

LANE COUNTY MEDICAL SOCIETY | JANUARY 2026

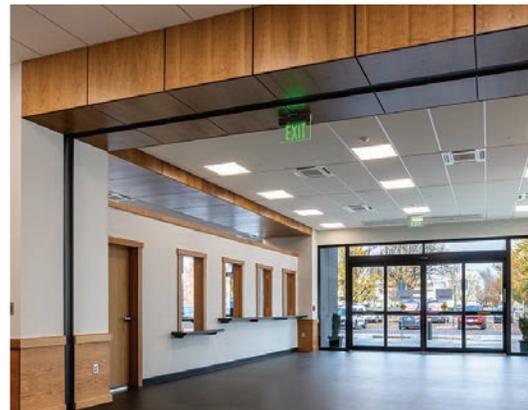
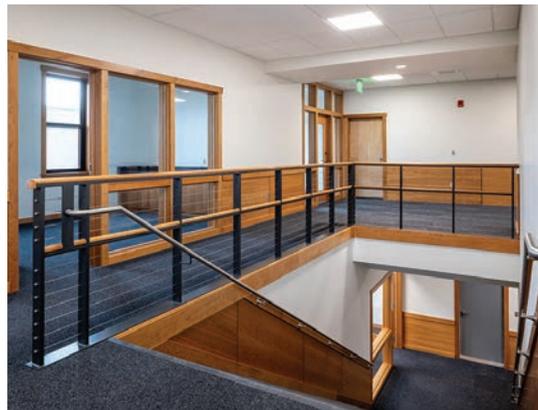
MEDICAL MATTERS

The Weight & Purpose

Dr. Brad Anderson on leading with steadiness, empathy, and deep community ties through Eugene Emergency Physicians.



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LCMS Annual Meeting
on January 29th, ft.
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Contents

LANE COUNTY MEDICAL SOCIETY | JANUARY 2026

NEW BEGINNINGS

9

Joyful Living Behavioral Health

Joy Turner encourages physicians to rethink fresh starts as small, compassionate, and sustainable shifts.

10

Eugene Emergency Providers

EEP delivers independent, compassionate, community-rooted emergency care where it matters most.

12

Member Profile

Dr. Brad Anderson traces his journey from UO student to president of EEP, guiding the group into its 35th year as a cornerstone of ER care.

17

Ko-Kwel Wellness Center

The Coquille (Ko-Kwel) Indian Tribe expands its whole-person approach to care in Eugene with its first tribally operated opioid treatment program.

19

The American Medical Assoc.

AMA physicians encourage realistic, self-compassionate resolutions focused on mental health and sustainability.

LCMS MISSION STATEMENT

The Lane County Medical Society is a professional organization that represents, unifies, and supports its physician members as they practice medicine. The Society promotes the interests of member physicians and advocates for the health of the community.



21

Eugene Parks Foundation

Dusty McCourt, DPM, and Andrew McIvor, MD, preview a new trail system that promotes activity, connection to nature, and well-being.

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MEDICAL MATTERS

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New providers have been added to the PWP. Visit lcmedsociety.com/pwp to view the full list or for more details.

It Never Hurts to Ask

BY BRYAN MCVAY, MD
PRESIDENT, 2026 LANE COUNTY
MEDICAL SOCIETY BOARD OF TRUSTEES



As we begin a new year and I enter my second year as President of the Lane County Medical Society, I've been reflecting on what "new beginnings" mean for our physician community and for LCMS as an organization. LCMS is built on connection, learning, and shared purpose, and this moment feels like a natural opportunity to pause, look back, and consider where we might go next.

In 2025, we focused on strengthening the independence and interconnectedness of the LCMS Foundation and LCMS society membership communities as separate entities, while also localizing investment partnerships and relationships with organizations that support physician well-being, education, and engagement.

Through these efforts, we identified partners committed to supporting physicians and launched our Allies in Medicine initiative, further strengthening our connection to the broader community by identifying local partners who support our cause. We then expanded these efforts through the launch of the Lane County Healthcare Sector Partnership, working alongside Lane Community Health Council, Lane Workforce Partnership, and Collaborative Economic Development Oregon to gather community leaders as

we work to address issues around workforce, advocacy, and collaboration across the healthcare industry.

In doing so, we sharpened our focus on the value of membership, physician well-being, and retention for our members by adding programming beyond our core events, including financial education seminars, a fundraiser outing with the Eugene Emeralds, and more.

Next year, we hope to connect with legislators once more; expand educational seminars to include medical malpractice; host our Derby Soirée Gala and Allies in Medicine recognition event; and hold a fun spring carnival in early March in collaboration with Chambers Construction, one of our star community partners.

