

N2Health is Expanding Access to Health Services in Rural US Communities

2024 ANNUAL IMPACT REPORT





Surrounded by
three great
bodies of water,
we have the
beauty...
and now we
pursue
community
health for all!



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N2HEALTH HAS BOLD ASPIRATIONS FOR RURAL COMMUNITIES

We aspire for our residents, families, and elders to be healthy and have access to comprehensive and competent health services.

Our goals are achievable. It will take all of us together to make it possible.

WE NEED YOUR HELP!



THE NORTHERN NECK

Northern Neck Health, Inc. (N2Health) was born out of the Northern Neck region of Virginia.

The Northern Neck is the northern most peninsula of the three peninsulas that make up the Tidewater Region in eastern Virginia. It is a region that is rich in history and US heritage.

Despite being close to Virginia's bustling urban centers, the Northern Neck feels worlds apart economically. Made up of four counties –Northumberland, Lancaster, Richmond, and Westmoreland–this region is home to just over 50,000 people (U.S. Census, 2020).

But here's the challenge: nearly 1 in 7 residents live in poverty, and almost 1 in 3 is over 65 (U.S. Census, 2020). These socioeconomic factors significantly affect health behaviors and outcomes, making the need for improved health resources in the Northern Neck more urgent than ever. It's time to bridge the gap and make a difference in this vibrant rural community.



N2HEALTH LEADERSHIP

Our leadership team

Our dedicated Board of Directors, Board Advisors and President and CEO, composed of doctors, faith leaders, community members, and others, are committed to guiding N2Health toward a healthier future. They bring a wealth of experience and expertise to our organization, ensuring that our programs and initiatives are effective and sustainable.



In the past year, we have reached even more rural community members with the intention of increasing health literacy. We achieved this through intentional and inclusive outreach and using the collective expertise of N2Health's staff and leadership team.



MEET OUR FOUNDER

Dr. Laverne Morrow Carter is a leader, teacher, motivator and innovator dedicated to reaching, teaching and supporting people of color in their quest for cumulative and sustained health and wealth. In her 40-year business ministry, she has brought solutions and hope to over 100 communities in more than 15 states.

She has employed hundreds of professional personnel to implement a plethora of government and nongovernment programs focused on people of color in the U.S. In her new business ministry. She is committed to building and managing a multimedia education and advocacy platform to love, lift and edify Black Baby Boomers (born between 1946 and 1964).





MESSAGE FROM OUR PRESIDENT & CEO

HOLDING TRUE TO OUR MISSION

I was drawn to N2Health in 2021 by its bold, community-driven mission, but it's the incredible people here who've truly helped me solidify my purpose. From our hardworking staff pouring countless hours into outreach, to our selfless board members dedicated to giving back, to the community members who guide and inspire our programs—N2Health is powered by some of the most passionate change-makers in the region. Together, we've achieved the following in 2024:

- Hosted two incredible speakers who led impactful health discussions with nearly 200

community members.

- Empowered 26 Northern Neck residents to use evidence-based strategies to support community members experiencing mental health or substance use crises.
- Closed out a two-year capacity building project to encourage greater community involvement in local research initiatives.

A huge thank you to the funders who brought this programming to life and to the incredible N2Health staff, board members, and community members who make it all so meaningful. Your passion and dedication are what turn ideas into impactful realities.

MEET THE BOARD

SHAPING N2HEALTH'S PLANNING & VISION



Dr. Taurus Tatem
Chairperson

Dr. Tatem is co-owner of Allen & Tatem, DDS, PC in Fredericksburg, Virginia. As Chairperson of N2Health's Board of Directors, Dr. Tatem believes that health education is very important in maintaining an excellent quality of life.

Mr. Harold Blackwell
Secretary

Mr. Blackwell spent twenty-one years in civil service and twenty-one years of military service specializing in telecommunication technical and management support. He is the Secretary and Director Emeritus of N2Health's Board of Directors.



Pastor Renee Johnson
Treasurer

Pastor Renee Johnson was employed by the Northern Neck Regional Special Education program for 27 years, providing educational, life and vocational skills to physically challenged students. As Treasure of N2Health's Board of Directors, Pastor Johnson seeks to expand community health education to residents.



Mrs. Sherrie Smith
Director

Mrs. Smith is the Deaconess and administrative clerk at Little Zion Baptist Church in Westmoreland County. As a member of the Board of Directors she serves as a critical link between N2Health and faith leaders in the region.



Mrs. Mary B. Dawson
Director

Ms. Dawson is a retired nurse and a stellar patient advocate in the Northern Neck region. She is passionate about chronic disease management and health literacy in rural communities. She is Director Emeritus of N2Health's Board of Directors.



OUR IMPACT

This year's programming

Impactful solutions require not only listening to the voices of people with lived experience but also community support. We achieve this through offering:

★ COMMUNITY PROGRAMS

We are dedicated to improving the health and well-being of our community, particularly among underserved populations. We host a variety of events and programs to educate and empower individuals, families, and elders. These initiatives focus on mental and physical health, addressing disparities faced by minorities and the idiosyncrasies of rural living.

★ OUTREACH & ENGAGEMENT

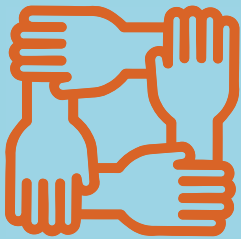
We actively engage with the community through mailers, email campaigns and partnerships with local organizations. We provide opportunities for community members to earn various public health certificates.

★ CAPACITY BUILDING

We collaborate with local organizations, such as churches, schools, and community centers, to host events and provide resources. We also partner with professors and medical professionals to leverage their expertise and resources.



