



AHEC *West*
Celebrating 40 years!



THE MISSION OF AHEC WEST:

*Improving access to and promoting quality in healthcare
through educational and other partnerships*

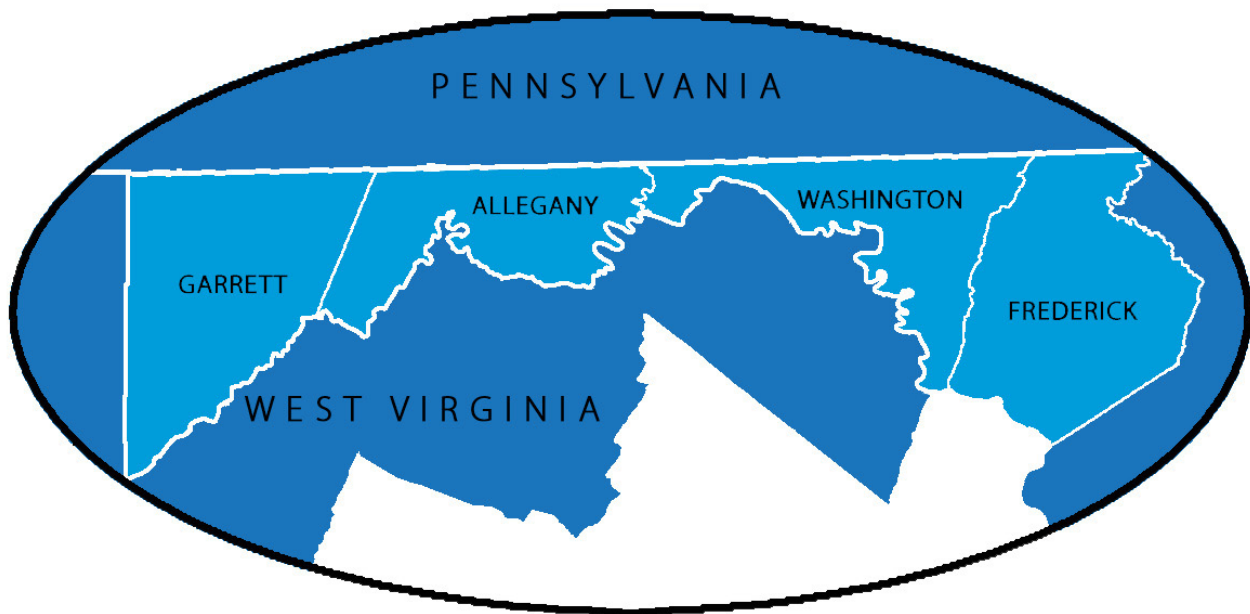
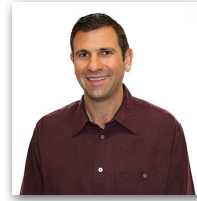


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LETTER FROM THE BOARD CHAIR AND EXECUTIVE DIRECTOR



MICHAEL MOTTER Psy.D.
Chair, Board of Directors



SUSAN K. STEWART
Executive Director

DEAR FRIENDS AND SUPPORTERS,

What an exciting time for us in Fiscal Year 2016, celebrating our 40th year of service provision to the region! We have been serving three states for years, so we determined that re-branding our name to AHEC *West* was a more inclusive expression of who we are and a better reflection of our service area.

We continued as the Region B Coordinator for the National AHEC's Centers for Disease Control and Prevention contract to conduct provider education on Human Papilloma Virus immunizations. This fiscal year we supported 28 trainings in six states. Exploring Careers in Health Occupations (ECHO) obtained a second round of funding from the American Honda Foundation, greatly increasing program activities for underserved youth, including the opportunity for four high school students to go to Capitol Hill with our staff to advocate for AHEC funding and to discuss the positive impact that ECHO has had on their lives.

