



a·H·Informer

A news update from Adirondack Health Institute

January 9, 2020

News Headlines

HHHN Launches Clinical Pharmacy Program Focusing on High-Risk Patients at Transitions of Care

Preventing harm from medications, or adverse drug events (ADEs), remains a top safety priority across the continuum of patient care. Implementing medication reconciliation during all care transition points has proven to be an effective strategy for preventing ADEs.

Medication reconciliation is the process of creating the most accurate list possible of all medications a patient is taking — including drug name, dosage, frequency, and route — and comparing that list against a physician's admission, transfer, and/or discharge orders, with the goal of accurately providing medications to the patient.

Hudson Headwaters Health Network (HHHN), with innovation funding support from the AHI PPS, launched a Clinical Pharmacy Services and Education Program in July 2019 for high-risk patients transitioning from hospital to home, and skilled nursing facilities to home, the most vulnerable of all populations for ADEs. The goal of the program is to increase quality of care and improve patient outcomes in this identified high-risk population.



[Click here to read the full article.](#)

Other News

Massena Hospital Joins St. Lawrence Health System

St. Lawrence Health System

Massena Hospital

St. Lawrence Health System (SLHS) began running the newly-coined Massena Hospital on January 1. Formerly Massena Memorial Hospital, the facility had been owned by the Town of Massena. The operations handover was the culmination of a long period of effort. Administration has indicated the affiliation will transition the hospital into a more modern facility. David Bender, an SLHS administrator who is the hospital's

CEO, said health care is constantly in flux and part of that means independent hospitals are becoming a thing of the past. "Rural medicine is changing so fast. What was just fine for a self-reliant, self-sufficient community hospital doesn't work anymore. We need to be part of bigger systems so we can have better support and better care for the community," said Bender.

[Click here to read the full North Country Now article.](#)

Citizen Advocates Donations Target Homelessness, Housing Insecurity

Safe, stable housing is fundamental to overall individual wellness. To that end, [Citizen Advocates](#) in Malone recently donated a total of \$10,000 to four Franklin County organizations committed to providing temporary or transitional housing to individuals in need.



The Barnabas House and Ruth House in Malone each received \$2,500 for the services they provide to the community. In Saranac Lake, the Lakeside House received \$2,500, and the Ecumenical Council of Saranac Lake received \$2,500 to support Samaritan House, operated in partnership with the Lakeside House.

"Homelessness and housing insecurity are among those issues that can indiscriminately affect any individual or family, particularly those struggling with mental health and addiction," said James Button, Chief Operations Officer of Citizen Advocates. "By providing this funding, it not only helps these organizations sustain their mission, it aligns with our shared vision of access to safe, stable housing."

Adirondack Foundation Report Shows Challenges, Opportunities Facing Adirondack Towns

A recent report from the [Adirondack Foundation](#) shows that communities throughout the Adirondack Park are struggling with limited access to child care services, affordable housing, transportation, elder care services, and drug addiction treatment options, among other challenges. But the report also offers hope in that many local organizations have targeted these ongoing issues and are making headway.

The report, *Meeting the Needs of Adirondack Communities*, is based on

more than 70 interviews conducted by researcher and author Adam Federman. It also underscores what many residents already know - more families are earning too much to qualify for public assistance, but aren't necessarily making enough to make ends meet. "Over the course of the next couple of decades, addressing these needs will be essential to the overall health, well-being, and vitality of communities in the North Country," writes Federman.

Meeting the Needs of Adirondack Communities Challenges and Opportunities



ADIRONDACK FOUNDATION

Research and reporting by Adam Federman
2019

[Click here to read the report.](#)

North Country Healthy Heart Network: Patience, Persistence, Passion



At the North Country Healthy Heart Network, a lot of our work boils down to three things, all of which coincidentally start with the letter “p”: patience, persistence, and passion. And we need all three to be successful.

We need patience because change, whether it’s an individual’s personal health choices or improving community-based systems, doesn’t happen overnight. We need persistence because there are so many things that demand our attention, and if we let up for even a day, we risk losing the valuable ground we’ve

covered. And we need passion because if the people in our organization don’t care, how can we expect others to? In 2019, that combination of patience, persistence, and passion resulted in a number of big successes for the Heart Network.

In Malone, our Creating Healthy Schools and Communities program worked across all sectors —governments, schools, businesses, and individuals — to generate a set of recommendations for healthy community design. Further north, in Hogsburg, our FNV (Fruit and Vegetables) campaign increased consumption of fruits and vegetables by individuals. Across the North Country, we’re making progress with a new coalition

that will encourage health systems and communities to implement proven approaches that lower the risk of diabetes and other chronic diseases.