I deeply appreciate the effort and thoughtfulness of the LCMS and LCMS Foundation board members. On the LCMS side, we've had meaningful conversations about what membership represents and how to be thoughtful stewards of the investments we all make. As our community continues to evolve, we are evaluating ways to better serve both our members and the patients in our care. Ultimately, patient wellness is grounded in physician well-being.

On a personal note, I've developed a number of "McVay-isms" over the years. One I return to often is the belief that we're limited only by our willingness and creativity. While that may sound simple, change requires both imagining what's possible and being willing to act on it. New beginnings require effort — and a commitment to follow through, which is what I challenge you all to do.

That effort and commitment can take many forms. Do you want to meet new people and develop a wider social network? Invest in that. Come to events. LCMS offers a welcoming

community of peers and opportunities to create focused groups for special interests. Whether you're curious about tabletop role-playing games, Pokémon GO, or Samurai film appreciation, you can create a focus group through LCMS or host a special-interest night to bring people together at your own home or favorite brewery.

You might also consider exploring a new hobby. Hobbies can be a meaningful way to support mental health and overall well-being, while fostering connection, creativity, and even practical or self-made gifts.

I myself enjoy crocheting hats — to the chagrin of my product testers over the years (thank you to my wife, children, and siblings). Perhaps other LCMS members share similar interests, or community groups are ready to welcome your next pursuit.

Another McVay-ism I live by is that it never hurts to ask — unless you're asking to be hurt, of course. I encourage you to reach out and ask how we might support your needs. Are you looking to develop something new? Seeking guidance for the next step in your career? Hoping for greater social connection, or services we might help connect you with? What new beginnings can we help you explore? Perhaps you'll consider joining the LCMS board or even serving on the executive committee. Who knows — you might even end up as president someday. Stranger things have happened...

As we move into 2026, my hope is that LCMS continues to serve as a place of connection, support, and shared purpose. New beginnings don't require starting over — they require commitment, collaboration, and care for one another. I'm honored to serve alongside you and look forward to what we will continue to build together. ♦

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Chart Notes

“There’s a little bit of controlled chaos in the emergency department... but [we] still manage to care for people and show empathy...24 hours a day, 365 days a year.”

- DR. BRAD ANDERSON
ON THE REALITIES OF
EMERGENCY MEDICINE. SEE
MEMBER PROFILE ON PAGE 12.

2026 LCMS Annual Meeting Feat. Gov. Kitzhaber Jan. 29th



Last chance to register for the 2026 LCMS Annual Meeting on Thursday, January 29, from 5:30–8:00 PM at the Ford Alumni Center. We’re excited to welcome Governor John Kitzhaber as our special guest. As a physician, he will share insights on how physicians can use their collective voice, highlight key upcoming health-related legislation, and offer creative, practical ways to connect with legislators. Enjoy time with colleagues as we introduce the 2026 Board of Trustees. Tickets are \$20. Scan the QR code to register. Last day to register is January 19th.



UPCOMING

Join LCMS for a special Women Physicians Day Celebration Dinner on Wed., February 11th, at 5:30 PM in the Gordon Hotel Ballroom. Enjoy an evening of connection, conversation, and community as we come together to celebrate women physicians, with featured remarks from Bev Smith. Dinner is \$20 per person—please RSVP by February 1st.

LCMS is hosting its third biennial fundraising gala benefiting the LCMS Foundation on Saturday, May 2nd, 2026. You won’t want to miss this! Contact us today to learn more about donation or sponsorship opportunities.



REMEMBRANCE OF DR. JOHN DAVID WILSON, JR.

Location: East Hall of the Campbell Community Center, 155 High St, Eugene, OR 97401
Date & Time: Sat., February 7, 2025, 1-3 PM, followed by a luncheon in the parish center.



Eugene internist John David Wilson, Jr., M.D., died November 10, 2025, at age 79, of acute myeloid leukemia. John was born July 23, 1946, and grew up in Evansville, Indiana. He earned B.S. and M.D. degrees from Indiana University and helped establish the Southside Medical Clinic, a free clinic in Indianapolis. John completed his internship and residency in York, Pennsylvania, from 1971 to 1975, and served as Chief of Hospital Services at Webb Air Force Base in Texas from 1975 to 1977. He began practice at Eugene Hospital and Clinic in 1978 as the first infectious disease specialist in the area. In 1987, he completed AIDS training in San Francisco and treated many HIV/AIDS patients in and around Eugene. He entered private practice in 1992 and opened the Travel Clinic, where he practiced travel medicine for several years until his retirement in 2019. John enjoyed the Oregon outdoors and was an avid backpacker, nordic skier, and fisherman. He is survived by his wife Vicki, daughter Sarah, grandson Pablo, two sisters, and a brother. John was preceded in death by his daughter Kate in 2009.



