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# LNC Class XXVII

XXVII  
HHS  
Session

## HHS Session

Wednesday, February 5, 2020  
Charlotte

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# Safety Minute



# Announcements

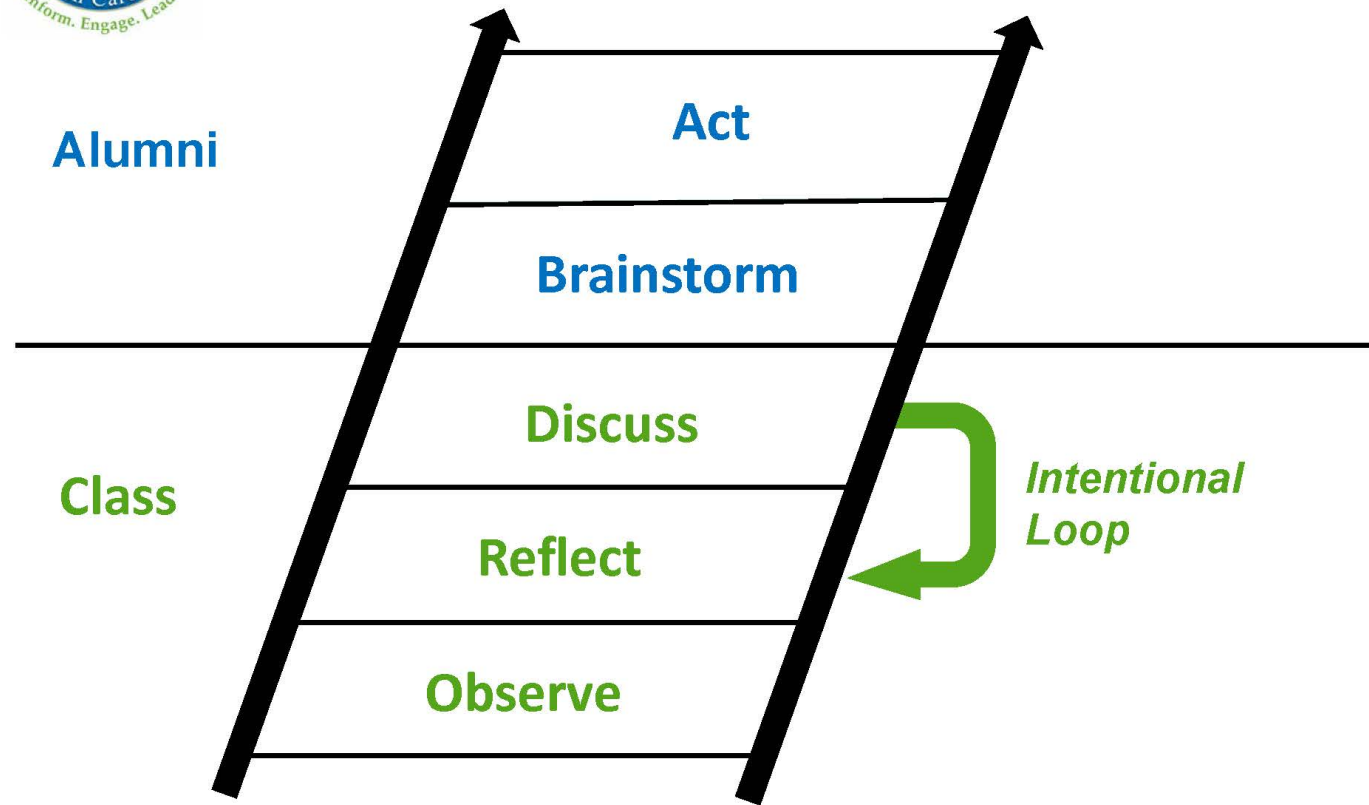


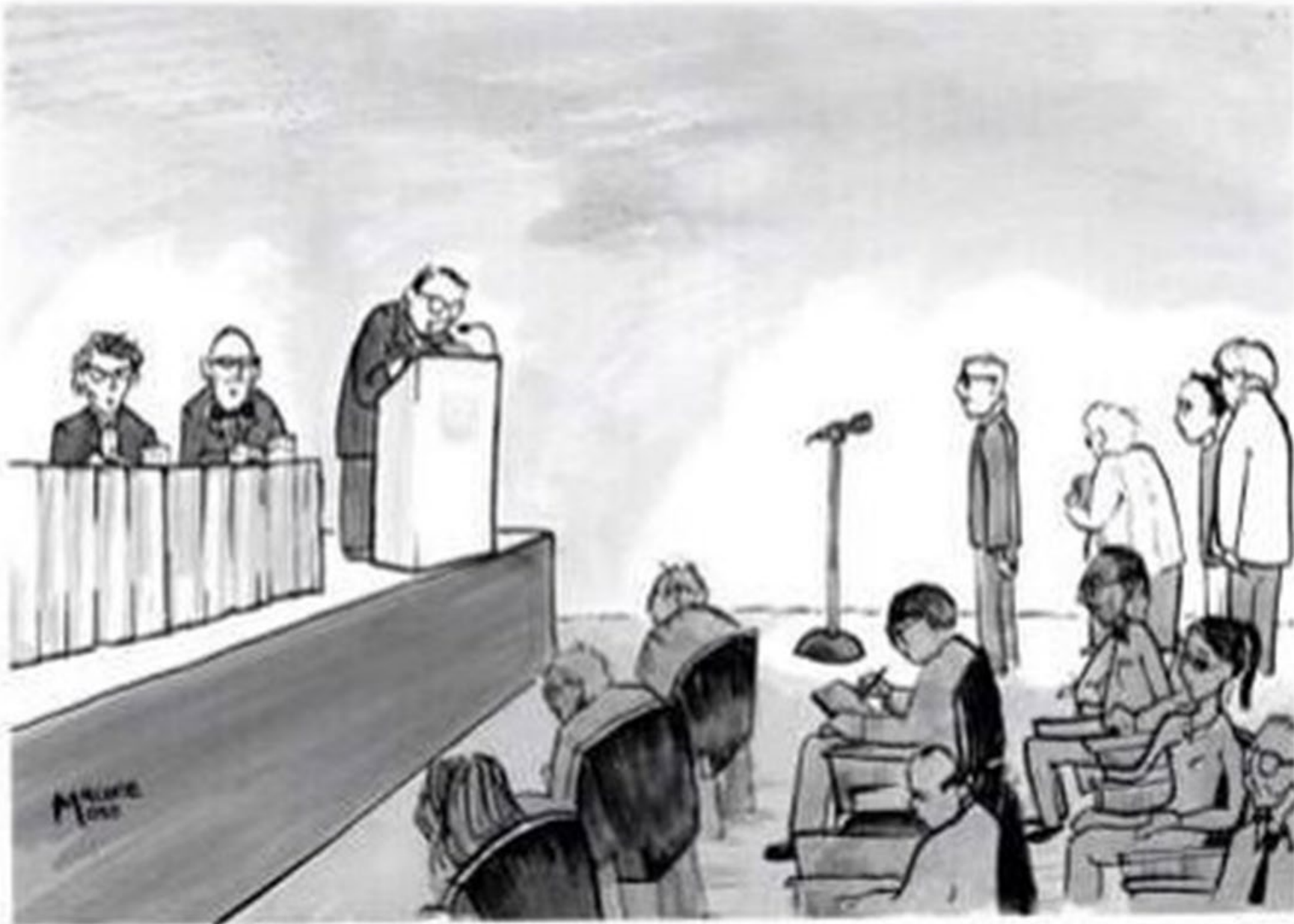
# Shereece Naomi Born Dec. 26, 6 lbs 11 oz





## LNC Learning Model





*"We'd now like to open the floor to shorter speeches disguised as questions."*





# Morning Reflections

XXVII  
HHS  
Session

Christian Overton  
Class XXVII Program Chair

# Aha! Moments

- In awe of the ICRCM and the Greensboro Four—It wasn't that long ago!
- Broadening of perspective regarding race and implicit bias
- Appreciation for hearing others' experiences
- Dr. Flood: Most powerful part of the whole session
- Very proud of Elisha!
- A&T students were SO impressive
- Connection between hunger and education
- Breadth of reach and impact of community college system

# Hot-Button Issues

- Need for better coordination to address cross-cutting challenges
- Inequities in AIG and AP classes
- Do we overinvest in higher ed at expense of early childhood and K-12?
- Increase in scope of educators' responsibilities
- Too many issues are put on the school system to address

# Challenges and Solutions

- Teacher pay and more funding for all levels of education
- We need to feed all kids—take away the stigma
- Need to be comprehensive in approach
- Incentivize experienced teachers to work in “challenging” classrooms
- Need for representation (racial, economic, gender) in state and local government and in classrooms
- Whole child concept is key to better outcomes
- Flexibility with funding

# Class Reflections: Paired Discussions

- Stand up.
- Find someone nearby who you haven't had a chance to connect with yet.
- Take about 5 minutes to discuss one or more of the following questions:
  - What's on your mind as we head into the HHS session?
  - What was your biggest takeaway from the Education session and how does that relate to health and human services?
  - Where are you feeling most excited about having an impact post-LNC program year? What connections (people or content) are you making that can influence your engagement?
- Return to your seats.
- Quick report outs at 8:30.



# Setting the Stage

XXVII  
HHS  
Session

Michelle Ries  
Weyling White



# HHS Session Planning Committee

XXVII  
HHS  
Session

**Michelle Ries**, Session Co-Chair  
North Carolina Institute of Medicine

**Weyling White**, Session Co-Chair  
Roanoke Chowan Community Health Center  
Mayor, Ahoskie

**Cheryl Cherry**  
Self Help Credit Union

**Fatima Dean**  
Formerly with The Redwoods Group

**Laura Early**  
United Methodist Church

**Sharon Hirsch**  
Prevent Child Abuse North Carolina

**Maria Ochoa**  
Maria M. Ochoa Financial and Insurance Services

**Mike Riley**  
Novant Health Huntersville Medical Center

**Kristen Rosselli**  
TROSAs, Inc.

**Carmen Shaw**  
Atrium Health

**Meredith Switzer**  
Homeward Bound Western NC

# Session Goals

1. Define health as a broad concept that connects physical, mental, and spiritual health and well-being and human needs and explain the factors that contribute to healthy communities.
2. Describe HHS infrastructure, costs, payers, workforce, and access, both at the state and local level.
3. Highlight the drivers of health from prenatal to end-of-life and explore health equity for vulnerable populations.
4. Present personal stories of engagement with various components of the HHS system.
5. Describe innovative and evidence-based models for addressing HHS challenges and help participants understand what they can do to have an impact.
6. Demonstrate how HHS connects to government, education, economic development, and the environment in NC and highlight opportunities for engagement.





