



Fall 2023

## IL RURAL HEALTH ASSOCIATION NEWSLETTER

217-280-0206

[Staff@ilruralhealth.org](mailto:Staff@ilruralhealth.org)

[www.ilruralhealth.org](http://www.ilruralhealth.org)



**SAVE THE DATE!**

**IRHA's Annual  
Conference  
I-Hotel in  
Champaign**

**July 31st-Aug 1st**

**Online  
registration &  
Call for  
Presenters starts  
Jan 15**

[www.ilruralhealth.org](http://www.ilruralhealth.org)

### Catching Up with 2023 IRHA Workforce Development Scholarship Recipients

IRHA is proud to report on the success of some of 2023 our dental and behavioral health scholarship recipients, who are already making a difference serving rural residents (*see more on page 7*).

**Dr. Caleb Rybolt - Pana, IL**

**Southern Illinois University School of Dental Medicine**

Since my graduation, I have been working as a dentist at Brown Dental care, a dental practice located in Shelbyville, IL. In my role, I provide comprehensive dental care addressing a wide range of oral health needs. I hope to provide Shelbyville and the surrounding region with services to help them maintain healthy smiles. It has been rewarding to be able to serve the region where I grew up and continue to be a part of the community.



## 2023 IRHA Annual Educational Conference a Success

Thanks so much to all our sponsors, exhibitors, presenters and attendees who made our 2023 Annual Conference such a great success with a record 195 attendees and 40 exhibitors. The Conference was held Aug 9-10th at Champaign's I-Hotel. In addition to over 18 educational sessions to choose from, attendees d more about the latest federal rural health issues from our keynote Speaker NRHA COO Brock Slabach. Participants also relaxed and networked at our Welcoming Reception Dinner and Trivia Night held at Farren's Eatery.



### Special Thanks to our Conference Evening Reception Sponsors

IL HIV IL Care Connect, Jersey Community Hospital, QUAD A, Rend Lake College, Rural Advantage ACO, and The Compliance Team, Inc.



**IRHA Appreciates the Generosity Our  
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Herzing University  
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**2024 IRHA Rural Dental & Graduate Level  
Behavioral Health Workforce Development Scholarship  
application deadline Monday, November 27th.**

**[Click here](#) for details and application.**



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**School of Social Work**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## Catching up 2023 IRHA Workforce Development Scholarship Recipients

**Joanna Davies - Effingham, IL  
Southern Illinois University Carbondale**

I am currently the school social worker for grades 7-12 at the West Carroll CUSD 314. I work in the high school four days a week and the middle school one day per week. The high school is located in rural Savanna, IL, which is 31 miles south of Galena along the Mississippi River. The middle school is located in Mt. Carroll, IL, about 10 miles from the high school. Altogether there are just over 500 students total in both attendance centers.



Prior to my taking this position, the high school was served by an online school social worker as they were unable to fill the position in spite of having advertised for over two years. As the school social worker I provide in-person social and emotional support to students with Individualized Education Programs (IEPs). That means I meet with students one-on-one in my office where we work towards goals that address issues such as socialization, executive functioning skills, work refusal, and more. I also meet with general education students who are in crisis or just need someone to talk to. Working with parents and school staff is also part of my job to ensure these kids achieve success in school and life.

Thank you again for the scholarship. It helped me achieve my goal of graduating and ultimately serving rural Illinois school kids and their families.

**Donna Burroughs - Harrisburg, IL & Carterville, IL  
Southern Illinois University**

Since graduating with my Master of Social Work degree from Southern Illinois University-Carbondale, I have joined Koen Counseling and Wellness Center in Herrin, Illinois. Through Koen, I am contracted with Benton Grade School to provide social-emotional, behavioral and crisis support services for students enrolled in grades 5th-8th. I have received my LSW and I am currently under supervision to receive my LCSW!



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## **Catching up 2023 IRHA Workforce Development Scholarship Recipients**

### **Carly Geltz - Newton, IL Eastern Illinois University**

As a Mental Health/Substance Use Disorder Therapist at the Jasper County Behavioral Health Department, I serve the southern Illinois population by creating a safe, supportive, and therapeutic space that helps individuals create positive change in their own lives.



