



WYHC Quarterly Update

Wyoming Health Council....Embracing healthcare solutions at the community level

Churches Count Healthcare as a Priority Ministry

Seventy percent of participating churches provide direct health services.

A groundbreaking survey of more than 6,000 US congregations reveals that churches spend a significant amount of time, energy and money in the ministries of health care. The Congregational Health Ministry Survey, conducted by the National Council of Churches USA (NCC) with support from the Robert Wood Johnson Foundation, shows that a majority of churches are ministering to their communities by providing health care ministries. As

the number of uninsured Americans reaches 47 million people, congregations are increasingly providing health education and direct health care services. Many also advocate on behalf of public policy issues related to health care.

According to the survey, about 70 percent of responding churches provide direct health services, with 65 percent offering health education programs within their community. The survey defines direct services as provision of medical care to individuals by trained health care

professionals.

“The results of this survey confirm a higher energy for health care than we might have thought, and show that effective health care ministries are being developed by congregations of all sizes to meet the urgent needs of their communities,” said Rev. Dr. Eileen W. Lindner, deputy general secretary of the NCC for Research and Planning, who supervised the survey. “With our national health care system cracked and breaking, this survey shows that churches across the **(Continued on page 3)**



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Vacant Position
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Changes at the Wyoming Health Council

We welcome three new staff members at the Wyoming Health Council.

Lauren Lehman is our new Administrative Secretary. Lauren has worked at WYHC in part-time and temporary positions in the past and is familiar with all of the services we provide. When you call WYHC, Lauren's friendly voice is the one you will hear most often.

Susie Markus is the Special Projects Coordinator/Health Educator. She partners with the Department of Education to coordinate trainings to reduce risky youth behaviors and partners with the Department of Health HIV/AIDS/STD program

to work on the “Get the i” social marketing campaign. Susie will do WYHC social marketing and coordinate a Wyoming Health Disparities Summit. Susie's background is in mental health.

Over the past three years, Carol Peterson has taken the lead on many new programs at WYHC. Carol is now decreasing her work schedule. Carol will work on HIV/AIDS integration into family planning clinics, male services initiatives, Parish Nurse Program, the Laramie County Breast and Cervical Cancer Project, assist the Women's Wellness Program at Wyoming Migrant Health, and work with the Women's Health Coordinating Center (RFCC).

As a result of the changes in Carol's responsibilities, we hired Stacie Dunn as the Title X Nurse Consultant. Stacie will work with Carol to become familiar with family planning clinics and staff regulations, protocols, standards, processes, procedures, conduct site visits, communicate with directors and clinicians, and stay informed about current hot topics. Licensed as an RN in Wyoming and Colorado, Stacie brings a wealth of experience from the Maternal and Child Health program among many other programs that help to meet the needs of the underserved.

-Lucy Williamson
Executive Director

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Calendar of Events

October

8-9, **Focus on Kids Educator Training**, Riverton—contact Susie at 307-632-3640
 16, **Poverty Simulation**, UW Cooperative Extension—contact Karen Hruby at 307-633-4383
 25, **Language Interpreters' Phone Conference**, 9am-noon—contact Dianne Feeler at UPLIFT, dfeeler@upliftwy.org, 307-778-8686

November

7-9, **WAHPERD Conference**, Laramie—uwadmnweb.uwyo.edu/wahperd
 14-15, **Wyoming Association of Diabetes Educators Diabetes Conference**, Jackson—contact Patty Bell-Lewis at 307-673-6262

Spring 2008

April 23-25, **Shaping a Healthy Future IV**, Jackson—contact <http://outreach.uwyo.edu/conferences/healthyfutures>
 May 7-8, **Building a Healthy Wyoming Chronic Disease Conference**, Cheyenne—contact Wyoming Department of Health (307) 777-7656

At right, Linda Stopp, MPA, of the Office on Women's Health, DHHS Region VIII, provides information on women's health at her display at the Wyoming Women's and Girls' Health Summit.



Wyoming Women's and Girls' Health Summit A Success!

Approximately 85 individuals attended the *Wyoming Women's and Girls' Health Summit: Mapping your Way to Good Health* that was held June 22, 2007 in Cheyenne, WY. This event was sponsored by the Women's Health Coordinating Center at the Wyoming Health Council and included support from our partners at the Wyoming Department of Health's Office of Rural Health, Breast and Cervical Cancer Early Detection Program, Cardiovascular Disease/Stroke Prevention Program, the Wyoming Primary Care Association and the Region VIII Office on Women's Health.

