

## The Latest News From MCDPH - May 2019

Dear Colleagues,

Each month we learn about various national awareness campaigns. This month we can't think of two more important topics than stroke awareness and mental health. Both have significant impact on our families, friends, coworkers and community members across the nation and beyond. In this edition, we hope to shed light on current stroke and mental health initiatives across the country, and also share resources for individuals seeking mental health assistance.

46 million adults face the reality of managing a mental illness every day. Such a striking statistic is a main reason why the National Alliance on Mental Illness (NAMI) created the **WhyCare?** Campaign. The title of this campaign was chosen because according to NAMI, "Care is a simple 4-letter word, but a powerful way to change lives for people affected by mental illness. It's an action. It's a feeling. It's a gift we give to ourselves and to each other. People feel loved when someone cares. People feel heard when someone cares. People recover when someone cares. Society changes when people care. Entire systems change when people care."

This month, and every month, join us in breaking down barriers to resources, improving the health of our communities, and creating broad, systems-level change.

As always, we hope you enjoy this edition of our newsletter.

Best Regards,  
*Danielle Louder & Elizabeth Foley*  
Co-Directors, MCD Public Health

## May is Stroke Awareness Month

**Every 40 seconds, someone in the US has a stroke.** In addition, it is the 5th leading cause of death in the United States. However, these cerebrovascular events are not unique to the US. **Worldwide, strokes are the second leading cause of death, and the third leading cause of disability.** As public health professionals we can promote healthy prevention measures like controlling high blood pressure and cholesterol, and teaching others how to recognize stroke and **ActFAST**.

Take action to prevent stroke.

Up to **80%** of  
**strokes** in the U.S.  
are **preventable**.



## Paul Coverdell Stroke Trainings

MCD Public Health has had the privilege of developing an online training portal for the Massachusetts Department of Health's stroke online trainings as part of their Paul Coverdell National Acute Stroke Program work. Their training covers topics such as Acute Stroke: Process Involvement, Introduction to Stroke Systems of Care, among others. The training also covers globally relevant topics, such as Dysphagia Screening Best Practices and a Modified Rankin Scale module, which features patient interview examples.



The Centers for Disease Control and Prevention currently fund nine states through the Coverdell program, including: Massachusetts, California, Georgia, Michigan, Minnesota, New York, Ohio, Washington and Wisconsin. Through the CDC, the Paul Coverdell National Acute Stroke Program provides support to state health departments to both track and measure acute stroke care and improve the quality of stroke care. The ultimate goal of the Coverdell program is to reduce the number of untimely deaths due to stroke, prevent stroke-related disability, prevent recurring strokes, and to ensure that all Americans have access to the highest quality stroke care across the care continuum.

To access Massachusetts' Coverdell Stroke Systems of Care Online Training, [click here](#).

To learn more about the Paul Coverdell National Acute Stroke Program, [click here](#).

## Mental Health Month

May is Mental Health Month, and the month-long campaign is being recognized by numerous organizations across the country. NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building

better lives for the millions of Americans affected by mental illness. They work to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

10 million adults in the United States have a serious mental illness. While finding ways to access treatment and resources, many of these individuals are also being subjected to various stigmas. The stigma of mental illness creates an environment of humiliation, fear and silence that prevents people from seeking help and treatment. We can all support the elimination of stigma, and help connect individuals in our communities to the resources that they need.

# Why Care?

## 1 in 5

adults in the United States experiences a mental health condition in a given year. That's 46.6 million people per year.

[nami.org/whycare](http://nami.org/whycare)



### Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit [NAMI.org](http://NAMI.org)

## 2019 Northeast Regional Telehealth Conference REGISTER TODAY!

The full agenda for our **2019 Northeast Regional Telehealth Conference** is now available on the conference webpage! We've confirmed a number of exciting plenaries and breakouts, and we hope you'll consider joining us for this year's event.

There are still a small number of sponsorship and exhibitor opportunities available, but they are filling up quickly!

Visit the [NETRC Conference webpage](#) or click on the buttons below for more information. **We hope to see you there!**

[REGISTER TODAY!](#)

[NETRC 2019 Sponsorship](#)



June 17 + 18, 2019  
Westin Portland Harborview  
Portland, Maine

### Meet Our Team

Lindsey Williams - Healthy Lincoln County

Lindsey Williams rounds off the Healthy Lincoln County team as the SNAP-Ed Nutrition Education Coordinator. She will be working throughout the county to provide nutrition education to both children and adults, as well as collaborating with community partners on initiatives related to food insecurity, obesity prevention, and promoting physically active lifestyles. Previously employed at a local elementary school as a teacher, Lindsey is excited to connect her joy of teaching with her desire to enhance lives through proper nutrition.

Originally from Vermont, Lindsey received her bachelor's degree in Education with a focus in Nutrition and Food Science from The University of Vermont. After skiing and hiking in North Lake Tahoe, CA, Lindsey relocated to Damariscotta where she now resides with her husband, two young boys, and their black lab.



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### Katelyn Malloy - Maine CDC



Katelyn joins MCD Public Health and the Maine CDC as the AIDS Drug Assistance Program Coordinator. Katelyn is a Rhode Island native with a BA in Journalism from Adelphi University in New York, and a Master of Public Health degree from the University of Southern Maine's Muskie School of Public Service. Aside from growing her core public health competency skills, Katelyn loves to read biographies and horror/mystery novels. She also enjoys biking, gardening, and exploring Maine's wildlife. Katelyn is beyond thrilled to be here and looking forward to this new chapter.

## Join Our Team

MCD is seeking talented individuals for both domestic and international positions:

### Domestic Public Health



[Click here](#) to see current opportunities.

### International Public Health



[Click here](#) to see current opportunities.

# Upcoming Events

**2019 Northeast Regional Telehealth Conference** - \*Registration Now Open\* – **June 17-18, 2019** – Portland, Maine. [Click here](#) for more details.

**2019 American Public Health Association (APHA) Annual Meeting & Expo** - **November 2-6, 2019** - Philadelphia, PA. For more information, [click here](#).

**New England Rural Health Association's 2019 Rural Health Conference** - **November 6-7, 2019** - Newry, ME. For more information, [click here](#).

**2019 Maine Cardiovascular Health Council Summit** - **November 7, 2019** - Rockport, ME. For more information, [click here](#).

## Get In Touch

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