

The Wave

February 2018

northlakes
COMMUNITY CLINIC

Ashland - Balsam Lake - Hayward - Iron River - Minong - Turtle Lake - Washburn

A note from our CEO...

Reba Rice

CEO, NorthLakes Community Clinic



Our 2018 strategic plan includes projects focusing on innovative community collaborations. We continue to work to be more than a health center by focusing on our role in helping to create and sustain healthy communities, which is the best way to improve our overall quality of life.

There are SO many cool things happening in all of the communities of our regions. Truly innovative and hardworking people creating amazing programs! But we don't always do a great job of working together. There are a lot of leaders, which is exciting! But we need to do a better job connecting the dots and implementing all the great ideas that are generated. All too often we end up working in silos and duplicating work we assume needs to be done without first checking to see if resources or programs already exist.

So rather than starting from scratch and risking wasting resources, our goal in 2018 is to find out about the cool things that are happening and then just join in! We'll be seeking out our creative and dedicated neighbors and asking, "how can we help advance your project?" Whether it's increasing housing options in Ashland; creating systematic trauma-informed approaches in Barron County; improving care for abused and neglected children in Sawyer County; increasing training options to improve the workforce across our entire service area; or any other great project that will improve the quality of life in northern Wisconsin, we're excited to jump in and follow the leaders!

2 NorthLakes is Expanding the Northern Wisconsin Resilience Movement.

4 Hope for Pregnant Mothers Facing Substance Use Disorder

6 Addressing Community Health Needs with Our Community Based Programs.



call: 888.834.4551 -or- visit: northlakesclinic.org



Showing Resilience, The Documentary.



By: Madelaine Rekemeyer
Director of Development

NorthLakes Community Clinic is expanding the northern Wisconsin RESILIENCE movement an initiative of Ashland School District's AWARE project. We are partnering with Sawyer, Bayfield, Polk, Washburn and Barron Counties' Health and Human Services to present the movie RESILIENCE and host panel discussions in all of our sites' communities. This is a dynamic collaboration amongst many organizational partners, where we share a common vision to prevent and reduce childhood trauma while working to improve the health and well-being of our region's children and families now and for future generations.

RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs), which are negative experiences in childhood, including all forms of abuse (emotional, physical, or sexual), neglect (physical, material or emotional), or household dysfunction (divorce, violence, incarceration, substance use disorders, or mental illness). Studies show that the more ACEs a child experienced, the greater the risk of chronic health conditions, anxiety disorders, lower quality of life, and even early death.

ACEs occur during childhood: a time when the brain is building the foundation for future learning, emotional regulation and social interaction; as well as immune, hormonal and other systems of the human body. The movie

contains information about childhood development and how developing bodies and brains respond to stress. ACEs correlate to poor social, mental and physical health outcomes in adulthood which results in higher health care expenses for future generations and lost productivity and satisfaction in many adult lives.

Resilience is the ability to thrive, adapt and cope despite hardships. It is a natural counter weight to ACEs. Therefore, the more resilient a child is, the more likely they are to deal with negative situations in ways that won't have prolonged and unfavorable outcomes. Resilience is not just an innate characteristic, it is a skill that needs to be taught, learned and practiced.

The movie is being presented to create awareness, which is one of the most powerful tools both for preventing and addressing ACEs. Through education and a heightened awareness of ACEs, trauma-informed approaches can be explored by individuals, families, businesses, organizations and communities allowing them to mobilize prevention and mitigate the negative effects of ACEs on childhood and later adulthood.



Upcoming showings in the area include:

February 21st at The Harbor View Event Center in Washburn starting at 6pm. Thank you to Kathleen Russell of Apostle Island Realty and Bayfield County Department of Human Services for sponsoring this event and helping to make it free for the public.

If you would like to make a contribution to NorthLakes Community Clinic's community based programs, please contact: mrekemeyer@northlakesclinic.org.

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Rebecca Fleming
Nurse Practitioner

Iron River Clinic
7665 US Highway 2

Thank You!

We think it's important to recognize and sincerely thank our donors, without whom NorthLakes Community Clinic would not be able to touch the many lives it does. Thank you to our board, our advisory committees and our volunteers whose enthusiasm and commitment to the organization is undeniable.

ABC Thrift

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Thank You

To the many who select us when making purchases on Amazon Smile.

