

Maine CDC Rural Health and Primary Care Program



18 of 30 J-1 Conrad Slots Filled

The Conrad 30 waiver program allows J-1 foreign medical graduates to apply for a waiver of the 2-year foreign residence requirement upon completion of a residency or fellowship. Each state is allotted 30 waivers for J-1 foreign medical graduates to allow them to remain in the United States if they provide health care in a designated Health Professional Shortage Area or a Medically Underserved Area/Population.

As of this issue, only 18 of the 30 J-1 Conrad 30 slots allotted to Maine have been filled for the 2026 cycle. Twelve positions remain available for any facility interested in hiring a J-1 physician. For more information, please contact this office.

Save the Date: August 12 Conrad 30 Lunch & Learn

The Maine Rural Health and Primary Care Program will host a Lunch & Learn webinar on the Conrad 30 J-1 Visa Waiver Program for all interested parties. The Lunch & Learn will provide participants with information they will be able to use to apply for Conrad 30 J-1 visa waivers to staff positions in rural and underserved communities.

Join us on **August 12 at noon**. Registration information will be available soon.

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Maine CDC Shares Tips for a Healthy Summer

The Maine Department of Health and Human Services' Center for Disease Control and Prevention (Maine CDC) encourages Maine people and visitors to stay healthy and safe this summer. Whether you're traveling, spending time outdoors, or enjoying parks, beaches, and community events, a little planning can go a long way. Summer activities can bring unique health and safety risks, but a few simple precautions can help prevent illness and injury.

Take these simple steps to help make summer fun and healthy for everyone.

- Prevent bites from mosquitoes and ticks. Wear long-sleeves and pants and use [EPA-approved repellents](#).
- [Know the signs of heat illness](#) and who is most at risk. When it is hot out, check on family members, friends, and neighbors who may be more vulnerable to heat-related illness.
- Beat the heat. Keep cool, drink fluids, and take breaks in the shade and air conditioning. Pets need to stay cool too. Make sure they have access to clean drinking water and shade.
- Protect your skin from too much sun. Wear a wide-brimmed hat, apply SPF 30 or higher sunscreen, check the [UV Index](#) before spending extended time outdoors, and wear clothing and sunglasses with built-in UV protection.
- Be aware of the [air quality forecast](#) and how it may affect your health.
- Keep your distance from wildlife to reduce the risk of rabies.
- Practice food safety. Wash your hands, keep foods at safe temperatures, and avoid raw or undercooked meat, fish, and shellfish.
- Stay safe around water. Always supervise children near water and wear a life jacket when boating, paddling, or participating in other water activities.
- Help prevent the spread of illness in the water. Do not swallow water while swimming. Do not swim if you have diarrhea.

- Stay up to date on your vaccinations. Vaccines help prevent diseases, like measles, that can spread during travel and at large gatherings.
- Before traveling, check travel requirements and recommendations for your destination. Talk with a health care provider about vaccines, medicines, and other health considerations you may need to address before your trip. Visit the [U.S. CDC Travelers' Health website](#) for destination-specific health information.

The Maine CDC encourages everyone to enjoy the many outdoor opportunities Maine has to offer. Plan ahead, take simple precautions, and make the most of a safe and healthy summer. For more information about summer health and safety, visit [mainepublichealth.gov](#).

Tick Awareness

Doing yard work or going out for a hike? No matter your outdoor activity, make time to prevent tickborne diseases. Ticks can spread more than Lyme disease, so take steps every day to stay tick free.

Learn more at [www.maine.gov/lyme](#).

Cooling Centers

As the Maine summer wears on, cooling centers can be a lifeline to those in need of relief from the heat.

Numerous communities throughout Maine operate cooling centers where people can cool down, get water, and even charge their device.

Here is a link to [cooling center locations across the state](#).

You can also find the nearest cooling center by calling **211** or texting your zip code to **898-211**.



National Rural Health Day 2026 2026 NERHA Conference

The National Organization for State Offices of Rural Health (NOSORH), along with our office, annually celebrates National Rural Health Day each November.

This year, National Rural Health Day will be celebrated on **November 19, 2026**, and will shine a national spotlight on rural America's unique health care challenges.

Please visit the NOSORH [website](#) to start planning your National Rural Health Day. The site includes logos, promotional tools, and suggestions for social media posts.



Interested in Rural Health?

Join the New England Rural Health Association for a day at the [Rural Health Student Summit](#), a unique opportunity designed for students passionate about making a difference in rural health care. Whether you're just beginning your health care journey or preparing to enter the workforce, this event will equip you with the tools, connections, and inspiration to help shape the future of rural health.

