

# *Traversing Together*

*finding success in chaos*

NH CITIZENS HEALTH INITIATIVE'S  
ANNUAL SYMPOSIUM

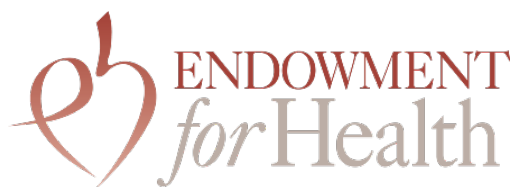
WEDNESDAY

SEPTEMBER 28, 2022



# Sponsors

Today's Symposium is made possible by the generous support of the Endowment for Health.



This year marks the 17th anniversary of the formation of the NH Citizens Health Initiative. Our mission is to measurably improve the systems that finance and provide health care in New Hampshire by providing trusted leadership, data, and shared learning with the goal of achieving the quadruple aim: achieving better health outcomes, with a better patient care experience, at a lower cost, and with higher provider satisfaction.

To accomplish these aims, we lead projects to drive well-being and health care innovations for New Hampshire residents, collaborate with partners to listen, inform, support, and connect to advance health care initiatives throughout our State and beyond, and share knowledge and lessons learned through experience and evidence-based research.

To this end, we will continue to focus on our strategic priorities of:

- Spearheading action-focused projects to improve the performance of New Hampshire's health care system
- Increasing health care organization capacity to adapt resources and services to respond to dynamic population needs and system factors
- Advancing cross-stakeholder dialogue to catalyze strategies to strengthen health care system efficiency and outcomes
- Leveraging diverse strategies to build the Initiative's fiscal stability and the intellectual capital of its staff Learn more at [www.citizenshealthinitiative.org](http://www.citizenshealthinitiative.org).

**Connect with us on LinkedIn, Facebook, and Twitter!**



NH Citizens Health Initiative



@NHCitizensHealthInitiative



@CitizensHealth

***#TraversingTogether2022***

**A Production of:**



**Institute for Health  
Policy and Practice**

# Traversing Together: Finding Success in Chaos



## Description

The NH Citizens Health Initiative presents our 2022 Symposium. This Symposium will reflect on the experiences of families, providers, organizations, and communities in the last few years, exacerbated by the challenges presented by the COVID-19 pandemic and highlight the successes and strategies utilized across sectors from an individual, organizational, state, and national perspective. We hope the sessions throughout the day provide you and your organization opportunities to reflect, to share learning and to energize as we move forward health and health care for all in New Hampshire.

During today's Symposium, attendees will learn from health care leaders R.J. Gillespie, Ben Miller, Susan Wehry, Deb Cross, Lisa DiBrigida, Michael Phillips, and Justine Nims-Largy about various strategies to address the current challenges in health and health care. Presentations will focus on building resilience in patients and health care providers following trauma and strengthening the health care workforce to support the health of our communities.

## Continuing Education Information

To receive a continuing education certificate, participants must complete the online evaluation form within one week of attendance. The link will be emailed following the Symposium.

### **Nursing:**

North Country Health Consortium/NNH AHEC is approved as a provider of nursing continuing professional development by the Northeast Multistate Division Educational Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity has been approved for 3.0 Nursing Contact Hours. Activity # 528

### **Medical:**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the North Country Health Consortium/NNH AHEC and the University of New Hampshire Institute for Health Policy. The North Country Health Consortium/NNH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. The North Country Health Consortium/NNH AHEC designates this live activity for a maximum of 3.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Social Work:**

CEUs pending approval from NASW NH.



