

University of Delaware

SHIP BIMONTHLY MEETING

DECEMBER 2025



MEET THE TEAM



Dr. Alexandra Wynn

Postdoctoral Researcher,
Department of Epidemiology



Katlyn Cullhane-Suluai

Program Manager, Partnership for
Healthy Communities



Dr. Yendelela Cuffee

Associate Director, Partnership for
Healthy Communities



Dr. Jennifer Horney

MPH and PHC Director,
University of Delaware



Sequoia Rent

Chief, Bureau of Health Equity
DPH Deputy Chief Health Equity Officer
Division of Public Health (DPH)



Karen McGloughlin

PH Treatment Program Administrator
Bureau of Health Equity
Division of Public Health (DPH)



Ernie Lint

Section Chief
Office of Performance Management
Division of Public Health (DPH)



Catlynn Senquiz

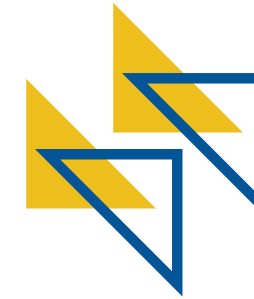
SHIP Implementation Coordinator
Health Promotion, Graduate
Assistant



Athena Bruess

Public Health, Graduate Assistant
University of Delaware

MEETING AGENDA



1 Welcome + Team Introductions

2 Thank you!

3 SHIP Report Updates

4 Preview of the SHIP 2026

5 Coalition Legislative Updates

6 Communications, Partnerships & Outreach

7 Guest Speaker: Linda Tholstrup from
Healthy Communities Delaware

8 Overview of SHIP Platforms

9 Priority Health Outcome Breakout Rooms

10 Takeaways + Questions

Thank You, Delaware SHIP Coalition!

Thank you for your continued dedication, involvement, and hard work throughout this year. Your commitment to collaboration and service has made a meaningful impact, and we are grateful for the time, expertise, and passion each of you brings to the coalition. Together, we continue to strengthen and support those we serve across Delaware.

We appreciate all that you do and look forward to continuing this important work together next year!

SHIP REPORT UPDATES

The SHIP Report 2025-2028 is now available in the multiple languages:

English

Spanish

Haitian Creole

Visit delawareship.org to access the translated reports.
Also accessible through the SHIP Microsoft Teams and Google Drive.

- **Graphic Designer: Jeff Hughes, Owner, HUGHES DESIGN**
- **Spanish Translation: Maria Fernanda Sargent, Multilingual Learner Teacher/ Spanish Teacher, Student Council Advisor Class of 2027, Conrad Schools of Science**
- **Haitian Creole Translation: Audin Francios, JD, MA-TESOL, Translator & Language Education Specialist**





PREVIEW OF THE SHIP 2026



BIMONTHLY: FEBRUARY 9

Location: Virtual
on Zoom

When: 11 am to
12:30 pm

QUARTERLY: MARCH 9

Location: Hybrid
(TBD)

When: 11 am to
12:30 pm

BIMONTHLY: APRIL 13

Location: Virtual
on Zoom

When: 11 am to
12:30 pm

BIMONTHLY: JUNE 15

Location: Virtual
on Zoom

When: 11 am to
12:30 pm

QUARTERLY: JULY 13

Location: Hybrid
(TBD)

When: 11 am to
12:30 pm



COALITION UPDATES



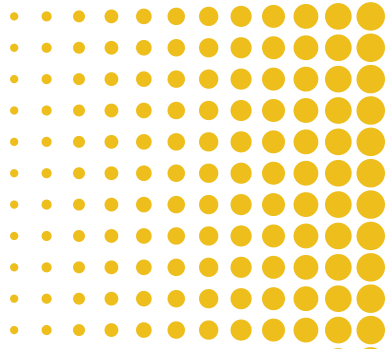
We'll now open the floor for coalition updates. Please feel free to share any recent developments, legislation, advocacy efforts, or initiatives your organization is currently involved in. We also welcome updates on upcoming events, recent accomplishments, new programs, partnerships, or any opportunities for collaboration.

