

Blue Cross NC Institute for Health & Human Services



APPALACHIAN STATE UNIVERSITY
BEAVER COLLEGE OF HEALTH SCIENCES

Annual Report for 2017-2018

Appalachian State University
Beaver College of Health Sciences

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The Annual Report reflects the focus of the Blue Cross NC Institute for Health and Human Service (IHHS) on improving regional health and well-being through a three pronged approach: research, outreach, and clinical services. The IHHS, as part of Appalachian State University's Beaver College of Health Sciences, must hold training and education of students as paramount to all activities. The IHHS aspires to meet its objectives by connecting faculty, staff and students with regional partners to fulfill its mission and train future generations of health and human service professionals in the art and science of regional transformational.

Mission

“The mission of the Blue Cross North Carolina Institute for Health and Human Services, within the Beaver College of Health Sciences, is to promote multidisciplinary research opportunities, clinical services, community outreach, and training programs related to holistic health and well-being with the overarching goal of improving lives through transformative social, environmental, and healthcare advances.”

In achieving this mission, we aspire to create a community of learning wherein all people are part of our regional classroom, engaging with us in the process of learning, teaching, seeking new knowledge and new methods, and working collaboratively toward a healthier future.

Much of this report is divided into the areas of Research, Outreach, and Clinical Services. However, our goal is to merge these in the projects we develop with our community partners. For example,

must be acknowledged that Research, Outreach, and Clinical Services are intertwined and will become more intertwined as the IHHS realizes its objectives in the years ahead. This division in this report reflects the need to define financial divisions more than goal-oriented objectives. The IHHS Task Force will continue to examine the methodology of annual reports as it continues to define the future of the Institute.

Research

In the 2017-2018 academic year, five externally funded grants continued and five new grants were submitted. Results on some of the new grant applications are still pending. Dr. Lakey's Department of Education grant to train students across disciplines to work with children with high intensity needs enrolled its first cohort of students. Dr. Williams and Trent Spaulding continued work with the Pharmaceutical Research and Manufacturers of America Foundations that is leading to additional grants soon to be submitted. Grants funded from NIH by Dr. Gary McCullough from SAMHSA by Annette Ward and Gary McCullough closed out this year (see Table below).

Grants Submitted in FY18-19				
Date	Name	Title of project	Sponsor	
7/1/2017	Alan Needle	Treating Joint Instability with a New SCRIPT Stimulating the Cortex to Rehabilitate Injury Induced Plasticity	NIH National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMSD)	
10/21/2017	Gary McCullough	A novel voice therapy method for children with vocal fold modules	East Carolina University; NIH National Institute of Diabetes, Digestive, and Kidney Diseases (NIDDKD)	
12/4/2017	Abigail Stickford	Sympathetic neural and cardiovascular responses to pregnancy in obese women	American Heart Association	
2/6/2018	Richard Christiana	Pilot Study of an Outdoor Physical Activity Prescription Program to Increase Physical Activity among Overweight Obese Children and their Families	NIH National Institute of Diabetes, Digestive, and Kidney Diseases (NIDDKD)	
6/19/2018	David Nieman	Cross Sectional Comparison of Inflammation Biomarkers in Adult Groups Healthy Controls Obese Individuals with Metabolic Syndrome MetS and Individuals with Type 2 Diabetes Mellitus 2DM	Standard Process, Inc.	
Active Grants in FY18-19				
Date	Name	Title of project	Sponsor	Award amount
9/15/2014	Gary McCullough	Treating Laryngeal Hyperfunction with Flow Phonation	National Institutes on Deafness and Communication Disorders	\$77,336.34
3/26/2015	Annette Ward	Appalachian SBIRT Training	Substance Abuse and Mental Health Services Administration	\$65,552.00
2/17/2017	Emily Lakey	iShine	DoEd OSEP	\$96,543.00
9/25/2017	David Williams	Trends in Biopharmaceutical IPO R&D Spending, Profitability, and De-listing.	Phrma	\$41,392.00
12/13/2017	Mary Sheryl Horine	Girls on the Run	Walmart Foundation	\$350.00
				\$280,823.34
	In the 2017-2018 academic year, five grants were submitted for funding through the IHHS. Five grants awarded in previous years continued and received additional funding from their respective sponsors. As Annette Ward, David Williams, and Gary McCullough finished up their projects, Emily Lakey began preparation for the first cohort of iShine scholars. iShine scholars from Communication Sciences & Disorders and Reading and Special Education will receive training to work with individuals with autism and severe disabilities. The iShine program continues to support interdisciplinary collaborations and the objective to initiate autism diagnostics in the community.			

The IHHS and the Beaver College of Health Sciences are in the process of hiring a Research Support Specialist to help with pre- and post-award grants through the IHHS and BCHS. This initiative should increase the number of grant submissions in the coming years. Also looking ahead, 2018-2019 will be the first year for IHHS Research Faculty Appointments. These will be designated as Research Affiliates, Associates & Fellows depending on funding level, and the IHHS will work closely with these faculty to support their research.

Clinical Services

The IHHS Clinical Services operate mostly in the Interprofessional Clinic located in University Hall with some clinical services operating out in the community at schools, hospitals, senior centers, and other facilities. Affiliated clinical programs include:

The Charles and Geneva S. Scott Scottish Rite Communication Disorders Clinic
The ASU Music Therapy Clinic
ASU Counseling for Faculty & Staff

Annual Reports for these are provided below with the exception of the Communication Disorders Clinic, which runs their annual report on the calendar year. More information can be found at: <https://cdclinic.appstate.edu/>.

