



JUNE 19&20
DULUTH, MN // 2017
 #MNRHC

HOSTED BY

- Minnesota Department of Health Office of Rural Health and Primary Care
- Minnesota Rural Health Association
- National Rural Health Resource Center

MINNESOTA
**RURAL
HEALTH**
CONFERENCE

MinnesotaRuralHealthConference.org

CONFERENCE OBJECTIVES

The Minnesota Rural Health Conference features innovative local and state solutions to challenges, while encouraging informed and visionary collaborations for the future.

THE CONFERENCE WILL PROVIDE THE OPPORTUNITY TO:

- // Discover approaches to improve and integrate mental health access in rural communities
- // Provide timely information on making value real for rural
- // Learn about supporting rural populations with best practices from around the state
- // Share community-based solutions to address health disparities and inequities
- // Develop and access a network of colleagues, students and partners to support the rural workforce

KEYNOTE SPEAKERS

Federal Rural Health Policy Update

A federal or national health leader will provide an update on policy and legislative issues that impact rural health care. Discover the timeline for federal legislation and the opportunities for rural providers and communities to improve access and quality while sustaining financial viability.



Arne Vainio, MD
Family Physician, Min No Aya Win Human Services Center

Dr. Vainio was born in Chisholm, MN and is an enrolled member of the Mille Lacs Band of Ojibwe. He entered the University of Minnesota Medical School - Duluth and graduated in 1994. Dr. Vainio completed his Family Practice Residency Program in Seattle, Washington and has been employed as a Family Practice Physician at the Min No Aya Win Human Services Center on the Fond du Lac Ojibwe Reservation in Cloquet, Minnesota, since September of 1997. He is a member of the Association of American Family Physicians and the Association of American Indian Physicians. Dr. Vainio is the recipient of the following awards: National Indian Health Service Director's Award National Diabetes Physician's Recognition Award, the Minnesota Medical Foundation's Early Distinguished Career Award, and the 2016 Virginia McKnight Binger Unsung Hero Award. He is featured in the 2009 Emmy nominated American Indian health documentary film, "Walking Into The Unknown". He is also a columnist for the national News From Indian Country and Indianz.com newspapers, and is featured in WDSE's Native Report's "Health Matters" segment.



Edward Ehlinger, MD, MSPH
Minnesota Commissioner of Health

Minnesota Governor Mark Dayton appointed Edward Ehlinger, MD, MSPH, to serve as Minnesota Commissioner of Health in January, 2011. Dr. Ehlinger directs the work of the Minnesota Department of Health, the state's lead public health agency, which is responsible for protecting, maintaining and improving the health of all Minnesotans. Commissioner Ehlinger was director and chief health officer for Boynton Health Service at the University of Minnesota (1995-2011). He has also served as an adjunct professor in the Division of Epidemiology and Community Health at the University of Minnesota School of Public Health and director of Personal Health Services for the Minneapolis Health Department.



Alana D. Knudson, PhD, EdM
Program Area Director and Co-Director of the NORC Walsh Center for Rural Health Analysis

Alana D. Knudson serves as a Program Area Director and is the Co-Director of the NORC Walsh Center for Rural Health Analysis. Knudson's expertise includes 20 years of experience in rural health research, public health systems research, health services research and evaluation projects. She has conducted numerous health services and health policy studies and public health projects funded by the Agency for Healthcare Research and Quality, the Centers for Disease Control and Prevention, the Centers for Medicare & Medicaid Services, Health Resources and Services Administration, U.S. Department of Agriculture, U.S. Agency for International Development, and The Robert Wood Johnson Foundation. Her project findings have informed state, tribal, and federal health policy. Prior to joining NORC, Knudson was the associate director for Research at the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences. Knudson also served as the senior director for Public Health Information and Infrastructure Policy at the Association of State and Territorial Health Officials.

