

Arkansas



AR SOPHE Talk

www.arsophe.org

May 2004

A Word From the President...

Hello Arkansas SOPHE Members!

We are truly on the move with AR SOPHE this year. We had a wonderful time at this year's conference "Spring into Wellness" conference, which was held March 4-5 at the Holiday Inn Select in Little Rock.

We were honored to have Kenya and Gabriella Masala from the Source Consulting Group of Austin, Texas, along with many other guests provide useful and motivational information on a variety of health education topics. I would like to thank Alison Rose, Tamika Walls and the conference committee for a job well done.

Mark your calendars for this year's APHA. *Robert Sweetgall* will be the presenter during the AR SOPHE session of the Arkansas Public Health Association's annual meeting May 26 – 28 in Hot Springs. Mr. Sweetgall has walked seven times across America and has motivated over 5,000 organizations to implement wellness programs.

During this year's APHA, on May 27 from 11:15 a.m.-12:30 p.m., we will hold our next meeting at the Brick House Grill located on Central Avenue across from the Hot Springs Convention Center. We look forward to seeing everyone in Hot Springs.

One last note of congratulations goes to Dana Smith who has been appointed as President-Elect of AR SOPHE.

Sincerely,

Marian S. Evans, M.P.H., CHES

SOPHE Award Nomination Opportunity

Are you a student looking for fellowship or scholarship opportunities? Do you know a health educator or a health education program deserving special recognition?

SOPHE gives awards for Distinguished Fellow, Health Education Mentor, Program Excellence, and Chapter Excellence. There are seven additional cash awards for students in the categories of Graduate Student Research Paper, Vivian Drenckhahn Scholarship, SOPHE/CDC Injury Fellowship, and SOPHE/ATSDR Environmental Health Fellowship.



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A Word from our National Delegate...

By Barbie Brunner, MEd, CHES

The National SOPHE Link to Local SOPHE Chapters

(Parts of this article were taken from the President's Column in News & Views)

A few years ago, in 2000, the National SOPHE Chapter Development Committee began to investigate how we could strengthen the links between the National organization and the local chapters. Through the work of the Chapter Development committee and the voice of Chapter Delegates, there was growing local interest for chapters to connect with National SOPHE to further health education. Nearly all SOPHE chapters voiced concern about a secure infrastructure and most struggle with budget and leadership issues. Maintaining support for advocacy, continuing education, communication and resource development were also identified.

Many hours of work were invested in the process of collecting data that resulted in 2001 with the Chapter Development Committee Report. This data includes information from over 80% of SOPHE Chapter Delegates. I was privileged to chair the Chapter Development Committee with another Chapter Delegate, Cezanne Garcia, from Seattle, Washington, for two years during this effort. Several of you, as Arkansas SOPHE members, were kind enough to share your views and help formulate this report. Common needs identified by the chapters are:

Leadership Development – a way to identify and train new leaders for leadership transitions each year

Fundraising – Raising funds to support the necessary infrastructure to do business, meet chapter needs and accomplish short and long term goals

Connection to National - Developing and maintaining strong local/national communication

Some positive steps have been taken, including development of the Chapter Resource Guide to aid local chapters as they start new chapters and maintain existing chapters. It's up to chapters to assess their own infrastructures and to be willing to ask for help when needed. More help is now available. The Chapter Development committee budget line was increased substantially. A major committee objective for 2004 is strengthening chapter infrastructure. Sister chapters and the National SOPHE office have offered to form advisory teams to work on specific chapter goals. Conference calls with chapter leadership have been planned throughout the year.

We can enhance these efforts at the local level. Get involved on the national level by listening in on the conference calls each month or submitting your ideas to the Chapter Development Committee or if you haven't joined the National organization or our local chapter please do. We can all make a contribution to this effort.

Some dates to remember....

November 5-7, 2004

SOPHE 2004 Annual Meeting

The Power and Influence of Health Education: Promoting Monumental Change
Washington, D.C.

AR SOPHE Mentoring Program: Working Together for Student Advancement

By *Dana M. Smith, MS, CHES, CCE*

The Arkansas SOPHE Mentoring Program has been going strong since November 2003. The Mentoring Program was established to:

- To increase participation by student members in Arkansas SOPHE events and initiatives.
- To provide student members in Arkansas SOPHE with an opportunity to observe and interact with health education professionals as role models and informal advisors.
- To provide student members that are planning to take the Certified Health Education Specialist (exam) with study resources and guidance.
- To provide on-going technical support and resources for student members as they begin their professional roles in health education.