### **Tyler Pryor - Ramsey, IL A.T. Still University Missouri School of Dentistry and Oral Health**

As graduation approaches in May of 2024, I am narrowing down my options for future career opportunities. In my fourth year of dental school I have had the unique ability to attend and practice at different external rotation sites for extended periods of time. The external rotations and volunteering through different organizations, such as, Smiles of Hope have provided me the opportunity to treat underserved populations in rural Illinois, Missouri, and Wisconsin. It is because of these opportunities that I plan to reside and practice in a rural community.



### **Megan Nuxoll-Effingham, IL Southern Illinois University School of Dental Medicine**

I work in a dental office located in O'Fallon, MO. It's been very rewarding being able to help get patients out of pain and restore smiles and patient's confidence and self esteem! I love making dentures for patients who would otherwise be unable to eat or have their ideal smile. I'm thankful to Rural Health for supporting me in my dental journey!



# Respiratory Virus Season is Here!

## You don't have to let the flu take over your household!

Get you and your children the flu vaccine to save frustration and worry this season.



### Did you know?

**The flu is very contagious**, especially in the fall and winter because we're spending more time inside.

**The flu can spread quickly**, especially in homes where one or more children attend daycare or school.

### Make a Vaccination Appointment Today!

Flu vaccines are recommended for everyone 6-months and older, every year, to better protect against new flu viruses!



## Fight the Flu with a Flu Vaccine!

The flu vaccine can make your child's illness milder and easier to manage if they do get sick!

### That means...

- > **Less days** away from school
- > **Less catch-up work** for your kids when they get back
- > **Missing fewer** days of work
- > **Less risk** of lost wages
- > **Reduced risk** for urgent and expensive childcare or medical care

**Vaccines help strengthen your child's overall immune system!**

Illinois Chapter

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## **IRHA Rural Physician Lifetime of Service Awards**

IRHA established the Rural Physician Lifetime of Service Award., designed as a “Lifetime Achievement Award” for physicians, who are close to retirement and have devoted their entire careers to rural practice improving the quality of life for their communities. The doctors were also presented with Illinois House Congratulatory Resolutions and Senate Recognition Certificates from their state legislators.

### **Congratulations Dr. Robert Cranston IRHA Rural Physician Lifetime of Service Award Presentation Crawford Memorial Hospital - Robinson 10/26/23**



Pictured L to R: Crawford Memorial Hospital CEO Doug Florkowski, IRHA Executive Director Margaret Vaughn, IRHA President Diane Potts, Dr. Cranston, Tammy Cranston, Carle Health Director of Regional Development Emily Royal and Southeast Illinois AHEC Coordinator Heather Greenwood.



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### Cybersecurity Awareness Training

Empower your team against threats. Elevate cybersecurity knowledge, fortify defenses. Awareness is your first line of defense.

Small, medium or large rural health care facilities



## ARE YOU AT RISK?

- *Have you conducted a risk analysis as required by HIPPA?*
- *Do you have assets in the cloud (or need to convert)?*
- *Are you testing regularly for security weaknesses or possible breach?*
- *Do you have an up to date cybersecurity policy?*
- *Do you have an incident response plan in place for cybersecurity breaches?*
- *Do you know how to conduct a Social Engineering test to assess risk?*
- *Do you offer security awareness training for all employee levels and roles?*

*If you answer **NO** to any one of these you are at **RISK** for a security breach or theft!*

## CONTACT US

 312-961-9469

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**THANKS 2023 RURAL PHYSICIAN LIFETIME OF SERVICE AWARD SPONSORS**

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## **IRHA Rural Physician Lifetime of Service Awards**

**Congratulations Ronald Johnson, MD  
IRHA Rural Physician Lifetime of Service Award Presentation  
Quincy Medical Group in Pittsfield 10/09/23**



Pictured seated L to R: Mrs. Johnson and Dr. Ron Johnson  
Standing L to R: IRHA President Diane Potts, Quincy Medical Group CMO Dr. Richard Noble and IRHA Executive Director Margaret Vaughn



## **IRHA Rural Physician Lifetime of Service Awards**

**Congratulations Dr. Quincy Scott  
IRHA Rural Physician Lifetime of Service Award Presentation  
SIU School of Medicine - Carbondale 10/10/23**



Pictured L to R: State Rep Pat Windhorst (R-Metropolis), SIUCOM PA Program Director Don Diemer, Dr Quincy Scott, Katy Scott, State Rep. Paul Jacobs (R-Carbondale), IRHA President Diane Potts and IRHA Executive Director Margaret Vaughn