CONFERENCE

Exhibit Hall

Exhibitor space will be reserved in the order payment is received and it fills up fast. [Exhibitor registration can be found online.](#)

Sponsorship Opportunities

The conference offers a variety of sponsor opportunities in three different levels, some of which include a complimentary VIP exhibit booth and conference registration. To sponsor the Minnesota Rural Health Conference, please [complete the online registration](#) or contact Kim Nordin at 218-216-7037.

Wellness Activities

The conference values wellness and relaxation. Pending a [sponsor](#), professional massage therapists will offer chair massages and a certified acupuncturist will provide mini-sessions during break times.

Prizes

Participants who visit the Exhibit Hall and complete an exhibitor passport are eligible for exciting prizes. A special raffle drawing will also take place at Monday evening's networking reception. At the close of the conference, prizes will be given out to the conference app photo scavenger hunt winners.

HIGHLIGHTS

The Triple Aim of Health Equity: Dispatches from Rural Minnesota Monday, June 19, 2:20 p.m. - 3:30 p.m.

Healthy equity goes beyond addressing specific health disparities - it seeks to achieve conditions in which all people have the opportunity to attain their highest possible level of health. Join Commissioner of Health, Ed Ehlinger, MD, MSPH, as he facilitates a panel of presentations on how rural Minnesotans are working toward health equity in their communities. Each speaker will discuss the Triple Aim of Health Equity in action: expanding the understanding of what creates health; strengthening community capacity; and implementing "health in all policies".



Minnesota Rural Health Association (MRHA) Rural Health Policy Forum Monday, June 19, 3:45 p.m. - 5:00 p.m.

MRHA coordinates the Rural Health Policy Forum, held Monday afternoon. With a newly elected Legislature and change in majorities, this year's Forum features Minnesota legislative leaders in Health and Human Services (HHS) interacting with the audience on public policies impacting rural health and health care. Ample time will be reserved for questions, comments and engagement with panelists.

Student Poster Projects: Students Shaping Sustainable Solutions Monday, June 19, 5:00 p.m. - 5:30 p.m.

University of Minnesota Rural Medical Scholars Program medical students have created posters about a rural community they have worked with this year. There will be 59 posters on display in the Lake Superior Ballroom throughout the conference. Attendees will have the opportunity to interact with students on Monday afternoon, following the MRHA Policy Forum.

Monday Networking Reception Monday, June 19, 5:00 p.m. - 6:30 p.m.

Appetizers will be available while conference attendees, students, speakers and exhibitors network. Enjoy live music from the local band, Tender Ness, from 5:30 p.m.-6:30 p.m.

Minnesota Rural Health Awards Presentation Tuesday, June 20, 8:00 a.m. - 8:50 a.m.

Awards for Minnesota's 2017 Rural Health Hero, Team and Lifetime Achievement will be presented during breakfast on Tuesday morning. [Nominate an outstanding individual or team](#) by May 1, 2017.

CONFERENCE SCHEDULE

MONDAY, JUNE 19TH

Registration and Continental Breakfast:
7:30 - 9:00 a.m.

Welcome and Opening Keynote:
9:00 - 10:15 a.m.

Arne Vainio, MD
Family Physician, Min No Aya Win Human Services Center

Exhibit Break:
10:15 a.m. - 10:45 a.m.



Breakout Session 1:
10:45 a.m. - 11:45 a.m.



1A | Using an Accountable Community for Health to Integrate Mental Health Services

Nicole Burrows, RN, Lake Region Healthcare
Kay Lee, RN, Lakeland Mental Health Center
Sue Wilken, A Place to Belong

Accountable Communities of Health (ACH) meet the needs of defined populations through coordinated care within a community. Learn about policy, system and environmental changes made at a rural social club for persons with mental illness in partnership with the local Statewide Health Improvement Partnership (SHIP) program. This community care coordination model connects the medical health care home with the behavioral health care home model.

// Schedule Continued...

MONDAY, JUNE 19TH

1B | Creating a Sustainable Community Partnership

Ben Dehn, PT, WCP, CentraCare Health-Long Prairie
Kathy Geislinger, CentraCare Health Foundation - BLEND
Katherine Mackedanz, MPH, Todd County Health & Human Services

The Long Prairie Wellness Network was created as an intentional effort to address unique challenges within its community through a strong, collaborative network of stakeholders who work to address all dimensions of wellness, including physical, emotional, occupational, spiritual, intellectual and social. In less than two years, the Network has seen significant community change and redefined the way community partners interact and share resources.

