, 2019

UK Hazard Campus students attended the 2nd Annual Day of Belonging social event to learn more about Diversity & Inclusivity and how to participate in a shared vision. Students learned about different resources from the University of Kentucky, UK Center of Excellence in Rural Health, and the Hazard community.



# Student Events

## Irma Sarett Rosenstein Lecture Series

September 26, 2019

UK College of Social Work undergraduate students, faculty, and staff attended the 17th the annual Irma Sarett Rosenstein Lecture Series. This year's keynote lecturer was Hasan Davis. Hasan is a youth advocate and international speaker. In the fall of 2014, he published "Written Off: How One Man's Journey Through Poverty, Disability and Delinquency is Transforming the Juvenile Justice System".



## Find Your Green Dot

October 1, 2019

UK Violence Intervention and Prevention Center provided an informative training session to our College of Health Sciences students. Prevention Education Specialist Amanda Hamilton and Chelsey Reid informed students the meaning of a green dot. A "green dot" symbolizes a single moment in time when you can choose to use your words, choices, and actions to stop or prevent the perpetration of violence.





# Student Events

## Salsa with the Director

October 14, 2019

Students were treated to salsa with UK CERH Director, Dr. Fran Feltner. This was a great opportunity for students to ask Dr. Feltner questions about her career, the Center and hear more about the work of the Center in a personal setting.





# Student Events

I Am First Gen Day

November 8, 2019







# RESEARCH

- **Research Team**
- **Mission and Goals**
- **Center Grants**
- **Center Research and Partnerships**
- **Appalachian Research Day**

# **RESEARCH TEAM**

# Internal Research Team

## Internal Research Team

**Center Director**

Frances Feltner

**Rural Project Manager**

Beth Bowling

**Data Analyst**

Sydney Thompson

**Clinical Research  
Protocol Manager**

Wayne Noble

**Research Inter-Disciplinary  
Director**

Melissa Slone

**Documentation  
Manager**

Peggy Lewis

**Administrative Research  
Assistant Senior**

Keisha Hudson

**Research Assistant Senior**

Ashley Combs

**Administrative  
Support Associate**

Margie Coots





# External Research Committee

## External Research Committee Members



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



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



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



**Key Douthitt, MD**  
Medical Director  
UK NFVCHC



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



**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.

## 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

## 2019 Topic Areas for Grants

National Health Service Corp  
Kentucky Rural Health Journal  
State Loan Repayment  
Small Rural Hospital Programs  
Improving Rural Hospital Services

Critical Access Hospitals  
Chronic Disease Self- Management  
Cancer Bio-markers  
Opioid Use Disorder  
State and Federal Resource Linkage

Health Resources and Services Administration

09/19/19–08/31/24

### **“Medicare Rural Hospital Flexibility Grant Program”**

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

Goals: Encourage and assist the 27 CAHs in the state to report and improve their MBQIP scores, to support financial improvement in CAHs across the state through trainings and technical assistance and to work towards integrating rural EMS into local systems of care.

Health Resources and Services Administration

06/01/19–05/31/20

### **“Rural Communities Opioid Response (Planning)”**

(PI: Feltner, F. & Slone, M.)

Goals: Community partners will collectively pool their resources and develop tools, skills and strategies to aggressively reduce morbidity and mortality associated with OUD in high risk counties within rural target service area, identified by the Centers for Disease Control and Prevention as high risk for HIV and Hepatitis C infections due to injection drug use.

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.

Kentucky Department for Public Health

07/01/18–03/31/20

### **“University of Kentucky NHSC Promotion”**

(PI: Scott, E.)

Goals: Provide 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.

# UK CERH Grants

Comprehensive Health Management, Inc.

12/31/16–06/30/20

## **“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.

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.

Health Resources and Services Administration

06/01/16–05/31/23

## **“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

09/01/14–08/31/20

## **“Rural Hospital Flexibility Program”**

(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.

KY Cabinet for Health and Family Services

07/01/14–03/31/20

## **“Kentucky Rural Health Journal”**

(PI: Feltner, F.)

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

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.

**CENTER RESEARCH  
AND PARTNERSHIPS**

# Research Partnerships

## 2019 Research Partnership Topic Areas

Rural Health Issues

Public Health Improvements

Cancer Disparities

Heart Disease and Caregivers

E-cigarettes and Births

Diabetes

Health Insurance

Youth Resilience

School-Based Intervention

Environmental Concerns

Opioid Use Disorder

University of Louisville

11/11/19–12/06/19

### **“Kentucky E-DETECT Cohort for Cancer Outcomes”**

(PI: Feltner, F. & Noble, W.)

Goals: Provide preliminary data for feasibility of participant recruitment and data collection, including a health history interview and blood sample, for a proposal to NIH/NCI for the formation of a state-wide cohort study for risk factors and early detection biomarkers of cancer in Kentucky.

Substance Abuse & Mental Health Services Administration

09/30/19–09/29/21

### **“Promoting Substance Use Prevention and Recovery Training and Education through Extension in Rural Kentucky”**

(PI: Davis, A.) (CI: Scott, E.)

Goals: This project reflects a multi-faceted approach to preventing and reducing opioid misuse via research-based public education, implementation of evidence-based prevention programming, and the provision of recovery support services as well as a novel arts-expression program to support at-risk individuals.

Health Resources and Services Administration

09/01/19–08/31/22

### **“National Rural Health Economic Analysis”**

(PI: Davis, A.) (CI: Scott, E.)

Goals: The purpose of Center for Economic Analysis for Rural Health (CEARH) is to increase public and stakeholder awareness of the economic impacts of rural health care sectors on rural, state and national economies, as well as the relationship between community economic development and the health outcomes of rural residents.



# Research Partnerships

National Institute of Food and Agriculture/USDA

05/15/19–05/14/22

## **“The Importance of Access to Health for Rural Economic Development”**

(PI: Davis, A.) (CI: Scott, E.)

Goals: The long-term goal of this integrated project is to improve the understanding of the role of healthcare and a healthy workforce as determinants of local economic development in rural communities.