# What are Drivers of Health?

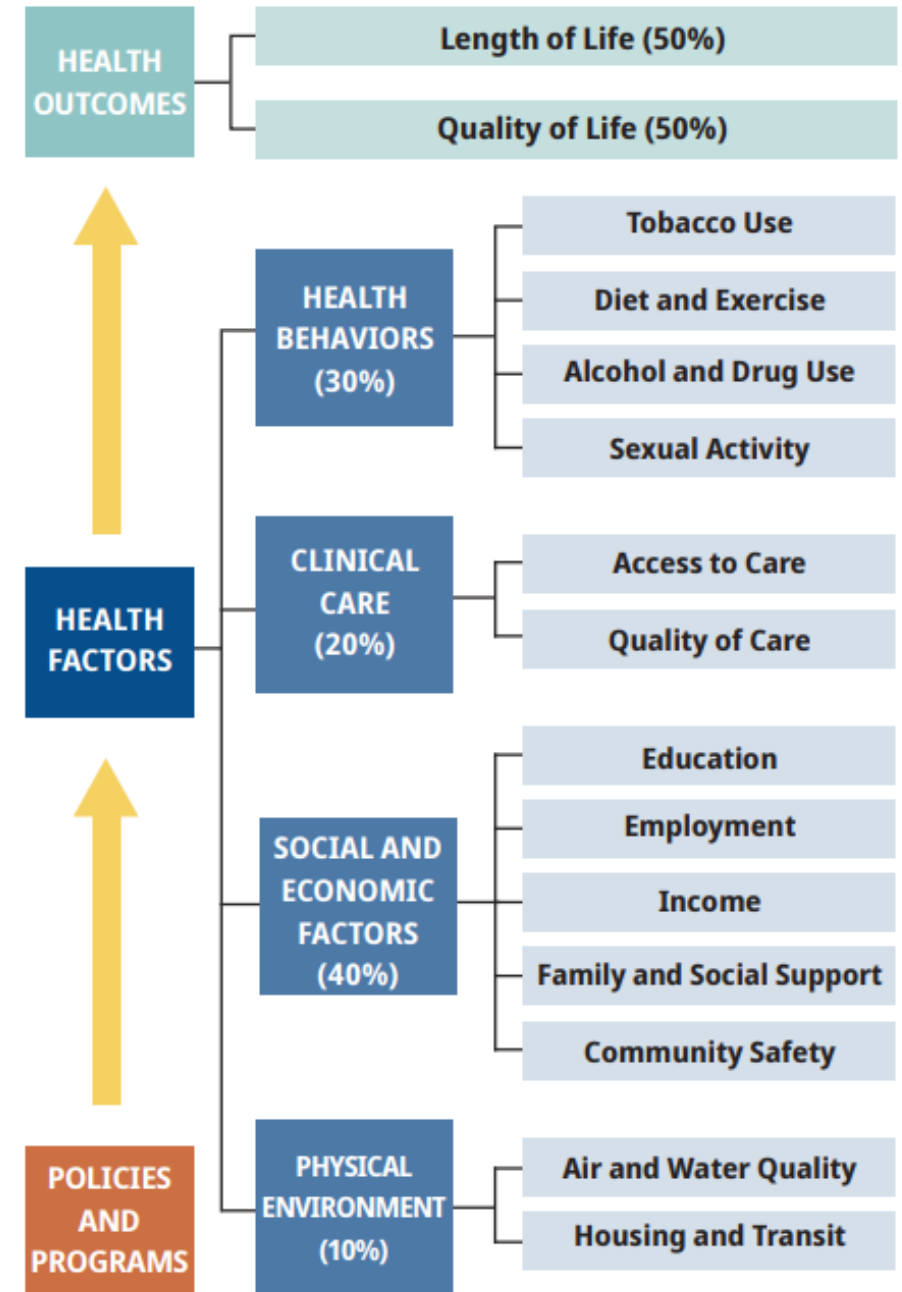
## EXAMPLES:

44% of asthma cases in children are related to home-based exposures (Lanphear, 2001)

Food insecurity significantly affects adult Type 2 diabetes mellitus outcomes (Seligman, 2012)

Living in a neighborhood with economic disadvantages increases risk of coronary heart disease (Diez Roux, 2001)

## Population Health Model



# Health Equity

- Everyone has the opportunity to attain their full health potential and no one is disadvantaged because of socially determined circumstances. (NC DHHS)
- The absence of avoidable or remediable health differences among groups of people defined socially, economically, demographically or geographically. (WHO)
- Everyone has the opportunity to attain their highest level of health. Inequities occur when barriers prevent individuals and communities from reaching their full potential. (American Public Health Association)

# MARTIN LUTHER KING

**Of all the forms of inequality,  
injustice in health care is the  
most shocking and inhumane.**

Speaking before the Second National Convention  
of the Medical Committee for Human Rights.  
Chicago, Illinois. March 25 1966.



