



a·H·Informer

A news update from Adirondack Health Institute

August 24, 2022

News Headlines

AHI Announces Rural Public Health Workforce Training Program Award

Adirondack Health Institute is pleased to announce the organization is one of 31 entities who have recently been awarded funding through HRSA for the **Rural Public Health Workforce Training Network** program. AHI's award is for three years, beginning August 1, 2022, for a total of \$1.5M.

The Rural Public Health Workforce Training Network (RPHWTN) program was created because many rural areas do not have adequate workforce supply to meet their health care needs. AHI will work to connect different sectors in our region, leveraging the collective strengths of our partners with a focus on Case Management.

AHI thanks all network partners who assisted in preparing such a strong application. To read the full funding announcement from HRSA, click [here](#).

We look forward to continuing partner collaboration efforts to work together on this important initiative!

LET US HELP YOU AS YOU LEARN TO HELP OTHERS!

Join the **SUNY Adirondack**
substance abuse services
grant opportunity.



ENROLL IN OUR NYS OASAS-CERTIFIED PROGRAM!

Students can apply to our Criminal Justice:
Substance Abuse Services AAS (CRSA)
program and **receive financial support**
along the way.

“SUNY ADK has given me more than
an education; it has given me a career
that I love. I highly recommend this
program to all individuals who
want a meaningful career helping
individuals in their community.”

— Matthew Ryan, former CRJ SAS Student,
Director of Supportive
Housing-Warren Washington
Association for Mental Health

ELIGIBILITY REQUIREMENTS:

- ✓ Successfully admitted to SUNY Adirondack
(sunyacc.edu/apply)
- ✓ Matriculated as Substance
Abuse Services major
- ✓ New to the college, currently enrolled in this
degree or switching majors to this degree

GRANT OPPORTUNITIES:

- Textbook support
- Gas cards
- Wraparound supports
- Completion stipends
- CASAC-T examination fees
- Professional coaching
- Academic advising

SUBMIT AN INTEREST FORM

by scanning this QR Code or visiting
[https://connect.sunyacc.edu/
register/CRSA_interest](https://connect.sunyacc.edu/register/CRSA_interest)



QUESTIONS?

Email advising@sunyacc.edu



**GREAT FUTURES
START HERE**

LEARN MORE ABOUT OASAS
<https://oasas.ny.gov/>

A new edition of the **Moreau Community Center** newsletter is now available.
Click [here](#) to read!

Clear the Air in the Southern Adirondacks' Reality Check Program Attends Youth Summit

Clear the Air in the Southern Adirondacks' (CASA) Reality Check program recently attended the **20th Annual Reality Check Youth Summit** at Keuka College. Youth Summit is held each year during the summer as an opportunity for Reality Check youth from across New York State to gather and connect in relation to their tobacco prevention efforts. Youth Summit offers trainings on leadership and the dangers of tobacco products, to prepare youth to tackle these issues locally using skills obtained through collaboration with youth and partners across the state.

When New York State ended the sale of flavored e-cigarettes in May 2020, it was a significant step

toward reducing youth tobacco use. However, e-cigarette use remains the most used tobacco product among New York State youth at 22.5%¹. More than half of teens falsely believe e-cigarettes are harmless².

This year's Summit theme was "Amped Up!". The goal of this theme was to equip youth with advocacy skills to make waves against big tobacco. Workshops developed the talents and skills youth have, to assist them in becoming agents of change by creating impactful tobacco awareness activities and events in their local communities.

Merry Rudinger, Reality Check Specialist stated, "It's imperative that we continue to provide opportunities for our local youth to connect with others across the state and develop their skills in engaging their communities surrounding the issue of tobacco marketing".

If you're interested in learning more about the Reality Check program, reach out to CASA at casa@ahihealth.org.