We continue to seek new avenues of an expanded community presence that oftentimes serves as a "behind the scenes" catalyst for the development of unique partnerships. These partnerships not only serve the educational needs of area health professionals but also those of the residents living in a region with high rates of poverty and chronic disease, and the attendant Health Professional Shortage Areas and Medically Underserved Areas. Local health planning coalitions help guide programming and steer AHEC in the direction of the most important needs in the region.

Underpinning much of the healthcare environment today, including AHEC, is practice transformation that meets the Triple Aim of quality, access, and reduced costs. To that end, AHEC *West* looks to the future, serving as an integral part of the team through newer initiatives such as Community Health Worker trainings and sustained efforts in continuing education and training; Caucus development; clinical rotations; high school pipeline programs; interprofessional geriatrics education for students and professionals; and broadened access to oral and behavioral health services for underserved adults.

AHEC *West* looks forward to fulfilling its mission through all of its collaborative efforts to improve the health of Western Marylanders and residents of the surrounding region.

Sincerely,

Michael Motter

Michael Motter

Susan K. Stewart

Susan K. Stewart



Melissa Clark
Program Coordinator

ECHO

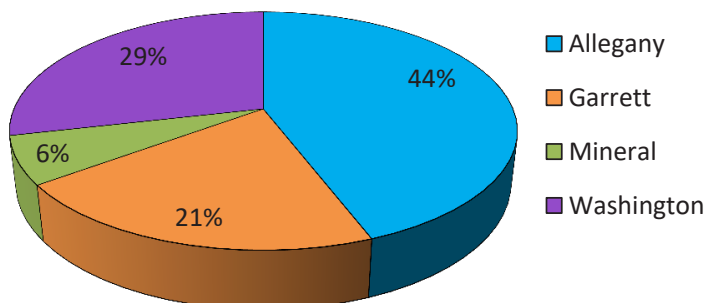
Exploring Careers in Health Occupations

- AHEC West's signature health careers pipeline program, this year celebrated 11 years of nurturing students' interest in becoming health professionals.
- Nearly 200 students from rural Maryland were exposed to job opportunities in the health field through the ECHO Program throughout the year, including nearly 90 in the Summer ECHO Program; students from five counties and three states participated.
- The highly interactive, week-long residential summer program provides high school students with a variety of learning opportunities through presentations, tours, job shadowing and hands-on learning. The three week summer program included ECHO 101 and ECHO 201.
- ECHO 101 exposes students to nearly 100 careers in health. Partner sites include University of Maryland School of Medicine, University of Maryland Shock Trauma, Western Maryland Health System, Garrett Regional Medical Center, Garrett College, Allegany College of Maryland and Allegany County Health Department. Students also learn about college entrance expectations, financial aid opportunities and resume writing skills. They become CPR/First Aid certified and learn basic health care skills.

2016 Summer ECHO Participation	
School	Students
Allegany High School	14
Bishop Walsh School	1
Fort Hill High School	7
Frankfort High School	5
Hancock Middle/Senior High School	3
Homeschooling	1
Mountain Ridge High school	12
North Hagerstown High School	2
Northern Garrett High School	9
Smithsburg High school	10
South Hagerstown High School	1
Southern Garrett High School	6
Washington County Technical High School	6

- ECHO 201 is a second-year program that builds on ECHO 101. Students are immersed in hands-on activities related to chosen career paths. This year's program included healthcare advocacy in Washington, D.C., volunteerism at Goodwill Mennonite Services, and continued reinforcement work on college entrance exams, financial aid and resume writing skills.
- ECHO 301 allows students to continue with job shadowing in their area(s) of interest. Several 301 college students come from Potomac State College, Frostburg State University, Allegany College of Maryland, and other universities and colleges. These students perform numerous hours of shadowing in rural Maryland with a variety of preceptors
- Nearly 90 preceptors, providers, and partners make ECHO a successful and truly unique program that continues to grow and evolve each year.