Thank You

To the many who select us through their United Way contributions.

Thank You

To our patients who trust us with their health and well being.

Thank You

To the many churches for reaching out to your members and gifting NorthLakes.

Recovery Program Offers Hope for Pregnant Mothers Facing Substance Use Disorder



By: Britni Bolduc, RN, BSN, CARN
Care Coordinator - Recovery Program

Pregnant women with Substance Use Disorder are often afraid to seek care, dreading being judged and the fear of losing their children. Usually, pregnant women are already addicted when they become pregnant and these moms feel a tremendous amount of guilt and shame for using substances. Often times they will try to stop on their own when they find out they are pregnant, but as with any addiction it is very hard for people to stop using on their own. There can also be risks to their baby if they do stop on their own without being medically monitored.

There is hope for women who are seeking treatment. And, prenatal care is very important to pregnant patients with addiction. The Recovery Program at NorthLakes Community Clinic does see and treat pregnant women. In the state of Wisconsin pregnant women have first priority for access to treatment. Once a call to NorthLakes is made, our staff will get the pregnant patient in for a Pre-Admission Screening with one of our Recovery Program staff, schedule them also with an addiction counselor, and also with our addiction doctor, Dr. Mark Lim, who can assess whether Medication Assisted Treatment (MAT) is appropriate. Some patients, depending on the substance and how far along in pregnancy they are, may be sent to inpatient treatment for a few days or up to a week. Depending on the substance being used some people may be recommended for receiving Medication Assisted Treatment along with counseling.

As a team, we work closely with patients and their obstetric provider to make sure that women are prepared when they go into labor. Patients are also followed closely after delivery. We also offer patients in our

Ashland location an opportunity to meet with our Pediatric Nurse Practitioner, Dr. Anna Ellason, to discuss what to expect once the baby is delivered. In our Hayward location we have providers who offer OB services and we collaborate closely with them as well. We make sure to prepare women to handle their babies if they are born with Neonatal Abstinence Syndrome (NAS), as well as educate them about things they can do during pregnancy to decrease the risk of babies developing NAS.

Moms can be successful in starting their road to recovery and seeking treatment. With education about their own disease, education about pregnancy and newborns, they can also successfully be the parents they want to be. While working on recovery in treatment, they can learn about coping mechanisms for stress, cravings, or triggers that are going to happen at some point. Patients can work on building a social support system that will continue to help them throughout their recovery and be positive people in their lives. This is especially difficult for some clients whose whole social network is others who use substances. But creating a supportive network is possible, and very important for their continued success.

If you know someone struggling with addiction—pregnant or not—reach out and talk with them; let them know there are treatment options out there, and that they (and their baby) deserve a life free from addiction. They do not need to feel alone anymore. Also, tell them that addiction is a disease, not a failing. And, like any other disease, it can improve with proper treatment and support. Drug and alcohol addiction has negatively affected all of our communities. But if we can talk in a non-judgmental way about our own stories—and those of family members or friends—who have struggled with addiction, and not be silent, we can break the stigma of addiction and help people get healthy again.

Our Recovery Program is always accepting new patients, regardless of where a person lives or their ability to pay. We offer individual therapy, group therapy and Medication Assisted Treatment. Don't hesitate to call if you or someone you know is struggling with Substance Use Disorder. Today may be the first day you take back control of your disease and start living and enjoying your life again.

FEBRUARY

Upcoming EVENTS

MARCH

for a full list, please visit northlakesclinic.org/upcoming-events/

6th
all day
Wear Red to Support CHC's
Support fixing the Community Health Center Funding Cliff by wearing red today. Post a photo and claim your support on social media by tagging #fixthecliff #RedAlert4CHCs

7th
5pm
Written Off // Ashland
Northern Great Lakes Visitor Center
The film chronicles the life of Matthew Edwards, whose addiction to opioids began at age 15, after being prescribed pain medicine for a minor surgery. His grippingly honest writing reveals the secrets he tried so hard to conceal throughout a decade long struggle to escape addiction.

15th
10am
Farm Market // Hayward
NorthLakes Hayward Clinic

15th
5:30pm
Vibrant Downtown Event // Ashland
Moore's Army Navy

21st
6pm
Resilience // Washburn
The Harbor View Event Center



Heart Health Awareness
Heart disease is the leading cause of death for both men and women in the United States. The good news is that it's also one of the most preventable. Make heart-healthy choices, know your family health history and the risk factors for heart disease, have regular check-ups and work with your physician to manage your health.



