



RESILIENCE
& WELL-BEING

EASTERN SHORE HEALTHY COMMUNITIES

2018 Annual Report

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Resilience & Well-Being: A Message from Our Co-Chairs

The energy and intellect that partners contributed in 2018 resulted in community improvements that need recording and celebrating. That is why we present this Annual Report to you, our partners and our community.

The “Eastern Shore Plan for Well-Being” (see page 3) guides us to create policies, systems and environments for well-being: wealth and health, and to create trauma-informed environments that promote resilience for those trapped in cycles of poverty and trauma.

We are committed to increasing the number of people who know about adverse childhood experiences (ACEs), or childhood trauma, their physical and behavioral impacts, and how to support resilience and not re-traumatize.

ACEs include physical, emotional, or sexual abuse; physical or sexual neglect; being afraid that your basic needs might not get met; a divorce or separation of caregivers; witnessing domestic violence in your home; someone with a substance abuse or a mental health issue in your home; someone in your home who has been incarcerated—all this prior to the age of 18. About 31,000 Eastern Shore residents have experienced at least one ACE.

ACEs are a health risk that can harm a child’s developing brain. They increase social problems, raise our risk for disease and shorten our lifespan. The Centers for Disease Control and Prevention named it as the prime determinant of health.

In the coming year become more informed about creating a trauma-informed and resilient community. Read, attend a seminar, share what you learn with others, and actively partner with ESHC to create resilience and well-being on the Eastern Shore of Virginia.



Roberta Newman & Scott Chandler, Co-Chairs
Eastern Shore Healthy Communities

Roberta Newman is President of Newroads Consulting, a subsidiary of Cape Charles Development Co., Inc. Scott Chandler is Administrative Manager of the Virginia Department of Health, Eastern Shore Health District.



Roberta Newman



Scott Chandler

Eastern Shore Healthy Communities



Vision

By 2020 all residents of the Eastern Shore of Virginia report a growing, positive sense of health, well-being, and self-empowerment.

Mission

As a volunteer multi-sector partnership, Eastern Shore Healthy Communities' mission is to develop an accountable care community using policies, systems, and environmental change strategies to improve the health and success of the Eastern Shore of Virginia.

Values

Teamwork. We are a group of diverse people working together toward a clearly defined, shared vision.

Effective Decision Making. We support a process in which all opinions are respected and considered. All participants are equally important and working towards a common goal.

Duty/Commitment. We have a duty and commitment to work towards achieving our shared mission and vision.

Proactive. We use a "root cause" approach to community well-being issues; looking at ways to address the source of the concern to reduce or prevent the occurrence of that concern.

Systemic Equity. We believe that all persons have the right to full and equal access to opportunities that enable them to be healthy and enjoy well-being.

Creativity/Innovation. We use creative and innovative approaches to moving towards well-being.

Eastern Shore of Virginia Plan For Well-Being 2017 - 2020

AIM I. Healthy, Connected Communities

Goal 1.1. Eastern Shore of Virginia (ESVA) Families Maintain Economic Stability

Goal 1.2. ESVA Communities Collaborate to Improve the Population's Health

AIM II. Strong Start for Children

Goal 2.1. ESVA Residents Plan their Pregnancies

Goal 2.2. ESVA Children are Prepared to Succeed in Kindergarten

Goal 2.3. The Racial Disparity on the ESVA Low Weight Live Births is Eliminated

AIM 3. Preventive Actions

Goal 3.1. ESVA Residents Follow a Healthy Diet and Live Actively

Goal 3.2. ESVA Prevents Nicotine Dependency

Goal 3.3. ESVA Residents are Protected against Vaccine-Preventable Diseases

Goal 3.4. Cancers Are Prevented or Diagnosed at the Earliest Possible Stage

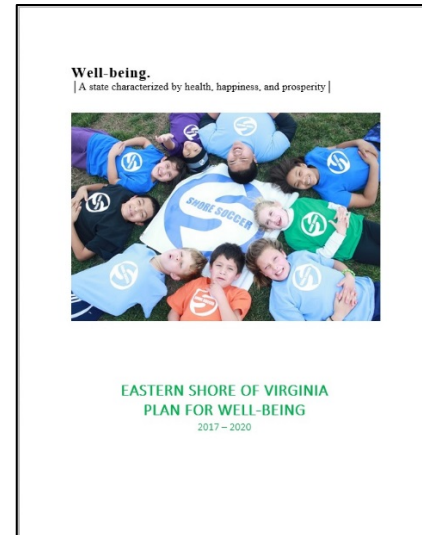
Goal 3.5. ESVA Residents Have Life-Long Wellness

