

Summary of North Dakota Rural Health Outreach Grants

The Rural Health Outreach Grant Program supports projects that demonstrate innovative models of rural outreach and health care services. The program requires a network or consortium of three or more separate entities be formed to develop and implement the outreach project. Grants are awarded either for the direct provision of health services to rural populations, especially those not currently receiving them or to enhance existing services. North Dakota is one of the leading states in the Outreach Grant Program. Since the inception of the program in 1991 there have been 23 separate Outreach Grants funded in North Dakota. The following is a brief summary of those projects. It can serve as a guide for your organization by showing the breadth of the network members and the types of community health projects undertaken. More information can be found at:

<http://www.hrsa.gov/ruralhealth/about/community/careservicesoutreach.html>.

City-County Health District, Valley City, ND (FY 2018-2020)

The City County Health District, Valley City Public Schools, and the North Dakota State University/Barnes County Extension Service partnered to establish a project focuses focus on reducing the rate of obesity/overweight in the 10-17 age population or minimally to stabilize the obesity/overweight rate. They provide a wide range of evidence-based programming which also include policy, systems and environment (PSE) changes known to assist in decreasing childhood obesity. They plan to establish a structure to coordinate the project; develop and implement a plan to increase physical activity among the target age group as well as the community at large; develop and implement opportunities to increase healthy eating (focus of growing/preparing/eating more fruits and vegetables) within the target population; and complete a comprehensive project evaluation. The intent is to integrate the above plan into already existing organizations and systems to allow for sustainability. They will adapt the evidence-based model Whole School, Whole Community, Whole Child (WSCC) with a focus on 2 of its components (Physical Education & Physical Activity and Nutrition Environment & Services). The physical activity component will use the evidence based Comprehensive School Physical Activity Program (CSPAP) model. The nutrition intervention will use the ‘multicomponent interventions to increase availability of healthier foods (focusing on fruits/vegetables) and beverages in schools’ recommended by the CDC’s Community Preventive Services Task Force which has provided evidence that this will reduce or maintain the rate of obesity/overweight in children. Expected Outcomes: (1) Reduced rate of obesity/overweight or minimally to stabilize the rate of obesity/overweight in children ages 10-17. (2) Enhanced availability of healthy food choices within the schools and at community events with the focus on more fruits/vegetables. (3) Children ages 10-17 with increased activity level. (4) Increased understanding of the value of health and wellness and the need for policy, systems and environmental changes to decrease childhood obesity.

First Care Health Center, Park River, ND (FY 2011)

The Wellness Outreach Without Walls (WOW₂) program, a partnership between the Walsh County Health District, First Care Health Center, and Altru Home Services, will work to promote healthy lifestyles and provide wellness services to the service area of, Walsh County, eastern Ramsey County, northern Nelson County, and southern Pembina County. The goals of the WOW₂ program are to

decrease obesity rates by promoting wellness and lifestyle changes, increase availability of chronic disease prevention programs and health screenings, and to increase availability of mental health services. The WOW₂ program will provide small awards to community groups in approximately 10 rural communities to initiate wellness efforts to improve the health status of youth through seniors. The program will be evaluated by the Center for Rural Health.

City-County Health District, Valley City, ND (FY 2011)

The Tri-County Chronic Disease Management Program, a collaborative between the City-County Health District, Central Valley Health District, and the South Central Adult Services, will provide a comprehensive chronic-disease case management program for the service area of Barnes, Stutsman and Logan Counties. Specifically, Tri-County will provide in-office and home visits, foot care, reorder medications, contact physicians, client education on self-management, and provide ongoing support as needed. This is a nursing based model with a significant emphasis on working with people with chronic disease in their home setting. The program will be evaluated by the Center for Rural Health.

