



CONTINUING EDUCATION UNIT (CEU) PACKET

2023 HSMP ANNUAL MEETING

This packet provides information on the requirements for earning CEUs for attendees of the 2023 Healthy St. Mary's Partnership (HSMP) Annual Meeting.

Thank you for attending the Healthy St. Mary's Partnership Annual Meeting, held on Thursday, September 28, 2023 at the University System of Maryland at Southern Maryland. The Annual Meeting provides an opportunity for participants to network, learn from public health experts and receive updates on coalition-wide business.

This year, the Annual Meeting will include learning sessions from several distinguished presenters on topics including: local health improvement efforts; the St. Mary's County digital hub; establishing and maintaining a work-life balance; problem gambling and screening tools for gambling disorder; walkability, health, and community design; community youth engagement; and strategic planning for health improvement.

Additional information on these sessions can be found on pages 2 and 3.

Our partners at the St. Mary's County Department of Social Services will be coordinating Continuing Education Unit (CEU) Credits for interested participants.

To earn CEU credits, participants must complete the following requirements:

1. Sign in at the Registration Desk on the: "ST. MARY'S COUNTY DEPARTMENT OF SOCIAL SERVICES CEU ATTENDANCE ROSTER". **You will need to sign in and out of each session throughout the day!**
 - a. Provide your name and mailing address to receive CEUs.
 2. Attend the entirety of the program (opening session, keynote session, three breakout sessions and the plenary session).
 3. At the end of the event, complete the CEU Evaluation Form, found on page 4 of this packet.
 4. Sign out and turn in your completed CEU Evaluation Form at the Registration Desk prior to leaving the HSMP Annual Meeting.
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Following the training, a certificate will be awarded and mailed to participants who fulfill these requirements. Contact the St. Mary's County Department of Social Services at (240) 895-7000 with any questions.

Opening Session – Healthy St. Mary’s Partnership Updates

Lori Werrell, MPH, MCHES, Assistant Vice President of Care Transformation for MedStar St. Mary’s Hospital (MSMH) and MedStar Southern Maryland Hospital Center (MSMHC)

This session will highlight the work and accomplishments of the Healthy St. Mary’s Partnership (HSMP) over the last year. Participants will gain a better understanding of HSMP, the local health improvement process and strategies that are being implemented by partners to address the priority health needs of St. Mary’s County.

Keynote Session – Building a Digital Hub to Advance Health Equity

Meenakshi Brewster, MD, MPH, Health Officer for St. Mary’s County and Co-Chair of the Healthy St. Mary’s Partnership

Chris Nickerson, Founder and Chief Executive Officer of WellCheck

This presentation will demonstrate how technology can address barriers to health and human services, including those addressing social determinants of health. Dr. Brewster and Mr. Nickerson will lead a discussion of how SMCHD is implementing technology strategies to advance health equity and support community partnerships.

Breakout Session 1 – The Importance of Youth Engagement

Christina Drushel Williams, Chief of Community Initiatives at the Governor’s Office of Crime Prevention, Youth, and Victim Services.

Rishi Sheth, 2023 - 2024 Maryland Youth Advisory Council Member for Great Mills High School

This session will focus on highlighting youth engagement as a powerful way for child and family-serving organizations to include the young people in their work. Participants will learn how you can collaborate with young people to make meaningful change in the community.

Breakout Session 2 – An Introduction to Problem Gambling and Screening Tools for Gambling Disorder

Kristen Beall, Clinical Manager at the Maryland Center of Excellence on Problem Gambling

Heather Eshleman, Prevention Manager at the Maryland Center of Excellence on Problem Gambling

This session will provide an overview of gambling activities in Maryland, an overview of problem gambling, tools to screen for disordered gambling, and resources for help available to Maryland residents.

Breakout Session 3 – Establishing and Maintaining a Work-Life Balance

Wauchilue Adams, Ed.D., Retired Educator, Community Equity Advocate

This workshop is designed to help the participants examine their current practices for managing stress and to offer tools to strike a better balance of well-being to avoid burnout.

Breakout Session 4 – Walkability, Health, and Community Design

Mike McGinn, Executive Director at America Walks, National Non-profit

During this presentation, we will discuss the health benefits of walkable communities, the community design decisions that make a difference, and trends in transportation and land use policy across the country.

Breakout Session 5 – Health Improvement Strategic Planning

Jacqueline Wells, Shan Chen, and Aniko Renee, Healthy St. Mary's Partnership support staff

During this interactive session, participants will select topics of interest and work in groups through an interactive strategic planning activity as they learn more about the community health improvement process.

Evaluation Form

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|---|---|------------------------|--------------------|---|----|
| Course Name: | The 2023 Healthy St. Mary’s Partnership Annual Meeting | Date: | September 28, 2023 | | |
| Instructor(s): | Dr. Meenakshi Brewster; Lori Werrell; Chris Nickerson; Heather Eshleman; Dr. Wauchilue Adams; Christina Drushel Williams; Rishi Sheth; Kristen Beall; Heather Eshleman; Mike McGinn; Jacqueline Wells; Shan Chen; Aniko Renee | | | | |
| Attendee Name: | _____ | | | | |
| Please indicate the extent to which you agree or disagree with each of the following statements by placing a check in the appropriate column. | | | | | |
| SA = Strongly Agree | | D = Disagree | | | |
| A= Agree | | SD = Strongly Disagree | | | |
| TRAINING EVALUATION | | SA | A | D | SD |
| 1. Training objectives were met. | | | | | |
| 2. Examples, ideas and concepts were presented in a clear, logical manner. | | | | | |
| 3. The content was clear and well organized. | | | | | |
| 4. The training was informative. | | | | | |
| 5. The training was relevant to needs. | | | | | |
| 6. The training was well organized. | | | | | |
| 7. Practical application for day-to-day use. | | | | | |
| 8. Trainer had working knowledge of subject matter. | | | | | |
| 9. Sufficient time was allotted to cover the course material. | | | | | |
| 10. Resource material was made available. | | | | | |

Additional Comments: _____