# Agenda

## Traversing Together: Finding Success in Chaos

<b>9:00 - 10:00 AM</b>	<b>Poster Session</b> <i>Poster session presentation recordings will play throughout the hour.</i> <i>Recordings will also be made available on the NH Citizens Health Initiative website.</i>
<b>10:00 – 10:15 AM</b>	<b>Welcome</b> <i>Janet Thomas, MA, BS, RN, NH Citizens Health Initiative</i> <i>Kirsten Corazzini, PhD, FGSA, UNH College of Health and Human Services</i>
<b>10:15 – 11:15 AM</b>	<b>Keynote: Addressing ACEs and PCEs in Pediatric Primary Care: “Building the Buffering”</b> <i>R.J. Gillespie, MD, MHPE, The Children’s Clinic</i> <b>Introduction by</b> <i>Holly Tutko, MS NH Citizens Health Initiative</i>
<b>11:15 – 11:35 AM</b>	<b>Post Traumatic Growth: The Way Forward</b> <i>Susan Wehry, MD, University of New England</i> <b>Introduction by</b> <i>Laura Davie, MA, UNH Institute for Health Policy and Practice</i>
<b>11:35 AM – 12:00 PM</b>	<b>Lunch</b> <i>Take a break and stretch!</i>
<b>12:00 – 1:00 PM</b>	<b>Keynote: Healing and Belonging: A Community Driven Approach for Advancing Mental Health</b> <i>Benjamin Miller, PsyD</i> <b>Introduction by</b> <i>Jo Porter, MPH, UNH Institute for Health Policy and Practice</i>
<b>1:00 - 1:15 PM</b>	<b>Break</b>
<b>1:15 - 1:20 PM</b>	<b>Thank You Celebration</b> <i>Jeanne Ryer, MSc, EdD, NH Citizens Health Initiative</i>
<b>1:20 - 2:20 PM</b>	<b>Using the Project ECHO® Model to Address the Evolving Needs of NH’s Health Care Workforce</b> <i>Deborah Cross, APRN, White Mountain Community Health Center</i> <i>Justine Nims-Largy, APRN New Hampshire NeuroSpine Institute</i> <i>Lisa Dibrigida, MD, Amoskeag Health</i> <i>Michael Phillips, PhD, LPC, LaMora Psychological Associates, P.A.</i> <b>Moderated by</b> <i>Jeanne Ryer, MSc, EdD, NH Citizens Health Initiative</i>
<b>2:20 - 2:30 PM</b>	<b>Closing</b> <i>Jeanne Ryer, MSc, EdD, NH Citizens Health Initiative</i>

# Welcoming Remarks



**Janet Thomas**, MA, BS, RN, is dedicated to developing clinical knowledge, person-centered focus and interpersonal skills for providers, staff, and students in rural and underserved areas to improve quality and access to care across our health care delivery systems. She utilizes over 30 years of ambulatory primary and specialty care experience to enhance integration of telehealth, mental health, and patient voice. For 4 years, Jan led the New Hampshire Practice Transformation Network team connecting with 1,100+ primary, specialty and mental health providers and staff across rural New Hampshire to improve quality of care, increase data-driven decision-making and prepare for alternative payment models. She trained practice facilitators, coached leaders, staff and providers, and collaborated with Maine, Vermont and CMS partners to enhance skills at practices and outcomes for patients. Jan combines her background in process improvement science, health care practice management, small business ownership, and leadership development to enhance knowledge, confidence, and efficiencies for those in small practices to large care organizations and systems throughout NH.



**Kirstin Corazzini**, PhD, FGSA, is the Dean of the College of Health and Human Services and comes to UNH from the University of Maryland School of Nursing, where she served as professor and associate dean of the school's Ph.D. program. Prior to her arrival at the University of Maryland in 2019, Corazzini was at Duke University School of Nursing from 2002 to 2019. After earning her doctorate in gerontology from the University of Massachusetts Boston, Kirsten served as a postdoctoral research fellow in the Duke University Center for the Study of Aging and Human Development.

The focus of her scholarship is on improving care outcomes of chronically ill older adults in long-term care, with a particular focus on persons living with dementia. She has been funded for her research by the National Institutes of Health, the John A. Hartford Foundation, the Alzheimer's Association and the National Council of State Boards of Nursing. She was awarded a Fulbright-Schuman Fellowship in 2015 for her cross-comparative research on professional nursing and nursing home care in the European Union. In recognition of her contributions to the field of gerontology, Kirsten was appointed Fellow, Gerontological Society of America, in 2012.



# Keynote

## Addressing ACEs and PCEs in Pediatric Primary Care: “Building the Buffering”

*This presentation will share the importance of Positive Childhood Experiences (PCEs), their connection to early relational health, and their impacts on health and wellness and review practical approaches to addressing PCEs in practice, including one clinic’s model for integrating PCEs into well care.*



**R.J. Gillespie, MD, MHPE**, is a general pediatrician with The Children’s Clinic in Portland, OR. From 2007 through 2010 he worked as the Medical Director of Quality Improvement for the Children’s Health Alliance, and from 2010 – 2016 he was the founding medical director for the Oregon Pediatric Improvement Partnership. He currently conducts clinical research in parental adverse childhood experiences and does training and consultation in screening and referral for trauma in pediatric practices through the Oregon Pediatric Society. He has been active in multiple state and national advisory committees, most recently for the American Academy of Pediatrics Addressing Social Health and Early Childhood Wellness (ASHEW) and the Pediatric Approach to Trauma Training and Resilience (PATTER) Projects. He attended medical school at Oregon Health Sciences University, graduating in 1997, and completed his residency and chief residency at Rush Children’s Hospital in Chicago, Illinois in 2001. He also earned a Master of Health Professions Education from University of Illinois – Chicago in 2007.