Wishek Hospital-Clinic Association, Wishek, ND (FY 2011)

Dakota Cares! is a three-share type program with a wellness component. A three-share program partners business owners, employees and the community in providing a healthcare coverage product that is both affordable and accessible to the small business owner and their employees. Business owners and employees each pay a small monthly fee, usually between \$35 -\$50 and a third party, in this case the healthcare facility, contributes a portion to the coverage program. Healthcare facilities allocate funds to be used as “charity care” each year and a portion of these allocated funds will be used as a third contribution to the Dakota Cares! Three-share Program. Businesses will qualify, not individual employees, on the basis of number of employees (2 or more), not having offered healthcare coverage in the past 12 months, and having an average hourly wage of \$11.50 or less. In this way, if their business qualifies, all full and part-time employees are eligible for Dakota Cares! The wellness component called Dakota Healthy Living is required for participation in Dakota Cares! Dakota Healthy Living will include initial health screenings, and participate in a wellness education course. The education courses will include: Tobacco Cessation, Hydration, Responsible Alcohol Consumption, Eating for a Lifetime, and Movement Training. Screenings will be required once each year.

Southwestern District Health Unit, Dickinson, ND (FY 2011) (3rd Award)

The Pathways to Healthy Lives Project is a community effort of the Cancer and Substance Abuse Task Force of the Healthy 8 Communities Network. Through a community health needs assessment the Cancer and Substance Abuse Task Force identified the need for expansion of cardiovascular screenings, with a focus on education, healthy lifestyles, and the continuation of cancer screenings. Free comprehensive cancer screenings will include, cardiovascular, breast, prostate, colorectal, skin and lung cancers, and education. The consortium for Pathways to Healthy Lives includes, Southwestern District Health Unit, Community Action Partnership, and St. Joseph’s Hospital and Health Center. The goals of the program are to, increase awareness of healthy lifestyles for cardiovascular health and cancer prevention, and to increase the availability of comprehensive screening events.

Wishek Community Hospital, Wishek, ND (FY 2008)

The Dakota Cares! Program is an initiative to assist North Dakota’s working population that does not have access to health insurance. This program aims to provide a three-share type program, where business owners, employees, and the community health care facility provide the funding which allows for access to health care coverage, for those uninsured. If enrolled in the Dakota Cares! program, participants will also be required to enroll in the Dakota Healthy Living program, which is the wellness component, and consists of education courses (tobacco cessation, hydration, alcohol consumption,

healthy eating, and movement) and an initial health screening. Specific program partners were not identified.

Southwestern District Health Unit-Dickinson, ND (FY 2006) (2nd Award)

The “Pathways to Healthy Lives,” Project is a community effort of the Cancer Task Force of the Healthy 8 Communities Network. The project promotes healthy lifestyles to prevent cancer by providing awareness through education and screening for breast, colorectal, lung, prostate and skin cancer in the eight counties of Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark. The Project will provide public education focusing on making healthy dietary choices, getting physically active, protecting oneself from sunlight and chemical exposure and preventing initiation or cessation of tobacco products usage. Free breast, prostate, colorectal and skin cancer screening will be held in local communities within the eight county area. “Pathways to Healthy Lives” will positively impact the entire spectrum of cancer prevention, earlier cancer detection, survival and quality of life. The consortium sponsors of the Project are Southwestern District Health Unit, St. Joseph’s Hospital and Health Center and Community Action Partnership.

Wellness Interventions Lasting a Lifetime (WILL) Network, Langdon, ND (FY 2005)

The WILL Network will encourage wellness and healthy lifestyles, and provide education on disease awareness, management and prevention to residents of Cavalier County, the northwest section of Pembina County, and the northern portion of Ramsey County. The WILL Network’s goals are to: 1) Implement the WILL program, 2) Increase awareness of chronic disease conditions and educate and manage these conditions, 3) Promote wellness and lifestyle change programs, 4) Increase awareness of activity related injury prevention and wellness programs, 5) Increase awareness of overall occupational wellness, 6) Promote self-managed wellness programs.

The network consists of the Cavalier County Job Development Authority (CCJDA), Cavalier County Memorial Hospital, and the Cavalier County Health District. Existing and supportive community (ad hoc) members are North Dakota State University Extension Service-Cavalier County Office, Cavalier County Social Services, Walhalla Economic Development, Parish Nurse-Faith Based Organization, Cavalier County Senior Meals and Services, and the City of Langdon.

