

# EXPANDING HORIZONS: NEW PERSPECTIVES, PARTNERSHIPS, AND POSSIBILITIES

HEALTH EDUCATORS' INSTITUTE 2023  
REGISTRATION BROCHURE

OCTOBER 11-13, 2023  
SALT FORK STATE PARK



# Registration Information

The Ohio Society for Public Health Education (OSOPHE) invites you to attend its annual conference held **October 11-13, 2023**, at Salt Fork State Park Resort and Conference Center.

The 2023 theme is focused on developing skills and relationships that will enable participants to drive innovation and advance health outcomes in the communities they serve. The experts and content for this year's conference were thoughtfully selected to be applicable for a variety of disciplines including Health Educators, Prevention Professionals, Social Workers, Public Health Nurses, and more.

## Conference Objectives

Participants of the 2023 Health Educators' Institute will:

- Develop knowledge, skills, and attitudes to incorporate public health theories and frameworks into population-based initiatives.
- Understand the importance and value of engaging leaders across sectors and disciplines to foster collective impact.
- Identify new tools to enhance community health planning, program implementation, and evaluation.
- Explore evidence-based or evidence-informed practices and frameworks to advance health equity and social justice across the lifespan.
- Expand networks to foster learning and resource sharing.
- Identify emerging issues impacting the health of Ohio's communities.
- Learn about applied research being conducted in Ohio.

## Continuing Education

Ohio SOPHE is pleased to offer approximately 17 continuing education credits for the following disciplines:

- Certified Health Education Specialists (CHES) / Master Certified Health Education Specialists (# MCHES TBD).
- Ohio Certified Prevention Specialist Assistants/Specialists/Consultants.
- Ohio Social Work, Counselor, and Licensed Family and Marriage Therapist

*An application has been submitted to award Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) approximately 16 Category I Continuing Education Contact Hours (CECH). A maximum of 6 advanced-level CECH are available. The National Commission for Health Education Credentialing, Inc. has approved SOPHE and its chapters as designated multiple event providers of CECH in health education.*

## Registration and Conference Rates

### Registration Closes 9/22/23

	Early Bird (Closes 8/20)	Full Conference	One Day	Preconference Workshop (additional fee applies- includes QPR Certification & Box Lunch)
<b>OSOPHE Members</b>	\$220*	\$250	\$165	\$25
<b>OSOPHE Student Members</b>		\$100	\$75	\$0
<b>Professional Registration</b>		\$320	\$215	\$40

Register at [www.ohiosophe.org](http://www.ohiosophe.org).

## Registration Instructions

Preconference Workshop Details (added 8/25/23):

- If you wish to attend the preconference workshop, please add the appropriate selections for registration and the preconference workshop to your cart.
- Students who wish to attend the preconference workshop must register so you can be included the meal count and certification process. Students who have already registered for the conference may email Hillary Stoll ([hilarystoll@gmail.com](mailto:hilarystoll@gmail.com)) to be added to the preconference workshop list.

Unsure of your Membership Status?

- You can view your membership status by logging into the [member area](#) section of the Ohio SOPHE website, [www.ohiosophe.org](http://www.ohiosophe.org).
- To receive the student rate, individuals must be enrolled full time at an Ohio college or university and not professionally employed.

Are you paying by Purchase Order or Check?

- If an invoice is needed because you are paying by purchase order, please register online, but **do not enter a payment option**. Please contact Ashton Thacker at [ashtongrigley@gmail.com](mailto:ashtongrigley@gmail.com). Your confirmation will show a past due balance and an invoice will be sent to your email.
- If paying by check, please contact Ashley Thacker at [ashtongrigley@gmail.com](mailto:ashtongrigley@gmail.com) prior to submitting your registration. Payment should be mailed to:

Ohio Society for Public Health Education  
Attn: Treasurer  
PO Box 151554  
Columbus, Ohio 43215

*Please allow up to 3 weeks for processing checks - you will receive a notification when payment has been received.*

## Refund Policy

- Cancellations on or before 9/22/23 will receive a 50% refund.
- Registrations may be transferred to another individual prior to 10/10/23.

## Conference Lodging

To receive the Conference lodging rates, individuals must call the reservation line at 740-435-9000 to reserve a room under the Ohio SOPHE block until September 11, 2023.

