

# 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.



# 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 <u>Norma Bouchard</u>.
- **Ashe:** <u>Last Tuesday</u> of the month with Marilyn Miller.
- **Avery:** <u>Second Thursday</u> of each month with Teresa Emory.
- Mitchell: welcome to attend the Avery or Yancey meetings. Please contact <u>Teresa</u>.
- Watauga: TBA with Marilyn
- **Wilkes:** For more information contact Norma.
- Yancey: <u>First and third Thursday</u> 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 <u>Sensory-Friendly Movie</u> Despicable Me

Saturday, August 17
4:00 pm

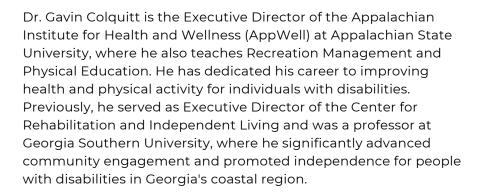
<u>Parent to Parent Picnic</u> Valle Crucis Park, Boone, NC.

Monday, August 26
 Able Rec Registration Deadline

### Community Spotlight



## Dr. Gavin Colquitt



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 (AACPDM).

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

- <u>Fall-Social Skills</u>
   <u>Program</u> using the
   <u>Peers Curriculum</u>
- Understanding
   <u>Autism Spectrum</u>
   <u>Disorder</u> and the
   importance of
   early diagnosis
- <u>Autism</u> 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!

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