

## Living with Chronic Pain?



### Chronic Pain FREE Workshop Learn ways to manage your pain

- This program explores:
- The mind-body connection
  - The benefits of physical activity
  - The connection between food and chronic pain
  - Ways to communicate with your doctor and family

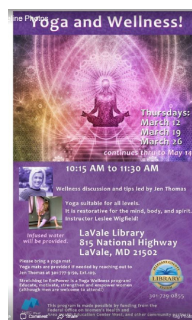
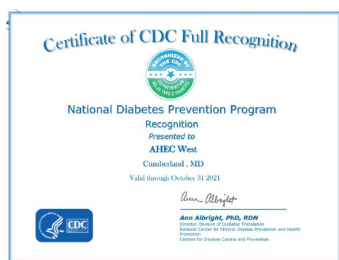
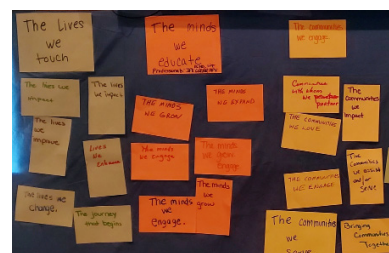
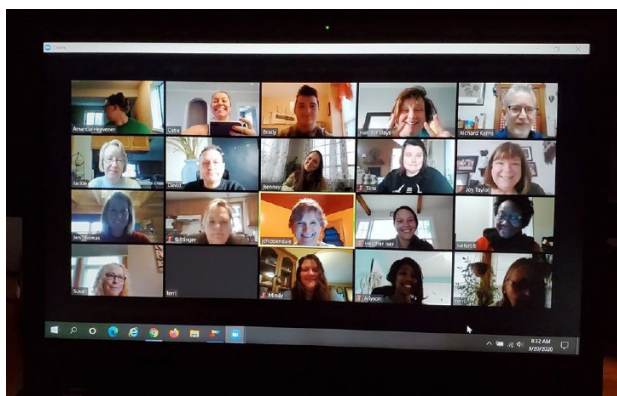
Discover strategies and skills to help you manage your pain.

- FREE six-week workshop
- If you have chronic pain, or know someone who does, please register for this workshop
- A research-based Chronic Pain Self-Management Program originally developed in Stanford University

For more information  
or to join a workshop:  
Contact:  
Mindy Duda  
mduda@ahcecwest.org  
301-338-8196



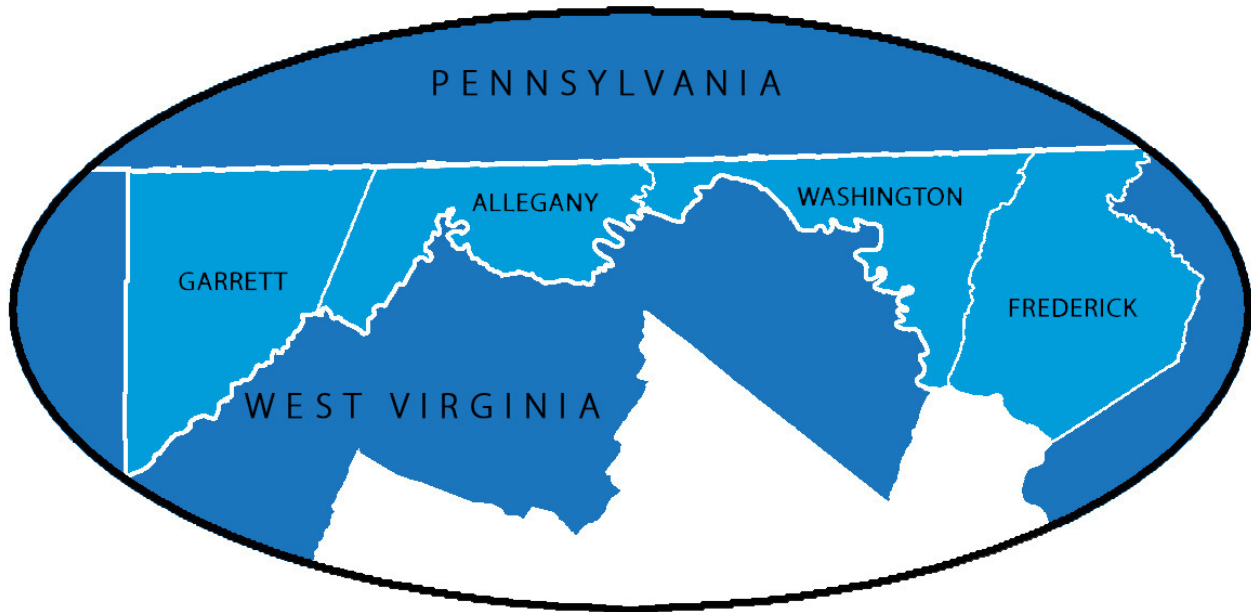
# Annual Report FY 2020



## Maryland Area Health Education Center West

## THE MISSION OF AHEC WEST:

*Improving access to and promoting quality in healthcare  
through education and collaboration*



### TABLE OF CONTENTS

Board Chair and Executive Director Letter .....	3
Clinical Education/AHEC Scholars .....	4
GAIT .....	5
GGEAR .....	6
HPV Project .....	7
Mountain Health Alliance/ECHO .....	8
Health Insurance Program .....	9
Stretching To EmPower (STEP) .....	10
Health Right/Continuing Education .....	11
Oral Health Coordinator/Healing Allegany.....	12
Staff .....	13
Photos: AHEC West through the year .....	14
Board of Directors/Funding Highlights .....	15
Balance Sheet .....	16

### Cover Photos (from top)

- Staff conducted Chronic Disease Self-Management programs through the Mountain Health Alliance.
- Halloween featured another unruly cast.
- Joy met with other members of the HPV Leadership Team last November in Pittsburgh.
- The Zoom life we now all know so well began for AHEC West when our offices closed in March.
- The Strategic Plan update featured brainstorm sessions centered on The Lives We Touch, The Minds We Educate, and The Communities We Engage.
- National Boss' Day featured door decorations written by staff extolling Susan's many attributes as Executive Director.
- The AHEC West family was saddened by the passing in April of longtime volunteer Nancy Folk.
- The CDC awarded a Certificate of Recognition to the Diabetes Prevention Program offered through MHA.
- AHEC West was an active partner in promoting and conducting Regrounding Our Response opioid-awareness programs.
- The LaVale Library partnered with STEP to host yoga sessions.
- Staff attended the Maryland Rural Health Association conference in Oxon Hill.