STUDENT PRACTICUM PLACEMENT OPPORTUNITIES



- The purpose of the Applied Practice Experience (APE) is to provide students with an opportunity to apply the concepts, strategies, and tools acquired throughout the course of their classroom studies in a public health practice setting.
- The practicum will provide students field placement experience in which they will work closely with a departmental faculty member and (an) appropriate field professional(s) applying skills and techniques acquired through coursework.
- For questions or support related to the applied practice experience, please contact either:
 - Lauren Camphausen
 - MPH Assistant Director, College of Health Sciences at University of Delaware
 - Email: campl@udel.edu
 - Jennifer Horney, PhD, MPH, CPH
 - Professor and Director, Program in Epidemiology, College of Health Sciences at Univeristy of Delaware
 - Email: horney@udel.edu

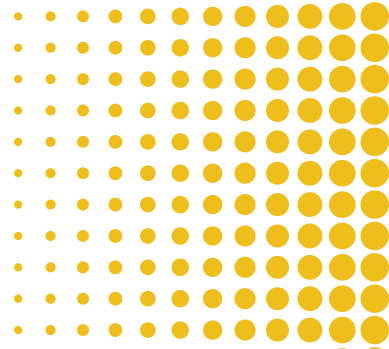
BGHC CERVICAL CANCER AWARENESS TOOLKIT AND WEBSITE



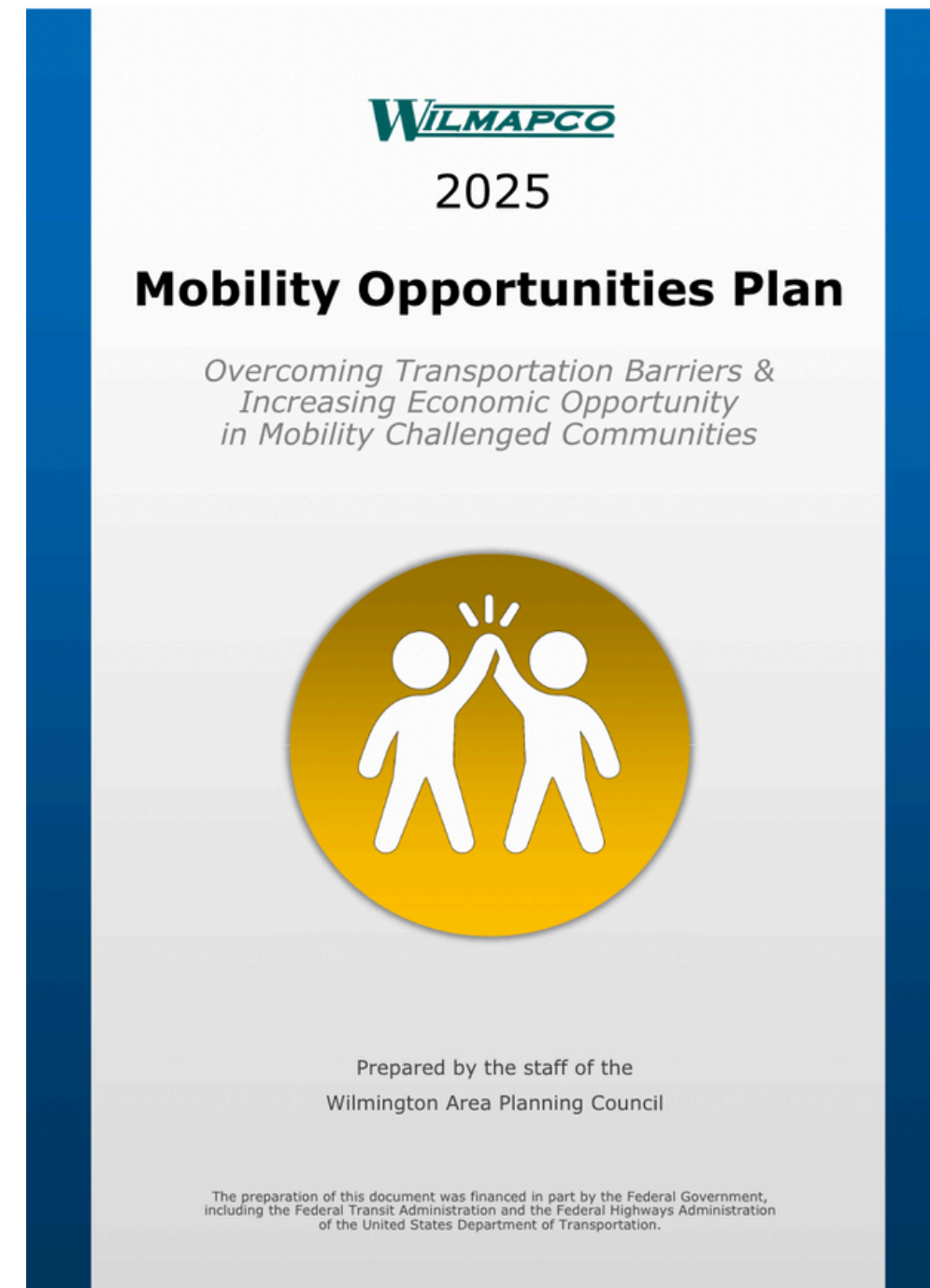
- Black Girl Health Collective (BGHC) has launched a new initiative, [The Be Seen, Be Screened Cervical Cancer Awareness Campaign](#), developed to increase knowledge, improve access, and support early detection for Delaware residents.
- Their website, www.beseenbescreened.org, includes downloadable resources, a toolkit for community partners, a quiz, screening location information, and details on upcoming events.
- You can access their Cervical Cancer Awareness Toolkit here:
<https://drive.google.com/drive/folders/1zvCP4ExrAquzzyuPAxP5HyjOz5qf5VS-b>



