



*The 6th Annual Jean Mills  
Health Symposium:  
Race, Stress and Health*

**Friday, February 5, 2010**

**Registration 8:30 am  
Program 9:00 am - 3:30 pm**

**Greenville Hilton  
Greenville, NC**

*Sponsored By:*

**College of Allied Health Sciences**

**in collaboration with the ECU Medical & Health Sciences Foundation,  
Pitt Memorial Hospital Foundation and Eastern AHEC**



**ACKNOWLEDGEMENT**

*This Symposium is supported by the ECU Medical & Health Sciences  
Foundation through a generous gift in the memory of Jean Elaine Mills  
and the Pitt Memorial Hospital Foundation.*

## ABOUT THE WORKSHOP

The Symposium will feature recognized experts who promote the health and wellness of people from diverse cultural and ethnic backgrounds by understanding the interactions of individual and societal factors on stress and coping behaviors. Using presentations and posters, the Symposium will describe research and service that empower individuals to take responsibility for enhancing their health, thereby reducing health disparities.

## OBJECTIVES

At the conclusion of the symposium, participants should be able to:

- **Explain** the importance of health and wellness of people from diverse cultural and ethnic backgrounds by understanding interactions of individual and societal factors on stress and coping behaviors.
- **Describe** health as a developmental process across the lifespan that includes biological, behavioral, and social aspects that contribute to appraisals of and responses to stress.
- **Describe** programs oriented to build and reinforce positive social, behavioral and environmental factors in eastern North Carolina in order to reduce health disparities.
- **Share** current ECU research evidence supporting rural health services.
- **Provide** networking opportunities for researchers, practitioners, community residents and community leaders who are interested in rural health.

## PROGRAM LOCATION

This program is being held at the Hilton of Greenville, located at 207 SW Greenville Blvd in Greenville, NC.

**Please bring a jacket or sweater to ensure your comfort.**

**We cannot assure a constant room temperature.**

## FACULTY

### *Keynote*

#### **Sherman A. James, Ph.D., FAHA**

Susan B. King Professor of Public Policy  
Duke Sanford School of Public Policy

#### **Jeffrey W. Bethel, Ph.D.**

Assistant Professor, Dept. of Public Health, Brody School of Medicine  
East Carolina University

#### **Lisa Bonnett, MS**

Executive Director Recovery Education Unit  
East Carolina Behavioral Health LME

#### **Faye Bordeaux, LCSW**

Clinical Director, Cambridge Behavioral Health Services, LLC

#### **Sloane C. Burke, Ph.D., CHES**

Assistant Professor, College of Health and Human Performance  
East Carolina University

#### **Gay Dowling, BBA**

Recovery Education Specialist, East Carolina Behavioral Health LME

#### **Barry Elmore, MA**

Teaching Instructor, College of Health and Human Performance  
East Carolina University

#### **Johnie Hamilton, Ph.D.**

Clinical Psychologist, Pitt County Memorial Hospital

#### **Diana Marsh**

Recovery Coach and WRAP facilitator for Recovery Innovations of North Carolina

#### **Kim Larson, RN, Ph.D., MPH**

Assistant Professor, College of Nursing  
East Carolina University

#### **Carmen V. Russoniello, Ph.D., LPC**

Assistant Professor, College of Health and Human Performance  
East Carolina University

#### **Vanessa Williams**

Welcome Credit Union, Koinonia Christian Center Church

# AGENDA

8:30 – 9:00 a.m.	Registration	2:00 - 2:30 p.m.	BREAK and POSTERS
9:00 – 9:15 a.m.	<b>Welcome and Opening Remarks</b> Stephen Thomas, EdD Dean, College of Allied Health Sciences East Carolina University  Amos T. Mills, III	2:30 – 3:30 p.m.	<b>Breakout Session IV</b> Promoting Wellness through the Wellness Recovery Action Plan (WRAP) Lisa Bonnett, MS Gay Dowling, BBA
9:15 – 10:15 a.m.	<b>Keynote – “Race, Stress, and Health: 21st Century Challenges and Opportunities”</b> Sherman A. James, Ph.D., FAHA		<b>Breakout Session V</b> An Exploration of Stress, Depression, and Coping Among Migrant and Seasonal Farmworkers in Eastern North Carolina Sloane C. Burke, Ph.D., CHES
10:15 – 10:30 a.m.	BREAK		
10:30 – 11:15 a.m.	<b>Panel: Hitting Stress at the Ground Level: Strategies from Community Practitioners</b> Diana Marsh Faye Bordeaux, LCSW Kim Larson, RN, Ph.D., MPH		<b>Breakout Session VI</b> The Effectiveness of a Behavioral Medicine Intervention in Reducing Symptoms of Posttraumatic Stress in African American Children after a Natural Disaster Carmen V. Russoniello, Ph.D., LPC
11:15 – 11:30 a.m.	Questions		
11:30 a.m. – 1:00 p.m.	<b>Lunch Plenary – Caregivers Stress</b> Johnie Hamilton, Ph.D.		
1:00 – 2:00 p.m.	<b>Breakout Session I</b> Financial Stress and the Role of the Faith-Based Community Vanessa Williams  <b>Breakout Session II</b> Examination of Differences in Disaster Preparedness Levels by Race/Ethnicity Jeffrey W. Bethel, Ph.D.  <b>Breakout Session III</b> Attack of the “isms”: Sexism, Racism, Heterosexism and Their Contribution to Mental Health Disparities for the GLBT Population Barry Elmore, MA Sloane C. Burke, Ph.D., CHES		