Keynote speaker Wanda K. Jones, Dr. PH, Deputy Assistant Secretary for Health, DHHS and the Director of the Office on Women's Health, spoke about the history of women's health programs on the national level. In addition, Ginny Mahoney, MA, provided an overview of women's health programs available through the Wyoming Department of Health; Susan McCabe, EdD, APRN, CS, from UW School of Nursing, pre-

sented the preliminary findings of her recent Wyoming women's health focus group project; and Marc Babitz, MD, Director of the Division of Health Systems at the State of Utah Department of Health, presented a model for community oriented primary care.

The lunch speaker was Wyoming Legislator Pat Aullman. Senator Aullman shared her personal story of how she became motivated to advocate for improving mental health services in our state by overcoming challenges in her own life.

Other summit activities included a fun fair, topic-specific round table discussion sessions, seasons of women's lives breakout sessions and a variety of health exhibitors and booths. Drawings for fun door prizes (with a travel theme) were also held throughout the day.

The Summit included two train-the-trainer pre-sessions on June 21: Women's Advocacy Workshop and *BodyWorks*. The Women's Advocacy

Workshop provided tools to community members to help them teach women how to successfully navigate the health care system and how to advocate for the health care needs for themselves and their families. *BodyWorks* is a DHHS/OWH program intended to help parents/caregivers of girls ages 9 - 13 to improve family meals through a variety of strategies and to assist families to incorporate regular physical activity in their lives.

Evaluations for the summit were very positive and many participants encouraged us to make this an annual affair.

-Carol Peterson
 Health Promotion/
 Disease Prevention Specialist



Results of 2006 Family Planning Client Satisfaction Survey

We are pleased to report the results of the 2006 Region VIII Regional Quality Indicators Project (RQIP). This project was developed to assist Region VIII Title X family planning clinics (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming) with the collection of quality assurance data. RQIP utilizes a defined set of common indicators to evaluate the quality of care provided. The goal of this project is to assist family planning clinics to monitor the care they provide and to implement performance standards and quality assurance measures. The results of this client satisfaction survey are being analyzed to identify opportunities for improvement of services. This was year two of a three-year study.

A total of 16 clinic sites surveyed 287 clients. The survey results were tabulated by JSI located in Denver, CO.

The results of the survey indicated:

- ★ 99.3% of respondents reported the wait time for their appointment acceptable. The majority of clients had a wait time of none to 1 week or less.
- ★ 86.3% indicated that the clinic hours of operation did not delay them getting an appointment.

- ★ 99.3% responded the wait time at the clinic was acceptable.

- ★ 95.3% responded they had privacy during their exam (4.3% was NA due to clinic visits for reasons other than an exam).

- ★ 91.6% felt they were treated with respect and courtesy during their exam (8.4% was NA due to clinic visits for reasons other than an exam).

- ★ 77.7% reported they were verbally instructed about how to use their birth control method and on the benefits/side effects (21.9% was NA due to a clinic visit for another reason).

- ★ 78.2% reported they received written information about their birth control method (19.8% was NA due to a clinic visit for another reason).

- ★ 72.9% reported they were instructed on how to handle problems with their birth control method (23.3% was NA due to clinic visits for another reason).

- ★ 82.5% reported they received the birth control method they wanted (14.5% was NA due to a clinic visit for another reason).

- ★ 92.1% responded they received an explanation of the exam and procedures before they were performed (7.6%

was NA due to a clinic visit for another reason).

- ★ 88% reported they received an explanation of exam and procedure results (10.9% was NA due to a clinic visit for another reason).

- ★ 94.9% responded they were given the opportunity to ask questions and 98.1% reported that the provider responded to questions to the client's satisfaction.

- ★ 92% responded they would strongly recommend the clinic to others. Only one client indicated that they would not recommend the clinic.

As noted, clients are seen in family planning clinics for other reasons than to obtain birth control and may not have had an exam or procedure performed. In addition to the above data, an optional question assessed if transportation was a problem in getting to the clinic. Only 5.3% indicated that transportation was a barrier to accessing family planning services. This is certainly not representative of the clients that were unable to get to a clinic due to transportation issues and under represents the barrier that transportation issues present for clients in this rural/frontier state.

-Stacie Dunn
Title X Nurse Consultant

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country are doing their best to fill the gaps," said Risa Lavizzo-Mourey, MD, MBA, president and CEO of the Robert Wood Johnson Foundation. "Faith communities have a long and important tradition of providing health services to the most vulnerable in our nation. Now that one in seven Americans has no insurance, and therefore has difficulty accessing needed health care, the work of our churches has never been more important. The bottom line, however, is that they cannot shoulder this burden alone. The health care crisis is a national problem that needs national, bipartisan solutions." The survey found that of reporting congregations:

- O On average they provided 13.07 health-related activities. The sample of 6,037 responding congregations reported a staggering total of 78,907 health ministry programs.
- O Most provided health care ministries to members and non-members alike.