In addition, interprofessional clinical activities are in various stages of planning and implementation. These include the development of a program for assessing and supporting children and adults with autism and their families, as well as community outreach work to assess and support the aging population in conjunction with the Area Agency on Aging. Interdisciplinary autism diagnostics are still in pilot phase with approximately 1 diagnostic occurring each month. These diagnostics are supported by the TEACCH program out of Asheville until ASU faculty are trained in administering the diagnostics. Plans are underway for additional development with this clinical program, and the autism team is working together to learn about other interdisciplinary programs as they build their own. They are also being advised and supported by the Hub for Autism and Neurodiversity (HANd), a group of community partners who recently became part of the IHHS and serve to advise and direct clinical, research, and training programs in this area (see more in our section on Division of Community Outreach).

**Music Therapy Clinic Activity
July 1, 2017-June 30, 2018**

Group Active Music Therapy

Population	# Clients	# Sessions
Children with speech/language delays or disabilities	22	20
Children or adolescents (I/DD or autism)	98	110
Children with mental health or bereavement needs	20	23
Adults with intellectual or developmental disabilities	41	79
Adults with mental health needs	205	89
“At-risk” adolescents or emotional/behavioral issues	15	19
Older adults with dementia and/or depression	118	98
Total Group Active Music Therapy	519	482

Individual Active Music Therapy

Population	# Clients	# Sessions
Children with autism spectrum or emotional/behavior disorder	11	41
Children with physical/sensory/communication needs	7	48
Adult with ID/D	5	55
Adult who have experienced CVA	2	20
Adolescents with mental health needs	7	42

Adults with medical needs	58	239
Adults with mental health needs	16	67
Total Individual Active Music Therapy	106	512

Individual Receptive Music Therapy

Population	# Clients	# Sessions
Adults with mental health or personal growth needs	34	83

Clients Served by Music Therapy Students and Therapists	# Clients	# Sessions
TOTAL MUSIC THERAPY 2017-2018	659	1,077

AGENCIES SERVED:

Appalachian Regional Healthcare System
 Cannon Memorial Hospital Behavioral Health
 Seby Jones Cancer Center
 Watauga Medical Center Intermediate Care Unit
 Ashe County Schools
 Broughton Hospital
 Caldwell County Schools
 Daymark Recovery Services
 Deerfield Assisted Living
 Deerfield Horizons Unit (Memory Care)
 Foley Center at Chestnut Ridge
 Fresenius Medical Care (Kidney Dialysis)
 Glenbridge Health and Rehabilitation
 J. Iverson Riddle Developmental Center
 Preschool Language Classroom
 Western Youth Network
 Watauga County Schools

Watauga Opportunities

I. Major accomplishments

- Increased music therapy sessions provided by board-certified music therapists
- Increased service provision to community
- Music therapy licensure bill passed the NC House of Representatives

II. Major Problems

- Limited funding to cover services for clients with financial limitations
- Need to increase public awareness of available services
- Need to pass the licensure bill in the NC Senate

III. Personnel: Key Positions

Music Therapy Clinic Director: Cathy McKinney

Board certified music therapists (MT-BCs) who provided clinical services:

Katurah Christenbury, MMT, MT-BC
Cindy

Tate, MMT, MT-BC

Alice Berry, MT-BC

Kendra Bodry, MT-BC

Jessica Donley, MT-BC

Kathryn Esposito, MT-BC

Jake Keller, MT-BC

Jessica Kempton, MT-BC

Katie Komorek, MT-BC

Hannah Lingafelt, MT-BC

Amy Mercier, MT-BC

Kristin Neel, MT-BC

Audrey Reynolds, MT-BC

Christopher Spence, MT-BC

Sarah Swann, MT-BC

Carlyn Waller-Wicks, MT-BC

Jonathan Williams, MT-BC

MT-BCs who supervised pre-internship students (part time or part of full-time load)

Christine Leist, PhD, MT-BC
Cathy McKinney, PhD, MT-BC
Melody Schwantes, PhD, MT-BC
Katurah Christenbury, MMT, MT-BC
Cindy Tate, MMT, MT-BC
Sarah Stanley, MT-BC
Jessica Kempton, MT-BC
Katie Komorek, MT-BC
Amy Mercier, MT-BC
Chris Spence, MT-BC
Sarah Swann, MT-BC
Angie Syllas, MT-BC

Services provided by
MT-BC Graduate students = 14
Pre-internship students = 53

Counseling for Faculty and Staff Summary Report

CFS Annual Report Statistics

July 1, 2017 – June 30, 2018

Total Employees Counseling	185
Students[2] Counseling	49
Consults	10
Total Employees/Grad Student Direct Service	244
Family Members Counseling	67
Total Clients Direct Service Only	311

Faculty (Counseling)	74
Staff (Counseling)	111
Total	185

Direct Service & Workshops

Employees Counseling/Consult	195
Employees Workshop Attendees	150

Counseling/Consult Issues^[5]	
Anxiety/Stress	83%
Relationships: Partner/Children	47%
Depression	54%
Career/Work Performance	46%
Adjustment	36%
Self-Esteem	34%

**Employees' Divisions
(Counseling)**

Academic Affairs	131
Business Affairs	32
Student Development	14
Human Resource Services	1
Athletics	4
University Advancement	2
Chancellor's Office	0
University Attorney	0
Total Employees	185
All Males Counseling	99
All Females Counseling	202
Counseling Clients Total	301
	119
Hours of Counseling	3

Grief/Loss	17%
Health/Illness	16%
Anger Management	13%
Financial	16%
Relationship: Co-worker/Friend	16%
Abuse (Emotional, Physical, Sexual)	13%
Substance Abuse/Dependence	6%
Obsessions/Compulsions	6%
Aging/Retirement	6%
Relationship: Supervisor	5%
Eating Disorder/Weight	16%
Spiritual/Religious	9%
Impulse Control	7%
Post-Traumatic Stress	4%
Suicidal Thoughts	9%
Relationship: Subordinate	2%
Racial/Cultural	4%
Neurological Problems	5%

Trainings

# of Workshops	25
# of Classes	16
Total	41

2017 – 2018 Annual Report

Counseling for Faculty and Staff continued to reach a significant segment of the University population. The service completed 121 new intake appointments over the course of the 2017-2018 reporting year. CFS provided 1193 hours of counseling representing an increase of 3.4% over the previous reporting year.