2016 Summer ECHO Participation per County





Terri Socha
Program Coordinator

END OF ROTATION SURVEY

76% : Increased interest in working in primary care setting

78% : Increased interest in working in Medically Underserved Communities

63% : Increased interest in working in a rural area

100% : Enhanced clinical skills, knowledge, and cultural competency in working with rural, underserved patients

91% : Would encourage others to consider rural practice as a result of this rotation

STUDENTS LEARN:

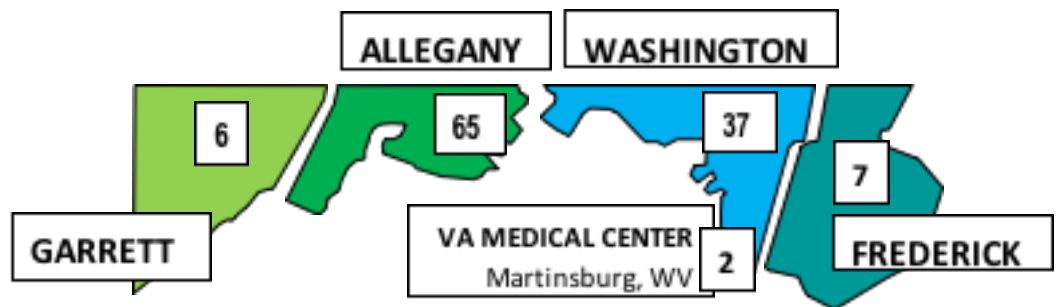
- Unique challenges, rewards, and opportunities of rural/small town practice
- Cultural sensitivity to underserved/rural populations
- Practice opportunities in rural home communities for local students

CLINICAL EDUCATION

- 117 health professions students
- 9 Disciplines from 14 health professions programs
- 80 medical students in 25 primary care practices
- 26 clinical sites in medically underserved communities, including 16 in rural areas

Clinical Education Alumni beginning practice in Western Maryland in FY16:

- 2 CRNAs at Western Maryland Health System
- UMB Dental student returned to practice in home community of Frostburg



- 537 weeks of clinical experience
- 21,480 hours of volunteer teaching by Western Maryland Health Professionals



Jessica Ullman, at left in the front of the classroom, a UMB School of Medicine Primary Care Track student, completed her shadowing, 3rd year clerkship in Pediatrics, and 4th year AHEC rotation at Children's Medical Group. She is presenting part of her team assessment at the GAIT interprofessional geriatrics project at Western Maryland Health System. Her residency is in Internal Medicine/Pediatrics.



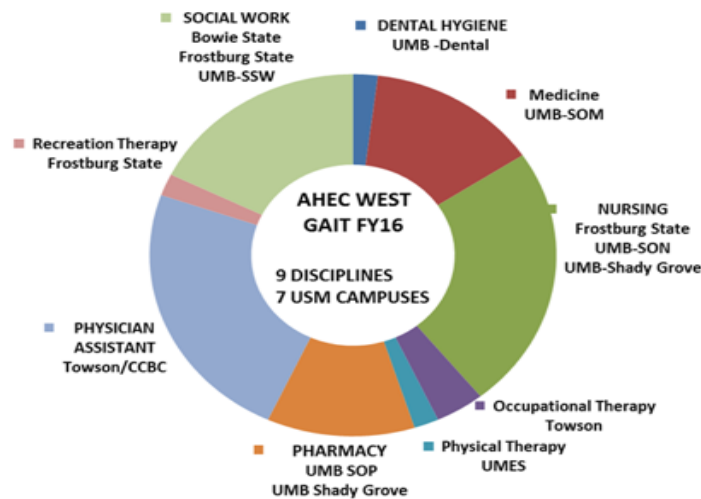
Terri Socha
Program Coordinator

GAIT: Geriatric Assessment Interdisciplinary Team

1. Funded by GGEAR, Geriatrics and Gerontology Education and Research program at University of Maryland Baltimore
 2. Hosted at rural/underserved geriatrics care sites
 3. Experiential Interprofessional Geriatrics Training for University System of Maryland Health Professions Students
- Promotes:
 - Patient-Centered Interdisciplinary Teamwork
 - Geriatrics Careers and Rural/Underserved Practice