Healthy Lifestyle and Disease Management Program- Hettinger, ND (FY 2003)

Life Initiatives for Everyone (LIFE) - is a program to promote healthy lifestyle changes and assist individuals with preventing and managing chronic diseases. A community needs assessment revealed the following needs: Chronic disabling diseases, cardiovascular risk behaviors, chronic pain, mental health and mental health disorders, substance abuse and access to health care. The LIFE program will be conducted in collaboration with the West River Health Services, Southwestern District Public Health Unit and the UND School of Medicines & Health Sciences. LIFE will take a two-tiered approach to enhance and extend the quality of life for the residents of all ages from southwestern North Dakota and northwestern South Dakota. The program will increase awareness of five simple lifestyle changes to improve health status. The initiatives will be implemented through the Wellness and Healthy Lifestyle Center located in Hettinger, ND. The goal is to develop new healthcare management concepts, create a comprehensive approach to healthy lifestyles and change the “health culture” of this rural region.

Wellness in the Valley-Suicide Prevention Task Force - Valley City, ND (FY 2002)

The Wellness in the Valley-Task Force is a coalition that was formed in response to nine suicides and 14 reported suicide attempts in Barnes County within a 12 month period of time. The coalition represents public and private advocates, human service agencies, and clinicians who have joined forces to implement a community-based suicide prevention program. Network partners include Mercy Hospital,

MeritCare Clinic, and City-County Public Health Department - all of Valley City. There are an additional 18 supporting agencies, including the schools, juvenile court, and law enforcement, actively committed to this project. The community-wide program is based on the Strategy for Suicide Prevention (a national program effort). From this, the task force will develop a comprehensive suicide prevention program that will serve the greater Barnes County area. Activities of the task force include a suicide prevention and educational program. Volunteers will be trained to assess and refer at-risk persons to needed services and support programs will be made available for those identified as being at risk. Suicide is often associated with or the result of domestic violence, relationship problems, post-partum depression, farming stress, chronic illness, or a history of mental illness. By addressing factors contributing to suicide, it is hoped that suicide attempts will be lessened.

Sakakawea Medical Center - Hazen, ND (FY2000)

Behavioral Health Services Network Model Project is an outgrowth of the Rural Mental Health Consortium, previously funded by an Outreach Grant. The major problems in behavioral health services are lack of access, stigmatization and difficulties in maintaining financial viability. The grant will assist Northland Healthcare Alliance (an organization representing health providers in central and western North Dakota) members to increase access to specific targeted communities and population groups. Further services access will be facilitated through the use of an existing Telemedicine network operated by St. Alexius Medical Center. The proposed project incorporates four additional factors to achieve long-term sustainability for the Behavioral Health Services Network. These factors are: 1) The consolidation of administrative functions, scheduling, billing, etc. in a central location to reduce program overhead; 2) The training and use of mid-level practitioners to expand availability of services; 3) Outcome measurement to build a data base that will assist in developing other successful models of treatment; and 4) The use of telemedicine to increase the cost effectiveness of mental health providers in rural North Dakota. The network developed for this project consists of Sakakawea Medical Center, Hazen; St. Alexius Medical Center, Bismarck, and the Rural Mental Health Consortium, headquartered in Minot. Increased access will be provided to the communities of Ashley, Dickinson, Ft. Yates, Garrison, Hazen, Linton, Steele, Glen Ullin, and Turtle Lake. Additional services and coordination will continue with the communities of Bottineau, Harvey, Kenmare, Mohall, New Town, Parshall, Rolla, Rollette, Velva and Westhope.

Wishek Community Hospital & Clinics - Wishek, ND (FY2000)

Wishek Community Hospital & Clinics, in partnership with McIntosh District Health Unit, Medcenter One Health Systems, and Moser Drug Pharmacies of Wishek and Napoleon, have worked together to improve their communities through the establishment of mutual goals and integration of activities. The project will implement a continuum of care including: preventive care, early detection screenings, chronic disease management, and support services. This will be applied to the chronic disease states of diabetes, osteoporosis, heart disease, and cancer, which plague their elderly population.

