

**Preventing disease, promoting wellness, increasing access, and improving quality.**



## **Your Monthly News & Updates - October 2017**

### **Dear Colleagues:**

In this month's newsletter we are excited to share information on virtual educational resources that support all members of the health care team and bring valuable tools to our communities.

This month MCD Public Health's Community Health Worker Online Training launches in Spanish! Our online training helps Community Health Workers, health care professionals and caregivers assist communities in the prevention and self-management of chronic conditions such as high blood pressure, prediabetes, diabetes and asthma. The virtual training platform is designed to be self-paced, educational and interactive with helpful downloadable tools. It has received recognition by National CDC and is currently in use in over 20 U.S. states in both rural and urban settings. The added Spanish version will support expansion to more U.S. communities and beyond. We are excited to share our [Spanish Programa de Capacitación en Línea de Trabajadores Comunitarios de la Salud](#).

We're also pleased to share good news from our colleagues at Maine Quality Counts (QC). They have announced that the U.S. Health Resources and Services Administration (HRSA) Rural Health Network Development program awarded QC a three-year grant to launch The Northern New England ECHO Collaborative to improve health care delivery in rural Maine, New Hampshire, and Vermont. The [Project ECHO model™](#) (Extension for Community Healthcare Outcomes), developed at the University of New Mexico School of Medicine connects specialists to primary care teams through case-based educational teleECHO™ sessions. Unlike traditional telemedicine, where specialists assume the care of patients, teleECHO sessions are educationally focused, using experts to mentor and teach, and extend peer learning in the principle of 'all teach, all learn.' Participating clinicians retain responsibility for their patients' care, while gaining the knowledge and skills to treat patients in their own communities. Project ECHO™ has shown improvements in health care for rural and underserved populations across the U.S. and globally.

Formal partners in the NNE ECHO Collaborative include: New Hampshire Citizens Health Initiative (NHCHI), Vermont Program for Quality in Healthcare (VPQHC), Northeast Telehealth Resource Center (NETRC), Maine Area Health Education Center, University of New England, New Hampshire Area Health Education Center, and

University of Vermont (UVM) Office of Primary Care & Area Health Education Center. MCDPH and the NETRC team are thrilled to be a part of this exciting effort moving forward!



Elizabeth  
Foley

**Best Regards,**  
*Elizabeth & Danielle*  
Co-Directors, MCD Public Health

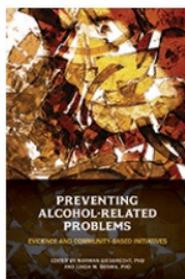


Danielle  
Louder

## PRESENTAMOS - Programa de Capacitación en Línea de Trabajadores Comunitarios de la Salud

Esta capacitación está dirigida a trabajadores comunitarios de la salud y otras personas que ayudan a clientes con la prevención, el control y el automanejo de problemas crónicos de salud como presión arterial alta, prehipertensión, hipertensión, prediabetes, diabetes y asma. Este programa complementa la formación básica del trabajador comunitario de la salud ofreciendo más educación, adquisición de destrezas y acceso a recursos de prevención, control y mejor automanejo de los problemas crónicos de salud. Para mayor información: <https://chwtraining.mcdph.org/esp/>

## Kudos



MCD Public Health's **21 Reasons** project is one of the community initiatives highlighted in the upcoming APHA publication, ***"Preventing Alcohol-Related Problems: Evidence and Community-based Initiatives."*** Chapter 21 - "Implementation of Communities Mobilizing for Change on Alcohol," authored by Kate Perkins, Jo Morrissey and Erica Schmitz, shares the strategies, outcomes, and key lessons of the project's early implementation in Portland, Maine from 2002-2008. The book release will be celebrated on November 5th at the APHA annual meeting. The book is available for pre-order on the APHA website by [clicking here](#).

Reid Plimpton (MCD Public Health) and Fleur Hopper (USM/Maine CDC) have been accepted to present at the 2nd Biennial Building Thriving Communities Conference: ***Capitalizing on Evolving Science and Circumstances*** to be held at Point Lookout in Northport, Maine. Their breakout session will be held from 3:00-4:30 pm on November 2nd and will highlight the Maine Integrated Youth Health Survey (MIYHS). MIYHS is a biennial survey of Maine K-12 students' social, emotional and physical health developed and administered collaboratively by Maine DHHS and Maine DOE. They will provide an overview of the MIYHS, a discussion of how to use it, and a first look at new MIYHS questions included in the 2017 survey on Adverse Childhood Experience (ACE). For more information or to register for the conference, [click here](#).



## Maine Cardiovascular Health Council to Hold 18th Annual Summit

On **November 9, 2017**, the Maine Cardiovascular Health Council (MCHC) will hold its 18th Annual Cardiovascular Summit at the Samoset Resort in Rockport, Maine. Titled "**The Advancing Science in Cardiovascular Care**," this full day conference brings together international, national, and state experts. Joining us will be Dr. Anne Alexandrov from the University of Tennessee Health Sciences Center. Dr. Alexandrov is a recognized clinical expert in the areas of emergency and critical care with concentrations in neuroscience and vascular dynamics and is considered the leading international nursing expert in acute stroke management. Continuing education credits will be available for physicians, nurses, medical assistants, and EMS personnel. Click here for a [full agenda](#) or to [register](#). (MCD Public Health serves as the fiscal agent of the Maine Cardiovascular Health Council.)



## October is National Breast Cancer Awareness Month



Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms. For more information and a free guide, visit [National Breast Cancer Foundation, Inc.](#)

## Mark Your Calendars!

**APHA's 2017 Annual Meeting & Expo** - [Creating the Healthiest Nation: Climate Changes Health](#), **November 4-8, 2017**, Atlanta, Georgia.

**Maine Cardiovascular Health Council's Annual Summit** - [The Advancing Science in Cardiovascular Care](#), **November 9, 2017**, Samoset Resort, Rockport, ME. For more information and to register, [click here](#).

**Prevention in Maine: Changing the Landscape of Commercial Tobacco and Substance Use (2017 Prevention Professionals Day)** - **November 9, 2017** - 8:30am - 4:30pm - Spectacular Event Center, Bangor. Free. For more information and to register, [click here](#).

**New England Rural Health Conference - Transitions in Healthcare**, **November 15-16, 2017**, Attitash Grand Summit, Bartlett, New Hampshire. For more information, visit: <https://newenglandruralhealthroundtable.wildapricot.org/2017-Conference-Home>

**Global Health & Innovation Conference - April 14-15, 2018** - Yale University, New Haven, CT. For more information and to register, [click here](#).

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