

**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**

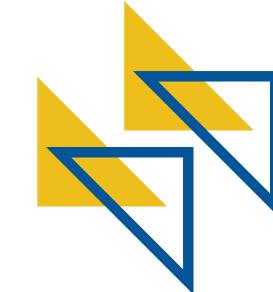
SHIP Implementation Coordinator  
Health Promotion, Graduate  
Assistant



**Athena Bruess**

Public Health, Graduate Assistant  
University of Delaware

# MEETING AGENDA



<b>1</b>	<b>Welcome + Team Introductions</b>	<b>6</b>	<b>Communications, Partnerships &amp; Outreach</b>
<b>2</b>	<b>Thank you!</b>	<b>7</b>	<b>Guest Speaker: Linda Tholstrup from Healthy Communities Delaware</b>
<b>3</b>	<b>SHIP Report Updates</b>	<b>8</b>	<b>Overview of SHIP Platforms</b>
<b>4</b>	<b>Preview of the SHIP 2026</b>	<b>9</b>	<b>Priority Health Outcome Breakout Rooms</b>
<b>5</b>	<b>Coalition Legislative Updates</b>	<b>10</b>	<b>Takeaways + Questions</b>

# **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

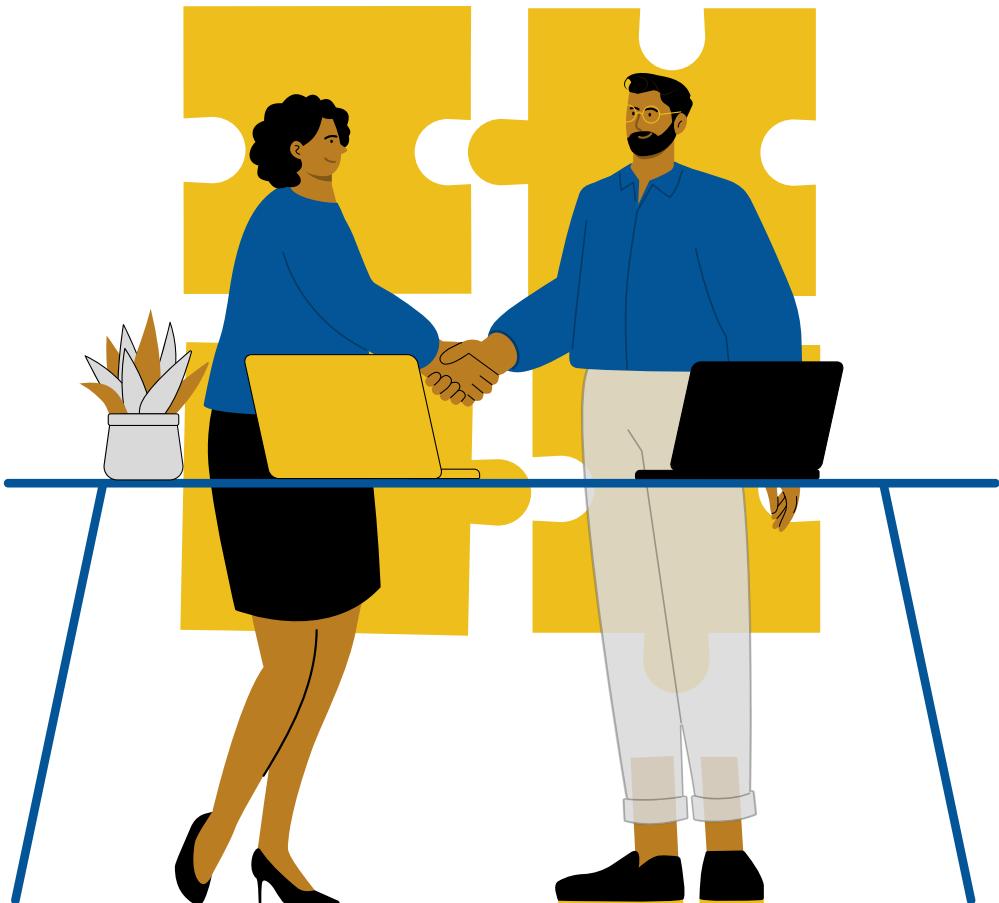
Spanish

Haitian Creole

Visit [delawareship.org](http://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:**  
**FEBUARY 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**

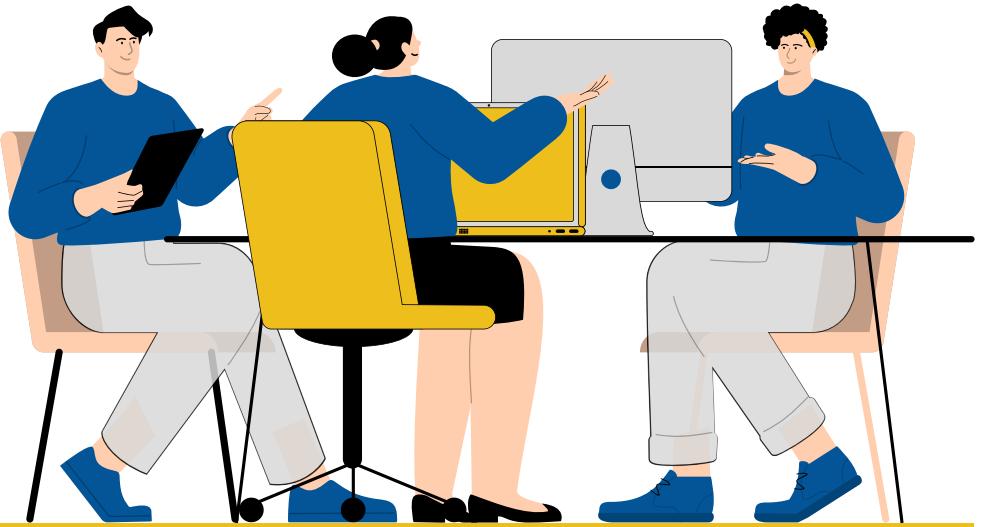
Location: Virtual  
on Zoom  
When: 11 am to  
12:30 pm