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Redefining Renewal for Physicians

BY JOY TURNER, MA, LPC, NCC
CLINICAL DIRECTOR,
JOYFUL LIVING BEHAVIORAL HEALTH

January is supposed to feel like a clean slate. New calendars, fresh goals, “this is the year I finally...,” but for many physicians, the first weeks of the year don’t feel new at all. The inbox is still full, patient panels are still complex, systems are overly strained, and the pace rarely lets up long enough to “start over.”

For us, we hear a common theme: “I don’t need a whole new life; I just need my life to feel a little more sustainable.” With that in mind, we invite you to think of “new beginnings” in 2026 not as a dramatic reinvention, but as small, realistic shifts that honor the person behind the white coat.

Redefining “New” so it’s Actually Doable

Many physicians are wired for high achievement. The same drive that got you through medical training can turn against you at the beginning of the year, when resolutions become one more impossible standard.

Instead of asking, “How can I become a better version of myself this year?” It may be more helpful to ask, “What would make my daily life 5–10% more compassionate?” It can look like this:

- Protecting ones consistent, non-negotiable pocket of time each week that is not available for any forms of communication.
- Choosing one professional boundary to practice more intentionally, such as limiting after-hours work email.
- Letting go of a self-expectation that no longer fits, like saying “yes” to every opportunity or committee.

These smaller pivots are more sustainable than grand resolutions, and over time, they can change how your work feels from the inside out.

Self-Criticism to Self-Compassion

Physicians are often far kinder to

patients than to themselves. When something goes wrong, many default to self-criticism: “I should have caught that. I should have handled that better. I should be coping better.”

Research on clinician well-being continues to highlight the role of self-compassion in protecting against burnout and moral distress. Self-compassion is not about lowering standards; it’s about acknowledging that you are human, practicing medicine within imperfect systems, and doing the best you can with the information and resources available to you.

Over time, shifting from self-blame to self-compassion can decrease emotional exhaustion and increase the capacity to stay present with patients and families.

Small Rituals to Ground a Demanding Day

When schedules are full and demands are constant, it can feel unrealistic to add anything more to your day — even wellness practices. Instead of imagining long morning routines or hour-long mindfulness sessions, consider micro-rituals that fit into the realities of clinical life:

- A 30-second pause before opening the exam room door to take a slow breath and mentally arrive.
- A brief transition ritual after leaving the hospital or clinic — such as a sentence that marks the shift from physician mode to home mode.
- A two-minute end-of-day check-in: one thing handled well, one thing to release.

These small practices will not remove systemic pressures, but they can help your nervous system find brief moments of reset in the middle of it all.

Reconnecting with Meaning

Many physicians find that what sustains them is connection and meaning — a shared laugh with a colleague, a patient who circles back to say thank you, or a moment when a

difficult conversation goes just a little better than expected.

Making space for peer connection — through a quick check-in with a trusted colleague, a peer group, or a text thread that can hold honest moments.

Noticing small moments of meaning and letting them land: the patient who finally feels heard, the family supported in grief, or the trainee who grew under your guidance.

Remembering that your worth isn’t defined solely by productivity metrics or patient satisfaction scores. Re-anchoring to purpose and connection doesn’t erase stress, but it can soften the isolation that often accompanies it.

Beginning Again, without Starting Over

A new beginning might be as simple as deciding, “For the next three patients, I will slow my pace by 10%,” or “For the next week, I will leave the clinic on time one day, even if it means some notes wait until tomorrow.”

These choices are not selfish; they are an investment in your capacity to continue practicing the medicine you care about.

You do not need a different life to have a new beginning in 2026. You only need a few compassionate, intentional shifts that make it more possible to stay well while you continue to care so deeply for others.◆

As Joyful Living Behavioral Health partners with the Lane County Medical Society through the Physician Wellness Program (PWP), we are honored to support physicians in finding their own sustainable ways forward through confidential, no-cost counseling and a space designed specifically for you as a physician — not just as a provider of care. Information about accessing the PWP is available through the LCMS website. We encourage you to consider it as one more tool in your wellness toolkit.

New Beginnings at 35 Years

BY JULIE SEO, MD

EUGENE EMERGENCY PHYSICIANS

For 35 years, Eugene Emergency Physicians (EEP) has been a cornerstone of emergency care in Lane County.

