

Conference Details and Registration Information:



www.ohiosophe.org



2016 Health Educators' Institute

The Ohio Society for Public Health Education (OSOPHE) invites you to attend the annual Health Educators' Institute (HEI). This conference is the premier continuing education event for Ohio's public and community health workforce. It will be held October 20th & 21st at Mohican State Park (<http://www.mohicanstateparklodge.com>) located in Ashland County, Ohio on 1,110 acres of land. Do not miss this opportunity to learn, engage, and network with the most vibrant, skilled, and dedicated public health professionals in Ohio. To be part of this HEI, please complete the online registration at www.ohiosophe.org by **September 30, 2016**.

Conference Overview

"The Many Faces of Health Education: One Shared Goal" will provide participants with new skills, information, and resources to provide comprehensive health education services to their respective communities. This annual conference is designed to provide training based on the seven areas of responsibility and advanced sub-competencies of a Health Educator (<http://www.nchec.org/responsibilities-and-competencies>).

Conference Objectives

- Build on the theory, roots, and philosophies of health education with new insights that address contemporary public health challenges, especially related to health equity, and social justice for all people.
- Apply evidence-based health education interventions and approaches to various topics, such as environmental health, obesity, tobacco prevention and control, chronic and infectious diseases, emergency preparedness, healthy aging, and more.
- Develop new knowledge and skills related to health disparities, cultural competency, and community partnerships.
- Expand your network of people, organizations, and resources to enhance and energize your health education planning, intervention, research, and evaluation.

Who Should Attend

Anyone interested in public/community health education! Community Health Educators, Public Health Nurses, Worksite Wellness Coordinators, Academic Faculty and Students, Individuals from Nonprofit Organizations, Community Health & Social Workers, Public Health Researchers and Rural Health Professionals! The registration deadline is **September 30th**.

Continuing Education

Health Education: An application has been submitted to award Certified Health Education Specialist (CHES) and Master Certified Health Education Specialist (MCHES) Continuing Education Contact Hours (CECH). Approximately 11 Category I CECHs will be available for CHES and approximately 6 advanced CECHs will be available for MCHES. SOPHE, including its chapters, is a designated multiple-event provider of CECHs by the National Commission on Health Education Credentialing.

Registration & Conference Rates (includes meals):

Early Bird, registrations received through 9.16.16 (OSOPHE Professional Members Only)

- Full Conference- \$175
- One Day- \$115

Registrations received 9.17.16 or after

- OSOPHE Professional Member, Full Conference- \$185
- OSOPHE Professional Member, One Day- \$125
- Non Member, Full Conference- \$235
- Non Member, One Day- \$165

Student Registrations received at any time

Students must be enrolled full-time at an Ohio college or university and not professionally employed.

- Full Conference- \$100
- One Day- \$70

OSOPHE is committed to making our conference affordable for students. In addition to a discounted registration, a *limited number of students* can receive an extra 15% discount on registration when they volunteer to assist conference planners during the conference. **Contact**

Regan.Johnson@uc.edu **for more details prior to registering for the conference.**

- To receive the discount, students attending the full conference (2 days) are required to volunteer for two hours and attend a student volunteer meeting at 8:30am each day you are assigned a task (\$15.00 discount).
- To receive the discount, students attending one day of the conference are required to volunteer for one hour during the conference and attend a student volunteer meeting at 8:30am on the day you will be at the conference (\$10.50 discount).

Important Registration Instructions

Ohio SOPHE encourages all participants to register and pay online to avoid errors and streamline volunteer efforts. [Click here](#) to register now, or visit bit.ly/1WiXCS2.

- *If your employer requires a purchase order to process payment:* Please register online and choose the “Will send check or purchase order” payment option. Contact hayes.114@wright.edu to request an invoice or to answer additional questions.
- *If you are unsure of your membership status:* Contact hrequejo@lickingcohealth.org or amanda.lynch@uc.edu **prior to registering for the conference.** You may join OSOPHE as a 2016 member prior to registering for HEI to receive the member registration rate.

[Past members](#) who would like to renew their membership should visit www.ohiosophe.org, and log-in under the *Member Area* tab. The *Membership Renewal* tab will appear; click this tab to renew and update as appropriate.

- ***Conference refunds will not be issued to registrants after October 12th.***
- Extra meals may be purchased for \$20 each prior to the registration deadline. Contact hayes.114@wright.edu for details.

Wellness & Social Events

OSOPHE has several wellness and social events planned for the conference:

Wednesday, October 19

- 7:00 – 8:30 pm: Speed Networking.
Whether you are a student, first-time attendee, or a veteran health educator, this session will help you hone your networking skills. Meet your fellow health educators and earn CHES/MCHES credits.