- Room rate: **\$135/night** (2 Queens or 1 King available)
- The block includes a limited number of accessible rooms.
- A deposit of the first night's room, taxes, and fees are due at the time the reservation is made.
- Room deposit remains fully refundable up to 72 hours prior to arrival.
- Rates do not include applicable state and local taxes (currently 7.25% sales tax and 9% lodging tax totaling 16.25%) or the 3% beautification fee. Taxes and fees shall appear as separate charges on each reservation folio and are subject to change.

- Tax-exempt attendees must pay with a company credit card or mail a company check and provide a printed certificate of tax exemption upon checking into the conference.

Please use the following address to locate directions to Salt Fork Lodge and Conference Center:

Salt Fork Lodge and Conference Center  
14755 Cadiz Rd.  
Lore City, OH 43725  
Telephone: 740-435-9000

### **Need a Roommate or Want to Carpool to the Conference?**

Attendees can request to be paired with a roommate or a carpool to the event. Please Hilary Stoll at [hilarystoll@gmail.com](mailto:hilarystoll@gmail.com) if you would like a roommate. Please include which nights you will be staying and/or the area of the state you will be coming from in the email.

### **Preconference Workshop Information**

Ohio SOPHE is pleased to offer a preconference workshop during HEI. In alignment with the conference theme, the preconference workshop will explore the intersection of Public Health with Mental Emotional and Behavior Health. Workshop participants will meet the requirements to become a certified Question Persuade Refer (QPR) Suicide Prevention Gatekeeper. Developed by the [QPR Institute](#), QPR is the most widely taught gatekeeper training in the world and is designed as an emergency response to someone in crisis. Participants will also explore national, state, and local resources, organizations, funding opportunities that can aid health educators to foster partnerships with prevention and behavioral health providers.

# Agenda at-a-Glance

(agenda is subject to change)

WEDNESDAY, OCTOBER 11, 2023

- 9:30 AM-12:00 PM**     **Preconference Workshop- Transforming Knowledge into Action: Fostering Connections for Suicide Prevention and Behavioral Health Promotion.**  
Ashley Hartman, MPH, CHES, OPCP *Bowling Green State University*
- 1:00 PM**     **Opening Remarks**  
Anne Marie Hodges, *Ohio SOPHE President*  
Jen Morel, *HEI Conference Chair*
- 1:30 PM**     **Keynote: Expanding Your Leadership Horizons**  
Chelsea Moxlow-Lantto
- 2:45 PM**     **Concurrent I**
- a. **Impact and Outreach for Populations with Intellectual and Developmental Disabilities: Promoting Health Equity**  
David Ellsworth and Tiff Allen, *Ohio Department of Health*
  - b. **Organizing Effective Meetings**  
Jennifer Benson, *Ohio Coaching and Mentoring Network*
  - c. **Fostering Public Health Partnerships: Community Collaboration and Stakeholder Engagement for a Healthier Future**  
Jennifer Gonzalez, *Public Health Dayton Montgomery County*  
Brandon Horton, *Ohio State University*  
Tamisha Matus, *Union County Health Department*
- 4:00 PM**     **Concurrent II**
- a. **The Intersecting World of Public Health and Prevention**  
Ryley Jones, *PreventionFIRST!*  
Sarah Sawmiller, *PreventionFIRST!*
  - b. **A Student's Guide to Navigating the Health Education Profession**  
Rob Braun, *Otterbein University*  
Tonia Dunson- Dillard, *Mt. Carmel College of Nursing*  
Kruti S. Chaliawala, *University of Cincinnati*
  - c. **Health Equity and Data-Driven Decision Making**  
Michelle Vargas, *Franklin County Suicide Prevention Coalition*  
Ann Mehl & Gavin French, *Columbus Public Health*
- 5:30 PM**     **Dinner & Plenary I: Thriving with Boundaries: Embracing the Power of "No"**  
Anne Marie Hodges, *Chamberlain University*
- 7:00 PM**     **Networking Activities**

