

UK Center of Excellence
in Rural Health



ANNUAL REPORT
2020

Message from the Director



The year 2020 at the University of Kentucky College of Medicine's Center of Excellence of Rural Health, will not be soon forgotten. The COVID-19 pandemic made for a challenging year in providing community services, academic education, research, and community engagement. This unprecedented time has made everyone reassess operating procedures, learn to adapt, and develop a new "normal".

Even in this time of uncertainty, our Excellence in Action team persevered. Our dedication to our mission has never wavered with the Center of Excellence in Rural Health's commitment to serving the people of the Commonwealth, Kentucky Homeplace's compassion in serving the underserved people in our communities, the Kentucky Office of Rural Health's steadfastness in providing assistance to rural clinics and hospitals, the dedication of our research team, and the promise of our academic team to maintaining the quality of our educational programs. One important thing to remember is how our Excellence in Action team met each challenge with determination and innovation. We quickly learned to be flexible, persistent, understanding, and most of all, patient. Breaking through these challenges allowed us to become a stronger, more determined faculty, staff, and students.

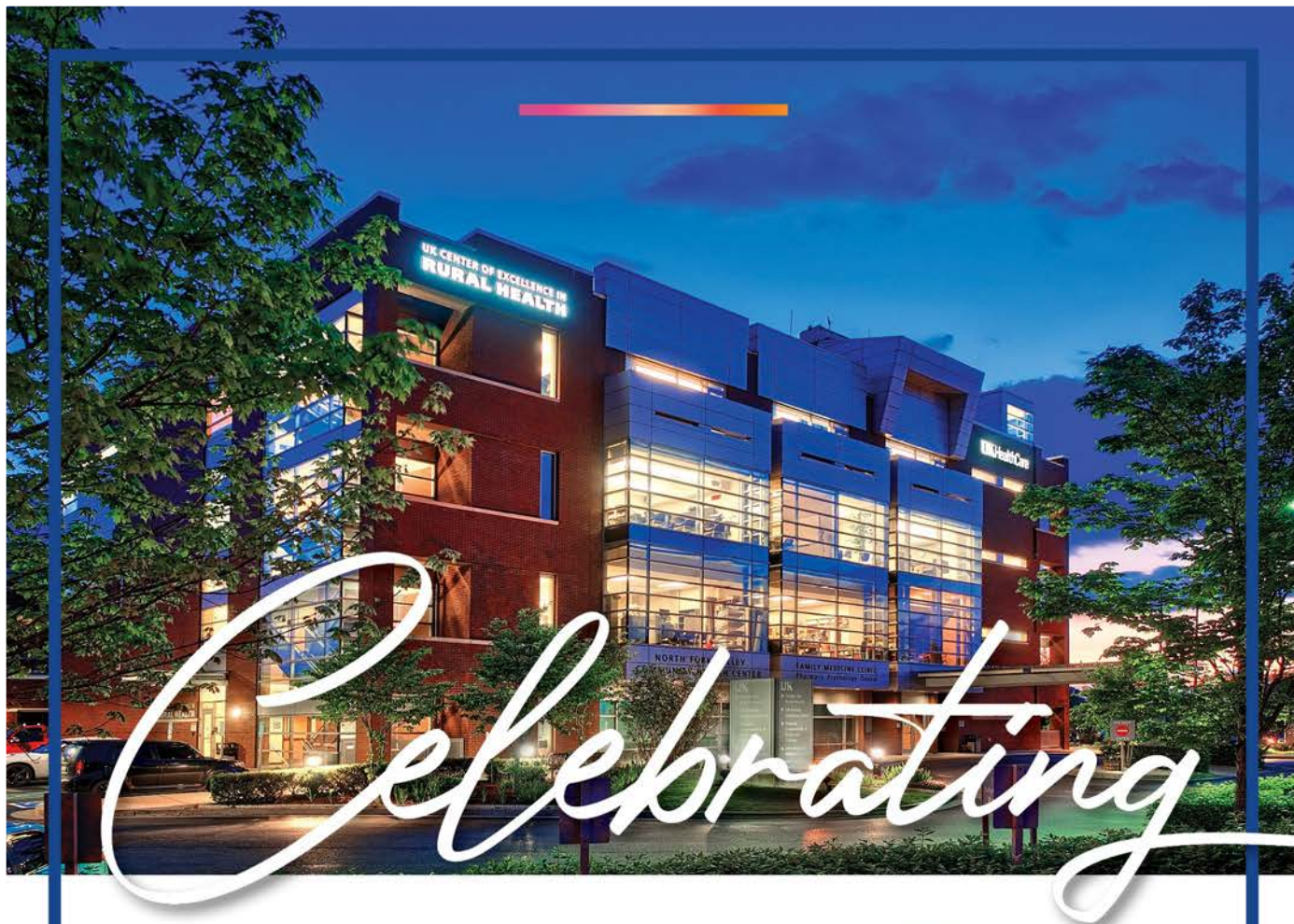
The 2020 year also provided a celebratory milestone for the Center of Excellence in Rural Health, commemorating thirty years since we opened our doors in Hazard, Kentucky. During November 2020, the Center kicked off an anniversary celebration with a series of videos and articles that highlight the many people, programs, partnerships and contributions that have enabled the Center to remain dedicated to its mission to improve the health and well-being of rural Kentuckians. Although the pandemic changed our plans for an in-person celebration, we virtually spotlighted the initiatives that are moving our mission forward, as well as honoring the individuals who had the vision to establish the Center and help lay our foundation. I want to thank everyone who not only helped create the Center but also those individuals who continue to support and partner with the Center to help us to reach our goals.

I am proud of all we accomplished in 2020 and hope you enjoy this summary of the highlights of our year. Our Excellence in Action team met the challenges and arose above to continue reaching the Center's mission of improving the health and wellbeing of Kentuckians. I look forward to the coming year, seeing what we can accomplish, and putting the pandemic behind us.

Sincerely,

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

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



 Center of Excellence
in Rural Health



Mission Improve the Health and Wellbeing of Rural Kentuckians

Vision A Healthier Kentucky

750 Morton Blvd. • Hazard, KY
606-439-3557 • www.kyruralhealth.org

UK Center of Excellence in Rural Health Marks 30th Anniversary

Thirty years ago, the University of Kentucky Center of Excellence in Rural Health opened its doors in Hazard, Kentucky. During November 2020, the Center kicked off an anniversary celebration with a series of videos and articles that highlight the many people, programs, partnerships and contributions that have enabled the Center to remain dedicated to its mission to improve the health and well-being of rural Kentuckians.



This is an exciting time for the UK CERH. Although the pandemic changed our plans for an in-person celebration, we are looking forward to spotlighting the initiatives that are moving our mission forward, as well as honoring the individuals who had the vision to establish the Center and help lay our foundations.

- Dr. Fran Feltner, Director



The UK CERH was established during the January legislative session of 1990 and tasked with addressing health workforce shortages and health disparities in Kentucky's rural communities. Ten months later, the Center opened its doors in the former ARH hospital and accepted their first family medicine residency cohort. Shortly thereafter, the Center seated their first class of physical therapists, followed by several other degrees being offered close to home, including nursing, social work and medical laboratory science, all of which has resulted in the Center now having more than 1,000 graduates. The vast majority of the UK CERH graduates are working to meet health care needs in rural communities across Kentucky. Many of them are serving in advanced roles as leaders, mentors and industry experts.

Just a short year after the Center's opening, the Kentucky Office of Rural Health (KORH) was established by a federal-state partnership authorized by federal legislation. It was a natural fit that the UK CERH would serve as the federally-designated KORH to begin developing a framework to link 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 in finding ways to improve communications, finances and access to quality health care while ensuring that funding agencies and policymakers are made aware of the needs of rural communities. The KORH administers the Kentucky Student Loan Repayment Program and the National Health Service Corps.

Much of the UK CERH's research has centered around health disparities. One of the UK CERH's early research projects led to the establishment of Kentucky Homeplace, a highly successful community health worker (CHW) initiative that has served over 100,000 clients in the last 25 years. Today, Kentucky Homeplace is a robust operation with 22 CHWs who help underserved clients in 30 rural Appalachian counties access much needed health, social and environmental services. Kentucky Homeplace is supported by a long-term partnership with the Kentucky Department of Public Health.

“

Our 30th anniversary is the perfect occasion to recognize our successful long-term programs like Kentucky Homeplace, KORH and our local academic offerings. It's also a great time to showcase some of our newer initiatives.

- Dr. Fran Feltner, Director

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In recent years the Center has established a research conference, a rural health magazine and a youth leadership and research development program. Appalachian Research Day: Come Sit on the Porch is an annual conference hosted by the UK CERH with the purpose of sharing local research findings back to the community. Healthy WAY is a leadership and research development program for high school students. The Bridge Magazine is published quarterly with the KORH, to highlight best practices and innovative solutions to Kentucky's rural health challenges.

The Center's work continues to make communities stronger. Through partnerships with other organizations, the UK CERH has been instrumental in creating grass roots opportunities like the Community Leadership Institute of Kentucky to invest in our community leaders, Project CARAT for individuals needing durable medical equipment, Operation Change for women who want to take charge of their health, and Eastern Kentucky's first ever Stroke Survivor and Caregiver Support Group.

The UK CERH 30th anniversary was virtually celebrated on our website and Facebook through a video series highlighting the many programs, projects and events that have helped to shape the Center as it is today.

"It would be impossible for the Center to do all of this work alone. The cornerstone of our success has truly been in the relationships we have cultivated over the years. We could never accomplish all we have done without our dedicated staff members, faculty and our many valued partners, both at the University and in the community."

- Dr. Fran Feltner, Director



The UK Center of Excellence in Rural Health was honored to receive special congratulatory messages from top leaders at the University of Kentucky.

Dr. Eli Capilouto

President, University of Kentucky

Video Message:

<https://youtu.be/COqTMYhucpg>



Robert DiPaolo, MD

Dean, UK College of Medicine

Video Message:

<https://youtu.be/S-E9ZyXyOmc>



Mark Newman, MD

**Executive Vice President for Health
Affairs, UK HealthCare**

Video Message:

<https://youtu.be/BfScXzroN6w>



We give special thanks to all of our employees, faculty, students and community. Thank you for your contributions that have supported our mission to improve the health of rural Kentuckians since 1990.

Video Message:

<https://youtu.be/eMJxTtHnWUs>



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North Fork Valley Community Health Center

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ABOUT THE CENTER

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ADMINISTRATION DIRECTORY

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

Custodial

Angelina Fugate

Lorene Johnson

Ellie Parcel

Jack Combs

Sherrill Hall

James Gunter

James Mullins

Bus Drivers

Jerry Baker

Nehemiah Johnson

Brenda Whitaker

Security

Security Officers

John P. Stidham

Information Technology

Field Service Analyst

Gary Gilbert

Jon Henrikson

A&RT Web Programmer Analyst

Willie Bates

PROGRAMS OF THE CENTER

Healthy WAY

Staff Directory

Center Director

Frances Feltner

Research Inter-Disciplinary**Director**

Melissa Slone

Rural Project Manager

Beth Bowling



Empowering Youth to Create Solutions

Healthy WAY (Wellness in All Youth) is a signature program of the UK CERH that provides leadership development and research training for high school students to empower them with skills to identify and develop solutions to health and social issues at the school and community level. Student-led teams have the opportunity to work with school personnel and community partners to address real world concerns youth are facing today that impact their health and well-being. Project funding, hands-on research experience, technical support and research mentoring are available to student teams selected for this competitive program.

Three schools were selected for the 2019-2020 academic year:

"Clean Air-Healthy Mouth, Lungs and Heart" (Buckhorn High School)

- This project addresses 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)

- 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.



Healthy WAY



2021 Outlook

Healthy WAY will continue to explore opportunities in order to effectively implement the program in local school systems. Providing opportunities for leadership development and research training for high school students will remain a priority. In addition, maintaining connections with students, teachers, school systems, and community partners and continuing to develop these relationships will be essential to the success of Health WAY.

COVID-19 Impact Statement

COVID-19 required our local schools to initiate virtual instruction for many months, thus prompting the UK CERH to re-examine the best way to support students and teachers in moving their Healthy WAY projects forward while focusing on keeping everyone's health and well-being as the number one priority. The following program adjustments were made:

- Extend the funding window of the grant until April 30, 2021.
- Provide schools the opportunity to revise their school research projects to a smaller scope that can be completed virtually, electronically and/or remotely as needed.
- Offer schools the opportunity to consult with members of our research team if schools would like to modify their project but need assistance in how this could occur or how to convert projects to a more virtual format.
- Convert all Healthy WAY research and project management training modules to a virtual format to be released February 2021.

- Beth Bowling, Rural Project Manager

Kentucky Office of Rural Health

Staff Directory

Director

Ernie Scott

Rural Project Managers

Kayla Combs

Lisa Garza

Michael McGill

Marcus Pigman

Caleb Williams

Rural Outreach Coordinator

Scott Helle

Michaela Williams

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). KORH serves as a resource for clinicians, students, community leaders, state agencies and legislators for information about rural health issues. KORH works to promote the improvement of rural health care through partnerships with public and private entities statewide and at the regional and national levels. This program provides a framework for linking small rural communities with local, state and federal resources while working toward long-term solutions to rural health issues. KORH programs 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 2020, the Small Rural Hospital Improvement Grant Program (SHIP) supported 36 of Kentucky's small rural hospitals in the areas of Value Based Purchasing, Accountable Care Organizations, and Payment Bundling/PPS (ICD-10).

