



August 2024 Newsletter



APPSTATE
Appalachian Institute
for Health and Wellness

The mission of the Appalachian Institute for Health and Wellness (formerly Blue Cross NC Institute for Health and Human Services), within the Beaver College of Health Sciences, is to promote multidisciplinary research opportunities, clinical services, community outreach, and training programs related to holistic health and well-being with the overarching goal of improving lives through transformative social, environmental, and healthcare advances.

Parent to Parent Family Support Network - High Country provides support, education, and connections to families who have children with varying support needs, have a child born prematurely, or are grieving the loss of a child.

Counties served: Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey.

All donations are gratefully accepted. To donate directly to Parent to Parent, please click the "Give Now" button.

GIVE NOW

In this newsletter
you can expect:

AIHW
Programs

Parent to
Parent Support
Groups

Upcoming
Events

Community
Spotlights

Resources

Education
News



AppWell Programs and Services

Community Outreach and Engagement:

- [Aging Well](#)
- [Growing Well](#)
- [Hub for Autism and Neurodiversity \(HAND\)](#)
- [Health Education and Training](#)
- [Physical Activity and Nutrition](#)
- [Girls on the Run of the High Country](#)
- [Support Groups](#)

Clinical Services:

- [Aging Well Clinical Services](#)
- [Autism and Neurodiversity Services](#)
- [Communications Disorders Clinic](#)
- [Employee Wellness Services](#)
- [Music Therapy Clinic](#)
- [Psychology Clinic](#)

Research and Impact:

- [Institute Journal](#)
- [Interdisciplinary Research and Labs](#)
- [Affiliated Research Faculty](#)
- [Faculty Resources](#)
- [Research Grants and Spotlights](#)
- [Institute News](#)
- [Support the Institute](#)

Services for App State Faculty and Staff:

- [Counseling for Faculty and Staff](#)
- [Health Promotion for Faculty and Staff](#)



Parent to Parent Support Groups

- **Alleghany:** For more information contact [Norma Bouchard](#).
- **Ashe:** Last Tuesday of the month with Marilyn Miller.
- **Avery:** Second Thursday of each month with Teresa Emory.
- **Mitchell:** welcome to attend the Avery or Yancey meetings. Please contact [Teresa](#).
- **Watauga:** TBA with [Marilyn](#)
- **Wilkes:** For more information contact [Norma](#).
- **Yancey:** First and third Thursday of each month with Teresa.



Upcoming Events

- **Saturday, August 10**
9:00 am - 1:00 pm
Parent to Parent FSN-HC
[Ashe Back 2 School Blast](#)
- **Saturday, August 10**
2:00 pm
Watauga County Public Library
[Sensory-Friendly Movie](#)
Despicable Me
- **Saturday, August 17**
4:00 pm
[Parent to Parent Picnic](#)
Valle Crucis Park, Boone, NC.
- **Monday, August 26**
[Able Rec Registration Deadline](#)

Community Spotlight



Dr. Gavin Colquitt

Dr. Gavin Colquitt is the Executive Director of the Appalachian Institute for Health and Wellness (AppWell) at Appalachian State University, where he also teaches Recreation Management and Physical Education. He has dedicated his career to improving health and physical activity for individuals with disabilities. Previously, he served as Executive Director of the Center for Rehabilitation and Independent Living and was a professor at Georgia Southern University, where he significantly advanced community engagement and promoted independence for people with disabilities in Georgia's coastal region.

Dr. Colquitt has developed various community programs for children with cerebral palsy and other disabilities. His research focuses on enhancing health outcomes through home- and community-based interventions. He holds credentials as a Certified Adapted Physical Educator (CAPE) and a Certified Strength and Conditioning Specialist (CSCS) and is a Fellow and Board Member of the American Academy of Cerebral Palsy and Developmental Medicine (AACPDMD).

Since July 1, 2023, he has led AppWell, which promotes research, clinical services, and community outreach to improve health in the Appalachian region. A key initiative, the Growing Well Initiative, features a multidisciplinary complex care clinic and incorporates Parent to Parent. This comprehensive program addresses the developmental and health needs of children with disabilities, particularly those aged 0-5, focusing on early intervention for conditions like cerebral palsy and autism, as well as follow-up care for NICU graduates.

The Growing Well program integrates specialists such as physical and occupational therapists, speech-language pathologists, and social workers, emphasizing the importance of community involvement through initiatives like Parent to Parent.



Resources

- [Fall-Social Skills Program](#) using the Peers Curriculum
- [Understanding Autism Spectrum Disorder](#) and the importance of early diagnosis
- [Autism](#) and the strengths of an autistic brain



Education/State Level News

MENTAL HEALTH TRANSFORMATION ALLIANCE

Lived Experience
Expertise Needed

Mental Health Transformation
Alliance is looking for a few
families, youth and/or young
adults who have experience
accessing and navigating the
Juvenile Justice System.

[Learn more](#)

Thank you for reading!

<p>PARENT TO PARENT Family Support Network - High Country</p>	<p>828-262-6089 parent2parent@appstate.edu https://www.facebook.com/P2PHC/</p>
<p>AIHW Hub for Diverse Abilities Resource Center</p>	<p>828-262-2910 400 University Hall Dr. Rm. 174 Boone, NC 28607</p>