On Friday, November 30, 2018, all nine NC AHECs will host eight concurrent conferences for nurses serving rural North Carolina. Two statewide broadcast keynote addresses will link all the regions together. Each AHEC will offer additional live, on-site presentations that focus on regional topics. Nurses will have the opportunity to connect with colleagues in their region.

Nursing is a high-stress profession. The quadruple aim recognizes that the well-being of nurses and others who provide care is inseparable from the health of the system of care and is a determinant of healthcare outcomes. This conference will focus on the intentional cultivation of personal resilience to enable nurses to flourish personally and professionally as well as offer strategies to re-connect the nurse to joy in practice.
### AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Presenter(s)</th>
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</thead>
<tbody>
<tr>
<td>8:00 – 8:45 am</td>
<td>Check-In and Light Breakfast</td>
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<tr>
<td>8:45 – 9:00 am</td>
<td>Local Welcome &amp; Overview</td>
<td>Claire W. Mills, MPH, RN, FACHE</td>
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<tr>
<td>9:00 – 9:15 am</td>
<td>NC AHEC Welcome &amp; Greetings</td>
<td>Karen Stallings, MEd, RN, FAAN</td>
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<tr>
<td>9:15 – 10:45 am</td>
<td>Healthy Nurse, Healthy Nation</td>
<td>Ernest Grant, PhD, RN, FAAN</td>
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<td></td>
<td>Building a Culture of Health for Nurses</td>
<td>Connie Mele, MSN, RN, PMHCNS-BC, LCAS, CARN-AP, NE-BC, FIAAN</td>
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<tr>
<td>10:45 am – 11:00 am</td>
<td>Break</td>
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<tr>
<td>11:00 am – Noon</td>
<td>From Survive to Thrive: How to Improve Nurse Resilience</td>
<td>Hope Slone, MSN/MHA, NEA-BC, RN-BC</td>
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<td>Noon – 1:00 pm</td>
<td>Lunch</td>
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<tr>
<td>1:00 – 2:30 pm</td>
<td>Rural Nursing Can Make a Difference: Preventing Suicide in North Carolina</td>
<td>Jodi Flick, ACSW, LCSW</td>
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<td>2:30 – 2:45 pm</td>
<td>Break</td>
<td></td>
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<tr>
<td>2:45 – 4:15 pm</td>
<td>Self-Care: Creating YOUR Optimal Healing Environment</td>
<td>Christina Bowen, MD</td>
</tr>
<tr>
<td>4:15 – 4:45 pm</td>
<td>Wrap-Up &amp; Evaluation</td>
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### STATEWIDE PRESENTERS

- **Ernest Grant, PhD, RN, FAAN**
  - Vice President & President-Elect
  - American Nurses Association

- **Connie Mele, MSN, RN, PMHCNS-BC, LCAS, CARN-AP, NE-BC, FIAAN**
  - Consultant & Behavioral Health Therapist

- **Jodi Flick, ACSW, LCSW**
  - Clinical Associate Professor & Education Specialist
  - UNC-Chapel Hill School of Social Work

### LOCAL PRESENTERS

- **Christina M. Bowen, MD**
  - Primary Care Physician
  - Outer Banks Family Medicine
  - Vidant Medical Group

- **Hope Slone, MSN/MHA, NEA-BC, RN-BC**
  - Director, Patient Care Services
  - Sentara Albemarle Medical Center
TARGET AUDIENCE
All registered nurses and licensed practical nurses living in or providing care to rural northeastern North Carolina.

OBJECTIVES
Upon completion of this educational activity, the participant will be able to:

Healthy Nurse, Healthy Nation
- Discuss the importance of this initiative and how it is leading the way to better health

Building a Culture of Health for Nurses
- Identify effective strategies to promote the culture of health for nurses in yourself, agency, and community

From Survive to Thrive: How to Improve Nurse Resilience
- Define resilience
- Explore concepts for building personal resilience to respond to workplace adversity
- Demonstrate methods/techniques to encourage mindfulness

Rural Nursing Can Make a Difference: Preventing Suicide in NC
- Identify effective ways to help prevent suicide

Self-Care: Creating YOUR Optimal Healing Environment
- Explore a whole person approach to self-care that involves living out of your priorities
- Discuss key life domains that require attention and intentional cultivation to flourish personally and professionally
- Create your personal self-care guide and optimal healing environment

CREDIT
Nurses: 6.25 CNE hours
The Eastern AHEC Department of Nursing and Allied Health Education is approved with distinction as an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.

Other Professionals
All other participants will receive 6.25 Eastern AHEC Contact Hours.

AMERICANS WITH DISABILITIES ACT
Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department of Disability Support Services at (252) 737-1016 (V/TTY) at least five business days prior to the program.

For more information, contact Ikisha Brothers at 252.335.4399 or ilbrothers@ecsu.edu.

REGISTRATION
The registration fee is $55.00 and includes administrative costs, educational materials, light breakfast, breaks and lunch.

Registration available at www.easternahec.net.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees, including news media, may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.

CANCELLATION POLICY
To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity.

No refunds will be given for cancellations less than one week prior to activity.

For continuing professional development activities canceled more than one week prior to continuing professional development activity,
- A $35.00 cancellation fee will be deducted from the refund, OR
- The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year, OR
- Substitutions are welcome; advance notification encouraged.

HANDOUTS, EVALUATION & CERTIFICATES
Handouts will be available at the conference. They will also be available online. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

PLANNING COMMITTEE
Roxana Ballinger, MBA, RN, CCM
Health Education & Outreach Director
Dare County Department of Public Health

Patricia Jordan, MSN, RN-BC
Manager, Hospital Education, Vidant Bertie & Chowan Hospitals

Kim Hollingsworth, BSN, RN, NCSN
School Nurse, Camden County Schools

Claire Mills, MPH, RN, FACHE
Director, Elizabeth City Office, Eastern AHEC

Hope Slone, MSN/MHA, NEA-BC, RN-BC
Director – Patient Care Services, Sentara Albemarle Medical Center

Waynette Speight, BSN, RN
Diabetes Coordinator, Albemarle Regional Health Services

Elizabeth “Tori” Whitley, RN
Director of Nursing, Roanoke Chowan Community Health Center

Please bring a sweater or jacket to ensure your comfort.