## **IRHA Rural Physician Lifetime of Service Awards**

**Congratulations Dr. Amir John Wahab  
IRHA Rural Physician Lifetime of Service Award Presentation  
Memorial Health - Lincoln 10/11/23**

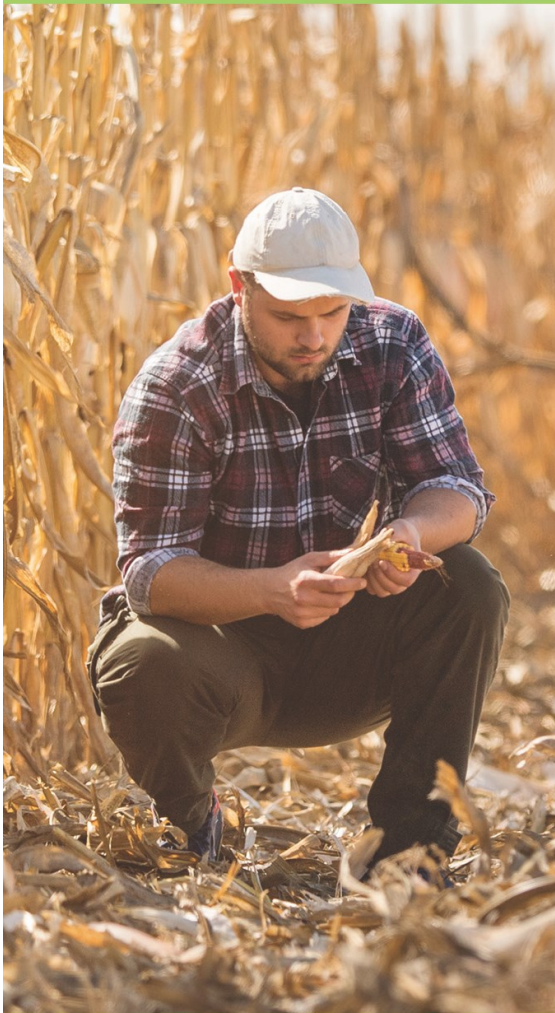


Pictured L to R: Memorial Chief Physician Executive Dr. Raj Govindaiah, IRHA President Diane Potts, State Rep William Hauter, MD (R- Morton), Sheema Wahab, Dr. Amir Wahab, IRHA Executive Director Margaret Vaughn, State Senator Sally Turner (R-Lincoln), LMH President & CEO-Dolan Dalpoas, and Memorial Medical Group





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the Farm Family Resource Initiative



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CENTER FOR RURAL HEALTH &  
SOCIAL SERVICE DEVELOPMENT

## Resources Available for Rural Providers through IL HIV Care Connect

Access to comprehensive medical care is a pervasive issue that affects those living in rural America, but especially those who are living with HIV, or newly diagnosed with HIV. With more than 10% or more of new HIV diagnosis occurring in rural areas, it is imperative that rural providers know of the resources available to them as well as their patients.

Funded by the Illinois Department of Public Health, [Illinois HIV Care Connect](#) is a statewide network providing medical case management, health care and support services to persons living with HIV. The state is divided into 8 regions with a lead agency office for each one.

Providers can refer patients to one of the [eight lead agency offices](#) where the patient can confidentially enroll for services and be assigned a case manager, who will determine their eligibility for services and benefits, which could include ambulatory care, mental health services, legal service, rental assistance, etc.

Primary care providers can also benefit from free training programs (many are webinars) to help build HIV treatment skills and learn how to access free clinical consultation services when managing the treatment needs of HIV patients through the Midwest AIDS Training and Education Center. For more information on trainings and how to enroll in the network, please visit

Illinois HIV Care Connect recently launched its [Health Beyond HIV Campaign.](#), which through their website and social media can help persons living with HIV avoid or manage co-morbidities, since they are at higher risk for conditions such as cardiovascular disease, cancer, diabetes, etc. A Health Beyond HIV Quia offers an easy way to understand how to reduce risks associated with HIV. [Health Beyond HIV Quiz](#)

However, persons living with HIV can reduce risks associated with these co-morbidities by receiving [antiretroviral therapy, or ART](#), exactly as prescribed to [suppress HIV](#) to undetectable levels in the blood. Other ways to reduce these risks include receiving recommended health screenings, preventive care and vaccinations and by following healthy diet and exercise regimens. Lowering these risks increases a person's chances of living a [long and healthy life](#).



