



## SOUTHERN PRAIRIE COMMUNITY CARE

Our News Brief will have a  
new look come January  
2018!!

### MONTHLY NEWS BRIEF

November 2017

#### CONTACT US

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#### OUR STORY

Welcome to Southern Prairie Community Care's monthly news brief. We are excited to share our current plans and results of our work with you. If you see something of interest, have questions or want to contribute to our monthly update, please contact us by phone or email. If you would like to be added to our email list for future monthly updates, please email us at [info@southernprairie.org](mailto:info@southernprairie.org).

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*Please share our Monthly News Brief with your staff,  
colleagues, and cohorts.*

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Last month as we shared in the October news brief, Senator Lourey came and met with several community agencies regarding the health care needs in rural Minnesota. This month, he returned to the Marshall community and SPCC had an opportunity to spend several hours with him delving deeper into a few of the items that had been discussed in the previous meeting that specifically impacted our agency. The meeting was attended by the executive board, our management team, Senator Lourey and his assistant, Sarah. Information was shared with the senator about our different team areas, specifically about Integrated Care, Health Information Exchange, and Population Health work being done by the Center for Community Health Improvement. An interactive discussion regarding the Integrated Health Partnership and the opportunities with the Health Information Exchange, opened the door to potential future meetings and information sharing. It is extremely exciting to have the opportunity to share the unique work that is being accomplished and to know that our information can be brought back to St Paul.

## INTEGRATED COMMUNITY CARE STAFFING UPDATE

In the spirit of Thanksgiving, the Integrated Care Team was especially grateful to welcome Faeth Foede into our midst this month. Faeth has been a nurse for four years working in a private home care setting providing direct care. She is excited and nervous to learn a new facet of nursing, working within the community based coordinated care world. Faeth has shared that she is already feeling welcomed by her co-workers and has been amazed with their knowledge and willingness to help her succeed.



On a personal level, she is a single mom of two fantastic little people ages 4 and 7. They just bought their first home this summer in New London, which is within a mile of her family. Most of her free time is spent with her babies, but in her “me” time she loves reading, particularly lifelong favorite author, Stephen King, watching documentaries and listening to podcasts on folklore, history, and true crime. She is so excited to have this opportunity to work with so many different clients with diverse needs, learn and grow in her new role, and hopefully gain some wisdom from everyone! Faeth will be working out of the Redwood Falls APMC clinic two days a week and will be in the Kandiyohi County Health and Human Services building in the SPCC space the other three days a week. For needs in these areas, please contact Faeth at 507-591-0183.

## HEALTH INFORMATION EXCHANGE AND ANALYTICS UPDATE

November has been busy with the implementation of the Long-Term Services and Support (LTSS) project with DHS; both Des Moines Valley Health and Human Services and Southwest Health and Human Services went live with the beneficiary Personal Health Record (PHR). The PHR will allow DHS, case managers and the beneficiaries to securely transmit, update and store beneficiary files and information related to the LTSS program. The PHR is a central repository of documents and information that the beneficiary is in control of and can share some or all information with other providers that have chosen to participate in the project.

We continue to work on the Early Pregnancy Notification (EPN) pilot with SPCC partners in our 12-county collaboration. Through this project, we'll identify ways in which individuals and organizations support moms-to-be through clinical care, qualified health professional intervention, and community support, and how to connect the dots to ensure that moms-to-be become engaged.





*At CCHI we believe that good health evokes purpose and value. Our solutions to health are original and community-based.*

*Through wellness learning experiences, cultural liaison services, and trauma-informed community practices, good health is achieved.*

## POPULATION HEALTH NEWS

### Work and Partnership Updates

November is National Diabetes Month! This year's theme is "You are the Center of Your Diabetes Care Team." Find quick facts on diabetes in Minnesota [here](#).

During the month of November, we partnered with the U of M Extension and the Salvation Army to offer blood glucose screenings and diabetes education at the Salvation Army of Willmar on November 2<sup>nd</sup>. Together we administered blood glucose screenings to help identify the risk for prediabetes or type 2 diabetes and to provide education and resources as needed. A total of six screenings were completed; two individuals were referred to future lifestyle change education and one was referred to an Integration Coordinator. We will host another screening event at the Salvation Army of Willmar on Thursday, November 30<sup>th</sup> from 1-3pm. All are welcome!



Team members, Terri Janssen and Samantha Nelson, at the Wellness Expo in Worthington

On November 4<sup>th</sup>, the Community Wellness Partners team led a Diabetes Prevention and Wellness Expo at the Worthington Hy-Vee store. The event offered free blood glucose and blood pressure screenings, additional education and referrals to various local health organizations. A total of 66 blood glucose screenings were completed. Of those results, 3 were low, 26 were within normal range, and 37 were in the abnormal range. CCHI and SPCC were invited to participate in the event and hosted a "Rethink your Drink" station (see picture to the left). Additional event sponsors included: Hy-Vee Worthington, the Lion's Club, Nobles County Community Services, Open Door, Sanford Worthington, Sterling Drug, University of Minnesota Extension, and the YMCA.

## COMMUNITIES LEARNING TOGETHER

### Youth Mental Health First Aid Training | Willmar | Saturday, December 9<sup>th</sup> | 8:30am – 5:00pm | Free

On December 9<sup>th</sup>, a Youth Mental Health First Aid Training will take place at the American Legion in Willmar from 8:30am to 5:00pm. This training is being sponsored by the Out of the Darkness Walk committee and Ray Strenglein.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Click [here](#) for more information and to register for the training. The deadline to register is December 7<sup>th</sup>.

### Adult Mental Health First Aid Training | Redwood Falls | Dec. 12 or 13 | 8am – 4:30 pm | \$30



## ADULT MENTAL HEALTH FIRST AID

Redwood Area Hospital, 100 Fallwood Rd | Redwood Falls MN

ONE DAY COURSE! Multiple dates options:

Nov 29 or 30, Dec 12 or 13, 2017 from 8 a.m. to 4:30 p.m.

**Evidence Based Training**

*Presented by: Jode Freyholtz-London, Wellness in the Woods*



Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. This training is appropriate for medical professionals, law enforcement, teachers, county staff and community members.

#### Goals: attendees will-

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Learn to identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

#### Participants will receive a course manual and certification for 8 hours of training.

*Studies show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.*

To register contact: Wendy Dahl at 507-637-4527 or [wendy.dahl@redwoodareahospital.org](mailto:wendy.dahl@redwoodareahospital.org) by Nov. 17<sup>th</sup> for Nov. sessions or Dec. 1<sup>st</sup> for Dec sessions.

Cost: \$30 (payable to GRASP)

Please share  
with your  
department  
or staff!

GRASP is a subsidiary of the  
Redwood Area Communities Foundation