Coronavirus State Hospital Improvement Program

KORH was awarded nearly \$4 million from the Health Resources and Services Administration's Federal Office of Rural Health Policy to support 46 of the Commonwealth's rural hospitals as they worked to prevent, prepare for and respond to the COVID-19 public health emergency. The funds, which were part of the federal Coronavirus Aid, Relief, and Economic Security (CARES) Act, provided one-time support to hospitals to help cover expenses associated with increased demands for COVID-19 related testing, clinical services and equipment. Funds were also used to address the financial and workforce challenges related to the public health emergency.

Kentucky Office of Rural Health

Kentucky State Loan Repayment Program

During 2020, the Kentucky State Loan Repayment Program (KSLRP) supported 34 providers located in 23 rural or underserved counties across the Commonwealth. The 2020-21 application window closed October 1, 2020 with 38 additional providers submitting applications.

Rural Hospital Flexibility Program

A cornerstone of the KORH, Kentucky's Rural Hospital Flexibility (Flex) Grant Program seeks to stabilize the smallest and most vulnerable rural hospitals and to improve access to hospital-based care for rural populations. The purpose of this cooperative agreement is to enable state Flex programs to support critical access hospitals (CAHs) in the areas of quality improvement, quality reporting, performance improvement, and benchmarking; to assist facilities seeking designation as CAHs; and to create a program to establish or expand the provision of rural EMS. During 2020, the Flex program continued to provide support to Kentucky's 28 CAHs and the communities they serve.

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 three-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. KORH's 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 28 designated Critical Access Hospitals.

National Health Service Corps Promotion Project

KORH is under contract with the Kentucky Primary Care Office to promote the federal National Health Service Corps (NHSC) programs and provide technical assistance to clinicians, students and facilities across Kentucky applying for and participating in those programs. NHSC programs offer scholarship support to health professions students and loan repayment awards to clinicians as a way to encourage service in communities with limited access to health care.



Kentucky Office of Rural Health

Kentucky RHC Initiative

KORH continues to serve as a trusted resource for Kentucky Rural Health Clinics (RHC). The KORH facilitates the Kentucky RHC Summit, regional RHC networks, peer-to-peer consultations, coordinates educational opportunities, mock surveys, and offers scholarships for national meetings related to RHC performance. KORH staff are well-informed of changes in RHC policy, reimbursement and compliance and share applicable information by way of a dedicated RHC list serve.

Kentucky EMS Leadership Academy

New in 2020, the Kentucky EMS Leadership Academy is designed to provide the Commonwealth's EMS professionals with the knowledge and skills necessary to help them succeed in leadership roles—now and in the future. The academy combines interactive, webinar-based training sessions with one-on-one mentoring from veteran EMS administrators. The first cohort of 12 has been selected and will kick-off the 8-month academy in December 2020.

Elder Wellness Enrichment Initiative

New in 2020, KORH's Elder Wellness Enrichment Initiative provides funding of up to \$5,000 to three nonprofit rural health care organizations or community-based organizations to create or enhance services for older adults – to help them age in place in rural Kentucky. Projects were required to be conducted in collaboration with at least one of the following rural stakeholders located in an applicant's community or region: a critical access hospital, a small rural hospital, a rural health clinic, a federally qualified health center, a local health department or an EMS service. Funding preference was given to projects that offered solutions to challenges faced by older adults during the current COVID-19 pandemic.

"During the past 18 months the KORH has been an invaluable resource to our team as we have transitioned our primary care and OB/GYN practices to Rural Health Clinics. Marcus Pigman has been so helpful in answering many questions, or providing contact information for other resources as well. Also, a special thank you for conducting mock surveys to ensure we were prepared for our inspections."

Candace Mansfield, RDCS, FASE, CMPE, CRHCP
Director of Operations
Baptist Health Medical Group

Kentucky Office of Rural Health

KORH in the Community

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

The mission of KORH is to support the health and well-being of Kentuckians by promoting access to rural health services. KORH works directly with clinicians, clinic and hospital administrators, policymakers and other stakeholders to improve the accessibility of health care services for the Commonwealth's rural and underserved residents. The office connects communities and health care organizations to local, state and federal resources while working toward long-term solutions to financial, quality improvement and workforce challenges.

Information Dissemination

The *KORH Weekly Update*, an e-newsletter that contains rural health news, announcements, educational offerings, and funding opportunities, is released each Monday morning. The *KORH Weekly Update* experienced a 13% increase in subscribers during 2020.

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. In 2020, *The Bridge* published a special COVID-19 themed issue containing nearly two dozen question-and-answer style profiles with health care professionals and volunteers who helped Kentucky's rural communities to face the challenges of the deadly pandemic. The magazine is a collaboration of the UK Center of Excellence in Rural Health and KORH.

2021 Outlook

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. KORH continues to explore additional opportunities in order to effectively broaden programming while remaining true to the original mission and purpose.

"The Kentucky Office of Rural Health is an important partner with the Kentucky Board of Emergency Medical Services to help with the advancement of Emergency Medical Services across Kentucky by jointly collaborating on projects to help KBEMS provide the best possible care to the citizens of the Commonwealth."

Michael E. Poynter, EMT-P, CP-C, FACPE
Executive Director
Kentucky Board of Emergency Medical Services
Lexington, KY

Kentucky Office of Rural Health

COVID-19 Impact Statement

The onset of the COVID-19 pandemic resulted in many abrupt changes within the operations of the KORH. The statewide EMS Listening Tour was immediately halted, as well as a number of planned workshops, site visits, and engagements. In addition to travel restrictions, all KORH staff were immediately reassigned to work remotely from their homes.

Without missing a beat, KORH staff leaped into fielding questions from rural health stakeholders and policymakers, communicating appropriate COVID-19 messaging, and began transitioning all face-to-face meetings to a virtual format. Surveys were developed to better comprehend the immediate needs of Kentucky's CAHs and RHCs. Customizable COVID-19 social media toolkits were created and distributed to agencies throughout the Commonwealth. KORH staff administered and swiftly distributed CARES Act COVID-19 SHIP funds to 46 eligible Kentucky rural hospitals as these hospitals worked to prevent, prepare for and respond to the COVID-19 public health emergency. KORH released a special edition of its quarterly magazine which highlighted the faces, voices and experiences of rural Kentucky's health care professionals and volunteers during the current COVID-19 public health emergency. Titled "Voices from the Front Lines: Rural Kentucky Responds to the COVID-19 Pandemic," the summer issue of *The Bridge* provided a snapshot, through question-and-answer style profiles, of how nearly two dozen clinicians, administrators, government officials and volunteers from across the Commonwealth responded to the coronavirus outbreak.

Perhaps the greatest achievement of the KORH has been the team's steadfast determination to effectively explore new strategies, modify existing workplans, implement meaningful new programming—all while maintaining the same level of professionalism, innovation, service and commitment to the needs of rural Kentuckians, as ever before.

- Ernie Scott, KORH Director

Kentucky Homeplace

Staff Directory

Principal Investigator

Frances Feltner

Director

Mace Baker

Rural Project Manager

Janet Kegley

Rural Outreach Coordinator

Michaela Williams

Community Health Workers

Amanda Goolman

Angela McGuire

Ashley Gilbert

Barb Justice

Carole Frazier

Chyna Smith

Courtney Charles

Darla Shepherd

Elizabeth Smith

Judy Bailey

Kala Gilliam

Katherina Hamilton

Kathy Slusher

Katie Dampier

Kimberly R. Smith

LaDonna Roberts

Mary Bowling

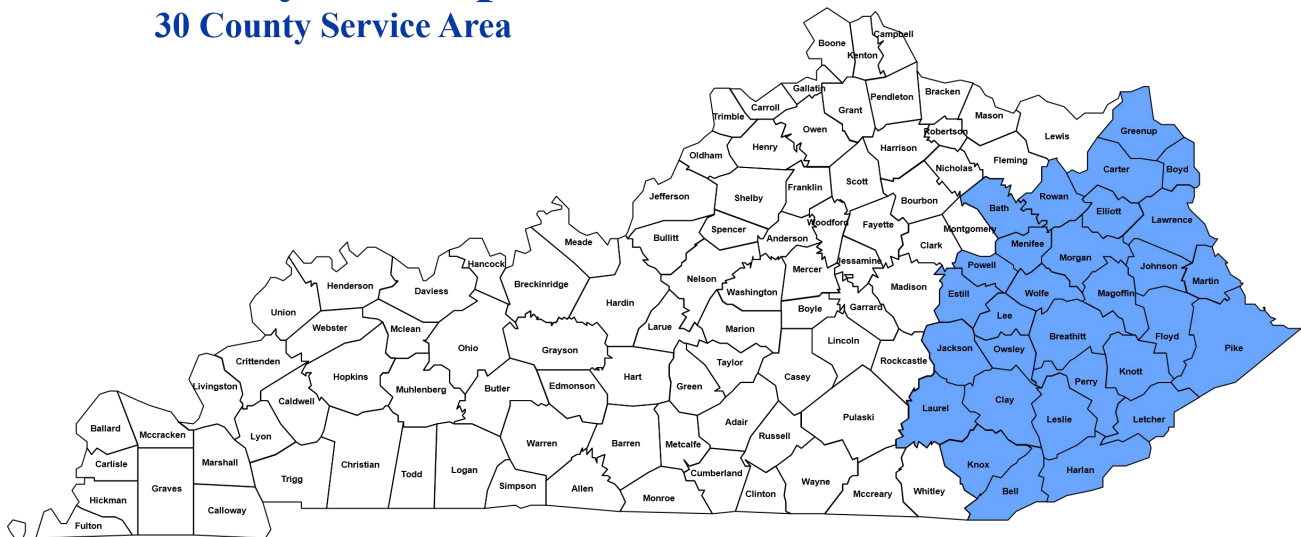
Pollyanna Gilbert

Samantha Bowman

Shirley Prater

Wendy Harper

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.



Mission

The mission of Kentucky Homeplace is to provide access to medical, social, and environmental services for the citizens of the Commonwealth.

Vision & Goals

The goal of Kentucky Homeplace is to educate Kentuckians to identify risk factors and use preventative measures to become a healthier people with knowledge and skills to access the healthcare and social systems.

Kentucky Homeplace

Community Health Worker Success

**July 1, 2019 –
June 30, 2020**

5,372

• Clients Served

46,063

• Services
Provided

\$13,923,028

• Medication &
Service Values

\$13.23

• Return on
Investment

CHWS logged 18,689 hours on care coordination activities.

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

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

Kentucky Homeplace

Kentucky Homeplace Adapting to Assist Rural Communities

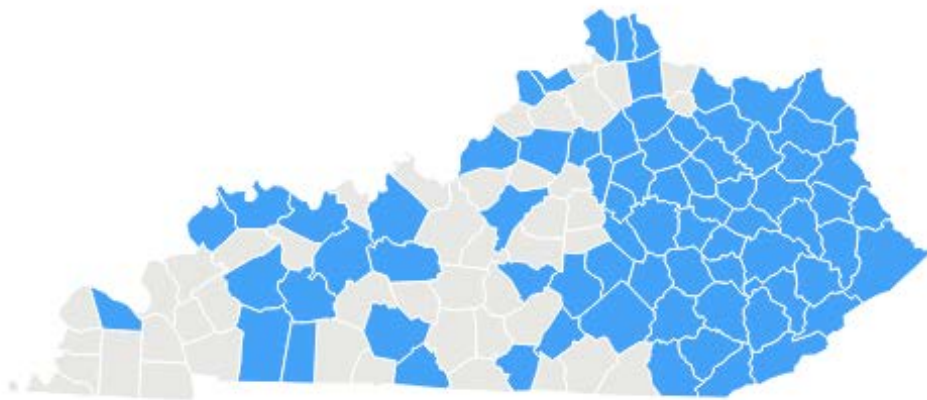
In March 2020, with the onset of the COVID-19 pandemic, Kentucky Homeplace Community Health Workers began working remotely from their homes. It quickly became clear that the advantage of 25 years of strong and lasting partnerships, combined with experienced and dedicated community health workers who quickly adapted to worksite changes and the changing needs of clients, were the key to assuring the safety of the people who desperately need the services of Kentucky Homeplace.

CHWs normally meet with the people they serve either during a home visit or office visit. The new CDC guidelines of working from home posed immediate challenges, but CHWs quickly adapted their work flow to comply with new protocols and procedures. The numbers in the chart reflect how the CHWs expanded their services to assist clients to overcome new barriers associated with COVID-19.

Service Type	Clients Served
COVID-19 Survey	584
Economic Impact Payment	340
Meal Plan	374
Census	559
PE Medicaid Extension	816
Presumptive Eligibility	2,063
Telehealth Visit	22
Total	4,758

Also, during COVID-19, Kentucky Homeplace CHWs expanded some services statewide. These services included assistance with Presumptive Eligibility Medicaid, Presumptive Eligibility Extension and Pandemic-Electronic Benefit Transfer (P-EBT) across the state. The map below indicates Kentucky Homeplace extended coverage area during COVID-19.

Kentucky Homeplace COVID-19 Service Reach



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.