**Melissa Graven, RN, BSN**  
**Assistant Director HIV Programs**  
**Illinois Public Health Association**



Getting and staying in regular health care can be a challenge for anyone, but it's especially important for persons living with HIV. Care providers that understand HIV can help their patients to stay on track with recommended screenings and vaccinations and provide regular encouragement to keep up with a healthy diet and exercise.



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PROGRAM

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## Heating, Cooling and Ventilation Equipment

- Boiler tuneups, steam trap surveys and replacements, advanced rooftop controls, furnace and air chiller replacements.



## Interior and Exterior LED Lighting

- Offices, patient rooms, hallways, exit signs and parking lots.
- Networked lighting controls, occupancy sensors and daylight sensors.



## New Construction Projects

- Ground-up construction, change-of-use and building additions.



## Specialty Equipment

- Ozone laundry, ultra-low temperature freezers and kitchen demand ventilation controls.

## How To Get Started

There are many more ways to save on energy costs with the Ameren Illinois Energy Efficiency Program. Schedule your **FREE Energy Consultation** with one of our highly trained Energy Advisors to help you identify energy-saving opportunities in your facility.

To schedule your consultation, call **1.866.800.0747** or visit **[AmerenIllinoisSavings.com/RuralHealth](http://AmerenIllinoisSavings.com/RuralHealth)** and start saving today!

SCAN HERE TO  
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## Illinois Dental Hygienists' Association - May the Voice Be with You

This past weekend, the Illinois Dental Hygienists' Association convened for its 94th Annual session featuring distinguished speakers Dr. Joy Void-Holmes and Rebecca Ogradny. Dr. Joy delivered insightful presentations on "The Paradigm Shift – Reimagining Your Dental Hygiene Appointment" and "You're Biased: Now What! Implicit Bias Training for the Dental Professional." While Rebecca provided valuable insights on "Mental Health Awareness and Education." Attendees displayed keen enthusiasm in assimilating these newfound skills into their dental hygiene protocols and patient care.

The event, hosted at the College of DuPage drew participants not only from the local institution but also from the esteemed Imperial Academy! Noteworthy was the presence of number of iconic figures, including Stormtroopers and Darth Vader, who lent their support to our profession. I am pleased to report that no incidents involving light sabers or BlasTech's E-11 Blasters were recorded. The special guests were warmly received, with ample opportunities for commemorative photographs. (You can find more information about the 501 Midwest Garrison @ [www.501ST.com](http://www.501ST.com))

During the General Assembly our 2023-3024 leadership team and trustees were elected. These dedicated hygienists received comprehensive training across various esteemed institutions throughout the state including: Loyola University – Maywood IL, Southern Illinois University (Carbondale), Kennedy King College – Chicago, College of DuPage – Glen Ellyn IL, Harper College – Palatine IL, Illinois Central College – Peoria, among others. With this accomplished team at the helm, our organization is poised for continued success.

A significant focus of our association pertains to the Dental and Dental Hygiene Compact, an initiative endorsed by the Council of State Governments (CSG), Department of Defense, the American Dental Association, the American Dental Hygienists Association. Supporters include:

American Dental Education Association, American Association of Orthodontics, Association of Dental Support Organization, and American Student Dental Association. This collaborative effort advocates for licensure transportability, mirroring the familiar concept of a driver's license. The impediment to providing care across state lines due to bureaucratic barriers is addressed through this endeavor. States can become members of the compact by enacting the compact model legislation through the state's legislature and governor. So far, Iowa, Tennessee and Washington State have enacted licensure compact legislation.

*(Continued on following page.)*



**Laura Scully MS RDH  
CDP PHDH CDA  
IDHA Access to Care  
Committee Chair**



**Left to Right: General Assembly Chair - Martha Delacruz Ramirez, 2023-24 IDHA President - Lori McNamara, Speaker – Dr. Joy D. Void-Holmes, Past President - Kym Dallstream, and Treasurer - Tasia Walker**

## Illinois Dental Hygienists' Association

### May the Voice Be with You

*(Continued)*

Dentists and dental hygienists who are licensed in one compact member state can practice in other participating states through a compact privilege. This website provides more information:

<https://compacts.csg.org/compact-updates/dentistry-and-dental-hygiene/>

As an update regarding the Public Health Dental Hygienist (PHDH) grant. We are on the cusp of achieving our objective to train and reimburse appropriately seventy-five hygienists trained during the grant distribution period. Data of the 2023 patient impact of this relatively new model will be accessible in early 2024. The encounter numbers for the last 3 years are included below. In 2022, over 8000 individuals benefitting from the intervention of a Public Health Dental Hygienist. Please see information table compiled by the Illinois Department of Public Health.