IMPACT OF GAIT

- 85% interested in/ would consider opportunities in geriatrics
- 70% interested in/open to possibility of rural practice



Components of GAIT



Aging Awareness

Participant Comments

- "Geriatrics is a very rewarding field, as I truly want to help all of the patients."
- "It is amazing how much insight you can have when you apply people's different backgrounds to one issue. Instead of looking at a problem from one angle, we came up with many innovative solutions."
- "The geriatric population is super fun!"



Team Presentation & Discussion
With Host Site Staff



GAIT Topic Presentation



Program Participant Interview



Patient Record Review

GGEAR Partnership

www.umaryland.edu/gerontology

GERIATRICS AND GERONTOLOGY EDUCATION AND RESEARCH PROGRAM, University of Maryland, Baltimore

directs a University System of Maryland Redeployment Grant that has supported

25 YEARS OF PARTNERSHIP and COLLABORATION

on Geriatrics Education and Outreach with Western Maryland communities

APPROACHES TO CARE WITH COMMUNITY-DWELLING OLDER ADULTS:

Issues in Self-Neglect and Substance Abuse



Case Discussion

WORKING WITH COMMUNITY-DWELLING OLDER ADULTS:

Questions of Capacity, Competency, and Self Determination



GAIT student discusses Continuing Education program with Reba Cornman, MSW, GGEAR director and Beth Galik, PhD, CRNP, FAANP, one of the conference speakers.

INTERPROFESSIONAL GERIATRICS CONTINUING EDUCATION

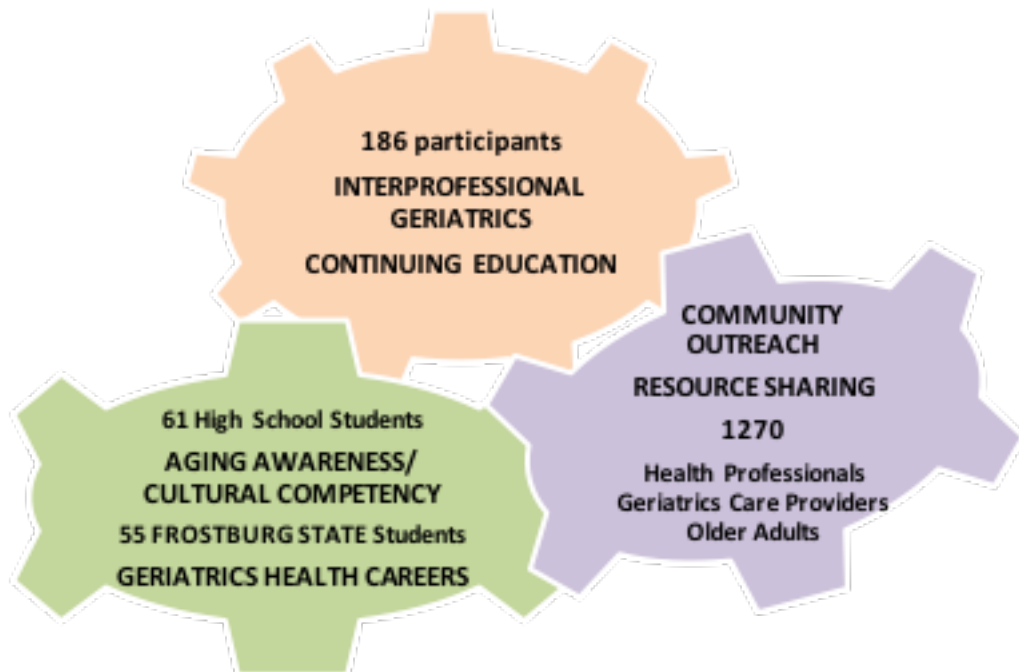
collaboration:

- The Nursing Education Department of Meritus Health
- Geriatrics and Gerontology Education and Research program, University of Maryland, Baltimore
- Johns Hopkins Geriatric Workforce Enhancement Program
 - Area Health Education Center West
 - Allegany College of Maryland
 - Community Health Professionals

CONTINUING EDUCATION

credits for:

Nursing, Social Work, Psychology, Professional Counseling





Joy Taylor
Program Coordinator

Caucuses & Continuing Education

The dedication and commitment provided to AHEC West from the members of the nine health **professional** Caucuses continues to be the core of the continuing education program success.

The dedication and commitment provided to AHEC West from the members of the nine active health professional Caucuses continues to be the core of the continuing education program success. The disciplines represented by these Caucuses include dentistry, dietetic, nursing, occupational therapy, psychology and professional counseling, nurse practitioner and social work. Because of the collaborative relationship established between these Caucuses, health care organizations and educational institutions, the continuing education programming continues to serve the needs and interests of our local providers.

During Fiscal Year 2016, 61 continuing education courses were sponsored or co-sponsored for a total of 2,516 health professionals.

In cooperation with these partners, training needs are assessed and programs are developed and conducted using national, regional and local experts as lecturers and consultants. During Fiscal Year 2016, 61 continuing education courses were sponsored or co-sponsored for a total of 2,516 health professionals, awarding 222 credit hours.

Presentation formats included seminars, workshops, lectures, video conferences and telecasts. By providing quality, diverse and affordable educational opportunities, AHEC West is assisting with the retention of health professionals in the region as well as helping



Members of the Nurse Practitioner Caucus

them to improve the health care provided to the citizens of Western Maryland. During any given fiscal year, the number of programs conducted and professionals served is commensurate with the amount of available grant funds.



The Allegany County Commissioners joined members of the Allegany/Garrett Social Work Caucus to proclaim March as National Social Work Month.

AHEC West Caucuses

Dental • Dietetic • Medical • Nurse Practitioner • Nursing • Occupational Therapy • Psychology & Professional Counseling • Allegany/Garrett County Social Work • Washington County Social Work

AHEC West Leads Six-State, D.C. Effort to Raise HPV Immunization Rates through Provider Education

The National AHEC Organization (NAO) received funding from the Centers for Disease Control and Prevention for a project to provide education to health professionals regarding the Human Papillomavirus (HPV) vaccine.

Through this cooperative agreement, NAO will strengthen HPV vaccination recommendations and elevate awareness of HPV vaccinations and their role in cancer prevention. **AHEC West Program Coordinator Joy Taylor** is one of 10 HPV Regional Project Coordinators selected to provide connections to groups and organizations, support the usage of materials, and promote promising practices for state entities to provide training to health professionals. Joy oversees HPV initiatives in Maryland, Delaware, Pennsylvania, Virginia, West Virginia, New Jersey and the District of Columbia.



National AHEC Organization
HPV Immunization Project



Program goals include:

- Provide clinician outreach and training
- Disseminate educational materials
- Increase and form strong partnerships
- Push prioritization of HPV vaccination efforts to promote cancer prevention and bolster the number of HPV vaccinations administered in the region.

FY16 Region B Outcomes include:

- Conducted 28 HPV training events resulting in 1,182 health professionals trained
- Disseminated 13,789 HPV educational materials
- Posted 91 HPV educational messages to social media
- Established 633 new and/or enhanced partnerships
- Located 234 environmental resources to assist in this project

National AHEC Organization on Capitol Hill



AHEC West Executive Director Susan Stewart and Program Coordinator Joy Taylor were among more than 300 nationwide AHEC representatives to visit the Nation's Capital in June to lobby for continued support of the AHEC program.