Thursday, October 20

- 7:30 – 8:15 am: Yoga Session.
Take a little time to stretch and prepare for the excitement of HEI. No experience needed. Great way to start your Namas-day!
- 3:45 – 4:45 pm: 2-Mile Memorial Walk/Run.
\$5 per person, payable with online registration or at HEI. Proceeds will support OSOPHE scholarships given to public health students each year. Celebrate and honor the good works and indomitable spirits of the late Ohio SOPHE Members: LeAnne Matvey, Patty Kuun, Bonnie Hoppel, Kay Parent, and Pat Navin.
- 8:00 pm: Networking and Social.
Thursday evening will provide an opportunity to network with other conference attendees in a relaxed environment. More details will be available at the registration desk and in the participant packet.

Friday, October 21

- 7:30- 8:15 am: Cardio Session.
Time to warm up and get ready for Day 2 at HEI. No experience necessary; all fitness levels and ages are welcome. Please just bring yourself and willingness to participate.

Sit. Stand. Stretch. Move.

We encourage you to move about, stand, stretch or sit during the sessions as needed. There will be space in the back of the rooms if you want to stand, stretch or move during the sessions.

Take advantage of the indoor pool, hiking trails and fitness room at Mohican State Park.

- The 1,110-acre Mohican State Park and the adjacent 4,525-acre state forest are outstanding in their beauty and offer limitless opportunities for visitors to explore one of Ohio's most unique natural regions. The striking Clear Fork Gorge, hemlock forest and scenic Mohican River offer a wilderness experience, while the resort lodge and cottages provide luxurious accommodations.

Conference Lodging

Make a reservation by calling the toll-free Central Reservations line at 1-800-282-7275, and ask for the Group/Event Name: Society for Public Health Education. Rooms reserved under this name are \$105* and include two double beds, flat panel satellite TV, hair dryer, telephone with voice mail, WiFi, balcony or patio, clock radio, coffee maker, ironing board with iron, mini fridge, full bath, climate control, and DVD player. It is important you reserve your room under the Society for Public Health Education to ensure the lodging rate.

Guests are required to pay their first night including taxes and fees when making their reservation.

*Room rates do NOT include the 7% sales tax, 6% bed tax or \$2.00/reservation per night technology fee. Non-profit/tax exempt agencies are exempt from the 7% sales tax, but are NOT exempt from the bed tax or technology fee.

Use the following address to locate directions to Mohican Lodge and Conference Center:

1098 County Road 3006
P.O. Box 429
Perrysville, Ohio 44864
Telephone: 419-938-5411

Need a Roommate?

Cost-conscious attendees can request to be paired with a roommate for the conference. If you would like a roommate, please send an email to Jennifer Hayes, hayes.114@wright.edu. Please include which nights you will be staying in the email.

Scholarship Raffle

Conference attendees are asked to donate items that can be raffled off at the conference such as artwork, gift certificates, items representing areas of Ohio, baskets and much more. All money raised goes toward the Karen Evans Scholarship fund, which awards several scholarships to Ohio students enrolled in Community/Public Health Education programs at an Ohio college or university. Raffle tickets will be available for purchase (\$1 each or 6 for \$5) during registration, meals, and breaks. Cash and checks are accepted and a tax deductible receipt will be available to donors.

2016 Planning Committee

A special thank you goes out to our 2016 HEI planning committee members! This conference would not be possible without your hard work, dedication, and passion for health education. Committee members included: Nicole Smith (chair), Megan Amaya, Kelly Barry, Kristen Bertke, Kasey Bowser, Rob Braun, Jennifer Bynum, Ellen Claiborne, Dan Davis, Jessica Dickey, Ruth Dudding, Wendy Hyde, Regan Johnson, Mary Kramer, Laura Leigh, Amanda Lynch, Carrie Minor, Jen Morel, Cathy Ramstetter, Haley Riegel, Katie Seringer, Allison Thomas, Dawn Thomas, Melissa Thomas, Amanda Waldrup, and Alexandria Wallace. We would also like to thank our student intern, Jennifer Hayes, for her work on this conference!