And of course, we're thrilled that Gov. Andrew Cuomo has signed legislation that increases the age for purchasing tobacco products to 21. We're also proud of lawmakers in Essex County for their leadership passing a T21 law in advance of New York State, and Clinton County leaders for seriously considering the same. While we did not engage in direct advocacy, we made sure our tobacco cessation partners were at those planning tables and are working diligently to make sure that those impacted by these new laws connect with resources to help them quit.

The team at the Heart Network is proud of what we've accomplished, but we won't rest on our laurels; building the foundations for healthier communities takes patience, persistence, and passion, and luckily we have plenty of all three.

— Ann Morgan, Executive Director, North Country Healthy Heart Network

Top 8 Predictions That Will Disrupt Health Care in 2020

Each year, a team of futurists, analysts, and consultants at [Frost & Sullivan's Transformational Healthcare Group](#) comes together to brainstorm and predict the themes, technologies, and global forces that will define the next 12 to 18 months for the health care industry. According to the group, the new vision for healthcare for 2020 and beyond will not just focus on access, quality, and affordability, but also on predictive, preventive, and outcome-based care models promoting social and financial inclusion.

[Click here to read the full Forbes article.](#)

Training Sessions, Meetings, and Events

LGBTQ+ Training Series

Navigating LGBTQ+ Health for the Health Care Provider

Provided By:



**Adirondack
Rural Health
NETWORK**

LGBTQ+ Dinner and Learn Provider Training

Tuesday, Jan. 14, 5–8 p.m., Queensbury Hotel, Glens Falls

or

Monday, Feb. 3, 5–8 p.m., Hotel Saranac, Saranac Lake

Target audience: Clinicians, All-level Providers and Practice Managers, PCMH Certified Content Experts

Join trainers Erica Bostick, MD, University of Rochester Medical Center, and Casey Belrose, Planned Parenthood of the North Country NY, Inc., as they teach participants

how to navigate health care challenges the lesbian, gay, bisexual, transgender, queer, and plus communities encounter on a regular basis in a clinical setting. This event will spotlight social stigmas, health and development challenges of LGBTQ+ youth, gender identity, and medical treatment options for transgender youth and adults.

Training objectives:

- Recognize the value of collecting SOGI (sexual orientation and gender identity) data in the medical office setting.
- Describe affirming practices in the sexual and medical health history assessment for LGBTQ+ youth/adults.
- Discuss gender-affirming medical treatment options for transgender youth/adults.
- Gain increased knowledge about the term LGBTQIA+, and its component parts.
- Gain increased knowledge around the concept of sexual identity, and its various facets, including sexual orientation, gender identity, and sex assigned at birth.
- Discuss various ways to implement this increased knowledge and understanding in your practice, both in relationship to patients and clients, but also coworkers and staff.

RSVP required. Contact Melissa Davey at mdavey@ahihealth.org with any questions.

Register for January's session.

Register for February's session.



LGBTQ+ Training Series

Partner Forum: A Workshop in Advancing LGBTQ+ Health and Wellness

Provided By:



LGBTQ+ Partner Forum

**Wednesday, January 15, 8 a.m. – 2 p.m.
Northwest Conference Center, SUNY Adirondack,
Queensbury**

Join presenters Erica Bostick, MD, Casey Belrose, and Bryan Flowers as they teach participants how to support population health in the lesbian, gay, bisexual, transgender, queer, and plus communities. This event will spotlight social stigmas, health and development challenges, and gender identity. The day will conclude with a panel of regional experts taking questions and sharing their successes and challenges.

Presenters and panelists include:

- Casey Belrose, Planned Parenthood of the North Country NY, Inc.
- Erica Bostick, MD, University of Rochester Medical Center
- Bryan Flowers, Oakwise Counseling

- Rachel Marcey, Planned Parenthood Mohawk Hudson, Inc.
- Celeste Steele, Glens Falls Hospital

RSVP required. Contact Melissa Davey at mdavey@ahihealth.org with any questions.

Register for the session.

TRAUMA-INFORMED CARE AND THE TREATMENT OF CRIMINAL THINKING

WHEN

January 17, 2020
9:00 am - 4:00 pm

WHERE

Paul Smith's College
7777 NYS Route 30
Paul Smiths, New York 12970



Dr. Frances Patterson, Ph.D.