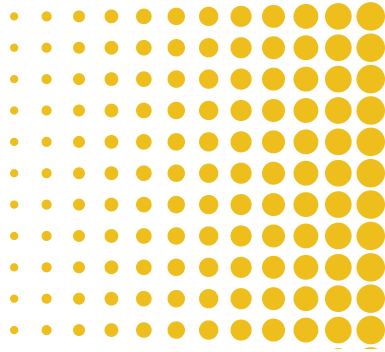
WILMAPCO REPORT: MOBILITY OPPORTUNITIES PLAN



- You can access the report via this link:
<https://wilmapco.sharefile.com/share/view/s3d1446a13ff6459e9ce273829d7da2d3>
- The report is also available on our website under Stakeholder → Reports
 - Link: <https://delawareship.org/stakeholder-reports>



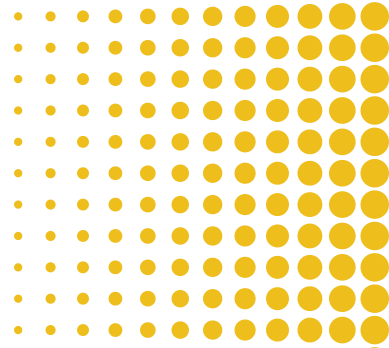
COMMUNITY GRANT PROGRAM



- The Delaware Bar Foundation is proud to announce that their Community Grant Program opened on December 1!
- They are accepting applications for community projects that expand access to justice, legal education, and programs that strengthen the Delaware legal system.
 - Grants up to \$10,000 available
- Applications due February 12, 2026
- If you know an organization or project making a difference in Delaware, now is the time to apply! Learn more on their website at: [Delaware Bar Foundation - Community Grants Program](#)
- Contact: Megan S. Greenberg, Esq. Executive Director at Delaware Bar Foundation
 - Phone: 302-658-0773
 - Email: [*mgreenberg@delawarebarfoundation.org*](mailto:mgreenberg@delawarebarfoundation.org)



HEALTH LITERACY COUNCIL OF DELAWARE: HEALTH LITERACY BEST PRACTICES



- **HLCD Website for more resources and information:** <https://healthliteracyde.org/>
- **This one-pager is also available in the SHIP Google Drive and Teams**
 - **Links:**
 - **SHIP Google Drive**
 - **SHIP Microsoft Teams**

Health Literacy Basics

A Quick-Start Guide

"Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others."

"Organizational health literacy is the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others."

Making Health Information Easy to Understand

To support health literacy, we should use clear, simple language, make materials accurate and easy to read, and confirm understanding using tools like teach-back, where patients repeat information in their own words.

Organizations can help by communicating clearly, supporting shared decision-making, respecting cultural and linguistic needs, and offering resources that help people manage their health confidently. [1, 2, 3, 4, 5]

Best Practices

- **Use Plain Language:** Explain things in simple, clear words that everyone can understand.
- **Prioritize Information:** Share the most important points first so people don't get overwhelmed.
- **Include a Support Person:** Ask/offer to have a family member or friend join to help with communication and decision-making.
- **Use Preferred Language:** Make sure information is given in the language the person is most comfortable with.
- **Use Teach-Back to Confirm Understanding:** Ask the person to repeat the information in their own words so you can be sure it was explained clearly.
 - Consider using questions such as:
 - What is your main health concern?
 - What do you need to do next?
 - Why is it important for you to do this?
- **Address any barriers:** Consider any challenges experienced by navigation, access or learning.