- O Fifty-one percent offered direct financial support to individuals who need help paying their medical bills.
- O Thirty-five percent provided public policy advocacy through preaching, group discussions, voter education, communications with government and health care providers and other activities.
- O Direct services reported include counseling, 12-Step Programs, emergency medical funding, mental health counseling, and even the professional support of a parish nurse or health minister.
- O Education programs include providing information on the prevention of disease, maintaining the health of senior citizens, medical programs, and ways to overcome diseases ranging from obesity to HIV/AIDS.

"Local congregations are demonstrating that the volume and scope of health care needs are enormous. They have shown an incredible ability to leverage health care services in extremely creative, innovative and cost-effective ways," said Rev. Lindner. "They know their communities and they respond to their specific needs."

The full report can be downloaded at www.nccusa.org/pdfs/healthsurveyfinal.pdf.

The Wyoming Health Council will be conducting our second annual Parish Nurse / Faith Community Nurse Basic Preparation Course, in cooperation with Carroll College, MT, in Cheyenne in the summer of 2008. Contact Carol Peterson at the WYHC (carol@wyhc.org or 307-632-3640) for more information.

-Carol Peterson
Health Promotion/
Disease Prevention Specialist



Family Planning Clinics in the Spotlight

In this section, we will be spotlighting the work being done in family planning clinics. We will highlight two clinics per newsletter issue. We will be moving clockwise around the state, beginning with Campbell County and Laramie this quarter!

Health Services at Campbell County A Sponsor of "Life RU Ready?"

On April 17-19, 2007, Life RU Ready?, a life simulation Health Fair for teens and parents, was held in Gillette. Health Services of Campbell County was a key sponsor and coordinator of this event, along with Campbell County Memorial Hospital, Campbell County Healthy Communities, Campbell County School District #1, and the Gillette Police Department.

Over 500 seventh and eighth grade students participated in the event, which allowed them to practice decision-making skills to simulate real-life situations they are likely to experience. The format used was a life-size maze. Prior to arrival, the teens received classroom instruction about participation in risky behaviors and practical ways to say no.

By navigating the maze, the participants found themselves in situations where they needed to make choices

about whether or not to engage in risky behaviors which could include drugs, alcohol, sex, tobacco, inhalants and other dangerous activities. Using scripted scenarios, consequences were received, ranging from counseling, probation, law enforcement, the ER, the mortuary, or summer fun.



Actors from the CCHS drama club, the National Honor Society, and GARF Peer Players were on hand to play out the scenarios. As they navigated the maze, the students met with

police officers, EMTs, diversion officers, juvenile probation officers, nurses and counselors to discuss their consequences. Along the way, the students realized that every decision they make has an outcome: some that they will enjoy, and some from which they wish they could run.

The program was evaluated by the Wyoming Survey and Analysis Center using either a pre- or post-survey to measure student attitudes on 11 risk or protective factors. The findings were quite positive. According to Rodney A. Wambean, PhD, Associate Research Scientist, "After completing a rigorous evaluation, we found that the Life RU Ready? program had a positive, immediate impact on youth participants."

The next Life RU Ready? event is scheduled for March 2008. We will expand the program by including ninth graders and adding an official "sex track," which will deal more specifically with the consequences of risky sexual behavior.

*-Julie Price-Carroll, Director
Health Services of Campbell County*

New Name, Same Mission: Laramie Reproductive Health

LARAMIE | REPRODUCTIVE HEALTH

In June 2007, Albany County Family Planning became known as Laramie Reproductive Health. Our Board of Directors and staff are excited to launch this new name, which we think better reflects the entirety of our programs and our mission. We will continue to offer all the services we are known for in the community, including:

- Operation of the Title X Family Planning Grant, which enables us to provide annual exams and birth control to women who qualify on a sliding fee scale.

- Sexually Transmitted Infection screening for men and women, including free Chlamydia and gonorrhea testing to women 24 and under.
- Emergency contraception.
- Reduced cost colposcopy and abnormal pap smear follow-up.
- Services to mid-life and menopausal women.

Last year alone, more than 3,000 women and men came to us for health care, education and medical services. LRH is a recipient of the Federal Title X Family Planning Grant and uses a sliding fee scale to

provide women of reproductive age with annual exams and birth control.

We are also expanding our services to offer rapid HIV testing for high risk individuals, Ryan White Case Management for people living with HIV/AIDS, and acting as the fiscal agent for WyoAIDS Walk funds. We believe that this diversification of services will provide our agency with financial stability and serve the community by meeting needs.

*-Jennie Haarsager-Lieske, Director
Laramie Reproductive Health*

Julie Lehman Honored as Outstanding Advocate of the Underserved

For the second year in a row, one of our Wyoming family will be recognized by the Community Health Association of Mountain/Plains States.