Recognized statewide and nationally as an expert in the fields of substance abuse and mental health, Dr. Patterson received her Bachelor's and Master's degrees from Virginia Commonwealth University in the Alcohol and Drug Education Rehabilitation Program and Doctorate in Clinical Psychology from California Southern University. In addition to being a licensed alcohol and drug counselor in Tennessee, she is a National Association of Addictions Professionals (NAADAC) Certified Masters Addictions Counselor and Qualified Substance Abuse Professional. She also holds a certification as a Doctoral Addictions Counselor and Criminal Justice Addictions Specialist through the National Association of Forensic Counselors.

Dr. Patterson is qualified by the State of Tennessee as a Clinical Supervisor for A&D licensure. She has worked as a counselor and program administrator in treatment programs in Virginia and Tennessee over the past 30 years. She provides program consultation, professional training, clinical supervision and client education and counseling. She has conducted professional training locally, statewide and nationally for more than 25 years on addictions, mental health, professional counseling issues, ethics, cultural proficiency and professional development. She is a Mental Health First Aid Trainer. She is also a federal grant reviewer for SAMHSA.

She is a past member of NAADAC's Ethics Committee, is a member of the NAADAC Trainers Academy and a NAADAC-approved trainer. She is also past NAADAC SE Regional Vice President. Additionally, she is a past president of TAADAC and MTAADAC in TN. She is owner of Footprints Consulting Services, LLC, and works part-time as a clinical supervisor at Davidson County Sheriff's Office A&D treatment program.

To register, email: Thomas J. Higman
St. Joseph's Addiction Treatment & Recovery Centers
thigman@stjoestreatment.org



Rebecca Evansky

Project Manager,
Adirondack Health Institute

In her current role, Evansky develops plans and timelines and manages work for a variety of AHI projects, including prevention awareness and education. She assists with writing grants and reports, creating and delivering presentations, researching evidence-based best practices, and reviewing data and needs assessments.

Evansky previously served as program director, legal advocate, prevention educator, and program assistant for AHI's Sexual Trauma and Recovery Services (STARS) program (2003-2014). She returned to AHI from the Washington County District Attorney's Office where she was a senior crime victim specialist.

Evansky earned a Bachelor of Arts degree in Psychology from the University of South Florida and an Associate of Arts degree in Psychology and Nursing from St. Petersburg College. She is a long-time volunteer with the Washington County Domestic Violence Project, and a board member of the New York Crime Victims' Assistance Task Force.

This training is made possible by a grant through the NYS Health Foundation: A Regional approach to Scaling a Multi-Pronged Approach to Opioids in the North Country.



Safe TALK Suicide Prevention Training

This 3 hour workshop alerts one to warning signs indicating risk of suicide. The workshop emphasizes the importance of recognizing the signs, communicating with, and getting help or resources for the person at risk.



When: January 28th 2020

Where: Warren County Human Services Building
Training Room 1

Time: 9am-12pm

Must be at least 15 years or older to attend!

Please RSVP By January 24th 2020

Please email Allison Reynolds:

allisonreynolds@councilforprevention.org or call 746-1527

CEU and CASAC Credits available

This training is sponsored by:

Warren and Washington County Suicide Prevention Coalition.

Like us on Facebook:

<https://www.facebook.com/pages/Warren-Washington-County-Suicide-Prevention-Coalition/1382221522069173>



Mental Health First Aid 8-Hour Course

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

Tuesday, February 11, 2020
8:00 a.m. — 4:30 p.m.
Warren County Human Services
Building Training Room, Lake George

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen
your community.



To register, please send your name, phone number, email address, occupation, and employer name to Allison Reynolds at allisonreynolds@councilforprevention.org, or call 518.746.1527.

NC PHIP Stakeholder Meeting, February 25 in Lake Placid



The North Country Population Health Improvement Program (NC PHIP) will be holding its final stakeholder meeting 10:00 a.m. - 2:00 p.m., Tuesday, February 25, at the Golden Arrow Lakeside Resort in Lake Placid. Registration will begin at 9:30 a.m. Please join us for dynamic discussions involving the program's and partners'

achievements throughout the project period. A detailed agenda with information on planned presentations and specific discussion items will be shared in early February.

[Click here to register.](#)

Save the Date

Volume to Value: 20/20 Vision Towards Population Health

Thursday, March 26, 2020

The Queensbury Hotel, Glens Falls, NY

Featuring Keynote Speaker:

Dorcey L. Applys, DrPH, MPH, Vice President, Community Health Initiatives,
The Community Foundation for the Greater Capital Region



Share Your Updates

AHI partners in Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, St. Lawrence, Warren, and Washington counties are encouraged to send news items to Phil Kahn at communications@ahihealth.org to be considered for inclusion in *AHI Informer*.

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STAY CONNECTED WITH US!