**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](mailto:campl@udel.edu)
  - Jennifer Horney, PhD, MPH, CPH
    - Professor and Director, Program in Epidemiology, College of Health Sciences at University of Delaware
    - Email: [horney@udel.edu](mailto: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.beseenbescrreened.org](http://www.beseenbescrreened.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/1zvCP4ExrAquzyuPAxP5HyjOz5qf5VS-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***



**Delaware Bar  
Foundation**

# 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/lha-articles/introduction-to-health-literacy>
- [2] <https://od.nih.gov/our-work/national-health-initiatives/health-literacy/national-action-plan-improve-health-literacy>
- [3] <https://pcmet.acha.org/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:**

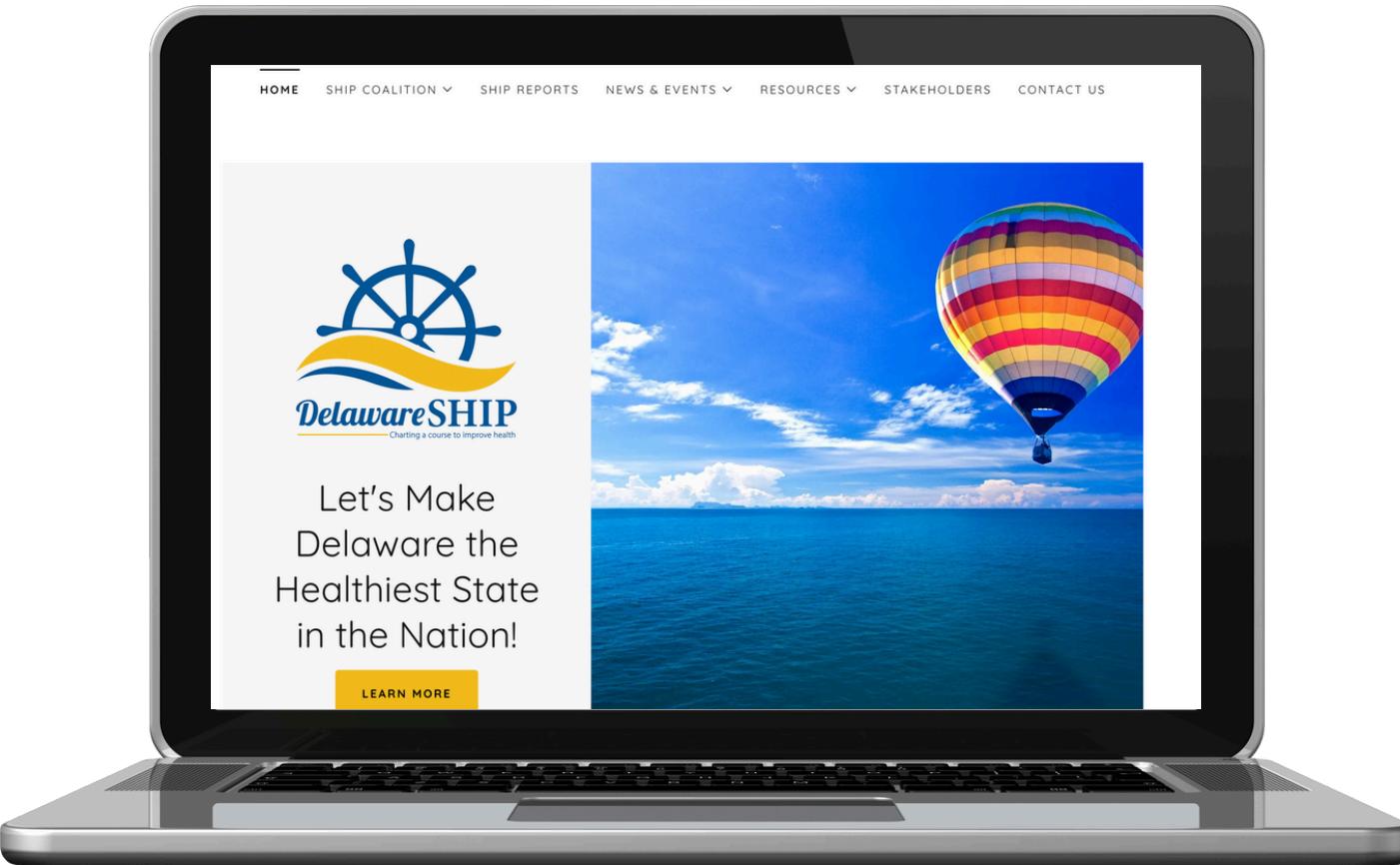
## **Linda Tholstrup from Healthy Communities Delaware**



**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](http://delawareship.org))**
- **SHIP Microsoft Teams**
- **SHIP Google Drive**
- **SHIP Social Medias**



Google Drive



**LinkedIn**<sup>®</sup>

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

