

Alabama AHEC

STATEWIDE PROGRAM



CAPE Program's

Mental Health Awareness Initiative



Southern Alabama AHEC's CAPE Program

Southern Alabama AHEC sponsored a mental health awareness initiative through its Career and Professional Enrichment (CAPE) program. In the first two weeks of May, *Dominique Dillard, Psychotherapist, LPC*, spoke at Butler County Schools about mental health awareness. In her Mental Health Awareness Initiative: Steps to Success speeches, Dillard discussed positive coping skills, holistic wellness, positive self-awareness, emotional health, and mental health. She also dove into how mental health contributes to success, the differences between mental wellness and mental illness, and how to access mental health resources.

Every mental health conversation held has the potential to resonate with someone who is struggling. By reminding students of the resources and people available when life becomes too overwhelming, we can improve someone's mental state. Dillard's speeches and services will likely inspire many young people to seek the support they need.

The Butler County Mental Health Awareness Initiative is part of Southern Alabama AHEC's CAPE program. CAPE is a health career preparation and promotion program encouraging youth to consider health-related careers to address healthcare access issues in rural and underserved areas. The initiative proved a resounding success as it reached out to more than 2,710 students in the Butler County School system, gaining widespread acceptance and positive feedback! Southern Alabama AHEC works tirelessly to improve rural health. Thank you to Dominique Dillard for her commitment to mental health and her work with SAAHEC!

[Learn More About CAPE](#)

Training & Grant Opportunities



Where the Sidewalk Ends: The Historical Impact of Population Health Disparities and Finding a Path Toward Equity

- **When:** June 21, 2023 from 12-1:30pm ET
- **Where:** Zoom
- **About:** Health equity—the state in which everyone has the opportunity to be as healthy as possible—is a pressing need and identified priority that state and local health departments are currently trying to address with additional resources and efforts across the country. However, before we can implement effective tools for change, we must first understand the historical context and generational trauma that structural and systemic racism has created. This inequality causes unjust barriers to health, wealth, and resources and continues to plague many communities today with a direct impact on health. This webinar will discuss the practices and policies put in place to specifically disadvantage certain populations throughout history with a higher burden of disease, injury, and violence, and what the public health workforce can do today to improve opportunities for everyone to achieve optimal health.

[Learn More & Register](#)

Community Connect Grant Funding Available for NRHA Members

The United States Department of Agriculture (USDA) recently announced that it is seeking applications for its Community Connect Grant program. USDA is making \$79 million in grants available for recipients to provide high-speed internet service at community-serving institutions free of charge for up to two years. Institutions include schools, libraries, fire stations, and other public safety sites. Eligible recipients are state and local governments, Federally recognized Tribes, nonprofits, for-profit corporations and limited liability companies.

Applications must be submitted electronically by 11:59am eastern time on June 20, 2023.

[Learn More & Apply](#)

An Overview of Public Health Reaching Across Sectors (PHRASES)

This online course is an overview of Public Health Reaching Across Sectors or PHRASES, a compilation of communication strategies and tools for public health professionals to use to foster a better understanding of public health and the greater willingness of other sectors to engage in cross-sector partnerships. It will provide an introduction to how productive framing and messaging can improve partnerships and overall health outcomes, and an overview of the tools and strategies PHRASES provides to improve communication to other sectors.

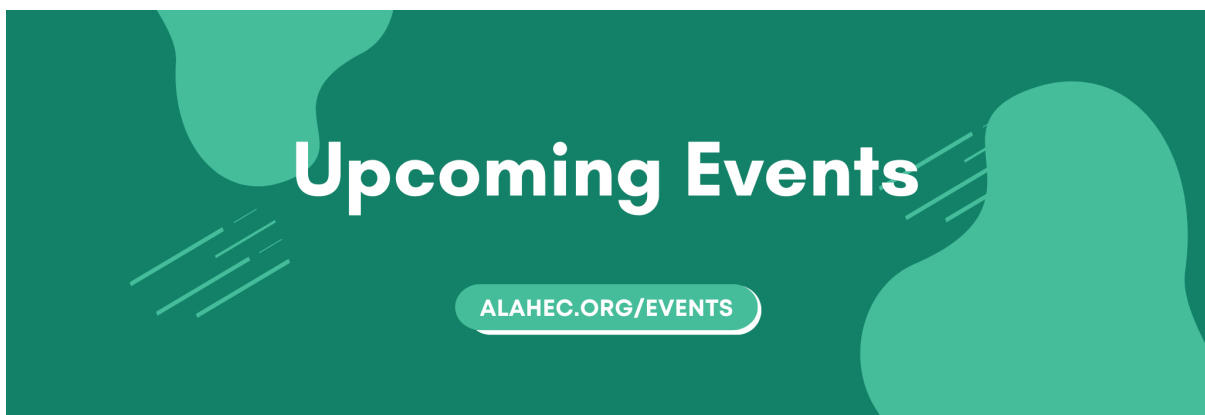
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URGE YOUR MEMBERS OF CONGRESS TO SUPPORT AHEC FUNDING!

Urge your U.S House Representative and two Senators to support federal funding for the AHEC Program at \$67 million for Fiscal Year 2024!

[Learn More](#)



2023 NAO Biennial Conference

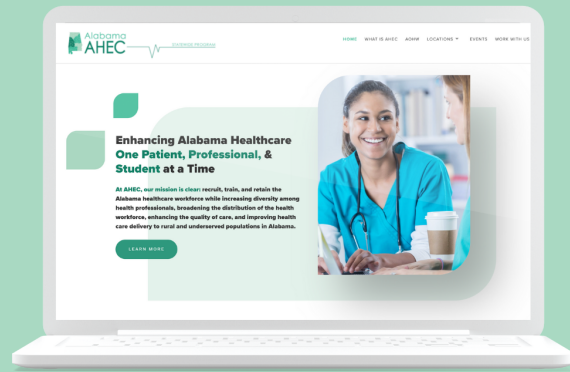
The Alabama Statewide AHEC Program Office will present on ***“Your World is Not THE World”*** at this year’s 2023 NAO Biennial Conference.

The meeting will be held at the Little America Hotel in Salt Lake City, Utah on June 27-20, 2023. This year, for the first time ever, ***AHEC Scholars are invited to attend the in-person NAO Biennial Conference.*** A terrific educational and networking track has been planned for the group.

[Learn More & Register](#)

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alahec.org



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About Alabama Statewide AHEC



The Alabama Statewide Area Health Education Center is dedicated to recruiting, training, and retaining the Alabama healthcare workforce while increasing diversity among health professionals, broadening the distribution of the health workforce, enhancing the quality of care, and improving health care delivery to rural and underserved populations in Alabama.