"Without Kentucky Homeplace, I wouldn't have been able to see my doctor via telehealth. I hadn't seen my doctor for months because of COVID-19. I don't have internet or a phone that could connect me to him. The community health worker in my county got me a cellphone with internet and set up my appointment so I could get my medication refills and talk to my doctor. I am so thankful that she was able to do that. I was completely out of medication refills and without that visit I would have had to go without my life saving medications."

- Kentucky Homeplace Client

2021 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



COVID-19 Impact Statement

Kentucky Homeplace began working remotely on March 17, 2020. All CHWs set up home offices. Due to COVID-19, some new services became available such as: 2020 Census, Presumptive Eligibility Medicaid (statewide ongoing), Pandemic-Electronic Benefit Transfer (P-EBT) (statewide), Economic Impact Payment assistance, meal plans, assisting clients in obtaining free PPE, educating individuals on COVID-19, and cell phones for telehealth. Our CHWs quickly adapted to the changing needs of their clients and assisted clients during this trying time while also continuing to provide traditional Kentucky Homeplace services like free or low cost medication access, eye exams and eyeglasses through various programs, reduced fee for dental services, including low cost dentures, and Medicare and Medicaid enrollment assistance.

The traditional approach to working with clients face-to-face in the office was replaced with meeting clients on their porch, curbside services, zoom meetings, telehealth, social media outreach, electronic flyers, and increased use of the United States Postal Service. Many CHWs had an increase in the number of clients served and services offered.

- Mace Baker, Kentucky Homeplace Director

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 of the current strategic plan. The Center team will update and modify the plan in 2021 to guide our work over the next few years.

Learning Community: The academic committee held regular meetings to ensure open communication and to address challenges faced by the programs. COVID-19 had a major impact on the academic programs. Recruitment, advising and class formats all had to be modified for the safety of the students, staff and faculty.

Research Environment: Research continued to be a primary focus in 2020. The external and internal research teams are working to engage students in Center research. Identifying and establishing the Center's role in research partnerships with community agencies has been part of the focus for 2020. We have collaborated with community partners across the state on projects during this year.

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 skill sets has helped to 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 2020, the Center engaged with Western Kentucky agencies to develop partnerships and are collaborating on projects to support all rural communities across Kentucky.

Infrastructure: The UK CERH Facebook page has grown to 1,549 page likes 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. This has been especially important in 2020 due to the COVID-19 impact on conferences this year. 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 welcomed and encouraged. Stories are written by staff members and freelance writers.

The Bridge has an annual outreach of approximately 11,000. The publication is a collaborative effort between the UK Center of Excellence in Rural Health and the Kentucky Office of Rural Health.

Anonymous quotes from *The Bridge* readers:



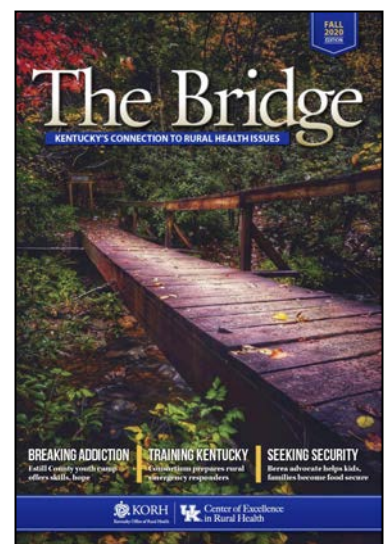
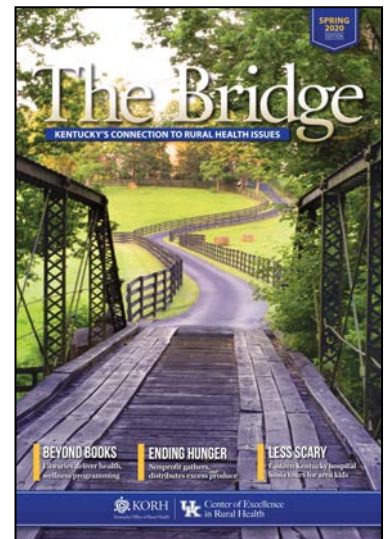
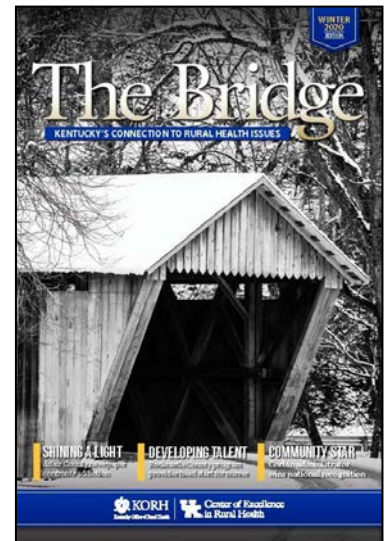
"I just wanted to say how much I love reading *The Bridge*! They are always so nicely put together and really highlight the challenges that we face in rural Kentucky. Nicely done!!!"



"Thank you for sending me the most recent issue of *The Bridge*. It's a lovely publication and so nice to see all these public health heroes celebrated."



"I am just blown away by the professionalism and content of this magazine."



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 completed at the Center and to increase our networking connections.

Regional
(Appalachian)
2

State
13

National
6

Regional

1. McGuire, A., Hamilton, K., Justice, B., & Bailey, J. (2020, October). *Kentucky Homeplace*. Presentation at the Big Sandy Diabetes Coalition meeting, Prestonsburg, KY.
2. Baker, M. & Kegley, J. (2020, June). *Kentucky Homeplace*. East Kentucky Works Podcast, virtually hosted by Trish Adams, Eastern Kentucky Concentrated Employment Program (EKCEP). Link: <https://www.buzzsprout.com/377195/4552172-episode-41-uk-kentucky-homeplace-community-health-workers>

State

1. Garza, L. (2020, November). *Small Hospital Improvement Program: Captains Log*. Webinar.
2. Slone, M. & Feltner, F. (2020, November). *Social determinants of health*. Presentation to University of Kentucky Communication Sciences and Disorders graduate students, Virtual.
3. Meit, M., Feltner, F., Slone, M., & Brown, M. (2020, November). *What does it mean when overdose mortality rates decline? A call for cautious optimism*. Presentation at the Kentucky Rural Health Association 22nd Annual Conference, Virtual.
4. Baker, M. & Kegley, J. (2020, November). *Kentucky Homeplace adapting to assist rural communities*. Presentation at the Kentucky Rural Health Association 22nd Annual Conference, Virtual.
5. Wills, E., Howard, M., Mathis, A., English, R., Kuperstein, J., & Carper, R. (2020, October). *Center of Excellence in Rural Health program evaluation*. Poster presentation at Appalachian Research Day, Virtual.
6. Lee, K., Assef, N., Schumann, E., Shelley, J., & Carper, R. (2020, October). *Physical Therapy and Covid-19: Experiences from clinicians inform physical therapy education*. Poster presentation at Appalachian Research Day, Virtual.

Presentations

State

7. Combs, K. (2020, October). *Flex overview and update*. Presentation at the KHA Small Rural/CAH Forum meetings, Virtual. [Also presented on February 27, 2020.]
8. Shepherd, D. (2020, September). *CHW COVID-19 panel*. Kentucky Association of Community Health Workers 5th annual conference. Virtual.
9. Combs, K., Williams, C., Helle, S., & Crouch, A. (2020, August). *Committed to the Heart*. Webinar.
10. McGill, M. (2020, June). *Working to strengthen health care in rural Kentucky: The Kentucky Office of Rural Health and National Health Service*. Webinar for students participating in the Rural Health Scholars Program (South Central Kentucky AHEC and Purchase AHEC).
11. Feltner, F. (2020, June). *Kentucky Homeplace CHWs go the extra mile to help underserved rural Kentuckians during COVID-19*. Webinar for the Foundation for a Health Kentucky, COVID-19 and Health Equity in Kentucky: Beyond this Pandemic.
12. Feltner, F. (2020, May). *Rural Health in Kentucky and Covid-19*. KET interview for the Coronavirus: A Kentucky Update segment. YouTube Link: <https://youtu.be/LSX0xP8-6NU>
13. Feltner, F. (2020, January). *2020: An immersion in health equity to meet our mission*. Presentation at the Foundation for a Health Kentucky Health Equity Kick-Off Event, Louisville, KY.

National

1. McGill, M. (2020, November). *Engaging State Offices of Rural Health to enhance your RCORP project*. Rural Communities Opioid Response Program (RCORP) 2020 - Region 4 Meeting, Virtual.
2. Scott, E. (2020, September). *Communicating the SORH impact*. Presentation at the National Organization of State Offices of Rural Health annual meeting, Virtual.
3. Wills, E., Howard, M., Mathis, A., English, R., Kuperstein, J., & Carper, R. (2020, September). *Impact of rural campus on access to PT in rural Kentucky*. Poster presentation at the American Physical Therapy Association Kentucky and Indiana Conference, Virtual.
4. Lee, K., Assef, N., Schumann, E., Shelley, J., & Carper, R. (2020, September). *Physical Therapy and Covid-19: Experiences from clinicians inform physical therapy education*. Poster presentation at the American Physical Therapy Association Kentucky and Indiana Conference, Virtual.
5. Combs, K. (2020, August). *Administering federal rural state health grant programs from state, non-profit, and university settings*. Presentation at the Flex Reverse Site Visit, Virtual.
6. Henson, S., Clonce, E., Carper, R., Perry, S., Morris, P. & Mayer, K. (2020, February). *The utilization and perceived rational for assistive equipment in intensive care unit physical therapy*. Poster presentation at the American Physical Therapy Association Combined Sections Meeting, Denver, CO.

Publications

- Thompson, S. P., Feltner, F. J., & Slone, M. A. (2020). 2019 Kentucky nursing workforce report infographic. *University of Kentucky Center of Excellence in Rural Health Workforce Report*.
- Feng, W., Zhang, Y., Wang, Z., Xu, H., Wu, T., Marshall, C., Gao, J., & Xiao, M. (2020). Microglia prevent beta-amyloid plaque formation in the early stage of an Alzheimer's disease mouse model with suppression of glymphatic clearance. *Alzheimer's Research & Therapy*, 12, 125. doi:10.1186/s13195-020-00688-1
- Giger, J. T., Barnhart, S., Feltner, F., Slone, M., Lawler, M. J., Windsor, L., & Windsor, A. (2020). Validating the eHealth literacy scale in rural adolescents. *The Journal of Rural Health*. Advance online publication. doi:10.1111/jrh.12509
- Studts, C. R., Merritt, A., Pilar, M. R., Bundy, H. E., Bardach, S., Jacobs, J. A., & Feltner, F. (2020). Parent and provider preferences for parenting intervention delivery in rural Appalachia: A qualitative analysis guiding adaptation. *Journal of Health Care for the Poor and Underserved*, 31(3), 1399-1426. doi:10.1353/hpu.2020.0102
- Johnson, A. M., Woltenberg, L. N., Heinss, S. H., Carper, R., Taylor, S., & Kuperstein, J. (2020). Whole person health: Using experiential learning and the ICF model as a tool for introductory interprofessional collaborative practice. *Journal of Allied Health*, 49(2), 86-91. PMID: 32469367
- Cornwell, L., Doyle, H., Stohner, M., & Hazle, C. (2020). Work-related musculoskeletal disorders in physical therapists attributable to manual therapy. *Journal of Manual & Manipulative Therapy*. Advance online publication. doi:10.1080/10669817.2020.1793470
- Jinright, H., Kassoff, N., Williams, C., & Hazle, C. (2020). Spurling's test - inconsistencies in clinical practice. *Journal of Manual & Manipulative Therapy*. Advance online publication. doi:10.1080/10669817.2020.1762526
- Mayer, K. P., Carper, R. A., Henson, S. C., Clonce, E. A., Christian, W. J., Seif, S. M., Pastva, A. M., Needham, D. M., & Morris, P. E. (2020). Three-Fourths of ICU physical therapists report use of assistive equipment and technology in practice. *Journal of Acute Care Physical Therapy*. Advance online publication. doi:10.1097/JAT.0000000000000144

Publications

- Douthitt, K., Taylor, W., Piercy, J., Fletcher-Jones, C., Hughes, J., Slone, M., Feltner, F., & Atkins, R. (2020). SUN-LB116 improved family medicine resident diabetes care through participation in a diabetes clinic. *Journal of the Endocrine Society*, Volume 4, Issue Supplement_1, April-May 2020, SUN-LB116. doi:10.1210/jendso/bvaa046.2289
- Wang, C., Wu, Q., Wang, Z., Hu, L., Marshall, C., & Xiao, M. (2020). Aquaporin 4 knockout increases complete Freund's adjuvant-induced spinal central sensitization. *Brain Research Bulletin*, 156, 58-66. doi:10.1016/j.brainresbull.2020.01.004
- Zhang, R., Liu, Y., Chen, Y., Li, Q., Marshall, C., Wu, T., Hu, G., & Xiao, M. (2020). Aquaporin 4 deletion exacerbates brain impairments in a mouse model of chronic sleep disruption. *CNS Neuroscience & Therapeutics*, 26(2), 228-239. doi:10.1111/cns.13194
- Dale, P. C., Thomas, J. C., & Hazle, C. R. (2020). Physical therapist clinical reasoning and classification inconsistencies in headache disorders: A United States survey. *Journal of Manual & Manipulative Therapy*, 28(1), 28-40. doi:10.1080/10669817.2019.1645414
- Pearce, K. A., Thompson, S., Feltner, F., Wright, R. B., & Kingery, J. (2020). Kentucky's primary care workforce: Current status and output of new trainees January 2020 update. *University of Kentucky College of Medicine Workforce Report*.