AIM 4. System of Health Care

Goal 4.1. ESVA has a Strong Primary Care System Linked to Behavioral Health Care, Oral Health Care, and Community Support System

Goal 4.2. ESVA's IT System Connects People, Services, and Information to Support Optimal Health Outcomes

Goal 4.3. Health Care-Associated Infections Are Prevented and Controlled on the ESVA



2018 In Review



Dr. Linda Thomas-Glover



2018 Youth Leadership Scholars

January. ESHC moved from monthly to quarterly coalition meetings to encourage partners to invest more time in work groups. New partners signed letters of agreement and new members joined committees and work groups. Founding Executive Committee member Dr. Linda Thomas-Glover said farewell as she left for Atlanta.

February. “Lift Off”, ESHC’s 2018 Annual Meeting theme celebrated the “Eastern Shore Plan for Well-Being 2017-2020” launch. Crafted in 2017, developing work groups, leaders, and creating strategy action/ tactics plans took off in 2018. Better Birth Outcomes and Information Technology launched in February and Liveable Communities/Walking Trails re-launched. Ten Scholars entered the third Youth Leadership Academy for six Saturdays of study and civic engagement.

March. We initiated the Better Birth Outcomes Work Group with a needs assessment of availability of contraception appointments for Eastern Shore women. Food Access and Equity Work Group announced that Eastern Shore Public Libraries would begin a summer feeding program, expanding the number of places for children to receive summer lunches. The Youth Leadership Academy celebrated Scholar graduation with partners, parents and community members.

April. Food Access and Equity Work Group agreed to manage the “Healthy Options Restaurants” initiative, distributed “Buy Fresh Buy Local” rack cards, and Cape Charles Farmers Market announced a “double-up bucks” initiative to stretch residents’ senior voucher and SNAP dollars.

2018 In Review

May. John Richardson-Lauve, ChildSavers' Lead Trauma and Resilience Educator, spoke at ESHC's May meeting, kicking off our resilient and trauma-informed Eastern Shore Community effort.

June. ESHC participated in the 2018 Kids Count on the Eastern Shore Forum with a display, talk on the "Plan for Well-Being," and an encore of the 2018 Youth Leadership Academy's final presentation. State Office of Rural Health funding contributed to the start-up of an ACEs awareness campaign and the Trauma-Informed and Resilient Communities Work Group.

July. The Executive Committee's Annual Retreat yielded revised Bylaws, new Marketing and Sustainability plans, and a dialogue on poverty as the Eastern Shore's greatest barrier to well-being. The Resilient and Trauma-Informed Community Work Group held its first meeting

August. ESHC launched the Life-Long Wellness Work Group to support seniors and residents with disabilities.

September. All work groups continued work on strategy action/tactics planners to refine their scope of work.

October. Resilient and Trauma-Informed Community Work Group welcomed 26 courts and social services sector and 43 health sector members to their introductory ACEs workshop.

November. Sara Link and Erika Okonsky from the Virginia Department for Aging and Rehabilitative Services introduced us to "No Wrong Door," a one-stop electronic meet-up place for service providers and seniors, veterans and their caretakers.

December. Most work groups took the month off.



Sara Link



(l-r) Donna Smith, Erica Lawson, MiMi Sedjat, and Mozella Francis participate in Executive Committee Annual Retreat.



(l-r) Kathy Carmody, T.J. Johnson and Cara Burton share a laugh at the Annual Retreat.

Executive Committee

Co-Chairs: Scott Chandler and Roberta Newman; Vice Chair: Mozella Francis

Scott Chandler is Administrative Manager of Virginia Department of Health Eastern Shore Health District; Roberta Newman is President of Newroads Consulting, a subsidiary of Cape Charles Development Co., Inc.; and Mozella Francis is the Director of the Northampton County Department of Social Services.

The Executive Committee governs Eastern Shore Healthy Communities and is charged with development, maintenance, and evaluation of all ESHC governance documents and evaluating ESHC's community impact.