## **WARD A**

- Public Schools
- Vidant Hospital
  - RCCHC
  - Hertford Co. Public Health Authority
- Amphitheatre
  - Ahoskie Recreation Center
- Vidant Wellness Center



## **WARD B**

- 3 Tobacco Shops
- Increased Crime
  - Diminishing Infrastructure
- Funeral Homes
- African American Churches

# Ward A



# Ward B

Roanoke Electric Cooperative dropped off a total of 1,288 pounds of donated food to the Ahoskie Food Pantry. The food—a variety of non-perishable canned and boxed goods—was collected over the

able food items. Roanoke Electric Communications Specialist Brittany Tann. Participants included Roanoke Electric employees from Member Services, Human

“It that som a gr tinu St

## Ahoskie Police probe shooting

### Victim airlifted Sunday morning to Vidant MC

**From Staff Reports**

AHOSKIE – One person is hospitalized after gunshots rang out in Ahoskie on Saturday night.

Meanwhile, the Ahoskie Police seek information on who was responsible for pulling the trigger.

APD Chief Troy Fitzhugh said his department received a call shortly before 11:30 p.m. in reference to gunshots being fired in the vicinity

of Martin Luther King Jr. Drive and First Street.

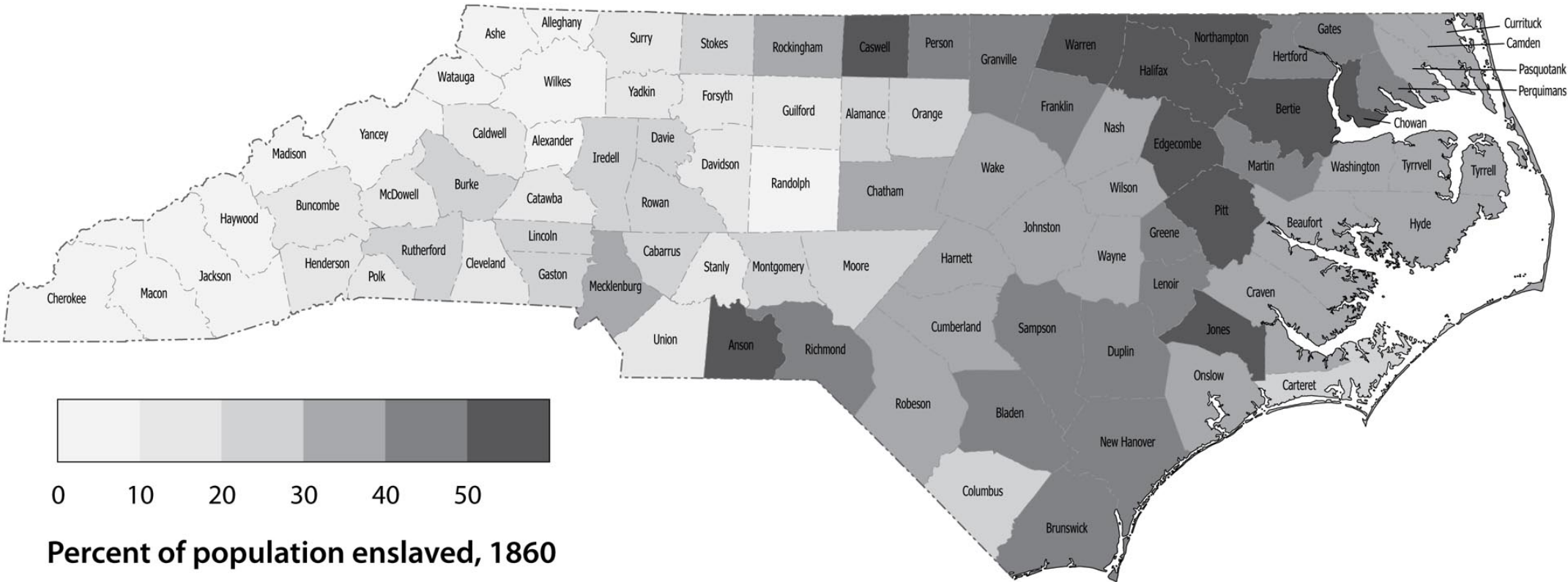
“Shortly thereafter, at 11:36 p.m., we received a call from the hospital (Vidant Roanoke-Chowan) that a male had arrived there suffering from a gunshot wound,” Fitzhugh said. “The gunshot victim was driven to the hospital by another individual.”

