



# SHINING A LIGHT ON RURAL HEALTH: ADVOCATING FOR A BRIGHTER FUTURE

29<sup>th</sup> Annual Conference Overview  
November 15-17, 2023 The Marriot Hotel • Knoxville, TN

## Wednesday, November 15

- 8:00 am Pre-Conference, Coordinated School Health: Continuing to Empower Districts and Schools to Help All Students Reach Their Full Potential**
- 11:30 am Opening Welcome and Luncheon**  
Jackie Cavar, RHA of TN President
- 12:45 pm Plenary Session**  
**The Tennessee Department of Mental Health and Substance Abuse Services' (TDMHSAS) Response to Behavioral Health Needs in Rural Communities,**  
Matt Yancey, LCSW, MPA
- 2:00 pm Breakout Sessions:**
- Tennessee Brighter Futures: Improving How TN Collaborates to Identify, Educate and Serve People with Co-occurring Needs
  - Federal Grants 101
  - Creating a Brighter Future by Implementing Monthly Community Seminars: Preventative Healthcare and Nutrition
  - Office of Inspector General: Who?, What?, Why?, How?
  - Anatomy of A Relapse
- 3:15 pm Breakout Sessions:**
- Understanding and Working with Children from Hard Places, Including FASD
  - Community Registered Nurse Navigator Project
  - Advocacy Made Simple: Tips for Schools, Providers, and Public Health Advocates
  - Working with Human Trafficking Survivors in Rural Appalachia
  - How We Got Here and Learning from Our Past

## Thursday, November 16

- 8:30 am Plenary Session**  
**Shining a Light on Women's Health Issues in Rural Communities,** Nikki Zite MD, MPH
- 9:40 am Breakout Sessions:**
- Organizational Leadership Strategies to Advance Infant and Early Childhood Mental Health Services
  - Body Size and Eating Disorders in Rural Areas
  - Considerations for the Care of Transgender Patients and Families
  - Coping with the Pressures of Farming: Promoting Health through the Family Farm Health and Wellness Program
  - Combating Opioid Use in Rural Appalachia Through Education and Mentorship

- 10:55 am Plenary Session**  
Commissioner of Health, Ralph Alvarado, MD, FACP
- 12:05 pm Awards Luncheon**
- 12:45 pm Presentation of Awards and Poster Contest**  
Conference Committee
- 1:30 pm Breakout Sessions:**
- Loudon Co Schools Mental Health Team: Building Resiliency and Connecting Resources
  - Advance Directives; Mind the Gap
  - A Fresh Look at Diversity Training: Barriers to Successful Diversity and Inclusion Training in the Medical Setting
  - The impact of Healthcare Acquired Infections on Rural Tennesseans
  - Addressing Social Drivers of Health through Tech.
- 2:30 pm Plenary Session**  
**Shining a Light on Rural Health: How to Advocate for Self and Communities,** Jacy Warrell, MPH
- 3:35 pm Breakout Sessions**
- Mental Illness Stigma by Geographic and Demographic Characteristics
  - "I Didn't See That Coming!" Critical Leadership Lessons They Don't Teach You in School
  - BHRT, Myths and New Truths
  - Creating Trauma-Responsive Communities
  - Addressing Substance Use Disorder Stigma in Rural and Non-Rural Populations: Evidence from Three National Randomized Controlled Trials

## Friday, November 17

- 8:30 am Plenary Session**  
**Grant Writing,** Elizabeth Burrows
- 9:30 am Breakout Sessions**
- County Health Councils as a Social Driver of Health Solutions in Rural Tennessee
  - Enhancing Cancer Care for Rural Dweller through the Continuum
  - Perinatal Mood and Anxiety Disorders
  - Current Trends in Tennessee School Nursing Practice
- 10:30 am Member Meeting, Announcement of New Board Members, Bingo Prizes, and Door Prizes**
- 11:30 am Adjourn Conference**

For more information and to register,  
scan the code or visit:  
[tnruralhealth.org/annual-conference](https://tnruralhealth.org/annual-conference)

