



CCCWN News

November 2023

Move Over, Turkey—November 16th is National Rural Health Day!

It's no secret that rural communities face unique challenges when it comes to healthcare—barriers to access run the gamut from transportation to workforce shortages and everything between—but those hurdles also inspire innovation, dedication, and passion. Across the United State, clinicians, hospital administrators, and community members alike share a common goal of providing the highest quality care to the 61 million rural Americans to help improve overall health outcomes across their communities. The Linn, Benton, and Lincoln counties region encapsulated within the CCCWN region is no exception, and strange bedfellows, from critical access hospitals to law enforcement, school, districts, and tribes, join forces through a bounty of regional coalitions that work together to break down silos and leverage each other's strengths to provide comprehensive preventive care and treatment to the approximately 60,000 rural residents of the region, regardless of an individual's ability to pay. The CCCWN is able to support many of these efforts through securing federal, state, and local grant funds but the success of these programs and health initiatives is predicated on the passion and dedication of the people who live and work in these rural communities. In fact, some of the more obvious challenges rural communities face can actually beget strengths; increased focus on affordable preventive care and innovative programming that addresses some of the more critical Social Determinants of Health can help provide longer-term improvements in health outcomes, including overall quality of life, while also being cost-effective and culturally- and linguistically-appropriate.

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National Rural Health Day

Celebrating the **Power of Rural!**®



THURSDAY, NOVEMBER 16, 2023

It might be trite to say that *everyday* in rural America is Rural Health Day—and the work certainly never pauses—but the third Thursday of every November is a moment to pause and acknowledge the incredible work that is being done across these communities.

The theme for this

year's National Rural Health Day—"Innovation in Rural Health Care Delivery"—could just as well be the slogan for rural health care in general; resource limitations, workforce shortages, and the plethora of barriers to access to care require creativity, strategic partnerships, and the kind of adaptability and compassion that is almost commonplace among rural health care workers. The CCCWN recognizes the incredible efforts of its members and the communities in which it operates to address the challenges that affect overall health outcomes.

Staff Spotlight: Sommer McLeish



Sommer McLeish may not be a native Oregonian—she’s also called Colorado, Iowa, and Arizona home—but you might be fooled by the fierceness of her passion for and dedication to her adopted community. Sommer’s not just all heart—she earned her BA in Family Services from the University of Northern Iowa, and has worked

with children and families for more than 25 years in everything from Early Childhood education to family advocacy, nutrition programming, and oral health education. She’s been an invaluable asset to Lincoln County through her more than eight years of employment with Samaritan Health Services, forging strong community partnerships and leveraging those strategic relationships to build innovative programs to help meet the needs of families and children throughout the region.

Like many in rural health, Sommer’s worn a lot of hats over the years. Prior to her current role directing the CCCWN’s newest grant, “Addressing Violence in Rural Oregon Communities,” that seeks to develop the region’s capacity to address child abuse, domestic violence, and human trafficking in Lincoln and east Linn Counties, she helmed the innovative Parenting Education-Healthcare Partnership Initiative. Sommer leveraged this unique opportunity to design and develop a diverse and robust network of parenting education resources and classes. She’s also a fierce advocate for equity and inclusion and consistently parlays her convictions into tirelessly working to ensure that the varied linguistic, cultural, and ethnic needs and interests of all community members are honored and addressed. Her commitment to her community is further evidenced by her laundry list of community involvement; she is a certified QPR facilitator, a board member for the Oregon Central Coast PFLAG, a facilitator for Community Outreach to Indigenous Guatemalan Families, and the list goes on.

Sommer isn’t entirely unbiased; she does have a favorite child—her son, Micah, a first-year Doctor of Physical Therapy student at Pacific University. When she’s not imparting wisdom upon him, she enjoys tackling her endless list of home improvement projects, gardening, and solitude.

Monthly Updates

Oral Health Co-Location

As part of a larger effort to expand community outreach and education about the importance of oral health in overall health, the Expanded Practice Dental Hygienist (EPDH) is will be participating in two Community Resource Fairs sponsored by OSU-Extension and the Olalla Center in Newport on Nov. 8 and in Lincoln City on Nov. 30. This dovetails with a secondary aim to improve outreach activities and resources for members of the Spanish- and Mam-speaking communities in Lincoln City. The EPDH is also developing general and targeted “goodie bags” with basic oral health supplies and informational pamphlets to be distributed at community events, and to other community organizations. The Year 3 Non-Competing Continuation Report template is now available; the report will be due to HRSA by Jan. 31, 2024.

