EASTERN SHORE AHEC

Annual Report 2022



esahec@esahec.org
www.esahec.org
Tel: 410-221-2600
Fax: 410-221-2617

EASTERN SHORE AHEC
Area Health Education Center

Contents

1.Board and Staff Members

2. Mission Statement

3. Message from Executive Director

4. Grant Revenue

5. Program Highlights

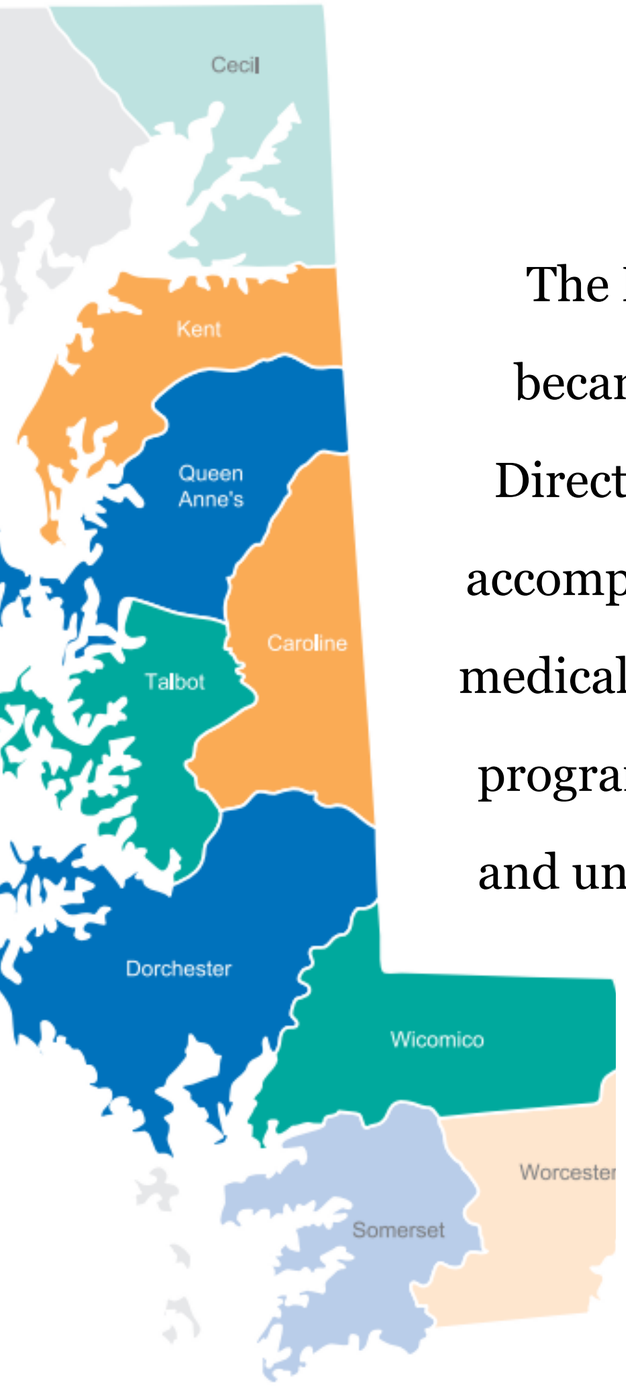
6.COVID-19 Outreach Program

VISION & MISSION

EASTERN SHORE AHEC
Area Health Education Center

At *ESAHEC* we strive to provide educational resources and support through community based activities and services along the eastern shore to recruit and retain partnerships and innovative collaborations to help promote healthy communities.

WHO WE ARE AND WHAT WE DO



The Eastern Shore AHEC is a private, non-profit, 501 (C) (3) organization which became programmatically operational in 1997. Governed by a 16 person Board of Directors, AHEC serves the nine counties comprising Maryland's Eastern Shore. To accomplish our mission, AHEC works to recruit and retain Health professionals in the medically underserved areas on the Eastern Shore. This includes health care education programs for both health professionals in the service area and students from colleges and universities both in Maryland and surrounding areas. The outcome of the Center is to retain and encourage jobs in health care.