Saturday, September 12, 2026, 8:30 am to 3:00 pm,
at Dartmouth Hitchcock Medical Center in Lebanon,
New Hampshire.

The [2026 New England Rural Health Association Conference](#), to be held at the Grappone Conference Center in Concord, New Hampshire, on **November 17 and 18**, will explore how innovation, collaboration, and community are shaping the future of rural health.

This year's theme, "*Weaving Transformation into the Rural Fabric*," celebrates the strength and interconnectedness of rural communities.

The NERHA Annual Conference is a dynamic, cross-sector gathering of rural health leaders and changemakers, including:

- Hospitals and health systems
- Primary care and oral health providers
- Behavioral health professionals
- Human services organizations
- Higher education institutions
- Community leaders, advocates, and policymakers

From big-picture strategy to on-the-ground solutions, this year's sessions and events are designed to interweave knowledge, practice, and connection:

- Learn about innovative models, best practices, and emerging trends
- Discover upcoming funding and grant opportunities
- Share your experiences and lessons learned
- Connect with peers, partners, and new collaborators
- Be inspired by student presentations and research posters
- Engage with sponsors and exhibitors showcasing valuable resources
- Celebrate rural health leaders and champions
- Meet one-on-one with your SORH director

[Register here!](#)



Course: Innovating to Provide Rural Perinatal Care in Challenging Times

The Rural Perinatal Care ECHO will address the special challenges faced by rural and remote rural pregnant and postpartum moms and their care teams. Participants and faculty will explore innovative approaches aimed to resolve current challenges to care. Topics will range from mitigating geographic risk to network development and maintaining access to high-quality maternity and neonatal care in rural communities.

Clinical staff in New Hampshire, Maine, and beyond, primary care teams, ER staff, EMS, ObGyns, midwives, OB nursing staff, pediatricians, doulas, public health nurses, community health workers, administrators, and others with interest. Learners may claim CME-designated participation credit.

After participating, learners will be able to:

- Describe current challenges and opportunities affecting perinatal care in rural communities.
- Identify innovative models and strategies to address the challenges of perinatal care in rural communities.
- Establish a collaborative learning network that can share ideas and strategize solutions on an ongoing basis.

The registration for this activity is free. To register please visit the [event site](#).

Sessions will take place every **second Tuesday of the month** from **September 8, 2026, through April 13, 2027**, at 12:30–1:30 pm.

For questions, please email ECHO@hitchcock.org or visit the [website](#).

Pediatric Disaster Response and Emergency Management Training

The Maine Center for Disease Control and Prevention is partnering with MaineHealth Waldo Hospital and St. Joseph Hospital to bring MGT-439, Pediatric Disaster Response and Emergency Management, to the state.

There will be two separate classes: one at the MaineHealth Waldo Hospital in Belfast and the second at St. Joseph Hospital in Bangor. The class in Belfast will be held **July 20-21** and the class in Bangor **July 23-24**.

In order to hold these courses, each must have a minimum of 30 participants.

Information can also be found on the Public Health Emergency Preparedness site: [Preparing for Emergencies](#).

Rural Health Trivia

1. What is the official state insect of Maine?
2. What was Cadillac Mountain called before it became Cadillac Mountain?
3. How many Tribal Health Facilities operate in Maine?
4. What is the smallest town by area in Maine?
5. How many species of ticks can be found in Maine?

(See page 5 for the answers.)



