



# Project Status Report

Overall Status: **On Track**

## The University of Alabama-Pickens County Partnership: A Health Care Teaching County

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January 2018

### Project Abstract

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The UA-Pickens County Partnership is in year two of the development of a “Health Care Teaching County” (HCTC) aimed at creating an innovative partnership for enhancing a struggling health care system through strong ties between The University of Alabama and Pickens County, Alabama. Modeled after the idea of a “teaching hospital” based in a community, the HCTC is a collaborative approach intended to be a sustained and long term effort in which the county’s citizens and health professionals, in partnership with UA faculty and students, collaborate to address social determinants of health and develop an enhanced and sustainable model of health care delivery for the county.

Led by a 14 member Advisory Committee comprised of Pickens County community leaders and faculty and administration from The University of Alabama, the HCTC has three primary components: 1) a project coordinator who assists with program development and partnership activities; 2) pilot projects, led by UA faculty and Pickens County community organizations, which address high priority health-related issues within the county; and 3) Pickens Fellows, recent UA graduates who assist with pilot projects and provided the county with additional resources during a professional development “gap year” before continuing their education or careers.

During year one of the partnership, a project coordinator was hired and four fellows were selected for the project. Nine pilot community-based projects were funded and began implementing their programs in June 2016. Six fellows were selected to assist the partnership in year two. Six first year projects were funded for a second year and eight new community-based projects began work in the county in June 2017.

The project is <b>ON TRACK</b>	● The UA-Pickens County Partnership implemented a rural health care management pilot program with members of the Pickens County community and faculty and students from The University of Alabama.
Issues	● Struggling county hospital ● Social determinants of health contributing to low health ranking of the county ● High levels of obesity

Milestones  
accomplished during  
**Year One (2016-2017)**

- A comprehensive community needs assessment was completed.
- Health screenings were conducted in Pickens County schools, providing health risk factor information for 700 students.
- Community-wide health fair was held at the Health Plex on the campus of the Pickens County Medical Center (PCMC), which included health screenings of 83 county residents.
- Ninety preschool children from the Pickens County Early Learning Center participated in health screening.
- Forty-five percent of UA Nursing students who facilitated screening events in the county shared their experience influenced their interest in rural health.
- Twenty-two UA students from the Multiple Abilities Program (MAP) in the UA College of Education provided 3,729 hours of support/service to county schools.
- Professional development training was provided for 32 county teachers and administrators on three occasions, including the distribution of 192 books.
- Six Head Start preschool classrooms at the Pickens County Early Learning Center in Carrollton implemented the PATHS® Social Emotional classroom curriculum, reaching 120 students.
- A comprehensive community resource guide was developed, and more than 1,000 copies were distributed throughout the county.
- Equipment and technical support by Kinesiology faculty was provided to the PCMC to facilitate the development and growth of a new Cardiac Rehabilitation Service, which has enrolled 15 patients.
- Fitness equipment was provided to the Health Plex at the PCMC.
- Twenty laptops were provided to the Biomedical Career Center in Carrollton.
- Students in the Exploring Professional Opportunities in Health Care Project (EXPO) completed five trips outside Pickens County.
- The *Healthy Cooking with Suzanne Henson* nutrition education video produced for use throughout the county.
- Forty-two AEDs were placed with law enforcement, volunteer fire departments, senior centers, local government offices, corrections facilities, and libraries across Pickens County.
- Partnership activities were highlighted during a visit to the county as part of the New Faculty Community Engagement Tour held by the UA Division of Community Affairs, Center for Community Based Partnership.
- The partnership was recognized at the 10th Annual Excellence in Community Engagement Awards ceremony held by The University of Alabama Center of Community Based Partnerships for Outstanding Community Partner-Initiated Engagement Effort.

