

BREAKOUT SESSION - Wednesday, OCT 18 | 12:15 pm - 3:15 pm**Building Rural Resiliency: Focus on Youth**

12:15 pm

12:45 pm

Welcome and Introduction to the Program

Lisa Carhuff | Gwen Williams

**Lisa Carhuff*****Presenters:* Lisa Carhuff, MSN Director of Program Development, HTH****Gwen Williams, MBA, MHA, Director of Research & Grants Management, HTH**

Rural communities and families are disproportionately affected by a range of stressors including a weak agricultural economy, depopulation, healthcare and daycare shortages and isolation. These stressors can increase risks for obesity, depression and opioid addiction to suicide and interpersonal violence. In addressing cumulative rural stress, we cannot ignore young people who are more aware of and impacted by the family stress than we sometimes imagine. They are worried about their parents, anxious about family finances and health, and unsure of their own future livelihoods. In this workshop, HTH and partners will facilitate an overview of child and adolescent mental/behavioral health needs in our critical access hospital communities and explore strategies and solutions in a roundtable discussion.

**Gwen Williams****Learning Outcomes***After attending this presentation attendees will be able to:*

- Recall the components of the GA Medicare Rural Hospital Flexibility Population Health Program
- Identify factors impacting the wellbeing of rural youth

12:45 am

2:00 pm

Overview of Child and Adolescent Mental/Behavioral Health Needs in Georgia

Alex Cory, GA Center for Child Advocacy
Emily Anne Vall, Resilient GA
Kristen Lee, Criminal Justice Coordinating Council

**Alex Cory*****Presenters:***

Alex Cory, Connections Matter Coordinator, GA Center for Child Advocacy
Emily Anne Vall, PhD, Executive Director, Resilient Georgia
Kristen Lee, Juvenile Justice Opioid Coordinator, Criminal Justice Coordinating Center

Research has shown that upstream and midstream interventions need to be prioritized with downstream actions and treatments to improve population health. In this workshop, participants will received an overview of the adolescent mental/behavioral health needs in Georgia with practical approaches to identification of

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Emily Anne Vall

the needs of rural youth. This session will provide practical approaches that local healthcare providers in partnership with community stakeholders can utilize to support better access to mental and behavioral health care, programs that support parents and caregivers, and opportunities to learn, play, and socialize.

Learning Outcomes

After attending this presentation attendees will be able to:

- Identify prevalence of adolescent mental/behavioral health needs in Georgia and in rural communities
- Identify the types of adverse childhood experiences and the link between behavioral/mental health
- Recall the importance of early social support
- Recall strategies and resources that will be shared within this program to strengthen rural communities to address the health, safety, and productivity for current and future generations



Kristen Lee

2:00 pm	2:15 pm	Break	
2:15 pm	3:00 pm	Exploring the Brain Architecture Game	Lisa Carhuff Gwen Williams

Presenters: **Lisa Carhuff, MSN Director of Program Development, HTH**
Gwen Williams, MBA, MHA, Director of Research & Grants Management, HTH

The Brain Architecture Game is a tabletop game experience that builds understanding of the powerful role of experiences on early brain development – what promotes it, what derails it, with what consequences for society. In this session, participants will be immersed in a hands-on activity for creating a memorable, compelling perspective on the life-long impact of early childhood experiences.

RESOURCE: <https://dev.thebrainarchitecturegame.com/>

Learning Outcomes

After attending this presentation attendees will be able to:

- Provide an overview of the core concepts of brain development
- Recall the importance of early social supports

3:00 pm	3:15 pm	Program Close	Gwen Williams
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Gwen Williams will focus on the next steps and opportunities in the Rural Resiliency Program.

Learning Outcomes

After attending this presentation attendees will be able to:

- Recall the components of the 23-24 GA Medicare Rural Hospital Flexibility Population Health Program

Continuing Education Information

0.3 IACET CEUs/ 3 Clock Hours

- As an IACET Authorized Provider, HomeTown Health, LLC offers CEUs for its programs that qualify under the ANSI/IACET Standard. HomeTown Health, LLC is authorized to offer 0.3 CEUs/3 clock hours for this program. For more information on who accepts the IACET continuing education units, please visit www.iacet.org.
- ACHE Qualified Education credit must be related to healthcare management (i.e., it cannot be clinical, inspirational, or specific to the sponsoring organization). This session is not pre-approved for ACHE credit, the attendee must self-report credit upon receipt. It can be earned through educational programs conducted or sponsored by any organization qualified to provide education programming in healthcare management. Programs may be sponsored by ACHE, chapters, or other qualified sources, whether the programming is face-to-face or distance offerings (webinars, online seminars, self-study courses, etc.). These sessions have not been preapproved but may be eligible for self-submission based on subject matter.