Health Resources and Services Administration

07/01/18–06/30/22

## **“Nurse, Education, Practice, Quality and Retention - Registered Nurses in Primary Care”**

(PI: Lock, S.) (CI: Feltner, F.)

Goals: The major goals of this project are to recruit and train undergraduate nursing students and current registered nurses (RNs) to practice to the full extent of their license in community based primary care teams and to increase access to care and address the health care needs of patients in rural and underserved communities with an emphasis on chronic disease prevention and control, including mental health and substance use conditions.

National Institute of Diabetes and Digestive and Kidney Diseases

08/01/17–07/31/22

## **“Community to Clinic Navigation to Improve Diabetes Outcomes”**

(PI: Schoenberg, N.) (CI: Feltner, F.)

Goals: Reduce adverse outcomes from Type 2 Diabetes Mellitus by combining an evidence-based intervention to improve diabetes self-management with individually-tailored patient navigation to improve appropriate clinical care.

Centers for Medicare and Medicaid Services

05/01/17–04/30/22

## **“Accountable Health Communities Track 3 Alignment - Kentucky Consortium for Accountable Health Communities”**

(PI: Williams, M.) (CI: Feltner, F.)

Goals: The goal of this project is to determine whether providing a combination of tailored community service referrals and patient navigation services assistance, as well as clinical partner alignment at the community level, will yield improvement in patient outcomes, health care utilization and costs for vulnerable populations in economically depressed and medically underserved geographic areas across the Commonwealth of Kentucky.

# Research Partnerships

National Institute of Environmental Health Sciences

05/01/17–03/31/22

## **“UK Center for Appalachian Research in Environmental Sciences”**

(PI: Hahn, E.) (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. & 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 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 on Drug Abuse

09/15/15–07/31/20

## **“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.

National Institute of Mental Health

03/01/15–02/28/19

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

(PI: Studts, C.) (CI: Feltner, F.)

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.

# Research Partnerships

## Center for Clinical and Translational Science (CCTS)

### Community Engagement and Research Core

The Community Engagement and Research Core connects community, clinical, and academic partners in community-engaged research to address priority health needs and improve health outcomes in Kentucky and Appalachia.

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

Services from the Community Engagement and Research Core include:

- Study coordination support from either or both of the two CCTS Rural Research Hubs (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 and the Western States Consortium.



# 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

### 2019 Projects

2018–10/2020

#### **“Journey of Hope in Appalachian Youth”**

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

05/08/19–05/08/20

#### **“Implementation of a Transvaginal Ultrasound Surveillance Program in Women with a History of Previous Preterm Birth: Disseminating Evidenced Based Practices for Reducing Preterm Birth in Appalachian Kentucky.”**

(PI: Chavan, N.) (CERH Research Assistant)



**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.

**Appalachian Research Day**  
**September 18, 2019**  
**Hazard Community and Technical College**

**156**  
**Attendees**

## **KEYNOTE: Vaping and Tobacco in Kentucky**

Angela Dearing, MD, Commissioner  
Kentucky Department of Public Health

## **Understanding and Improving Health: Lessons from Kentucky and America's Poorest State**

Randy Wykoff, MD, MPH, TM, Dean, College of Public Health  
East Tennessee State University

## **Health Disparities in Hard to Reach Populations: A Community Health Worker Perspective**

Mace Baker, RN, Director, Kentucky Homeplace  
Kentucky Homeplace Community Health Workers

## **A Regional Approach to Improving Health Outcomes in the Kentucky River Area Development District**

Scott Lockard, MSW, CSW, Director  
Kentucky River District Health Department

## **Leveraging Strengths and Assets to Improve Health and Well-Being in Appalachia**

Mike Meit, MA, MPH, Co-Director  
NORC Walsh Center for Rural Health Analysis

## **Operation Change Panel**

(Moderator) Keisha Hudson, Research Assistant, UK Center of Excellence in Rural Health  
Operation Change Participants



# Appalachian Research Day

## 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.

### First Place (Two-Way Tie)

**Craig Wilmhoff**, Perry County Central High School, "High School Students as Youth Citizen Scientists: Air and Soil Radon Values in Rural Appalachian Households"



**Hannah Bowling**, University of Kentucky, "Identifying Facilitators and Barriers of Physical Activity in a Rural Trail Town"



### Second Place (Three-Way Tie)

- **Ming-Yuan Chih**, Department of Health and Clinical Sciences, College of Health Sciences, University of Kentucky, "The Access of Bone Marrow Transplant Patients in Kentucky"
- **David Matthews**, Kentucky River Area Development District, "Health Impact Assessment of the Elkhorn Lake Improvement Project"
- **Robert Atkins**, Eastern Kentucky Family Medicine Residency, University of Kentucky, "Preventative AAA Screening in a Federally Qualified Health Center in Appalachia Kentucky"

### Third Place (Three-Way Tie)

- **Jamie Sturgill**, Pulmonary Critical Care, University of Kentucky, "The BREATH Study: Using Breath Biomarkers to Understand Environmental Contributions to Asthma in the Appalachian Region of Kentucky"
- **Key Douthitt**, UK North Fork Valley Community Health Center, "Addressing Barriers to Improve Cervical Cancer Screening in a Rural Kentucky Clinic"
- **Kaitlin Vollet Martin**, University of Kentucky, "Mn Exposure and IQ Scores Among School-Aged Children Living in Appalachian Ohio"