<p>Milestones accomplished during <b>Year Two (2017-2018)</b> (to-date)</p>	<ul style="list-style-type: none"> <li>● Six renewals for year one pilot grant projects were funded.</li> <li>● Eight new pilot grant projects were funded to address newly identified health related issues in the county.</li> <li>● \$10,000 of equipment and education materials were provided to the Cardiopulmonary Rehabilitation Center at PCMC.</li> <li>● Funding was provided to hire Registered Dietician for the Cardiopulmonary Rehabilitation Center at PCMC. The RD has seen over 25 patients to-date.</li> <li>● Professional development training conducted for over 30 teachers and administrators at the Pickens County Early Learning Center.</li> <li>● Marketing campaign “My Home, My Hospital” developed for the Pickens County Medical Center.</li> <li>● Health Screenings offered in multiple locations throughout Pickens County by UA Nursing faculty and students.</li> <li>● Completed early Autism identification training for Pickens County Primary Care Physicians, Nurse Practitioners, and Nurses.</li> <li>● Autism parent support groups held at Pickens County Primary Care.</li> <li>● Behavioral health services program was implemented in Pickens County and Gordo High Schools.</li> <li>● For two weeks during the fall, 26 UA students taught literacy lessons for 3 and 4-year-old children at the Pickens County Early Learning Center.</li> <li>● Marketing strategy developed and marketing promotional package created for PCMC.</li> <li>● Completed market and revenue analysis for PCMC.</li> </ul>
<p>Milestones planned for remainder of <b>Year Two</b></p>	<ul style="list-style-type: none"> <li>● Conduct health screenings for middle and high school students by the end of the school year</li> <li>● Development of portable wellness education station for use throughout the county</li> <li>● Revise and expand the community resource guide developed during year one</li> <li>● Evaluate outcomes from second year projects as applicable</li> <li>● Explore opportunities to evaluate the impact of participation in the partnership on UA students</li> </ul>
<p>Milestones planned for <b>2018-2019</b></p>	<ul style="list-style-type: none"> <li>● Select and train new fellows for the 2018-2019 academic year</li> <li>● Fund new pilot grant projects for the 2018-2019 academic year</li> <li>● Fund pilot projects that are in progress with merit for renewal for the 2018-2019 academic year</li> </ul>
<p>Areas for Improvement</p>	<p>Assist funded projects in which a no cost extension was requested to overcome barriers and maximize project sustainability.</p> <p>Increase community member’s recognition of partnership activities in the county</p>

	Continue to streamline funding/reimbursement process for funded projects	
<b>Budget Year One:</b>	Pilot Grant Projects	\$190,000
	Fellows & their projects	\$200,000
	Infrastructure, office, & coordinator	\$150,000
	Other community projects	\$ 60,000
	<b>Total</b>	<b>\$600,000</b>
<b>Budget Year Two:</b>	Grants & community projects	\$207,861
	Fellows salaries & benefits	\$261,360
	Infrastructure, office, & coordinator	\$130,779
	<b>Total</b>	<b>\$600,000</b>
Contact Information	Richard Streiffer, MD Dean, College of Community Health Sciences The University of Alabama Office: 205-348-1288 Email: rhstreiffer@ua.edu	