Mountain Health Alliance



Agreements reached:

- Local taxi company
- Dr. Whetzel, Dr. Dorsey, Dr. McElfish, and Dr. Tritapoe in Mineral County; Dr. Robertson in Washington County; and Dr. Sheets, Dr. Dornburg, and Dr. Mullins in Garrett County.
- Four customized denture sets from Hamilton & Staggs dental lab
- WVU School of Dentistry discounted oral surgery rates

Referral programs:

- Garrett Regional Medical Center - **28 referrals**
- WVU Medicine Potomac Valley Hospital - **6 referrals**
- WMHS in-patient behavioral health - **17 referrals**

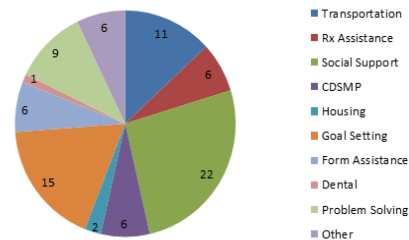
Behavioral Health Connections:

- Archway Wellness and Recovery
- Hampshire County Pathways
- Goodwill
- Hope Station
- Fort Recovery
- Committed to Change
- Bedford-Somerset Mental Health and Mental Retardation Agency
- Veterans Center
- Mountain State Psychological Services

Continuing Education:

- **Integrating Behavioral Health into Primary Care: 65** attended including physicians, social workers, occupational therapist, nurse practitioners, nurses, and other disciplines
- **WE:Interprofessionalism in Health Care Education and Delivery: 22** attended including physicians, nurses, occupational therapist, registered dietitian, and other disciplines
- **Cultural Competency in Appalachia: 40** attended including, physician, nurses, social workers, nurse practitioner, licensed counselors, and other disciplines

FY 2016 Behavioral Health Referral Resources



Oral Health Direct Service Dollars		
Total Value	Total Donated	Total Billed
\$72,590.30	\$49,092.90	\$25,197.40
Percentage Donated:		67%
Total Treatment Appointments:		131
Total Unique Consumers:		72

CHW Outreach & Education	
County	Number
Allegany Co.	943
Bedford Co.	83
Garrett Co.	790
Mineral Co.	25
All Counties*	1052
Total:	2,893

*All counties includes health fair and other events where county of residence is unsure



Kimi-Scott McGreevy
Network Director



Katie Salesky
Workforce Chair



Dorian Birkholz
Community Health Worker



Mindy Dodrill
Community Health Worker

STAFF

AHEC *West*'s mission is accomplished by a group of **highly professional, dedicated** individuals who work to meet the goals and objectives of each program.



Dorian Birkholz
Community Health Worker



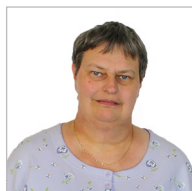
Jackie Booth
Administrative Specialist



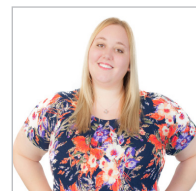
Melissa Clark
Program Coordinator



Mindy Dodrill
Community Health Worker



Nancy Folk
Volunteer



Amanda Heavener
Administrative Specialist



Christina Mackereth
Administrative Specialist



Kimi-Scott McGreevy
Program Coordinator



Tina Roberson
Finance/HR Coordinator



Katie Salesky
Program Coordinator



Terri Socha
Program Coordinator



Susan Stewart
Executive Director



Joy Taylor
Program Coordinator

2016 ANNUAL AWARDS



Pictured with Executive Director Susan Stewart, far left, at the annual AHEC West Awards Dinner held June 21 at Rocky Gap Casino & Resort were, left to right: Kathy Condor, Cynthia Shriver, Michael Motter, Reba Cornman, Richard Clevenger, Margaret Kaiser, Jack Zealand, and Jeanne Mykut. (Not pictured, Christopher T. Whiteman)

ROCKY GAP – AHEC West celebrated area health professionals and 40 years of service to the region at its annual awards dinner held June 21 at Rocky Gap Casino & Resort. Those honored at the 2016 awards

dinner were:

- Michael Motter, PsyD, who received the Distinguished Service Award for his commitment to the AHEC West Mission through longstanding engagement in

the Psychology and Professional Counseling Caucus, as well as his service as Chairman of the Board of Directors of AHEC West.