Julie Lehman, retired Executive Director of WYHC, has been selected to receive the 2007 *Outstanding Advocate for the Underserved Award*. Julie will receive the honor at the CHAMPS Primary Care Conference in Seattle on October 21, 2007.

Last year's recipient of this honor was Ken Kamis, former member of the WYHC Board of Directors.

During Julie's 13-year tenure as WYHC Executive Director, the Council applied for funding to establish the Wyoming Migrant Health Program (WMHP) in the Big Horn Basin. The WMHP is celebrating its tenth anniversary this year and continues to provide

clinical and referral services to more than 800 migrant and seasonal farmworkers in a four-county area. In addition to her work with WMHP, Julie also provided oversight for Title X funded family planning clinics providing services at 22 sites throughout Wyoming.

Julie also served as the co-chair of Wyoming's Office of Minority Health Advisory Committee and recently served in a consulting role for the development, review and implementation of the Statewide Office of Multicultural Health work plan. She has provided oversight and review for domestic violence/sexual assault grants, and serves on the board for a county-wide adolescent health program.

In 2007 Julie was called upon by the Wyoming Primary Care Association

(WYPCA) to provide leadership in the development and distribution of a statewide advocacy plan aimed at securing state funding for existing and new health centers. Her experience working with the state legislature has led to the development and implementation of the first ever WYPCA legislative campaign.

When notified of her selection as the recipient of the *Outstanding Advocate for the Underserved Award*, Julie said this award means more to her than any other. Advocating for the underserved has been her passion and continues to be an area in which she places her focus.

On behalf of those of us who have known and worked with Julie over the years, we offer our heartfelt congratulations and sincere thank you. Congratulations, Julie!

*-Lucy Williamson,
Executive Director*



The Pink Light Breast Cancer Awareness Project in 2006, above, and below right.

Wyoming Migrant Health Update

We at Wyoming Migrant Health are excited about the wonderful summer that we had. We were very busy with our weekly summer clinics in both Powell and Worland.

In Powell, we added diabetic issues to our clinics. Mandy Hobbs, RN, reviewed a different topic with our diabetic and pre-diabetic clients each week. She worked closely with Lisa Hobby, PA, to monitor our clients. We hope to extend some of this work into our Worland clinics next year.

We have a couple of new faces in our Powell office, as well. Filling the brand new position of Administrative Assistant is Jackie Gerdts. Nadia Villa has also joined us as our new year-round Outreach Worker in Powell.

Rachel Perez, our Community Outreach Coordinator, did a wonderful job coordinating our summer health fairs in both Powell and Worland. Powell saw about 125 in attendance with Worland having about 45.

Rachel, Michelle Healey, and I attended the second day of Bridges out of Poverty training, and this was another

great day of learning and understanding.

Mandy Hobbs and Michelle Healey, of the Women's Wellness Program, participated in the Wyoming Women's & Girls' Health Summit in Cheyenne this summer as well.

October is National Breast Cancer awareness month, and once again the Women's Wellness program at Wyoming Migrant Health is doing our annual fundraiser, the Pink Light Project. For the Pink Light Project, we will be lighting up downtown Powell and Cody in pink! This year, we are excited to not only be lighting up Powell, but will also be lighting up the city of Cody with the help of Abby Resch, WYHC Board Member, who has done a wonderful job at helping us get our feet in the Cody community.

We asked local business people and/or individuals to sponsor light posts with a monetary donation for themselves or in memory of a loved one. We have had a wonderful response, and to date, have raised about \$4,000.

We wish you all a very joyous and colorful fall.

*-Cathy Florian
Project Director
Wyoming Migrant Health Program*





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The Wyoming Health Council (WYHC) is a 501 c (3) non-profit organization located in Cheyenne, Wyoming. The Health Council was formed in 1990 to receive federal Title X funds and to serve as a coordinating agency for local health care agencies providing community-based family planning services in Wyoming. In 1997, the WYHC was awarded a grant from the Department of Health and Human Services (Section 330) to establish the Wyoming Migrant Health Program (MHP). In addition in 2005 WYHC was awarded a federal contract from the Office on Women's Health to establish a Rural/Frontier Women's Health Coordinating Center.

WYHC collaborates with a variety of State government agencies, other non-profit agencies, private foundations, community organizations and health care providers to address a wide range of health issues.

WYHC is an established and trusted source of information and services related to pregnancy planning/ reproductive health, migrant/minority health, comprehensive sexuality education, women's health, and a variety of other health promotion/disease prevention topics.

We are on the web:
www.wyhc.org

WYHC Quarterly Update Newsletter

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