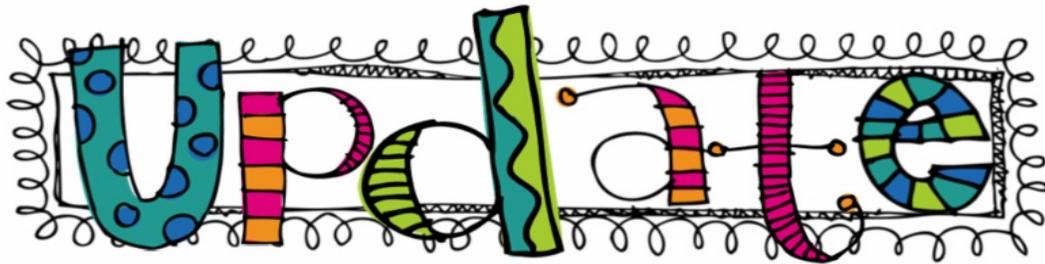


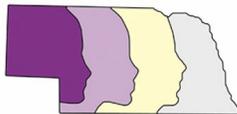
# Community Health Hub



June/July 2019

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

*Every Woman Matters*



NEBRASKA OFFICE OF WOMEN'S HEALTH

## Quick Links

[Every Woman Matters](#)

[Nebraska's Colon Cancer Screening Program](#)

[Women's Health Initiatives](#)  
[Community Health Worker Training](#)

[National Breast and Cervical Cancer Early Detection Program](#)

On the [Community Health Hub Web Page](#) you'll find tabs that give you important information. The page is divided this way so that you can easily find what you're needing.

[Community Health Hub Contact Information](#)

Helpful Links for #NebraskaStrong:  
NE Family Helpline:  
1-888-866-8660  
Nebraska Rural Response Hotline:  
1-800-464-0258

Substance Abuse & Mental Health

## NEW: Healthy Lifestyle Questionnaire

The Healthy Lifestyle Questionnaire (HLQ) was recently updated with new or reformatted questions from CDC. Please check out the EWM website at: [www.dhhs.ne.gov/EWM](http://www.dhhs.ne.gov/EWM) to see how it's changed.

## NEW: Community Health Hub Manual

The Community Health Hub Manual was recently updated. You can view it on the [CHH website](#). It is located under the Community Health Hub Manual tab.

## NEW: Income Guidelines

Every year on July 1 the program updates the Income Guidelines. [Here](#) is a copy of the guidelines. They will be effective on **Monday, July 1, 2019**. The website will be updated on Monday!

## TRAINING: Med It

If you were on the May 10 NAHLD webinar you should have heard the MedIt Training offered by Natalie Kingston. If you were not on the webinar or you just need a refresher please be sure to check out the presentation. The presentation is located on the [CHH site](#) page under the MedIt Data Entry tab.

## REMINDER: Healthy Behavior Support Services Located on the NEW Website

Healthy Behavior Support Services are listed on the CHH website under the Healthy Behavior Support Services tab. All appropriate information is listed. Under the information towards the bottom of that tab you'll also find the Motivational Interviewing Webinar Session. It is a requirement that all health coaches take this training

The [Community Health Hub website](#) gets updated quite frequently. Be sure to check it out as often as you can. Templates are available online and you can download them if you wish.

Below is a link to an online tutorial to give you a quick look at how the site pages changed and where to find information that is important to you: [DHHS Website Review Recording](#)

After you review the site and get familiar with it, please let us know if you want us to add other helpful information on the site or if we are missing what you need. Be sure to communicate with your TA to let them know how the site could be better.

## REMINDER: FY19-20 FOBT Kit Distribution

Services Administration (SAMHSA)  
Helpline: 1-800-985-5990

National Suicide Prevention Lifeline: 1-800-273-8255  
Available 24/7; Spanish line:  
1-888-628-9454

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

[Tips for Survivors of a Disaster or Traumatic Event](#)

[NebraskaStrong Recovery Brochure](#)

It is that time of year again. We are needing our Health Hubs to initiate the following in regards to FOBT kit distribution:

1. Please let your TA know how many FOBT kits you have remaining.
2. Re-label current FOBT kits with FY 19-20 and renumber kits with your assigned code and update the year. Please take time to look through the kits you have remaining and make sure they have not expired. If you have kits that are expired, please email your TA with the number of kits you are discarding due to the expiration date.
3. If your rate of return last distribution period is over 50%, your TA will be inputting your current plan on the updated template and channeling back to you for review, any updates and signature. If your rate of return is below 50%, your TA will be working with you to assess evidence based strategies for you to consider for this fiscal year. Your plan may need a bit more tweaking, but your TA will update on the current template and have you make changes from there.
4. Please update your distribution sites for this fiscal year (form attached) and return to your TA.
5. Also need any provider updates for this fiscal year (form attached) and return to your TA.

