



CCCWN News

September 2022

Parenting Education-Healthcare Partnership

If you've ever been in the trenches of parenting, you know, inherently, that parenting is *hard*. It's hard when you're cradling a squishy, wrinkly newborn and panicking about why anyone in their right mind would let you take it home without someone who actually knows what they're doing. It's hard when that newborn starts walking and talking and voicing inconvenient opinions, often loudly and right in front of someone who you just *know* is judging you because you still don't have any idea what you're doing. The school years are hard—homework might make you regret every “I'll never use this in real life” comment you ever uttered in disgust in your youth—and the teen years make you question your sanity and your offspring's. And then you might feel like you're in a groove with one and a second child comes along with a whole different personality, different interests, strengths, challenges. All the other parents around you seem to know what they're doing... but the truth is, no one is an expert at parenting and *everyone* needs support.

But, while parenting education classes are widely available—often at little to no cost—widespread stigma around being seen as “an unfit” parent or “failing” at “the most natural job in the world” has prevented many people from accessing services that develop new skills, build and strengthen critical support networks, and ultimately create healthier families, stronger coping skills, and overall better health, social, and educational outcomes.



A priority of CCCWN member organizations and community partners is to identify, understand, and meet the needs of their communities throughout the region. Parenting, as dynamic and unpredictable as it is, can really be seen as the Big Bang of many health outcomes; strong families are better able to navigate some of the more egregious challenges that many Social Determinants of Health (SDOH) pose, and minimizing those effects can have profound, long-term implications for child development and health outcomes. Research indicates that early childhood education improves children's cognitive, social, and emotional development, with parenting differences attributed to up to 50 percent of the school readiness gap. Evidence-based parenting education doesn't only benefit children; research also shows that parenting education increases parent mental health, decreases parent stress, and decreases child abuse and neglect. And it's cost-effective—additional research has shown that investment in high-quality early childhood education is estimated to have a 13 percent return on investment.

Recognizing the importance of parenting education, in 2019 the IHN-CCO, the Oregon Community Foundation (OCF), and the Oregon Parenting Education Collaborative (OPEC) partnered to form the Parenting Education-Healthcare Partnership Initiative, a project piloted at two sites in Oregon—at Greater Oregon Behavioral Health, Inc. (GOBHI) in Sherman, Gilliam, and Wheeler counties, and at Samaritan Health Services in Lincoln County. Primary partners for the Lincoln County pilot project, which is supported with additional funding from OPEC, Oregon Department of Human Services, and the Early Learning Division, include the Parenting Success Network, Pollywog, Linn-Benton Community College, and Samaritan Health Services.

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Parenting Education cont'd...

The menu of classes developed and offered through these efforts include The First Three Years, Abriendo Puertas, Nurturing Parenting, Effective Black Parenting, Active Parents of Teens, Tripe P Primary Care, Triple P online, and Haga de la Familia un Placer.

Understanding that all and families are unique and have diverse cultural, linguistic, social, and economic backgrounds and needs is integral to high-quality, evidence-based parenting education, and the Parenting Education-Healthcare Partnership strives to provide a variety of classes to meet the needs of the whole community. These offerings include Spanish-language and Effective Black Parenting programs and supports, curriculum to support families with Special Needs, and the coordinator is currently developing LGBTQIA2S and Arabic-language programming.

All parents, regardless of their diverse backgrounds, need help. It's a dynamic, complex long game, and it's more than frequently overwhelming but parenting education, often free or low-cost, can help alleviate some of the uncertainty, build new skills, and address SDOHs and improve the overall health of our communities. It's truly a rare win-win in preventive care!

Member Spotlight: Kelley Kaiser



Kelley Kaiser, Senior Vice President and Chief Administrative Officer at Samaritan Health Services, embodies the spirit of commitment to community health, as evidenced (in part) by her nearly 30 years of service to the region. She began her career at SHS in 1995 with the InterCommunity Health Network (IHN-CCO) and was named CEO of IHN-CCO in 1999 and quickly advanced to become CEO of Samaritan Health Plans in 2005. In her tenure with the health plans, she focused on ensuring that they take care of underserved populations, taking into account the profound role that “upstream” factors—social determinants of health (SDoH)—play in determining overall community health outcomes. Her meteoric rise didn't end there; in 2018, she moved into her current position, where she deftly merges her leadership skills, expertise, and passion to help develop and guide policies, processes, and institutional culture to best serve the myriad—and often, divergent—needs of diverse populations across the region. While her professional accomplishments are impressive and her experience is expansive, she has the educational chops, too: she earned a bachelor's degree from Oregon State University (OSU)

in 1993, and a Master of Public Health in Health Policy and Management, also from OSU, in 1999.