Currently, there are four mentoring teams that are communicating regularly and participating in health education activities. They are:

Mentor

Marian Evans
Anna Haver
Barbie Brunner
Taniesha Richardson

Mentee

LaTonya Steward
Sharon New
La'Keesha Ellis
Cheryl Cleare

The partners have engaged in many activities together including ongoing correspondence, attendance at Arkansas SOPHE meeting and conferences, networking lunches, materials exchange and many others.



The relationships that are being built are getting stronger and will last well into the mentee's professional life.

If you are a student or a professional interested in joining the Arkansas SOPHE Mentoring Program, please contact Dana Smith at 501-686-7791 or DanaMSmith@comcast.net.

Spring *into*
Wellness
2005

Is Coming!

Mark Your Calendar!

**Arkansas SOPHE's 4th Annual
Spring Into Wellness
Health Education
Conference is Scheduled
for March 3 - 4, 2004**



News Bits

Category I CECH Opportunities Available through MidSOUTH

The MidSOUTH Prevention Institute will be applying for Category I CECH's for CHES /CPHE's for several upcoming workshops.

Potential topics include:

- ethics
- bullying prevention
- youth behavior problems
- mental health issues in children and adolescents
- stress management
- prevention basics.

Official workshop schedules will be mailed out soon. Call (501) 569-8051 to be added to the mailing list, or check listings at www.midsouth.ualr.edu (click on the 'training calendar' link, then on 'prevention institute').

Upcoming MidSOUTH Prevention Institute Workshops

July 20 - Root Issues of Youth Behavior Problems
Multiple locations via compressed video

July 28-30 - Prevention Generalist Training
Batesville

August 13 - Prevention Certification Exam Preparation
Little Rock

August 18 - Exploring Ethics in the Prevention Field
Little Rock

November 10 - Kicking the Stress Addiction
Multiple locations via compressed video

For more information: www.midsouth.ualr.edu

Diabetes Detection and Education: Steps to a Healthier US Town Hall Meeting

June 18, 2004 - 1:30 to 4:30 p.m.

Doubletree Hotel
424 West Markham
Little Rock, AR 72201

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Nominations are due to the SOPHE office no later than July 31, 2004. Awards will be presented at the SOPHE 2004 Awards Banquet, November 6, at the National Press Club in Washington, DC.

Criteria and nominations packages are available on the SOPHE website (www.sophe.org/about/awards/awards.html).

Please take a moment to nominate a deserving program, colleague, mentor or student for a prestigious SOPHE award.

Have An Address Change?

We Don't Want to Lose You!

If you have an address, phone or email change, let Arkansas SOPHE know about it.

Please notify Dana Smith, Membership Chair, at (501) 686-7791 or e-mail:

danasmith@comcast.net

Newsletter Submissions

We Want to Hear From You!

Do you have information that your fellow AR SOPHE members might be interested in? Don't keep it to yourself...share that information!

Send your article, news bit, meeting announcement, etc. to Janie Runkle at:

JGRunkle@uams.edu

MAKING A DIFFERENCE!

MAKING PROUD CHOICES!

A Program That Works

Two day training **FREE** that includes all curriculum materials, along with travel expenses paid, and lodging if needed.

Course covering an abstinence-based approach to HIV / STDS and teen pregnancy prevention and a safer sex approach to HIV/STDs and teen pregnancy prevention for educators, non-profit organizations, and health department employees that reach high-risk adolescent populations.

Making a Difference curriculum provides knowledge, confidence, and skills necessary to instruct adolescents to reduce their risks of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex. Making Proud Choices is designed to reduce risk for STD/HIV and pregnancy by abstaining from sex or using condoms if they choose to have sex. Both programs are based on cognitive behavioral theories, focus groups, and the researchers extensive experience working with youths. Both programs are covered in the two-day seminar.

The course will be held on August 2nd and 3rd at Lake Hamilton Resort, 2803 Albert Pike Rd, Hot Springs, AR. Registration will be at 8:00 AM, Monday, August 2nd (rooms available Sunday August 1st after 3:00 pm). The program will be from 8:00 am until 4:00 pm each day. CEU's will be provided.

Registration must be sent to Dominique Guinn, Arkansas Dept of Health, 1425 Malvern Ave, Hot Springs, AR 71913. Registration must be received by June 15, 2004.

Registration is limited to 30 people, so please send your registration in early!

For information, call Dominique Guinn at (501) 624-3394

Name: _____

Title: _____

Organization: _____

Address: _____

(include city, state, and zip code)

Phone: _____ E-mail address: _____



Arkansas Department of Health
Keeping Your Hometown Healthy

Funds provided by Arkansas Department
of Education – HIV/AIDS Education
Kathleen Courtney, Coordinator