Staff Training and Professional Development

All staff members of CFS have actively engaged in training and professional development activities to maintain current skills and licensure. Tandra Carter participated in local trainings related to end of life issues and elder care.

Tandra Carter also participated in the Agents of Change employee development program administered through Human Resource Services. Through this program she received training on supporting and coordinating change within institutional environments in a series of 8 monthly sessions.

University/Community Engagement

CFS staff strive to be active participants in the university community. Participation has taken the form of serving on university committees and assisting on ad hoc projects. Tandra Carter is a member of the Threat Assessment Team, Interpersonal Violence Committee, Workplace Violence Committee, the Safety Council, and the University's Alcohol and Drug Reporting Committee.

Counseling for Faculty and Staff participated in the University's Safety Festival, Faculty/Staff Health Fair, and Faculty/Staff Orientation by staffing a table with information regarding the services of CFS. Tandra Carter also serves as the Building Coordinator for University Hall along with Amy Sanders. Tandra Carter served as workshop presenter for Human Resources. Tandra Carter established an agreement to provide support to the Emergency Management Service by being present for support to employees during an active shooter exercise. She was present for support at an active shooter exercise in Belk Library that was attended by approximately 40 members of their faculty and staff.

Tandrea Carter served as a reviewer for applications to the Diversity Scholars program. She attended a 1-hour training regarding the scholarship review system and subsequently rated a set of applications to the program.

CFS maintained connections with the university community by providing consults to staff, faculty and administrators. In addition, CFS supported the Appalachian State University Community through the following classes and workshops.

Classes and Workshops

Counseling for Faculty and Staff provided several workshops and classes for the University Community. Catherine Scantlin continued to provide regular yoga classes in University Hall for employees. She additionally served as a substitute on a few occasions for classes provided through Health Promotions. Julie Neal provided two Positive Discipline parenting classes which each consisted of 6 weekly session. In addition, she provided topic-specific workshops including positive discipline for teens and a workshop on food/eating issues in conjunction with Dr. Amy Galloway of the Psychology Department.

CFS also provided requested workshops and in-service trainings across campus. These included presentations to undergraduate and graduate students in courses in the Psychology, Social Work and HPC departments. CFS also provided four workshops through Human Resource Services on the following topics: Depression, Anxiety, Dealing with Difficult Conversations and Mental Health Issues in the Workplace. Additionally, CFS provided in-service training to Financial Aid staff on self-care.

Outreach

Annual Report FY 2017-18

Blue Cross of North Carolina Institute for Health and Human Services

Division of Community Outreach

SUMMARY

In 2017-18, the Blue Cross of North Carolina Institute for Health and Human Services (IHHS) Division of Community Outreach continued to be actively involved in community programming and collaboration. Led by IHHS Associate Director Mary Sheryl Horine as the sole FTE, staff also included Jackie Dyer, Girls on the Run Site Coordinator (50% temporary employee).

In its tenth year of operation, the Division continued five major projects and began engagement with five new projects; received two local grants; formed collaborations with multiple community organizations; advised one student club; represented IHHS at three health fairs/forums; and collaborated with four undergraduate classes for hands on application of competencies.

A focal point of the Division of Community Outreach is to engage students in community service and/or applied experiences. In total, the Division supervised 13 interns and collaborated through either training or service with 88 faculty/staff, 394 students and 6 classes.

In order to unite the University's resources with community need in the areas of health and human services, the following projects were undertaken or continued during FY 17-18:

Continued Projects

1. Community Resource Directory (CRD):

Numerous community partners have commented on the lack of a central clearinghouse of local service providers and resources in the areas of health and human services. The Division continued research around community resources in a 3-county area and compiled them into a database using MySQL. The database was then converted into a format that functions with the Drupal content management system that the university utilizes.

Effort was devoted to the never-ending task of verifying and updating content. One intern contributed approximately 30 hours to assist with data cleaning and updates.

The CRD currently lists 345 service providers with full descriptive information including fee structure, populations served, referral information, contact information and links to websites. The directory remains free to both search and to post content to for health and human service providers in the high country.

2. Girls on the Run of the High Country (GOTR-HC):

Since 2009, BCBS of NC IHHS has been the affiliate sponsor for the Girls on the Run of the High Country (GOTR-HC). Mary Sheryl Horine currently serves as the Director and a member of the Advisory Committee. Girls on the Run is a transformational physical activity–based positive youth development program for girls in 3rd to 8th grade designed to develop and enhance girls’ competencies to successfully navigate life experiences. At Girls on the Run, trained and supportive coaches and volunteers teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5K running event. The goals of the program are to develop and improve competence, unleash confidence through accomplishment, develop strength of character, respond to others and oneself with care and compassion, create positive connections with peers and adults and make a meaningful contribution to community, all while establishing a lifetime appreciation of health and fitness.

In FY 17-18, GOTR-HC offered two 10-week programs, one each during the fall semester and spring semester. Additionally, GOTR-HC hosted a summer camp program that was overwhelmingly successful in its pilot year. The 10-week programs consisted of 24 different teams of girls at 21 sites with a total of 378 girls participating. Coaching staff consisted of 101 volunteers to work with the girls two days per week for the duration of the program. Each site was required to have at least one head coach over the age of 18 with CPR and First Aid certifications. All coaches had valid multi state background checks completed. The 101 coaches consisted of 40 elementary school teachers, 40 ASU students (including seven academic year interns), 16 community members and 5 faculty/staff.