1C | Lessons Learned Creating an Accountable Care Organization

Mark Heggem, MD, Riverwood Healthcare Center
Greg Paris, MHA, Caravan Health
Dan Schletty, MHA, Riverwood Healthcare Center

This session will highlight a rural health care organization's journey to becoming an Accountable Care Organization (ACO). Learn about the different types of ACOs and the implications of those models for a rural organization, its patients and providers. Hear how Riverwood Healthcare Center in Aitkin addressed the barriers and the lessons learned. Financial, provider and patient perspectives will also be reviewed.

1D | Innovative Practice Models for Improving Access to Behavioral Health Services

Teresa Grund, RPh, NCPS, BCPS, Red Lake Indian Health Service
Jennifer Lamermayer, PharmD, Red Lake Indian Health Service
Mark Schneiderhan, PharmD, BCPP, University of Minnesota

Access to comprehensive behavioral health care is a growing and multi-faceted challenge in rural Minnesota. Learn innovative practice models that fully utilize practitioner scopes of practice in behavioral health programs. Hear about a unique collaboration between Red Lake Indian Health Service (IHS) and the University of Minnesota Duluth College of Pharmacy that resulted in increased access to behavioral health care for IHS patients in Greater Minnesota.

1E | Collaborative Approach to Solving Health Care Worker Shortages

Donita Ettestad, MS, BSN, PHN | Carol Helland, MEd | Brad Krasaway, MS, Rainy River Community College
Emily Nicholson, MPAS, PA-C, Essentia Health International Falls Clinic

The shortage of health care workers in rural areas is forcing nursing homes and assisted living facilities to leave beds vacant because of inadequate staffing. Hospitals must then retain patients until beds become available or seek placement miles away from their home. Hear how the Koochiching County Healthcare Initiative has developed a local sustainable answer to address this deficit of health care personnel in their community.

1F | Integrative Health Models in Rural Hospitals

Kami Norland, MA, ATR, Integrative Re-Sources
David Swenson, PhD, LP, The College of St. Scholastica
Rural Hospital Representative

Integrative health is increasingly included as a service provided by health care organizations, but how effective and financially sustainable are these methods in rural settings? This session will explore the opportunities and challenges in implementing integrative health models in rural communities and the financial sustainability of integrative health in value-based payment models.

Networking Lunch:
11:45 p.m. - 1:00 p.m.



Breakout Session 2:
1:00 p.m. - 2:00 p.m.



// Schedule Continued...

MONDAY, JUNE 19TH

2A | A Community-Based Approach to Diabetes Prevention

*Anna Fuglestad, MS3, Southern Prairie Center for Community Health Improvement
Samantha Nelson, MA, Southern Prairie Center for Community Health Improvement*

Learn how a rural community came together to develop a lifestyle change course for diverse populations with diabetes in southwestern Minnesota. The components of this education model serve people who are not literate in written or spoken English, are unable to commit a full year to classes, do not meet other criteria for "I Can Prevent Diabetes" classes, and who learn better through hands-on, graphic-based, strengths-based educational opportunities.

2B | A Collaborative Approach to Better Mental Health Care

*David Hartford, MSM, CentraCare Health
John Schmitz, MD, CentraCare Health
Mary Ellen Wells, MHA, FACHE, CentraCare Health*

Learn how a mental health collaborative developed by a health care system has worked to assess and to understand the mental health needs in their rural community and identify opportunities to address those needs. Hear about their initiatives in the areas of prevention/community well-being, primary care, urgent care, emergency care, acute and long term care.

