

REGISTER TODAY!

2018 GLC-SOPHE ANNUAL CONFERENCE

HEALTH EQUITY

MENTAL HEALTH, INCLUSION, ACCESS

OCTOBER 25, 2018

LANSING CENTER

LANSING, MI



Who Should Attend?

- Health Educators
- School Leaders
- Teachers
- Counselors
- Public Health Professionals
- University Instructors/Faculty
- Nurses
- Community Organizers
- Students in the Health Science Field
- Coalition Members
- Social Marketers
- Healthy Lifestyle Coaches

GLC-SOPHE member - \$87

Non-member - \$127

Student - \$57

Register and pay online at <https://bit.ly/2LTkK18>

Deadline: October 8, 2018

Pre-registration is required. There will be no registration available the day of the conference.

Conference Support from:

**Grand Valley State University Public Health
MDHHS MI Tracking**

**Milk Means More
Region V Public Health Training Center**

SOPHE, including its chapters, is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. Credits are pending.

Agenda

8:00 – 8:40 a.m. Registration, Breakfast, & Networking

8:40 – 8:55 a.m. **Welcome & Opening Remarks**

9:00 – 10:00 a.m.

Opening Keynote:

Be Nice. Take Action.

Christy Buck, LBSW

Executive Director

Mental Health Foundation of West Michigan

Having an understanding of mental health is essential to all aspects of life! Participants in this session will have a greater understanding of an action plan that they can implement daily to change, improve, and save lives. This action plan includes four steps:

1. *Apply NOTICE to recognize signs and symptoms of a mental health disorder.*
2. *Apply INVITE to start a caring conversation and get help.*
3. *Apply CHALLENGE regarding stigma and provide info and resources to get help.*
4. *Apply EMPOWER to help someone who is struggling.*

10:00 – 10:15 a.m. **Break, Posters, & Silent Auction**

10:15 – 11:15 a.m.

Breakout Session #1

1A: Community-Based Mental Health Promotion: Overview and Lessons Learned from a Multi-Year Partnership to Pilot a Mental Health Curriculum with Minority Health Agencies

Shannon McMorrow, Ph.D., PH

Assistant Professor

Western Michigan University, School of Interdisciplinary Health Programs

This presentation will provide details of a collaboration formed between a state level minority health agency and academic researchers to address the gap in mental health promotion programming that exists, particularly for minority communities. Outcomes of the collaboration including participatory development of a pilot curriculum, training of trainers, and implementation.

1B: The Bridge: A Catalyst for Positive Health Outcomes in Out of School Youth

Bree Bode, MPH, CHES®

PhD Candidate, Graduate Research Assistant

Wayne State University

The organization will use the out of school time program to promote a holistic understanding of healthy behaviors so that youth will apply the seven dimensions of wellness to their daily lives to 1) both nurture and combat behaviors that may influence childhood obesity, 2) promote civic engagement, 3) foster self-confidence in the areas of math and reading, and 4) support further growth in life skills and critical thinking.

1C: A Journey Toward Health in All Policies in Kent County*

Karyn Pelon, BS

Health Educator

Kent County Health Department

Barbara Hawkins Palmer, BS, MA

Director of Healthy Kent

Kent County Health Department

After several years of Health Equity and Social Justice Dialogue Workshops, the Kent County Health Department, along with its partners, launched a Health in All Policies (HiAP) campaign. The campaign included a kickoff event, toolkit release and learning labs for agencies and community residents. This presentation will provide an overview of the successful groundwork prior to the HiAP campaign as well as practical tools for HiAP implementation and utilization.

*denotes that the session is recommended as part of the student track.

11:15 – 11:30 a.m. Break, Posters, & Silent Auction

11:30 – 12:30 p.m. Breakout Session #2

2A: Building Partnerships to Leverage Resources and Improve Health: Addressing Community Needs with Community Assets

Jess Eglinton, BA
Executive Assistant
Catherine’s Health Center

Those who live in poverty experience multiple complex barriers to achieving equitable health outcomes. Learn how Catherine’s Health Center, a Federally Qualified Health Center Look Alike in Grand Rapids improved heart health outcomes for underserved populations through community-based, collaborative programming. This session will help you analyze your community, identify community needs and assets, forge strong, strategic cross-sector partnerships, and leverage resources. Ultimately, you’ll learn how to address your community’s needs with your community’s assets.