Kelley's ace in her sleeve is her innate understanding of the crucial role collaboration and coordination plays in both institutional success and health outcomes—a key takeaway from three decades of health care management. Partnerships—between CCCWN network members, SHS, community partners, patients, and community members—in all their iterations are the backbones of success, and Kelley leverages those relationships, existing and potential, to both strengthen SHS's ability to meet ever-changing community needs and to improve overall health outcomes in the region. It's a complex choreography that requires a certain person with a certain background with certain experience and a certain kind of personality to pull off such an *en pointe* of healthcare administration but Kelley lands it. To her, **alignment** is the key to success: understand what people *need*, “build the sidewalks where people walk,” and leverage SHS resources and partnerships to create the access to and quality of care that our region deserves.

Kelley's dedication to community health is more than just a job; her family has made it a family tradition. Her mom was a Midwife and her two daughters are currently in medical and nursing school. Her background—and a slightly unorthodox childhood—has given her valuable perspective that allows her to manage the SHS system so deftly. She's a hospital administrator with a strong foundation in public health, and as a child, she divided her time between England, Haigh Ashbury, rural central Mexico, St. Louis, MO, and Oregon, which gave her a unique perspective into both community and health, as well as an ability to adapt and pivot to changing circumstances and challenges. While Kelley is a versatile, personable, and successful SHS leader, she's also an empty-nester with a latent desire to *rock!* She's always wanted to play guitar and has imminent plans to procure both a guitar and lessons in the near future.

Monthly Updates

Bridges to Recovery

HRSA approved the No Cost Extension and core grant activities will continue through Feb. 28, 2023. The final PIMS report will still be due to HRSA by Sept. 30, 2022. The final biannual progress report will be due after completion of the No Cost Extension grant period.

Regional Assessment and Implementation Disaster (RAID) plan

The grant ended Aug. 31, and the final report was sent out to all partners that signed the MOU. The report will be available on the CCCWN website in Fall 2022.

Oral Health Co-Location

The grant team will present on the co-location project at the Critical Access Hospital Conference on Sept. 22, 2022. The final Care Coordination Agreement with Advantage Dental has been approved by the SHS legal department and is pending final approval by Advantage Dental. The grant team submitted a Carryover Request to HRSA on Aug. 25, 2022.

Rural Communities Supporting Women and Youth

Grant year one ended on Aug. 31, 2022. Molly Gelinis is the new Project Director. The PIMS data report, the biannual progress report, and the first Sustainability Plan are due to HRSA by Sept. 30, 2022. Grant partners continue providing Early Intervention services and peer support. Life skills courses will resume in the new school year. Family Tree Relief Nursery hired a new Peer Support Group Leader in early Aug. 2022.

Measure 110 Access to Care

Michelle Means is the new Project Coordinator. She will be collecting data for Jul.-Sept. and will be working on the final report due in mid-Oct. 2022.

Samaritan Treatment and Recovery Services (STARS) Rural Outreach

Peer support specialists continue to conduct outreach efforts, and the team is working on obtaining and distributing Narcan.

Helping Impact Women and Youth

The new \$1,000,000 three-year HRSA Opioid Implementation grant began Sept. 1, 2022 and will serve women and youth with SUD/ODU in Lincoln County. Jolynn Meza Wynkoop is the new Project Director. Grant partners include SHS, ReConnections Counseling, NW Coastal Housing, Samaritan House, Confederated Tribes of the Siletz Indians, Lincoln County Health and Human Services, Lincoln County Sheriff's Office, Faith, Hope and Charity, Inc., Olalla Center, and Partnership Against Alcohol and Drug Abuse.

Parenting Success Network

September 2022:

- **Nurturing Parenting: Parents and Children w/ Special Needs & Health Challenges**– 12-week parenting series. In partnership with Family Promise of Lincoln County.

Starts September 24th (hybrid option)

- **Nurturing Parenting Skills**–12-week parenting series for families with children ages 0–8 years old

Starts September 27th (hybrid option)

- **Abriendo Puertas**– 10-week parenting series for Spanish speaking families.

Starts September 29th (hybrid option)

Ongoing supports include:

- Spanish Parent Coaching
Llame a Luis (541) 220-9686
- Black/African American Parent Coaching
Call Pollywog at (541) 497-4358
- Parenting Coaching for Parents of Teens
Email Sommer smcleish@samhealth.org
- Triple P Primary Care
Email Sommer smcleish@samhealth.org

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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