**Funded Projects - Year One**

Title and Purpose	University Partners	Pickens County Partners	Activity Synopsis
<p><b>Improving Pickens County Residents' Knowledge of Risk Factors for Cardiovascular Disease and Type 2 Diabetes</b> - Create an infrastructure through which healthcare providers and community partners work together to increase Pickens Co. residents' knowledge of their cardiovascular disease and diabetes.</p>	<p>M. Montgomery, PhD; P. Johnson, PhD; Capstone College of Nursing (CCN) &amp; 140 CCN students</p>	<p>Pickens County Board of Education Pickens County Head Start Pickens County Community Action</p>	<p>Screened 90 preschool children in Fall 2016 in the Pickens County Early Learning Center. Also screened and provided health education to 83 residents who participated in the county-wide health fair at the Health Plex in Spring 2017. Approximately 140 nursing students provided screening services in the county.</p>
<p><b>Alabama Literacy Project</b> - Provide resources and professional development for Pickens Co. school teachers and administrators.</p>	<p>C. Donovan, PhD; College of Education N. Swoszowski, PhD; College of Education</p>	<p>Jamie Chapman, Superintendent, Pickens County Schools - Carrollton Fall Festival Pickens County Head Start Gordo Elementary</p>	<p>Participated in the Carrollton Fall Festival. Met with community members and gave away over 150 books. Provided professional development for 32 teachers and administrators on three occasions. Eleven hours of professional development and 192 books have been distributed. More than 30 hours of professional development have been completed or scheduled. Each UA (MAP) student provided 65 hours of support/service to Pickens County Schools in fall (22*65 hours = 1,430) and 104.5 hours of support in spring (22*104.5 hours = 2,299 hours). Assuming an average of 20 students per classroom, UA (MAP) students supported a total of 880 students across the school year.</p>
<p><b>Improving Access to Cardiac Rehabilitation Services in Pickens Co.</b> - Establish a partnership between UA and the Cardiopulmonary Dept. at PCMC to aid in the development of a sustainable evidence based cardiac rehab program to address the needs of cardiac patients at PCMC.</p>	<p>J. Wingo, PhD; College of Education; A. Shah, PhD School of Social Work &amp; 3 Undergraduate Interns from the Department of Kinesiology</p>	<p>Pickens County Medical Center- Sharon Crawford Wester</p>	<p>Helped to facilitate the establishment of a cardio-pulmonary rehabilitation program through equipment acquisition, patient recruitment, and placement of student interns. Fifteen patients have been enrolled in the program. Regarding program compliance, 311 sessions have been scheduled, 217 attended, for 70% compliance. Patients range in age from 31-83 years and include 40% men, 60% women, 53% Caucasian, and 47% Black.</p>
<p><b>Disseminating the Power PATH Mental Health Preventive Intervention to the Pickens County Head Start Program</b> - Provide the curriculum and training needed for Pickens Co. Head Start teachers and family service workers to implement a mental health program.</p>	<p>C. Boxmeyer, PhD; College of Community Health Sciences; A. Gilpin, PhD; J. DeCaro, PhD; J. Lochman, PhD; Q. Mitchell, PhD; College of Arts and Sciences &amp; 3 undergraduate students</p>	<p>Pickens County Community Action Committee and Community Development Corporation, Inc.: Cynthia Simpson Vanessa Hopkins Frank Woods Demeka Edwards Joanna Williams 12 Head Start preschool teachers</p>	<p>Twelve preschool teachers as well as administrators and mental health staff from the PCELC participated in a PATHS® training workshop led by Dorothy Morelli, CEO of PATHS® Education Worldwide and Dr. Caroline Boxmeyer. The Preschool PATHS® Social Emotional Program curriculum was instituted in all 6 Head Start classrooms, reaching 120 students. Four community partners have been trained to implement parent program, Power PATH. The PATHS® curriculum includes 44 weekly lessons teaching skills that are foundational for personal well-being and healthy relationships. Staff members independently led 7 parent group meetings during the 2016-2017 school year</p>