This year the Executive Committee updated bylaws, and approved marketing and sustainability plans. A dialogue on poverty as a barrier to Eastern Shore well-being led to a proposal to bring Ruby Payne's "Bridges over Poverty" training to the Shore to help businesses, agencies and other organizations understand "hidden rules" that govern many aspects of life for the poor and gain a deeper understanding of their challenges and strengths, and work with people from poverty to create opportunities for success. The Committee contributed to grant proposals that earned the coalition \$55,000 in funding from Virginia Foundation for Healthy Youth and the State Office of Rural Health. The Technology Subcommittee, led by MiMi Sedjat, interviewed technology companies to learn about their data management systems, costs and to find out how to fund the effort. Thanks to **Mike Zodun** and **Damien Green** for their assistance.

Thanks to our co-chairs and vice chair and the following committee members and their organizations for their investments of time, knowledge and effort. **Deborah Brown, BSN, RN**, Riverside Shore Memorial Hospital; **Cara Burton**, Eastern Shore Public Libraries; **Kathy Carmody**, Accomack County; **Chris Holland**, Accomack County Public Schools; **T.J. Johnson**, Eastern Shore Community College; **Charles Kolakowski**, Northampton County; **Eddie Lawrence**, Northampton County Public Schools; **Erica Lawson**, Virginia Department of Juvenile Justice; **Reverend Gary Miller**, St. John's United Methodist Church; **MiMi Sedjat**, Eastern Shore Community Services Board; **Donna Smith**, Eastern Shore Area Agency on Aging and Community Action Agency; **Nancy Stern**, Eastern Shore Rural Health System, Inc.; **Danny Vestal**, ESHC Past Chair, YMCA Camp Silver Beach; **Vicki Weakley**, Accomack County Social Services Department

Better Birth Outcomes Work Group

Work Group Chair: Kathy Lewis, RN, BSN

Kathy Lewis is Acting Nurse Manager for the Virginia Department of Health Eastern Shore Health District (ESHD)

The Better Birth Outcomes Work Group focuses on pregnancy planning, pre-conception health, and promoting healthy relationships to support giving children a strong start. They do this by expanding evidence-based programs that promote healthy relationships; educating women and men about the effectiveness of contraceptive methods, and increasing access to the most effective methods. In addition, pregnancy, contraception, prenatal, and parenting information resources are available through the Eastern Shore Public Libraries.

The Work Group began in 2018, holding eight sessions and accomplished the following: shared resources with the public library for better distribution of information to the public; assessed availability of local contraception appointments for women who need long term, reversible contraception (IUDs/implants) and shared this information across Eastern Shore providers thus increasing appointment availability for women; assessed how local teens gain access to birth control information and will promote “Visions of You, an online human sexuality course offered at the CSB. In addition the group shared research on health outcomes for Eastern Shore women. Early elective deliveries no longer exist on the Shore. Eastern Virginia Medical School medical students presented a report on gonorrhea and chlamydia. Incidence rates were triple the national average, and diagnoses were mostly among 15-24 year olds.

Thanks to the Chair **Kathy Lewis, RN, BSN** and to the following Work Group members and their employers: **Sandra Balmoria, MD, Tanya Varney**, Eastern Shore Rural Health; **Cara Burton**, Eastern Shore Public Libraries; **James Foley, Barbara Mulligan**, ES CSB; **Tyshia Fisher, RN, BSN, Tara Johnson, RN, Julie Mabalot, RN, BSN, Vanda McCray, RN, Cheryl Revell, RN, and Sylvia Rivas**, ESHD; **Patti Kiger, Matt Saunders, Catherine Smith**, Eastern Virginia Medical School; **Tonya Martin, RN, BSN**, Accomack County Public Schools; and **Linda Schulz**, Smart Beginnings.



Giving a strong start to children begins with having children when moms and dads are prepared.

Food Access & Equity/Healthy Options Restaurants Work Group

Work Group Co-Chairs: Charmin Horton and Janice Felker

Charmin Horton is Branch Manager of the Foodbank of Southeastern Virginia and the Eastern Shore; Janice Felker is Youth Service Librarian for the Eastern Shore Public Libraries



Janice Felker of Mattawoman Farms and Eastern Shore Public Libraries at Cape Charles Farmers Market



Kids enjoy a summer lunch at the library.

This work group works hard to reduce the impact of food insecurity, a condition that exists when access to adequate food is limited by a lack of money or other resources. For many families, a small change in income, expenses, or access to federal or state assistance may reduce the ability to purchase healthy food, resulting in increased vulnerability to food insecurity. An estimated 15 percent of Eastern Shore of Virginia adults, 21 percent of children, are food insecure.