# Appalachian Research Day

## Other posters presentations

- Beverly May, University of Kentucky College of Public Health, "A Strategy for Engaging a Difficult to Reach Appalachian Kentucky Population: The Mountain Air Project"
- Melissa Frazier, University of Pikeville, "CACCOM Health Professional Workforce Study: Semi-Structured Interviews of Health Providers in Rural Central Appalachia"
- Robin C. Vanderpool, Markey Cancer Center, University of Kentucky, "Linking and Amplifying User-Centered Networks through Connected Health (L.A.U.N.C.H.): An Appalachian Kentucky Demonstration Project"
- Elexus Carroll, Kentucky College of Osteopathic Medicine, University of Pikeville, "Frequency of PCP Visits and Colorectal Cancer Screenings in Pike County and the Surrounding Eastern Kentucky Counties"
- Shaini Dickerson-Stewart, WellCare Health Plans, "Community Collaborations to Support Social Resource Organization"
- Kirby P. Mayer, University of Kentucky, "Implementing an ICU Recovery Clinic in Hazard, Kentucky: A Collaborative Initiative to Optimize Delivery of Health Care to Survivors of Critical Illness Living in Rural Appalachian"
- Frances Hardin-Fanning, University of Louisville, "Factors Associated with Consumption of Unsaturated Fats and Fiber in Rural Appalachia"
- Sharon E. Lock, University of Kentucky, "Enhancing the Role of the Primary Care Registered Nurse in Rural Kentucky"
- Niraj R. Chavan, College of Medicine, University of Kentucky, "Preterm Birth Prevention in Appalachian Kentucky: Understanding Barriers and Facilitators Related to Transvaginal Ultrasound Cervical Length Surveillance Among Prenatal Care Providers"
- Nagabhishek Moka, Appalachian Regional Health, "A Case Report of Esthesioneuroblastoma, a Rare Type of Paranasal Sinus Tumor"
- Kathryn Engle, University of Kentucky Appalachian Center & Appalachian Studies Program, "Meals in the Mountains: Examining Longitudinal Changes in Rural/Urban Food Prices"
- Key Douthitt, MD - North Fork Valley Community Health Center, University of Kentucky, "Influenza Vaccination in Pediatrics QI Project: Their Health is in Your Hands"
- Key Douthitt, MD - North Fork Valley Community Health Center, University of Kentucky, "Resident Education through Participation in a Diabetes Clinic"
- Ruedeemars Yubolphan, Sanders-Brown Center on Aging, University of Kentucky, "Bisphenol A: A Trigger of Neurovascular Dysfunction and Cognitive Decline in Alzheimers disease?"



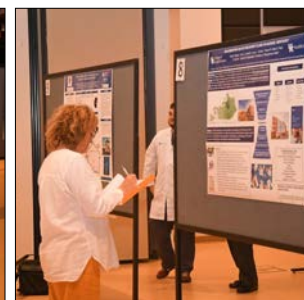
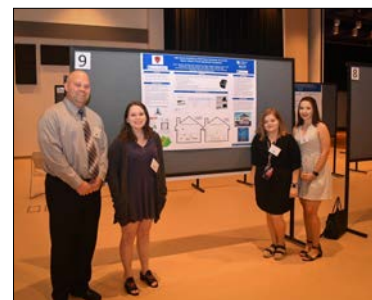
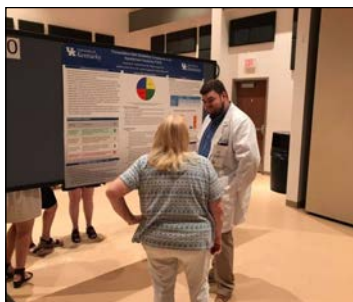
# Appalachian Research Day

## Appalachian Storytelling

Jane Rose Britton, of the Housing Development Alliance and the Hazard High School speech coach, along with Justin Witt, a student at Hazard High School, entertained attendees during lunch with storytelling focused on Appalachian folklore.



## More Conference Highlights







# COMMUNITY ENGAGEMENT and SERVICE

- **Trainings**
- **Boards and Committees**
- **Community Partnerships**
- **Community Events**

# **TRAININGS**

# Trainings

## Trainings Offered by the UK CERH

Training	Number trained 2019
Chronic Disease Self-Management Program (CDSMP) (Master Trainer)	4 trained as lay leaders in CDSMP
Chronic Disease Self-Management Program (CDSMP)  Diabetes Self-Management Program (DSMP)  Walk with Ease (WWE)	81 CDSMP Participants 72 DSMP Participants 28 WWE Participants
Community Health Worker Training	9 CHWs
American Heart Association Basic Life Support	5 individuals 3 instructors



# **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

- Clinical Leadership & Management Advisory Board
- Hazard Community & Technical College's Human Services Advisory Committee
- Imaging Special Interest Group of Orthopaedic Section of APTA
- Kentucky Association of Collegiate Registrars & Admissions Officers
- National Academic Advising Association
- National Association of Advisors for Health Professions
- Ohio Association of Collegiate Registrars & Admissions Officers
- Regional Academic Advising Association NACADA (Mid-South Region 3)
- Tennessee Association of Collegiate Registrars & Admissions Officers
- University of Kentucky College of Health Sciences Advancement Council
- University of Kentucky College of Health Sciences Diversity and Inclusivity Committee
- University of Kentucky College of Nursing Advisory Board for Continuing Education
- Virginia Association of Collegiate Registrars & Admissions Officers
- West Virginia Association of Collegiate Registrars & Admissions Officers

## RESEARCH

- Appalachian Regional Healthcare Internal Review Board
- 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
- UK Center for Appalachian Research Education Community Engagement Core
- 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 Children's Center Board of Directors - Executive Committee
- Carter County Family and Consumer Sciences Extension Advisory Council
- Carter County Interagency
- Community Advisory Board Cancer Focus Group
- Community Health Worker Advisory Workgroup / Curriculum Sub-Committee
- Creating a culture of health in Appalachia
- East Kentucky Workforce Innovation Board
- Elder Maltreatment Council Project Life Saver Scholarship Committee
- Elkhorn Lake Improvement Project (Health Impact Assessment/KRADD)
- Family Consumer Science Advisory Board - UK Extension
- FEMA
- Flex Committee
- Foundation for a Healthy Kentucky Community Advisory Committee
- Foundation for a Healthy Kentucky Diabetes Prevention /Health Equity Workgroups
- Foundation for a Healthy Kentucky Strategic Planning and Evaluation Committee
- FRYSC - LGR Advisory Council
- FRYSC Resource Committee
- HANDS / Tobacco Advisory Council
- Harlan County Health Coalition
- Health Advisory Team
- Kentucky Apprenticeship Council
- Kentucky Association of Community Health Workers
- Kentucky Board of EMS Services Cardiac & Stroke Care
- Kentucky Board of EMS Services Mobile Integrated Health/Community Paramedicine Project Board
- Kentucky Cancer Consortium
- Kentucky Physical Therapy Association, Legislative Committee
- Kentucky River Health Consortium
- Kentucky Rural Health Association Boards and Committees
- Kentucky Society for Healthcare Public Relations & Marketing
- Lawrence County Interagency
- Lawrence County Oral Coalition Board
- LCL Health Alliance Network Director Hiring Committee
- Lexington VA Health Care System Mental Health Council; Lexington VA Health Care System Eliminating Suicide Workgroup
- Martin County Interagency
- MATRC Advisory Board Committee
- MCCC Homeplace Clinic Consumer Advisory Board
- National Organization of State Offices of Rural Health Boards and Committees
- North Fork Valley Community Health Center Board
- Perry County Diabetes Coalition
- Perry County Wellness Coalition Steering Committee
- Telehealth Summit Planning Committee
- The Bridge Advisory Board/Editorial Board
- Unite Coalition
- United Way Board