Media

UK CERH NEWS

[UK Center of Excellence in Rural Health celebrates 30th anniversary](#)

Beth Bowling - *UKNow*

[Feltner, other community health champions recognized](#)

Steve Rogers - *WTVQ*

[Hazard doctor named overall statewide community health champion](#)

Katie Kelley - *Hazard Herald*

[2020 Healthy Kentucky Policy Champion Awards - Fran Feltner recognized for work to improve rural health](#)

Foundation for a Healthy Kentucky

UK CERH PROGRAM NEWS

Kentucky Office of Rural Health

[Scott honored for lifetime contribution to rural health](#)

Steve Rogers - *WTVQ*

[Kentucky Office of Rural Health director honored with 2020 Dan Martin Award](#)

Michael McGill - *UKNow*

[First EMS leadership academy scheduled for later this year](#)

Brandon Robinson - *WYMT*

[Area first responders among those chosen for first EMS leadership academy](#)

Steve Rogers - *WTVQ*

[Kentucky Office of Rural Health to host two grant writing workshops in Berea](#)

Michael McGill - *UKNow*

[McConnell announces UK to receive \\$3.8 million from CARES Act](#)

David Popp - *UKNow*

[McConnell: 46 rural Kentucky hospitals get \\$3.8 million from CARES Act to fight COVID-19](#)

Billy Kobin - *Louisville Courier Journal*

[Kentucky Office of Rural Health to administer nearly \\$4M in federal funds to rural hospitals](#)

The Lane Report

[University of Kentucky to get \\$3.8 million from CARES Act](#)

Morgan Henry - *WTVQ*

[Kentucky State Loan Repayment Program accepting applications from health care providers](#)

Michael McGill - *UKNow*

Kentucky Homeplace

[UK Kentucky Homeplace community health workers](#)

East Kentucky Works Podcast - EKCEP

Media

ACADEMIC NEWS

[20-year-old UK grad student is on fast-track to success](#)

Lauren Thompson - *UKNow*

[UCM holds mock interviews for students](#)

Staff Report - *Hazard Herald*

RESEARCH NEWS

[HeartHealth in Rural America](#)

Barbara Mantel - *Rural Health Quarterly*

[Wilmhoff, Perry Central High School students receive 2020 UK -CARES community engagement award](#)

Grace Colville - *UKNow*

[PCCHS teacher, students named 2020 Community Engagement Award Winner](#)

Staff Report - *Hazard Herald*

[USA Drone Port, UK Rural Health team up for drone services in Knott and Perry counties](#)

Dakota Makres - *WYMT*

[USA Drone Port, UK-CARES and Kentucky Homeplace partner to bring PPE to rural Kentuckians](#)

Alicia Gregory - *UKNow* [Article Reprinted on [WTVQ](#)]

[Ky. organizations use drones to deliver PPE to rural areas](#)

Crystal Sicard - *Spectrum News*

[USA Drone Port, UK Rural Health complete first drone delivery of PPE through Project Jericho](#)

Emily Bennett - *WYMT*

[New program develops drone program to deliver PPE to Eastern Kentuckians](#)

Monica Harkins - *WTVQ*

[UK tests drones for delivering health supplies to hard-to-reach Eastern Kentucky](#)

Beth Musgrave - *Lexington Herald-Leader*

[Drones deliver PPE to communities in Appalachian Kentucky](#)

Alex Valverde - *LEX 18*

[UK HDI's Wellness Edge grants announced](#)

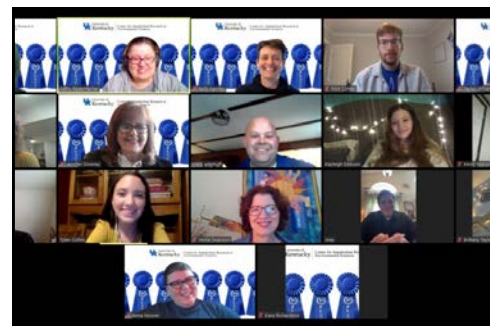
Beth Potter - *UKNow*

[Registration, calls for poster abstracts now open for annual CERH Appalachian Research Day](#)

Beth Bowling - *UKNow*

[Upcoming Event: Appalachian Research Day: Come sit on the porch](#)

Appalachian Translational Research Network Newsletter, page 8



UK CARES Community Engagement Award Virtual Ceremony



USA Drone Port, UK-CARES and Kentucky Homeplace partner

Media

COMMUNITY ENGAGEMENT / SERVICE NEWS

[Rural Health in KY and Covid-19 | Coronavirus: A Kentucky Update](#)

Kentucky Educational Television

[Answers for Cancer](#)

Health 360 - Kentucky Education Television

[Stroke Survivor and Area Stroke Support Group receive awards from American Stroke Association](#)

Beth Bowling and Hillary Smith - UKNow

[Stroke survivor, stroke support group receive awards](#)

Beth Bowling & Hillary Smith - Medical News

[Stroke survivors: A lifeline in the 'Stroke Belt'](#)

Kaitlin Sullivan - Everyday Health

[Stroke survivors honored with national award for resilience and creativity](#)

Newsroom - American Heart Association

[UK faculty, students refurbish and provide medical equipment in rural Kentucky](#)

Lauren Thompson - UKNow [Article Reprinted in Medical News, page 8]

[UK staff and students refurbish needed medical equipment](#)

Crystal Sicard - Spectrum News

[UK collaborative team receives funding to refurbish and provide essential medical equipment in rural Kentucky](#)

UK College of Health Sciences/UK CERH Website



Dr. Feltner appearing on KET discussing rural health in Kentucky and COVID-19



DPT students at the UK CERH learning to refurbish medical equipment

Awards and Honors

Dr. Fran Feltner

Statewide Community Health Champion

October 2020

This inaugural award recognized Dr. Feltner as one of nine grassroots Kentucky leaders chosen from more than 200 nominees to be honored for their volunteerism and service in public health. One winner was selected from each of the eight Kentucky regions, while Dr. Feltner, was named the overall statewide winner.

Awarded by WellCare of Kentucky



Healthy Kentucky Policy Champion

December 2020

This award recognizes individuals and organizations engaged in improving the health of people in their communities and/or the entire Commonwealth through policy change. Dr. Feltner was recognized for her "trailblazing" work to improve rural health care in the Commonwealth.

Awarded by the Foundation for a Healthy Kentucky

Ernie Scott

Dan Martin Award

November 2020

The award, conferred annually since 2003 by the Kentucky Rural Health Association, recognizes individuals who have played key roles in developing innovative solutions to rural health challenges in Kentucky – in the areas of patient care, health professions education, health administration, health promotion or public advocacy.

Awarded by the Kentucky Rural Health Association



Awards and Honors

Mace Baker

Community Health Worker Champion Award

September 2020

Annual award presented each year at the KYACHW conference to a person who promotes the CHW profession.

Awarded by the Kentucky Association of Community Health Workers



LaDonna Roberts

Kentucky Colonel Award

May 2020

The Kentucky Colonel Award is given in recognition of an individual's outstanding service to their community. LaDonna Roberts, Kentucky Homeplace CHW, was nominated by a client of the Kentucky Homeplace program.

Awarded by Governor Andy Beshear

Pollyanna Gilbert

Community Health Worker of the Year

September 2020

This award honors an individual who has made outstanding contributions in the community health worker profession in Kentucky.

Awarded by the Kentucky Association of Community Health Workers



Awards and Honors

Kentucky Office of Rural Health

MediStar Excellence in Education Award

December 2020

This award is presented to organization that takes creative approaches to developing and implementing programs, which enhance the level of knowledge, education and career opportunity in healthcare.

Awarded by IGE Media's The MediStar Awards



Hazard & Surrounding Area Stroke Survivor and Caregiver Support Group

Stroke Hero Award–Outstanding Support Group Award

April 2020

This award honors a group that is making outstanding efforts to educate, inspire and raise awareness about stroke locally or nationally.

Awarded by the American Stroke Association



**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



Certificate of Achievement

September 2020

UK North Fork Valley Community Health Center was named one of the top clinical health centers for overall clinical performance by the Health Resources and Services Administration. This award recognized UK NFVCHC with Gold status and placed the clinic's performance in the top 10% in the nation.





ACADEMICS

- Academic Programs
- 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

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

UK College of Social Work

Social Work	Faculty	Coordinator	Recruiter
	Melissa Slone	Jessica Williamson	Dana Hays

UK College of Medicine

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

College of Health Sciences

COVID-19 Impact Statement:

Office of Student Affairs CERH College of Health Sciences

This year has brought unique challenges for each of us. In our efforts to support the overall well-being of our students, the UK CERH College of Health Sciences Office of Student Affairs (CHS OSA) proactively provided information to our students of support, encouragement, and resources (academic and non-academic). I extended online advising hours from 7:30am- 7:30pm for enrolled and prospective students and Saturday online advising was offered to students that had a conflict in their class schedule or work schedule. The UK CERH CHS OSA had online hours from 2:00pm- 3:00pm daily for currently enrolled students.

The small portion of recruiting that is done with the UK CERH CHS OSA was completed online. All community and 4-year colleges in the UK CERH recruiting region was served. Professor Conover with South Kentucky Community and Technical College, Whitesburg and Harlan campuses, started classes late Fall, which did conflict with my schedule, so we agreed I will meet with his class online in the 2021 Spring semester. My strong network with all colleges made it easy to work with professors, transfer coordinators, clubs, and organizations to switch to full online recruiting for the UK CERH CHS programs. I took extra steps for prospective students to connect with the UK CERH CHS by hosting online advising sessions on Mondays and Tuesdays with Hazard Community and Technical College/University Center of the Mountains campuses from 4:00pm-6:00pm, as well as the South Kentucky Community and Technical College campus on Wednesdays from 4:00-6:00pm. Community colleges in the UK CERH region had online advising hours from September 1st- December 14th. I was able to work with the Southeast Area Health Education Center to provide an online Zoom presentation for their students and have been invited to provide another presentation in the Spring. During the pandemic, 42 prospective students for DPT program scheduled individual advising sessions and 9 prospective MLS students scheduled individual advising sessions with UK CERH CHS OSA.

Lance E. Poston, Ph.D., UK Health Corps Project Lead at the University of Kentucky, provided me with instructions and resources to share with COVID-19 positive or quarantined UK CERH CHS students. UK CERH CHS OSA was instructed to share the information once a student has revealed that information to OSA.

Dr. Tony English, Chairperson for the UK DPT program, sent an appreciation card to thank the UK CERH CHS OSA for the support and efforts that was provided with compassion and expertise to the UK CERH CHS students and prospective students during our not so normal Fall Semester. I am extremely thankful for the support and resources that the University, UK CERH, and my supervisor have provided to the OSA during these difficult times.

*Angie Phipps, MSSL
Student Affairs Officer III*

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

3 Admitted in 2020

7 Total Enrolled in 2020

4 Graduated in 2020

68 Total Graduates



Expected Job Growth

Employment of medical laboratory technologists and technicians is projected to grow 7 percent from 2019 to 2029, 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 MLS program at the UK Center of Excellence in Rural Health has made a major impact on my life. It has provided me with countless opportunities that range from continuing my education to careers all over the country. Without the program in Hazard, I would not be where I am today.

Being able to complete a bachelors degree within my own rural community has been so rewarding. I couldn't have chosen a better path for myself than the one I was able to complete in my own hometown. I'm so thankful for the opportunity to work in rural Kentucky and be of service to the Southeast Region with this degree."

- Courtney Combs, MLS Class of 2020

College of Health Sciences

COVID-19 Impact Statement: MLS Program

How instruction and responsibilities of the program have changed since the start of the COVID-19 pandemic varies from the Junior and Senior cohort of students in the Hazard MLS program.

Seniors were halfway through their Spring 2020 term when they were asked to learn remotely mid-March. The majority of hands-on lab work had been completed. Course load included 11 hours of Lecture content and 6 hours of Lab courses. Lecture and Lab were forced to immediately adapt to remote delivery. In addition, the first Summer term had a 3 credit hour course with lab component that had to be transitioned to remote learning.

Seniors began their practicum rotation as scheduled. Clinical site placement was complicated due to COVID-19, but we were grateful that all were placed. Most sites required additional training elements before they could begin their practicums, as well as additional PPE worn during rotation. Some locations required students to obtain their own PPE, and the MLS program had to provide these items for students. Our Senior students have been intricately involved in the testing and lab work upswing during the COVID-19 pandemic. Rotation schedule was modified to ensure that NACCLS requirements were met early in case students were asked to discontinue due to restrictions. Fortunately, the Seniors were able to complete their entire 20-week rotation.

As for the Juniors, the MLS program had a very small incoming class. The effect of COVID on the number of students who applied is unknown. Incoming Juniors were oriented via Zoom and completed all lectures via Zoom as well. For distance learning Hazard students, this seemed like only a slight modification from ITV. However, the framework of Zoom vs. ITV classroom is distinctly different. With Zoom, students are easily disconnected from the instructor and from the rest of the class. At times, the students were required to endure 4 hours of Zoom lecture at once without breaks. The switch in course delivery from instructors also led to the occasional technology glitches.

