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Staff from N.C. MedAssist who recently accepted a TNHF grant were, from left: Terrelle McCain, social worker, Erin Sherman, pharmacy tech, Jackie Rodriguez-Aguirre, social worker, Lori Giang, CEO, Kimmie Marble, pharmacy tech, Tonia Harris, social work supervisor, and Pat Loman, pharmacist.

Triangle North Healthcare Foundation Awards Over \$320,000 in Health Grants

Triangle North Healthcare Foundation's Board of Directors has approved \$323,450 in grant awards to local organizations in the Foundation's sixth annual grant cycle. With the 2018 grant award, the Foundation's contributions to the community total \$1.5 million since the Foundation began grantmaking in 2013.

"The primary purpose of our grantmaking is to invest in organizations that share our mission to improve health in our region," said Val Short, executive director for the Foundation. The 2018 grant awards will fund 11 projects presented by nonprofits and agencies that serve local communities—and all of them will focus on community health and

health improvement programs throughout the four-county region.

"Our hope is that these grant awards will result in improved health and healthier outcomes for children and adults in Vance, Warren, Granville, and Franklin counties," said Short.

The 11 grants approved by the board fall under one or more of the five funding priorities established by the Foundation in 2013, including chronic disease, mental health and substance abuse, nutrition and physical activity, reproductive health, and success in school as related to health and wellness.

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Our Mission

To encourage, support and invest in quality efforts that measurably improve health in the Triangle North Region.

Our Vision

To live in a healthy community.

Our Focus Areas

The Foundation gives priority to grant projects that will have a positive impact and improve health in these priority areas:

~Chronic Disease

~Nutrition & Physical Fitness

~Mental Health & Substance Abuse

~Reproductive Health

~Success in School as it Relates to Health and Wellness

Next Grant
Cycle
Opens
March 1, 2019



FGV Smart Start received a grant to fund a health component of their Adolescent Parenting Program. From left, those who received the grant award were Tony Cozart, Annie Perry, Garry Daeke, and Sharon Bryant.

2018-19 TNHF Grant Recipients and their Projects

Alliance Rehabilitative Care (ARC) – Access to Dental Care – Residents entering the substance abuse halfway house in Henderson will receive dental screening and preventive care and when necessary, more extensive dental treatment to prevent further decay and to promote overall health.

Boys & Girls Clubs of North Central NC – Project Sport – This pilot program will target 4th and 5th graders who will participate in two existing programs plus they will learn skills that will prepare them to participate in organized competitive team sport activities, including flag football, basketball, soccer, and tennis.

Franklin-Granville-Vance Smart Start – Teens Fit for Life – the existing Adolescent Parenting Program will continue the Nutrition & Fitness component through participation in programs at the YMCA and through nutrition education provided by Cooperative Extension.

Granville-Vance Public Health – Responding to the Opioid Crisis in Vance & Granville Counties—Medication-Assisted Treatment (MAT) for substance abuse disorders will be available at the Health Department’s Primary Care Clinic in addition to continuation of the work of the VIBRANT Coalition to address the four focus areas of the N.C. Opioid Action Plan.

Henderson Family YMCA – 1) Girls on the Run – a self-esteem, self- respect and healthy lifestyles program for girls culminating in a 5k run/walk at the end of each semester; 2) **Safety Around Water** – teaches water safety and drowning prevention skills to 2nd graders in Vance County.

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2018-19 TNHF Grant Recipients and their Projects *continued from page 2*

Shepherd Youth Ranch – Trail to Success – Provide skill building for youth suffering from grief, loss, abandonment and abuse. Partial scholarships will be provided to 10 youth who are referred by the school system or law enforcement who will enter into an intensive 24-week program, which consists of weekly group and monthly family sessions in a unique program that uses rescued horses to help with therapy.

Strength and Mending (S.a.M) Child Advocacy Center – Child Forensic Interviews – provides a centralized, child-centered approach to investigation that reduces the risk of trauma to the children who are victims of abuse; increases opportunities for healing for the child and non-offending family members.

TROSA (Triangle Residential Options for Substance Abusers, Inc.) – Rebuilding Lives: Mental Health & Substance Abuse Recovery – provides a two-year residential recovery program free of charge with treatment, education, vocational training and care for residents of the Triangle North region who suffer from alcohol and substance use disorder.