# **COMMUNITY PARTNERSHIPS**



# Community Partnerships

## Community Leadership Institute of Kentucky

CLIK is a leadership development training program offered by the UK Center of Excellence in Rural Health, the Kentucky Office of Rural Health, and the UK CCTS Community Engagement and Research Program. The Institute is 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...

- 41 CLIK Participants
- 30 Real-World Research Projects Implemented, with Focuses on: Diabetes, cancer prevention, substance misuse, food insecurities, smoking cessation, environment and physical activity
- 28 Appalachian Counties Impacted
- Over 12,000 Adults and Children Impacted
- Over \$100,000 In Additional Funding and In-kind Services/Supplies
- 3 CLIK Graduates Now Employed in Appalachian Research Projects
- 7 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
- 1 CLIK Graduate Now Enrolled in Optometry School
- 1 CLIK Graduate President of the Kentucky Rural Health Association

"Community-based research is really my passion and I believe CLIK helped build on that passion by equipping me with new knowledge and skills that I would have not received at my workplace. I believe that it will impact my ability as well as my organization's ability to continue our work with community-based research."

- 2019 CLIK Graduate

# Community Partnerships

## Community Leadership Institute of Kentucky



2019 Participants	Projects
Ricki Draper Martin County	Building Water Resiliency: Needs Assessment
Cathryn Forester Harlan County	Farm Camp on the Cumberlandds
Danette Fyffe Lawrence County	Push it Lawrence County: Healthy Heart Initiative
Sandra Kay Jones Perry County	Fit and Fabulous Crew
Sarah Olinger Perry County	Mobile Farmers Market
Brandy Slone Letcher County	My Healthy Family
Sherry Spragens Rockcastle County	Summer Health Scholars Opioid Prevention
Brittney Williams Perry County	Lung Cancer Prevention and Smoking Cessation

# 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 2019, KARRN celebrated its 10th annual conference 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).

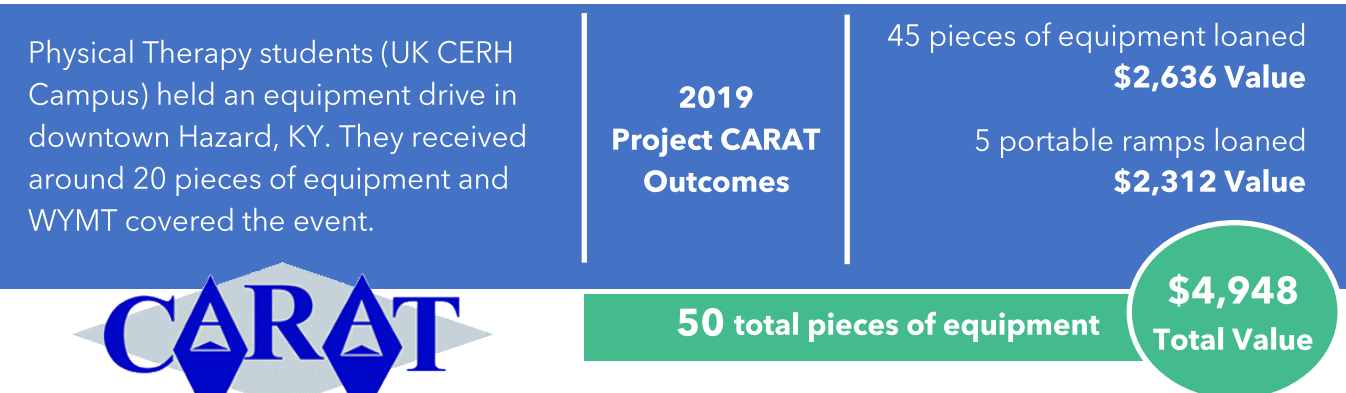
The UK CERH is a long-standing partner of the network. Under the umbrella of KARRN are Project CARAT (Coordinating and Assisting the Reuse of Assistive Technology) and the KAART Center.

## Project CARAT

Project Carat is a community outreach, service learning program that aims to make assistive technology and durable medical equipment more accessible to those who need it in underserved areas of Kentucky. The UK CERH 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).



# Community Partnerships

## 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. The group welcomes individuals from Perry and surrounding counties. It was established in 2015 as part of the Kentucky Care Coordination for Community Transitions pilot 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 2019, the support group succeeded in getting the month of May declared as Stroke Awareness Month again in Perry County and the City of Hazard with Perry County Judge Executive, Scott Alexander, and Hazard Mayor, Happy Mobelini, signing the Stroke Awareness Month proclamation. In addition to Perry County and the City of Hazard, this year the group added proclamations from Buckhorn Mayor Thomas Burns, Knott County Judge Executive Jeff Dobson, and Letcher County Judge Executive Terry Adams. In May 2019, Stroke Awareness Month, the support group educated 601 students.

Throughout 2019, the group was able to educate 179 adults on stroke prevention, signs, and symptoms. The group also hosted a lunch-and-learn at the Center to promote World Stroke Day on October 29. There were 50 people in attendance that received stroke education. Local news station WYMT covered the event.





