

Wilderness Health Receives Grant From HRSA for Telehealth Mental Health Development

Two Harbors, MN (June 25, 2020) - Wilderness Health is pleased to announce it has received a \$771,767 grant from Health Resources and Services Administration (HRSA). These funds will support the development of a telehealth program across the 10 health system network, starting with mental health services.

The grant funds will be used to develop capacity and infrastructure to provide telehealth services across the Wilderness Health network, including the addition of a dedicated program manager, equipment, and training resources. Successful implementation will enable our members to provide increased access to necessary care, starting with critical mental health services, where the wait time to see a provider can sometimes be several months. This program will allow patients who live in remote areas to access care without having to travel long distances. The addition of telehealth services will also benefit primary care providers by pairing them with specialists for treatment consults as well as medication management assistance.

According to Cassandra Beardsley, Wilderness Health Executive Director, "The network has been working on improving access to mental health resources in our region for several years and had identified expansion of

telehealth capacity as a crucial need in our strategic plan. Our entire region has a shortage of mental health resources. This grant funding will enable us to expand capacity and bring services to more patients. The explosion of telehealth services during the pandemic has only highlighted that these services are valuable, yet we still have much work to do to enhance mental health services."

The anticipated outcomes of the planned telehealth program include: increasing the ability to recruit providers and staff, increasing access to mental health resources, increasing the ability to provide services locally, reducing patient barriers to care, and ultimately, improving patient health outcomes. Telehealth offers the opportunity to maximize the productivity of providers and to increase access to services in our region.

Greg Ruberg, Wilderness Health Board Chair and CEO, Lake View Hospital: "The HRSA grant will help to support Wilderness Health in leveraging the strong partnership of its 10 hospital members in Northeastern Minnesota to improve access to high-quality health care across the region. Our goal is to provide convenient access to innovative and cost-effective care delivery models, such as telehealth, to best serve patients in their own

communities. Wilderness Health has made a commitment to reduce the stigma surrounding mental health care and to improve access to these vital services through this telehealth network."

Dr. Gretchen Karstens, Wilderness Health Medical Director and Pediatrician at St. Luke's Pediatric Associates, agrees: "The opportunity this grant offers to our communities is for improved access to care, especially mental health care. Missing work or pulling our kids from school for the drive to and from distant appointments is an additional burden to accessing health care for many patients in our region. This grant allows appointments from your home or other locations. Increased availability for health care without some of our classic barriers to healthcare delivery will improve the health of our region."

HRSA awards annual grants through a competitive application and review process.

About your organization

Wilderness Health is a non-profit collaborative of independent providers working together to improve health care in Northeastern Minnesota. Headquartered in Two Harbors since 2013, Wilderness Health brings smart strategies, such as shared services, quality improvement, and accountable care organizations, to Minnesota's rural health care systems.

New Initiatives and Continued Quality Healthcare Highlighted as Sawtooth Mountain Clinic Moves Forward

While preparing for challenges from the COVID-19 pandemic, SMC continues to expand with an array of health care services.

(GRAND MARAIS, MN - June 29, 2020) At its Annual Meeting on June 22, 2020, Sawtooth Mountain Clinic (SMC) updated the community on many new initiatives to continue to expand on its mission of providing high quality comprehensive health care to all users regardless of their financial ability to pay.

Among the developments were the election of new SMC Board of Directors Officers with Clare Shirley succeeding Carol DeSain as Board President and Diane Pearson succeeding Nancy Burns as Secretary. Carol DeSain and Nancy Burns had served on the SMC Board for 33 years and 14 years respectively.

The SMC Board also accepted the nominations of Rick Anderson as Vice-President and Jenny Kartes as Treasurer. Dr. Val Ulstad, Suzanne Davies, Ruth Olson and Jessa Frost were also re-elected as Board members.

"Sawtooth Mountain Clinic will be forever grateful to Carol DeSain and Nancy Burns for their longtime service to the community as SMC Board members," said SMC CEO Kate Surbaugh, "Their vision and guidance has helped SMC become stronger than ever and has prepared us to embrace the constantly changing healthcare landscape with many new initiatives and services."

One example highlighted at the Annual Meeting was the planned addition of a full-service, on-site pharmacy at Sawtooth Mountain Clinic. Construction is now underway and SMC has contracted the services of a leading national pharmaceutical provider to launch the clinic pharmacy with fully accredited pharmacists. SMC will offer enhanced medication management and continuity of care with primary care providers. The pharmacy is being built conveniently within the existing SMC facility with plans to open in early 2021.