## LETTER FROM THE BOARD CHAIR AND EXECUTIVE DIRECTOR



**JOE HOFFMAN**  
*Chair, Board of Directors*



**SUSAN K. STEWART**  
*Executive Director*

### COVID-19 a 'seismic shift' for AHEC West

Last fiscal year our Annual Report emphasized how it was a year of change, then came fiscal year 2020. It started out as usual, many programs, participants, meetings, collaborative efforts, helping people in need, educating students and professionals, learning much, and sharing with the communities we serve--all in person. Then it happened to the entire world: COVID-19 forced shut-downs, closings, and major operational shifts in how we all do business. This seismic shift was painful only at first, but the staff pushed through and transitioned every program to online formats within one month. When we began working from home, we had no idea that at the time of this writing, we would still be working from home 10 months later. As students began to come back into clinical rotations, they filled our housing, and administrative staff began alternating their times in the office, as did some other staff.

COVID-19 did not hinder our ability to continue programs and services, nor did it stop us from bringing new funding into the communities we serve. And thank goodness for that, because sadly COVID-19 precipitated a surge in substance use overdoses and deaths. Our newest funding supports substance use disorder prevention, treatment, and recovery services as well as assistance for moms and babies affected by Neonatal Abstinence Syndrome.

We also continue our collaborative efforts in health professions education pipeline programs; health insurance assistance for Western Maryland residents; interprofessional geriatrics education and training; access to oral healthcare for people without the means to pay for treatment; regional oral health coordination; Community Health Worker services; community education programs to prevent or mitigate chronic disease, and Mind-Body Medicine Skills Groups.

So once again, we thank our funding, community, and academic partners for working with us to address regional needs. We cannot do our work without our partners! We also thank our Board of Directors for their significant support. And we cannot commend the staff at AHEC West enough for their flexibility, commitment to quality, tenacity, teamwork, and innovation.

Sincerely,

*Joe Hoffman*

Joe Hoffman

*Susan K. Stewart*

Susan K. Stewart



**Terri Socha**  
Program  
Coordinator

# CLINICAL EDUCATION

Part of the ongoing effort to attract more health professionals to our underserved region, the Clinical Education program at AHEC West coordinates health-professions student rotations in Western Maryland, allowing students to experience first-hand the challenges, opportunities, and rewards of

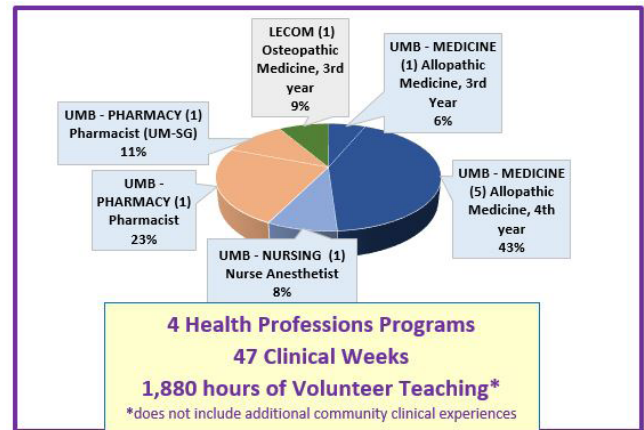
practicing in our rural, small-town communities.

Staff work to both coordinate rotations with volunteer physician preceptors, and to arrange temporary housing for students through AHEC West-managed properties in the three western counties, including apartments above our office in Cumberland.

In FY 2020, the Clinical Education program coordinated rotations for 55 students from more than a dozen colleges, universities and health-professions programs at the University System of Maryland (USM), including the University of Charleston, West Virginia University, Penn State, Frostburg State, and the Nursing, Medicine and Pharmacy programs at USM.

Our preceptor partners are absolutely critical to the success of the Clinical Education program, with physicians generously donating their time and opening their practices to mentor health professions students as the healthcare professionals of tomorrow. In FY 2020, preceptors donated more than 9,150 hours of volunteer instructional time to these students.

Collectively, the Clinical Education program last year coordinated 288 weeks of rotations for student participants, for



This pie chart from the Second Quarter details a typical breakdown of Clinical Education student-disciplines, as well as preceptor support for the program.

an average of just over five weeks per student.

As with virtually everything we do at AHEC West, the Clinical Education program was directly affected by COVID-19, with physician offices challenged to maintain the student rotations at a time of lockdown and social distancing. Thanks to the cooperation and support of our preceptor partners, rotations resumed as practice conditions allowed. However, the difficult task of recruiting and maintaining preceptors for the Clinical Education program became even more challenging, and will be an ongoing issue in FY 2021.

## AHEC SCHOLARS

FY 2020 saw the inauguration of the first cohort of AHEC Scholars at AHEC West, with 16 students enrolled in the new program.

A national HRSA educational project implemented by Area Health Education Centers across the U.S., AHEC Scholars is a program for health professions students interested in supplementing their education by gaining additional knowledge and experience in rural and/or underserved urban settings.

Program duration is two years and each year includes the following for a total of 160 hours:

- 40 hours community-based experiential or clinical training in rural and/or underserved area
- 40 hours didactic education focused on six Core Topic Areas: Interprofessional Education, Behavioral Health Integration, Social Determinants of Health, Cultural Competency, Practice Transformation, and Current and

Emerging Health Issues.

After two years of planning with guidance from HRSA and the National AHEC Organization, AHEC West launched its first AHEC Scholars cohort in the summer of 2019. The 16 students include 11 from the Physician Assistant program at Frostburg State University, three from the University of Maryland School of Medicine, and two from the University of Maryland School of Pharmacy. This cohort will graduate from the program in June of 2021.