EEP has been a constant presence in the lives of local families: steady hands during frightening moments, familiar faces in crisis, and trusted neighbors who have chosen to serve the community they call home. This anniversary is more than a milestone; it is an opportunity to reflect on where EEP began, the legacy it has built, and its enduring promise to care for the people of Lane County.

A Local Group with Deep Roots

EEP was founded in 1991 by nine emergency physicians: Michael Barkman, Louis DeFrank, Larry Dunlap, Geoff Gordon, Gary Halvorson, Philip Johnson, Glenn Morgan, Thomas Seddon, and Richard Urbanski, who shared a vision of a locally based, independent group providing thoughtful, patient-centered emergency care to the Eugene–Springfield and Cottage Grove communities.

Many of the original partners still gather regularly for lunch at the office, a tradition that reflects both their longevity and their continued investment in the group. Dr. Gary Halvorson, one of EEP's founding members reflects, "It was great to work for an independent, democratic group where we could make decisions and quickly implement them to better serve our patients."

From its original nine physicians, EEP has grown to 44 providers, including 35 board-certified emergency physicians and nine highly skilled physician assistants. The group is proud to have equal number of female and male providers who hold various positions of leadership and represent the diversity



Current EEP physicians at their annual Christmas holiday party, celebrating the year's work.

of the community it serves. While EEP has grown significantly, its founding principle remains unchanged: compassionate, expert care for every person who walks through the door.

Innovation, Quality, and Community

EEP has played a key role in advancing emergency department operations, including implementation of the Rapid Medical Exam process, which has improved patient throughput and helped address crowding during times of high demand. The group continually seeks opportunities to enhance both patient care and the patient experience.

EEP's commitment extends well beyond hospital walls. The group supported Eugene Fire/EMS through a major grant that enabled paramedics to teach CPR in middle schools, sending students home with CPR dummies so they could train their own families. EEP also sponsors the Lane County Healthcare Camp, a week-long summer program offering high school students hands-on exposure to emergency medicine skills such as suturing, intubation, and wound care.

Many EEP physicians serve as Associate Clinical Professors at Oregon Health & Science University, mentoring medical and physician assistant students. One recent learner shared, "Every physician I worked with demonstrated exceptional

professionalism, empathy, and a deep commitment to evidence-based care. Their mentorship helped me grow into the physician I aspire to become."

Beyond education, EEP clinicians volunteer throughout the region with organizations including Kidsports, Volunteers in Medicine, CAHOOTS, University of Oregon Athletics, the Lane County Disaster Management Team, and the Oregon Country Fair. Wherever there are people, EEP strives to support their health and safety.

A Culture of Excellence and Humanity

During the COVID-19 pandemic, EEP providers navigated rapidly changing guidelines, limited protective equipment, long hours, and the emotional weight of caring for a frightened public. Yet the group remained fully staffed and deeply committed.

"Our team showed up," recalls Dr. Sarah Coleman, Emergency Medical Director of Cottage Grove and Assistant Medical Director of RiverBend. "People were exhausted and worried about their families, but they came back shift after shift."

That same commitment was evident during regional mass-casualty events, including the 2022 mass shooting and the Umpqua Community College shooting. Many EEP physicians arrived within minutes to support patients, families, and hospital teams. No one

had to be asked. The response was immediate, collective, and rooted in responsibility to the community.

Within EEP's ranks are clinicians recognized for extraordinary compassion, reflected in numerous Mission and Values, Medical Staff Collaboration, and Excellent Clinician Awards.

In her first year as an EEP physician, Dr. Rebecca Fieles received the Touchstone Award for staying more than six hours past her overnight shift to advocate for a patient with complex transgender health needs. She simply stated "It just was the right thing to do."

EEP is particularly well-known for its work-hard, play-hard culture. The annual holiday party, famous for heartfelt speeches and a legendary dance-off, celebrates the people who make the department work all year round. Dr. Jeremy Brown and Dr. Gianina Best are particularly well known for their smooth dance moves and shutting down the floor.



Photo of the founding physicians of EEP, whose leadership shaped the organization.

Looking Ahead: A New Beginning at 35

Anniversaries can be a moment to look back, but this one feels like a moment to look forward. The community is growing. Healthcare is changing. New demands, new crises, and new innovations are emerging every year, but EEP is ready – guided by experience, strengthened by stability and optimism, and grounded in a mission that hasn't wavered since 1991.

Dr. Scott Williams, who grew up in Eugene, reflects simply: "Lane County raised me. Serving this community is the greatest privilege of my career."

At 35 years, EEP looks forward to the future – a new beginning built on legacy, love for the community, and the people who choose this work not because it is easy, but because it matters. ♦

Photos provided by Dr. Julie Seo

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Dr. Brad Anderson shares a golden hour walk with his daughter, Abbie, at Alton Baker Park.