Two new-coach trainings were held in 2017-18 utilizing a new blended on-line and in-person method. The new training platform prepared coaches to provide the best experience for girls in the program. The new training curriculum is a model based on research in the field, council input, positive youth development practices, and adult learning principles. Using a learning management system, coaches completed several online modules that set the foundation for the in person training. The online module topics included GOTRology, Policies and Procedures, Curriculum Overview and Girl Development. In person training built upon the modules and taught the core concepts of positive youth development called BPM: building relationships, creating a positive inclusive environment and cultivating mastery orientation. In person, coaches learned how to put these concepts into action, watched videos of coaches in the field and practice a full lesson. Infused throughout the entire training was preparing coaches to work with all girls. By exploring the contexts in which our girls live, coaches were engaged in exercises which encouraged them to reflect on their own contexts and identities and how these influence their interactions and coaching behaviors. Coaches were given an interactive Coach Guide containing best practices in each of the areas of training as well as additional information for a successful season.

As the culmination of the GOTR curriculum, participants take part in a 5k run with the goal of completing the 3.1 miles. The fall 2017 GOTR-HC 5k was held at the Lowes River Edge Park in Wilkesboro, NC and had approximately 160 participants, 160 running buddies and 220 spectators. The spring 2018 GOTR-HC 5k was held on the Greenway Trail in Boone and had approximately 175 runners, 175 running buddies and 250 spectators. A planning committee of eight volunteers assisted with the coordination of the 5k events. Planning included volunteer recruitment and coordination, registration, hospitality –food and water donations and transport, logistics, permitting through the Boone Town Council, contingency planning and marketing.

Sixty-one percent of GOTR-HC participants in 2017-18 received scholarship support in order to register for the program. Program fees for participants, lowered from previous years, were based on a sliding scale. Girls who qualified for free/reduced lunch paid a \$25 fee; girls with extenuating financial circumstances paid \$75; and the full program fee was \$100. Five girls in 2017-18 paid no program fees. An important aspect of GOTR-HC is to adequately fundraise so that the ability to pay program fees is not a barrier to participation. GOTR-HC fundraising efforts are described below as part of the objectives within the strategic plan.

Additional 2017-18 GOTR-HC Accomplishments

· *Inclusion Initiative*

At Girls on the Run, we believe all girls should have an opportunity to participate in programming. In order to ensure that our programs are accessible and inclusive, GOTR-HC was chosen as one of twelve councils (out of 220) to pilot new program resources to be able to serve girls with physical, sensory and intellectual disabilities. The new resources included additional coach training modules to better prepare coaches for serving girls with disabilities. Also included with these resources was a Curriculum Inclusion Guide that was developed with the help of the National Center on Health, Physical Activity and Disability. The Curriculum Inclusion Guide included lesson adaptations and best practices to support increased engagement for girls with disabilities.

Defined as the act of authentically engaging, affirming and valuing all members of the Girls on the Run community, our inclusion initiative relates back to our core values of embracing our differences and finding strength in our connectedness.

Our goals towards making this a successful initiative included the following policy statement:

“GOTR-HC will strive to insure that:

- all participants feel that the curriculum is relevant and reflects their life experiences.
- all participants feel listened to, valued and part of a team.
- we are mindful of participants with disabilities and strive to provide curriculum modifications.
- all participants have a coach who has been trained to understand social context, create positive inclusive environments, and build genuine relationships.”

· *Fundraising*

Luck o' the Lassie (LOL) is the primary fundraiser for GOTR-HC. Advisory team meetings for the event began in December when fundraising goals were set. The event was held around St. Patrick's Day and held at The Inn at Ragged Gardens/Best Cellar restaurant. This year's event had 60 attendees and raised over \$15,800 through the live auction and donations. The Leigh Cooper Wallace Making a Difference Award was presented to GOTR advocate and supporter Rob Dyer.

Grants

- Women's Fund of the Blue Ridge (WFBR): For the fifth consecutive year, the WFBR contributed \$4,000 funding to GOTR-HC for the provision of services to girls in the high country so that they might meet their full potential.
- Target and Always Scholarship Assistance Grant: Girls on the Run of the High Country was awarded \$4,000 in funding from Target and Always to provide scholarships to at least 25 additional participants.

3. Camp Crinkleroot:

In a response to the Autism Community Needs Assessment conducted in 2009, Camp Crinkleroot held its eighth Annual Retreat for kids ages 8-14 with an autism diagnosis. Siblings (ages eight and up) were also encouraged to attend the camp. The name "Crinkleroot" was derived from a healing herb called crinkleroot that grows in the Blue Ridge region during April, which is recognized as Autism Awareness Month.

Autism Society of NC Appalachian Student Club president Katie Fanti assisted with coordination of Crinkleroot 2018. Thirty-three ASU undergraduate and graduate students with a special interest and/or experience working with individuals with an Autism Spectrum Disorder served as counselors for the camp. All campers had a one to one camper/counselor ratio and other counselors organized group activities. Dr. Emily Lakey provided a 2-hour training to volunteers who had varying levels of experience working with people on the autism spectrum and the RMPE Camp Management class led all volunteers in team-building activities.

Seventeen campers had the opportunity to participate in "typical camp activities" that were modified to meet the specific needs of children with an ASD. Activities included field games, arts and crafts, camp songs, board games, hikes, a campfire, s'mores, and a special store that encouraged campers to make financial and nutritional decisions about snack choices. Emphasis was also placed on STEAM activities in 2018 and campers participated in GPS mapping and the design of a self-propelled car. The camp concluded with a talent show and awards given to each camper to recognize their achievements and special characteristics.

4. Hub for Autism and Neurodiversity (HAND):

The Hub for Autism and Neurodiversity (HAND) provides community-wide education, connects families and individuals to services and resources, and advocates for acceptance and understanding of autism and neurodiversity. In 2017-18, IHHS formalized a partnership with HAND to create sustainability of the project through IHHS.

The university's commitment to addressing Autism-related needs spans nearly a decade. In 2009, the Autism Task Force at the Institute for Health and Human Services conducted a needs-assessment of local providers and families with a child on the autism spectrum. The results of this assessment indicated that there was a greater need for autism-related services, support, and education in the local area. This Autism Task Force (comprised of ASU faculty, community providers, and families with children on the autism spectrum) hosted multiple trainings and community forums. In December 2013, the Innovative Approaches Initiative, a community effort to bring together parents and service providers to jointly address local needs through systems-level changes, agreed to continue the work that the Autism Task Force had started with IHHS taking on a collaborative role.

