

# The Power of YOU

## 3rd Annual Public Health Nurses Conference

### Keynote Address:

# The Power of Public Health Nurses

Dr. Antonia Monk Richburg  
CEO, United Way of Forsyth County, NC

5.2.2025  
GREAT WOLF LODGE CONCORD NC

***A TOTAL OF 4.0 CONTACT HOURS WILL BE AWARDED FOR THIS ACTIVITY.***

***THIS NURSING CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY WAS APPROVED BY THE NORTH CAROLINA NURSES ASSOCIATION, AN ACCREDITED APPROVER BY THE AMERICAN NURSES CREDENTIALING CENTER'S COMMISSION ON ACCREDITATION.***



Everywhere, Everyday, Everybody



NCPHA  
Public Health  
Nursing Section



NC DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
Office of the Chief Public Health Nurse

# Speaker Biographies

**Dr. Susan Little, DNP, RN, CPHN, PHNA-BC, CPH, FAAN**, Director, NC Office of the Chief Nurse

Dr. Susan Haynes Little, RN has worked in Public Health since the mid-1990s in local, state, national, and international settings. Her passion has been described as a "commitment to excellence in the public health nursing profession and community."

Dr. Little's current professional role is Chief Nursing Officer for the North Carolina DHHS Divisions of Public Health and Family & Well-Being.

Dr. Little was awarded DUSON's Trailblazer in Nursing alumni award and was selected as a NC Great 100 Nurse in 2019, as the North Carolina Nurses Association's Health Systems Nurse of the Year in 2020, was inducted as a Fellow of the American Academy of Nursing in 2021, and was awarded the Governor's Excellence in Public Service award in 2022.

**Erin Shoe, MPH**, Health Director and CEO, Cabarrus County Health Alliance

Erin is the Public Health Director and CEO for Cabarrus County Health Alliance. She holds a Master of Public Health from UNC-Chapel Hill, and a degree in Healthcare Management from Appalachian State University.

**Dr. Antonia Monk Richburg, PhD**, CEO, United Way of Forsyth County, NC

Dr. Richburg, has a Ph.D. in Leadership Studies from N.C. A&T State University and a master's degree in public affairs with a concentration in nonprofit management and public personnel from the University of North Carolina at Greensboro. She also has a postgraduate Advanced Certificate in Nonprofit Leadership from Duke University.

Dr. Richburg is a 2021-2022 Southeastern Council on Foundation Hull Fellow.

Dr. Richburg, PhD, is currently the president and CEO of the United Way of Forsyth County. She is also an adjunct faculty member at the University of North Carolina at Greensboro and served as Vice President and Senior Program Officer at the Cone Health Foundation.

**Amber Reece-Young, MSN, RN, CPHN, CMGT-BC, NCSN**

Amber Reece-Young, BSN, RN has been a nurse for 24 years. She graduated with a BSN from Berea College and an MSN with an emphasis in Public Health from Aspen University. Amber is a National certified school nurse and is certified by ANCC in nursing case management. Amber has worked overseas as a nurse in England and has experience in home health case management as well as school nursing for over 19 years.

**Kimberly Berry, BSN, RN** Henderson County, NC

Kimberly Berry, BSN, RN has been a school nurse for 25 years and school nurse supervisor for 12 years in Henderson County. She supervises a team of 23 full-time school nurses and 10 part-time school nurses employed by the Henderson County Dept of Public Health. They work through a contract with Henderson County Public Schools. She is also currently the NC director for NASN.

**Amparo Oviedo Acosta MSN, RN, CPHN**- Buncombe, NC

Amparo Oviedo Acosta MSN, RN, CPHN brings over two decades of nursing expertise with a proven record of leadership in public health. She has been the Director of Nursing and Public Health Nurse Administrator since 2023 in Buncombe County where she oversees clinical services operations, ensuring high quality care and effective community outreach. Prior to this, Amparo served as a Public Health Nurse Supervisor in Buncombe County for a decade, where she led teams, including the Communicable Disease team during the COVID-19 Pandemic, and championed continuous quality improvement initiatives, including a tracker to improve CD workloads and documentation. She was recognized as the first North Carolina Public Health Nurse Superhero in 2019.

**Beth Shook MSN, RN, CPHN, CNE, NCSN** - State School Health Nurse Consultant

Beth Shook MSN, RN, CPHN, CNE, NCSN is a NC Division of Public Health School Health Nurse Consultant serving both the West and Northwest part of North Carolina. Presently, she is the west region school health nurse consultant. She is a certified School Nurse, Nurse Educator and public health nurse. She has worked in both an LEA-supervised and a health department-supervised school health program. Beth is currently a Professional Development Nurse Planner for the School Health Consultant Team.

**Shea Laws BSN, RN, NCSN** -Yancey County

Shea Laws BSN, RN, NCSN is the Lead School Nurse for Yancey County Schools. She received her Associate Degree in Nursing at Mayland Community College and completed her Bachelor of Science in Nursing from Lees McRae College. She has worked in school nursing for the past 10 years with previous experience in public health and inpatient pediatrics.

**Julie Berger BSN, RN, NCSN** -MAHEC, Buncombe County

Julie Berger BSN, RN, NCSN is the Program Manager of School Health at MAHEC where she has led the program for the past two years. Prior to that, she served as a supervisor for five years and has been working in school health for a total of nine years. A pediatric nurse since 2003, Julie also brings experience in mental health nursing to her work. She's deeply passionate about supporting and educating school nurses to be experts in their field and fostering collaboration across the state.