The Chief added that his officers collected evidence in

See **SHOOTING**, Page 5A



# Reflections

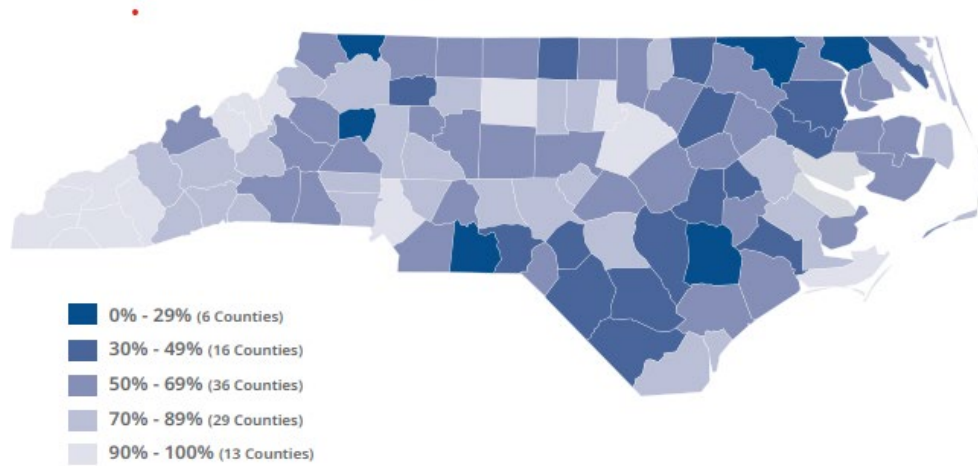


Source: NCPedia



**FIGURE 15**

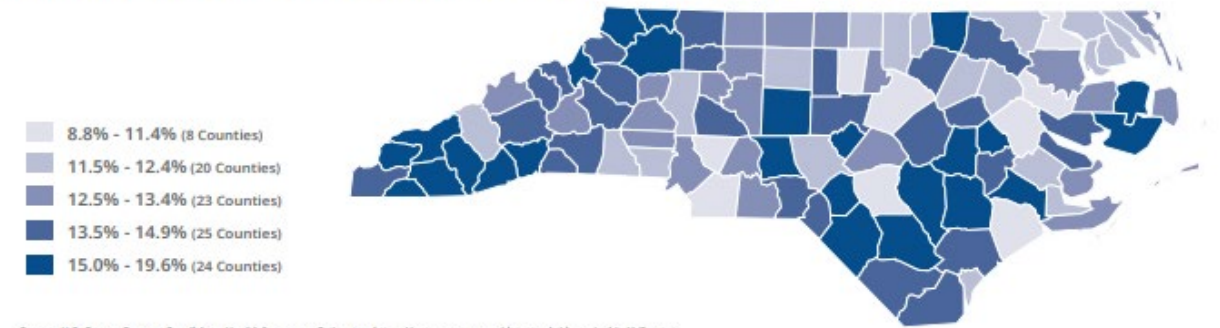
Percent of People with Access to Exercise Opportunities in North Carolina Counties, 2018



Source: County Health Rankings & Roadmaps; <https://www.countyhealthrankings.org/app/north-carolina/2019/measure/factors/132/data>

**FIGURE 30**

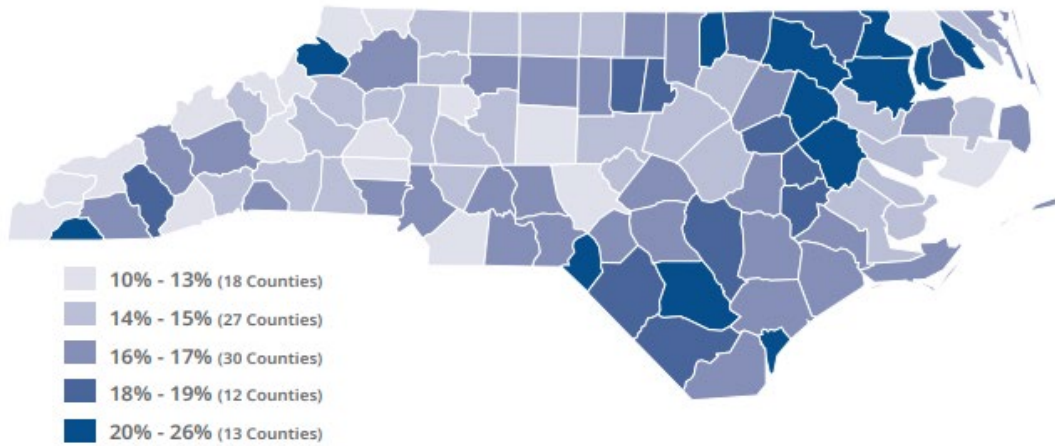
Percent of Population who is Uninsured in North Carolina Counties: Residents Less than 65 years old, 2017



Source: U.S. Census Bureau, Small Area Health Insurance Estimates, [https://www.census.gov/data-tools/demo/sahie/#/73\\_state](https://www.census.gov/data-tools/demo/sahie/#/73_state)

**FIGURE 17**

Percent of People with Severe Housing Problems in North Carolina Counties, 2018



Source: County Health Rankings & Roadmaps; <https://www.countyhealthrankings.org/app/north-carolina/2019/measure/factors/136/data>

**FIGURE 36**

Average Life Expectancy for People in North Carolina Counties, 2016-2018



Source: North Carolina State Center for Health Statistics; <https://schs.dph.ncdhhs.gov/data/lifeexpectancy/2016-2018/2018%20State%20and%202016-2018%20County%20Life%20Expectancies%20at%20birth.html>

Note: Life expectancy is the average number of additional years that someone at a given age would be expected to live if current mortality conditions remained constant throughout their lifetime.