Photos provided by Angel Montes



MEMBER PROFILE

Weight & Purpose

Dr. Brad Anderson leads with a steady, personal approach shaped by years in ER medicine and community connection.

BY VANESSA SALVIA
FOR LANE COUNTY MEDICAL SOCIETY

W

hen Dr. Brad Anderson first walked through the doors of the old Sacred Heart Hospital downtown in 1995, he was a University of Oregon (UO) student working as an EKG tech, not yet certain which path his medical career would take. Nearly three decades later, he leads Eugene Emergency Physicians (EEP), the very physician group whose members wrote his letters of recommendation for medical school.

“I didn’t know it then,” Anderson recalls, “but those early days showed me the importance of teamwork and helping people. I wanted to be part of that.”

Anderson, now in his eighth year as president of the independent emergency medicine group, is proud that the group has maintained physician autonomy while adapting to an ever-changing medical landscape and fulfilling a lifelong connection to Lane County.

“I think when the group formed back in 1991, the founders had a good vision of how they felt a group should be run,” Anderson says. “I hope we have upheld those values that they initially had and can continue to do that going forward.”

A Local Foundation

In Creswell, Anderson played basketball and baseball and tried to get the attention of a certain blue-eyed girl who is now his wife, Chantel, whom he met in ninth grade. They became best friends and by their senior year of high school were inseparable.

Both graduated from Creswell High School before attending the UO together. Anderson's first job in healthcare was as an EKG technician at PeaceHealth University District Hospital, where, as a college student, he handed paper EKG printouts to the founding members of EEP.

During his five years working there, he advanced from EKG tech to Holter tech to vascular ultrasound. He gained access to all areas of the hospital, but found himself repeatedly drawn to the ER department. He witnessed the seriousness of emergency medicine: the urgency, the trust patients placed in their doctors, and the way an entire team came together in moments that truly mattered.

"There's a little bit of controlled chaos in the emergency department that some people enjoy and some people don't," he says.

Anderson has experienced significant personal loss over the years, including the deaths of close family members and colleagues. His sister passed away during his medical training, and both of his parents died in later years. He credits the support of his medical community during these times. "Our group came together to help our family in so many ways," he says, especially after treating his father, who had a stroke and was brought by ambulance to the ER department.

Losing his parents and sister deepened his empathy for what patients and their families are going through during times of trauma or loss.

"I try to remember how fleeting life can be and to appreciate the moments with patients, our team at work, and with my family," he says.

Maintaining Independence

While Anderson pursued his medical degree at OHSU from 1999 to 2003, he maintained contact with EEP, shadowing shifts whenever he could. Together, he and Chantel ventured to NY for Anderson's medical residency at Albany Medical Center, where he served as chief resident. After completing his residency in 2006, the decision to return to Oregon to raise their family was clear.

Anderson initially served as CFO at EEP starting around 2013 before becoming president. He has been voted to continue in the role through multiple terms, a responsibility he approaches with both humility and determination.



He credits former EEP leaders Geoff Gordon, Tod Hayes, and longtime Medical Director Hans Notenboom for their influence. "They all left a significant leadership void that had to be filled, and there was a loss of institutional memory. I still reach out to these people when I need advice, wisdom, or just a good friend to commiserate with," he says.

As the group celebrates its 35th year this month, he is proud that his practice has remained physician-owned. "We have a lot of autonomy with who we hire, how we schedule our shifts, how we apply our benefits in the group," he says. "Because a lot of our partners have working spouses and children, the schedule can get pretty complicated."

EEP successfully navigated the big move to RiverBend, the closing of University District (UD) Emergency Department (Sacred Heart Hospital), trying to meld two ER departments into one, and working

through a pandemic. They are facing uncertainty in the form of labor shortages, while operating as one of the busiest ER departments in Oregon, with fewer ED and inpatient beds than any other hospitals with comparable ED volume, he mentions.

"We literally work in chaos, but still manage to care for people and show empathy," he says. "We help worried parents whose child has a fever that keeps coming back after medication. We take care of demented patients that fall out of bed at their care facility and have no idea why they are in the ER department. We do all of this in the middle of the night when most people are sleeping. We do these things 24 hours a day, 365 days a year."

Additionally, challenges in access to primary and specialty care means ER departments increasingly serve as the healthcare safety net. ER doctors see patients with conditions that could have been managed earlier with better access to preventive care.

"We're diagnosing people with cancer in the ER department, and there's always the concern that when they leave us, things aren't going to get followed up in a timely manner because of the difficulty getting access to primary care and specialty care. Despite these challenges, we will continue to provide the best patient-centered care possible," Anderson explains.