Southwestern District Health Unit - Dickinson, ND (FY2000) (1st Award)

This project, "Pathways to Healthy Lives," is a community effort of the Cancer Task Force of the Healthy 8 Communities Network. The project will increase awareness, education and screening of lung, prostate and female breast cancer in the eight counties of Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark. The project will work with its communities to heighten awareness for healthier lifestyles related to cancer prevention, and increase earlier detection of cancer through community sponsored screening events. "Pathways to Healthy Lives" will positively impact the entire spectrum of cancer prevention, earlier cancer detection, survival and quality of life. The three network sponsors are Southwestern District Health Unit, St. Joseph's Hospital and Health Center and Community Action and Development, Inc.

Jacobson Memorial Hospital Care Center - Elgin, North Dakota, Richardton Health Center, Richardton, North Dakota & Medcenter One, Bismarck, ND (FY99)

This network will provide elder and Alzheimer's care, education, and training to all area health care providers, volunteers, care givers, and community members. The two rural hospitals in the network will train two registered nurses in the specialty areas of elder and Alzheimer's care. Adult day care and respite care services will also be expanded. The service is called the Regional Elder and Alzheimer's Care Rural Health Network. Members are Jacobson Memorial Hospital Care Center, Elgin; Richardton Health Center, Inc., Richardton; and Medcenter One Health Systems, Bismarck.

Garrison Memorial Hospital, Garrison, ND (FY99)

The problem addressed with this project is diabetes identification, management and treatment. This formal network is made up of 13 rural hospitals and three nursing homes that belong to the Northland Healthcare Alliance, a regional network of providers in central and western North Dakota. The Alliance noted the prevalence of diabetes in the region and decided that a disease management model was the appropriate way to address the issue. The project will use a computerized care data-base that will help both the patient and the provider in treatment and follow-up care. In the second year the project will add heart disease to the computer data system.

Ashley Medical Center - Ashley, ND (FY98)

The "Community Emergency Medical Program" project is addressing the dire needs of the emergency medical assistance personnel in this rural, frontier area. Due to extreme weather for the past three years, the area to be served has been designated a disaster area. The population to be served is aging and poor. This project will enhance the Emergency Medical Services (EMS) system by developing a network of Emergency Medical Quick Response units to reduce response time for the outlying portions for the area. The project will provide advanced EMT training, First Responder education and Certified Heavy Rescue and Extrication training. The network will also, develop and provide community emergency care training for area residents including CPR, Safe Baby Sitter Training and Farm Safety classes. The network includes the Ashley Medical Center, Ashley Ambulance Service, Ashley Fire Department, and the McIntosh County Health Agency.

Good Samaritan Hospital Association, Rugby, ND (FY98)

The "Golden Heart (Hour Emergency Access Response Team)" project is a cooperative effort to improve the Emergency Medical Services System in a four county area. The service area encompasses 3,500 square miles with 13,000 residents scattered in farms and clustered in small communities. The project is focused on strengthening the volunteer ambulance services, providing Advanced Life Support to accident (automobile and farm) victims, delivering advanced trauma care when needed, providing continuing and advanced emergency medical services education and community and farm safety education. The network is comprised of the Good Samaritan Hospital Association, the Heart of America Medical Center, the medical staff of the Johnson Clinic, volunteer ambulance services in seven area communities, and local fire/rescue first responder units.

North Dakota Hospital Research & Education Foundation - Minot, ND (FY98)

This project addresses a licensed practical nursing shortage in northeastern North Dakota. Project TRANSCENDS will use distance education technologies and other distance-free education modalities to provide access for rural individuals, including residents of the Spirit Lake Sioux and Turtle Mountain Chippewa reservations, to an Associate of Applied Science in Practical Nursing Program. Educational institutions will work collaboratively to provide general education courses to accommodate rural working students, and a technical college will use distance-free education modalities, including laptop-

assisted coursework. On-site field counselor support services will be provided and the nursing education curriculum will be enhanced to foster cultural competence. The network is made up of three educational institutions-Cankdeska Cikana Community College – a tribally-chartered community college, the University of North Dakota (UND) - Lake Region, and Northwest Technical College, and two nursing educational programs-North Dakota (Ladders in Nursing Careers) LINC and the Recruitment/ Retention of American Indians in Nursing (RAIN) program at UND.