Clinical experiences have included ER and Psychiatry rotations at UPMC Western Maryland, Family Medicine at Meritus Health, Orthopedic Surgery at Garrett Regional, Neurology rotations at MIR Neurology, and a wound clinic at UPMC Western Maryland. Didactic experiences have featured Smiles for Life, the Regrounding Our Response opioid program, and a webinar on Acknowledging Racial Inequality in Medical Education.





Terri Socha - Program Coordinator

## GAIT: Geriatric Assessment Interdisciplinary Team

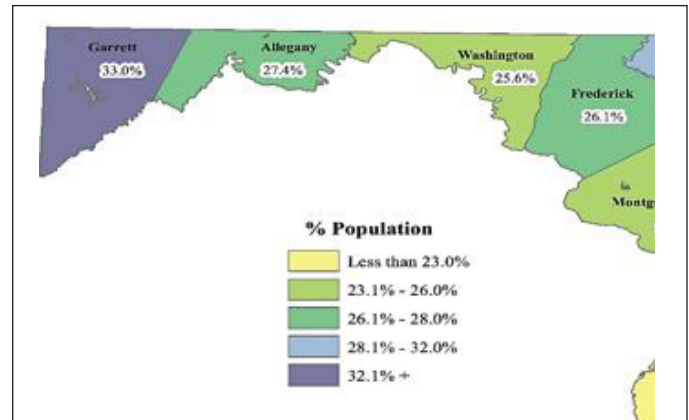
- Interprofessional didactic and experiential geriatrics learning opportunity for health professions students from: **Bowie State, Coppin State, Frostburg State, Salisbury and Towson Universities, University of Maryland Baltimore and Shady Grove, University of Maryland Baltimore County, University of Maryland College Park and University of Maryland Eastern Shore.**
- Funded by a University System of Maryland Redeployment Grant to the Geriatrics and Gerontology Education and Research (GGEAR) program at University of Maryland Baltimore

GAIT provides interdisciplinary learning opportunities at rural and under-served geriatric care sites for students from University System of Maryland programs. With its emphasis on instilling a collaborative, interprofessional approach to geriatric care, GAIT brings together students from different health professions programs to address case-management scenarios through experiential learning.

FY 2020 featured a busy fall for the GAIT program at AHEC West, with three programs held at adult care facilities in Washington and Frederick counties. Collectively, the three day-long GAIT programs drew 45 student-attendees from 11 universities, representing 10 different academic disciplines, including Psychology, Social Work, Medicine, Nursing, Physician Assistant and Gerontology.

The first program was held Oct. 17 at Independent Living/Homewood at Williamsport and centered on the topic "Wellness and Active Aging: Connectedness for Health." Held Oct. 30 at Daybreak Adult Day Services in Frederick, the second program addressed the topic "Assessing What Is Going Well: Collaborating with Caregivers to Keep the Good Things Going." The third GAIT program was held Nov. 15 at Diakon Adult Day Services in Hagerstown and featured the topic "Medical Adult Day Services: Meeting Individual Participants' Needs and Supporting Families/Caregivers."

GAIT entered the winter months preparing for a spring slate of programs, with staff attending to organizational issues such as establishing program sties, determining educational topics, and recruiting student participants. Plans were set for programs to



The chart above from the Maryland Office of Planning details projected growth of the elderly population by 2030, with Western Maryland expected to experience some of the biggest gains in the state.

be held at UPMC Western Maryland and Hospice of Garrett County, with the seminar topic addressing "Person and Family Caregivers: Meeting the Challenges of Life Transitions."

Unfortunately, both programs were cancelled with the onset of the COVID-19 pandemic. Staff then transitioned to the challenging task of designing an online program in place of the in-person, on-site training that has always defined the GAIT program. In coordination with Diane Martin, PhD, the GGEAR Program Director at the University of Maryland who also oversees GAIT, staff worked through the remainder of the fiscal year to develop a virtual GAIT program that will be employed in FY 2021.



**In-person GAIT programs feature students from a variety of health-profession disciplines visiting area adult-care facilities, where they meet with residents/participants and develop interprofessional case-management strategies to address various healthcare scenarios.**

# GGEAR Partnership

[www.umaryland.edu/gerontology](http://www.umaryland.edu/gerontology)


Joy Taylor  
Program Coordinators

**GGEAR Annual Report for FY20**  
Geriatrics and Gerontology Education and Research Project, funded by the University of Maryland Baltimore, under the direction of Diane Martin, PhD.  
[www.umaryland.edu/gerontology](http://www.umaryland.edu/gerontology)

AHEC West coordinated two GGEAR Inter-professional (IPE) Continuing Education courses this fiscal year:

**“Promoting Quality of Later Life Through Effective Communication”** was held on Friday, October 4, 2019 for 68 participants at Robinwood Professional Center in Hagerstown, and was very well received. Diane Martin, PhD, Director of the Geriatrics & Gerontology Education and Research (GGEAR) Program and Senior Lecturer in the Graduate School at the University of Maryland, Baltimore, presented. This event was co-sponsored with The Nursing Education Department of Meritus Health and Allegany College of Maryland, with CE credits awarded to nurses, professional counselors,

psychologists and social workers, with certificates of attendance provided to everyone else. Evaluation comments include:

- Very interactive, engaging presenter
- Group size was conducive to continued interaction with the instructor and others in the group
- The depth of the information, especially on resistiveness, was very helpful!
- Learning a specific skill set was great – so many trainings focus on theory and it’s nice to learn actual skills to take back and implement at the work site