AHEC DEVELOPS COMMUNITY-BASED PROGRAMS COVERING:

CLINICAL EDUCATION

CONTINUING EDUCATION

HEALTH CAREERS

ORAL HEALTH

GERIATRIC TRAINING

COMMUNITY HEALTH WORKER TRAINING

BOARD OF DIRECTORS

President- Katherine Rodgers

Vice President- Dr. Sandra Garbely

Treasurer- Dr. David Timms

Secretary- Dr. Lana Sherr

Senator Adelaide Eckardt

Rodger Harrell

Jan Willis

Nicole Morris

Keith Davidson

Jennifer Schermerhorn

Kathleen McGrath

Dr. Richard Colgan

Sara Seitz

ESAHEC STAFF

Erica Tracy- Fiscal Officer/Office Administrator

Kenesia Greene- Office Administrator/Data Coordinator

Patti Miller- MHB Navigator

Robin Monahan- MHB Navigator

Amethyst McNabb- MHB Navigator

Ashley Davis- Executive Director

Jennifer Berkman- Deputy Director & Cont. Education

Caitlyn Donohue-Vega- Children's Oral Health

Shay Lewis-Sisco- Clinical Coordinator

Steffanie Malkus- EARN/Grant Coordinator

Jessica Ransome- ASST Coordinator

Damaris Bourland- Health Careers Coordinator

EASTERN SHORE AHEC

AHEC Mission Statement Through Collaborative partnerships, AHEC shall:

AHEC MISSION STATEMENT

THROUGH COLLABORATIVE PARTNERSHIPS, AHEC SHALL BE-COME THE LEADER IN PROVIDING EDUCATIONAL SERVICES AND PROGRAMS TO ASSIST EASTERN SHORE COMMUNITIES IN THE RECRUITMENT AND RETENTION OF HEALTH CARE PROFESSIONALS

VISION STATEMENT

IMPROVED ACCESS FOR ALL COMMUNITIES ON THE EASTERN SHORE TO QUALITY HEALTH CARE

Message from our Executive Director



It is my deep honor and privilege to be appointed Executive Director of the Eastern Shore Area Health Education Center (ESAHEC) by the organization's Board of Directors.

I am excited to lead ESAHEC into the next chapter of our history. Throughout my career, I have immersed myself in working towards health equity, sustainable programming and innovatively serving underserved communities. My passion for rural health has led me to the Eastern Shore and has provided the amazing opportunity of working with you!

High quality partnerships are of utmost importance to me. As ESAHEC's Executive Director, I will focus particular attention on building and preserving enduring relationships.

I look forward to writing the next chapter in our history together with you – our valued partner. Welcome to our virtual site visit!