<p><b>Bringing Healthy Food Options and Ease of Preparation Home to our Senior Adults -</b> Increasing knowledge of basic cooking and self efficacy to prepare meals and select healthy food options - focusing on nutrient-dense, cost effective food choices.</p>	<p>J. Anderson; College of Continuing Studies C. Suzanne Henson, MS, RD, LD; College of Community Health Sciences</p>	<p>Anne Jones-Pickens County Family Resources Pickens County Senior Centers Sharon Crawford-Pickens County Medical Center Jacki Lee-Pickens County Medical Center Kevin Jones-Jones Media Production Piggly Wiggly-Gordo Ashmore's Fine Foods-Reform Federal Correctional Institution-Aliceville</p>	<p>This project was directed to educate mature adults (age 60 and older) on nutrients that can be found locally and used in cooking. Recipes that are cost effective and nutrient dense were highlighted. Healthy cooking sessions were conducted at the Gordo and Reform Senior Centers with approximately 30 individuals. A healthy food sampling occurred at 2 grocery stores in the county, and a similar program took place at the Federal Correctional Institution. Community health fair attendees received nutrition education material and were able to view a videotaped grocery store tour and cooking demonstration. The project produced a nutritional education video that can be used by any group as an educational program.</p>
<p><b>Teleplay: Connecting Physicians, Families, and Autism Professionals to Increase Early Autism Identification in Pickens Co. -</b> Teleplay can provide the access by creating a sustainable mechanism for supporting physicians through the early identification and referral process.</p>	<p>L. G. Yerby, PhD; College of Community Health Sciences; A. Barber, PhD; College of Arts &amp; Sciences and C. Childers, MSIII/IV</p>	<p>Julia Booth, MD, MPH - Pickens Co. Primary Care - Clinic</p>	<p>TelePlay system was implemented on the appropriate computer server. Project efforts towards rural primary care physicians and the families of children who fail a screen for autism at an 18 or 24 month well child visit, or an older child who the physician has concerns about. Will be offering support for families of children with behavioral issues and developmental delay through education groups. Project has not officially started because IRB application is still pending. However, the project has connected one child/family in dire need with autism diagnostic and care services.</p>
<p><b>Pickens County Medical-Legal Partnership for the Elderly -</b> Establishing a partnership through the UA Elder Law Clinic providing legal care to PCMC patients over age 60, addressing common health-harming legal issues.</p>	<p>G. Brake; School of Law; Student Legal Interns in the Elder Law Clinic; Elder Law Clinic Interim Director; Staff Attorney &amp; Paralegal</p>	<p>Jim Marshall, CEO, Pickens County Medical Center -Pickens County Medical Center Aliceville Manor Nursing Home Individual clients' homes</p>	<p>Approximately 23 clients were served and the project director meet with numerous groups in the county including health care providers to promote to educate and train healthcare providers in the identification and referral of elderly patients with potentially health-harming legal issues.</p>
<p><b>Development of Family Medicine Residency in Pickens County-</b> Establishing a rural residency program based at PCMC for hospital related training.</p>	<p>R. Friend, MD; College of Community Health Sciences</p>	<p>Jim Marshall, CEO, Pickens County Medical Center Deborah Tucker, CEO Whatley Health Services</p>	<p>Leaders from the Pickens County Hospital and UA traveled to a model residency program in Louisiana to research needs for program implementation at Pickens County Medical Center.</p>
<p><b>EXPO Project (Exploring Professional Opportunities) in Health Care-</b> A leadership program to encourage Pickens Co. students to enter into a health care related field following high school graduation.</p>	<p>R. Friend, MD, College of Community Health Sciences</p>	<p>Patti Fuller, Extension Office; Shawn McDaniel Pickens County School Board</p>	<p>25 high school students from Pickens County were selected to participate in a leadership program to enhance their college readiness and expose them to career opportunities in the healthcare field.</p>

