



Your **HEALTH** is our **FOUNDATION**

Dakota Medical Foundation Healthy Dose Newsletter September 2009



DMF Awarded \$650,000 Grant for Healthy Steps Outreach

DMF Board of Directors

David Clutter, M.D.
Bruce Domm, M.D.
Jay Eisenbeis
Joel Haugen, M.D., *Chair*
Walter Johnson, M.D.,
ex-officio, Immediate Past Chair
Chris Kennelly, J.D.
Larry Leitner
Debra Magnuson, B.S.N., R.N.
Susan Mathison, M.D.
Fadel Nammour, M.D.
Curt Noyes, *Treasurer*
Jane Skalsky, R.N.
J. Patrick Traynor, J.D.
Richard Vetter, M.D., *Vice Chair*
Jon Wanzek, *Secretary*
Michael Warner

DMF Staff

J. Patrick Traynor, J.D.
President
David Gibb
Director of Finance
Jennifer Thompson, J.D.
Director of Development
Deb Watne
Grants and Programs Manager
Monique Andresen
Accountant
Jeana Peinovich
Lend a Hand Program Director
Rory Beil
Healthy People Initiative Director
Jessica Lee
Healthy Steps Outreach Manager
Cindy Eggl
Executive Assistant
Kim Palm
Grants and Programs Assistant



In June, the North Dakota Department of Human Services awarded DMF a \$650,000 grant to conduct Healthy Steps outreach activities throughout the State of North Dakota. The grant is effective July 2009 through June 2011. Healthy Steps is the State children's health insurance program, which covers children ages 0-18 whose families have net incomes above the Medicaid level but not above 160% of the Federal poverty level (FPL). During the 2009 legislative session, the North Dakota legislature increased the income guidelines from 150% FPL to 160%, which took effect July 1, 2009.

According to the Center for Rural Health, the increase will provide health insurance coverage to another 1,300 North Dakota children, taking the total covered through Healthy Steps to about 5,000 children in the state. The Healthy Steps Program is administered by the Department of Human Services, Medical Services Division with coverage provided through Noridian Mutual Insurance Company (BCBS). Healthy Steps is a comprehensive health insurance plan that includes not only medical coverage but also vision and dental. Hospital stays, prescriptions, mental health and substance abuse are offered at no cost or very low cost to its members. Coverage for Healthy Steps begins the first day of the month following the month eligibility is determined. The enrollment period for Healthy Steps is up to 12 months.

If you know an uninsured child or would like more information on the Healthy Steps program, please call 1-877-KIDS NOW (1-877-543-7669).



Make every step a Healthy Step

Thousands of North Dakota children are eligible for low-cost or free health coverage. Even children with one or two parents working may qualify for medical, vision, dental, and even prescription coverage.

Children who have access to health care are more likely to do well in school because they:

- Have better attendance
- Have less behavioral issues
- Take prescribed medications as directed
- Are up-to-date with immunizations
- Participate in school & athletic activities

Call 1-877-KIDS-NOW, for information or an application. Don't wait. Call today and put your children on the path to the health care they need to have success in school.

1-877-KIDS-NOW
(1-877-543-7669)

Funded by the ND Department of Human Services partnering with Dakota Medical Foundation.



DMF Children's Mental Health Initiative Expansion

The DMF Children's Mental Health Initiative has received a \$400,000 four-year grant from the Robert Wood Johnson Foundation to expand the Initiative which provides mental health screening, assessment, consultation, education and early intervention services to improve the lives of children ages 0-5 and their families.

The project provides a social-emotional screening component at Innovis Health Pediatrics and an opportunity for parents to consult with a mental health professional about their child's social emotional development. Innovis Health's Pediatric Department will serve as the Initiative's initial pilot site for screening and consultation services, with community expansion to follow in years two, three and four. DMF truly appreciates the leadership and support of DMF Board member, David Clutter, MD, and DMF member, Linda Getz-Kleiman, MD, who spearheaded Innovis Health's involvement as the pilot site.

Parents generally bring their children to see the pediatrician for physical and developmental concerns or check-ups; however, recent brain research indicates that even infants and toddlers can experience social-emotional and mental health difficulties. If attention is only given to children's physical health, half the picture is missing. Early screening, assessment and intervention can significantly improve the likelihood for happy and healthy children and families.

Caregivers bringing children, ages 0-5, to Innovis Health Pediatrics will have the opportunity to use a simple, hand-held electronic device to answer questions about their child's social-emotional development. The electronic screening tool provides immediate results for the pediatrician's review. If the results indicate concerns, the doctor and caregiver will discuss and decide whether or not to make a referral to the early childhood mental health professional for further assessment and consultation.



This picture displays the hand-held electronic device used for the screenings.

our community's children's mental health system. Other Initiative goals include provision of community children's mental health resources/education, increasing collaboration between providers, identifying needs and gaps and improving access to mental health services for children ages 0-8. Phone and e-mail early childhood mental health consultation will also be provided through select referral agencies, with FirstLink serving as the initial referral site.

The new grant activities are anticipated to launch in October 2009. "This exciting partnership with the Robert Wood Johnson Foundation directly advances DMF's mission to provide access to healthcare for children. The new, innovative outreach program addresses an identified need for early social/emotional screening, assessment and intervention for children in our community," said Pat Traynor, President, Dakota Medical Foundation.