Partnering with Eastern Shore Rural Health physicians, a food insecurity assessment was added to patient charts, giving a better measure of local food insecurity. The work group also promoted and served “Grab ‘n’ Go Breakfasts in Northampton County Public Schools and supported Accomack County’s application to No Kid Hungry for a similar program. They also partnered with Cape Charles Farmers Market to stretch Senior Voucher and SNAP dollars with matching dollars for the market’s senior and low-income customers. Partnering with Eastern Shore Public Libraries, they expanded the summer feeding program to library locations. The group revised, printed and distributed flyers to assist seniors and low income residents with getting Senior Nutrition Vouchers and SNAP benefits, and distributed “Buy Fresh Buy Local” rack cards.

Thanks to Co-Chairs **Charmin Horton** and **Janice Felker**, and to the following work group members and the organizations they represent: **Joani Donohoe**, Historic Onancock School; **Mozella Francis, Beth Hanna**, Northampton County Department of Social Services; **Meghan Gaffney, Gail Godwin**, Accomack County Department of Social Services; **Laura Jenrette**, Northampton County Department of Parks and Recreation; **Annette Kellam**, Northampton County Public Schools; **Bertrille Lomax, Kamesha Watson**, Accomack/Northampton Cooperative Extension Office; **Meghan Neville**, Eastern Shore Rural Health System, Inc.; **Bill O’Hare**, O’Hare Data and Demographic Services; **Barbara O’Hare**, Cape Charles Farmers Market; **Haydon Rochester**, Onancock Farmers and Artisan Market; and **Barbara Taylor**, Accomack County Public Schools.

Lifelong Wellness Work Group

Work Group Chair: Donna Smith

Donna Smith is the Chief Executive Officer of the Eastern Shore Area Agency on Aging and Community Action Agency (ESAAA/CAA)

Lifelong-Wellness Work Group was one of three new work groups that began in 2018. Chair Donna Smith also began her job as Executive Director at ESAAA/CAA in 2018. Despite the double challenge of new job and new work group, under Donna Smith's leadership, the work group has gotten off to a great start.

Lifelong Wellness' will employ preventive actions with six strategic objectives focused on increasing construction of safe, congregate and retirement housing; increasing access to internet usage for aging residents; increasing the number of senior fitness programs; developing a falls prevention program; implementing advance planning for future health care choices, and providing lifelong learning programs that stimulate memory and personal interaction.

The work group added the disabled population to their scope and proceeded with development of their strategic actions and tactics plan. Initial work included an assessment of current senior housing, Eastern Shore Community College is teaching seniors how to use the internet, though lack of broadband throughout the Shore is a barrier. Tiffany Smith and Margaret Moore have taken a "Matter of Balance" Master Trainer Course that aims to improve fall management for seniors and offered a workshop in December. Margaret Moore, R.N., Home Health Director, is trained to assist seniors with their advance directives and has distributed brochures to ESAAA participants and provided one workshop on completing the forms.

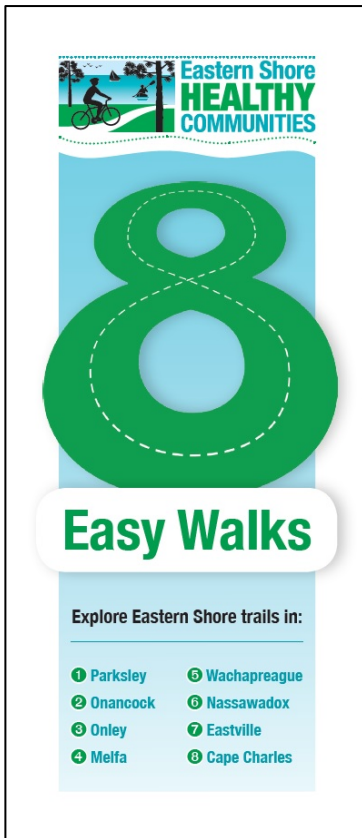
Thanks to **Chair Donna Smith** and the following work group members for their hard work: **Marsha Bunting, Loretta Pettit, Tiffany Smith, Felicia Moore, Linda Arvidson, Margaret Moore, and Will Weeks**, ESAAA/CAA; and **Patti Kiger**, Eastern Virginia Medical School.



Housing, internet skills, fitness, safety, memory, interaction and advanced planning contribute to lifelong wellness for our seniors.