As for the labs, the MLS staff and faculty were able to ensure that labs were still taught in-person. All labs were pushed to morning sessions, creating extended lab times. This was done to give students time to travel home and link into lecture courses hosted remotely. As the only lab instructor on the Hazard campus, it sometimes became difficult to set up labs and run them without a break. Any other semester, the MLS schedule would daily bounce students back and forth from lecture and lab to break it up. In trying to minimize exposure, the coursework became more tedious.

Outside of the students, the biggest concerns for my responsibilities included ordering of PPE and my ability to help in the recruiting process. These continue to be concerns of mine.

Overall, the opportunity of all the students able to connect with each other and with myself has become limited. Where we used to spend the entire day together, working on learning and connecting, now we are rushing off to separate corners. This group of students has had to adapt to a number of changes and I personally am amazed at their perseverance and hard work.

*Bianna Music, MLS(ASCP)CM
MLS CERH Associate Director*

College of Health Sciences

Doctor of Physical Therapy

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

DPT
Students

18 Admitted in 2020

54 Total Enrolled in 2020

18 Graduated in 2020

211 Total Graduates



Expected Job Growth

The Bureau of Labor Statistics projects employment of physical therapists to grow 18 percent from 2019 to 2029, 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](#))

"I decided at a young age that I wanted to work toward becoming a physical therapist. Unlike most kids my age I also decided at a young age that I wanted to get my education and come back home to Eastern Kentucky to help the people who have shaped me into who I am today. By being able to get my physical therapy education in a rural setting, it opened up opportunities for clinical experiences in this setting, which ultimately better prepared me for my career. The Center of Excellence in Rural Health was my home away from home during PT school. My classmates as well as the wonderful staff created a family atmosphere that was so supportive during the highs and lows that accompany a professional program. The staff at the center always encouraged a spirit of giving and volunteering in our local community as well which I hope to carry on in my career now that I have graduated. I feel that my time spent and the CERH in Hazard was a wonderful way to prepare me to use my knowledge, skills, and compassion to best care for the people in my hometown."

- Emily Wills, DPT Class of 2020

Student Impact in the Community

DPT students volunteered and participated in:

- For Pete's Sake organ donor campaign (online)
- Project CARAT durable equipment drive
- Donation drive for food and shoes
- Trail maintenance and clean up, Perry County Park
- Donated needed supplies to the Care Cottage, Hazard KY

College of Health Sciences

COVID-19 Impact Statement: DPT Program

At the end of the Spring semester, instruction was online, which meant some courses were not able to complete lab instruction and practicals for Spring courses until later in the calendar year.

Third year PT students are normally at the UK CERH for the last time in May. This did not happen, so there was no formal end to their UK CERH experience.

We offered Zoom office hours, Zoom chat times and increased email and phone communication to make up for missed opportunities for in-person communication.

The Provost extended an exception to the PT program for Summer semester allowing us to meet in-person for a limited number of labs.

- Social distancing requirements made it necessary to rearrange the PT lab
- Masks required at all times in all public areas of the building
- Students completed daily screening online
- Temperature checks completed before entering the PT lab
- Frequent hand washing and cleaning of tables/equipment
- Faculty required to be onsite any time students in the lab, so additional times were scheduled to allow for student practice which typically takes place after hours
- With a limited number of labs approved, some labs were converted to online experiences
- Made up a portion of the labs that were missed in Spring semester
- No staff onsite

Fall semester followed the hybrid University plan:

- Daily online screening; masks required; no temperature checks
- Finished labs and practical exam from Spring semester
- In-person lectures behind plexiglass with mask or face shield
- Social distancing meant all Hazard students were in the same room for lectures only in the larger rooms; no rooms in Lexington accommodated an entire cohort; so, teaching in person meant some students were in the same room, some were in a room on the other campus and others were connecting via zoom from home
- Students tend to come to campus primarily on days when they have labs; often they have lecture on those days as well
- Ongoing multimodal efforts to connect with and make ourselves available to students
- Developed strategies to adapt to students who must miss due to quarantine and illness
- Minimal to no in person faculty and staff networking
- All local OSA activities continue remotely
- Staff onsite 1 day/week with minimal to no interaction with students

Clinical Education for the Class of 2020 and Class of 2021 students was immediately interrupted with the initial shut down. All of the Class of 2020 Hazard students were able to complete their clinical education requirements in order to graduate; the Class of 2021 clinical education is ongoing.

- Mona Carper, PT, DPT, Assistant Professor

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

4 Admitted in 2020

14 Total Enrolled in 2020

10 Graduated in 2020

49 Total Graduates



"The College of Social Work at the University of Kentucky has been a true blessing in my life. My life has not always been easy, I have had many obstacles, much like many other students in my cohort. When I received my letter of acceptance to UK, I almost passed out. It has been nothing but amazing experiences, building relationships and bonds that I hope last a lifetime, and obtaining an education I could only have dreamed of."

—Gerri Fletcher, BASW, Class of 2020

Student Impact in the Community

- Over 2,300 hours in various agencies throughout eastern Kentucky in 2020.

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

4 Admitted in 2020

21 Total Enrolled in 2020

3 Graduated in 2020

253 Total Graduates

"[The program] opened many doors and opportunities. I wouldn't have been about to afford or complete the program at the main UK campus. Therefore, I probably wouldn't be where I am today if it wasn't for the [MSW] program at the Center."

- Daniel Stidham, MSW Class of 2019



Student Impact in the Community

- 4,600 community service hours in various agencies throughout eastern Kentucky in 2020.

Expected Job Growth

Overall employment of social workers is projected to grow 13 percent from 2019 to 2029. Increased demand for healthcare and social services will drive demand for social workers, but growth will vary by specialization. From 2019 to 2029, employment of child, family, and school social workers is projected to grow 12 percent; employment of healthcare social workers is projected to grow 14 percent; and employment of mental health and substance abuse social workers is projected to grow 17 percent. ([Bureau of Labor Statistics, Occupational Outlook Handbook](#))

COVID-19 Impact Statement: Social Work Programs

COVID-19 caused a reduction of service hours for BASW and MSW students. The College of Social Work developed remote assignments for the practicum students in the spring of 2020 as students were not permitted onsite after the outbreak for their safety. The College of Social Work has also had to be more creative in how they interact with students (e.g. drop-in virtual meetings with advisors, Director of Undergraduate Students, and Associate Dean).

- Jessica Williamson, Academic Coordinator

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



"UK East Kentucky Family Medicine Residency Program paved a way for me to fulfill my dreams of practicing rural medicine close to home."

- Joshua Proffitt, MD

COVID-19 Impact Statement: Residency Program

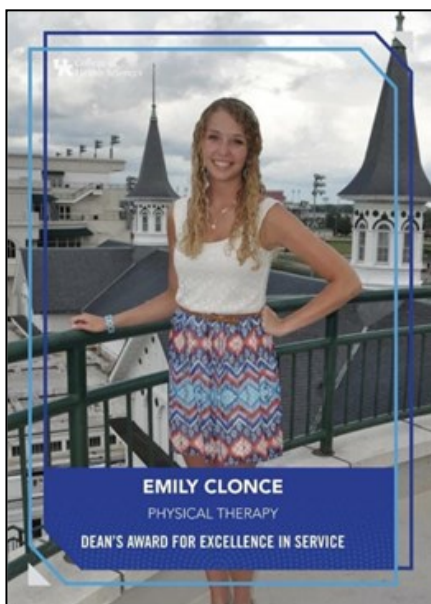
COVID-19 has impacted the residency program and required us to change how we see patients in our outpatient clinic and how we participate in didactics. We now see the majority of our patients through telehealth or drive-through in the outpatient clinic setting. If the patient needs to be seen in-person, we utilize proper PPE including face shields and N95 masks. We participate in didactics through zoom meetings rather than gathering together in the classroom.

- Wanda Taylor, D.O., Residency Director

STUDENT AWARDS

Student Awards

Physical Therapy



Emily Clonce

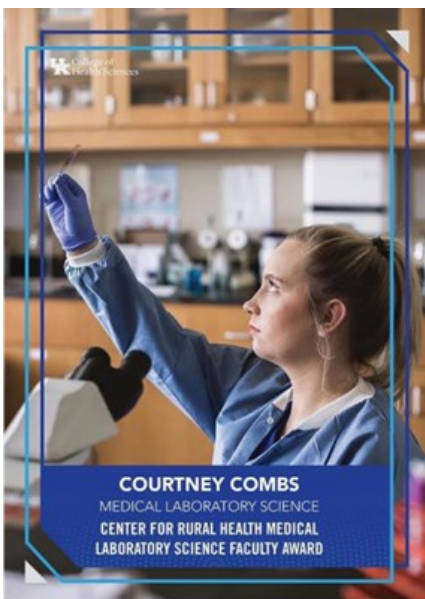
Dean's Award for Excellence
in Service



Emily Wills

DPT Student Excellence in Rural
Health Award

Medical Laboratory Science



Courtney Combs

CERH Medical Laboratory
Science Faculty Award



Gary Scott Nantz

Medical Laboratory Science
Faculty Award

Student Awards

Social Work



Tanya Brewer
Outstanding BASW Student



Travis Adams
Outstanding MSW Student

STUDENT EVENTS

Student Events

College of Health Sciences Spring Semester Kick-Off

January 15, 2020

The Office of Student Affairs at the UK CERH welcomed back students to start the semester for the UK College of Health Sciences students on the Hazard campus.



Student Events

UK DPT Oncology Elective Class

January 17, 2020

UK DPT Class of 2020 students toured ARH Hazard Cancer Center to learn more about the facility and the opportunities patients have in rural health.



2020 Therapy Alliance Legislative Day

February 4, 2020

UK DPT students traveled to the Capital in Frankfort to participate in Legislative Day.

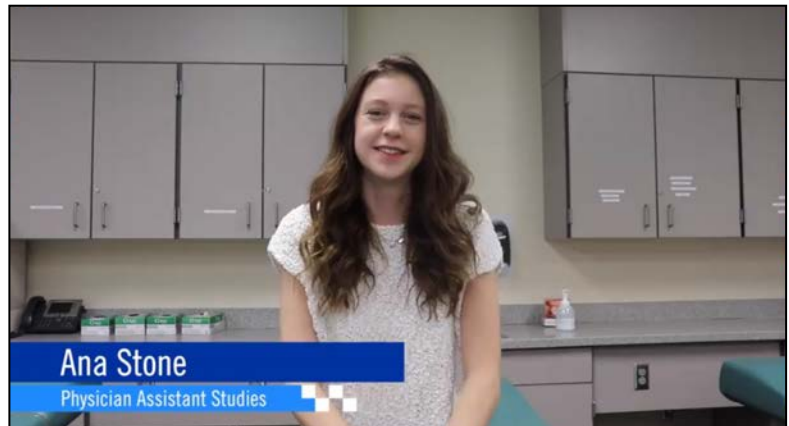


Student Events

MY CHS Story

February 21, 2020

This event occurred throughout the year with the UK College of Health Sciences. The showcase for Hazard campus students was on February 21, 2020 and spotlighted Ana Stone, a graduate of the Hazard campus MLS Class of 2019.



Social Work Lobby Day

February 25, 2020

Students, faculty, and staff participated in Social Work Lobby Day in Frankfort, KY.



Student Events

Virtual Check-in with the Office of Student Affairs

Started March 2020

The Office of Student Affairs met each cohort of DPT and MLS students online to provide both academic and non-academic information. Sessions involved checking in with students about adjusting to online learning, providing information on ways to contact the UK CERH College of Health Sciences Office of Student Affairs remotely, providing information on COVID-19 from UK, encouragement and support during a pandemic, connecting students to UK Resources, counseling services, UK Writing Center, Financial Wellness, and much more.



Medical Laboratory Professional Week

April 19-25, 2020

Current UK CERH MLS students and MLS CERH Alumni were promoted during the week on Social Media.



Student Events

Virtual Restorative Yoga and Meditation

April 28, 2020

UK College of Health Sciences students joined a 60-minute virtual restorative yoga and meditation session that provided techniques for stress relief and relaxation. Rebecca Serrano, Student Success & Financial Wellness Coordinator, led the event.



Virtual Test Anxiety Workshop

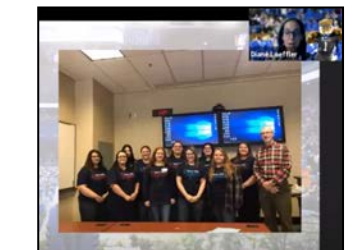
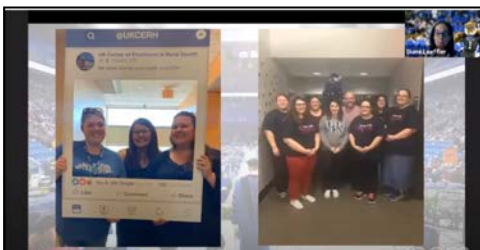
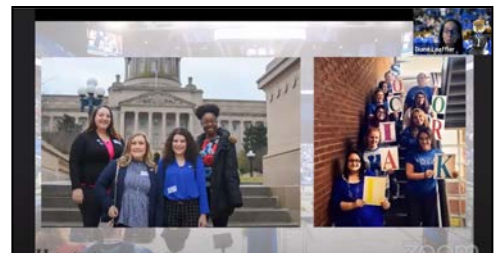
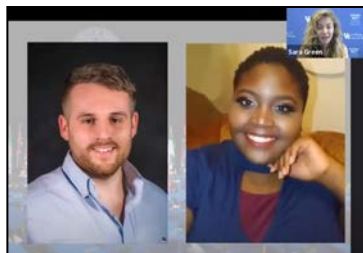
April 29, 2020

The UK Counseling Center provided virtual test anxiety workshops that students could join.