Agenda-At-a-Glance*

Wednesday, October 19th

Pre-Conference Events

4:30 p.m. – 6:00 p.m. Registration

7:00 p.m. – 8:30 p.m. Speed Networking Meet-and-Greet

Thursday, October 20th

7:30 a.m. – 8:15 a.m. Wellness Activity: Yoga Session

8:00 a.m. – 4:30 p.m. Registration

8:00 a.m. – 9:00 a.m. Breakfast & Scholarship Raffle

9:00 a.m. – 4:00 p.m. Exhibits Open

9:30 a.m. – 9:45 a.m. Welcome

9:45 a.m. – 10:45 a.m. Plenary I:

The Culture of Busy-Ness: How to do More with Less, Kellie Carbone, University of Michigan

10:45 a.m. – 11:00 a.m. Wellness Break/Exhibits

11:00 a.m. – 12:00 p.m. Concurrent Session I

- Collaborating with Community Health Workers to Provide a Coordinated System of Community Health, *Mark Redding, Care Coordination Systems; Amanda Waldrup, U.S. Department of Health and Human Services, HRSA; Melissa Thomas, OhioHealth Research and Innovation Institute*
- Celebrating One: Addressing the Factors that Contribute to Infant Mortality, *Liane Egle, Celebrate One; Erika Jones, Columbus Public Health*
- Walking the Walk: Why and How Student and Community Health Can be Improved through Active Transportation, *Kate Moening, Safe Routes to School National Partnership; Mary Kramer, Minnesota State University*

12:00 p.m. – 1:00 p.m. Lunch & Scholarship Raffle

1:15 p.m. – 2:15 p.m. Concurrent Session II

- Mindfulness and the Myth of Multi-tasking, *Kellie Carbone, University of Michigan; Amy Homkes-Hayes; Joy Pehlke; Jennifer Wegner*
- Zika 101 and Update: What You Need to Know, *Scott Pozna, Lorain County General Health District*
- Marketing Yourself to Get Your First Job, *Kathryn McGinnis, Dawson Careers*

2:20 p.m. – 2:30 p.m. Wellness Break & Exhibits

2:30 p.m. – 3:30 p.m. Concurrent Session III

- Ohio Best Practices, *Speaker TBD*

- The Many Faces of Health Education: A Panel Session for Students: *Tori Sinclair, County Commissioners Association of Ohio; Jaime Love, Interact for Health; Dan Davis, Central Ohio Parkinson Association; Caitlin Kapper, Columbus Public Health; Geri Rousculp*
- Public Health Meets ATOD Prevention: Putting the Pieces Together, *Amanda Lynch, University of Cincinnati; Dawn Thomas & Rachel Wummer, Ohio Department of Mental Health and Addiction Services*

3:45 p.m. - 4:45 p.m. Ohio SOPHE Memorial 2-Mile Walk/Run

5:00 p.m. - 6:00 p.m. Poster Session & Hors D'oeuvres

6:15 p.m. - 7:15 p.m. Dinner & Scholarship Raffle

8:00 p.m. Social Activities/Bonfire

Friday, October 21st

6:30 a.m. - 7:15 a.m. Wellness Activity: Cardio Session

8:00 a.m. - 9:00 a.m. Breakfast & Scholarship Raffle

8:00 a.m. - 9:45 a.m. Registration Open

8:00 a.m. - 1:00 p.m. Exhibits Open

9:00 a.m. - 9:15 a.m. Morning Announcements

9:15 a.m. - 10:15 a.m. Plenary II

Improving Health Outcomes with Cultural Competence Principles to Develop Community Leaders. *Melissa Thomas, OhioHealth Research & Innovation Institute; Dawn Thomas, Ohio Department of Mental Health and Addiction Services*

10:15 a.m. - 10:30 a.m. Wellness Break & Exhibits

10:30 a.m. - 11:30 a.m. Concurrent Session IV

- Involving Priority Populations and Partners in the Health Education Planning Process, *Ashley Davis, Ohio Department of Health*
- Leveraging Health Education to Achieve Your Organization's Mission, *Diane Kerr, Kent State University*
- The Classroom Outside of the Classroom: Seeking Experiences to Enhance Your Health Education Skills, *Rob Braun, Otterbein University; Jen Morel, City of Columbus*

11:30 a.m. - 12:30 p.m. Lunch and Closing Keynote

- The Faces of Public Health Advocacy: An Opportunity for Health Educators, *Thomas Quade, Marion Public Health & American Public Health Association President-Elect*

12:30 p.m. - 1:00 p.m. Ohio SOPHE Awards & Closing, *Dan Davis, OSOPHE President*

**Session topics and speakers subject to change*

OSOPHE is Proud to Present the Following Plenary Speakers:



Kellie Carbone, LMFT is a licensed Marriage and Family Therapist who oversees the Eating Disorder and Body Image program at University Health Service on the campus of the University of Michigan. She is also a psychotherapist in private practice, specializing in mindfulness as a tool for living authentically. She received her Master's Degree in Feminist Clinical Psychology from New College of California in San Francisco. Kellie's professional interests include the use of storytelling to assist in personal development, mindfulness and resiliency, and activism as a mode of healing and transformation.