Work Group Chair Donna Smith



This new brochure will guide your walks on eight ESHC Walking trails.

Liveable Communities and Walking Trails

Work Group Chair: Kelley Parks, CZA

Kelley Parks is the Senior Planner and GIS Specialist for Northampton County

Liveable Communities influence healthy by design. They include multiple types of housing for people of all ages and income: apartments over storefronts; townhouses, condos and houses, with needed stores and resources nearby, like medical offices and libraries. Ample sidewalks keep the community walkable and well-connected. Walking and mass-transit improve air quality. Even if you don't live in a liveable community, you can visit, park once, and do all of your shopping. We encourages towns to plan for liveability. We further encourage healthful living with walking trails.

The Liveable Communities and Walking Trails Work Group enjoyed a re-boot in 2018 and accomplished many great thing. They updated and maintained the Walking Trails web pages and are currently fast at work designing a social media campaign to promote ESHC Walking Trails use. The Town of Parksley is partnering with ESHC to add their new walking trail as our eighth trail. Partnering with Northampton County, the Eastville site will formalize a walking trail near the existing exercise equipment. The work group has established trail heads for all eight trails and designed an informational pamphlet for easy carry during walks. The work group will soon add small "walking facts" signage to existing signs to add interest to your walks. In addition to the ESHC website, each of our walking trails are listed on "MapMyWalk," "MapMyRun," and "Plot-A-Route" websites. The Virginia Foundation for Healthy Youth provided grant funding this year to support printing brochures, adding trail signage, creating a social marketing campaign and evaluating results from these enhancements.

Thanks to Chair **Kelley Parks**, and the following work group members and the organizations they represent for their creative energy and input: **Shannon Alexander, Clara Vaughn**, Accomack-Northampton Planning District Commission; **Larry DiRe, Zach Ponds**, Town of Cape Charles; **Taylor Dukes**, Town of Exmore; **Bill Kerbin**, Town of Onancock; **Patti Kiger**, Eastern Virginia Medical School; **Julie Nash, Ph.D.**, Town of Parksley; **Margaret Van Clief**, The Nature Conservancy.

Resilient and Trauma-Informed Community Work Group

Work Group Chair: Kelly Bulin

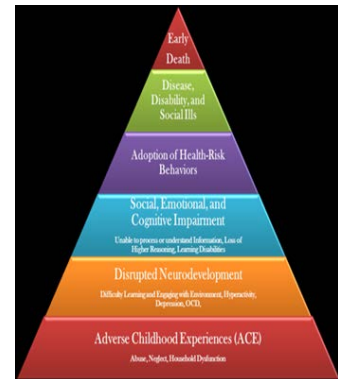
Kelly Bulin is the Director of Program Development, Planning and Prevention Services at Eastern Shore Community Services Board.

Creating a “resilient and trauma-informed community” will take: a) most Eastern Shore residents knowing what adverse childhood experiences (ACEs) are, and b) most residents, especially parents, schools and other sectors, understanding and practicing prevention, how to address existing trauma and prevent retraumatization. Eastern Shore Healthy Communities is engaging with Community Partners of the Eastern Shore and the Eastern Shore Community Services Board in a comprehensive effort to address toxic trauma.

At least 67 percent, or 29,742 of all Eastern Shore adults, have experienced one or more ACE, and 17 percent, or 7,546, have experienced four or more. ACEs result in serious social, emotional and physical health impacts. This is a public health emergency that requires immediate attention on multiple levels.

In response to this challenge, this Work Group began in July with creation of an action plan while also going about the work of prevention. Thanks to a Virginia Department of Health State Office on Rural Health grant, the work group is holding seminars, developing materials, and planning a movie screening. In October we welcomed 26 members of the courts and social services sectors as well as 43 health sector professionals for a briefing on ACEs, resiliency and trauma-informed care. More seminars, plus train-the-trainer workshops, are planned.

Thank you to **Chair Kelly Bulin** for your leadership and the following work group members for their hard work: **Polly Boyd**, Peaceworks Center; **Tracey Dedicatoria**, Eastern Shore Health District; **Mozella Francis**, Northampton County Department of Social Services; **Lori Graham**, **Barbara Mulligan**, **James Foley**, Community Services Board; **Patti Kiger**, Eastern Virginia Medical School; **Nancy Proto**, Northampton County Public Schools School Board; **Linda Schulz**, Smart Beginnings Eastern Shore; **Donna Smith**, Eastern Shore Area Agency on Aging, Community Service Action Agency; **Vicki Weakley**, Accomack County Department of Social Services.