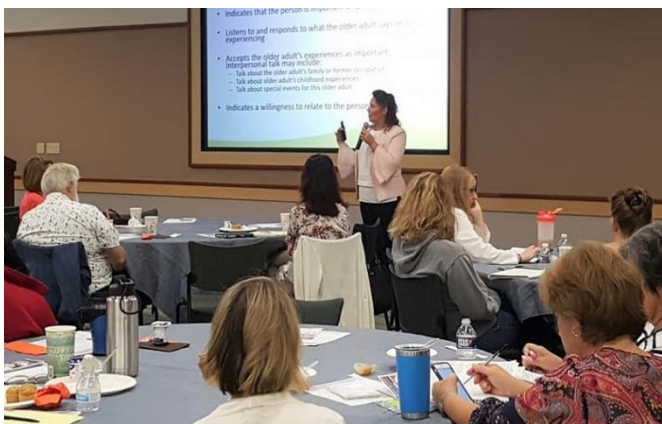
**“Talking About the Tough Stuff: Facilitating Motivational Conversations with Older Adults About Depression & Substance Use”** webinar (our first coordinated virtual training event) was held on Friday, May 1, 2020 via Zoom and was a great success! There were 250 health professionals pre-registered, with 228 participants and 211 that completed evaluations.

The three-hour training included a lot of interaction between the presenter, Dr. Mary Hodorowicz, Clinical Assistant Professor at the University of Maryland School of Social Work and the attendees, using both the Chat Box feature as well as the breakout rooms.

Co-sponsored with Meritus Health, Johns Hopkins Geriatric Workforce Enhancement Program and Allegany College of Maryland, continuing education credits were awarded to nurses, social workers, psychologists and professional counselors with certificates of attendance provided to everyone else. We received very positive evaluation responses with comments that included:

- Thank you for providing this opportunity and converting the training into a webinar. You chose a great speaker who I hope would present in future training events. This was truly a very good experience. Job well done!
- Excellent training. Presenter knowledgeable.
- Thank you for this. One of the best trainings I have participated in!

Plans include inviting Dr. Hodorowicz back next Spring to present a follow up “motivational conversations” with an in-person (hopefully!) presentation in Hagerstown.



Diane Martin, Ph.D., director of the GGEAR program at the University of Maryland, Baltimore, was the featured speaker for the October GGEAR program “Promoting Quality of Later Life Through Effective Communication.”

# AHEC West HPV

## In FY 20 AHEC West continued to lead national efforts to raise HPV immunization rates

Joy Taylor  
Program Coordinator



AHEC West was excited to participate in the National AHEC Organization (NAO) Year 6 extension award (October 2019 to June 2020) for the CDC HPV Project grant. Activities during this extension period were focused on regions of greatest need and also CDC's target area - rural/frontier communities. The funding during this period was significantly less, but it did provide an opportunity to provide support in specific areas across the country. This was a wonderful opportunity for NAO to continue the great work and further showcase AHEC's linkage in rural and frontier territories.

Nationwide efforts for continuing education, information dissemination and partnership development continued to gain momentum, with the ultimate goal of increased HPV vaccination uptake for 11 & 12-year-old girls and boys for cancer prevention.

Year 6 was very successful in meeting objectives, resulting in greater participation numbers, new and/or expanded local and state-wide collaborations and consistent positive evaluation feedback. Project accomplishments for the first five years include over 60,000 practitioners trained, over thirteen million resources disseminated, and 700 partnerships developed or enhanced. More importantly, AHECs showcased for the CDC their reach into rural and underserved populations where immunization rates can be low.



AHEC West created a new model for providing HPV training this year that included collaboration with the Nursing, Dental Hygiene, Medical Laboratory Technician and Respiratory Therapy program faculty at Allegany College of Maryland. This planning group designed a four-hour inter-professional education event for 75 students that satisfied both the college IPE requirements as well as the HPV Project objectives. Another training event was also recently presented to Frostburg State University Nurse Practitioner students, taught by our local HPV champion, Audra Houser, FNP. On a personal note, there was great satisfaction received from working with a national project that had a leadership team based in all areas of the country, as well as working alongside of the 36 participating AHECs, assisting with their continuing education programming. We made a difference!



Cheryl Nelson, Brenda Owens (ACM Nursing Faculty), Audra Houser, speaker for the "IPE Event – HPV Movie and Discussion" and Joy Taylor (AHEC West) are shown with the IPE Student Cohort that provided leadership assistance for the recent training held at ACM for Nursing, Dental Hygiene, Medical Laboratory Technician and Respiratory Therapy students. Attendees watched "Someone You Love – The HPV Epidemic" documentary, listened to the "You Are the Key to HPV Cancer Prevention" lecture and participated in group discussions and activities.



# Mountain Health Alliance



*Catie Wampole*  
Network Director



## Community Health Workers



Mindy  
Bradshaw



Katie  
Marvin



Jade  
Kenney



Heather  
Iser

Mountain Health Alliance (MHA) is a regional network dedicated to increasing access to affordable, comprehensive, quality healthcare for all. Members include health departments, hospitals, Federally Qualified Health Centers, non-profit organizations, and healthcare providers in the Tri-State region.

Featured prominently in the program are Community Health Workers (CHWs). MHA's CHWs help low-income adults improve their access to care, either through connecting them to a primary-care or dental home. CHWs also work to help link clients to community resources they need to maintain independence and improve outcomes.

While much of the work of the network is focused on oral health, MHA also addresses chronic disease, behavioral health and recovery. Through workshops and community education sessions, we are able to provide information on chronic disease self-management, building a recovery community and dental care.

### **FY 2020 MHA Activity**

#### Non-Clinical Extenders trained: 9

# provided Health Education: 797  
Diabetes Prevention Program participants: 21  
Lay Leaders trained: 6  
Self-Management Workshops: 3

#### Oral Health:

# provided dentures, partials, or treatment: 61  
Total Value of Services Provided: \$ 92,484.20  
Total Billed: \$ 38,839.50  
Total Donated: \$ 53,901.70

#### Behavioral Health:

New referrals: 10



*Melissa Clark*  
Associate Director/ Program Coordinator



AHEC West's signature health careers pipeline program this year celebrated 15 years of nurturing students' interest in becoming health professionals.