# Community Partnerships

## Operation Change

Operation Change is a unique 18-week community-based behavioral health program targeting underserved women experiencing obesity, joint pain and limited mobility.

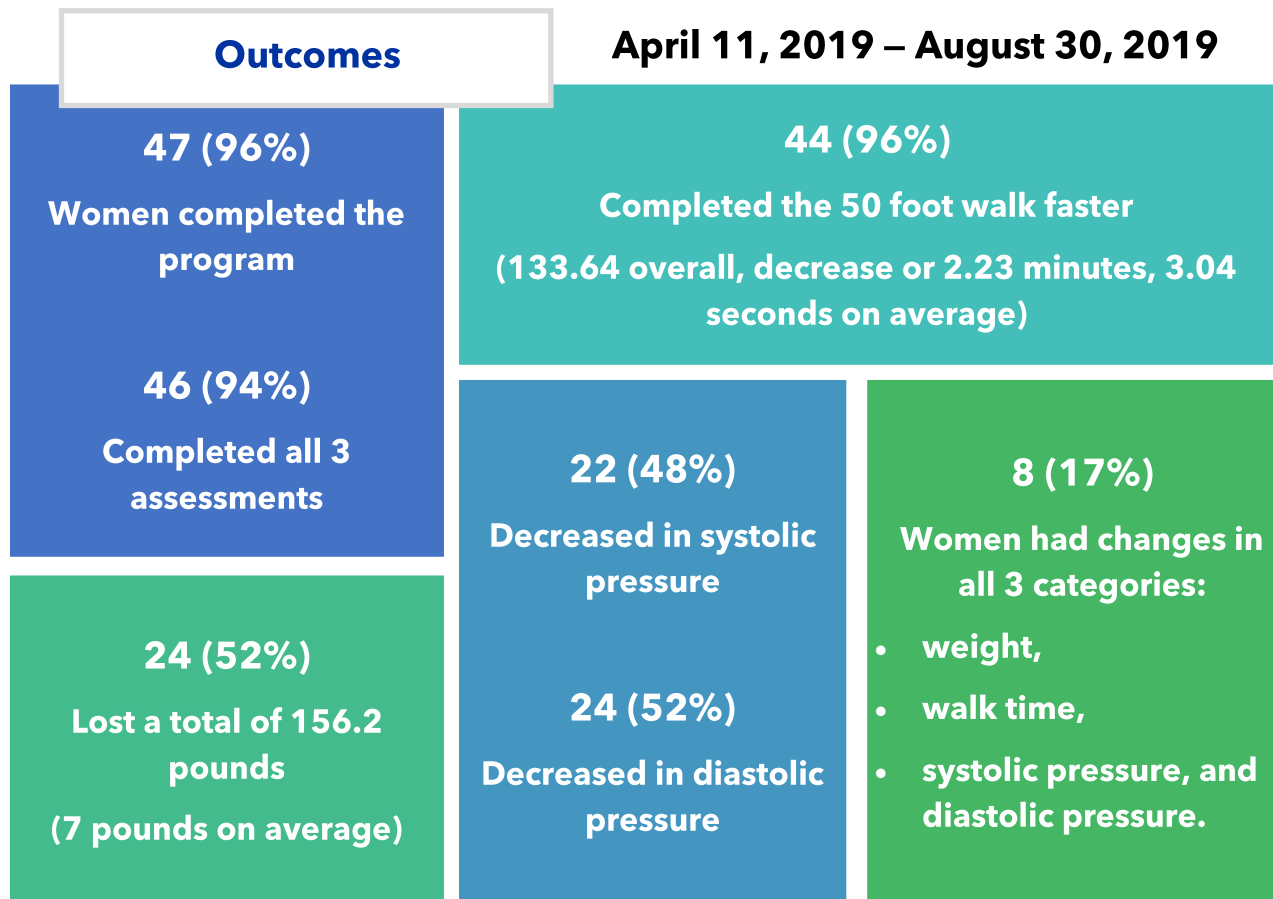
Operation Change provides motivational interview training to women in the local community who help execute the program. The program integrates structured physical activity

with culturally-tailored patient education into each weekly session that concludes with small group discussions led by motivational interviewers who help participants identify and address barriers to positive change.



This was the first Operation Change program implemented in a rural community. The ladies loved it so much they wanted to continue meeting. The UK CERH has agreed to host a monthly meetings with all of the participants.

Operation Change is a joint collaboration between Movement is Life and the University of Kentucky Center of Excellence in Rural Health.



# Community Partnerships

## Operation Change



"Operation Change saved my life and changed my way of living."  
- Program Participant



"Operation Change has been a life changing experience during the worst time of my life."  
- Program Participant



# 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

In June 2019, 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.



# Community Partnerships

## Students Striving Toward Better Health in Self and Community Initiative

United Healthcare (UHC) and the UK Center of Excellence in Rural Health announced a grant to support the first-ever Students Striving Toward Better Health in Self and Community initiative, available to Perry County and Hazard Independent high school students.

Students enrolling in the program will receive tuition-free education and training for the community health worker certification. UK CERH will be the lead in the development, coordination and execution of content and programming with UHC providing expertise and support resources. The community health worker (CHW) curriculum is based on the Kentucky Homeplace training model and is built upon Kentucky Homeplace's 25-years of community health worker experience. Classes will be conducted onsite at Hazard Community and Technical College.

The pilot program presents a unique, first-in-class partnership that demonstrates how private business, higher education and communities are addressing rural health and opportunity in Kentucky together. The grant for \$35,000 will cover costs for 23 students, include a United Healthcare virtual mentor internship and a paid apprenticeship.

**Classes are set to start in January 2020.**





# Community Partnerships

## Diabetes Coalitions

The Center helped community members in Perry, Knott and Leslie counties secure funding through Marshall University. Upon initial award of the funding, the Center staff acted as an advisor for each coalition. The coalitions have now transitioned to community members in each county. Each coalition is made up of a group of concerned community members—professionals, people with diabetes, family members, and others—who raise awareness of diabetes and provide education on diabetes prevention and effective management.