College of Social Work Honors and Awards Program

April 30, 2020

UK College of Social Work BASW and MSW graduates, certificate awardees, departmental honors students, and Spring 2020 outstanding students were recognized.



Student Events

Completion of Gross Anatomy

May 2020

UK CERH DPT 1st-year students virtually celebrated completing their Gross Anatomy class. This has become an annual tradition for Hazard campus students.



UK Writing Center E-tutoring Program

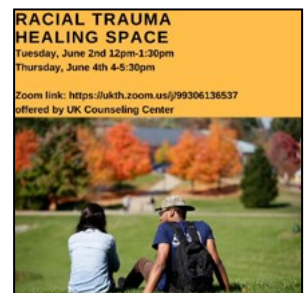
June 1, 2020–July 30, 2020

Students needing help with research papers or other writing assignments were able to join the tutoring program via zoom, Monday – Thursday.

Racial Trauma Healing Space

June 2, 2020 and June 4, 2020

A space for community, connection, and healing, amidst the racial trauma via Zoom, offered by UK Counseling Center



College of Health Sciences Student Orientations

August 2020

- UK College of Health Sciences orientation via Zoom for all new DPT and MLS students at the UK CERH
- New DPT and MLS students received orientation about the UK CERH and COVID-19 restrictions for the facility.

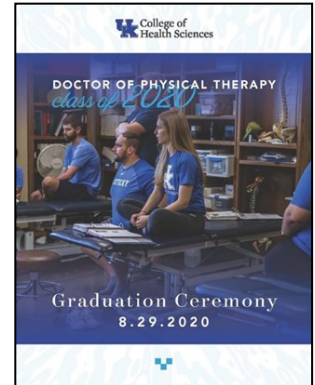


Student Events

UK DPT Class of 2020 Graduation

August 26, 2020

The UK DPT graduation event was held on Facebook live allowing everyone to celebrate our UK CERH Hazard Class of 2020 students.



World PT Day

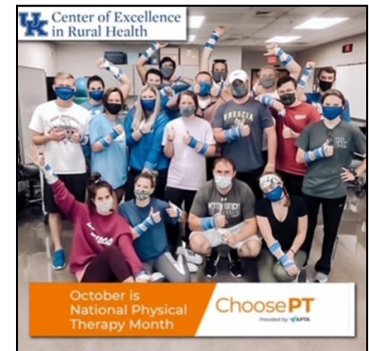
September 8, 2020

World PT Day celebrates physical therapists and the profession. Events were held online this year.

National PT Month

October 2020

Every October is National Physical therapy month. DPT students at the UK CERH were celebrated online by displaying photos on Marquees, videos, and appreciation emails.



FAFSA Applications

October 1, 2020

An online advising session was provided to help students at the UK CERH connect to FAFSA and the UK Financial Aid Department to address any FAFSA issues.

National Transfer Week for Prospective MLS Student

October 26, 2020

Information was provided to prospective students about transferring into the UK CERH MLS program via Zoom each day during National Transfer Week.

Student Events

Virtual Wellness Fair

October 29, 2020

UK CERH College of Health Sciences students participated in a virtual wellness fair hosted by the UK Stuckert Career Center to learn about self-care.

National First-Generation Week

November 2-7, 2020

UK CERH College of Health Sciences students had the opportunity to participate in the BBN celebration of First-Generation Student Activities during the week via zoom. These events focused on the accomplishments and achievements of first-generation college students.

Virtual AHEC Information Session

November 12, 2020

The UK CERH Office of Student Affairs, as well as Melissa Perry with AHEC, provided a virtual informational session on the DPT and MLS programs to high school students and counselors in the AHEC program.

College of Health Sciences
Office of Student Affairs

@UK Hazard Campus

UK Center of Excellence in Rural Health

JOIN
UK College of Health Science Office of Student Affairs

Information Session
UK Medical Laboratory Science
UK Doctor of Physical Therapy

When: Thursday, November 12, 2020
at 1:00pm

Where: <https://uky.zoom.us/j/82373883357>
Passcode: 922891

UK College of Health Science Senior Advisor: Angie Phipps: angie.phipps@uky.edu



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

**Rural Outreach
Coordinator**

Ashley Combs

**Administrative
Support Associate**

Margie Coots



External Research Committee

External Research Committee Members



Frances J. Feltner, DNP, MSN, RN

Director

UK Center of Excellence in Rural Health



Melissa Slone, MSW, CSW - Chair

Research Inter-Disciplinary Director

UK Center of Excellence in Rural Health



Patrick Kitzman PhD, MSPT

Director

Kentucky Appalachian Rural
Rehabilitation Network
College of Health Sciences



Michele Staton, PhD

Faculty

Department of
Behavioral Science
College of Medicine



Angela Carman, MBA, DrPH

Assistant Professor

Department of Health,
Behavior & Society
College of Public Health



Key Douthitt, MD

Medical Director

UK North Fork Valley Community
Health Center



Robert Atkins, MD

Residency Director

UK North Fork Valley Community
Health Center

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

2020 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

04/01/20–09/30/21

"Covid 19: Coronavirus State Hospital Improvement Program"

(PI: Scott, E.)

Goals: The Coronavirus SHIP grant will provide 46 small rural hospitals in Kentucky funding towards their costs to, support hospitals to respond to prevent, prepare for and response to coronavirus. The Kentucky Office of Rural Health will provide these 46 small rural hospitals with program guidance and oversight related to the use of their funds.

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

06/01/19–11/30/20

"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.

UK CERH Grants

Kentucky Department for Public Health

07/01/18–03/31/22

"National Health Service Corps Promotion Project"

(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.

Centene Management Company LLC

12/31/16–03/31/21

"WellCare CDSMP and DSMP Project"

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

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

07/01/14–06/30/22

"Kentucky Rural Health Journal"

(PI: Feltner, F.) (KORH Director and Rural Project Manager)

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

Kentucky Department of Public Health

07/01/05–06/30/22

"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

2020 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

PCORI

10/01/20–10/31/24

"Online Cognitive Behavioral Therapy for Depressive Symptoms in Rural Patients with Coronary Heart Disease"

(PI: Moser, D.) (CI: Feltner, F.)

Goals: Using a randomized, controlled, stratified (by sex) design, we will compare real-time, face-to-face interaction with a therapist–video-conferenced CBT (vcCBT) and internet-based self-administered CBT without a face-to-face therapist (iCBT) in rural CHD patients on the primary outcome of depressive symptoms over time. Secondary outcomes of all-cause hospital readmissions, physical activity and medication adherence will be compared over time. We will also examine whether health literacy, stigma or sex moderate the effects of the interventions on outcomes.

UK CARES Rapid Response Mini-Grant

08/24/20–02/24/21

"Access to Personal Protective Equipment for a High Risk Appalachia Population using Aerial Drones and Community Health Workers"

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

Goals: This study will explore the safety and feasibility of package delivery equipment using drones and evaluate the impact of drone delivery and CHW COVID-19/SARS-CoV-2 prevention education.

UK 2020 Sustainability Challenge Grant Program

08/01/20–06/30/21

"Coordinating and Assisting the Reuse of Assistive Technology in Rural Appalachian Communities: A service learning program"

(PI: Kitzman, P. & Slone, M.) (CERH Research Assistant)

Goals: (1) Participants will learn to properly assess, repair, and clean standard durable medical equipment to be provided to community members who cannot otherwise afford this equipment. (2) Participants will gain an understanding of assistive technology that can improve quality of life and community participation by individuals with disabilities. (3) Participants will have a greater understanding of the supports and barriers to providing this service within rural communities. (4) Community members will provide education to the students about the supports and barriers to accessing resources in rural communities. (5) Participants will provide individuals with disabilities equipment that they can use to improve their health and quality of life.

Research Partnerships

National Opinion Research Center

01/01/20–07/31/21

"Case Study: Understanding Reasons behind Declining Rates of Opioid Overdose in Eastern Kentucky Counties"

(PI: Feltner, F.) (CI: Slone, M. & Noble, W.)

Goals: Analyze reasons for declining rates of overdose mortality in counties in eastern Kentucky that have occurred even as overdose rates have risen in the state of Kentucky as a whole, as well as in the Appalachian regions of neighboring states such as Pennsylvania, Ohio, and West Virginia. Identify potential policies and interventions driving the declines that can be implemented in other communities.

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.

Health Resources and Services Administration

09/01/19–08/31/22

"Building SUD Workforce Capacity in the Appalachia Region"

(PI: Benner, K.) (CI: Slone, M.)

Goals: This multi-disciplinary proposal is a systematic strategy to meet the prevention, intervention and recovery needs of the Commonwealth of Kentucky, including Appalachia, by developing workforce capacity to address SUD in Central Kentucky and the surrounding areas.

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.

Research Partnerships

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.) (Other significant contributor: 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.

National Institute of Environmental Health Sciences

05/01/17–03/31/22

"UK Center for Appalachian Research in Environmental Sciences"

(PI: Hahn, E.) (Other significant contributor: 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.

Research Partnerships

National Center for Advancing Translational Sciences

08/15/16–05/31/21

"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.

Health Resources and Services Administration

07/01/16–06/30/21

"Primary Care Training and Enhancement"

(PI: Cardarelli, R.) (CI: Feltner, F.) (CERH Research Assistant)

Goals: The proposed project will prepare primary care providers to practice in and lead transforming healthcare systems aimed at improving the triple aims of access, quality, and cost effectiveness of care.

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.



Research Partnerships

Center for Clinical and Translational Science (CCTS)

Staff Directory

Frances Feltner, Co-Director, (Community Engagement & Research)

Ashley Combs, Rural Outreach Coordinator

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.

CCTS Appalachian Research Hazard Site 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 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 Virtual Research Seminar Series September 16 and 30, October 14 and 28, 2020 135 Attendees



This year's event was moved to a virtual format due to COVID-19. Although we were disappointed that we were unable to meet in-person, the virtual platform did allow for a broader reach of attendees. We had participation from Paducah to Pikeville in the state and from Virginia, Tennessee, West Virginia, Ohio, Alabama, New York, and Maryland. Presentations during this year's virtual research series included:

September 16, 2020

Reducing Environmental Exposures in Appalachia through Community-Academic Partnerships

Ellen J. Hahn, RN, PhD, FAAN, Professor and Director
University of Kentucky Center for Appalachian Research in Environmental Sciences

September 30, 2020

Substance Use Disorder Recovery Task Force Panel

- **The Rural Health Opioid Grant**
JoAnn Vanzant, Program Director, Operation UNITE
- **Kentucky State Police Angel Initiative**
Jennifer Sandlin, Captain, Kentucky State Police
- **The Community Holds the Key**
Michael Clark, Community Liaison, Addiction Recovery Care Center
- **Rural EMS Overdose Response and Mitigation**
Jonathan Allen, Director, Lee County EMS and Lee County Emergency Management Services

October 14, 2020

2020 Community Leadership Institute of Kentucky Project Presentations

Moderated by Kathryn Cardarelli, PhD, University of Kentucky

- Project presentations by graduates of the 2020 Community Leadership Institute of Kentucky:
Cathryn Forester, Ricki Draper, Sandra Jones, Sarah Olinger, Brandy Slone and Sherry Spragens.

October 28, 2020

Virtual Poster Session

Virtual poster session winners presented their research during this shared session.

Appalachian Research Day

Poster Winners

First Place

Nicole Robertson: Assessing the Effectiveness of Cancer Screening Interventions Targeting Appalachian Populations: A Systematic Review

Second Place

Leslie Woltenberg: Going the Distance: Perceptions & Practices of Interprofessional Care in Rural Kentucky

Third Place

Craig Wilmhoff: Utilizing Citizen Scientists in Monitoring School Bus Air Quality and Absentee Rates in a Rural Appalachian Public School System

2020 Poster Submissions

- Poster 1: Physical Therapy and Covid-19: Experiences from Clinicians inform Physical Therapy Education
- Poster 2: Assessing the Effectiveness of Cancer Screening Interventions Targeting Appalachian Populations: a Systematic Review
- Poster 3: Center for Excellence in Rural Health Program Evaluation
- Poster 4: Efficacy of Utilizing Citizen Scientists in Monitoring School Bus Air Quality and Absentee Rates in a Rural Appalachian Public School System
- Poster 5: Frequency and Follow-Up Practices of Germline Mutations in Appalachian Patients Enrolled in Total Cancer Care
- Poster 6: Going the Distance: Perceptions & Practices of Interprofessional Care in Rural Kentucky
- Poster 7: Prenatal Polysubstance Exposure and Neonatal Abstinence Syndrome Predict Language Delay at 10 Years of Life
- Poster 8: Uncertain Birth: Cultural Politics and Embodied Consequences of Accessing Pregnancy Care Rural Appalachia
- Poster 9: Improving Appalachian Healthcare: A Meta-Analysis on Green Tea's Effect on Weight Loss and Maintenance

Appalachian Research Day



EST. 2015
APPALACHIAN
RESEARCH DAY
come sit on the porch

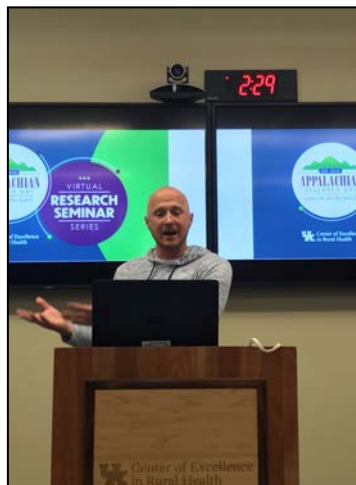
VIRTUAL
RESEARCH SEMINAR
SERIES

Center of Excellence
in Rural Health

- QUESTIONS
- EVALUATION
- JOIN US AGAIN
 - September 30th, Substance Abuse Recovery Taskforce Panel
 - October 14th, Graduates of the Community Leadership Institute of Kentucky
 - October 30th, Virtual Poster Session
 - All sessions begin at 2 pm EST

Thank you for joining us!