The global pandemic directly affected the 2020 ECHO program. In a very unconventional year, the decision was made to move the program entirely online. The highly interactive, week-long residential summer program, which provides many of the great experiences and campus-living lifestyle at Frostburg State University, was moved to the virtual world. ECHO 101 and ECHO 201 were then merged into the same program for this year and offered four unique events over the span of two weeks.

The total number of virtual attendees amounted to 33 students from 10 high schools and three universities, representing five different counties, and three states. The program featured a total of 90 hours of cumulative instructional time.

ECHO still managed to provide high school and college-level students with a variety of learning opportunities through presentations and virtual tours. Each day the group of students, along with the presenters, gathered on a Zoom a call to chat and learn with fellow students.

The events included a live zoom Question-and-Answer session with varying levels of medical providers and healthcare executives, a demonstration of a live dissection, a virtual tour of the Shock Trauma Center in Baltimore, and the opportunity to have access to BioDigital 3D virtual cadaver lab.

Due to the program being totally online, the cost for students was free. As an added incentive to participate, one lucky student received a \$500 scholarship for their participation in the program.

The aim for the ECHO program moving forward will ultimately depend on the status of COVID-19. As 2020 closes and COVID-19 still rages, the idea for future of ECHO currently involves a hybrid system, offering both in-person and virtual experiences to our students.



# The Health Insurance Program

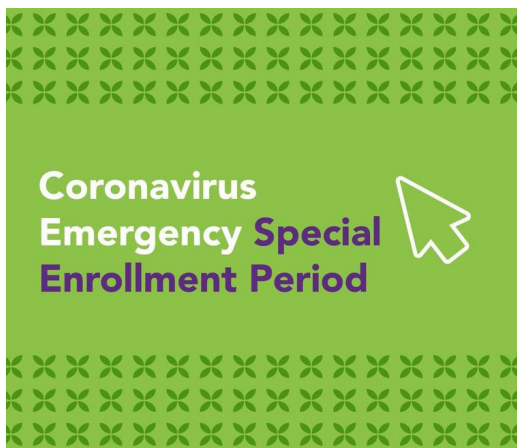


*David Stewart*  
Program Director

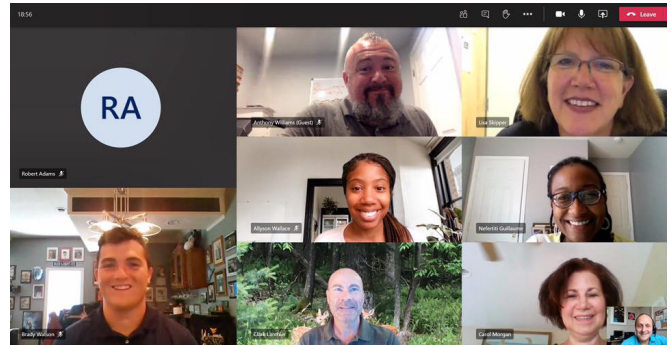
In its fourth year, the Health Insurance Program like everyone else was forced to adapt to the changes brought about by COVID-19. That said, enrollments continue to increase; the uninsured rate continues to drop. Enrollment stayed open from January through June due to two special enrollment periods that were not available in past years – The Maryland Easy Enrollment Program and the COVID-19 Special Enrollment Period.

As of the end of June 2020, insurance enrollments were up 8% for the region year over year.

Outreach efforts had to change the most. In-person events either went virtual or became drive-by activities. The focus of our outreach efforts shifted significantly to radio, digital media, social media, and our website. The program director is now on monthly radio shows in both Allegany and Washington counties. Radio advertising has increased as well. The program mounted radio campaigns specific to the COVID-19 Special Enrollment Period.



In April, program partner the Beacon House in Hagerstown hosted a Q&A on COVID-19.

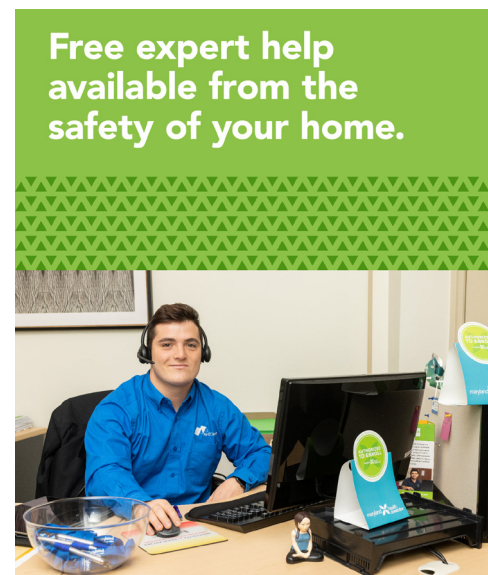


**The Health Insurance Program conducted regular team meetings via Zoom to keep abreast of changes related to COVID-19.**

Of note:

- The effects of the Luke Mill closing were felt all year long. We continued to see consumers who identified that event as the reason they were enrolling in insurance.
- Due to COVID-19 the program had to leave its locations in state health departments and agencies and find new space.
- Current partner Family Healthcare of Hagerstown has asked us to station a navigator at their site.

Over the course of the year the connector entity had 3,504 appointments, submitting 1,765 applications and receiving 5,342 phone calls.



Brady featured prominently in a social media post promoting the COVID-safe online and phone services available through the Health Insurance Program.

# STEP: Stretching To EmPower



**Jen Thomas**  
Program Coordinator



Stretching To EmPower celebrated its final year as we reflect on and celebrate a program which began small but flourished and bloomed over the course of three years, becoming a popular and sought-after offering throughout Allegany County.

During the course of the three-year grant from the federal Office on Women's Health, there were 23 yoga and mind-body sessions, which ranged from 6-10 weeks each. A total of 146 classes allowed us to serve 387 individuals, resulting in 1,562 encounters.

Additionally, over the course of the grant period we reached 3,229 individuals through various presentations, health fairs, and other unique events.

STEP experienced amazing results. Just over 90% of our participants self-reported that they would continue to practice yoga and 98% believed yoga and mind-body skills could reduce physical AND emotional pain if practiced regularly.

