



Healthy
Carolinians
of Orange
County

Individual Partnership Agreement Form

Please complete this form if you as an individual would like to participate in Healthy Carolinians of Orange County. There are NO FEES or dues required for membership in HCOC.

The mission of Healthy Carolinians of Orange County is to improve the health of all residents of Orange County. You can start improving the health of Orange County residents by helping the Partnership:

- Assess the health of the community
- Promote collaborative efforts
- Link data to resources and programs
- Engage in strategic health planning and agenda setting
- Facilitate program development

CONTACT INFORMATION (please print)	
Name	
Organization	
Mailing Address	
City, State, Zip Code	
Work Phone	
E-mail	
FAX	
Other Affiliations	

Primary Areas of Interest/Concern (check all that apply)

Issue Areas

- Reducing Obesity (chronic disease prevention)
- Access to Mental Health Services
- Substance Abuse Prevention
- Child Abuse and Domestic Violence Prevention
- Other _____

Groups I am interested in working with

- Children
- Adolescents
- Adults
- Seniors
- Other _____

Participation

List special skills that you bring to the partnership (e.g., grant writing, data entry, group facilitation, etc.):

I am willing to serve on the following committee(s): (check all that apply)

- | | |
|--------------------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> Healthy Carolinians Council | <input type="checkbox"/> Health Promotion Committee |
| <input type="checkbox"/> Advocates for Children Committee | <input type="checkbox"/> Mental Health and Substance Abuse Committee |
| <input type="checkbox"/> Advocates for Adolescents Committee | <input type="checkbox"/> I would like to receive e-mail updates/newsletters |

I agree to support the mission and purpose of Healthy Carolinians of Orange County

Signature

Date

Please return this form to Healthy Carolinians of Orange County at:
300 West Tryon St. P.O., Box 8181, Hillsborough, NC, 27514
or by Fax to 919.644.3007

Healthy Carolinians Committee Descriptions

The Healthy Carolinians Council is the governing body. Major roles are to: 1) help make the big decisions about what health areas the partnership will focus on; 2) advocate for health issues at the local and state level; and 3) oversee the operations of Healthy Carolinians of Orange County. Council members are nominated for three-year terms. New Council members are elected each fall. The Council meets quarterly.

The subcommittees carry out activities to address the priority health issues. They usually meet monthly.

All committees are constantly working on and further developing their action plans. Join and help decide the future direction of these committees.

Current Committees and Past Accomplishments

Advocates for Children: Focus on child abuse and domestic violence prevention and community education about these issues. The committee has been responsible for organizing a professional training series/seminars on the recognition and response to violence and child abuse. They also hold an annual Real Men Rock event to raise awareness about Shaken Baby Syndrome and have partnered with the Period of PURPLE Crying[®] Program to reach out to child and home care centers.

Advocates for Adolescents: Focus on improving health for teens with a special focus on risk behaviors such as underage drinking and prescription drug use. Past accomplishments include the development of a teen therapist listing; bringing *Nothing to Hide: Mental Illness in the Family* photo exhibit to Orange County; conducting focus groups with teens on mental health and illness and on alcohol and drug use; and hosting a *Free Fair All* community event. Currently, AFA focuses on environmental strategies (e.g. access to alcohol), collecting data, working to strengthen its Safe Homes Network and develop a Safe Stores Campaign.

Health Promotion: Focus on promotion of healthy lifestyles to prevent and reduce the burden of chronic disease. The committee encourages more physical activity and improved nutrition for Orange County residents. Past accomplishments include publishing the Orange County recreation map; helping to initiate the Eat Smart Move More Churches project and the Orange County Employee Wellness program; creating and promoting the Eat Smart Move More Consistent Messaging campaign, the Pediatric Obesity Initiative (POI) for Clinicians and the POI for School Nurses, and the Healthy Classroom Challenge presented at Healthy Kids Day. Committee received an Eat Smart Move More community grant in June 2010 to establish the Orange County Preparing Lifelong Active Youth (PLAY) to Move More program in which UNC collegiate athletes will promote new ways for children enrolled in after-school programs to be active and healthier. After-school programs will adopt a policy that requires 30 minutes of moderate-to-vigorous physical activity everyday; and middle-school teachers will encourage more active learning in classrooms.

Mental Health and Substance Abuse: Focus on raising awareness of mental health and substance abuse, decreasing stigma related to these issues and improving services for residents who suffer from mental health illness and substance abuse. Past accomplishments include the publication and distribution of a Directory of Mental Health Services which was then converted to a searchable online database. In addition, the committee launched the Pro Bono Counseling Network which recruits mental health professionals to provide counseling services on a *pro bono* basis to individuals who fall into the gap between those covered by public assistance programs and the privately insured.

An overall goal of Healthy Carolinians of Orange County and the committees is to engage in activities to reduce health disparities in Orange County.

If you would like to learn more about how to get involved with the work of Healthy Carolinians of Orange County, please contact the Healthy Carolinians Coordinator, Nidhi Sachdeva, at 919.245.2440 or e-mail nsachdeva@co.orange.nc.us.