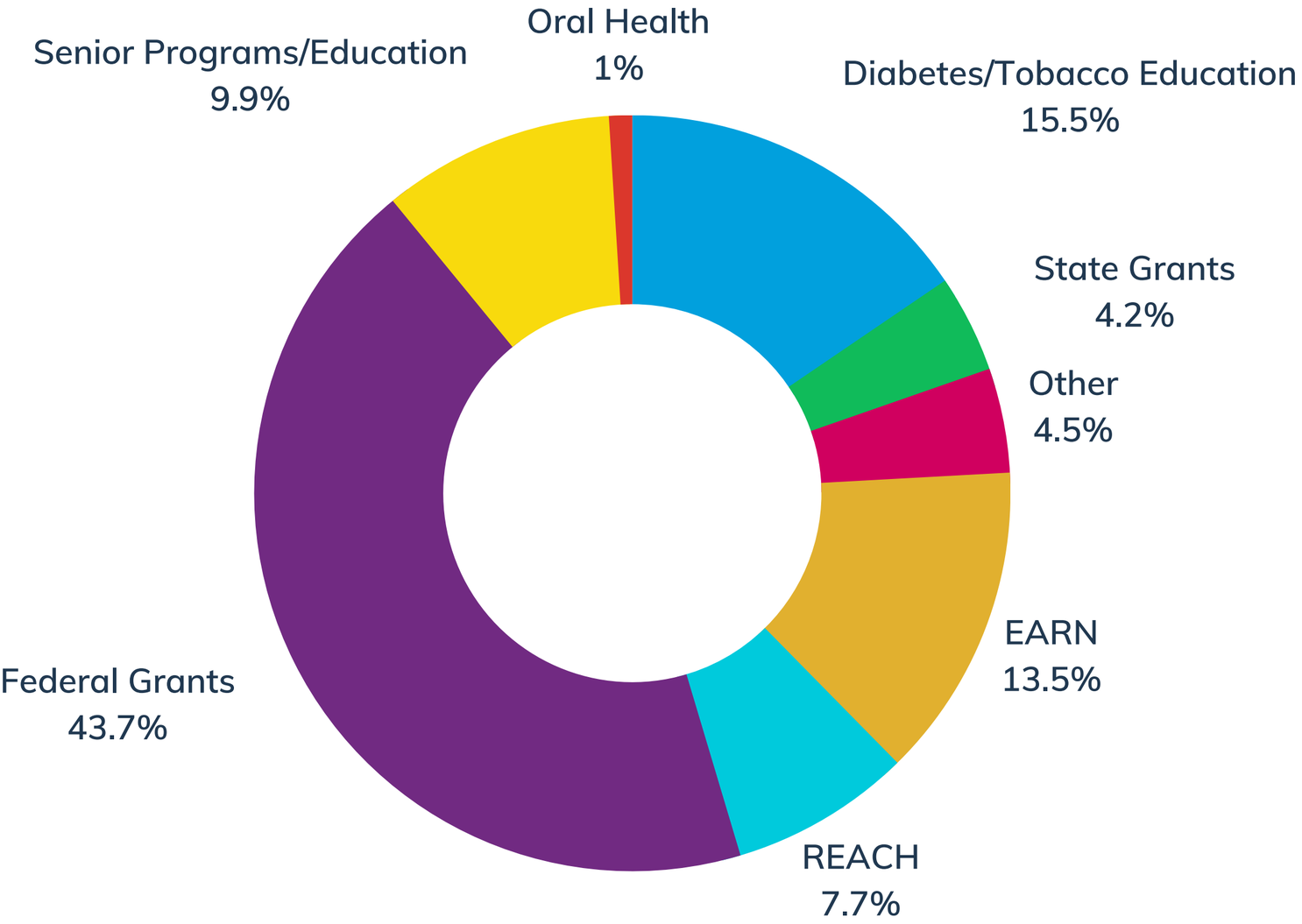
Yours sincerely,

Ashley Clark, MPH, MAHS

ESAHEC

EASTERN SHORE AHEC

Grant Revenue 2022-2023



Grant Type	$	%
Federal Grants	$483,000	43.7%
State Grants	$45,900	4.2%
Oral Health/Tooth-fairy	$7,000	1.0%
EARN	$150,587	13.5%
REACH	$86,000	7.7%
Diabetes/Tobacco Education Programs	$173,000	15.5%
Senior Programs/Education	$110,145	9.9%
Other	$50,000	4.5%

TOTALS: $ 1,105,632 100%

EASTERN SHORE AHEC

EARN Workforce Development



EASTERN SHORE
AREA HEALTH EDUCATION CENTER
Workforce Development Program

Fiscal year 2022-2023 saw another successful Employment Advancement Right Now (EARN) yearlong program! This program has been generously funded by the Department of Labor and Licensing Regulation (DLLR) for nine years in order for the Eastern Shore Ready to Care partnership to continue employment advancement on the Eastern Shore. The program partners consist of healthcare entities throughout the nine counties who are dedicated to helping individuals secure job placement and fill the employment gap within the industry. Grant funds are used to train, certify and place Certified Nursing Assistants (CNAs) throughout the Eastern Shore in hospitals, assisted living facilities and private care. During this funding period forty-seven Certified Nursing Assistants were trained and placed in the health care field throughout the Eastern Shore. That is 47 individual lives that were changed through EARN funding. For many of these participants, this was the first job that they have ever held and directly assisted them in breaking the cycle of poverty (sometimes years) for them and their family members. ESAHEC is incredibly grateful to DLLR for continued funding to help fill the gaps in health care on the Eastern Shore!