In 2017-18, HANd met on a monthly basis and included members from the school system, health care, Parent-to-Parent Family Support Network, Communication Sciences Department and the Communication Science Disorders Clinic, UNC TEACCH, Reich College of Education, SDAP, Department of Nutrition, LIFE Village, AS-U-R, Department of Social Work, ASNC student organization, individual with disabilities and parents in addition to IHHS staff.

Notable HANd achievements in 2017-18 include the following:

- Formal incorporation of HANd partnership between HANd and IHHS that includes fiscal oversight, leadership guidance, dedicated interns and volunteers to ensure sustainability over time.
- Development and submission of a space allocation proposal to establish a physical home for HANd. The intention of this space is to allow service providers, individuals on the spectrum and their families, and university faculty/staff/students to receive information and resources, learn about available opportunities, and continue to work toward expanding the local region's and the university's response to the autism epidemic. Autism is diagnosed in North Carolina in 1 out of every 58 children which equates to as many as 3,500 people in the surrounding counties of the High Country. A physical presence will help to solidify university and community efforts to address autism-related needs, further encourage university-community partnerships and collaborations, and will support the interdisciplinary training of students and professional collaboration.
- Development of a HANd website and dedicated hand@appstate.edu email address
- Support of the The Appalachian Popular Programming Society's Films Council to offer sensory-friendly film screenings at the IG Greer Cinema.
- Extensive planning for a regional autism conference (September 2018) that is envisioned to be an annual event. Conference planning included researching and networking to make all decisions related to the conference including 1) logistics: date, time, location, fees, expenses, online and in-person registration platform, sponsorship, fees, catering, certificates of attendance, volunteers, parking and transportation, audio-visual, hand-outs; 2) speakers and content; 3) evaluation

5. High Country Triple Crown:

High Country Triple Crown (HCTC) is the premier adult running race series in the High Country and has been in existence for fourteen years. Organized by a planning team of seven community members and ASU faculty/staff, the events consisted of The Cub (seven-mile race), The High Country Half Marathon and The Knob (2 miles). In total, 389 people participated in the series with 90 people volunteering at the events. Presenting sponsors of the HCTC included Mast General Store and ZAP Fitness. Other sponsors included M-Prints, Tapp Room , Blowing Rock Brewing Co., Hatchet Coffee, Appstate Track and Cross Country Teams, Blowing Rock Parks and Recreation, Valle Crucis School and Lost Province Brewing Company. The 2018 HCTC generated \$12,000 in proceeds that were donated to GOTR-HC to use for participant scholarships.

New engagement in 2017-18:

1. Watauga Compassionate Community Initiative (WCCI):

IHHS has joined the WCCI as a committed partner and financial supporter. Monthly meetings helped fulfill the mission of promoting health and resiliency in our community and to effectively prevent, recognize and treat trauma by creating safe, stable, nurturing environments and relationships.

The following committees represent the vast scope of the project:

- Awareness- Community education and training, and publicity/raising awareness through media, individuals, business and service groups.
- Data- Use data to inform solutions to adequately address issues, collect data to determine how people in the community think and feel about child maltreatment, relationships between agencies, etc.
- Events
- Funding- Bring in funds for trainings, publicity , events through fundraisers, grants, and other sources
- Prevention- Expand treatment options, implement evidence-based programs for children, caregivers and adults, promote positive community norms for parenting behaviors, promote community norm that we all share responsibility for well-being of children
- Policy- Identify and assess which policies may positively impact the lives of children and families and also make suggestions about policy change

2. Healthy Heart Collaborative:

In collaboration with the Omar Carter Foundation, Appalachian Regional Hospital System and Boone Chamber of Commerce, an initiative to focus on cardiovascular health, awareness and education was started at IHHS in 2017-18. The Healthy Heart Collaborative focuses on cardiac health with goals of educating and advancing sudden cardiac death awareness as well as the promotion of cardiovascular health in the high country community.

Sudden cardiac arrest (SCA) is a leading cause of death among adults over the age of 40 in the United States and other countries. SCA is a condition that occurs when the heart suddenly and unexpectedly stops beating effectively. As a result, blood is no longer pumped throughout the body. Without immediate CPR and AED administration, nine out of 10 victims die. SCA is a life-threatening condition—but it can be treated successfully through early intervention by giving cardiopulmonary resuscitation (CPR) and using automated external defibrillators (AEDs). When bystanders intervene by giving CPR and before EMS arrives, four out of 10 victims survive.

During February 2018, the collaborative hosted numerous community-wide awareness events including the following:

- Plemmons Student Union forum: Appstate students attended a lecture presented by Omar Carter and cardiologist Dr. Zach Hollis. Students were also given the opportunity to participate in CPR/AED training.
- Appstate men's basketball game on February 17: approximately 300 attendees had the chance to receive training in CPR and AED and to take part in fun activities designed to increase awareness about cardiovascular health. The Collaborative developed and produced an educational video that was shown during the game. T-shirts were also designed and used as give-aways to attendees who participated in one of the three CPR training stations.
- Ricks Athletic Center forum: Student athletes attended a training presented by Omar Carter and Dr. Denier from APPRHS that focused specifically on Sudden Cardiac Arrest in the athlete. Student athletes were also given the opportunity for hands-on practice in CPR and AED use.
- Watauga High School: In a general forum, students attended a presentation by Omar Carter and Dr. Denier to learn about cardiac health. Students were given the opportunity to practice CPR skills. Cardiac health and awareness topics were also discussed with the high school athletic administration with the hope of promoting cardiac education at events for student athletes including the Heart of a Pioneer event.