Thomas Quade, MA, MPH is the Health Commissioner for Marion County, Ohio and is the current American Public Health Association President Elect. APHA is the world's oldest, largest, and most professionally diverse public health professional association. One of the core functions of the APHA is national advocacy for public policy that improves the health of the population. Tom has engaged in numerous public health advocacy visits on Capitol Hill and regularly advocates for progressive public health policy with local, state and national lawmakers. Tom is also a Past President of the Ohio Public Health Association.

Tom's pursuit of a public health career resulted from his service as a United States Peace Corps volunteer in the Kingdom of Nepal in 1995. He earned his MPH from Yale University in 1999. Immediately after graduating, he accepted a contract position with the WHO as a public health specialist supporting the coordination of health related capacity building in Kosovo. He left that position when his mother passed away and he returned to Ohio to assume the role of primary caregiver for his sister who lives with developmental disabilities.

In 2000, he joined the Akron (OH) Health Department as an epidemiologist. Between 2000 and 2010, he served in progressively supervisory and administrative roles including Health Promotion Division Director, Community Health Assessment and Health Promotion Division Director, Deputy Health Director, and then Interim Director of Health. He has also maintained an adjunct faculty position with the Northeastern Ohio College of Medicine and Pharmacy's Master of Public Health program.

Tom played a lead role in the successful consolidation of the Akron Health Department and the Summit County Health District, and became the Deputy Health Commissioner of the new entity. In July 2013, he accepted the position of Health Commissioner in Marion, Ohio and has a professional mission to develop that agency into one that is able to demonstrate public health service delivery to the extent necessary to achieve the national standard of Public Health Advisory Board accreditation.



Dawn M. Thomas, M.Ed., OCPS II, CMP is currently a Prevention Systems Manager with the Ohio Department of Mental Health & Addiction Services (OhioMHAS). She is highly experienced in event planning, program development, coordination and implementation as well as fostering and promoting close working relationships between state, county and local social service systems/agencies.

Thomas began working for the Department in 2004 as a Regional Prevention Coordinator. Most recently Dawn administered all phases of Ohio's Strategic Prevention Framework State Incentive Grant; this five year \$10 million grant focused on prevention research with

Ohio's 18-25 year olds.

Currently, Thomas serves as Project Director for Ohio's Strategic Prevention Framework Partnerships for Success State and Tribal Initiative Grant. The \$8 million grant focuses on expanding the prevention infrastructure within Ohio's rural and Appalachian populations by building workforce capacity that will lead to an increased use of evidence-based programs, policies, practices and strategies to impact individual and community level change.

Thomas is passionate about the importance of cultural competence and its role in all aspects of programming. She enjoys traveling around the state and learning from all of Ohio's communities to gain a better understanding of how to provide access to culturally competent prevention services.

Thomas is an Ohio Certified Prevention Specialist II, a Certified Meeting Professional with a M.Ed. in Health Education/Community Health Promotion and obtained her Ph.D. Candidacy in Health Education at the University of Cincinnati. She plans to graduate in Spring 2017.

Dawn is originally from Cleveland and loves all things Cleveland including the Browns, the Cavs (ALL IN), and Lake Erie. Her hobbies include event planning, traveling, cooking, listening to music, and spending time with family and friends. One day she plans to write an autobiography and/or a series of short stories about growing up in her neighborhood.



Melissa K. Thomas, PhD, MSPH, MSA, MCHES, CBPN-IC, C.CHW

Founding director of the nonprofit Center for Appalachia Research in Cancer Education (CARE), Dr. Melissa Thomas has served as Principal Investigator on a number of research studies aimed at reducing the burden of cancer through culturally-competent health education programs. Melissa also serves as Manager of Health Disparities Research in the Office of Health Equity at the OhioHealth Research & Innovation Institute in Columbus, Ohio. As a first-generation college student, Melissa has dedicated her life to empowering communities in memory of her grandmother, Mazie Thomas Reed, who died of cancer due to limited access to education and health care.

Melissa received two undergraduate degrees from Ohio State University with a triple major in Political Science, Psychology and Spanish. She received her MS in Administration from Central Michigan University and then completed her MSPH and PhD in Public Health from Walden University. She completed additional certifications as a Master Certified Health Education Specialist (MCHES), a Certified Breast Patient Navigator (CN-BP), and a Certified Community Health Worker (C.CHW).

Melissa has been recognized nationally for her work in cancer control using community-led initiatives and was awarded the Intercultural Cancer Council's "HOPE" award in 2006 for her outreach efforts with underserved communities. She was the grand prize finalist in the 2010 Walden University's "Scholars of Change" video contest. She received Business First's "40 Under 40" Award in 2010 in central Ohio and was awarded the 2015 Distinguished Health Educator Service Award by the Ohio Public Health Association (OPHA). Melissa also received the 2016 Impact Award by Susan G. Komen Columbus.