During the late summer and fall of this past year, we had a very strong presence in the public schools and our local libraries drew large numbers. St. John's Episcopal Church in Frostburg offered a large community room, which drew participants from young through old, and because of its "in-town" location, many participants were able to walk to the program.

Classes started strong in the New Year but as we all



**The Allegany County Health Department was a program partner. Here Chris Delaney conducts the educational component of the program.**

know, COVID-19 severely affected our momentum as the result of abrupt shutdowns and closures. In working with our creative yoga and mind-body instructors, we developed some ways to keep our participants engaged by offering virtual learning options. Free yoga classes in partnership with the Gilchrest Museum happened each Friday evening and virtual guided imagery meditations were shared with class participants and the community at large. Health, wellness, opioid misuse education, prevention, and awareness continued to abound on our social media platforms.



**STEP also featured give-aways such as the "Just Breathe" bag, which included information on wellness, opioid misuse, and stress reduction.**



**STEP participants ranged in age from Pre-K to seniors. This session was held at the library in Lonaconing.**

STEP touched the lives of many individuals over this past year and beyond, from the ages of Pre-K all the way through the gentle age of 89. The mind-body skills, yoga techniques and wellness education left women with a gift of self-care that they can continue to practice for a lifetime ~ and share with others.

Namaste!

# Health Right



*Jan Chippendale*  
Program Coordinator/Case Manager

**Health Right**  
A program of AHEC West



In FY20 Health Right enrolled 352 low income adults for assistance with dental treatment. The program paid \$55,676.70 in dental charges, and \$220,042.70 in treatment was donated.

The number of people served was significantly impacted by COVID-19. In the first six months of FY20, 228 individuals were enrolled. In the second half, requests for assistance dropped dramatically and dentists were seeing only the most urgent cases for several months. The number enrolled in the second half of FY20 dropped to 124.

The program continued to assist low income adults in Allegany, Garrett, and Mineral counties. We also got into full swing with our recovery initiative, assisting residents in recovery from an addiction in the three westernmost Maryland counties. We found that most of those served in the recovery program needed extensive dental treatment, and in many cases dentures or partials, so we have been grateful for the flexibility

afforded by those funds in addressing those needs.

Funds for the recovery initiative were granted by the Maryland Community Health Resources Commission and the Rural Maryland Prosperity Investment Fund administered by the Rural Maryland Council. Other Health Right funders in FY20 included County United Way, the Ted A. Wolfe Trust of the WMHS Foundation, the Allegany-Garrett Dental Society, Delta Dental, the Harry and Jeannette Weinberg Foundation, and the City of Cumberland.

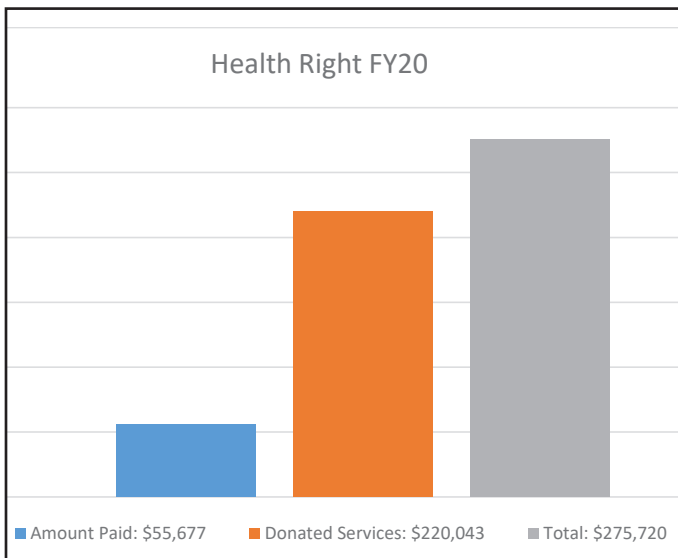
We are extremely grateful for the generosity of the dentists, endodontists, and oral surgeons who provide services at discounted rates for Health Right clients. We extend special thanks to the Allegany County Health Department Dental Unit which serves the majority of our clients and has been a steadfast and caring partner of many years.

## Continuing Education

*Joy Taylor*  
Program Coordinator

AHEC West FY20 Continuing Education planning continued to focus on providing Inter-Professional Education (IPE) experiences to our local health professional community, utilizing our IHEC (Interprofessional Health Education Committee) to identify training topics, speakers and venues. IHEC will always consider requested training opportunities and continue to coordinate with our collaborative partners at the local hospitals, health care organizations and educational institutions.

During FY20, AHEC West conducted eight IPE Continuing Education courses (the COVID-19 pandemic cancelled everything in Quarter 3), providing credits to 573 health professionals and health professions students. By providing quality, diverse and affordable educational opportunities, AHEC West has assisted with the retention of health professionals in the region, as well as assisted them in improving the health care provided to the citizens of Western Maryland.





# Regional Oral Health Coordinator



**Julie Teter**  
**Oral Health**  
**Coordinator**

With the support of federal funding from HRSA, the Maryland Department of Health Office of Oral Health mobilized two Regional Oral Health Coordinators to two key regions of Maryland: Western Maryland and Central/Southern Maryland. The Oral Health Coordinators support local health departments in building referral networks with local dental providers and document best practices for case management and care coordination that can be used statewide by Health Departments, health care and non-

dental organizations. They also work with community partners and local Primary Care Providers to promote the Oral Health Delivery Framework--a conceptual modal for integrating oral health care in routine medical care. We also provide assistance to Head start and Judy Centers in the counties we serve.

I was hired in November 2019. I met with my coworkers at AHEC and MDH to learn what my duties would be. As time went on, I learned to get myself out there by going to Local Health Improvement Coalition meetings in Allegany, Garrett and Washington Counties. I attended multiple meetings for the Maryland Oral Health Association (MOHA). I was in contact with Federally Qualified Health Centers, Head starts and other associations. I presented at the Allegany-Garrett Dental Society in March 2020. It was a great experience but unfortunately COVID-19 shutdowns happened shortly after! Everything went online with regular Zoom meetings. I took many webinars on medical/dental integration. I went to the MDH Office of Oral Health staff meetings monthly. I kept in touch with my contacts that I made early on.