# Community Partnerships

## Kentucky River Health Consortium

The mission of the Consortium is to use our collective expertise and resources to address the health burdens in the Kentucky River counties of Breathitt, Knott, Letcher, Leslie, Lee, Owsley, Perry, and Wolfe. The Center initiated the development of the consortium and continues to take a leading role in moving the group forward. Melissa Slone, UK CERH Research Inter-disciplinary Director, serves as Chair for the consortium.



The motivation is to allow for information sharing and discussions on how to work collectively and offer expertise in identifying local health concerns, barriers and access to some of the region's most prevalent health threats.

Together we are stronger; our resources and talents can be combined to move the healthcare needle in a more positive direction for our Kentucky River counties.

An example of this is when several of our partner agencies/programs applied and received grant funding for: **"The Kentucky River Community United for Restoring Resilience and Empowerment" (KyR-CURRE).**

- Primary goal is for community partners to come together and develop the tools, skills and strategies to aggressively reduce the morbidity and mortality associated with opioid use disorder (OUD).
- Purpose is to support prevention, treatment for and recovery of substance use disorder, including OUD, in KRADD counties.



# Community Partnerships

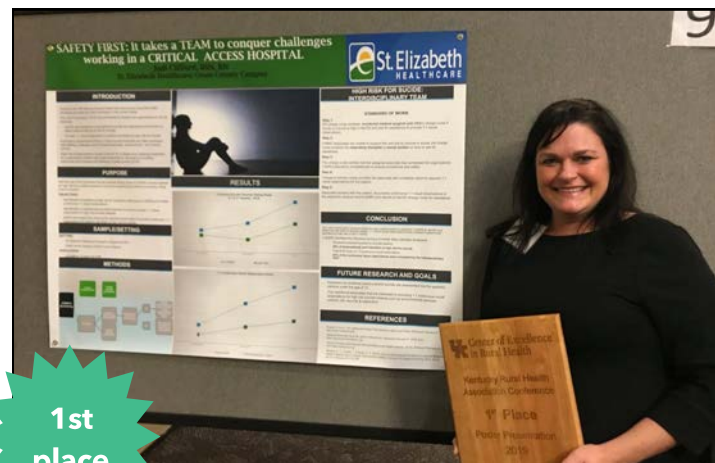
## Kentucky Rural Health Association Conference

For the second year, the UK CERH hosted the poster session at the Kentucky Rural Health Association (KRHA) annual conference held on November 14-15, 2019 in Bowling Green, Kentucky. In addition to sharing their research and outcomes, participants were also required to discuss the potential policy impact of their work. Judges, from various fields and agencies, provided scoring and feedback on the fourteen posters accepted. During lunch, poster winners were announced by Melissa Slone, UK CERH Research Inter-disciplinary Director.

### And the winners are...

#### 1st place

Safety First: Suicide Risk Assessment in the Emergency Department: Collaborative approach to caring for patients with suicidal ideation in a Critical Access Hospital Emergency Department



#### 2nd place

Reliability and Validity of an Assessment of Engagement in Nursing Home Residents During Bingocize®

#### 3rd place

Experiences of social inclusion and exclusion among refugee youths from the African Great Lakes Region: A Constructivist Grounded Theory Study



New this year, the People's Choice Award allowed KRHA attendees to vote for their favorite poster.

**People's Choice Winner:  
Optimizing Opioid Prescribing  
Patterns for Clinicians**



# Community Partnerships

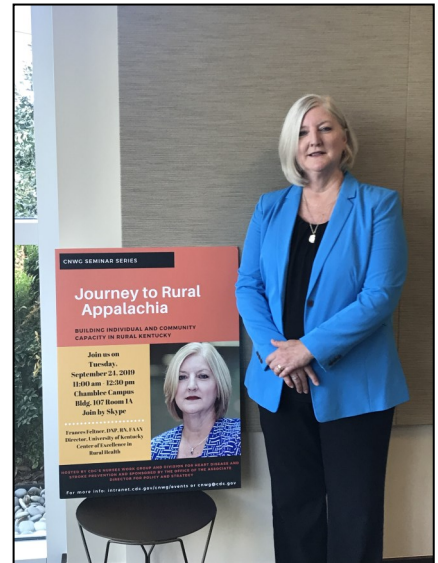
## CNWG Seminar Series

On September 24, 2019, Dr. Fran Feltner was invited to speak during the CDC Nurses Work Group (CNWG) Seminar at the CDC Chamblee Campus in Atlanta, GA. The overall purpose of the seminar series was to highlight how nursing adds value to community and population health. CNEs were provided.

During her presentation, Journey to Rural Appalachia, Dr. Feltner focused on the following topics:

- An overview of rural health disparities and exploring how social determinants of health effect health outcomes and access to care
- Successful models to improve health outcomes and the wellbeing of the people we serve
- How research collaborations and partnerships translate research into practice and policy and the positive impact this has on the health of local communities.

Dr. Feltner's session had the highest attendance for any of the nursing seminars with close to 100 CDC nurses attending in person and via Skype.



“On behalf of the CDC Nurses Work Group (CNWG) Executive Committee, I would like to thank you for serving as a speaker during a CNWG Seminar Series. Your presentation on health disparities in rural Appalachia Kentucky and the innovative health protective models being used to strengthen individual and community capacity was insightful and impressive. It was great to learn that the programs are sustainable and has positively impacted health and wellbeing of Kentuckians. Thank you for the work you and your team are doing and thank you for sharing your knowledge with CNWG.”