**Jill Davis, MS, DIPACLM, CPT** - Patient Educator, Humana Health

Jill Davis is a Health Educator at Humana and a Certified Lifestyle Medicine Professional. She received her Master's in Wellness and Health Promotion Management from Nebraska Methodist College and her Bachelor's in Human Development from Boston University Wheelock College of Education & Human Development.

**Jean Workman, BS, MA** - Program Manager  
Every Baby Guilford  
Guilford County

Since 1993, Jean Workman has worked in adolescent health and sexuality education. She co-created award-winning, evidence-based adolescent pregnancy prevention curricula that are marketed and sold throughout the US. Jean is the Executive Director of Every Baby Guilford and the Guilford County Coalition on Infant Mortality. She is also a development director and trainer for SHIFT NC.

Additionally, Jean serves as a Guilford County Public Health Program Manager and is the master trainer and consultant for Jean Workman Consulting.

# The Power of YOU

## 3<sup>rd</sup> Annual Public Health Nurses Conference

May 2, 2025  
Great Wolf Lodge Concord, NC  
**AGENDA**

8:00 am – 9:00 am	Registration	Photo Booth!	Lobby
	Breakfast		White Pines III

### Opening Session 9:00 am – 12:00 pm

9:00 am – 9:15 am	Welcome	<b>Dr. Susan Little, DNP, RN, CPHN, PHNA-BC, CPH, FAAN,</b> Director NC Office of the Chief Nurse  <b>Erin Shoe, MPH,</b> Health Director and CEO, Cabarrus County Health Alliance	White Pines 1 and II
9:15 am – 10:15 am	Keynote Address: <i>The POWER of Public Health Nurses</i>	<b>Dr. Antonia Monk Richburg,</b> CEO, United Way of Forsyth County, NC	White Pines 1 and II
10:15 am – 10:30 am	Break & Exhibitors		Lobby
10:30 am – 12:00 pm	Panel Discussion  <i>Voices from Public Health Nurse Champions: Stories of Resilience, Duty, and Community in Hurricane Helene Response</i>	<b>Moderator: Dr. Susan Little</b>  <b>Panelists:</b> <b>Amber Reece-Young, MSN, RN, CPHN, CMGT-BC, NCSN</b> Henderson County, NC <b>Kimberly Berry, BSN, RN</b> Henderson County, NC <b>Amparo Oviedo Acosta MSN, RN, CPHN</b> Buncombe, NC <b>Beth Shook MSN, RN, CPHN, CNE, NCSN</b> - State School Health Nurse Consultant who lives in Mitchell County, NC <b>Shea Laws BSN, RN, NCSN</b> Yancey County, NC <b>Julie Berger BSN, RN, NCSN</b> MAHEC, Buncombe County, NC	White Pines 1 and II

### Lunch and Networking 12:00 pm – 1:15 pm

12:00 pm – 1:15 pm	Lunch & Networking	Mix and Mingle	White Pines III
	Celebrate	<b>Make Your Own Edible Friendship Cookie</b>  Sweet Spot	White Pines III

### **Breakout Session I 1:15 pm – 2:00 pm**

1:15 pm – 2:00 pm	Breakout Session A	<b><i>Six Pillars of Lifestyle Medicine</i></b> Jill Davis, MS, DIPACLM, CPT Patient Educator, Humana Health	White Pines I
1:15 pm – 2:00 pm	Breakout Session B	<b><i>Nurses as Powerful Leaders</i></b> Jean Workman, BS, MA Program Manager Every Baby Guilford Guilford County	White Pines II
1:15 pm – 2:00 pm	Breakout Session C	<b>Yoga and YOU</b> Solace Yoga Studio	Fallen Timbers

### **Breakout Session 2 2:05 pm – 2:50 pm**

2:05 pm – 2:50 pm	Breakout Session A	<b><i>Six Pillars of Lifestyle Medicine</i></b> Jill Davis, MS, DIPACLM, CPT Patient Educator, Humana Health	White Pines I
2:05 pm – 2:50 pm	Breakout Session B	<b><i>Nurses as Powerful Leaders</i></b> Jean Workman, BS, MA Program Manager Every Baby Guilford Guilford County	White Pines II
2:05 pm – 2:50 pm	Breakout Session C	<b>Fitness, Exercise Time</b> West Cabarrus YMCA Staff	Fallen Timbers

### **Breakout Session 3 2:55 pm – 3:40 pm**

2:55 pm – 3:40 pm	Breakout Session A	<b><i>Six Pillars of Lifestyle Medicine</i></b> Jill Davis, MS, DIPACLM, CPT Patient Educator, Humana Health	White Pines I
2:55 pm – 3:40 pm	Breakout Session B	<b><i>Nurses as Powerful Leaders</i></b> Jean Workman, BS, MA Program Manager Every Baby Guilford Guilford County	White Pines II
2:55 pm – 3:40 pm	Breakout Session C	<b>Fitness, Exercise Time</b> West Cabarrus YMCA Staff	Fallen Timbers

### **Closing Session 3:45 pm - 4:00 pm**

3:45 pm – 4:00 pm	General Session and Evaluation	White Pines 1 and II
-------------------	-----------------------------------	-------------------------

NOTE: A local photographer may be on-site taking candid photos. If you do not want your picture taken, please inform ANCBH staff.