ORAL HEALTH OUTREACH



"THE SMILE OF A LIFETIME STARTS NOW"
TEEN VAPING PREVENTION PROGRAM

Funding for this program is granted by Maryland Office of oral health, Avesis, and Worcester county health department

This program provided oral health training around the eastern shore at various library playgroups, early learning centers, daycares, schools (grades k-12) and even provided oral health training for 161 nurses with developmental disabilities association. Along with visiting schools brochures and oral kits were distributed and donated to all centers that were visited. A total of 124 presentations were held and hosted a total of four Eastern Shore Oral Health Task Force Meetings.

43: SCHOOLS VISITED
338: NUMBER OF ADULTS WHO RECEIVED ORAL HEALTH EDUCATION
5,092: NUMBER OF STUDENTS WHO RECEIVED ORAL HEALTH EDUCATION
5,092: BROCHURES AND ORAL KITS DONOATED



TOOTH FAIRY'S HELPER WORKS WITH TODDLERS TO MAKE ORAL CARE FUN!

EASTERN SHORE AHEC

CLINICAL EDUCATION

ESAHEC's clinical education, ended the year successfully. Clinical education coordinators work directly with the University of Maryland Medical School to coordinate student rotation by matching them with preceptors and offering complimentary housing to eliminate barriers for students coming to rural Maryland. The Eastern Shore welcomed ten fourth-year medical students who completed their ambulatory rotation with preceptors. Five Primary Care Track Students visited the Eastern Shore for a two-week shadowing experience. Shay Lewis-Sisco, Community Impact & Engagement Manager, conducted outreach in Dorchester, Talbot, Somerset, Wicomico, Worcester, Kent, Cecil, and Harford county to deliver preceptor engagement baskets with the funding support of the Maryland Department of Health. Our Clinical Education Program is central to the mission of the AHEC to increase access to care in our region. On average, the Eastern Shore Area Health Education Center has provided housing and preceptorships to a total of 2,820 students with mixed disciplines, providing 451,200 community hours.

COMMUNITY HEALTH WORKER TRAINING

Our Community Health Worker Training program is offered online in a virtual classroom setting. Students who successfully complete the program learn the required skills needed to be successful in the healthcare field. Becoming a CHW allows you to be an advocate for patients while giving back to your community. Our current program is offered twice a year in the spring and fall.The Maryland AHEC (MAHEC) CHW curriculum provides a 140-hour (100 hours classroom/40 hours practicum), competency-based training that covers the 9 Maryland Department of Health core competencies:

1. Advocacy and community capacity building skills
2. Effective oral and written communication skills
3. Cultural competency
4. Understanding of ethics and confidentiality issues
5. Knowledge of local resources and system navigation
6. Care coordination support skills
7. Teaching skills to promote health behavior change
8. Outreach methods and strategies
9. Understanding of public health concepts and health literacy

Although unified under the MAHEC Program name, the CHW training is scheduled and delivered by each of the 3 regional AHECs. The spring 2023 CHW Community Health Worker Training included over 30 individuals, which is the largest class in the ESAHEC Community Health Worker Training Program history!



CONNECTING KIDS TO COVERAGE

Connecting Kids to Coverage is a CMS funded program focused on identifying and enrolling eligible children and families in Medicaid and MCHP. Enrollment Counselors assist consumers in completing initial applications and renewal applications, as well as participate in outreach activities to educate consumers about the Medicaid programs. ESAHEC is the primary grant holder, with two partner sub grantees: Seedco and Chesapeake Multicultural Center.

With the April enrollments we met 15% of the total yearly goal; per CMS this was the minimum they were looking for from all grantees, and not all of the other grantees have met that goal. In our call with CMS on 5/10/22, Janice Adams, Technical Director for the Division of State Coverage Programs offered a lot of praise of ESAHEC's efforts to turn around the program that was seriously struggling last year.