- Margaret Kaiser, MD, who earned the Jane A. Fiscus, MD, Community Health Leadership Award in recognition of her extraordinary principles of leadership, coordination of services, interdisciplinary training, foresight, courage and creativity.

- John G. "Jack" Zealand, PhD, who received the Lifetime Achievement Award of the AHEC West Psychology and Professional Counseling Caucus.

- Kathy Condor, BA, who received the John M. Dennis Award for promoting quality continuing education through collaboration.

- Christopher T. Whiteman, MPT, Progressive Physical Therapy, who received ECHO's Mentor of the Year Award.

(Continued Page 13)



To add some fun to the awards ceremony, Susan Stewart presents Jack Zealand with a caricature created in the 1980s by one of Jack's colleagues in the Frostburg State University Psychology Department.

2016 ANNUAL AWARDS (Cont.)

- Reba Cornman, MSW, honored by AHEC West with the Award for Excellence in Geriatrics and Gerontology.
- Cynthia Shriver, CRNP, honored by the Nurse Practitioner Caucus as 2016 Nurse Practitioner of the Year.
- Richard Clevenger, LCSW-C, honored by the Allegany/Garrett Social Work Caucus as the 2016 Allegany/Garrett Social Worker of the Year.
- Jeanne Mykut, LGSW, honored by the Washington County Social Work Caucus as the AHEC West "Fred Hirsch Social Worker of the Year."



AHEC West through the year



Joy and Susan book-end Dr. Richard Colgan, University of Maryland School of Medicine, Department of Community and Family Medicine, and Jennifer Berkman of the Eastern Shore AHEC on their June visit to the Nation's Capital.



University of Maryland, Baltimore President Dr. Jay A. Perman, left, visited AHEC West in April. He is shown with AHEC West Board Chair Michael Motter, center, and Robin Summerfield, representing U.S. Sen. Ben Cardin.



The AHEC West staff at the 2106 Annual Awards Dinner



ECHO students get up close and personal with a training mannequin for some hands-on health professions experience.

BOARD OF DIRECTORS

Chairperson: Michael Motter, PsyD
Vice Chairperson: Jennifer Glotfelty, LBSW, CIRS-A
Secretary: Lesa Diehl, LCSW-C
Treasurer: Faron Garver, BS, MBA

Carol Bass, IBCLC, RLC
 Mark Boucot, MBA, FACHE
 Charles Breakall, LCSW
 Cindy Bridges, RN, MS, MBA
 Richard Colgan, MD
 Faron Garver, BS, MBA
 Jennifer Glotfelty, LBSW, CIRS-A
 Y. Michelle Harman, M.Ed., NBCT
 Joe Hoffman, PhD
 Paula Jilanis, MA, LMT, RMT
 Elaine Keane, MS, OTR
 John Kenney, LCSW-C
 Elizabeth Lamm, Esquire
 Bill Mackay, RPh, MPA
 Rod MacRae, MA, MPH
 Celestino Menchavez, MD
 Michael Motter, PsyD
 A. George Phillips, BS, MEd
 Diane Romaine, DMD
 Rebecca Ruppert, M.Ed
 Karin Savage, PT, DPT
 Jeannie Seifarth, PhD, RN, PMHCNS-BC
 Cynthia Shriver, CRNP
 Jennifer Wilson, M.Ed, RD, LDN