1. NYS Dept. of Health, Tobacco control Program, StatShots 2021-Vol. 14, Numbers 1-4. Milestones in Tobacco Control: Youth Tobacco Use Declines Across All Product Types in 2020, Lowest Youth Smoking Rate on Record, StatShot Vo. 14, No.3/Sept 2021. Accessed July 2022, https://www.health.ny.gov/prevention/tobacco_control/reports/statshots/
2. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data CDC, 2020. Accessed July 2022, https://nccd.cdc.gov/BRFSSPrevalence/rdPage.aspx?rdReport=DPH_BRFSS.ExploreByTopic&irbLocationType=StatesAndMMSA&isClass=CLASS17&isTopic=TOPIC15&isYear=2020&rdRnd=54125

We want to hear from you!

Are you a health care provider in the North Country?

The North Country Digital Inclusion Coalition, formed by Adirondack Health Institute and Fort Drum Regional Health Planning Organization, is looking for insights on access to telehealth and digital inclusion barriers in our communities.

Please take the 5 minute survey by visiting <https://www.surveymonkey.com/r/NCDIC2> or by scanning the QR code below!



We want to hear from you!

Are you a community member in the North Country?

The North Country Digital Inclusion Coalition, formed by Adirondack Health Institute and Fort Drum Regional Health Planning Organization, would like to hear about your experience using telehealth services.

Please take the 5 minute survey by visiting <https://www.surveymonkey.com/r/NCDIC2> or by scanning the QR code below!



A new edition of the **Family Service Association of Glens Falls, Inc.** newsletter is now available.

Click [here](#) to read!

Looking to start or expand diabetes prevention efforts in your community?

Join National DPP Master Trainer **Mari Brick** for an interactive and innovative virtual training that provides you with the skills, knowledge, and experience needed to successfully facilitate the National DPP and guide your participants in making healthy lifestyle changes to improve their health and prevent or delay the onset of Type 2 Diabetes.

When: September 20, 22, 27, and 29, 2022

Time: 9:00AM - 12:00PM

Location: Virtual

Cost: No charge for qualified organizations (\$649 value).

For registration information, contact rhonda.rosenburg@health.ny.gov.

Please note: Preference will be given to organizations already delivering or planning to deliver the National DPP Lifestyle Change Program within the next six to nine months.

2022 NORTH COUNTRY LEADERSHIP SUMMIT

Optimizing Healthcare:
Community Collaboration and Workforce Resiliency



September 19th-23rd, 2022

VIRTUAL SESSIONS DAILY

Sessions will feature population health and telehealth experts discussing topics such as Inspiring Collaborative Approaches to Regional Healthcare Improvement, Innovative Telehealth Models and more.

To access registration,
please visit:

<https://2022NCLS.eventbrite.com>



Featuring two keynote presentations



TELEHEALTH KEYNOTE

**Dr. Michael
Hasselberg**

Chief Digital Health Officer,
University of Rochester
Medical Center



POPULATION HEALTH KEYNOTE

Kim Perone

Success, Bereavement &
Resilience Coach and
Mindfulness Facilitator at
Center for Clarity, Compassion
& Contentment

Please send any questions to ahisummit@ahihealth.org or visit
<https://ahihealth.org/2022-north-country-leadership-summit/>

BHSN Community Partners Open House September 13, 2022

If you are a leader or represent a community partner agency that links people to behavioral health services, please save the date on the afternoon of **Tuesday, September 13** for an **Open House** event at the **Centers for Well-Being and Recovery** at 25 Willowbrook Road in Queensbury. Behavioral Health Services North is welcoming our partners to stop by and meet our team, tour the newly renovated facilities, and learn more about how BHSN makes it easy to connect people to behavioral health services and other supports in the community.

Food will be provided by Jenny Jo's Smoothie Bar.

For more info and to RSVP, please click [here](#).



Join NYS Depart of Health and NYS Office of Addiction Services and Supports for virtual events to honor lives lost to overdose and recognize the personal and collective achievements of the individuals and groups working to end overdose.

The second annual statewide Overdose Awareness Day (OAD) honors the lives of individuals lost to overdose and recognizes people, providers and programs working to reduce stigma and overdose in New York State. This two-day event will be virtual and accessible at in-person sites around the State on day one. This year's OAD is co-sponsored by the New York State Department of Health and the New York State Office of Addiction Services and Supports.