# The State of Health and Human Services

XXVII  
HHS  
Session

Dr. Pam Silberman

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# LNC Class Business

## LNC Team



# Planning Committee Roles

- Program Chair
  - Board position
- Incoming Alumni Chair
  - Board position
- Planning Committee Co-Chair
- Planning Committee Member

# Things to Consider

- Area of Interest
  - Current expertise
  - Interest in learning more in a new area
- Schedule and Location
  - Ability to attend and participate
- Role Preference—Top 3 Choices
- Survey Deadlines
  - March 10 to express interest in program or alumni chair
  - April 3 for all submissions
- Process for Forming Teams
- May 14 Planning Meeting in Raleigh Before Graduation

# Schedule Reminders

- Class Dinner – The King’s Kitchen, 6:30 pm
  - Family style
  - Check with servers about allergies
- Breakfast at Hotel, 7 – 7:45 am, Magnolia Room at Hotel
- Parking Deck Logistics
  - Use your validated ticket to exit
- Harris Teeter Near UNCC, 8:30 am Start—Allow Travel Time!
  - Review your role and strategize with your group
  - Park away from front of the store
  - Class photo before leaving for UNCC
- UNC Charlotte Parking and Brunch

# Other Important LNC Stuff

- Recruitment and Candidate Suggestions
- Schedule Your Learning Team Calls—Google Form Due Feb. 21
- Bill McKibben speaking April 2 at UNC Asheville
- Coaching Opportunity to Come
- William Garrett Fund Report





# Leadership Profile

Dr. Laura Gerald

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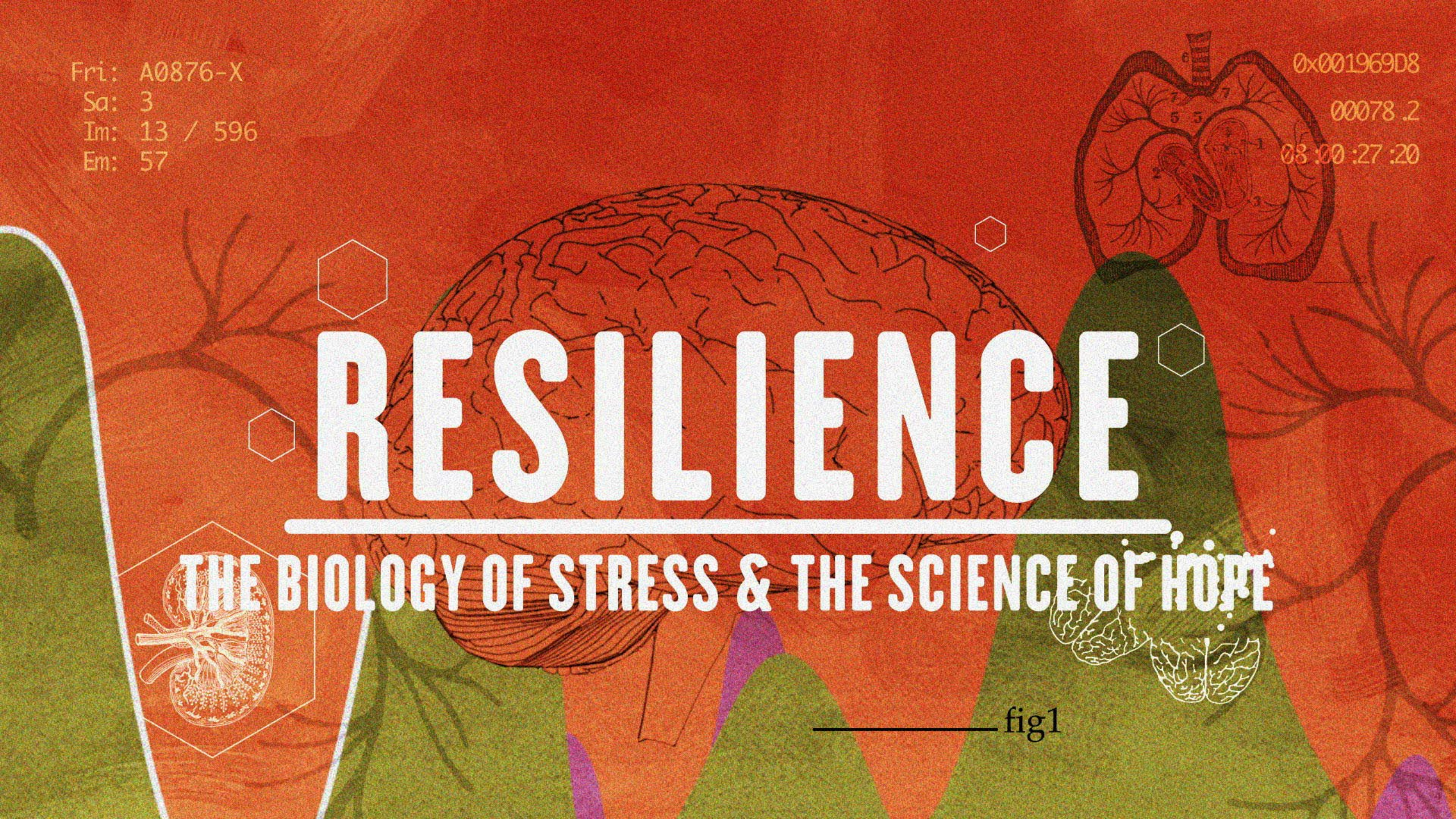
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# RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

fig1



# Introduction

---

- 60-minute film
- ACEs and the role we can all play to prevent, intervene and respond to children and families experiencing trauma and toxic stress
- Table conversations with guided questions afterwards and a debrief to share



Preventing ACEs could help prevent poor health and life outcomes

At least 5 of the top 10 leading causes of death are associated with ACEs

Preventing ACEs could reduce a large number of health conditions.