2C | Advanced Care Planning in Rural Communities

*Lynn Betzold, MATS, Honoring Choices Minnesota
Danielle Francen, Medical Student, University of Minnesota Medical School
Kati Kaushal, RN, BSN, DNP-S, North Dakota State University*

Talking about end-of-life decisions is important to making appropriate health care decisions. Learn about the fundamentals necessary for building effective and sustainable Advance Care Planning (ACP) programs: understanding the cultural change, inspiring shared vision within community and leading by example. Hear how two critical access hospitals have come together to promote advance care planning in their rural communities.

2D | Value-Based Care in Rural Practice

*Lisa Gall, DNP, FNP, LHIT-HP, Stratis Health
Candy Hanson, BSN, PHN, LHIT-HP, Stratis Health
Amy Ninham, Mille Lacs Health System*

This session will explore the meaning of "value-based care" and how rural providers can align improvement efforts with changing reimbursement by Medicare and other payers. Learn about the Merit-based Incentive Payment System (MIPS) Estimator developed by Stratis Health that will provide clinicians baseline and dashboard data using recent performance to estimate their 2017 MIPS score and explore reporting options. Mille Lacs Health System will share their clinicians scores and explain how it will impact their quality improvement activities and prepare them for successful MIPS reporting for 2017.

2E | The State of Rural Dentistry in Minnesota

*Nathan Pedersen, DDS, Dental Health Service
Michael Zakula, DDS, Rural Health Advisory Committee
James Zenk, DDS, Montevideo Family Dentistry and Minnesota Dental Association*

The statewide Rural Health Advisory Committee formed the Rural Oral Health Workgroup to identify critical issues facing the oral health status of rural Minnesotans and provide recommendations that address workforce, payment and practice challenges. A panel of rural oral health professionals will expand upon these findings and share their personal experiences with the challenges facing dental providers in rural Minnesota.

2F | Issues and Solutions for Team-Based Care in Rural Minnesota

*John P. Halfen, MD, Lakewood Health System
Danette Holznagel, RN, CDE, MDH Health Care Homes
Joan Kindt, RN-C, BSN, PHN, MHP, Minnesota Department of Health*

Join Health Care Home (HCH) regional nurse planners who live and work in rural Minnesota for an interactive discussion around current trends, relevant resources and creative solutions being used for workforce, population health, patient engagement, quality improvement, care coordination and community partnerships. Whether you are considering HCH certification, are already certified or partner with a rural primary care provider, come join the conversation.

// Schedule Continued...

MONDAY, JUNE 19TH

Exhibit Break:
2:00 p.m. - 2:20 p.m.



The Triple Aim of Health Equity:
Dispatches from Rural Minnesota
2:20 p.m. - 3:30 p.m.

Healthy equity goes beyond addressing specific health disparities - it seeks to achieve conditions in which all people have the opportunity to attain their highest possible level of health. Join Commissioner of Health, Ed Ehlinger, MD, MSPH, as he facilitates a panel of presentations on how rural Minnesotans are working toward health equity in their communities. Each speaker will discuss the Triple Aim of Health Equity in action: expanding the understanding of what creates health; strengthening community capacity; and implementing “health in all policies”.

Group Exercise/ Movement Activity:
3:30 p.m. - 3:45 p.m.

MRHA Rural Health Policy Forum:
3:45 p.m. - 5:00 p.m.

[LEARN MORE ON PAGE 4](#)

Student Poster Projects:
5:00 p.m. - 5:30 p.m.

[LEARN MORE ON PAGE 4](#)

Networking Reception:
5:00 p.m. - 6:30 p.m.

[LEARN MORE ON PAGE 4](#)

// End of Day One



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CONFERENCE
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TUESDAY
MORNING...

CONFERENCE SCHEDULE

TUESDAY, JUNE 20TH

Registration:

7:00 a.m. – 8:00 a.m.

MRHA Board Meeting:

7:00 a.m. – 8:00 a.m.

Rural Health Awards and Breakfast:

8:00 a.m. – 8:50 a.m.

Keynote Address:

8:50 a.m. – 9:30 a.m.

Alana Knudson, PhD, EdM

Program Area Director and Co-Director of the NORC Walsh Center for Rural Health Analysis

Exhibit Break:

9:30 a.m. – 9:45 a.m.