3. Food Access and Security Working Group:

IHHS joined the Food Access and Security Working Group in 2017-18 and participated in regular meetings and events. The Food Access and Security Group is a subset of the larger organization, The Watauga Food Council. It is the mission of this group to serve as an umbrella organization to coordinate and strengthen the local food system. Working to build a strong community, the working group focused on the following projects:

- Information Mapping of the food web that's a visual presentation of where food is available at free/reduced cost and where the food comes from
- Landscaping (Habitat for Humanity and Public Lands for food use)
- Food Recovery (Farm Full Circle)

- Food Access - Double Up Food Bucks program and summer kids access

4. Camp GOTR:

In 2017-18, the GOTR curriculum development team worked to develop the structure and methodology to be able to offer summer camps for girls in the 3rd-5th grade. The camp design was intentional to be able to provide a one-of-a-kind opportunity for girls to develop self-confidence and learn life skills they can use now and as they grow.

Summer internship job descriptions were developed and disseminated. Two interns interviewed and were selected, both seniors in the Beaver College of Health Sciences, and began work towards fulfilling their hours in May 2018. Charged with developing three weeks of camp activities that would take place outside of the GOTR programming, the interns were also responsible for being trained to administer the GOTR curriculum each day and received training in behavior management and youth development.

Press releases and communication describing the camp were issued in April and the camp successfully filled 16 slots during all three weeks of camp. Girls spent full days with the two trained coaches and enjoyed building friendships in an exciting and inclusive setting that included interactive games, being physically active, and expressing creativity through arts and crafts and storytelling. Combining the best of the Girls on the Run program with all the fun of camp evaluations showed that girls not only had fun at camp and learned new skills, but parents valued the time and reported that they would overwhelmingly want to participate again.

5. Adapted PE and Inclusive Recreation Workshop:

IHHS joined forces with the Appalachian District Health Department and the Department of Recreation Management and PE at ASU to plan a Regional Workshop with a focus on ensuring equitable access to recreation for all people.

Held at Perkinsville Baptist church with no cost for attendance, PE teachers, coaches, parents/caregivers and others had the opportunity to participate in hands on sessions to learn more about adapting lesson plans and activities.

Lara Brickhouse, National Adapted PE Teacher of the year was the keynote speaker. In addition to Ms. Brickhouse's presentation, there was a speaker's panel including local champions of inclusive recreation who are passionate about ensuring equitable access to physical activity in their communities. The workshop also included interactive stations and exhibits, how to find and/or participate in recreational opportunities across the region, and a tour of the Hardin Park Eagle's Nest Inclusive Playground.

Fifty-six people attended the workshop in addition to 20 students presenting interactive stations that were developed as class projects.

EXECUTIVE SUMMARY OF HEALTH PROMOTION for FACULTY/STAFF
2017-18

Health Promotion for Faculty and Staff (HPFS), directed by Sherri Wilson, continued offering programs and services that helped to promote a healthier lifestyle and a better quality of life for the Appalachian State University employee, retirees and their spouse. Over the past year, the duplicated count of employees served by HPFS was 22,638 (4% overall, decrease from previous year), however, the unduplicated count was 1,520, which represents 76% of the total number of Health Promotion for Faculty and Staff participants.

During the year, HPFS experienced an overall 11% increase usage rate of its facility, group exercise and personal training program with the exceptional leadership of newly hired Exercise Coordinator Steff McDaniel.

Supervising over 100 students from the Health and Exercise Science and Recreation Management Programs, HPFS continued to strive within its outreach and educational components. HPFS coordinated the 9th Annual Recreation Management Association Scholarship 5K fundraiser, the 13th Annual Huntington's Disease 5K, and facilitated 22 CPR/AED/First Aid classes, and 10 ergonomic assessments. Additionally, 2017-18, HPFS sponsored five blood drives that collected 171 productive units of blood, enough to save over 513 lives.

HPFS continued assisting moderate-to-high-risk employees suffering cardiovascular diseases and diabetes, by providing 335 immunizations, administering more than 1,000 blood work screenings (CBC, Thyroid, PSA, and Hemoglobin) to complement its 127 lipid panel profiles.

Finally, in 2017-18, HPFS continued to replace worn and damaged exercise equipment and significantly improved and upgraded its facility with financial assistance from Academic Affairs and Beaver College of Health Sciences.

II. MAJOR ACCOMPLISHMENTS OF IHHS DIVISIONS AND PROGRAMS

Health Promotion for Faculty and Staff

During 2017-18, Health Promotion for Faculty and Staff (HPFS) continued to expand its services and improve existing programs. Participation of Appalachian faculty and staff members in Health Promotion programs during the year was positive, with a comparable usage from the previous year. Relationships with University disciplines and departments continued to thrive. Ongoing professional development, facility upgrades and programs, and preventive care measures continued to be successful. Note the specific major accomplishments during 2017-18 below:

- **During 2017-18, there was positive participation in HP group exercise classes and weight room usage:**
- Hired a full-time Exercise Coordinator to replace the previous person, who accepted a job at another college.
- Hired two, non-student, part-time, nationally certified personal trainers
- Utilized Health and Exercise Science and Recreation Management and Physical Education students to lead group exercise classes.
- Utilized Health and Exercise Science students to lead one-on-one personal training sessions.
- Continued offering indoor cycling classes
- Continued offering TRX Suspension Training classes
- Continued offering High Intensity Training (HIIT) classes
- Continued offering Personal Training services
- Continued offering Yoga classes
- Continued offering Core Conditioning classes
- Continued offering Cardio Kick Boxing classes
- Continued offering Kettle Bell Classes
- Introduced Beginning HIIT Class
- Increased personal training opportunity by 11%
- One of the student personal trainers obtained her National Strength and Conditioning Association national certificate

· **Replaced and upgraded the Health Promotion's equipment and supplies in 2017-18:**