UP TO

**21 MILLION**  
CASES OF  
DEPRESSION



UP TO

**1.9 MILLION**  
CASES OF  
HEART DISEASE



UP TO

**2.5 MILLION**  
CASES OF  
OVERWEIGHT/OBESITY

SOURCE: National Estimates based on 2017 BRFSS; Vital Signs, MMWR November 2019.

**Vital**<sup>CDC</sup>**signs**<sup>TM</sup>

[www.cdc.gov/vitalsigns/aces](http://www.cdc.gov/vitalsigns/aces)



# CONNECTIONS MATTER™

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## Discussion Questions

- What surprised you most in the film?
- What are some examples of how your community is coming together to build resilience or prevent ACEs? Are there other professional groups with whom you could connect?
- The potential cost savings may appeal to the business sector (pay now or pay later); what other lessons from the film would resonate with various audiences, e.g. the faith community, law enforcement and others?
- ACEs and investing early in childhood were both also mentioned in the education session. How does what you learned from the film connect to the sessions you already had on government and education?

# Evaluate This Screening

<https://www.surveymonkey.com/r/ResilienceEval>

- In order to continue to provide Resilience Screenings across the state we need your feedback!
- Please take two minutes to complete the survey now by typing the link above into your browser.





# Caring for North Carolina's Most Vulnerable

XXVII  
HHS  
Session

Dr. Adam J. Zolotor



# Food Insecurity and Nutrition Assistance

XXVII  
HHS  
Session

Dr. Carolyn Barnes



# Making Ends Meet: Simulation Instructions

XXVII  
HHS  
Session

Cheryl Cherry  
Maria Ochoa



# Making Ends Meet: Instructions

- Goals
- Overview
- Accommodations
- Harris Teeter Partnership

# Making Ends Meet: This Afternoon

- Divide into your simulation teams
- Use your time to
  - Review your scenario and materials
  - Discuss menu ideas and high-priority items for your list
  - Revisit resources on the session Homework page
  - Assign a spending tracker, a menu checker, and a checkout/loading coordinator for tomorrow
- Each team will receive
  - 1 copy of simulation scenarios and instructions
  - WIC shopping guide
  - “What Can SNAP Buy?” handout
  - Blank shopping log
  - Bring these with you tomorrow!

# Making Ends Meet: Thursday Tips

- Exercise starts promptly at 8:30 at Harris Teeter
- Find your team and finish any strategizing when you arrive. Get a cart and attach your team label.
- Simulation teams must stay together the whole time
- Planning team members will float as resource people
- Be respectful—of each other, the process, HT customers
- Harris Teeter donates all purchases to Second Harvest
  - Do NOT buy any bread or raw meat
  - Take pictures of your cart and your receipt before loading
  - Load straight from cart to truck—no bags or boxes

- Dinner at 6:30 pm, King's Kitchen
  - Family style, open seating
  - Don't come early
  - Let servers know any food restrictions
- Thursday Breakfast, HT Simulation and UNCC
  - Breakfast is 7:00 – 7:45 am in hotel
  - Use your validated parking ticket to exit the deck
  - Leave by 7:45 to arrive by 8:30 start
  - Don't park near the front of Harris Teeter
  - Class photo before leaving Harris Teeter
  - Park in the Union Deck at UNCC. Backup is the Cone Deck. Parking vouchers to be shared on site and used to exit.
  - Brunch at UNCC upon arrival after simulation
- Turn in Cherry Point and Bosch Forms

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# LNC Class XXVII

XXVII  
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Session

## HHS Session

Thursday, February 6, 2020  
Charlotte

# Safety Minute



# Announcements



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# Making Ends Meet Debrief Prompts

1. Quickly go around the table and name a food item your team purchased using SNAP or WIC benefits.
2. Quickly go around the table and name an item you were NOT able to purchase using SNAP or WIC benefits.
3. Briefly describe your assigned scenario. What feelings or concerns did you have for your assigned family?
4. What part of your scenario made it more challenging, stressful, or different than expected for you and/or your team?
5. How did your understanding of families receiving government food assistance (SNAP/WIC) change as a result of the simulation?
6. If a legislator asked your thoughts about government food assistance benefits (SNAP/WIC), what would you say?