Re-labeling instructions and your assigned code can be found on the [Community Health Hub website](#) under the Community Health Hub Manual tab. Colon Cancer information not only is located in the Community Health Hub Manual but also under the Colon Cancer Distribution/Screening tab on the Community Health Hub website.

We would appreciate updated plans, distribution sites and provider updates back to us by **Monday, July 15<sup>th</sup>**. Thank you for your continued efforts to reach folks in your district regarding the importance of early prevention and getting screened for colon cancer.

### NEW TOOL: South Heartland Health Coaching Tool

South Heartland recently created a tool that helps them with health coaching. Helpful tips on getting started with health coaching includes:

1. Organization.
2. Scheduling or blocking out a devoted time on your calendar for health coaching.
3. Persistence. Vary the times you call clients in order to reach the client. If they don't answer in the morning, maybe try the afternoon or evening hours.
4. Utilization of the [Health Coaching Tracking Tool](#).

### NEW: Follow Up Assessments

The Follow Up Assessments have been updated. Please be sure to view the new ones that are located on the [CHH website](#) under the Follow-Up Assessment tab. The new assessments mirror the HLQ and how it is formatted. Hopefully it is easier for clients to view.

The online link has been updated as well.

### RESOURCE: Environmental Approaches

The National Breast and Cervical Early Detection Program (NBCCEDP) and the Colorectal Cancer Program (CRCCP) staff at CDC recently developed a nice one-page graphic describing [Environmental Approaches Strategy](#).

This particular document goes nicely with the [Promising Practice Ideas: Workplace Wellness Programs to Increase Breast Cancer Screening and Healthy Lifestyles](#) document that was created in 2018.

Please be sure to read both of these documents that are located on the [CHH website](#) under the Promising Practices tab. There are many other resources located under this tab. Additional infographics will be created by CDC and will be shared once they are available.



## FREE: Nicotine Replacement Therapy Continues Through the Nebraska Quitline

Promotional fliers are available to download and share with partners:  
[Free NRT Flier \(English\)](#)  
[Free NRT Flier \(Spanish\)](#)

## FREE: Evidence Based Interventions Resources

Just this past week we uploaded new resources for you that will assist you with evidence based interventions. These materials were brought back from a national training that some staff attended. These new resources are located on the [CHH website](#) under the Community Health Hub Resources tab. You'll want to scroll down a bit under the Evidence Based Intervention Resources section. Items added include:

- EBI Frequently Asked Question
- EBI Success Stories
- Community Clinical Linkages Infographics
- Environmental Approaches Infographics
- Data Driven Devin Making Infographic
- Using EBI Infographics
- Screen Out Cancer: EBI Infographics
- EBI Resources list.

We highly encourage you to take some time and review these helpful resources.

## NEW: LAST CALL!! Final Open Training Dates for CHH to Attend Living Well Trainings

The dates have been set for the next Living Well Leader trainings.

- August 21, 22, 27, 28 29\*- Omaha
- August 21, 22, 28, 29- Scottsbluff

\*The 29<sup>th</sup> is the optional diabetes cross training and is only being held in the Omaha location.

Please see the [Living Well Leader Information Sheet](#) for more information about the training as well as the [Living Well Leader Application](#).

Please note:

1. These are the final trainings that are offering priority to local public health departments who wish to participate in the AOA-ACL funding award stipends.
2. If you decide not to attend the training and there are not currently Living Well programs being offered your service area, we will look to

partner with other agencies in your service are to deliver the programs. Of course, we will reach out to you for potential partner ideas.

3. Not being trained doesn't mean you can't still be a part of the Living Well network! You can always be an advocate for or help refer to programs in your area.
4. For those of you already registered or you have current leaders, awards are in process. If you have questions about your status, please let Julie Chytil know by calling her at 402-326-2904 or emailing [Julie.chytil@nebraska.gov](mailto:Julie.chytil@nebraska.gov).

Please let Julie know by July 12 if you have staff that do plan to attend so she can work on getting the subawards into the system.

### **ARTICLE: Rural-Urban Differences in Financial Burden Among Cancer Survivors**

A higher proportion of rural cancer survivors reporting financial problems associated with their cancer diagnosis and treatment compared to urban survivors. Read more [here](#).

### **CHH UPDATE: Do you have something to contribute?**

Do you have something that you would like to contribute to the quarterly Community Health Hub Updates?

We continually strive to have the CHH Update in your email boxes on quarterly basis. If you have a submission or an idea please send them to your TA or you can also contact Tracey Bonneau at [Tracey.Bonneau@nebraska.gov](mailto:Tracey.Bonneau@nebraska.gov).