The Adverse Childhood Experience (ACE) Pyramid



John Richardson-Lauve speaks to the community's health sector about ACEs and trauma-informed health care.



Members of the health and medical community learn about creating a resilient and trauma-informed community.



Youth Leadership Academy

Co-Chairs: Joani Donohoe, Aileen Joeckel, T.J. Johnson, and Patti Kiger

Joani Donohoe is Director of the Historic Onancock School; Aileen Joeckel is Retail Manager, Blue Crab Bay Company; T.J. Johnson is the Dean of Work Force Development, Eastern Shore Community College; and Patti Kiger is Executive Director of Eastern Shore Healthy Communities and Instructor in Pediatrics, Eastern Virginia Medical School.

The Eastern Shore Youth Leadership Academy was established as succession planning for today's Eastern Shore leaders. It provides youth with leadership training, research skills to investigate community concerns, introductions to community leaders to establish lifelong reliable networks, and a community challenge to uncover and remediate.

After conducting primary and secondary research, the 2018 Scholars used dialogue to decide that they wanted to improve their public school tutoring programs. They detailed the challenges to address and strategies towards resolution in their final presentation entitled, "Creating a Better K-12 Tutoring Policy and System for Greater Community Success."

To earn their certificate of completion, Scholars were required to attend five classes and take part in the final presentation and celebration. The presentation was so well-received that they were invited to present an encore performance at the June 13 *Kids Count on the Eastern Shore* forum.

Congratulations to the following 2018 Youth Leadership Scholars: **Anaeli Clarke**, Northampton Middle School; **Landon Custis**, **Leslie Estrada-Ramos**, **Wynn Neville**, **Elizabeth Reid**, Northampton High School; **Anna Hart**, **Ashante Kellam**, **Gerald Pitt, Jr.**, Nandua High School; **Sinniah Henry**, Arcadia High School; and **Tylaija Matthews**, Nandua Middle School.

We also thank our guest speakers: **Wayne Bell, Jr.**, Therapeutic Interventions; **Curtis Smith**, Accomack-Northampton Planning District Commission; **Reverend Gary Miller**, St. John's United Methodist Church; **Crystal Hart**, Williams Funeral Home; **Reneta Major**, Accomack County Board of Supervisors and Northampton County Department of Social Services.

A Note from the Executive Director on Resiliency and Well-Being

Resilience. It's an individual and a community characteristic. We would do well to pay attention to both because both contribute to our well-being.

Resilient people are good at seeing things from another person's point of view, they're positive, always learning, have a solid network, and give back to their community. Psychologists agree that some people seem to be born with more resilience than others, and it is possible to cultivate more of it.

Resilient communities use their available resources to recover from adverse situations. They tap into community assets and prioritize community member voices and engagement. As we do in ESHC, it is important to understand and address together as a community issues like poverty, housing, food insecurity, ACEs, racism, health epidemics, climate change, and natural disasters.

Trauma, the normal human response to stressful and threatening experiences, challenges resilience and we need to better understand it as a concept. It impacts us personally and the communities in which we live. Adverse childhood experiences (ACEs) outlines 10 traumatic experiences before the age of 18 that can impact one's life forever, but trauma happens in other ways to people of all ages: violence, concentrated poverty, historic and structural conditions of racism and disenfranchisement, apocalyptic weather events that leave us without homes, food or utilities. For many adults, children and families these conditions cause chronic stress and overwhelm our abilities to cope.

Becoming a trauma-informed person and building a trauma-informed community requires strategies to de-escalate chaos and stress, build social cohesion, and foster community resilience over time.

As we close out 2018, we offer these resiliency-building tips: Practice positivity—acknowledge bad things but look for the silver lining. Become a life-long learner-- research problems and find solutions. Open your heart and be of service to others. Develop a routine of healthy habits—take care of yourself. Laugh more-- it's a great pain reliever. Connect with friends and loved ones—they're your best safety net. If you aren't already an ESHC partner, join us. We'll keep you positive, provide new information and opportunities for service, keep you laughing, and give you our friendship and opportunities for networking.



Patti Kiger is Executive Director of Eastern Shore Healthy Communities and Instructor of Pediatrics at Eastern Virginia Medical School.



www.Eshealthycommunities.org

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