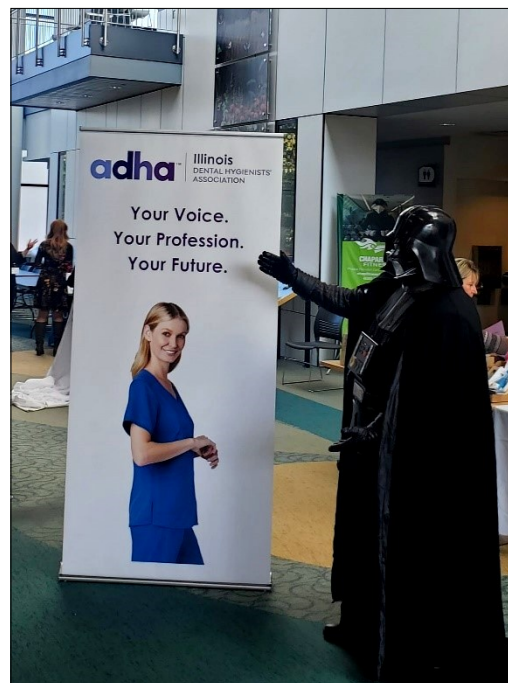


Calendar Year	#PHDH	# of Facilities	Birth – 5yo	6yo-13yo	14-18		19-64	65+	Total Encounters
2020	3	4	0	5	3		70	2	80
2021	23	29	640	1195	489		1068	78	3470
2022	28	48	931	2232	927		3330	799	8219

Table 1: Statistics of PHDH encounters reported to the IDPH for the last 3 years.

PHDHs provide new patients with preventive care prior to the dental exam; including oral assessment records such as radiographs, periodontal measurements, teeth cleaning, sealants, and topical fluoride. The utilization of teledentistry proves beneficial in instances health departments lacking a full-time dentist. In situations where the DDS is not physically present to conduct an exam, patient's intra-oral images may be transmitted, for an asynchronously or synchronously examination. This approach can prove invaluable in urgent scenarios, ensuring that patients receive the necessary care regardless of geography or time constraints.

Please contact IDHA at [publichealthidha@gmail.com](mailto:publichealthidha@gmail.com) for information on the grant, how PHDHs can work with a dentist in your area, or to sign up for the review and exam.



**Darth Vader was present to support the Illinois Dental Hygienists' Association – May the Voice Be with You!**



# Extending **Treatment** and **Prevention** Across Illinois

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## **Embracing Change to Achieve Successful Outcomes with PCMH**

Before I became the director of quality improvement at The Compliance Team, I worked for a Critical Access Hospital that had a dozen Rural Health Clinics (RHC). I was tasked with overseeing a department that hadn't been developed yet. We were calling it our integrated care department, and it would be responsible for patient activities that would lead to improved outcomes through care coordination and community resources. The main programs I would oversee would be chronic care management (CCM) and an initiative developed by Missouri Medicaid called the Primary Care Health Home (PCHH).



**Kristen Ogden, RN  
Director of Quality  
Improvement  
The Compliance Team**

One of the requirements for PCHH participation was Patient-Centered Medical Home (PCMH) accreditation. Once we were accepted into the PCHH program, we could begin enrolling patients who were Medicaid beneficiaries and had chronic medical and/or behavioral health diagnoses. We would manage their care utilizing RNs, behavioral health consultants, and community health workers, surrounding them with a care team in close collaboration with their primary care provider. For each patient enrolled in this program, we were paid a set amount per member per month. Being able to fund these services for our patients was going to be a game changer.

I knew very little about PCMH and was thrilled to learn that The Compliance Team offered an accreditation program that would sit nicely atop our RHC accreditation with them.

PCMH is a model designed to deliver value-based care and allow providers to facilitate wellness at a lower cost, which will make the organization more successful when participating in new and future programs. PCMH principles are based on enhancing day-to-day operations to improve patient access and strengthen care coordination activities to bridge gaps in health care delivery.