Wednesday, September 14, 3:00 - 6:00PM

For the public and providers

A three-hour event to remember people who have died of an overdose and honoring of those who have survived.

Registration Link: https://us02web.zoom.us/webinar/register/WN_oJMiaV9iRgSzrXeigBO4dg

Thursday, September 15, 11:00AM - 2:00PM

For health and human service providers serving people who use drugs (PWUD)

All peers and direct service providers are welcome to join this virtual three-hour event to acknowledge and celebrate providers who work with people who use drugs.

Registration Link: https://us02web.zoom.us/webinar/register/WN_QfS7lQI8QEYtIuaMflsLZQ

New Date!

The **Hidden Gems Resource Fair** has been rescheduled to **September 16** from **2:00 - 6:00pm** at the Fort Edward Yacht Basin.

Drop by to learn about resources your community has to offer!

Brought to you by:

Adirondack Health Institute, Planned Parenthood of Greater New York, Southern Adirondack Independent Living Center (SAIL), LEAP - Learning, Employment, Assistance, Partnership, Washington County, NY Civil Service / Personnel Department, and Washington



Hidden Gems Resource Fair: What Your Community Can Do For You!

September 16 • 2pm- 6pm
FORT EDWARD YACHT BASIN
159 BROADWAY, FORT EDWARD, NY 12828
Rain Date September 30th 2pm-6pm

Drop by to learn more about the resources your community has to offer! These resources include, but are not limited to, health insurance assistance, advocacy, food assistance, aging, long term care options, LGBTQ+ support, disability services, employment, and more!

Food, giveaways, and additional vendors will be at the event. We hope to see you there!

THIS EVENT IS BROUGHT TO YOU BY:



Workplace Stability Training September 16, 2022

Join [Hudson Mohawk Area Health Education Center](#) on September 16, 2022 from 8:30AM - 3:30PM at the Saratoga Hilton for a professional development training instability in the workplace. Participants will explore a breakdown of the cost of employee attrition—as high as \$11,000 per lost employee for some businesses—before moving on to best practices that boost employee retention. From improved recruiting and onboarding processes to promoting valuable employees from within, Workplace Stability covers every stage of the employee life cycle.

For more information or to register, click [here](#)!

Free Clinic, First Come-First Served, NO ID Required!

REMOTE AREA MEDICAL



Sept. 17-18, 2022

Washington County Fairgrounds

391 Old Schuylerville Road, Greenwich,
NY 12834



VISION

Eye exams
Glasses made on-site
Eye health evaluation

DENTAL

Cleanings
Fillings
Extractions

MEDICAL

General exams
Women's Health
& much more!



RAMUSA.ORG
(865) 579-1530

GARDENSHARE'S FIGHT HUNGER FAIR & 5K

SUNDAY, SEPTEMBER 18TH, 2022
AT THE CANTON VILLAGE PARK

12:30pm: 5K Check-In / Register
(Pre-register online today for \$25)

Awards will be
given to the top
fundraisers.

Donations can be
made to an
individual or team
through
RunSignUp.com!



SCAN ME

12:30pm-3:30pm: Live music,
educational games, story walk, tabling,
50/50 raffle (bring cash!)

1:00pm: Presentation of
Growing Communities Award;
Race begins shortly afterwards



GardenShare

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info@GardenShare.org | (315) 261-8054

Addressing Burnout and Improving Wellbeing Series Various Dates

You can still register for the **Addressing Burnout and Improving Wellbeing Series** with **Kim Perone**! We have four sessions left and you can pick which you'd like to attend:

- Wednesday, September 21; 9AM: **Resilience**
- Wednesday, October 19, 9AM: **Work-Life Balance**
- Wednesday, November 16, 9AM: **Self-Care**
- Wednesday, December 14, 9AM: **Managing Priorities**

Register here: <https://us02web.zoom.us/meeting/register/tZUrceiqgTkuHNRK0e6bdLMmz8P-uFkOMFtb>.

After registering, you will receive a confirmation email containing information about joining the meeting.