## THURSDAY, OCTOBER 12, 2023

- 7:30 AM**      **Breakfast**  
Exhibits and Posters Open
- 9:00 AM**      **Plenary II: Climate Change, Equity, and Public Health**  
Jaime Love, *People's Climate Innovation Center*
- 10:30 AM**      **Skill Building – Part I**
- a. **Utilizing Design Thinking Principles to “Find” Problems Instead of “Solve” Problems**  
Lori Young, *Bowling Green State University*
  - b. **Finding Your Voice and Common Ground to Create Connections and Community Health Champions**  
Kevin Lorson, *Wright State University*  
Megan Folkerth, *Interact for Health*
  - c. **Making Change Visible: Evaluating Efforts to Advance Social Participation in Health**  
Ruth Dudding, *Athens City-County Health Department*  
Melissa Thomas, *Ohio University Heritage College of Osteopathic Medicine*
- 12:00 PM**      **Lunch & Plenary III: The Impact of Disinformation on Public Health**  
Nicolette Powe & Richard Rogers, *Youngstown State University*
- 2:00 PM**      **Skill Building – Part II**
- a. **Utilizing Design Thinking Principles to “Find” Problems Instead of “Solve” Problems**  
Lori Young, *Bowling Green State University*
  - b. **Finding Your Voice and Common Ground to Create Connections and Community Health Champions**  
Kevin Lorson, *Wright State University*  
Megan Folkerth, *Interact for Health*
  - c. **Making Change Visible: Evaluating Efforts to Advance Social Participation in Health**  
Ruth Dudding, *Athens City-County Health Department*  
Melissa Thomas, *Ohio University Heritage College of Osteopathic*
- 3:30 PM**      **Ohio SOPHE Memorial Poster Session**  
**6:00 PM**      **Dinner**  
**7:00 PM**      **Networking Activities**

## FRIDAY, OCTOBER 13, 2023

- 7:30 AM**      **Breakfast**
- 9:00 AM**      **Plenary IV: Power Literacy to Enhance Leadership, Influence, & Connection**  
Kat Koppet, *Koppet*
- 11:45 PM**      **Wrap Up**

## FEATURED SESSIONS

### **Expanding Your Leadership Horizons** – Chelsea Moxlow-Lantto, MPH, MCHES, PMP



Moxlow-Lantto will share how to capitalize on your existing strengths and address your weaknesses so that you're operating as your best, authentic self to effectively address interpersonal, team, and public health challenges. Whether you're an experienced leader with a title to match or an emerging public health professional looking to plan your career trajectory, this session will help you hone your leadership skills so that you are able to see the potential of the team, organization, and community that you are a part of – and help everyone expand their horizons.

### **Thriving with Boundaries: Embracing the Power of “No”** – Anne Marie Hodges, EdD(c), MEd, LSSGB, MHFA, Chamberlain University



Explore the transformative potential of setting boundaries and the liberating power of saying “no”. Discover how embracing boundaries can improve mental well-being, develop stronger relationships, and heighten productivity. Overcome the barriers that hinder your ability to establish boundaries confidently and gracefully while learning from real-life examples of individuals who thrive by embracing the art of saying “no”. Join us and begin the journey to unlock your potential, nurture your self-worth, and lead a healthier, more fulfilling life. Embrace the liberating power of “no” and unlock the path to thriving with Boundaries.

### **Climate Change, Equity, and Public Health-** Jaime Love, MEd. CHES, People’s Climate Innovation Center



Climate change poses current and increasing threats to human health. As the climate continues to warm, the risks to human health will grow, exacerbating existing health threats and creating new public health challenges. This session will examine how government, grassroots leaders, philanthropy and partner organizations can center equity and community engagement in their work to support capacity building and collaboration efforts that address complex climate challenges.

### **Power Literacy to Enhance Leadership, Influence, and Connection** – Kat Koppet, koppel



Suspect you might be caught in a power struggle? Seeking influence at a higher level? Want to create a more collaborative and productive group climate? In this mindset shifting and skill-building session, we will expand “power literacy” to help you inspire trust, increase influence, minimize unhealthy conflict, and create environments where people feel engaged and respected. Participants will:

- Learn the non-verbal vocabulary of status, authority and power.
- Expand awareness of your habitual power behaviors and where they help and hurt your cause.
- Understand what positive power engagement looks like.
- Practice applying status fluency to communicate with confidence and in difficult situations.