Session 3:

9:45 a.m. – 10:45 a.m.



3A | Benefits of Preventive Services in Chronic Disease Management

Joanna Chua, MPH, Lake Region Healthcare

Rhonda Quast, Eide Bailly LLP

As organizations are challenged to move from volume to value-based care, services shift from acute care to chronic care. Learn about the management of chronic disease in an Accountable Care Organization (ACO) and the impact preventive services have on patients' quality of life. Learn how to operationalize these services while minimizing the impact to an organization's resources and how to obtain accurate reimbursement.

// *Schedule Continued...*

3B | Sustaining Rural Emergency Medical Services

Tim Held, MPNA, NRP FP-C, Minnesota Department of Health Office of Rural Health and Primary Care

Mark Jones, Minnesota Ambulance Association

Michael Schultz, Sanford AirMed

The Rural Emergency Medical Services (EMS) Sustainability Committee is a partnership of the Minnesota Ambulance Association, the EMS Regulatory Board, the Minnesota Department of Health and other rural EMS leaders. In 2016, the committee surveyed EMS providers to understand the current state of rural EMS operations. Hear the results of the survey and participate in a discussion about strategies to support and sustain rural EMS.

3C | Integrating Behavioral Health into Primary Care Services

Erica Idso-Weisz, MS, LMFT, Open Door Health Center

Laura Lipkin, MBA, Minnesota Association of Community Health Centers

Aaron Pust, MSW, Lake Superior Community Health Center

Integrated primary care that embeds behavioral health as part of a multi-disciplinary team is emerging as an evidence-based best practice to provide patients with comprehensive and coordinated care. Hear from two federally qualified health clinics (FQHCs) located in regional hubs that serve patients across many rural counties as they share insights about their own experiences with the integrated-care model and where it is heading.

3D | Workplace Violence Protection

Stacy Barstad, MBA, Sanford Tracy & Westbrook Medical Center

Jeri Schons, BSN, Sanford Tracy Medical Center

The Workplace Violence Prevention Roadmap project was developed by the Minnesota Hospital Association and multiple partners. Hear how two clinics are using the roadmap to improve safety by educating staff to identify at-risk behavior in patients, family members, visitors and fellow staff members. Learn about staff training and communication, data collection, incident reporting, emergency response planning and what to do following an incident.

3E | Retention and Recruitment of Health Care Workforce

Kevin Gish, MHA, LNHA, Essentia Health Fosston

Charles Winjum, MD, Essentia Health Fosston

We know that the health care workforce is aging. Hear how one critical access hospital is doing some creative and deliberate recruitment of new staff and exploring the concept of “growing our own.” Efforts toward staff advancement, development and promotion from within have also yielded interesting results. Hear about retention ideas to keep senior clinicians involved, engaged and practicing.

3F | Learn About Community Health Workers

Connie Norman, Certified Community Health Worker, Sanford Health

Wendy Potratz, PhD, CHES, Northwest Technical College

Angie Stevens, CHES, Minnesota Department of Health Sage Programs

This emerging health profession has taken root within multiple organizations. Learn what community health workers (CHWs) do and how your organization might use them. This session will provide insights on integrating Community Health Workers into various settings.

Exhibit Break:
10:45 a.m. – 11:00 a.m.



Session 4:
11:00 a.m. – 12:00 a.m.



4A | The Future of Rural Health: Health Professions Students

Steve Gottwalt, MRHA (moderator)

A moderated panel of young rural health professionals-in-training will discuss their backgrounds, chosen professions and service goals. Panelists include psychology and family practice students from the University of Minnesota Medical School – Duluth, University of Minnesota College of Pharmacy, and Lake Superior College – Nursing Program. Learn what those preparing to provide rural health care in Minnesota find most important and challenging. Identify current and emerging top priorities in attracting and retaining a quality rural health care workforce.