Warren County Senior Center. – Diabetes Peer Educator Training and Outreach— in partnership with Warren County Health Department, this program will prepare volunteers to deliver diabetes self-management classes and support to Warren County diabetics in their own communities.



S.a.M. Child Advocacy Center’s Director Cara Gill and Board Member Marcus Barrow accepted a grant from TNHF for their work with child victims of crime.

TNHF Board Designates ACEs for Strategic Initiative

Triangle North Healthcare Foundation’s Board of Directors has designated ACEs, or Adverse Childhood Experiences, as the focus of a 2 to 3 year strategic initiative. ACEs, are traumatic experiences that occur early in life. Examples of these experiences include physical neglect and abuse; having a parent in prison; and living with someone abusing alcohol or drugs. These early experiences literally affect the structure and function of children’s brain development, and neuroscience is helping us understand the impact ACEs have on individuals for the rest of their lives.

The Adverse Childhood Experiences Study, led by the CDC and Kaiser Permanente in 1998, linked chronic stress caused by early adversity and long-term health issues like obesity, cancer, and suicide. The study included 17,000 interviews of adults who were scored based upon their exposure to these types of stressful childhood experiences.

Results of the study showed that ACEs are incredibly common, and the more trauma someone experiences in childhood, the higher their risk for chronic disease as an adult. High ACE scores have been correlated with increased risk of drug and alcohol abuse, suicide, imprisonment, and numerous health conditions. Extensive research shows that Adverse Childhood Experiences create chronic, unrelieved stress that affects central nervous system functions. Coping mechanisms, like smoking, substance use, and overeating, provide short term stress relief, but have major long-term health impacts.

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Grant Awards

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Most of the 2018 grant projects focus on chronic disease management. They will provide a broad range of approaches to improving health--from programs that provide healing and support to traumatized children, to programs that provide strategies for managing chronic disease. "In all of our grant programs, health and wellness are at the heart of the work they will do," said Short.



Who We Are

Located in Henderson, Triangle North Healthcare Foundation provides grants to nonprofits organizations, governmental agencies, and schools in Vance, Warren, Granville, and Franklin counties.

The Foundation's grant funding mission has been made possible by the endowment that was established after Maria Parham Health merged with the for-profit Duke-Lifepoint in 2011.

The Foundation will launch a new grant cycle in the spring of 2019, but in the meantime, the Foundation staff is available to discuss ideas for grant projects or to provide assistance with grant writing.

Information about our grantees and future grant opportunities is available on the website at www.tnhfoundation.org or call 252-598-0763.

TNHF To Launch ACEs Strategic Initiative in 2019

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Much needs to be done in our communities to address health issues tied to chronic adversity, beginning in childhood. Triangle North Healthcare Foundation is in an excellent position to help educate our communities about the effects of ACEs and the impact of toxic stress on children's developing brains and bodies.

"We want to help build local awareness of the need for trauma-informed, youth-friendly services that will engage children and families in addressing and coping with toxic stress," said Val Short, TNHF Executive Director.

The purpose of the initiative would be to raise awareness, educate the community, convene agencies and stakeholders from throughout the region, and provide a collaborative, coordinated resilience resources to leaders, law enforcement, care givers, social workers, health and education professionals, and parents that will help them recognize the signs of ACEs in the children they serve and learn how to help them.

The community is also asking for more about ACEs. During the door-to-door surveys conducted recently as part of the 2018 Granville-Vance Public Health Community Health Assessment, 76% of those surveyed in Granville County and 86% of those surveyed in Vance County believe ACEs are an issue and should be a priority.

Planning for the initiative has begun and more information will be released as the programming develops. For more information, call the Foundation at 252-430-8643.

UPCOMING GRANTEE EVENTS

G-V Public Health Prescription Drug Take Back

Friday, November 30 10 a.m. to 2 p.m. at Medical Arts Pharmacy, Henderson

Henderson Family YMCA Jingle Bell Run

Benefits Girls on the Run and STRIDE Saturday, December 8 at Satterwhite Point

Shepherd Youth Ranch Charity Polo Tournament

at Hunt Horse Complex, Raleigh February 2, 2019
4 to 8 p.m. Request an invitation at hope@shepherd-youth-ranch.org

NC MedAssist Mobile Free Pharmacy

Over-the-Counter Drug Giveaway, Thursday, February 21, 2019, 9am-2pm, Warren County Armory, Warrenton