# UNC Charlotte Welcome

XXVII  
HHS  
Session

Dr. Philip L. Dubois



# LNC Alumni Impact Presentation

XXVII  
HHS  
Session

Nan Griswold



# The Safety Net in Action

XXVII  
HHS  
Session

Michael Balsamo

John K. Eller IV

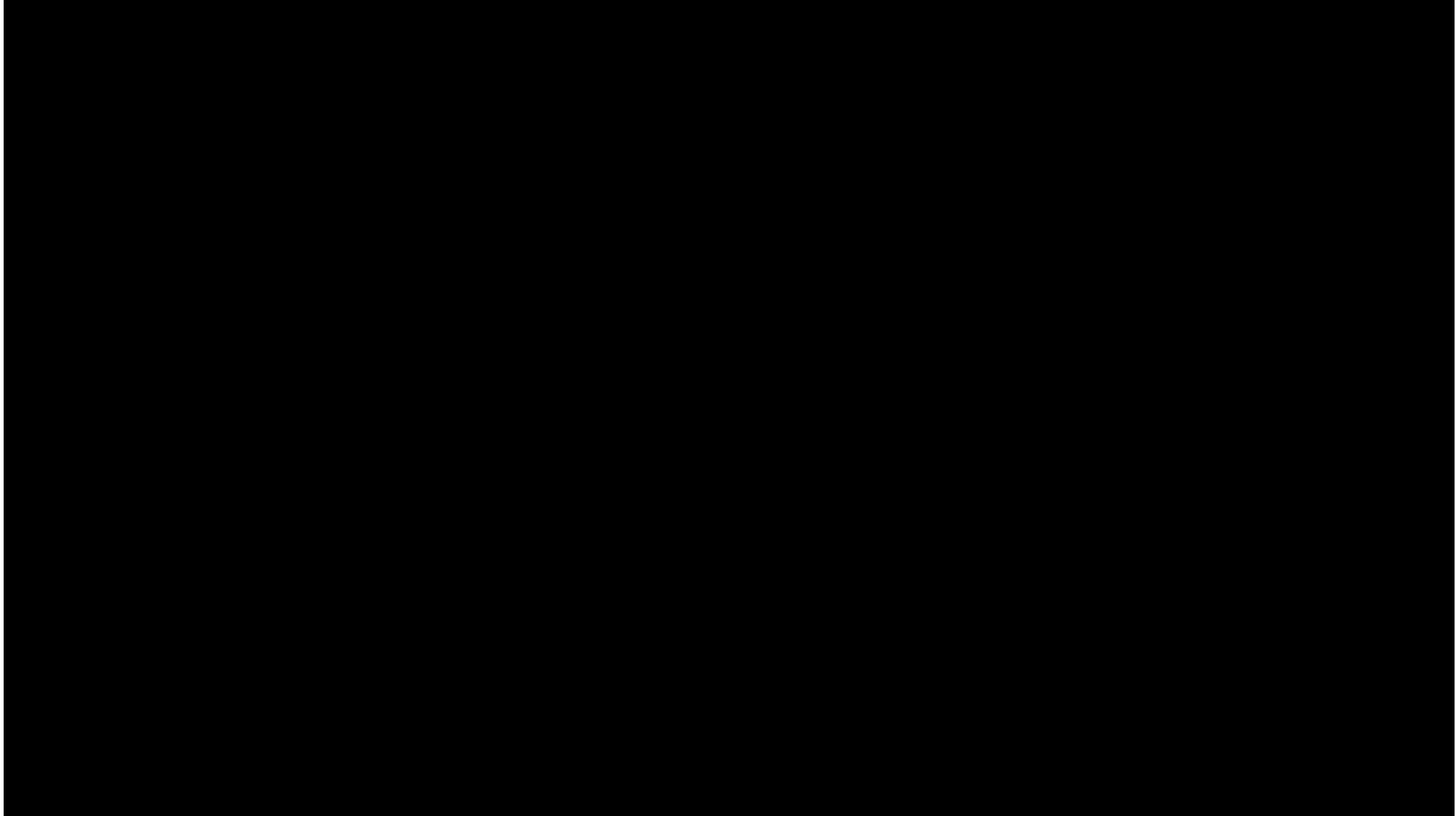
Jaquia Wilson

Kristen Rosselli, Moderator





# The Safety Net in Action





# The Graying of North Carolina

XXVII  
HHS  
Session

Mark Hensley



# LNC Wrap-Up and Adjourn

XXVII  
HHS  
Session

LNC Team

# Learning Team Call Prompts

- What are some Aha! moments and takeaways from Day 1? Day 2? The shifts at Second Harvest Food Bank and Crisis Assistance Ministry?
- What impacted you most during the “Making Ends Meet” Simulation ?
- Now that you’ve completed three sessions, what common themes/issues are beginning to surface across program topics?
- Submit your notes by February 21.

# What's Next?

- Make your final hotel reservations - Asheville and Raleigh
- Complete your HHS evaluation and your ECD attendance polls by Friday, February 14
- Google form for Learning Team calls due Feb. 21
- Interest in Program and Alumni Chair Roles due March 10
- Stanley Frank Award nominations due April 3
- Planning Committee preferences due April 3

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# Your “One Word” from HHS

- Write down the **one word** that comes to your mind as we wrap up the Health and Human Services session.
- Your word can be an emotion, a topic, a goal—whatever you are thinking about right now.



# What's Next?

- Thank presenters
- Turn in your nametags
- Safe travels!