# Presentation



## Post Traumatic Growth: The Way Forward

*This presentation will describe the varying emotional effects of the COVID-19 pandemic from a medical perspective– especially primary care and behavioral health – and across adult and older adult populations. It will also identify strategies for future systems transformation to address patient and provider needs.*



**Susan Wehry, MD** is an Associate Clinical Professor at the University of New England College of Osteopathic Medicine and the Director of AgingME, Maine's Geriatric Workforce Enhancement Program (GWEP). A nationally recognized speaker and workshop facilitator on a range of topics, Susan combines wisdom, compassion, and common sense, to engage, inspire and build skills.



# Keynote

## Healing and Belonging: A Community Driven Approach for Advancing Mental Health

*This presentation will describe the current state of mental health in the US and list ways COVID and other stressors have negatively impacted us. It will also explain ways we can better equip community members with skills to help each other with our mental health and outline concrete actions individuals can take to advance mental health in their community.*



**Benjamin F. Miller, PsyD**, is the past president of Well Being Trust, a national foundation dedicated to advancing the mental, social, and spiritual health of the nation. Over the last two decades, Dr. Miller has worked tirelessly to prioritize mental health in our policies, programs, and investments. A clinical psychologist by training, Miller works at the intersection of policy and practice, ensuring that mental health and addiction is prioritized across America.



# Panel Presentation



## Using the Project ECHO® Model to Address the Evolving Needs of NH's Health Care Workforce

*This presentation will discuss how the Project ECHO® model can be utilized to strengthen the workforce. It will also describe strategies for implementing knowledge or skills gained from participation in the Project ECHO® communities.*



**Deborah Cross**, APRN, is the Medical Director and a Family Nurse Practitioner at White Mountain Community Health Center (WMCHC). She completed her undergraduate degree in psychology from Rutgers University, then went on to get an associate's degree in nursing from LSU Medical Center. In 2009, she graduated from the UCSF FNP program and began working at WMCHC. Deborah started a Medication Assisted Therapy program at WMCHC to respond to the opioid crisis. Deborah has also received specialized training to treat chronic hepatitis C in primary care.



**Lisa DiBrigida**, MD is the Associate Medical Director of Pediatrics at Amoskeag Health in Manchester, NH. She has been a pediatric provider at Amoskeag since 2003. Her clinical interests include behavioral concerns, children with special medical needs, and adolescents. In 2018 Dr. DiBrigida was named Pediatrician of the Year by the NH Pediatric Society (NH Chapter of the AAP) and has found innovative success using the team pod model for the clinical team to achieve better integrated care.



**Justine Nims-Largy**, APRN, is a mom, wife, daughter, and sister. She has worked as a nurse on an orthopedic medical surgical unit, a nurse and nurse practitioner (NP) in a Federally Qualified Health Center, and an NP in an NP-owned and run practice. Justine is currently an NP in the physiatry department at NH Neurospine Institute. She works with patients in acute or chronic pain mostly related to their spine and sometimes has patients with other types of chronic pain. Justine has taken some courses on Cognitive Behavioral Therapy and Mindfulness in order to better serve patients who are looking for something other than conventional pain management treatment. Justine is adjunct teaching at Rivier University in the FNP program.



**Michael Phillips**, PhD, LPC, received his Doctorate in Clinical Psychology in 1995 from the University of Louisville. He has been a Licensed Psychologist in the State of New Hampshire since 1996, and has been the President of LaMora Psychological Associates since 2000, a private group mental health practice with offices in Nashua and Bedford. His interests include public advocacy, evolving legal and regulatory frameworks for mental healthcare, and integration of mental health and primary care. He is a long-standing member of the New Hampshire Psychological Association, served 4 terms on the Board of Directors, and has held a number of leadership positions there.



# Meet Our Team



Jeanne Ryer, MSc, EdD,  
*Director, NH CHI*



Jo Porter, MPH,  
*Director, IHPP*



Lucy Hodder, JD,  
*Director, Health Law & Policy*



Felicity Bernard, MA,  
LCMHC



Corina Chao, BA,  
MPH Candidate



Marguerite Corvini, MSW



Katherine Cox, MSW



Kate Crary, BS



Kelly Dixon, BA,  
MPH Candidate



Marcy Doyle, DNP, MS,  
MHS, RN, CNL



Bridget Drake, BS



Hwasun Garin, MEd



Sophie Kenny, MS



Katie Lipp, MSW,  
LICSW, PMP



Suzanne Shumway, MBA



Olivia Skaltsis, MS



Janet Thomas, RN, MA, BS



Holly Tutko, MS



Molly Umana, BA



Dee Watts, LSSBB



Kelsi West, MPH

[illegible]





© 2022 University of New Hampshire, All Rights Reserved