IN PARTNERSHIP WITH CARING SUPPORTERS & GRANTORS, THIS YEAR, N2HEALTH HELPED EDUCATE **231** NEIGHBORS.



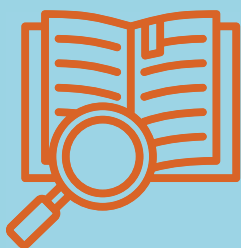
COVID-19 AND THE AFRICAN AMERICAN COMMUNITY

With funding from the Virginia Department of Health, N2Health partnered with the esteemed Reverend Earl T. Howerton Jr. to facilitate a community discussion on how COVID-19 has impacted African American health.



COVID-19 IN THE NORTHERN NECK: FOUR YEARS LATER

With funding from the Virginia Department of Health, N2Health worked with Dr. Laverne Morrow Carter to use innovative techniques to build community capacity, while also learning from event participants about changes in local COVID-19 perceptions and transmission rates over the years.



CAPACITY BUILDING IN RURAL MENTAL HEALTH RESEARCH

With funding from PCORI, N2Health and the University of Arkansas organized four research generating sessions to assess the perspectives 40 patients, patient advocates, and faith leaders on three possible focus areas for a future rural, mental health research study.



MENTAL HEALTH FIRST AID

With funding from the Virginia Department of Behavioral Health and Developmental Services, N2Health partnered with Reverend Ulysess Turner, a local mental health expert, to train 26 Northern Neck community members in Mental Health First Aid.

IMPACTFUL EVENTS

BUILDING RURAL CAPACITY IN MENTAL HEALTH RESEARCH

Starting in May 2022, thanks to funding from PCORI (Patient Centered Outcomes Research Institute), N2Health teamed up with the University of Arkansas for Medical Sciences (UAMS) to deliver eight powerful capacity-building workshops for 40 patients, patient advocates, and clinicians from the Northern Neck and rural Arkansas. These sessions tackled critical topics like what is patient-centered research, how to meaningfully engage patients in research, and the challenges of accessing mental health services in rural areas.

Led by experts in rural health delivery and research, the workshops didn't just inform—they transformed! Participants enjoyed engaging discussions and boosted their knowledge, with average test scores jumping 34% from pre-test to post-test. By the end, they were fired up and ready to shape meaningful research.

Fast forward to 2024, and the final phase was in full swing: four research-generating sessions where participants dove into the mental health needs of their communities. Key questions included how to close the rural mental health gap

and top priorities for the next two years. The standout issue? Tackling mental health stigma. Together, stakeholders identified two critical research questions to guide solutions for breaking down stigma and strengthening mental health support in rural communities.



IMPACTFUL EVENTS

COVID-19 PREVENTION

Did you know that a third of Northern Neck residents are older adults? According to the CDC, this group faces the highest risks from severe COVID-19. The stakes are even higher for African American residents, where chronic conditions and health disparities add to the challenges.

To help, N2Health received funding from the Virginia Department of Health to bring COVID-19 prevention education straight to the African American community in the Northern Neck.

Over the past year, we hosted two community education sessions, empowering hundreds of residents with practical tips to prevent the transmission of COVID-19 and protect their health—no matter what new variants come our way. Knowledge is power, and our community is stronger because of it.



MENTAL HEALTH FIRST AID

Thanks to funding from the Virginia Department of Behavioral Health and Development Services (DBHDS), N2Health brought Mental Health First Aid (MHFA) Training, a mental health capacity building initiative, to the heart of the Northern Neck.

On July 26, 2024, Rappahannock Church of Christ was buzzing with energy as 26 community members became certified in MHFA. These new champions are now ready to step up and provide critical support during mental health challenges across the region.



WE INVEST BOLDLY TO ACHIEVE EQUITABLE HEALTH ACCESS FOR ALL

N2Health envisions a Northern Neck community where all residents, regardless of age or background, have access to high-quality, affordable healthcare services. Our goal is to reduce health disparities, promote health literacy, and build a robust healthcare infrastructure to serve our community. We are working to build and sustain an infrastructure to:

1. reduce the disparities in health risk factors and outcomes for all residents of the Northern Neck;
2. improve residents' health literacy and
3. improve residents' access to quality health services in the region.



SERVING RURAL COMMUNITIES IS AT THE CENTER OF WHAT WE DO.

Our **mission** is to improve the health and well-being of all Northern Neck residents. Through our dedicated board of directors and community partnerships, we strive to reduce health disparities, enhance health literacy, and expand access to quality healthcare services in our region.

Our **vision** is to see that our residents, families and elders are healthy and have access to comprehensive and competent health services.

N2Health **believes** that access to quality healthcare is essential for all individuals to reach their full potential.

By reducing health disparities, enhancing health literacy, and expanding access to services in rural communities, we are working to create a healthier and more equitable community.

IMPROVE
HEALTHCARE
ACCESS

IMPROVE
HEALTH
LITERACY

REDUCE
DISPARITIES

HOW YOU CAN HELP

Your support makes a difference


1. **Donate:** Your financial contribution directly supports our programs and services.
2. **Volunteer:** Volunteer your time and skills to help us with various tasks, such as event planning, fundraising, and community outreach.
3. **Spread the Word:** Share our mission and work with your friends, family, and colleagues.
4. **Partner with Us:** Collaborate with us on special projects or events to amplify our impact.




N2Health relies on the generosity of individuals, corporations, and foundations to continue our mission of improving the health and well-being of our community. Your support, no matter how big or small, can make a significant impact.


Together, we can create a healthier future for our community.

Let's keep in touch

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