Change is challenging, but the transformation I witnessed within the clinics and our patients' lives was undeniable. The focus shifted from illness to wellness. We were having discussions about prevention at each visit, assessing for barriers, such as social determinants of health, and offering resources. We made efforts to identify patients frequently accessing the ER and work with them to establish action plans. Staff were feeling more invested, and patients were becoming more engaged. It was a true culture shift.

Value-based care, also known as accountable care, is ultimately designed to improve patient satisfaction and outcomes while financially rewarding providers for the quality of care they are providing at a lower cost.

Within just a couple of years of becoming a PCMH, our chronic care management program had grown from 100 to approximately 1,500 patients and our efforts were being rewarded within our ACO. Other payers were inviting us to participate in financially rewarding incentive programs. Our volume had increased due to a focus on capturing annual wellness visits, and our star ratings significantly improved. We never looked back.



# integritas

## We provide *long-term* staffing solutions.

Integritas is a physician-owned staffing company based in the central U.S. that brings physicians and hospitals together to provide efficient, effective, and compassionate care to the communities we serve. We tailor our services to client needs, and are currently providing the following staffing services to hospitals throughout the Midwest:

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We would love to learn how you are serving your community and what obstacles you face to meeting your goals!

Please reach out to us to set up a call or schedule an in-person visit!

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*Together, we can  
provide great care to  
your community.*





## The Promoting Adolescent Health (PATHway) Research Team Seeks Your Help to Increase Awareness of Study for Teens and their Families

The Promoting Adolescent Health (PATHway) research team is partnering with the National Center for Rural Health Professions to let community-based health care providers know about the opportunity for teens at risk for depression and their families to participate in this prevention study.

We are asking for your help to increase awareness and potential participation in this voluntary research study.

**The PATHway study** is a free voluntary research program for teenagers who want to improve their mood and learn coping skills to manage difficult situations. *The goal of the PATHway study is to test how to best help teens build healthy lifestyles and prevent feeling down.*



**A. Brianna Sheppard,  
PhD, MA  
Associate Director  
Rural Health Workforce  
and Center  
Development,  
National Center for  
Rural Health  
Professions,  
University of Illinois  
College of Medicine –  
Rockford**



**FIND YOUR  
PATH**



WWW.PATHWAYSTUDY.INFO

We are asking community-based health care providers and organizations to support enrollment by posting flyers and/or referring potential participants to an online consent to contact form that will connect them to the study team. We can mail print copies of flyers and brochures in English and/or Spanish upon request. Teen and family participants eligible for participation are compensated for their time.

This study has been reviewed and approved by the University of Illinois Chicago Institutional Review Board (Study ID: STUDY202201182).

If you are interested in learning more, please reach out to Dr. Bri Sheppard at the Center [brishepp@uic.edu](mailto:brishepp@uic.edu)/815-395-5902 or contact the study team at 1-844-428-7878/ [pathwaystudy@uic.edu](mailto:pathwaystudy@uic.edu).

We are happy to schedule a time to talk through this opportunity with you in more detail, answer any questions you have, and provide recruitment materials in a format that best suits your needs. Thank you for your time and consideration!



# PROJECT ECHO

(Extension for Community Healthcare Outcomes)

Are you looking to expand your knowledge on patient care? SIU School of Medicine's Project ECHO offers tele-mentoring sessions in various medical topics throughout the year. The one hour sessions take place over the lunch hour on scheduled days. Continuing education credits are available for participants.

**To sign up, click the register here buttons below each program.**

**Asthma**

**REGISTER HERE**

**Opioid**

**REGISTER HERE**

**Memory and Aging**

**REGISTER HERE**

For more information about the SIU Medicine's project ECHO, visit [siumed.edu/echo](http://siumed.edu/echo).



## MEMORY AND AGING ECHO

*Join SIU School of Medicine for discussions on key memory and aging topics*

**2nd Monday each month  
Noon - 1 pm**

*\*Registration is required to attend*

Hosted by specialists from the Smith Alzheimer's Center at SIU Medicine, each Memory and Aging ECHO session involves a case-based learning approach containing 30-minute didactic lessons followed by clinician-patient case presentations.

Continuing education credits are available for participants. **These ECHO sessions help satisfy the Illinois-required 1 hour dementia training, beginning January 1, 2023.**



TO REGISTER VISIT

<https://www.highmarksce.com/siumed/index.cfm?do=pln.viewActivity&plannerID=2749>

For more information about the SIU Medicine's project ECHO, visit [siumed.edu/echo](http://siumed.edu/echo)