Other recent expanded services and changes at SMC include a groundbreaking medication assisted treatment program to help patients with opioid addiction, expanded telemedicine capabilities and behavioral health services and changes to operations and procedures due to the COVID pandemic. The clinic welcomed 12 new staff members in the past year, received trauma-informed care training, collaborated with other local public health entities in responding to the COVID-19 crisis and was awarded a HRSA Quality Care Award grant.

"The SMC Board of Directors are so proud of leadership, providers and staff of SMC for delivering on the significant changes necessary for operations during COVID-19, and also for continuing to implement new ways to provide quality healthcare services despite these turbulent times," said Board President Clare Shirley, "They are deeply committed to serve the healthcare needs of the Cook County and Grand Portage Tribal communities and should be applauded by everyone."

SMC reminds community members not to neglect their personal health care needs despite the COVID-19 pandemic. "Do not ignore changing conditions and feelings. We are open for business to meet your health care needs safely. We are here for you. Keep your health top of mind and reach out to SMC if you are not feeling well", said Medical Director Dr. Paul Terrill.

The community is invited to visit the SMC website for much more information and follow its Facebook page for regular updates on the operations and services of SMC, to listen to frequent interviews on WTIP Radio and go to the Cook County Emergency Response Hub (<https://www.co.cook.mn.us>) for COVID-19 developments and announcements from local and state officials.

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Silver Bay & Surrounding Area

•36 Adams Blvd, SB MLS6086742: 2 BR, 1 BA house w/ full basement & det'd 1 car garage on level site w/glimpse of Lk Superior. Improvements incl: vinyl windows, good landscaping, & 8x10 shed. **\$80,000**

•13 Bell Cr, SB MLS6089653. Charming 2 BR, 1 BA home w/partially finished bsmt. Reclaimed maple hardwood floors in LR, DR, hallway & BR's. Updates: windows, garage roof & door, fresh paint. Lg. deck. Beautiful yard w/landscaping & apple trees. Great starter home or retreat! **\$85,000**

•32 Bell Cr, SB MLS#6090412: 2 BR 2 BA, basement home w/2 car detached garage. **\$85,000**

•66 Davis Dr, SB MLS6089820: 3 BR home w/1-car garage & 2 storage sheds. **\$91,500**

•35 Edison Blvd, SB MLS6088540: 3 BR, 1 BA w/Large detached garage. **REDUCED \$89,500**

•75 Edison Blvd, SB MLS6089727: 2 BR, 1 BA, Den, patio, lg partially fenced in back yard, 1 car det'd garage **\$54,500**

•104 Hays Cir, SB MLS6086058: 2 BR, 2 BA, w/remod. Kit. & BA's, new shingles, fresh paint & some new flooring. Move in condition. **REDUCED 148,900**

•5227 Klinker Rd, SB MLS6089945: Rustic seasonal 3 BR Cabin w/ elec., outhouse, situated on 4.49 acres. **\$75,000**

•309 Old Towne Rd, BB, MLS6089661. Great business opportunity in Beaver Bay! The Mother Load Laundromat is located right behind the Holiday Station. Incl: all fixtures &

inventory (washers, dryers, change machine & soap machine). Turn key business, perfect opp. to be your own boss! Building dimensions: 24x50 & a 36x44 cold storage garage w/concrete slab, 2-12x12 overhead doors and 1-9x7 overhead door. Come take a look today! **\$300,000**

•XX Marks Dr, SB: 3 - Large residential building sites w/ city water, sewer, curb & gutter, back to woods **2 for \$45,000 each**, 1 for **\$67,900** lots 1 & 2 Block 2, combined, or ALL Lots for \$145,500.

•61XX Little Marais Rd MLS#6076208: Lot B, Silver Bay, MN: 10 acre lot w/views of Lake Superior near Little Marais. reduced to **\$69,900**

•6514 Hwy 61, Little Marais MLS6090459: Lake Superior home w/329' of frontage, 3.9 acres, 3 BR, 2 BA, 2 FP, walkout, artesian well, easy access to shoreline, 2 Gar, & waterfront art studio/cabin **\$615,000**

•1035 Main St, BB, MLS6089682 Lot/Land. Spacious lot in Beaver Bay right off of Hwy 61, w/power, city water & sewer hookups & view of Lake Superior. A great place to build your new home! Feel free to walk the property. **\$55,000**

•XXX Hwy 61 & Onion River Rd. MLS6005052: 18 Acr. comm. resort bldg site between Tofte & Lutsen on Onion River Rd. Views of Lk Sup. High ground w/pwr at rd. Close to Sup. Hiking trl & rec. activities. **\$173,500**

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