2B: How Collaboration Can Impact Health Equity

Courtney Andrews, MHS, CHES®
Health Promotion Specialist
Livingston County Health Department

Erica Grochowski, MPH
Health Promotion Specialist
Livingston County Health Department

Targeting vulnerable populations can be a challenging task. Despite our best efforts, those with the greatest need can remain out of our reach. One great way to extend the reach of an organization or program is by capitalizing on existing / forming new community partnerships. This presentation will describe how a small county health department is working towards improving the health outcomes of vulnerable populations through the use of a community-based program and local partnerships.

2C: Impact of Community Health Programs on Mental Health of Teenagers*

Dr. Lina H. Jawad, Ed.D.
Lecturer
University of Michigan – Dearborn

This session examines a case study that identified the impact of the summer teen health program offered at one community center on the health perceptions of participating teenagers. Educational sessions targeted topics that impact mental and emotional teen health (self-image, and healthy relationships). This study was grounded in research based on the Health Belief Model and proved that community centers, as places that offer education outside schools, can profoundly impact mental health outcomes of participants.

**denotes that the session is recommended as part of the student track.*

12:30 – 1:00 p.m. Lunch & Networking

12:15 – 1:45 p.m. Exhibitors Available

1:00 – 1:20 p.m. Awards & General Membership Meeting

1:30 – 2:30 p.m. Breakout Session #3

3A: Innovative Partnerships: Community Engagement in the Public Health Classroom

Ranelle Brew, Ed. D., CHES®	Katie Barnhart, Ph.D., CHES®	Karen Niemchick, Ph.D.
Department Chair	Assistant Professor	Assistant Professor
Grand Valley State University	GVSU	GVSU

This presentation will highlight community engagement initiatives, best practices, curriculum mapping techniques, challenges and limitations to a university and community partnership. The model and techniques shared are easily replicated in a variety of public health settings.

3B: LGBTQ+ Inclusivity & Sex Positivity: The Conversation Starts with Us

Kate Donaldson, MPH, CHES®
Public Health Educator
District Health Department #10

Katie Jourdan, MPH, CHES®
Public Health Educator
District Health Department #10

Changing sexual health norms in a rural community isn't easy, but we knew the conversation could start with us! Learn how District Health Department #10 is working to reduce disparities in access to sexual health information and services among LGBTQ+ youth. By evaluating our own services for youth inclusivity, engaging youth in sexual health outreach, and advocating for comprehensive sexuality education, we've made small wins in creating an equitable community for all sexualities and genders.

3C: Redirecting Mental Health Education and Community Outreach in the Black Church*

Khadijah Johnson
MPH Candidate
Western Michigan University

This presentation will address the current mental health stigmas and myths that have their origins in the "Black" church and how these community organizations can redirect mental health education and by implementing a unification of the church and mental health awareness in urban communities.

*denotes that the session is recommended as part of the student track.

2:30 – 2:45 p.m.

Break, Posters, & Silent Auction

2:45 – 3:45 p.m.

Closing Keynote:

Challenges to Health Equity: Insights from Implicit Bias, Racial Anxiety, and Stereotype Threat

Denise Evans, MM, MA
Project Coordinator
Strong Beginnings – Healthy Start

This will help engage public health professionals in learning through dialogue about improving community health by addressing; cultural identity and self-awareness and how these and other areas help to improve the health and wellbeing of our community. We explore implicit bias, racial anxiety, and stereotype threat from a public health approach and use interactive approaches to keep participants engaged through small group dialogue as well as various interactivities focusing on hidden bias and the root causes of inequities.

3:45 – 4:00 p.m.

Closing Remarks & Evaluations