Eugene-area ER physicians also frequently encounter patients with mental health conditions, which adds another layer of complexity. Yet Anderson still appreciates the variety of cases that he sees.

Anderson also points to the influence of Sister Aileen Trainor, the last remaining Catholic sister on staff at Sacred Heart, who began her career as a nurse and went on to found the hospital's risk management program before retiring in 2022.

"We will remember Sister Aileen's presence at UD and know that we are doing the right things for the right

reasons. We're looking forward to serving our community for another 35+ years," Anderson says.

Each physician in his group brings strong community connections into the ER department. Over time, these relationships have helped build trust — trust that this dedicated group has earned through consistent care and longstanding presence in the community.

Future Hopes

Outside of the hospital, the Andersons tend to their five children (Haley, Abbie, Jack, Max, and Charlie). In his free time, he has volunteered to give puberty talks and first aid and safety lessons at local schools, taken late-night calls to support family friends during medical emergencies, and assisted at track and field events at Hayward Field. He has been on the sidelines when his children's teammates get injured and checked for concussions and broken bones, or a minor laceration gets stitched

on a kitchen table. He also coaches his children in basketball and soccer.

"Watching them perform are some of my proudest, but also most challenging times," Anderson says. "Nothing humbles you like corralling twelve fourth grade girls during a rainy practice on a soccer field. It makes the department feel like a piece of cake."

Anderson's daughter, Abbie, recently graduated from Shenandoah University's PA program in VA — and in a twist of fate, she worked at RiverBend as an EKG tech and exercise stress test technician for the same person Anderson worked for as a UO student.

These connections, across generations, across decades, and across the evolution of ER medicine in Lane County, underscore what has helped EEP continue providing the care they've been delivering.

Abbie grew up witnessing what it meant for her father to be an ER physician: leaving in the middle of

the night, helping people at their worst moments, returning home tired, but fulfilled. She saw the weight and the purpose.

Abbie came home after one of the shifts saying, "Our dad's job is cool and I want to be just like him!" She saw the importance of his vocation to serve others and knew she wanted to do the same.

"Abbie was only six weeks old when I started medical school and now she's joining EEP. She's not just my daughter anymore, she's my colleague and teammate." Anderson proudly says. ♦



From left to right: Dr. Brad Anderson with his family of seven; Anderson placing Abbie's white coat at her graduation ceremony.

Photos provided by Chantel Anderson



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A New Ally in a Familiar Struggle

BY TIM NOVOTNY

KO-KWEL WELLNESS CENTER,
COMMUNICATIONS DIRECTOR

Just two years after opening a healthcare clinic in Eugene, the Coquille (Ko-Kwel) Indian Tribe identified a specific area of need in the community and decided they could approach an old problem in new ways.

The Coquille Indian Tribe is one of nine federally recognized tribes in the state of Oregon, and has been offering healthcare services to the Native community of Coos Bay for more than 20 years. In 2023, services expanded into Lane County with the opening of the Ko-Kwel Wellness Center (KWC) Eugene. The tribe provides services to Coquille Tribal families, other American Indian and Alaska Native individuals, tribal employees, and the general public as capacity allows.

From the beginning, the tribe has worked to foster and promote a “whole person” approach to wellness, health, and self-sufficiency in a safe, traditional, and culturally meaningful environment. Now, leaders believe this approach could also be effective in addressing the ongoing opioid crisis in Lane County.

This past June, KWC–Eugene began accepting patients into its new Opioid Treatment Program (OTP). It is the first integrated, tribally operated opioid treatment program in the state. The program offers hope for individuals experiencing opioid use disorder, as well as for their families and the broader community.

“The Coquille Tribe is always looking to assist their neighbors and understands the importance of a healthy community. This particular issue is especially challenging, and the OTP provides new hope,” Coquille Tribe Chair Brenda Meade says. “This new service offers critical support for vulnerable

tribal citizens and community members when they need it most, but the benefits extend beyond those receiving treatment. Families, loved ones, and entire communities are impacted — and they all benefit.”

The program provides trauma-informed, evidence-based treatment through medication-assisted therapy (MAT), utilizing the FDA-approved medication, methadone. Recognizing that healing is not always linear, counseling services are tailored to meet each patient’s unique needs.

“Recovery isn’t a miracle; it’s a daily decision,” Sarah Acuna says, a Coquille tribal member and drug and alcohol counselor with the Opioid Treatment Program. “It’s medication, counseling, connection, and time.”

Recovery also depends on teamwork and partnerships.

