



**Helen Schuckers, MPH, Dissemination Specialist &  
Dede Montgomery, MS, CIH, Outreach Director**  
Oregon Institute of Occupational Health Sciences  
Oregon Healthy Workforce Center  
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**Helen Schuckers** role is to translate research into practice where she is the link between scientists and potential adopters of occupational safety, health and well-being toolkits and tools. She actively engages in community outreach and speaking engagements with human resources and wellness professionals around Oregon to expand efforts in disseminating workplace safety, health and well-being resources and research developed by the institute. A key focus of her work is to evaluate and report intervention dissemination effectiveness and success that can help scientists improve future intervention design. She enjoys helping workplaces improve safety, health, and well-being through environmental and organizational change, and effective communication methods. She received a MPH from the University of Texas School of Public Health and a BS in Radio, TV and Film from The University of Texas at Austin, College of Communications. Helen has experience working in the fields of advertising, marketing, and business development.

**Dede Montgomery**, MS, CIH, supports the Oregon Institute of Occupational Health Science's Outreach and Education Programs and provides industrial hygiene technical expertise to its research. She is also the Outreach and Education Director for the NIOSH-funded Oregon Healthy Workforce Center. Her key outreach responsibilities include connecting with stakeholders through: state-

wide, regional and national conferences, instructing on occupational health, safety, and Total Worker Health, creating continuing education opportunities, participating in coalitions and initiatives, managing social media blogs and websites, and supporting the Toxicology and Occupational Health Information Center. Dede received her MS from the School of Public Health, Dept. of Environmental Health Sciences at the University of Washington and her BA in Biology from the University of Montana. She is certified in the Comprehensive Practice of Industrial Hygiene by the American Board of Industrial Hygiene and is active ASSE and AIHA. She is the chair of O[yes], Oregon Young Employee Safety Coalition.

**Abstract: How to Promote and Expand Your Reach: Strategies to effectively promote your resources, develop networks, and reach your target audiences**

This session will begin with a brief introduction on Oregon Healthy Workforce Centers' (OHWC) safety, health, and well-being toolkits and tools. The talk will address: 1) dissemination strategies, 2) identifying your target audience and developing your pitch, 3) how to connect with community networks, 4) and tips on how Oregon Healthy Workforce Center is effectively reaching and engaging with the end user.