St. Joseph's Hospital and Health Center - Dickinson, ND (FY96)

Services at three rural health clinics will be expanded through this project. The new services will provide first responder training in isolated communities, a pager system to link responders to EMS personnel, counseling services for minors in group homes, and specialty services such as obstetrics, internal medicine and orthopedics. The project also addresses improved services for diabetics and provider needs of continuing medical education and recruitment problems. The populations targeted for services include Native Americans, farmers, and adolescents. The consortium includes a hospital, Fort Berthold Indian Health Services, a group home, and several ambulance services.

Spirit Lake Sioux Mobil Prevention Project - Fort Totten, ND (FY95)

A consortium of health providers on the Spirit Lake Reservation established a mobile health clinic to provide preventive health services and education to the reservation's 5,500 Sioux residents. The grant also implemented a community development program that focuses on decreasing substance abuse, child abuse, and domestic violence in the community and on building collaborative relationships among community agencies. Project staff took a 32- foot mobile clinic out to the small communities to provide nursing and preventive health care. The clinic was staffed with a registered nurse, licensed practical nurse, and a secretary. Services provided included head checks for lice, blood sugar checks, pregnancy tests, other nursing services and referrals to the Indian Health Service hospital in Fort Totten. The mobile staff also provided Early Periodic Screening Diagnostic and Treatment (EPSDT) screening in cooperation with the Early Childhood Tracking, Maternal and Child Health, and Healthy Start Programs. The consortium consisted of the Little Hoop Community College, the State Maternal and Child Health Program; Early Childhood Health Tracking Program; Indian Health Service; Healthy Start program; and Family Health Coalition, an alcohol and other drug use prevention program.

North Dakota Rural Mental Health Consortium - Minot, ND (FY94)

The North Dakota Rural Mental Health Consortium received an outreach grant to provide high-quality, cost effective mental health care to its client-service area that covers 11,500 square miles. The project uses the "critical pathway" system, a case-management plan that reflects coordination of care, identifies key incidents and documents variances in care to help increase access to mental health services. Additionally, the project will support the education of two clinical nurse specialists in psychiatry. The consortium is composed of St. Aloisius Medical Center, Harvey; Kenmare Community Hospital, Kenmare; St. Andrew's Health Center, Bottineau; and Presentation Medical Center, Rolla. The consortium was originally supported by a rural health care transition grant.

Kidder County District Health Unit - Steele, ND (FY94)

The Kidder County District Health Unit, Kidder County Social Services, and six public schools: Steele, Dawson, Tappen, Pettibone, Robinson, and Tuttle organized a consortium and received outreach grant funds to create a rural nursing center in each school. The nursing centers will provide health care for students as well as people in the surrounding community. The centers will be open to the public at least four hours a week. A nurse practitioner will provide the initial assessment, diagnosis and treatment of health problems. In addition, the nursing clinics will provide educational sessions. Special attention will be given to education, prevention and first responder treatment of agricultural injuries.

Walsh County - Grafton, ND (FY94)

This project will build a regional emergency medical services system based on the Advanced Life Support ground transport intercept model. In addition to providing capabilities for higher-level assessment and treatment for patients at earlier points in trauma episodes, the project will also provide training to prehospital and hospital personnel. The consortium includes hospitals and emergency response services.

Oakes Community Hospital - Oakes, ND (FY94)

This project will expand services in an underserved community through the establishment of a rural health clinic. School-based services and community education activities will also be provided. The consortium includes a hospital, health unit, community development group, school district, social service agency, and others.

North Dakota Association of EMTs/ECTs - Cooperstown, ND (FY91)

This project was designed to encourage and assist volunteer ambulance team members to upgrade their skills to the level of Emergency Medical Technician (EMT). It promoted recruitment and retention of EMT's through public service announcements, television, radio, newspapers and public speaking engagements. The innovative use of computer link to the Department of Emergency Health Services to improve membership database and created more accurate mailing system for members, training equipment was also purchased. The grant used Interactive Video Network (IVN) for education/training and sponsored a state wide EMS conference along with 12 regional mini-conferences for continuing education. The network included North Dakota Association of EMTs/ECTs, Department of Emergency Health Services, North Dakota EMT Association, North Dakota Advanced Life Support Society, North Dakota Instructors/Coordinators Society, and the North Dakota Test Team.