Medications are offered concurrently with behavioral health supports, including individual and group counseling, peer support, and treatment planning, allowing providers to care for the whole person.



Tribal Council members and staff gathered to cut the ribbon for the new opioid treatment program in Eugene, with KWC CEO Caryn Mickelson and Coquille Tribal Chair Brenda Meade (right) leading the ceremony.

Meanwhile, the Ko-Kwel Wellness Center’s OTP continues to build strong community relationships that honor the tribe’s traditions and values.

These relationships, OTP Community Liaison David Hill says, “are

rooted in compassion, respect, and collaboration, providing the support and resources necessary for community health and wellness, as well as personal healing and recovery.”



Coquille Tribal Council and staff attend a workshop in a conference room in the garden level at the KWC clinic in Eugene.

“Our OTP program employs a person-centered approach, and as part of our integrated model, we have an on-site patient care navigator whose primary focus is identifying and removing barriers that might limit or restrict access to care,” Hill says. “These barriers include healthcare-adjacent supports such as transportation, food, and housing.”

Hill says that by leveraging strong community relationships, they have been able to partner and collaborate effectively with local organizations to help remove barriers and offer extended resources, clearing the road to personal healing and recovery.

Opioid Use Disorder is a chronic, treatable health condition in which people continue to use opioids despite the harm caused by their use, but medications are now available that, when combined with appropriate counseling and other behavioral health therapies, are quite effective at helping patients manage their disorder and resume a functional lifestyle.

“The tribe believes in investing in the communities where we live,” Meade says. “We know the tribe prospers when the community around it is economically strong and healthy in all ways.”◆

Photos provided by David Hill



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**Agenda Topics and Presenters subject to change*

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What Doctors Wish Patients Knew About Effective New Year's Resolutions

BY SARA BERG, MS
NEWS EDITOR, AMA

With the COVID-19 pandemic came a reevaluation of what is important for people, which means making the same old New Year's resolutions is unlikely to work. Many people will opt for eating healthier or working out more, but with the COVID-19 pandemic altering how everyone lives, it may be time to choose a different resolution.

Additionally, how we prioritize our lives and our health will look different as well. As we gear up for the new year, physicians want patients to know how to take a new route for creating and sticking to New Year's resolutions during a pandemic.

The AMA's *What Doctors Wish Patients Knew™* series provides physicians with a platform to share what they want patients to understand about today's health care headlines.

In this installment, two physicians took time to discuss what they wish people knew about making New Year's resolutions during the pandemic. These AMA members are:

Joanna Bisgrove, MD, a family physician and assistant professor at Rush University Medical Center in Chicago, is a member of the AMA Council on Science and Public Health. She is also an AMA delegate for the American Academy of Family Physicians.

Frank Clark, MD, is a psychiatrist at Prisma Health in Greer, South Carolina, and associate clinical professor at the University of South Carolina School of Medicine-Greenville. He is also an American Psychiatric Association delegate to the AMA Section Council on Psychiatry.

Drs. Bisgrove and Clark are also members of the AMA Ambassador Program, which equips individuals

with the skills and knowledge to confidently speak to the AMA's initiatives and the value of membership. The program also increases overall awareness about what the AMA does for physicians and their patients.

“We become less frustrated with ourselves if we can make goals that are specific, measurable, achievable, relevant and timely.”

Make Time for Self-Care

“If there's one thing that the pandemic has taught us, it's that prioritizing one's mental health is just as important as prioritizing one's physical health,” says Bisgrove. “Self-care in the form of recognizing your limits, building in even just a few minutes of time each day to recenter yourself, cutting yourself some slack when things aren't perfect, and connecting with others — particularly in person if it is safe for you to do so, but over the phone or internet if not.

“Being active is also great for mental health—even a brief walk outdoors can lift you up,” she adds, emphasizing that “anything you do to put yourself first on a more regular basis is important.”

“Whatever you choose, make sure that it is focused on self-care, because we can all argue that we all need to do better,” says Clark. “As we approach the holidays, it's about being realistic — don't bite off more than you

can chew — and remember the importance of self-compassion.”

Set Smart Goals

“Sometimes people... become upset if they're not accomplishing their goals, because they're not realistic,” says Clark who uses the SMART goals mnemonic, which stands for specific, measurable, achievable, relevant and time-based.

Instead of saying, “I'm going to exercise,” using the SMART criteria, try committing to 30 minutes or an hour for three days a week. “That way, now I have something that's specific,” he says. “We become less frustrated with ourselves if we can make goals that are specific, measurable, achievable, relevant and timely.”

Clark recommends finding an “accountability partner” to help you stay on track with meeting these goals.