Loretta Jackson Brown, PhD, RN, CNN  
President, CDC Nurses Work Group



# **COMMUNITY EVENTS**

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# UK CERH Events

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## **High Reliability in Healthcare Workshop (hosted by KORH)**

*February 28, 2019 @ Berea, KY*

Focus/Theme: Building a high reliability organization

Keynote speakers: Michelle Rathman, Impact! Communications

Major topics covered: Transforming your facility into a high reliability organization

Statewide event - 17 attendees

## **Rural Health Grant Writing Workshop (hosted by KORH)**

*March 14-15, 2019 @ Hopkinsville, KY*

Focus/Theme: Grant Writing Skill Building

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

Major topics covered: Rural Data Sources, Communicating Logic Models, Developing Goals & Objectives, Workplans/Timelines, Successful Evaluation, and Creating a Solid Budget

Statewide event - 31 attendees

## **Kentucky Telehealth Summit (hosted by KORH)**

*May 23, 2019 @ Bowling Green, KY*

Focus/Theme: Telehealth

Keynote speakers: Federal Legal and Regulatory Update Emily Wein, Healthcare lawyer and member of the national Telemedicine and Digital Health Industry Team, Foley & Lardner LLP

Major topics covered: Telehealth reimbursement, KHIE Update, Introduction to MATRC, KY Wired Update, Remote patient monitoring, Guidelines to starting a clinical telehealth service with policy review, Medicare supported telehealth programs, ECHO Projects in KY, Telehealth in primary care, and a behavioral health panel

Statewide event - 273 attendees

## **EMS LINKS (Leaders in Kentucky Summit) (hosted by KORH)**

*May 23, 2019 @ Frankfort, KY*

Focus/Theme: Recruitment and Retention for EMS Leaders

Keynote speakers: Joseph "Jay" Fitch (Fitch & Associates), Todd Stout (Stout Solutions/First Watch), Craig Caudill (Nature Reliance School), Rob Farmer (Nice Public Safety), Tim Farmer (Host of Tim Farmer's Country Kitchen), and Chris Cebollero (Chris Cebollero and Associates)

Major topics covered: Leadership skills necessary to manage day-to-day EMS operations; the latest industry trends; and tools to help organizations operate more efficiently in order to deliver improved quality patient care

Statewide event - 125 attendees



# UK CERH Events



## **Kentucky Rural Health Clinic (RHC) Summit (hosted by KORH)**

*June 7, 2019 @ Richmond, KY*

Focus/Theme: Education and information for RHCs

Keynote speakers: Nathan Baugh, National Association for Rural Health Clinics; Commissioner Carol Steckel, Kentucky Department of Medicaid

Major topics covered: Washington Update, Kentucky Medicaid Update, Compliance & Behavioral Health, PCMH, Coding & Billing for RHCs, Community Engagement, RHC Annual Evaluation, RHC Compliance, ABNs, Motivating Staff for Top Performance, RHC Regulatory & Reimbursement Update

Statewide event - 150 attendees

## **2019 Kentucky Rural & Community Health Documentation, Coding & Billing Bootcamp (hosted by KORH)**

*July 16-17, 2019 @ Versailles, KY*

Focus/Theme: Education and information for RHCs

Keynote speakers: Gary Lucas , ArchPro Coding

Major topics covered: 2 day bootcamp focused on clinical documentation, coding, & billing for Rural Health Clinics (RHC) and Federally Qualified Health Centers (FQHC)

Statewide event - 67 attendees

## **Acclimating to Excellence, An HR Professional's Exploration into Re-Imagining Orientation (hosted by KORH)**

*July 25, 2019 @ Frankfort, KY*

Focus/Theme: Transforming the orientation process of your facility to achieve the best results

Keynote speakers: Michelle Rathman, Impact! Communications

Major topics covered: Transforming the orientation process of your facility to achieve the best results from employees.

Statewide event - 20 attendees

# Community Events

As a service to the community, the UK Center of Excellence in Rural Health is honored to provide the use of our facility for educational and community organizations to host meetings and events.

## ACADEMICS

Day of Belonging  
Southeast KY AHEC /Highlands Regional Medical Center Scrubs Camp  
AHEC Health Career Enrichment Camp  
Lawrence County High School and Bio-Medical Science Class visit  
Big Sandy Community & Technical College visit

## RESEARCH

Barriers to Surgical Colon Cancer Focus Group  
Journey of Hope in Appalachia  
Kentucky Homeplace/WellCare Press Conference  
University of Louisville RURAL CAB Meeting

## COMMUNITY ENGAGEMENT

ACS HPV Summit  
Appalachian Regional Healthcare, Inc. Board of Trustee Meeting  
Care2Hope Training  
CDC Tips Campaign Local Market Media Tour  
Community Leadership Institute of Kentucky  
Diabetes Seminar  
Hindman Settlement School Dyslexia Program  
KAART Center Advisory Council  
Kentucky HEALTH Training for FQHCs and RHCs  
Kentucky Hepatitis Academic Mentorship Program  
Kentucky Homeplace 25 Year Anniversary  
Kentucky River Health Consortium  
Operation Change Program  
Perry County HEAL (Help End Addiction for Life)  
Roundtable Discussion with Director of the White House Drug Control Policy  
Save the Children  
Stroke Support Group  
UK Human Development Institute  
CPR/BLS Class  
UK College of Social Work Professional Development and CE Workshops  
UK-CARES Advisory Board Meeting  
World Stroke Day Lunch and Learn

**UK CERH hosted nearly  
1,300 guests in the  
building in 2019.**



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# Community Events

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## Substance Abuse Roundtable

November 1, 2019

Operation UNITE hosted a roundtable discussion at the UK CERH to discuss substance use and misuse in rural Appalachia. Tom Vicini, Deputy Director for Operation UNITE, and JoAnn Vanzant, RHOP Program Director for Operation UNITE, kicked off the event. The discussion was facilitated by Scott Lockard, Public Health Director for the Kentucky River District Health Department. UK CERH was happy to provide meeting space for the event and participate in the discussion.

Participants included leaders from Operation UNITE, the Office of National Drug Control Policy, and community members.