// *Schedule Continued...*

4B | Combating the Opioid Epidemic through Rural Coalitions

Laura Bennet, CPPR, Carlton-Cook-Lake-St Louis Community Health Board
Amy LaRue, MA, MCHES, Carlton County Public Health and Human Services
Laura Palombi, PharmD, MPH, MAT, University of Minnesota

Northeastern Minnesota has suffered unprecedented morbidity and mortality due to opioids. Community members understand the epidemic requires a multi-faceted approach drawing on professionals from all aspects of public health and health care. Hear how the strengths of one rural community are being leveraged to find solutions that are both effective and sustainable.

4C | Perspectives on Rural Obstetric Care

Jennifer Pearson, MD, University of Minnesota Medical School - Duluth
Nathan Ratner, Medical Student, University of Minnesota - Duluth
Sandra Stover, MD, FAAFP, Sawtooth Mountain Clinic

Hospital and unit closures in rural Minnesota are increasingly affecting access to obstetric care. Clinicians from northeast Minnesota will discuss the effects of closures on their patients. Researchers will present data, including patient perspectives on access to obstetrical services. Learn about administrative, clinical and policy strategies for ensuring access to high-quality obstetric care for rural women.

4D | Creating a Culture of Excellence

Greg Ruberg, MBA, MA, PT, Lake View Hospital
Lori Skinner, DNP, RN, Minnesota Hospital Association

Critical access hospitals that regularly meet or surpass national patient safety and quality measure reduction targets know how important it is to develop an organizational culture and leadership that supports excellence in patient safety, quality and experience. Learn about the Culture of Excellence program and its approach to achieving and sustaining patient safety and satisfaction.

4E | Tele-Behavioral Health Models

Barbara Andreasen, Allina Health
Maureen Ideker, RN, BSN, MBA, Essentia Health
Marsha Waind, MOTR/L, Altru Health System

Greater Minnesota is experiencing a shortage of behavioral health professional resources. Telehealth and telemedicine applications provide one solution. Learn about two active tele-behavioral health models that represent an internal and an external partnering model. Both could be replicated in other parts of the state. Relevant tools and processes will be reviewed.

4F | Access to Senior Fitness Programs in Rural Minnesota

Ann Bussey, Consumer Representative, MDH Rural Health Advisory Committee
Heidi Lahti, MHA, Fairview Range
Becky Zubich, Mesabi Family YMCA

Physical activity is key to healthy aging. This round-table session will discuss fitness access challenges and opportunities for aging populations in rural communities. Hear about a pilot program developed by seniors in northeast Minnesota to bring fitness classes that are accessible, evidence-based and covered by insurance back into their community. Senior consumers Ann Basarich, Carolann Ongaro, and Maxine Corradi will share their experiences.

Networking Lunch:
12:00 a.m. – 1:00 p.m.



Closing Keynote:

1:10 p.m. – 2:10 p.m.

Federal Rural Health Policy Update

Closing Comments & Prize Drawing

2:15 p.m. – 2:25 p.m.

// End of Day Two.

Conference Location

Duluth Entertainment and Convention Center (DECC)
350 Harbor Drive, Duluth, MN 55802

Lodging

Hotel group rates expire on May 18, 2017.

[Find lodging information on the website.](#)

Registration

Conference attendees can [register online.](#)

Scholarships

A limited number of conference registration scholarships are available to participants or speakers that encounter challenges in paying the registration fee. Please [email us](#) with your organization name and a brief paragraph on how participation at the Minnesota Rural Health Conference will benefit rural health, your organization and/or yourself. The deadline to submit is May 1, 2017.

Continuing Education Credits (CEUs and CMEs)

Applications have been made for health care executives, nurses, nursing home administrators, pharmacists and physicians.

Reasonable Accommodations are Available (Accessibility, Dietary Needs or Sign Language).

[Contact us](#) at the National Rural Health Resource Center, 218-216-7037.

The Minnesota Department of Health Office of Rural Health and Primary Care, Minnesota Rural Health Association and the National Rural Health Resource Center thank members of the Planning Committee who contributed time and resources to develop the program and promote the conference.

SEE YOU IN JUNE!



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