Focus on What You Can Control

“Your focus should be about what you can control,” says Bisgrove. For example, “a New Year's resolution could be making sure you're wearing a mask when sick or in crowded spaces instead of lamenting that life isn't the way it once was.”

“We sound like a broken record, but it's about making sure you're washing your hands, your family is staying safe, you're wearing a mask and you're checking in on your loved ones,” she says. “If you've been feeling really down this year, just make a resolution to do something nice for someone one day a week.”...

Adapted from the AMA. Read the full article at: www.ama-assn.org/public-health/prevention-wellness/what-doctors-wish-patients-knew-about-effective-new-years



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A Lunch Break Escape: Bikes and Trails

**BY DUSTY MCCOURT, DPM, &
ANDREW MCIVOR, MD**
EUGENE PARKS FOUNDATION,
BOARD OF DIRECTORS

Remember the joy of learning how to ride a bike? What about the elation of being in the wilderness? Very soon here in Eugene, we'll have the opportunity to experience both—even during our lunch breaks. The Suzanne Arlie Trail system, currently being built on the south side of Lane Community College, is just ten minutes from the office and offers exactly that kind of escape.

While on call at McKenzie-Willamette Medical Center, there's nothing quite like grounding yourself after caring for more complex and, at times, tragic cases by riding through the Thurston Hills — of course, while still answering Tiger texts and consulting calls along the way.

We're incredibly excited about the

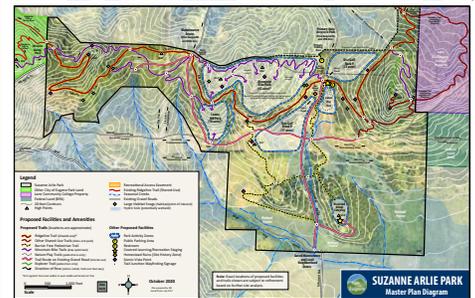


prospect of this new park; it's been a long time coming. It will be a fantastic opportunity for all of us — supporting New Year's resolutions to stay more active and healthy, and offering patients and the broader community an easy way to get out into the woods, just an LTD bus ride away.

A soft opening is planned for spring/summer 2026, and the Eugene Parks Foundation — a nonprofit organization that enhances Eugene parks through programs, facilities, and land acquisition for the benefit of all community

members — is working to close a funding gap to complete the first phase of the project. Together with the rest of the Eugene Parks Foundation Board, we're working hard to make this a reality for our community. ♦

To learn more or support this project, visit eugeneparksfoundation.org or contact EPF Executive Director Ariel Lissman at ariel@eugeneparksfoundation.org.



Left to right: Dusty McCourt's daughter at Carpenter Bypass; Suzanne Arlie Park Master Plan diagram, courtesy of Dr. Andrew McIvor.

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Announcements

LCMS Events

Visit the **LCMS website** to sign up for events or email us at info@lcmedsociety.com for any inquiries.

Last Call! Register by January 19th for the 2026 LCMS Annual Meeting on Thursday, January 29th, from 5:30–8:00 PM at the Ford Alumni Center.

We're excited to welcome Governor John Kitzhaber for an evening exploring how physicians can leverage their collective voice and use key legislative tools to advance healthcare accessibility. Registration is \$20 per person. *Must register prior to event.*

Join LCMS for a special Women Physicians Day Celebration Dinner on Wed., February 11th, at 5:30 PM in the Gordon Hotel Ballroom. Celebrate women physicians during an evening of connection and community, featuring remarks from Bev Smith. Dinner is \$20 per person—RSVP by Feb. 1st.

SAVE THE DATE! LCMS Spring Carnival Night is happening March 5 at 5:30 PM. 5:30pm. Join us and our generous venue host, Chambers Construction, for an evening of games, competition, prizes, and laughs. Registration opens soon. See you there!

Community

The Lane County Healthcare Sector Partnership encourages healthcare providers and healthcare-adjacent organizations to join the efforts toward improving access and well-being throughout our community. To join an action committee or for more information, contact info@lcmedsociety.com.

Join the Healthcare for All Lane County Chapter to advocate for affordable, simplified healthcare for all Oregonians. Meetings

are the first Tuesday of each month at 7 pm at First United Methodist Church, 1376 Olive St., Eugene, and on Zoom. All are welcome to attend.

Notes

Medical Matters wants your feedback! Help us maintain the magazine's quality by suggesting new themes, topics, or member profiles for 2026. Email info@lcmedsociety.com.

Stay informed on statewide advocacy efforts and connect with physicians across Oregon through the Oregon Medical Association. Learn more at the OMA.org.

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