University of Maryland School of Medicine, Department of Community and Family Medicine
 Allegany County Human Resources Development Commission
 Allegany County Human Resources Development Commission
 Garrett County Board of Education
 Frostburg State University
 Allegany College of Maryland
 School Therapy Services
 Washington County Department of Social Services
 Attorney
 Pharmacist, Retired
 Washington County Health Department
 Physician
 VA HBPC
 Washington County Board of Education
 Dentist
 Allegany College of Maryland
 Allegany College of Maryland
 Western Maryland Health System
 Western Maryland Health System
 Allegany County Health Department

Maryland AHEC Program University of Maryland School of Medicine

Jay Perman, MD
 President, University of Maryland, Baltimore

Richard Colgan, MD
 Maryland AHEC Program Director
 Professor and Vice Chair of Medical Student Education and
 Clinical Operations, University of Maryland School of Medicine
 Department of Family and Community Medicine
 Director, Maryland Area Health Education Center

E. Albert Reece, MD, PhD, MBA
 Dean and Vice President for Medical Affairs,
 University of Maryland School of Medicine

Nikki Southall, MD
 AHEC Course Director,
 Associate Residency Program Director
 Director of Ambulatory Education
 Director, Preliminary Program
 Department of Internal Medicine

- FUNDING HIGHLIGHTS -

%		\$ Amount
33%	Mountain Health Alliance 2 - HRSA Grant	347,182.88
31%	Maryland Statewide Medical Education & Training System (MSMETS)	324,000.00
10%	Department of Health and Mental Hygiene (DHMH)	101,595.00
7%	Point Of Service AHEC Funding	74,828.38
4%	Geriatric Assessment Interdisciplinary Team (GAIT) Project	42,500.00
4%	American Honda Foundation	39,621.57
3%	Local Administrative & Program Development Fund	35,177.15
3%	NAO National Training Center HPV	31,819.69
3%	Geriatrics and Gerontology Education and Research (GGEAR)	30,000.00
1%	Primary Care Track	12,429.60
1%	Md. Agriculture Education & Rural Development Assistance	8,350.00
		1,047,504.27

BALANCE SHEET JUNE 30, 2016

ASSETS

\$ Amount

Current Assets

GENERAL CHECKING	202,645.15
CAUCUS CHECKING	9,844.09
PETTY CASH	55.00
NYL FIXED INTEREST ACCOUNT	62,023.78
NYLIFE SECURITIES/EAGLE STRATEGIES	153,112.61
DUE FROM GRANTS	145,946.73
PREPAID PROGRAM MATERIALS	3,050.34
PREPAID RENT	4,982.07

TOTAL Current Assets 581,659.77

Fixed Assets

LEASEHOLD IMPROVEMENTS	161,179.24
FURNITURE & EQUIPMENT	325,216.32
ACCUMULATED DEPRECIATION	(148,881.08)

TOTAL Fixed Assets 337,514.48

Other Assets

DEPOSITS	525.00
TOTAL Other Assets	525.00

TOTAL ASSETS 919,699.25

LIABILITIES

Current Liabilities

TRADE PAYABLES	26,531.14
ACCRUED FICA	1,217.54
STATE UNEMPLOYMENT PAYABLE	788.60
ACCRUED PAYROLL	16,542.02
ACCRUED PENSION PLAN	1,323.36
HEALTH INSURANCE PAYABLE	2.28
AFLAC INSURANCE PAYABLE	249.80
COLONIAL LIFE INSURANCE PAYABLE	(279.93)
ACCRUED VACATION	8,900.67
FICA ON ACCRUED VACATION	680.90
REFUNDABLE ADVANCE	15,062.11
DEFERRED RENT LIABILITY	12,167.00
DEFERRED REVENUE	2,102.33

TOTAL Current Liabilities 85,287.82

TOTAL LIABILITIES 85,287.82

CAPITAL

GENERAL FUND - RESTRICTED	14,246.00
GENERAL FUND - UNRESTRICTED	822,123.08
Year-to-Date Earnings	(1,957.65)
TOTAL CAPITAL	834,411.43
TOTAL LIABILITIES & CAPITAL	919,699.25