- Inherited three Varidesk units from Health and Exercise Sciences for employee ergonomic comfort.
- Purchased three anti-fatigue mats
- Purchased six TRX Rip Trainer Resistance Cords (3 Heavy, 3 Extra Heavy)
- Purchased eight 2-inch thick exercise mats
- Purchased 15 yoga mats
- Purchased two single-grip handle straps
- Purchased an Aerobic Bar Vertical Storage Rack
- Purchased a 20" cable straight bar
- Purchased a revolving low-pulley bar
- Purchased six action hub axle skewers
- Purchased two Rowers (Concept 2 Model D)
- Purchased 18 rubber coated Hex Dumbbells (6 @ 8lbs, 10lbs, 12lbs)
- Purchased six kettle bells (2 @ 10 lbs, 15 lbs, 20 lbs)
- Purchased a GoPro Hero 6 Video Camera
- Purchased a GoPro Tripod
- Purchased two three-way Plyo-Boxes
- Purchased two TRUE Ellipticals
- Purchased two TRUE Recumbent Bikes
- Purchased a TRUE Smith Machine
- Purchased a Dual Leg Extension/Leg Curl Machine
- Updated acoustics in facility
- Updated and framed exercise posters
- Purchased a DVD player
- Purchased a Wall-Mount and mounted Check-in System
- Painted entire facility.
- Created a more-private fitness testing area, using the upstairs observation deck
- Installed six hallway signs identifying each room (office and workout rooms)

· **During the past year, HP continued to educate and inform the Appalachian State University community:**

- Maintained updates on the HP webpage to provide information seasonal flu, pneumonia, smoking cessation, and community outreach programs.
- Administered on-site blood pressure screenings to 14 departments.
- Performed 10 ergonomic assessments campus-wide.

- Led two Lunch-and-Learn health-related seminars.
- Administered 22 First Aid and CPR/AED classes.
- Provided learning opportunities for over 100 Health and Exercise Science, Recreation Management and Physical Education, and Fine and Applied Arts (service learning/interviewing/intern).
- Conducted eight educational exercise-related clinics.

In 2017-18, Health Promotion for Faculty and Staff continued to maintain strong relationships with various Appalachian State University disciplines and departments through special events and special services, including:

- Coordinated two 5K Run/Walk fundraisers with Recreation Management students:
 - § Ninth Annual Recreation Management Association Scholarship 5K, raised over \$1200; 60 runners and walkers attended.
 - § Thirteenth Annual Huntington's Disease 5K, which collected over \$15,000 for HDSA, 110 runners and walkers attended.
- Sponsored five American Red Cross blood drives for the university community, resulting in 171 donated pints of blood. In addition, HPFS led 22 American Red Cross First Aid and CPR/AED classes, certifying 126 employees and students in basic lifesaving skills.
- Conducted three incentive programs: *“Weight Loss Challenge,” “Energy Competition via Cycling,” “Using Exercise Bands for a Total Body Workout”*
- Offered six educational seminars: (a) Stress Management, (b) BOSU Training, (c) Using the Foam Roller, (d) TRX Training, (e) Yoga-Weight Lifting, (f) Interval Training
- Offered a campus-wide food drive, which collected over 100 pounds of food for the Hunger & Health Coalition of Boone, NC.
- Continued offering preventive care services throughout the year with the collaboration of external sources:
 - § Appalachian District Health Department administered 355 influenza immunizations.
 - § The Breast Clinic from Winston-Salem, a member of the American Cancer Society, conducted 142 mammograms.
 - § Family Eye Care Center administered 26 vision/glaucoma screenings
- Continued to allocate space for Recreation Management and Physical Education (RMPE) program to offer indoor cycling classes.
- Collaborated with Beaver College of Health Sciences departments to host the employee health fair, *“Think Your Health is a GAME? Think Again!”* which included 342 participants

In 2017-18, Health Promotion for Faculty and Staff provided programs and services for 22,638 contacts. One thousand five hundred twenty Appalachian State University affiliates participated in at least one Health Promotion program or service, representing 76% of the Appalachian State University faculty and staff. The 2017-18 program statistics for Health Promotion are below.

2017-18 Data for Health Promotion for Faculty and Staff

Number of Contacts for Programs/Services¹

<u>Programs/Services</u>	<u>Number of Contacts</u>	
Exercise Programs (groups/facility)	16,645	
Classes/Special Services		
Blood Drive		171
CPR/First Aid	126	
Personal Training	3532	
Employee Health Fair		342
Food Drive	75	
Educational Seminars		50
Immunizations		
Influenza/H1N1	335	
Health Screenings		
Blood Pressure		381
Cholesterol/Multi-chemistry Blood Test		105
CBC	20	
HGB	17	
PSA	8	
Thyroid Panel	23	
Fitness Tests		29
Health History		366
Mammogram	142	
Glaucoma/Vision		26
Workstation Analysis		10
Student Learning Opportunities		120
Incentive Programs		115
Total	22,638	

Participation Rates
 Total number of individuals² participating in at least one program: 1520 ¹
 Percent of faculty/staff served: 76% ³

Distribution of Participation by Division/Status

Division	Number	Percent	Status	Number
Percent				

Academic Affairs 28%	836	55 %	Faculty	426
Business Affairs 56%	274	18 %	Staff	851
Student Development 7%	137	9 %	Family	106
Other (Athletics, 9% Advancement, etc.)	273	18%	Other (students and community)	137

¹ This number represents the number of contacts; some individuals participated in more than one program.

² Includes faculty, staff, family members, students, and community members.

³ This number is based on the statistic that 2,000 full- and part-time faculty and staff are employed at Appalachian and 1,277 faculty/staff participated in a least one program. It excludes community members, family members, and students who participated this year (243).

III. MAJOR PROBLEMS EXPERIENCED BY IHHS DIVISIONS AND PROGRAMS

Health Promotion for Faculty and Staff

Health Promotion in 2017-18 continued to experience staffing, facility, and programming issues, some, of which, are below:

- **Staffing issues**

- The continued absence of a registered dietitian denies employees a comprehensive health-related service.
- Hiring a massage therapist would complement the program and serve as an excellent stress management resource for the employees.