Motivational Interviewing Summer Symposium

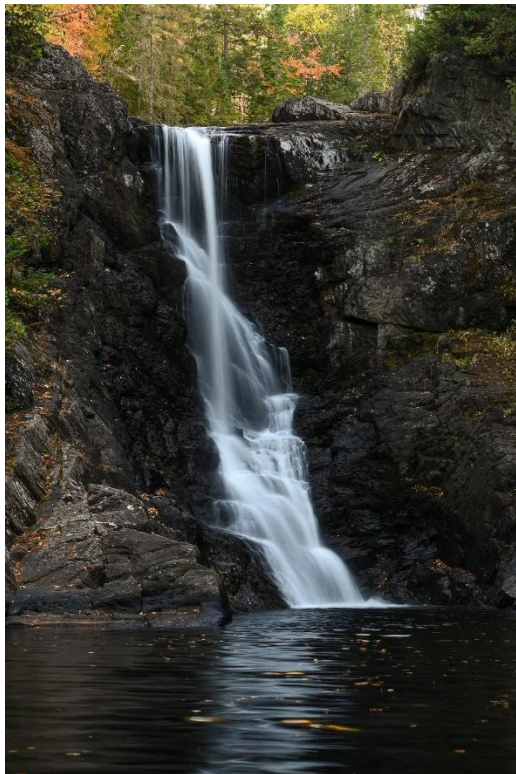
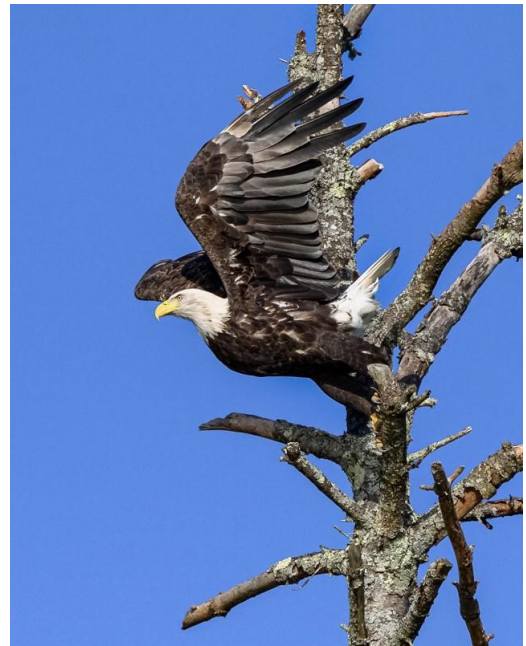
This four-day symposium will offer a series of techniques for transforming the most problematic challenges encountered in everyday caregiving. The spirit, skills, and structure of Motivational Interviewing are immediately applicable to clinicians, health care workers, therapists, teachers, and caregivers in all kinds of clinical settings.

Here students will approach the daunting task of creating hope within hopelessness, gracefully exploring a person's spirituality and looking at trauma through a compassionate lens. Participants will learn to avoid burnout and focus on creating a useful working alliance with the patient, client, or consumer.

The symposium will take place **August 23–26, 2026** from 9:00 am to 12:30 pm at 5 Boardwalk Drive in Saco.

For more information, visit

<https://www.hetimaine.org/summer-symposium-2026>.



Answers to Rural Health Trivia

1. The official state insect of Maine is the European honey bee (*Apis mellifera*).
2. Wapuwoc and Pesamkuk were names that Native Americans used for what we call Cadillac Mountain. It was officially Green Mountain until 1918.
3. Five Tribal Health Facilities are found in Maine: Mi'kmaq Family Health Services, Maliseet Health & Wellness Center, Passamaquoddy Health Center, Penobscot Nation Health Department, and the Pleasant Point Health Center.
4. Randolph is the smallest town in Maine at 2.23 square miles.
5. To date, approximately 14 species of ticks have been identified in Maine.



Northern Border Rural Workforce

The Federal Office of Rural Health Policy (FORHP), Rural Strategic Initiatives Division, Health Resources & Services Administration (HRSA), and JBS International, Inc., invited Nicole Breton, Maine Rural Health and Primary Care Program (RHPCP) Director, to speak at the 2026 Rural Communities Opioid Response Program (RCORP) Northern Border Rural Workforce multi-state site visit in Concord, New Hampshire in late June. Nicole shared the RHPCP's programs, especially those focused on rural workforce development and sustainability.

In the picture are John Olson, Vermont Rural Health Director; Nicole Breton, Maine RHPCP Director; Gabriela Cruz from HRSA; and Liz Cross from the Northern Border Regional Commission.



Northern Border Regional Commission Website

The Northern Border Regional Commission (NBRC) has made some changes to make [its website](#) more user-friendly and easier to navigate. A few of their most-visited pages have changed:

- [Competitive Programs](#) provides information about the Catalyst, Forest Economy, and Timber for Transit Programs.
- [Partnership Programs](#) now hosts information for federal partnerships.
- [Applicant Resources](#) is now the hub for anyone submitting a pre-application or application. This page contains program timeline and materials, like the Program User Manual, as well as recorded trainings for current funding rounds and Grants Management System (GMS) guidance documents.
- [Grantee Resources](#) is now the hub for active grantees. It contains documents, trainings for new grantees, as well as required forms and checklists for active grant award management.



MaineHealth Community Health Farmington

Staff from the Maine Rural Health and Primary Care Program visited MaineHealth's community health program in Farmington, Healthy Community Coalition, in June and saw several innovative services that are being provided for the residents of Franklin County and beyond.

In FY25 alone, Healthy Community Coalition provided more than 27,000 points of connection and support across Franklin County through a wide range of community health programs and services. Working in partnership with programs and services. Working in partnership with **MaineHealth Franklin Hospital and the MaineHealth Medical Group**, the team helps connect community members to resources that improve health outcomes and address the social factors that influence health.