References

- [1] <https://www.healthliteracysolutions.org/hta-articles/introduction-to-health-literacy>
[2] <https://edpnp.health.gov/our-work/national-health-initiatives/health-literacy/national-action-plan-improve-health-literacy>
[3] <https://psnet.ahrq.gov/primer/strategies-improve-organizational-health-literacy>
[4] <https://www.pfizer.com/products/medicine-safety/health-literacy>
[5] <https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/health-literacy>

WELCOME GUEST SPEAKER:

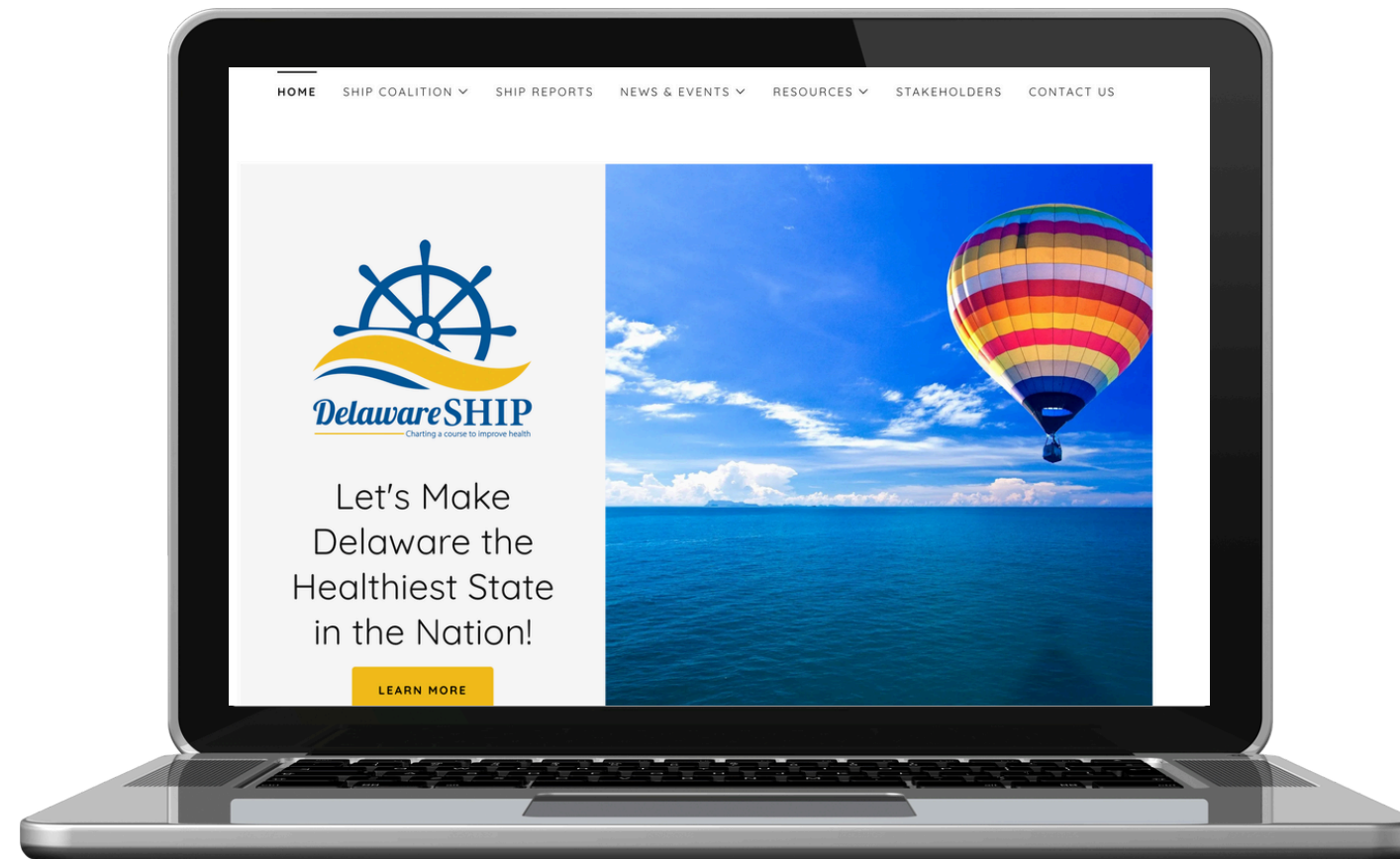
**Linda Tholstrup from Healthy
Communities Delaware**



Healthy Communities Delaware
Thriving Places. Thriving People.



SHIP PLATFORM OVERVIEW



Purpose: Help members find information, reports, resources, and more

Today, we'll be covering:

- **SHIP Website (delawareship.org)**
- **SHIP Microsoft Teams**
- **SHIP Google Drive**
- **SHIP Social Medias**



Google Drive



delaware-ship



delawareship_org



delawareship_org

BREAKOUT GROUPS

During each session, breakout groups will hold brief discussions and then report back to the full group. This process ensures that every priority health outcome receives cross-sector input.

In today's meeting, we would like to hear from our coalition about the types of topics you would like to see represented in the SHIP's 2026 community conversations. Thus, we have a set of questions to go over. We will make sure to send these out in a follow-up email in case you think of anything else.



**THANK YOU FOR
JOINING TODAY!**

**WE LOOK FORWARD TO
SEEING YOU IN 2026**