- **Facility issues**

- The HPFS facility is not handicap accessible, and the steep steps that lead to the facility pose a problem for overweight participants and those recovering from injuries to the lower extremities.
- Continue to lose battle with Athletics regarding space. Inadequate space limits growth, and limits space for group exercise classes, which forces HPFS to hold classes outside (weather permitting) or in the hallway.

Appendix D: Staff Activity:

Health Promotion for Faculty and Staff

Sherri Wilson, the Program Coordinator for Health Promotion for Faculty and Staff, continued to collaborate with internal and external departments, provide community-based services, and maintain her professional credentials. Ms. Wilson served as a member of the following committees in 2017-18: (a) Appalachian State University's Emergency Response Team for Varsity Gym, (b) Appalachian State University's Sustainability Committee, (c) Appalachian State University's Smoking Policy Committee, (d) Appalachian State University's Health and Wellness Committee, (e) Appalachian State University's Work Well Committee, and (f) Health Promotion for Faculty and Staff's Advisory Committee.

Ms. Wilson served in the following outreach and educational programs during 2017-18: (a) co-organizer of the employee health fair, (b) Fall Semester student supervisor for RM2410 ~ the 9th Annual Black Saturday 5K, (c) Spring Semester student supervisor for RM2410 ~ the 13th Annual Tom Moore 5K, (d) American Red Cross CPR and First Aid class Instructor (22 classes), which certified 126 employees, (e) Office Ergonomist (10 ergonomic assessments), (f) served as a patient during an Athletic Training Class, discussing autoimmune diseases, (g) served as consultant for East Tennessee State University regarding Employee Wellness, (h) served as consultant for the Fraternity and Sorority Life to organize a 5K event, (i) volunteered for the 2nd Annual Cowbell Classic Bike Ride, (j) collaborated with RM4110. Evaluation in Recreation and Leisure Service Management to create an interest evaluation for Levine Hall Health Promotion for Faculty and Staff Lab, and (k) interviewed by Dietetics students on, "*Characteristics of a Good Supervisor.*"

Lastly, Ms. Wilson continued maintenance of her professional credentials and certifications throughout the year. Ms. Wilson's professional development requirements included upkeep of: (a) American College of Sports Medicine Fitness Specialist Certification, (b) American Council on Exercise Personal Training Certification, (c) American Council on Exercise's Health Coach Certification, (d) National Strength and Conditioning Association Personal Trainer Certification, (e) OSHA Health and Safety Training Ergonomic Certification, (g) Exercise ETC Senior Strength and Conditioning Specialist Certification, (h) Fusion Cycling Indoor Cycling Certification, and attended Human Resources Services Student Employee Supervisory Meetings.

Tracy Weston, the Program Assistant for Health Promotion for Faculty and Staff, continued to excel in the preventive care, outreach and professional development areas of her job. Mrs. Weston coordinated two mammogram screenings, two influenza vaccine clinics, a vision/glaucoma screening, 11 blood screenings, and administered eight departmental blood pressure assessments during 2017-18 fiscal year.

Mrs. Weston's outreach services proved beneficial for Health Promotion for Faculty and Staff's participants. Mrs. Weston coordinated five employee American Red Cross blood drives, and she co-organized the 2017 employee health fair. During Health Promotion's search for a new Exercise Coordinator, Mrs. Weston served on the Search Committee and she currently serves on the Health Promotion for Faculty and Staff Advisory Committee.

Lastly, Mrs. Weston continues to strive for professional excellence. During the 2017-18 fiscal year, Mrs. Weston attended the following workshops/meetings: BCHS/People Admin Training, Electronic Direct Pay Training, Electronic Document Imaging for Budgets, Supervisor Development Institute Module I, and monthly DRA meetings.

The Health and Fitness section of Health Promotion for Faculty and Staff has greatly improved with the December 2017 hiring of Exercise Coordinator **Stephanie McDaniel**. The facility's appearance, upgrades on a variety of exercise equipment and the personal training program have all heightened with McDaniel's leadership, communication skills and team-player mentality. Mrs. McDaniel meets participant's needs by listening to their goals, offering diverse exercise classes, making herself available, when needed, and ensuring personal training requests are communicated effectively and met in a timely manner.

Since Mrs. McDaniel has taken the lead in Health Promotion's Health and Fitness section, the program has increased its personal training usage by 11%, utilizing nine personal trainers (herself, four student trainers, three non-student trainers, and one Exercise Science Intern). On average, Health Promotion trains 81 clients per week under McDaniel's guidance.

Additionally, Mrs. McDaniel's interpersonal skills allowed for continued collaboration with Physical Education (Edgar Peck). Health Promotion partnered with Physical Education, allowing P.E. to offer indoor cycling classes each semester, within its facility.

Finally, Mrs. McDaniel enhanced her professional development by successfully obtaining her American College of Sports Medicine Certified Personal Training Certification, volunteering at community events, and serving on a variety of committees. Mrs. McDaniel's services included (a) serving as a Team Leader on the Varsity Gym Emergency Action group, (b) serving as a member on the Health Promotion for Faculty and Staff Advisory Committee, (c) worked as the Head Timer for the Tom Moore Memorial 5k.

Summary & Future Directions

The Blue Cross Blue Shield of North Carolina Institute for Health and Human Services has undergone many iterations over the past decade and has redefined its mission and vision to play a vital role in connecting the resources of a major university with numerous programs in health and wellness to a rural mountain community with many needs relating to health and wellness disparities. We have redirected our energies to building projects and partnerships that are supported by ongoing integration of the three pillars of research, outreach, and clinical services.

In the coming year, we will see the opening of a second clinical facility with electronic health records and expanded interdisciplinary programs. We will also initiate faculty research affiliations for the first time with the goal of supporting research focused on rural health across disciplines. And we will see a growth in our outreach programs that builds upon the strengths of our faculty and students and serve the community that brings us all together as we prepare students, partner with others, and prevent illnesses born of unnecessary health disparities.