Among the initiatives highlighted during the visit were:

- A hospital-based food pantry offering nutritious food as well as recipes and cooking demonstrations
- A syringe service program, which can help reduce the transmission of infectious diseases, while connecting individuals to care and recovery resources.
- Substance use prevention, treatment, and recovery programs and resources
- A Mobile Health Unit delivering health education, screenings, prevention services, and connections to care directly within rural communities.

For more information on their programs, visit them at [Healthy Communities | MaineHealth](#).



EMS Workforce Development

New England Rural Health Association Consultant, Shawn Jackson, and Mary Powell, Health Program Manager with the Maine Rural Health and Primary Care Program, visited six emergency medical services agencies in southern Aroostook, northern Penobscot, and Washington counties. These EMS agencies are working in collaboration with Maine EMS and the Maine Rural Health and Primary Care Program and are funded by the Medicare Rural Hospital Flexibility EMS Supplement (HRSA #2U2WRH33288). The grant provides staff training funding to recruit and retain employees for these agencies.



Shawn Jackson and Mary Powell are pictured stopping in at Penobscot Valley Hospital.

Staff members from MaineHealth Community Health Farmington (l-r): Karen Garland-Kidder, Katherine Whitney, and Holly Richards.



3RNET

Does your health care facility advertise job opportunities on www.3rnet.org? If not, here are some benefits to consider:

- The Rural Health and Primary Care Program does not charge health care facilities to enroll in 3RNET to post their jobs.
- 3RNET holds monthly website trainings to show you new features and strategies for recruiting to rural.
- 3RNET offers free resources on recruiting and retention.
- Every October–December, 3RNET hosts the 3RNET Academy, a series of biweekly webinars covering various recruitment and retention strategies.
- The RHPCP sponsors the 3RNET Academy so enrolled facilities in Maine can attend for free.
- Weekly referrals of candidates interested in working in Maine are sent to you.

If you are interested in enrolling in 3RNET, please visit www.3rnet.org and click on REGISTER EMPLOYER in the upper right-hand corner. Please let us know if you have any questions.



Tallo

The Maine Rural Health and Primary Care Program partners with Tallo so that health care facilities in Maine can match opportunities with future health care professionals.

Tallo is a free online career exploration and job-matching platform designed for students and young adults who are exploring education, training, internships, or early-career jobs. Students can take career assessments, build a profile, and apply for scholarships or internships. Job seekers can also use Tallo to match with entry-level jobs or training programs.

Employers and colleges can use Tallo to recruit students and early-career talent. Teachers can request a speaker from Tallo to speak virtually in their classroom to showcase a certain career.

For more information, visit www.tallo.com.



Upcoming Events

- Jul 21-21: Pediatric Disaster Response and Emergency Management Training (Belfast)
- Jul 23-24: Pediatric Disaster Response and Emergency Management Training (Bangor)
- Aug 12: Conrad 30 Lunch & Learn
- Aug 23-26: Motivational Interviewing Summer Symposium
- Beginning Sep 8: Innovating to Provide Rural Perinatal Care in Challenging Times (through next April)
- Sep 12: Rural Health Student Summit
- Nov 17-18: 2026 NERHA Conference
- Nov 19: National Rural Health Day



Resources

Rural Recruitment and Retention Network ([3RNET](#))

- Recruitment and retention resources
- Free job board
- Annual 3RNET Recruitment and Retention Academy

HRSA's Federal Office of Rural Health Policy ([FORHP](#))

- Targeted Technical Assistance for Rural Hospitals Program ([TTAP](#))
- Rural Health Care Provider Transition Project ([RHPTP](#))
- The [Rural Hospital Stabilization Pilot Program](#)

Maine Health Access Foundation ([MeHAF](#))

- [Responsive Grants Programs](#)
- [Discretionary Grants Program](#)
- [Meeting Support Program](#)
- [Reports and Research](#)

[Maine Rural Health and Primary Care Program](#)

- Funding opportunity announcements
- Rural health updates
- State workforce program updates
- Upcoming webinars and events
- Other rural health resources

Rural Health Information Hub ([RHIhub](#))

- Funding opportunities
- Rural data
- Online library
- Articles on rural health issues

[Rural Health Research Gateway](#)

- Anything related to rural health research
- Webinars

United States Department of Agriculture ([USDA](#))

[Maine Dental Directory](#)

- Maine CDC Oral Health Program
- MaineCare Provider Directory

[Maine Rural Health Field Guide](#)

New England Rural Health Association ([NERHA](#))

- [New England Rural Health Association Rural Data Analysis Dashboard](#)

National Rural Health Association ([NRHA](#))

Comments or Questions?

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