UK Center of Excellence in Rural Health
www.kyruralhealth.org
 606-439-3557
 750 Morton Blvd.
 Hazard, KY 41701



**Appalachian Drinking Water Health Effects Study
Martin County Concerned Citizens Report Back**

- Preliminary Technical Report: The Martin County Kentucky Community-Engaged Drinking Water Health Pilot Study (J. Urwine)
 - UK Now (July 31, 2020): <http://uknow.uky.edu/research/uk-pilot-study-finds-high-levels-contaminants-martin-county-drinking-water-samples>
- MCCC Report Back, July 30: Zoom and Livestream on Facebook
 - https://www.facebook.com/MartinCountyConcernedCitizens/videos/martin-county-water-testing-and-health-study-community-report-back-2685055268638527/?so=related_videos
- In the news:
 - <https://www.kentucky.com/news/state/kentucky/article244642692.html>
 - <https://wday.com/news/local/university-of-ky-researchers-release-the-result-of-their-martin-county-water-study>

University of Kentucky Center for Appalachian Research & Environmental Sciences



COMMUNITY ENGAGEMENT and SERVICE

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

TRAININGS

Trainings

Trainings Offered by the UK CERH

Training	Number Trained 2020
Chronic Disease Self-Management Program (CDSMP) (Lay Leader Update Training)	21 CHW Participants
Diabetes Self-Management Program (DSMP) (Lay Leader Training)	4 CHW Participants
Mental Health First Aid (Master Training)	1 Participant
Mental Health First Aid (MHFA)	10 Participants

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 Health Sciences Faculty Council
- University of Kentucky College of Health Sciences Promotion and Tenure 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
- CMS Office of Minority Health - Rural Obstetric Readiness Workgroup
- Lung Cancer Prevention and Early Detection Network
- 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
- Bell/Whitley County Service Meeting
- Big Sandy Diabetes Coalition
- Breathitt County Diabetes Coalition
- Breathitt County Schools Resource Committee
- Carter County Family and Consumer Sciences Extension Advisory Council
- Carter County Interagency
- Center for Economic Analysis of Rural Health
- Community Advisory Board Cancer Focus Group
- Community Health Improvement Planning Committee
- Community Health Worker Advisory Workgroup
- East Kentucky Workforce Innovation Board
- Elder Maltreatment Council Project Life Saver Scholarship Committee
- Family Consumer Science Advisory Board - UK Extension
- Farm and Home Field Day
- FEMA
- Flex Committee
- Foundation for a Healthy Kentucky Community Advisory Committee
- Foundation for a Healthy Kentucky Corporate Member on the Community Advisory Appointment Sub-Committee
- Foundation for a Healthy Kentucky Diabetes Prevention Workgroup
- Foundation for a Healthy Kentucky Health Equity Workgroup
- Foundation for a Healthy Kentucky Strategic Planning and Evaluation Committee
- FRYSC - LGR Advisory Council
- HANDS / Tobacco Advisory Council
- Harlan County Health Coalition
- Health Advisory Team
- Highlands ARH Regional Medical Center Local Advisory Committee
- 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 Nurses Action Coalition External Advisory Board
- Kentucky Physical Therapy Association, Legislative Committee
- Kentucky River Health Consortium
- Kentucky River Medical Center
- Kentucky Rural Health Association Nominating Committee
- Kentucky Rural Health Association Board of Directors
- Lawrence County Diabetic Support Group
- Lawrence County Interagency
- Lawrence County Oral Coalition Board
- Letcher County Food Pantry Board
- Letcher County Interagency
- Magoffin County Diabetes Coalition
- Martin County Interagency
- MATRC Advisory Board Committee
- MCCC Homeplace Clinic Consumer Advisory Council
- Middle Kentucky Community Action Board of Directors
- National Organization of State Offices of Rural Health Boards & Committees
- North Fork Valley Community Health Center Board
- Operation Unite
- People's Clinic
- Project HOME
- Stroke Encounter Quality Improvement Project Louisville Stroke Systems of Care Committee
- The Bridge Advisory 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 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

- 50 CLIK Participants
- 33 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
- 8 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



Community Partnerships

Community Leadership Institute of Kentucky

2020 Participants	Projects
Alesha Staley	Increasing Mindfulness in a Virtual Learning Environment
Brittany Little	Identifying and Implementing Needed Activities for Rural Community Park
Brittany Gross	Encourage Breastfeeding at Whitesburg Appalachian Regional Healthcare (WARH) to Reduce Obesity
Jessica Gross	Mindful Yoga for Kids
Kateena Haynes	Reducing the Effects of Adverse Childhood Experienced Using a Trauma-Informed Mentoring Model
Michael Nix	Sowing the seed of recovery: Utilizing the Hickory Hill greenhouse for a means of stress reduction, healthy food, and
Rebecca Akers	Improving Cervical Cancer Screening and Early Diagnosis in Appalachia: An Educational Program for Nurse Practitioners in
Taylor Sallie	Helping High School Seniors Learn the Skills Needed to Transition into Adulthood

"CLIK has been instrumental in helping me achieve crucial leadership skills and helping me achieve my highest potential."

- CLIK Graduate

COVID-19 Impact Statement

In order to respond to the challenges on COVID-19, for the first time, CLIK programming moved to an all remote format in fall 2020. All didactic sessions occur via Zoom, with mentors advising their participants in breakout sessions.

- Ashley Combs, Rural Outreach Coordinator

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 provide assistance with the Kentucky Congress on Spinal Cord Injury Conference.

In 2020, KARRN was awarded the UK sustainability grant to expand Project CARAT, as well as the Wellness Edge grant to hold a stroke camp in Perry County. KARRN also managed the Grace Jones Memorial Fund. The grant committee received 11 applications, of which 4 applicants were funded, for a total of \$1,980. The committee assisted the applicants in receiving items such as an electric scooter, temporary ramp, durable medical equipment for the bathroom, assistive technology to create a smart home, and a lift chair. In addition, KARRN became a clinical site for the College of Social Work and had 4 practicum students.

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.



COVID-19 Impact Statement

Due to COVID-19, KARRN was unable to host the annual conference, meetings had to be completely virtual, and some projects came to a halt. On a positive note, this allowed members to become re-engaged in the group meetings and has allowed for more ideas to move projects forward.

- Keisha Hudson, Administrative Research Assistant Senior

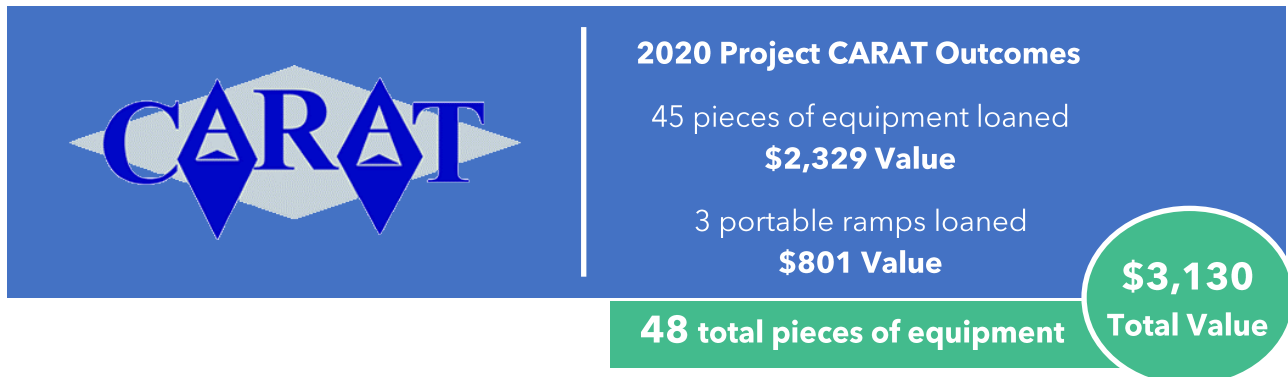
Community Partnerships

Project CARAT

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



In 2020, Project CARAT received the UK Sustainability Challenge Grant. This grant allowed Project CARAT to expand the program and partner with the UK College of Social Work, providing an opportunity for social work students to work with DPT students. There were 17 DPT students and 3 social work students trained within the program. Project CARAT is also in the process of creating 2 satellite sites, with the UK CERH site being the main hub. These 2 sites will be in partnership with Kentucky Homeplace. The program had articles featured in UKNow, Kentucky Medical News, and Spectrum News.



"Receiving help from the CARAT program has positively affected the life of my clients, by giving them mobility to live a more independent life at home."

COVID-19 Impact Statement

Due to COVID-19, Project CARAT was completely shut down for 3 months. After the 3 months, we were able to offer a curbside service one day a week with limited hours. The program was not able to host the annual durable medical equipment drive. Trainings were also affected trainings.

- Keisha Hudson, Administrative Research Assistant Senior

Community Partnerships

Stroke Survivor and Caregiver Support Group

The Stroke Survivor and Caregiver 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 2020, the support group won the American Stroke Association's Stroke Hero Award for Outstanding Support Group. The group was featured in an article in Kentucky Medical News, as well. Also in 2020, the support group succeeded in getting the month of May declared as Stroke Awareness Month again with Perry County Judge Executive Scott Alexander, Hazard Mayor Happy Mobelini, Buckhorn Mayor Thomas Burns, Knott County Judge Executive Jeff Dobson, and Letcher County Judge Executive Terry Adams signing the Stroke Awareness Month proclamation. In addition to this, the group was successful in adding the City of Jackson Mayor Laura Thomas and Leslie County Judge Executive William Lewis, who also signed Proclamations. In May 2020, the group shared stroke signs and symptoms educational posts on social media platforms.

Throughout 2020, the group was able to educate the community on stroke prevention, signs, and symptoms. The group also hosted a social media campaign for World Stroke Day on October 29th.

"[The support group] has allowed me to be around people that are going through the same things as me and I have made lifelong friends."

- Support Group member



COVID-19 Impact Statement

COVID-19 affected the program in multiple ways. The group was unable to hold in-person meetings, participate in community events, hold educational sessions, and perform any trainings or stroke screenings in-person. The group adapted by having virtual meetings every two weeks to keep members engaged. The group members also had to adapt Stroke Awareness Month, World Stroke Day, and other community activities that are normally in-person, by using social media and networks to spread the information.

- Keisha Hudson, Administrative Research Assistant Senior

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.



Operation Change was implemented at the UK CERH in 2019. This site was the first Operation Change program implemented in a rural community. Participants loved the program so much they wanted to continue meeting. The UK CERH agreed to host a monthly meetings with all of the participants of the 2019 cohort.



In 2020, plans were made to offer the program to a new cohort. However, due to COVID-19, it was postponed. Social media and virtual platforms have been used to engage the women from the 2019 program and provide updates to the participants who signed up for the 2020 program. A few zoom meetings and a fireside chat was held with the women.

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

"Operation Change makes me thankful that I was reminded that I am important and worthy. As women we sometimes forget we need to make ourselves a priority in order to be healthier and happier, so that we may help others in our family and community."

- Program Participant

COVID-19 Impact Statement

COVID-19 completely shut down our plans for a program in 2020. We were able to sign ladies up and had to start a waiting list because of so much interest. Then, we learned that we would have to postpone the program for a few months. Once we came back together, we thought we could possibly make the program work in the Fall 2020, but COVID-19 had different plans. We had to adapt to reaching ladies through social media.

- Keisha Hudson, Administrative Research Assistant Senior

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.

Students have the opportunity to observe and shadow healthcare professionals at work; participate in a variety of hands-on activities; tour the University of Kentucky campus; visit the UK CERH Gross Anatomy Lab; and participate in numerous education opportunities which will better prepare them for a healthcare career.

The camp is hosted by the UK Center of Excellence in Rural Health and the Southeast Kentucky Area Health Education Center (AHEC) in conjunction with Southeast Kentucky Community & Technical College and University of Kentucky College of Medicine. It is held annually at the UK CERH.

Due to COVID-19, the 2020 Health Career Enrichment Camp was cancelled out of concern for the safety and well-being of the students, staff, and all personnel involved with the camp. We plan to resume the camp next year.