EASTERN SHORE AHEC

HIGH SCHOOL HEALTH CAREERS

The High School Health Careers Program wrapped up a hectic and exciting school year in June. The popular Aging Simulation Program; What's Under Our Skin and Simulation Lab/Health Careers tour booked quickly. High School Health Careers Coordinator, Damaris Bourland, RN, BS, LMT, presented these programs to 350 students from 10 high schools in Talbot, Dorchester, Caroline, Queen Anne's and Worcester counties during the 2022/2023 school year. In addition to the in-class presentations, 140 bio-med students from four high schools visited the Body Worlds Exhibit at the Da Vinici Science Center in Allentown, PA. Students in the Medical Services program at Dorchester Career and Technology Center participated in two tours of Tidal Health in Salisbury, MD visiting the Pharmacy, Lab, Sterile Processing Bio Med and Physical Therapy departments. Program supplies and transportation for field trips were made possible thanks to our generous partners at Mid Shore Community Foundation and Community Foundation of the Eastern Shore. ESAHEC and High School Health Careers are grateful for their continued support. Damaris represented ESAHEC as a speaker at the National AHEC Organization Biennial Conference in Salt Lake City in June 2023. Her presentation session, "Programs, Partnerships and Proven Outcomes: Increasing Student Interest in Health Careers" addressed how collaboration and direct engagement with teachers to develop programs that link with science curricula has proven successful in increasing student interest in health care careers. Over 85 conference participants attended the session. For more information about the High School Health Careers Program, please visit our website www.esahec.org or contact Damaris Bourland, High School Health Careers Coordinator at **dbourland@esahec.org.**

YOUTH MENTAL HEALTH FIRST AID

It teaches individuals how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. Youth Mental Health First Aid training will cover: Common signs and symptoms of mental health challenges in youth (ages 12-18), including, but not limited to, anxiety, depression, and eating disorders Common signs and symptoms of substance use challenges How to interact with a child or adolescent in crisis How to connect the youth with appropriate resources The first session scheduled for July 8th has reached various community members including social workers, health care workers and parents. These sessions and resources are funded by the Johns Hopkins Healthcare Corporate Giving Grant

---

SICKLE CELL DISEASE EDUCATION PROGRAM

The goal of the Eastern Shore Sickle Cell Disease Educational Program is to increase knowledge of the disease and reduce barriers to care for those afflicted. we have completed outreach at three community events as well as delivering SCD Tool Kits for local hematologists to share with their SCD patients. We also have two educational webinars with two guest speakers from sicklecellred.org scheduled for this upcoming year. This program is funded by Pfizer and continues to grow in providing education to different regions on the eastern shore.

SENIOR SUPPORT PROGRAMS

Our Senior Support programs facilitate interprofessional education and interdisciplinary research activities with the funding support of the University of Maryland Graduate School of Baltimore, Geriatrics & Gerontology Education and Research in partnership with the John Hopkins Geriatric Workforce Enhancement Program. ESAHEC hosted a Geriatric Workforce Summit, Assessment Tools Workshop, and Death & Dying: Supporting our Patients and Families GGEAR Conference, engaging over 215 students, professionals, and community members during 2022/2023.

Eastern Shore Area Health Education Center partnered with Central and Western Maryland AHEC to conduct outreach and education to promote Alzheimer's Disease and related dementias (ADRD) Caregiver health and well-being. ESAHEC has to date, successfully reached and trained 459 caregivers in this initiative with funding support from the Maryland Department of Health. We are excited to bring hope to our communities through educational and training support.

For more information about the Clinical Education, Senior Support Programs, and the caregiver's initiative, please visit our website, www.esahec.org, or contact Shay Lewis-Sisco, Community Impact & Engagement Manager, at slewis@esahec.org

EASTERN SHORE AHEC



COVID-19

ESAHEC OUTREACH PROGRAM

The goal of the project, designed by the Maryland AHEC (MAHEC) Program, is to enhance the readiness of health professionals and students to respond to COVID-19 and future pandemics through the development of a virtual platform and educational programs. The project fits into two categories of the guidance: to prepare and respond to COVID-19 and future pandemics. The MAHEC Program is comprised of three regional Centers: AHEC West, Central Maryland AHEC and Eastern Shore AHEC; and the Program Office. We use the CHW model for the program starting out with four Community Health Workers (CHW's). The targeted counties for the grant were Dorchester County, Caroline County, Talbot County and Wicomico County. This grant ended on May 31st, 2022. We have completed 70 percent of the required vaccines for the grant.

EASTERN SHORE AHEC