We supplied Washington, Allegany and Garrett County Head Starts with toothbrushes and toothpaste to give to their children in June 2020. We gave the Head Starts videos and other information to send to parents to encourage brushing at home. My colleagues at MDH and I also worked to update the oral health page on the MDH Office of Oral Health website.

We are working with the Maternal, Infant and Children program as part of Title V in planning a campaign to have perinatal providers encourage and refer pregnant patients for dental work during pregnancy. This is a five-year plan. This first year is the planning stage. There is a free CME course that is online for medical providers called Smiles for Life: A National Oral Health Curriculum. We will encourage perinatal providers to take the free CME course on Oral Health. In partnership with the American Congress of Obstetricians and Gynecologists-Maryland Chapter, we will disseminate Oral Health During Pregnancy guidance

documents to state of Maryland perinatal providers. We will establish local referral networks between perinatal providers and dentists.

## Healing Allegany Planning Grant

Throughout the course of FY2020 AHEC West oversaw a year-long Planning Grant for the new Healing Allegany project as part of the Rural Communities Opioid Response Program (RCORP), a HRSA initiative to address access-to-care barriers related to substance use disorder (SUD) and opioid use disorder (OUD). The Planning phase culminated in late spring with an application for a three-year "Implementation" project under the RCORP program.

The Healing Allegany initiative was overseen by AHEC West as lead agency of a seven-member consortium that included Allegany College of Maryland, Allegany County Health Department, Allegany County Office of Workforce Development, Allegany County Sheriff's Office, Maryland Department of Health, and Maryland Rural Health Association

The planning effort centered on identifying and addressing gaps in opioid Prevention, Treatment, and Recovery services in Allegany County, a process that involved interviews with more than a half-dozen focus groups, including those in recovery, social workers, medical providers, teachers, and the faith community. The consortium's Strategic Plan outlined four broad goals as part of the proposed three-year project:

### Goal 1

Provide stigma education to the general public and health-care workforce, to include information on and advocacy for harm-reduction programs that reduce the morbidity and mortality associated with SUD/OUD

### Goal 2

Expand access to prevention, treatment and recovery services through workforce enhancement and improved service coordination

### Goal 3

Promote development of stable housing and other supportive services, including self-help and mutual support programs, for those in recovery

### Goal 4

Provide targeted services for families affected by SUD/OUD, to include Naloxone distribution and training, enhanced foster care services, and evidence-based mind-body skills training to prevent addiction, promote resilience and restore hope

The application for the Healing Allegany Implementation project was filed in late May, as FY2020 was winding down. Grant awards were to be announced in August. (Spoiler alert: We got it!)

# 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.



**Susan Stewart**  
Executive Director



**Melissa Clark**  
Associate Director



**Tina Rohrbaugh**  
Finance Director



**Emma Bauer**  
ECHO Program Assistant



**Jackie Booth**  
Administrative Specialist



**Mindy Bradshaw**  
Community Health Worker



**Catie Brenneman**  
Program Coordinator



**Jan Chippendale**  
Program Coordinator



**Mary Clites**  
Custodian



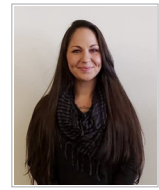
**Nefertiti Guillaume**  
Program Coordinator



**Amanda Heavener**  
Administrative Specialist



**Heather Iser**  
Community Health Worker



**Jade Kenney**  
Community Health Worker



**Richard Kerns**  
Program Coordinator



**Clark Lanthier**  
Navigator



**Christina Mackereth**  
Navigator



**Katie Marvin**  
Community Health Worker



**Carol Morgan**  
Navigator



**Tara Pope**  
Community Health Worker



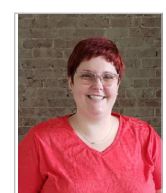
**Terri Socha**  
Program Coordinator



**David Stewart**  
Program Director



**Joy Taylor**  
Program Coordinator



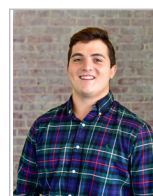
**Julie Teter**  
Oral Health Coordinator



**Jen Thomas**  
Program Coordinator



**Allyson Wallace**  
Navigator

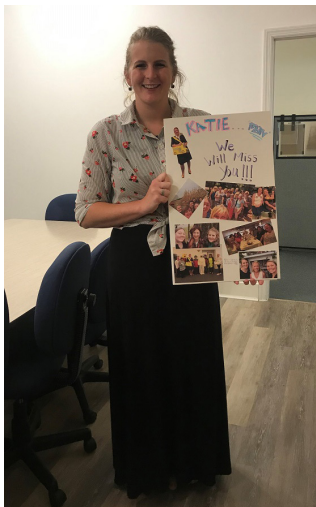
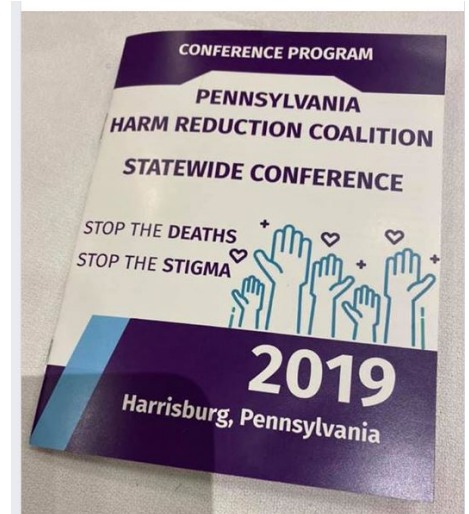
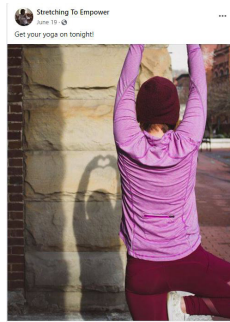