Funded Projects - Year Two			
Title and Purpose	University Partners	Pickens County Partners	Activity Synopsis
<p><b>Improving Pickens County Residents' Knowledge of Risk Factors for Cardiovascular Disease and Type 2 Diabetes: The Pickens Health Improvement Program (PHIP)</b> - Create an infrastructure through which healthcare providers and community partners work together to increase Pickens Co. residents' knowledge of their cardiovascular disease and diabetes.</p>	<p>M. Montgomery, PhD, Capstone College of Nursing P. Johnson, PhD; Capstone College of Nursing</p>	<p>Pickens County Extension Office, Patti Presley-Fuller; Pickens County Early Learning Center-Carrollton</p>	<p>Held three health screenings at the Pickens County Early Learning Center and four public screening events in Pickens County. The project is also assisting with the implementation of the Pickens County Diabetes Coalition.</p>
<p><b>Alabama Literacy Project: Supporting Early Literacy Development and Instruction</b> - Continue support for early literacy and language development in Pickens County, including professional development for teachers, family literacy programs and vision and hearing screenings for young children.</p>	<p>C. Donovan, PhD; College of Education N. Swoszowski, PhD; College of Education</p>	<p>Pickens County Head Start, Fred Woods, Director Pickens County School System, Alesia Williams, Pre-K Coordinator, Jamie Chapman, Superintendent</p>	<p>Provided professional development focused on literature and language development for more than 30 teachers and administrators on four occasions. Project has held two parent literacy support meetings.</p>
<p><b>Improving Access to Cardiac Rehabilitation Services in Pickens Co.</b> - Continue the partnership between UA and Pickens County Medical Center's Cardiopulmonary Services department to develop a sustainable, evidence-based cardiac rehabilitation program for county residents.</p>	<p>J. Wingo, PhD; College of Education; A. Shah, PhD; School of Social Work</p>	<p>Pickens County Medical Center, Sharon Crawford Wester, Cardio-Pulmonary Services</p>	<p>Purchased over \$10,000 in equipment and educational materials for the use in PCMC Cardio-Pulmonary Services. Provided funding for a Registered Dietician for the department, who has provided nutritional counseling for more than 25 patients to-date. Developed a marketing strategy to increase awareness of services offered by the department.</p>
<p><b>Disseminating the Power PATH Mental Health Preventive Intervention to the Pickens County Community Action Committee &amp; Pickens County Schools</b> - Provide the curriculum and training for school personnel at Pickens County Early Learning Center to implement the Power PATH mental health program with pre-school students and their parents.</p>	<p>C. Boxmeyer, PhD; College of Community Health Sciences</p>	<p>Pickens County Community Action Committee and Community Development Corporation, Inc., Cynthia Simpson, Executive Director Pickens County Schools, Alesia Williams, Administrator of Special Education</p>	<p>Teachers at Pickens County Head Start are self-sustaining the Power PATH program for the second year. Working towards Pickens County Early Learning Center becoming a POWER PATH model school. The Power PATH program is being implemented in Board of Education classrooms.</p>
<p><b>EXPO Project (Exploring Professional Opportunities) in Health Care-</b> A leadership program to encourage Pickens Co. students to enter into a health care related field following high school graduation.</p>	<p>R. Friend, MD, College of Community Health Sciences</p>	<p>Patti Fuller, Extension Office; Shawn McDaniel Pickens County School Board</p>	<p>Planning spring trips for participants to University of Alabama at Birmingham and Auburn University. A end of year celebration is being planned at the new Career Center for May.</p>