MINI-CAREGIVER CONFERENCE

WEDNESDAY, SEPTEMBER 21 • 9:30 A.M. - 1:00 P.M.
THE QUEENSBURY HOTEL • 88 RIDGE STREET • GLENS FALLS

Conference schedule

9:30 a.m. - 10:15 a.m.: Registration, Light Breakfast, Welcome
10:15 a.m. - 10:45 a.m.: Understanding Alzheimer's Disease & Dementia
11 a.m. - 12:15 p.m.: Advocating and Navigating the Journey

OUR PANELISTS:



Ruth E. Fish, RN, C-FNP
Certified Family Nurse
Practitioner,
The Center of
Excellence for Alzheimer's
Disease at Glens Falls
Hospital/AMHS



Kym Hance, CMC
Director of Client Care
Services, Herzog Law
Firm



Kimberly Comisky, BA
Assistant Director,
Alzheimer's Disease
Caregiver Support
Initiative, Center for
Neurobehavioral Health,
SUNY Plattsburgh



Maria Spagnola
Home Care Consultant,
Home Instead

12:15 p.m. - 1 p.m.: Lunch, Q&A, Mission Moment



Register for this **FREE** event at <https://bit.ly/3bKPcow>,
or by contacting Tony Rivera at 518.675.7214 or tarivera@alz.org.

This event is supported in part by a grant from the New York State Department of Health.

Screening, Brief Intervention, and Referral to Treatment (SBIRT Training) September 28 - 29, 2022

Join **Allison Reynolds** from the Council for Prevention for a **FREE** SBIRT Training! SBIRT is an integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders and those at risk of developing these disorders. SBIRT is an evidence-based training and will assist in identifying individuals with problems using or at risk for substance use disorders. This training incorporates screening for all types of substance use with brief, tailored feedback and advice. SBIRT is reimbursable - billing codes are available.

To register for this event, click [here](#).

Skills to Calm and De-escalate Emotionally Dysregulated Patients September 28, 2022

Building upon one's natural social skills, attendees will learn to enhance personal self-regulation

skills and apply them to co-regulating an emotionally dysregulated patient. Combining a bit of evidenced based theory and much more practice, all shall leave the session with usable tools for the care manager, some of which may be taught to the patient. Theoretically we shall briefly focus on why people emotionally dysregulate to aid in anticipating behaviors. Thereafter we shall discuss emotional self-regulation and co-regulation techniques, assessment, various verbal/non-verbal techniques, and scripting interventions to shape behaviors safely.

Presenter: Charles O'Donnell, RN, MS, FNP, CMHN

Time: 9:00 - 10:30AM

Register here: https://us02web.zoom.us/meeting/register/tZEpd-2przMqE91U_WiBZURUEcKOIGgtAoPX

After registering, you will receive a confirmation email containing information about joining the meeting.

This training was identified as a priority on the care manager survey many months ago.

Other Information

Health Insurance Enrollment Assistance

AHI's **EASE (Enrollment Assistance Services and Education) program** assists individuals, families and small business owners enroll in health insurance coverage through the NY State of Health Marketplace. We serve eight counties: Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, Warren, and Washington.

We don't charge and we're not an insurance company. We help clients look at available insurance plans and find out if they're eligible for financial assistance.

[Request an appointment online](#) or call toll-free, **1.866.872.3740**, to make an appointment with a certified enrollment specialist. We'll help to review health insurance choices via phone, for free. To learn more, click [here](#).

AHI also provides assistance with helping individuals and families resolve issues in [accessing substance use disorder and mental health services](#), as well as [care management services](#).

COVID-19 Resources

For links to various COVID-19 resources for community partners, please visit [AHI's website](#).

Share Your Updates

AHI partners in Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, St. Lawrence, Warren, and Washington counties are encouraged to send news items to communications@ahihealth.org to be considered for inclusion in the AHInformer.

This edition and past issues of the newsletter are available at <https://ahihealth.org/ahi-news/ahinformer/>.

STAY CONNECTED WITH US!



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