The Children's Mental Health Initiative, which began in 2007 as a pilot of Dakota Medical Foundation, has developed community resource tools, community education, and improved collaborative efforts related to children's mental health services. The initiative activities have been developed by Cass/Clay children's mental health providers and stakeholders to address needs and gaps in



Dr. David Clutter meets with a patient and his mother to discuss the results of the social-emotional screening.



DMF's Cass Clay Healthy People Initiative Is On The Move

Active Living Healthy Eating Summit

The Cass Clay Healthy People Initiative is hosting its Active Living Healthy Eating Summit, October 7, 2009, at the Fargo Holiday Inn. This is the second annual summit to engage the community in addressing obesity, nutrition and physical activity issues. Summit objectives include:

1. Identifying strategies to increase physical activity through complete streets policies
2. Understanding how the faith community can support active living and healthy eating.
3. Understanding the role childcare providers play in healthy living and explore future opportunities.

Mitzi Baker, a Senior Planner from Rochester, MN, will be the keynote speaker. Ms. Baker will discuss how Rochester is implementing "Complete Streets" - roadways that accommodate all users, pedestrians, bicyclists, disabled, transit, and automobiles. Rochester passed a complete streets resolution in 2009, which will guide their future roadway planning.

The morning will also feature an update on the Healthy People Initiative, provide an interactive session using an adapted CDC survey tool and two mini-sessions: School Wellness Policy Assessments and Food Deserts: Where are they? Do we have any? The afternoon sessions will target faith communities and early childhood providers. For a complete summit agenda and to register, go to www.impactgiveback.org.

GoFar Childcare Healthy Living Incentive Program

Dakota Medical Foundation in partnership with GoFar Events, Child Care Resource and Referral and Innovis Health are launching a healthy living incentive program for childcare providers, GoFar Childcare. Participating providers will complete focused nutrition and physical activity education sessions while completing a daily checklist of American Association of Pediatrics recommendations. Those meeting designated standards will receive incentives.



Community Responds to "Call to Action"

After the healthy people initiative hosted a community garden "call to action" meeting in February, four vegetable gardens totaling nearly 35,000 square feet were established this summer in the Fargo-Moorhead area. Two were youth-focused, one was a faith-based outreach to new Americans and the fourth was sponsored by Catalyst Medical Center and is neighborhood-focused. The gardens are helping to improve access to healthy, affordable produce.

Check Us Out on Facebook - www.facebook.com, Search "Cass Clay Healthy People Initiative"

The Cass Clay Healthy People Initiative is now on Facebook. Check out our page for more information about the initiative, participate in discussions, view photos of initiative activities, find links to resources and more.

DMF Lend A Hand Supports 60 Benefit Events and Counting

DMF's Lend A Hand program provides support and improves fundraising efforts for individuals and families experiencing a medical crisis. Lend A Hand provides:

- Match funding
- Fundraising toolkit with a step-by-step guide for volunteers
- Access to online donation capability
- Marketing support
- Tax deductible donations to benefit funds

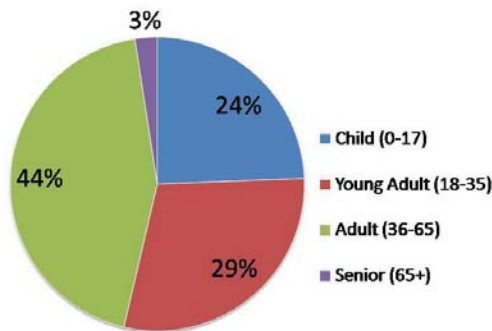
Since the program's launch in February 2008, Lend A Hand has supported 60 benefit fundraising efforts for families or individuals in medical crisis in Cass and Clay counties. These fundraising efforts have raised more than \$1 million, engaged over 1,000 volunteers, and more than half of the fundraisers have been attended by 500 or more people. DMF is proud to support our community members in medical crisis and the dedicated volunteers and donors that help make each event a success!



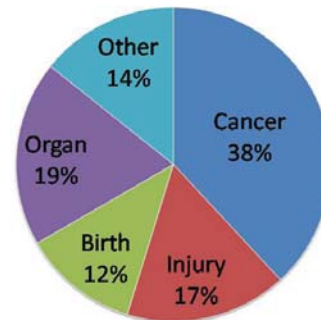
Shawn O'Donnell, who was seriously injured while serving as a volunteer during the 2009 flood, receives Lend A Hand matching funds.

Lend A Hand Beneficiary Statistics

Age of Recipient



Medical Diagnosis



DINE -to- DONATE

HELP OTHERS BY DINING OUT!

This October, DMF Lend A Hand is partnering with local restaurants to provide more help for families in medical crisis.



Speak Easy, Hotel Donaldson, and Texas Roadhouse will donate a percentage of their October proceeds to Lend A Hand*. To help others in your community, please dine at these restaurants anytime in October.

GOOD FOOD FOR A GOOD CAUSE...
YOU DINE AND THEY DONATE!



*Based on special promotion items.

DONATIONS MATCHED BY DAKOTA MEDICAL FOUNDATION

www.dakmed.org/lendahand

Local Restaurants Partner with DMF Lend A Hand

During the month of October, the Hotel Donaldson (HoDo), Speak Easy, and Texas Roadhouse are partnering with DMF Lend A Hand to raise money for individuals and families in medical crisis. For every dessert sold at the HoDo or Moorhead Speak Easy, a percentage of the sale will be donated to Lend A Hand. Texas Roadhouse is donating a percentage of every promotional appetizer sold. All dollars raised will be matched by DMF.

Please join us this month to raise money for families in our community experiencing medical crisis. 100% of all contributions go to families in need - DMF does not assess any administrative fees.