<p><b>Teleplay: Connecting Physicians, Families, and Autism Professionals to Increase Early Autism Identification in Pickens Co.</b> - Teleplay can provide the access by creating a sustainable mechanism for supporting physicians through the early identification and referral process.</p>	<p>L. G. Yerby, PhD; College of Community Health Sciences; A. Barber, PhD; College of Arts &amp; Sciences and C. Childers, MSIII/IV</p>	<p>Julia Booth, MD, MPH, Pickens Co. Primary Care Clinic - Reform</p>	<p>Completed early autism identification training for the physicians, nurse practitioners, and nurses at Pickens County Primary Care. Conducted two parent support groups. One child has been identified as having early signs of autism and will be provided therapy and additional resources.</p>
<p><b>Literacy Outreach as One Component of Health and Wellness</b>-Expand literacy outreach to include community health.</p>	<p>C. Donovan, PhD; College of Education N. Swoszowski, PhD; College of Education</p>	<p>Pickens County Schools, Jamie Chapman, Superintendent</p>	<p>Twenty-six UA students spent two weeks conducting literacy lessons with 3 and 4-year-old children.</p>
<p><b>The University of Alabama School of Social Work-Pickens County Schools Partnership to Provide Behavioral Health Services in the Context of a Positive School Climate</b>-Enhance school climate and increase access to behavioral health services for students.</p>	<p>L. Hopson, PhD; School of Social Work</p>	<p>Pickens County Schools, Jamie Chapman, Superintendent - Pickens Co. High School and Gordo High School</p>	<p>Two students from the School of Social Work have assisted more than 31 students with counseling, case management, and workshops. More than 20 teachers have participated in professional development focused on the prevention of bullying and identification of students suffering from behavioral health issues.</p>
<p><b>Managing Frequent Attenders in Medical Care to Improve Patient Well-Being and Reduce Provider Burden: Part 1-Assessing the Scope of the Problem</b>-Understand the degree and nature of unnecessary medical care in ambulatory medical practices and hospital settings in Pickens County.</p>	<p>J. Hamilton, PhD, College of Arts &amp; Sciences</p>	<p>Pickens County Medical Center, Jim Marshall, CEO Pickens County Primary Care, Julia Booth, MD, MPH</p>	<p>Met with PCMC Emergency Department physicians about frequent visitors. Between 10-15 patients identified as frequent visitors (&gt;250 visits) to the PCMC Emergency Department during the past five years. Developing a coding strategy for frequent visitors.</p>
<p><b>Developing Awareness of Services Offered by Pickens County Medical Center</b>-Work to better promote services offered by Pickens County Medical Center to address important health care needs in the county.</p>	<p>J. Naidoo, PhD, Culverhouse College of Commerce</p>	<p>Pickens County Medical Center, Jim Marshall, CEO</p>	<p>Conducted a low and high fidelity marketing analysis of Pickens County. Developed a marketing strategy and marketing promotional package "My Home, My Hospital" for PCMC. Presented a marketing report to the PCMC Board of Directors.</p>
<p><b>Identifying Areas for Revenue Maximization for Pickens County Medical Center</b>-Examine opportunities to increase physician engagement and increase volumes across services offered by PCMC.</p>	<p>M. Whitman, PhD, Culverhouse College of Commerce</p>	<p>Pickens County Medical Center, Richard McBryde, CFO</p>	<p>Complete market and revenue analysis. Assessment of physician engagement and revenue cycle in progress. Working with PCMC Business Office to obtain service and billing data.</p>
<p><b>Women Wellness Workshops for Breast Cancer Awareness</b>-Implement church-based, nurse-led educational sessions about breast cancer awareness and early detection among rural, African-American women and train community health workers and undergraduate pre-nursing/nursing students to lead sessions.</p>	<p>M.A. Kelley, PhD, Capstone College of Nursing C. Ford, PhD, Capstone College of Nursing</p>	<p>Pickens County Medical Center, Jim Marshall, CEO and Deborah Hughes Aliceville Church of Christ, Tommy Blakney</p>	<p>Four community health workers have been recruited. Two churches have completed the first phase of the workshop program. One church has completed entire workshop.</p>

<p><b>Race, Place, and Lifestyle: A Multigenerational Needs Assessment for Obesity Prevention-</b> Implement an evidence-based youth advocacy program to combat obesity and to modify and pilot a home-based intervention for parents and grandparents related to the youth advocate.</p>	<p>R. Paxton, College of Community Health Sciences</p>	<p>Sapps Community Center, Belinda Craig - Churches in Aliceville, Reform, Gordo and Carrolton</p>	<p>Working to gage community receptiveness and interest. Planning to hold town hall meetings within the community.</p>
<p><b>Understanding Pain Management Needs Among Community Dwelling Older Adults with Chronic Illness-</b>Assess the need for pain management among older adults with chronic illness in Pickens County, and explore strategies to promote access to and use of palliative care in community settings.</p>	<p>Hyunjin Noh, MSW, PhD, School of Social Work Anne Halli-Tierney, MD, College of Community Health Sciences</p>	<p>Aliceville Manor Nursing Home, Ashley McGee, Administrator Carrolton Senior Activity Center, Myra ShuffleBarger, Director Julia Booth, MD, MPH - Pickens Co. Primary Care</p>	<p>Working to obtain IRB approval for project.</p>