National Children's Dental Health
Defeat Monster Mouth all Month

Farm Market // Hayward
NorthLakes Hayward Clinic **1st**
10-2pm

Team Puzzle Competition // Minong
Minong Center **3rd**
2-4pm

Farm Market // Hayward
NorthLakes Hayward Clinic **15th**
10-2pm

Team Puzzle Competition // Ashland
Bretting Community Center **17th**
1pm

Colorectal Cancer Awareness
Dress in Blue March 2nd



Miriam Sward

Psychiatric Mental Health
Nurse Practitioner

Hayward Clinic

11128N State Hwy 77



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More Than Just a Clinic - Identifying and Addressing Barriers to Care

By: Natalie Gustafson

Marketing & Communications Manager

The NorthLakes Community Clinic Board of Directors, which is made up mostly of patients of our Health Center, has established a mission that requires staff to get outside the walls of our clinics to work towards the health of our communities. "The Board has been clear", says Reba Rice, CEO. "In effect, they have said, 'Our clinical services must be top notch! But you can't just offer those – you've got to go out and address the root cause of what makes people sick.'"

This is the inspiration for the many outreach programs NorthLakes has developed over the years. A few examples are; providing free or very low-cost vegetables through a Community Supported Agriculture (CSA) program; giving books to children to take home at every possible doctor visit; working with several county jails through our Re-entry Program, which supports successful transitions back into the community for folks exiting jail. Also, NorthLakes provides mental health and dental services in our largest outreach program: school based services.

The NorthLakes School Based Mental Health Program collaborates with area school districts in offering mental health services in a confidential setting within the school building. Services are provided during the most convenient times for the students based on their course schedule. Therapists work with the school and family to arrange consistent meeting times for the student that will not interfere with academic success.

We currently counsel in 6 school districts, with approximately 80 students. This program is growing quickly. The number of schools requesting services is significant, and NorthLakes is working to recruit therapists as well as to engage other agencies to partner in providing care for children in schools.

NorthLakes' preventive dental outreach program is the largest in the state, covering 15 counties with services in elementary, middle and secondary schools, Head Start and WIC programs. **"It has been estimated that more than 54 million school hours are lost yearly because of dental disease."** (www.dhs.wisconsin.gov)

Our program includes oral health education, oral health assessment by a Registered Dental Hygienist and fluoride varnish or sealant applications. Currently, NorthLakes serves well over 120 schools and other programs, with more than 11,000 children receiving service. Also, aware that our seniors often suffer significant pain and difficulties eating due to poor oral hygiene, NorthLakes serves residents at several area nursing homes.

Dental screenings indicated that there was high need for restorative dental services, especially in our southern service area. So NorthLakes partnered with Polk County Health and Human Services to house a Dentist and her team in the County Health Department building. Serving patients with Medicaid or who qualify for NorthLakes' Sliding Fee Scale. Dr. Kathleen Bergman-Mattison (DDS) offers services four days per week for children and adults.

NorthLakes, led by its Board of Directors, is committed to continuing to invest in our communities, offering services where patients live, work and go to school.

Deborah Leal
Family Nurse Practitioner

Minong Clinic
600 Shell Creek Road



Check Out
Deb's YouTube Video

Accepting New Patients

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northlakes COMMUNITY CLINIC In the Community



NorthLakes staff braving the cold at the Turkey Trot in Hayward.



We love our communities!



A few shots from our Resilience events held in Balsam Lake, Turtle Lake and Iron River. Each community supported these showings in many ways. We are thankful for all of the collaborators, sponsors, volunteers, speakers and especially to those who came out to view this important film. We look forward to our final showing in Washburn February 21st. **Make sure to check out our facebook page to see video of the discussion from our Iron River Event on January 25th.**



Have you met our therapy Dogs? Otis (top) & Khloe (bottom) are our team of certified therapy dogs.



Otis helps soothe people that get anxious when it comes to getting into the dentist's chair. Khloe does a similar job, but helps people relax and open up to our counselors in the Turtle Lake area.

Erick Anderson
Chiropractor

Iron River Clinic
7665 US Highway 2



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prevent injury, improve function & treat pain.

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