## CREDIT

**Continuing Education Units (CEU):** Application has been made to the Division of Continuing Studies at East Carolina University for 0.5 (5.25 contact hours) units of continuing education.

**Certified Health Education Specialist (CHES):** The NC AHEC Program is a designated provider of continuing education contact hours (CHEC) in Health Education by the National Commission for Health Education Credentialing, Inc. This program is designated for the CHES to receive up to 5.5 Category I contact hours in health education.

**Contact Hours:** Certificates reflecting 5.25 contact hours of education will be awarded at the completion of the program. **NOTE:** *Nurses can use contact hours towards continuing education requirements for the NC Board of Nursing.*

**Participants must attend 100% of the program in order to receive credit.**

# REGISTRATION INFORMATION

## Registration fees:

Received <b>by</b> January 30, 2010 .....	\$35.00
Received <b>after</b> January 30, 2010.....	\$40.00
Student fee if received by January 30, 2010 .....	\$20.00
Student fee if received after January 30, 2010.....	\$25.00

The registration fee includes all program supplies, production cost, refreshment breaks, and lunch. Participants are encouraged to take advantage of the reduced advance registration fee by registering by January 30, 2010. If you register early and subsequently cancel, a full refund will be made through January 30, 2010. No refunds will be made thereafter, but you may designate an alternate participant to attend the conference in your place. We would appreciate advance notification of any alternate participants.

Participants who pay with a credit card may fax their completed registration form to (252) 744-5229. Those choosing to pay with a check (made payable to Eastern AHEC) should mail the completed registration form and check to:

**Eastern AHEC**  
Attn: Registration  
PO Box 7224  
Greenville, NC 27835-7224

**Register online at <http://eahec.ecu.edu>**



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 2 weeks prior to the event at (252) 737-1016 (Voice/TTY).

If you would like more information about the program, call Gwen Morning at Eastern AHEC at (252) 744-2587 or Email: [morningg@ecu.edu](mailto:morningg@ecu.edu)

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Friday, February 5, 2010  
Greenville Hilton, Greenville, NC

Register online at <http://eahec.ecu.edu>

**PERSONAL**

Last Name \_\_\_\_\_  
 First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_  
 Last 4 digits of Soc. Sec. # XXX-XX- [ ] [ ] [ ] [ ]  
 Discipline (check one)  Allied Health  Dentistry  Health Careers  Medicine  
 Mental Health  Nursing  Pharmacy  Public Health  Other  
 Specialties \_\_\_\_\_  
 Degrees/Certifications/License \_\_\_\_\_  
 Mail goes to  Home  Office or by  E-mail

**WORKPLACE**

Employer \_\_\_\_\_  
 Department \_\_\_\_\_ Position \_\_\_\_\_  
 Street/PO Box \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**HOME**

Street/PO Box \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Credit(s):  CEU  CHES  Contact Hours

<p><b>For EAHEC Use Only Event # W29096</b></p> <p>Amount Enclosed/Paid \$ _____ Date _____</p> <p><input type="checkbox"/> Agency check <input type="checkbox"/> Personal check <input type="checkbox"/> Cash <input type="checkbox"/> Credit Card</p>
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**PAYMENT**

Method of Payment (Received **by** January 30, 2010).....\$35.00  
 (Received **after** January 30, 2010) .....\$45.00  
 Students (Received **by** January 30, 2010).....\$20.00  
 (Received **after** January 30, 2010) .....\$25.00

Check/Cash Enclosed for \$ \_\_\_\_\_ Charge:  Visa  MasterCard  AMX

Signature \_\_\_\_\_  
 If Paying by Credit Card – Billing Address Required  
 Street/PO Box \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Account # [ ]  
 Expiration Date \_\_\_\_\_ Security Code (Last 3 digits on back of card) [ ] [ ] [ ]

Send registration form with payment to  
Eastern AHEC, Attn: Registration, PO Box 7224, Greenville NC 27835-7224 Fax 252-744-5229