**Brady Watson**  
Navigator



# AHEC West through the year...

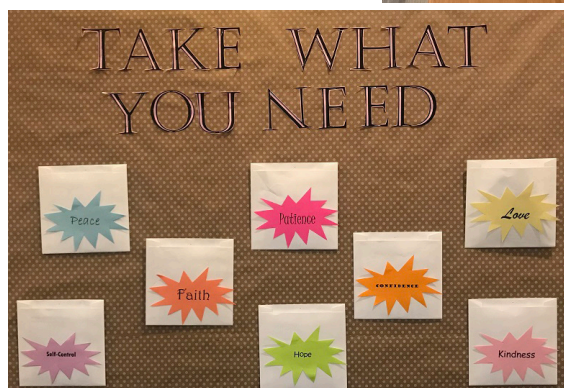
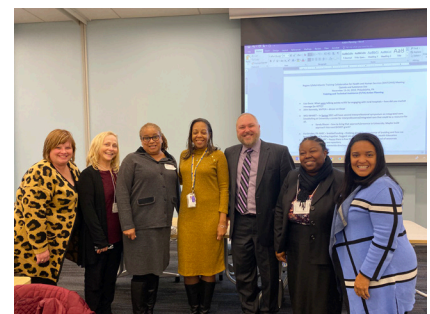
Clockwise from right: The STEP program promoted special socially distanced yoga classes as COVID hit in the spring; Melissa attended an opioid Harm Reduction conference in Harrisburg, Pa.; the door at the AHEC West Cumberland office announced the COVID closure; Susan and Melissa attended a HRSA conference in Rockville; Jen distributes “Just Breathe” bags through PharmaCare pharmacies; the Employee Wellness bulletin board encouraged staff to “Take What You Need” including Faith, Hope and Kindness; Melissa and Tina accepted a ceremonial \$15,000 check from Community Trust Foundaiton Director Leah Shaffer to support MHA dental programs; staff bid farewell to Katie Marvin with a big memory card; CENTER: Mindy works an informational table at the Firemen’s Challenge in Frostburg; Jen hosted a Women’s Health and Fitness Day event at the office.



Dental relief



Community Trust Foundation Director Leah Shaffer, left, presents a \$15,000 grant to AHEC West and its Mountain Health Alliance program to help provide dentures, partials, photos, oral health services and screenings for residents of Mineral County with limited financial needs. Accepting the grant are Melissa Clark, AHEC West associate director, center, and Tina Rohrbaugh, AHEC West finance director. For information about the denture program, contact Katie Marvin at 301-777-8150, ext. 100 or kmarvin@ahcec.org. For more information on the foundation, contact CTF at 301-876-9172 or ctf@ctfinc.org.





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**FY20 Board of Directors Volunteer Hours: 90**

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**Leah Millstein, MD**  
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Associate Residency Program Director  
Director of Ambulatory Education  
Director, Preliminary Program Dept. Internal Medicine

%	- FUNDING HIGHLIGHTS -	\$ Amount
27%	Maryland Health Benefit Exchange - Health Insurance .....	608,311.00
14%	Maryland Statewide Medical Education & Training System (MSMETS) .....	324,000.00
11%	Mountain Health Alliance 3 .....	237,690.00
7%	Healing Allegany .....	154,927.00
4%	Maryland Department of Health and Mental Hygiene .....	101,595.00
4%	Stretching To EmPower (STEP) .....	100,000.00
4%	Point Of Service AHEC Funding/Supplemental. ....	93,418.00
3%	Maryland Community Health Resources Commission .....	69,509.00
3%	Weinberg Foundation .....	64,566.00
3%	Local Administrative and Program Development Fund. ....	63,793.00
2%	Maryland Community Health Resources Commission - Recovery .....	51,476.00
2%	NAO National Training Center HPV .....	48,425.00
2%	County United Way - Impact Grant .....	44,710.00
2%	Geriatric Assessment Interdisciplinary Team (GAIT) Project .....	42,500.00
1%	Geriatrics and Gerontology Education and Research (GGEAR) .....	30,000.00
>1%	(Multiple additional funding sources of 1% or less) .....	200,917.00
		<b>2,235,837.00</b>

# BALANCE SHEET JUNE 2020

## AHEC West Balance Sheet

June 2020

ASSETS		
Current Assets		
GENERAL CHECKING	142,126.65	
PETTY CASH	55.00	
MORGAN STANLEY SECURITIES	181,307.19	
RBC WEALTH MANAGMENT	99,856.31	
DUE FROM GRANTS	399,908.21	
PREPAID RENT	5,824.48	
TOTAL Current Assets		829,077.84
Fixed Assets		
LEASEHOLD IMPROVEMENTS	163,479.01	
FURNITURE & EQUIPMENT	151,615.47	
ACCUMULATED DEPRECIATION	(154,491.08)	
TOTAL Fixed Assets		160,603.40
Other Assets		
DEPOSITS	525.00	
TOTAL Other Assets		525.00
TOTAL ASSETS		990,206.24
LIABILITIES		
Current Liabilities		
TRADE PAYABLES	196.24	
ACCRUED FICA	3,150.29	
PENNSYLVANIA INCOME TAX W/H	217.54	
STATE UNEMPLOYMENT PAYABLE	24.32	
ACCRUED PAYROLL	43,420.84	
ACCRUED PENSION PLAN	3,473.66	
AFLAC INSURANCE PAYABLE	249.80	
CELLULAR PAYABLE	96.30	
ACCRUED VACATION	17,673.00	
FICA ON ACCRUED VACATION	1,351.98	
REFUNDABLE ADVANCE	53,177.12	
DEFERRED RENT LIABILITY	10,264.00	
DEFERRED REVENUE	440.00	
TOTAL Current Liabilities		133,735.09
TOTAL LIABILITIES		133,735.09
CAPITAL		
GENERAL FUND - RESTRICTED	1,268.00	
GENERAL FUND - UNRESTRICTED	860,224.82	
Year-to-Date Earnings	(5,021.67)	
TOTAL CAPITAL		856,471.15