



THE ECHC HEALTH BEAT

A NEWSLETTER BROUGHT TO YOU BY THE ELY COMMUNITY HEALTH CENTER

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A Message from our Medical Staff

Dr. Mary Bianco

Welcome to our first newsletter!

We hope to convey bits of information about current work and our hopes going forward.

We want to also extend our thanks to the Ely community and specifically to the many individuals and organizations that provided financial or volunteer support.

Here are some **highlights** from our first 6 months :

- * Our first patient was an individual who has been trying but unable to afford health insurance and was nearly out of his blood pressure, heart and diabetes medications when we opened and was very grateful to be able to come to our clinic, have his blood pressure checked, labs ordered and all medications refilled. This is very typical of

the patients we are seeing.

- * Although we are here for both underinsured and uninsured patients, the vast majority have been uninsured individuals who are working and/or going to school full time but fail to find affordable insurance.
- * We provided free flu shots in partnership with Ely Bloomenson Community Hospital.
- * The Ely community health center is part of the behavioral health network and the Ely community care team. These groups are composed of representatives from various sectors of our community who work together to solve community wide health problems .
- * Our clinic was the pilot site for a federal grant to explore behav-

ioral health screening and follow up in a community setting. This is a first step. This was also a collaborative with Well-Being Development and the Essentia Institute for Rural Health Research.

- * We have refined our clinic flow process and have good support from our pharmacist volunteers with resources for discounted pharmaceuticals. They are also available to our volunteer physicians and nurse practitioners on clinic nights.
- * Ely Bloomenson Community Hospital donated lab and x-ray services to our patients. Thank you to Becky Gaulke and Mary Zupancich for helping with this process!

Organizational Goals

We have a few major goals for the next year:

- * Continue our search for an on-site insurance navigator.
- * Continue to work with community groups and individuals to identify health needs in
- * Enhance the volunteer experience by providing additional training and educational opportunities.
- * Provide more educational experi-

ences for our patients.

- * Determine the feasibility of creating a new clinic space in the lower level of the Frandsen Bank Building. The space has been donated and plans have been drawn. Our board is in the process of determining final cost estimates and deciding on the viability of this option.

Special News of Interest:

MARK YOUR CALENDARS FOR THE ECHC BRAT AND BURGER FUNDRAISER JULY 21ST AT NORTHLAND MARKET FROM 10:00 AM TO 2:00 PM

WE ARE OPEN EVERY MONDAY 5:30-7:00 PM AT THE FRANDSON BANK BUILDING . ENTER THROUGH THE SIDE DOOR. NO APPOINTMENT NECESSARY!

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ELY COMMUNITY HEALTH CENTER

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Visit us at www.elycommunityhealth.org

ECHC Board of Directors

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The "Ask About Aspirin" Campaign

ECHC will participate in the "Ask About Aspirin" Campaign initiated by the University of Minnesota. All adults ages 50-59 will be assessed by our health professional to see if they are a candidate for low dose daily aspirin therapy to prevent heart disease and stroke.

Read about it yourself and take the quiz at:

askaboutaspirin.umn.edu/

The mission of the Ely Community Health Center is "To provide affordable services with a vision to improve community health." Our hope is that all people will have access to health services. Everyone at The Ely Community Health Center is a volunteer, and we depend on our amazing and dedicated team of volunteers to fulfill our vision of improving community health. We rely heavily on our medical professionals who offer their time and expertise and our non-medical volunteers who generously give of their time and talents to answer phones, greet patients, help clean, and even provide assistance with health insurance. **We wish to thank our volunteers and contributors:**

Mary and Joe Bianco	Mary Schwinghamer	Betty Rhein	First Lutheran Church
Brielle Loe	Sarah Kingston	Beth Hartshorn	St. Mary's Episcopal Church
Andy McKibben	Denise Norman	Kiwanis Club	Piragis Northwoods Co
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Becky & Greg Gaulke	Claire Pastika	Wintergreen Dogsled	Dr. John R Musich
Johnnie Hyde	Jodi Chaffin	Todd & Gail Gustafson	Joe & Mary Bianco
Sally Koski	David Kess	Elton & Emily Brown	St. Anthony's Church
Lisa Marolt	Chris Norman	Sundell Eye Associates	Sam & Beth Rice
Val Nesteruk	Heidi Buettner	Nan Snyder	Cunningham Electric
Margie Olson	Mary McGrane	Lakeshore Liquor	Essentia Health
Zupancich Bros, Inc	Scott Anderson, DDS	Deborah Campbell	Ely Vet Clinic
Ely Are Credit Union	Bear Island Land Co, Inc	Latourell's Inc	Women's Life Association
Don Sovil Insurance Agency	Tony Roethler at Cadline Designs	Dean Dewberry	Ely Bloomenson Hospital
Mary Bianco	Joe Bianco	Susan Anderson	Ellen Schafroth

ECHC Partners with Ely Behavioral Health Network to Develop Behavioral Health Screening Jenny Uhrich, Well Being Development Executive Director

The Ely Behavioral Health Network (BHN) is comprised of seven organizations: Ely Community Health Center, Well Being Development, Range Mental Health Clinic, Essentia Health Ely Clinic, Ely Bloomenson Community Hospital, the Ely Housing and Redevelopment Authority, and Vermilion Community College. The BHN is dedicated to providing collaborative care to identify and address overall behavioral health and recovery needs for people living in rural NE Iron Range communities. The creation of a system for routine behavioral health screenings, referral, and follow-up across multiple health care and social service organizations is one of BHN's primary goals. We want to identify behavioral health concerns before they reach the crisis stage and to ensure continuity of care.

ECHC was the location of our first pilot. The pilot began in mid-April and lasted

for 8 weeks. The purpose of the pilot was 3-fold:

- * to test the screening tool which combined the PHQ9 for depression, the GAD for anxiety, and the AUDIT for substance abuse;
- * to begin design of a community-wide care coordination referral and follow-up system for behavioral health needs;
- * and to see whether regular, expanded behavioral health testing could become part of ECHC's triage process.

Patients who chose to take part in the pilot were given an incentive and asked to give feedback on the screening tool and process.

The ECHC pilot was incredibly educational. Participant feedback helped us amend the screening tool. We also

identified a couple of individuals for further behavioral health assessments. Thanks to Range Mental Health and Celin Manlove for providing follow-up appointments during the course of the pilot! The volunteer staff at ECHC were gracious, hardworking, and informative. We received great feedback from all volunteer staff about how to improve the screening tool and process. For next steps, we are presenting detailed results at the July BHN meeting. We plan to work with ECHC to integrate an improved behavioral health screening and follow up into the regular clinic procedures. Finally, we are using what we learned from the ECHC pilot to test the screening tool in a non-clinic setting.

Thanks again to ECHC and all the volunteer staff!

Wish List: 4 drawer locking file cabinet, table and/or bookshelf for the waiting room, 4 chairs and a small desk. To donate, please call the phone number above.

Find us on