 Center of Excellence
in Rural Health



 College of
Medicine

Community Partnerships

CHW Certification for High School Students

United Healthcare (UHC) and the UK Center of Excellence in Rural Health announced a gift 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.

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

This pilot program presents a unique partnership that demonstrates how private businesses, higher education, and communities can partner to address rural health needs. The gift for \$35,000 will cover costs for 23 students, include a virtual mentor internship by United Healthcare and a paid apprenticeship for the students.

The first cohort of students started the CHW certification classes in January 2020. Five high school students completed CHW 101 and CHW 102. Classes initially were held in-person, however, with the onset of COVID-19, they were converted to an online format. In September 2020, four students enrolled for CHW 103.



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.

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.

The Consortium submitted for the HRSA Rural Communities Opioid Response Program - Planning grant and received funding. Through this grant we were able to complete a community assessment related to substance abuse disorder in our counties. Additionally, we developed a strategic plan and looked at ways we could work together to implement items in our communities. If interested in learning more or partnering on efforts, reach out to the Consortium.

The Consortium has expanded its reach with the creation of three workgroups to look at health and wellbeing issues within these specific populations. The workgroup's focus populations are youth, aging and substance use disorder. The overall consortium serves as a resource to the workgroups by offering a place for them to share ideas, promote projects in the community and look for additional resources when needed.

Our meetings have looked a little different this year due to COVID-19. However, we have continued to meet quarterly and our workgroups are continuing to look at ways to educate and increase access for their populations to enhance the health and wellbeing of individuals and our communities.



KENTUCKY RIVER
HEALTH CONSORTIUM



Community Partnerships

Kentucky Rural Health Association Conference

For the third year, the UK CERH hosted the poster session at the Kentucky Rural Health Association (KRHA) annual conference. This year's conference was held virtually on November 5, 12 and 19, 2020. Submitted abstracts were judged and the top four were asked to submit a video presentation of their poster project. The winning posters shared their research and outcomes, and discussed the potential policy impact of their work. The videos were shared with conference attendees at designated times on November 5th and 12th and moderated by Melissa Slone, UK CERH Research Inter-disciplinary Director.

KRHA POSTER WINNERS

First Place

Foster Professional Identify Development Among Rural Physician Assistant Students



- Shelley R. Irving, PA-C, MSPAS, Assistant Professor and Site Director, Morehead Campus of the University of Kentucky Physician Assistant Studies Program



- Josh Burkhardt, PA-C, MSPAS, Assistant Professor, Morehead Campus of the University of Kentucky Physician Assistant Studies Program



- Leslie Woltenberg, PhD, Assistant Professor, University of Kentucky Physician Assistant Studies Program

Community Partnerships

KRHA POSTER WINNERS

Second Place



Implementation of Northern Kentucky's First Comprehensive Smoke-Free Ordinance

- Breanna Williams, Health Educator, Northern Kentucky Health Department

Third Place



Breast Cancer Study at Clark Regional Medical Center in 2018

- Anne Park, Student, Northeast Kentucky AHEC

Fourth Place



We're Gonna Get Through This Together: The Role of Telehealth During COVID and the Impact on Hepatitis C Treatment in Complex and Rural Patients at an Academic Medical Center

- Megan Cooper (right), Clinical Staff Pharmacist, University of Kentucky Specialty Pharmacy
- David Damico (center), Clinical Staff Pharmacist, University of Kentucky Specialty Pharmacy
- Heather Foley (left), Clinical Staff Pharmacist, University of Kentucky Specialty Pharmacy

Community Partnerships

Connecting Rural Communities in Western and Eastern Kentucky

In 2020, the UK CERH began networking to strengthen our relationship with rural partners in Western Kentucky. Listening sessions and follow-up meetings were held in Murray and Mayfield with members of the local health department, hospital, clinics, mental health agencies, Murray State University, diabetes coalition, Purchase Area Development District, the Purchase Area Health Connections Coalition and others.

Subsequent meetings have led to establishing work groups interested in furthering work on:

- Developing a Rural Health Webinar Series
- Developing a Rural Health Leadership and Development Program
- Creating a Research Conference Opportunity in the Delta similar to App Research Day
- Expanding LCSW clinical opportunities
- Connecting colleagues in Western KY with UK's new on-line Master of Public Health program



Opportunities for the Eastern Kentucky partners to learn and explore:

- Health Explorers: pipeline development for high school students interested in health careers.
- Purchase Area Health Connections Coalition: a well-established health coalition model with a proven track record in partnerships and securing grant funding to work on health disparities in the region.



COMMUNITY EVENTS

UK CERH Events

Telehealth Billing and Coding Webinar

Hosted by KORH – January 14, 2020, Virtual

Focus/Theme: Telehealth billing and coding specifics

Keynote speakers: Brenda Edwards, Specialists in Coding and Billing Integrity; Teresa Cooper, Kentucky Primary Care Association

Major topics covered: Telehealth from a CMS perspective, Kentucky Medicaid Reimbursement
Statewide event – 199 attendees

Kentucky Rural Hospital Financial Network Meeting

Hosted by KORH – January 21, 2020 @ Berea, KY and January 22, 2020 @ Bowling Green, KY

Focus/Theme: Hospital finance

Keynote speakers: Jonathan Patenburg and John Downes, Stroudwater Associates

Major topics covered: Funding opportunities, RHC Case Study, The Use of Market Analytics to Drive Decision Making, 10 Cost Report Opportunities, Management Accounting in a CAH Environment, Open Discussion/Hot Topics

Statewide event – 28 attendees

EMS Listening Tour

Hosted by KORH – February 25, 26, & 27, March 2, 3, & 10, 2020 @ Columbia, KY, Calvert City, KY, Hartford, KY, Williamstown, KY, Bardstown, KY, and Berea, KY

Focus/Theme: We stopped in six communities across the Commonwealth to gauge the current state of rural EMS services by inviting EMS professionals, hospital and clinic administrators and staff, health department staff, state and local government officials, community members and other interested parties to come out and share their insights about the strengths, challenges and needs of Kentucky's EMS agencies.

Keynote speakers: KORH Staff

Major topics covered: Each group talked about their views on the strengths, challenges and needs of Kentucky's EMS agencies.

Statewide event – 142 attendees

Important Information and Guidance for RHCs in regards to COVID-19

Hosted by KORH – March 18, 2020, Webinar

Focus/Theme: RHCs and COVID-19

Keynote speakers: Kate Hill, The Compliance Team

Major topics covered: Education and information for RHCs in regards to COVID-19 and keeping patients and staff safe

Statewide event – 130 attendees

UK CERH Events

Providing Telehealth Services in an RHC during COVID-19

Hosted by KORH – March 27, 2020, Webinar

Focus/Theme: RHCs and COVID-19

Keynote speakers: Johnie Akers, Wellcare

Major topics covered: Education and information for RHCs in regards to providing telehealth services during the COVID-19 pandemic

Statewide event – 135 attendees

EMS Week Webinar Series

Hosted by KORH – May 19-21, 2020, Webinar

Focus/Theme: Building Morale and Motivation Within Your Crew.

Keynote speakers: Chris Cebollero, President/CEO Cebollero & Associates; Mike Taigman, Improvement Guide FirstWatch; Dr. Jay Fitch, Founding Partner of Fitch & Associates, LLC

Major topics covered: Session 1 - Chris Cebollero spoke on The Art of Self Motivation; Session 2 - Mike Taigman spoke on Finding Your Way to Feeling Motivated: Cutting Through Stress (Including Stress Caused by COVID-19); Session 3 - Dr. Jay Fitch spoke on Improving Our EMS Organization's Teamwork, Morale and Culture

Statewide event – 90 attendees

Rural Kentucky Grant Writing Workshop

Hosted by KORH – May 19, 21, 27 & 29, 2020, Virtual Series

Focus/Theme: Grant writing

Keynote speakers: Teryl Eisinger, National Organization of State Offices 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 – 38 attendees

Kentucky RHC Emergency Preparedness Plan Virtual Training

Hosted by KORH – May 28, 2020, Webinar

Focus/Theme: RHC emergency preparedness plan

Keynote speakers: Kate Hill, The Compliance Team

Major topics covered: Education and information for RHCs in regards to what is required to be included in the practice's emergency preparedness plan

Statewide event – 75 attendees

MBQIP Webinars

Hosted by KORH – July 29, 2020, August 25, 2020, December 16, 2020, Virtual

Focus/Theme: MBQIP

Keynote speakers: Barb DeBaun, Cynosure

Major topics covered: Building Resiliency and Flu Vaccines

Statewide event – 50 attendees

UK CERH Events

The New Normal - Employment and Privacy Issues for Healthcare Providers during the COVID-19 Crises

Hosted by KORH - September 11, 2020, Webinar

Focus/Theme: Education and information for RHCs in regards to employment and privacy issues for patients and staff

Keynote speakers: Lisa Hinkle, Chris Shaughnessy and Jason Hollon, McBrayer Law Firm

Major topics covered: Families First Coronavirus Response Act, OSHA, NLRA, ADA, HIPAA, Federal and state wage and hour laws

Statewide event - 45 attendees

Performance Checklist and Benchmarks for Kentucky RHCs

Hosted by KORH - September 18, 2020, Webinar

Focus/Theme: Kentucky RHCs benchmarking system

Keynote speakers: Greg Wolf and Jonathan Patenburg, Stroudwater

Major topics covered: Education and information for RHCs in regards to requirements for where RHCs can be located, services and providers must have, types of RHCs. Information also provided on Practice Operational National Database (POND) analytics and benchmarking system.

Statewide event - 65 attendees

Contact Tracing Engagement Event

Hosted by UK CERH - September 22, 2020, Webinar

Focus/Theme: COVID-19 contact tracing and tracking effort in Kentucky

Keynote speakers: Mark Carter, Executive Adviser, Kentucky Cabinet for Health and Family Services

Major topics covered: Contact tracing, roles and responsibilities, guidelines, materials for distribution

Local event - 42 attendees

Understanding the RHC Biennial Evaluation

Hosted by KORH - September 24, 2020, Webinar

Focus/Theme: RHCs Biennial Evaluation

Keynote speakers: Shannon Chambers, South Carolina Office of Rural Health & National Association for RHCs

Major topics covered: Education and information for RHCs in regards to requirements for what needs to be included in a RHCs Biennial Evaluation

Statewide event - 55 attendees

UK CERH Events

Improving CPR/AED Awareness in Rural Kentucky

Hosted by KORH – October 30, 2020, Virtual

Focus/Theme: OHSCA

Keynote speakers: Phil Dietz

Major topics covered: Strategies to Improve Survival Rates from Out-of-Hospital Cardiac Arrest in Rural Kentucky

Statewide event – 12 attendees

Webinar Series with Siemens

Hosted by KORH – October 30, 2020, November 20, 2020, December 18, 2020, Virtual

Focus/Theme: Hot Topics for hospitals

Keynote speakers: Dino Coliano, Martha Senf, and Steve Wagman, Siemens

Major topics covered: Reducing the spread of airborne and surface contaminants, maintaining social distancing, cybersecurity, improving indoor air quality, managing energy performance, sustaining healthy and safe environments

Statewide event – 25 attendees

RHC COVID-19 Testing Mandatory Reporting Requirements

Hosted by KORH – November 13, 2020, Webinar

Focus/Theme: RHCs and COVID-19

Keynote speakers: Shannon Chambers, South Carolina Office of Rural Health, National Organization for the State Office of Rural Health, and National Association for RHCs

Major topics covered: Education and information for RHCs in regards to reporting requirements for funds received in May 2020 for providing COVID-19 testing in their facilities

Statewide event – 65 attendees

Kentucky CAH Swing bed QAPI Program

Hosted by KORH – December 1, 2020, Virtual

Focus/Theme: Swing Bed Program for Kentucky CAHs

Keynote speakers: Greg Wolf and Paula Knowton, Stroudwater

Major topics covered: Introduction to the QAPI Program

Statewide event – 13 attendees

UK CERH Events

Health Resources Services Administration

2019 Rural Communities Opioids Response Planning and Implementation and Rural Health Opioid Program Grantees Meetings

The Center hosted two meetings for the Health Resources Services Administration (HRSA) 2019 Rural Communities Opioids Response Planning (RCORP) and Implementation and Rural Health Opioid Program (RHOP) Kentucky grantees. The initial meeting, held on January 14, 2020 at the UK Center of Excellence of Rural Health, had 33 people in attendance. Dr. Angie Carman led the participants through an activity to look at themes, gaps, barriers and assets across the state related to substance use disorders (SUD). JBS International, Inc. representatives then provided guidance on evidenced-based programs and resources available to grantees. The HRSA project director joined the session via zoom. Participants felt the meeting was beneficial and requested a follow up meeting in summer. With the onset of COVID-19, the April meeting was postponed. As it became apparent an in-person meeting was not going to occur, a virtual meeting was held.

The virtual meeting was held on August 25, 2020 with 23 grantees participating. This meeting provided training opportunities for moving forward together. Topics included building recovery ecosystems, framing recovery through language, building a cohesive strategy and research on reentry. JBS International, Inc. representatives were again in attendance and very helpful in guiding participants to resources.



Center of Excellence in Rural Health

EXCELLENCE IN ACTION



Vision:

A Healthier Kentucky

Mission:

Improve the Health and Wellbeing of Rural Kentuckians

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