- Minor Allen, Chief, Hazard City Police Department
- Michael Clark, Community Liaison, Addiction Recovery care
- Frances Feltner, Director, UK Center of Excellence in Rural Health
- Joe Grossman, President & CEO, Appalachian Regional Health care
- Anne C. Hazlett, Senior Advisor of Rural Affairs, Office of National Drug Control Policy
- Marionette Little, Co-Program Director, UNITE Service Corps (KY AmeriCorps)
- Jimmy Perry, Lead Program Coordinator, Fahe
- Jennifer Sandlin, Captain, Kentucky State Police, Hazard Post 13
- Glenda Shrum, Drug Court Program Supervisor, KY Administrative Office of the Courts
- Melissa Slone, Research Inter-Disciplinary Director, UK Center of Excellence in Rural Health
- Crystal Smallwood, Program Member Manager, UNITE Service Corps (KY AmeriCorps)
- JoAnn Vanzant, Program Director, UNITE RHOP
- Tom Vicini, Deputy Director, Operation UNITE
- Ron Webb, Service Region Administrator Assistant, Department for Community Based Services, KY Cabinet for Health & Family Services
- Kristi Williams, Program Coordinator, Fahe



# Community Events

## CDC's "Tips from Former Smokers Campaign"

May 15, 2019

UK CERH was honored to host the Centers for Disease Control's "Tips From Former Smokers" campaign. Amanda, a former smoker, shared her message on the consequences of smoking during pregnancy and how it affected the birth of her baby. Dr. Feltner moderated the event. Dr. Connie White, Senior Deputy Commissioner for the Kentucky Department of Public Health, and Scott Lockard, Public Health Director of the Kentucky River District Health Department, spoke about the impact of smoking and the importance of the CDC Tips campaign.



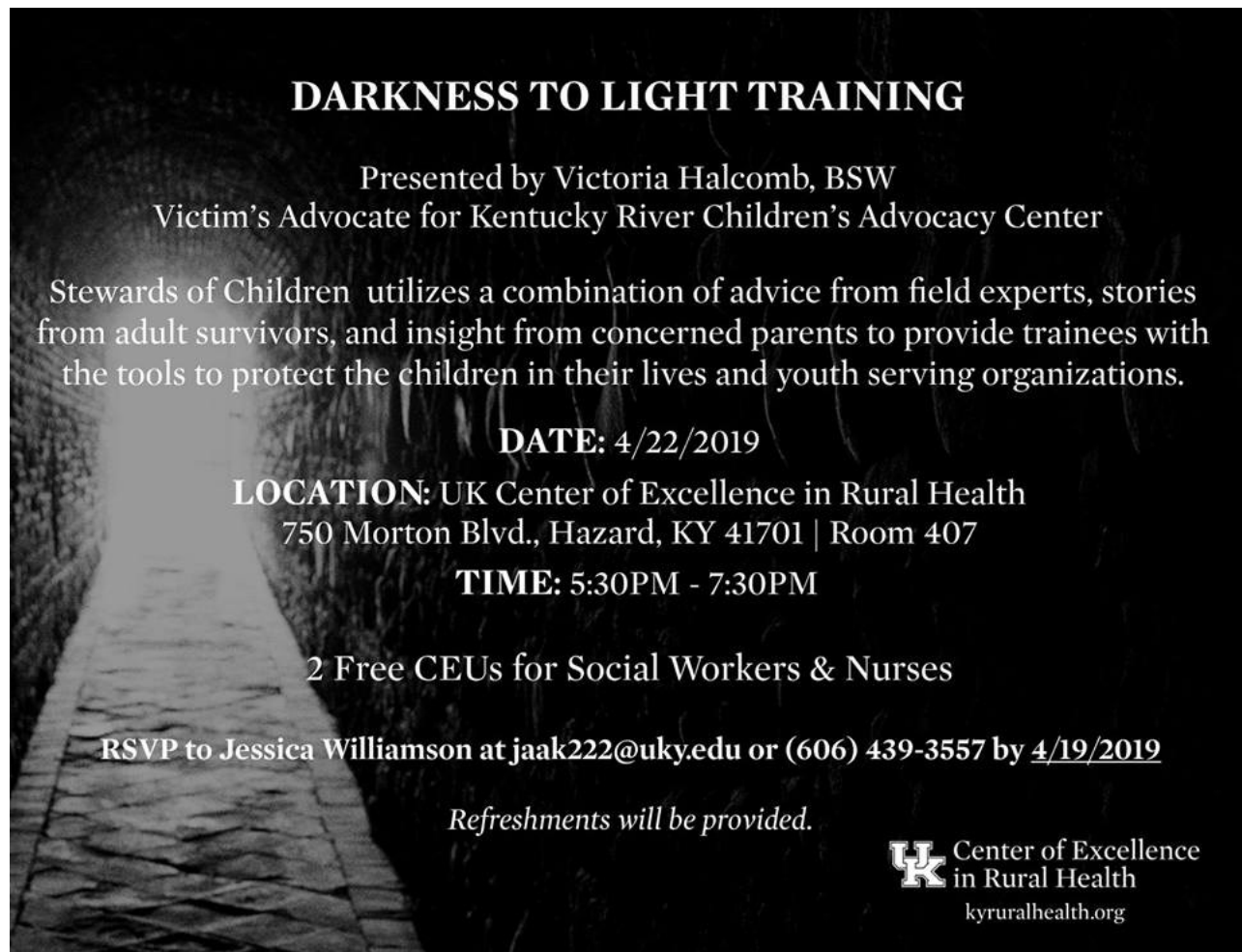
# Community Events

## Darkness to Light Training

April 19, 2019

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 training utilizes a combination of advice from field experts, stories from adult survivors, and insight from concerned parents to provide trainees with the tools to protect the children in their lives and youth serving organizations.



**DARKNESS TO LIGHT TRAINING**

Presented by Victoria Halcomb, BSW  
Victim's Advocate for Kentucky River Children's Advocacy Center

*Stewards of Children* utilizes a combination of advice from field experts, stories from adult survivors, and insight from concerned parents to provide trainees with the tools to protect the children in their lives and youth serving organizations.

**DATE:** 4/22/2019


**LOCATION:** UK Center of Excellence in Rural Health  
750 Morton Blvd., Hazard, KY 41701 | Room 407

**TIME:** 5:30PM - 7:30PM

2 Free CEUs for Social Workers & Nurses

RSVP to Jessica Williamson at [jaak222@uky.edu](mailto:jaak222@uky.edu) or (606) 439-3557 by 4/19/2019

*Refreshments will be provided.*

 Center of Excellence  
in Rural Health  
[kyruralhealth.org](http://kyruralhealth.org)



# 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](http://kyruralhealth.org)**

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