Rural Communities Supporting Women and Youth Behavioral Health Resource Network (BHRN)

The Year 2 Sustainability Plan was submitted to HRSA on Oct. 30. Family Tree Relief Nursery Youth Outreach Specialist Carter Kachel was filmed and photographed by AHM Brands as part of the regional media campaign being developed through RC-SWAY, HIWAY, and BHRN funding. The media campaign is expected to launch in late November featuring the catch phrase, “Prevent, Treat, Recover” on billboards and other media throughout the tri-county region. Linn County Alcohol and Drug (LCAD) Early Prevention and Life Skills clinicians are organizing a list of incentives and accomplishment items for youth to encourage their involvement, participation, and successes within the various youth activities supported by this grant. The Maternal Care Coordinator and Peer Support Specialist continue to distribute baskets and playpens to pregnant and postpartum women and have received positive feedback from recipients.

Monthly Updates (Cont'd)

Behavioral Health Resource Network (BHRN)

The BRHN hired Thien Nguyen to coordinate the Lincoln County BHRN at 0.5 FTE. He will also be the interim coordinator for the Linn County BHRN until Michelle Means returns from maternity leave in December 2023. Nguyen will also be collaborating with RC-SWAY project director Molly Gelinas to help organize and formalize Narcan distribution in Linn County.

Helping Impact Women and Youth (HIWAY)

In October, Partnership Against Alcohol & Drug Abuse (PAADA) hosted the Fall 2023 Youth Leadership Academy with more than 60 youth from local high schools in attendance. Students learned about substance use prevention, restorative justice practices, and they were able to work together within their school groups to plan projects they will implement in their schools during the current 2023-2024 school year. Projects will be focused on creating safer environments for all students while tackling substance use and other risky behaviors. Additionally, Northwest Coastal Housing – Coastal Phoenix Rising (CPR), hired a peer support specialist who will be working to provide peer services to all individuals living at CPR. Veronica Martinez joins the team and is excited to start providing these services in Lincoln County. This is the final position to be hired through the HIWAY grant.

Addressing Violence in Rural Oregon Communities (AViROC)

In Sept., Elizabeth Bauermeister with the Linn-Benton Antitrafficking Coalition presented “Human Trafficking in Rural Communities- Data and Statistics” to the Partners for Health (PFH) subcommittee. Preliminary plans for the Violence Prevention Summit, to be held on May 17, 2024 were established. ABC House is providing telehealth and in-person services once weekly to help avoid disruption of counseling services for child abuse survivors at the Sweet Home Clinic; they will continue to do so in the new Sweet Home Clinic that opened on Oct. 30. Center Against Rape and Domestic Violence (CARDV) is transitioning to a new Executive Director; CARDV will continue to provide resource navigation and support groups for survivors of domestic/ intimate partner violence. In Jan. 2024, AViROC and Acosta Services will conduct a series of community forums, focus groups, and events for Spanish- and Mam-speaking community members to learn about child abuse, domestic violence, and human trafficking, and to help grant staff better understand gaps and needs in Lincoln County to include in the Action Plan.

Parenting Success Network

Fall 2023:

- *Abriendo Puertas: 10-week parenting series in Spanish. In partnership with the Acosta Services and the Lincoln City Cultural Center. Starts Sept. 11.*
- *Prenatal Nurturing Parenting Skills: 12-week parenting series. In partnership with Samaritan Health Services and the Albany YMCA. Starts Sept. 18.*
- *Nurturing Parenting Skills: 12-week parenting series. In partnership with the Olalla Center and ABC Education Center. Starts Sept. 26.*

Workshops/Parenting Activities:

- *Family Activities at The Ridge in Lincoln City on the 30th of each month*
- *Art Night at Family Promise in Lincoln City on the second Tuesday*

Ongoing supports include:

- *One-on-one Parenting Coaching*
Families can choose their parent coach and self-register [HERE](#) or call Pollywog at (541) 917-4884
- *Triple P Online*
Email Georgia georgias@samhealth.org or llame a Luis (541) 220-9686

Questions and Comments?

For questions and comments related to the monthly CCCWN Newsletter, please email Shelagh Baird at sbaird@samhealth.org

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