

Phone menu has been expanded

Community Health & Wellness Partners has updated our phone menu in order to better serve you! The next time you call our offices at 937.599.1411 or 937.633.0071, please listen carefully to the menu, so your call can be directed to the person or department you wish to reach.

Below is a reference to help you quickly navigate the new phone tree:

- Press **1** if you are a medical provider or calling from a medical office;
- Press **2** to schedule a **future** appointment or to schedule transportation;
- Press **3** for **same-day** appointments, medication refills, or medical questions;
- Press **4** for Behavioral Health or Medication Assisted Treatment;
- Press **6** for Billing;
- Press **8** for Spanish.

Thank you for your patience.

3 on 3 basketball tournament

Community Health & Wellness Partners is proud to be one of the sponsors for a 3 on 3 Basketball Tournament organized by Union Station. The tournament will be held in downtown Bellefontaine on July 27 & 28. Visit www.UnionStationofLoganCounty.org for more details.

Wholesome wave is off to a great start!

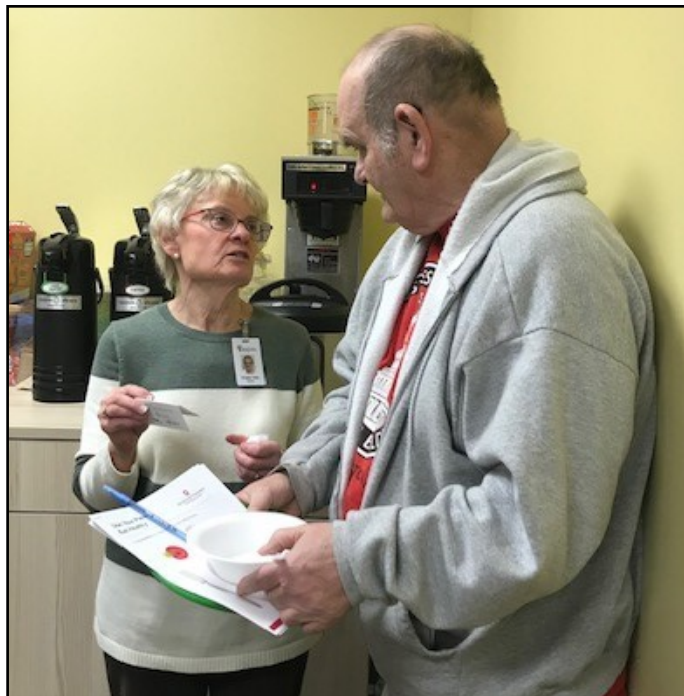
Community Health & Wellness Partners has completed the enrollment phase of the Wholesome Rx Program. Wholesome Wave is a national organization dedicated to the affordability and access to fresh produce items.

The program is made possible by a grant from the Ohio Department of Health and support from Wholesome Wave.

Our goal was to enroll 100 patients who have diabetes or pre-diabetes.

"The Ohio Department of Health allowed us to enroll even more and we are now officially closed at 128 patients!" stated Jason Martinez, PharmD, BCACP, Clinical Pharmacist at CHWP.

The grant helps us educate patients about healthy food and healthy lifestyle choices for those who live with diabetes or those who have a diagnosis of pre-diabetes. This opportunity allows us to provide "prescriptions" that can be redeemed for fresh produce at Community Markets (Bellefontaine), Thoman's IGA, Logan County Farmers Market and Indian Lake Farmers Market.



Onalee Volio, a registered dietitian at CHWP, presented tips and educational material at the first Wholesome Wave class on March 20. Healthy foods were also available for those in attendance.

Our first round of group education classes for those with pre-diabetes and diabetes participating in the Wholesome Wave Prescription for Fresh Fruits and Vegetables program has seen a strong start. We reached our enrollment goal

and had 75% participation in our first set of classes.

Additional group education sessions will be held throughout the summer.

SEE WHOLESOME — Page 5

Adult Dental Clinic assists the uninsured

A free Adult Dental Clinic was held April 24 at Robson Family Dentistry. The clinic was sponsored by Community Health & Wellness Partners, Robson Family Dentistry, and Logan County Health District.

The clinic was available for Logan County residents ages 19 and over who had not seen a dentist in the last year. Preference was given to the uninsured.

Services provided during the clinic included a routine dental exam, cleaning and x-rays.



Willie Stoltzfus, CHWP Special Project Officer, helped with the Adult Dental Clinic at Robson Family Dentistry.

MAT program is expanding to include Suboxone

At CHWP we believe that addiction is an illness and recovery is a lifelong process. The Medication Assisted Treatment (MAT) program is a first step toward recovery. Recently, CHWP had providers obtain the Data 2000 Waiver to be able to prescribe Buprenorphine:Naloxone (Suboxone), as well as Vivitrol (Naltrexone). Due to this additional MAT option, there have been changes to the requirements/process of the MAT program emphasizing individualized, team-based care that helps the patient learn about addiction with all of its effects (not just physical); and ultimately help them make a commitment to a life without alcohol and drugs.

The MAT program involves both medical and behavioral health services. The medical and behavioral health services are designed to work together to help patients achieve increased stability and a lifestyle that is free of chemical use. CHWP is committed to providing patients with a treatment program that allows them to achieve stability in their life and is personalized to ensure that it is the right fit for them.

General MAT Requirements:

To start the MAT program, patients **MUST** have a Primary Care Provider (PCP) at CHWP and will complete a Substance Use Disorder/Behavioral Health Intake with a Behavioral Health (BH) staff member. This will include history of alcohol and other drug use, evaluation of current over the counter and prescription medications being used, history of treatment (including behavioral health, substance use and medical), evaluation of the patient's strengths and assets.

Patients will meet with a BH Case Manager at this appointment. They will assist you in completing orientation which includes

a review of the requirements for the MAT program and you will sign the MAT contract.

Patients will be reviewed with the treatment team and once approved, patients will then have their first MAT appointment scheduled with a prescribing provider.

Behavioral Health Services Requirements:

Behavioral Health (BH) treatment is an important aspect of recovery as addiction can be life altering and there are often issues that need to be resolved along the way. BH treatment is designed to assist the patient in developing the knowledge and skill necessary to become and remain substance free.

Behavioral Health treatment at CHWP is **MADATORY** to receive any MAT.

Exceptions are only made if the CHWP treatment plan specifies a higher level of care than what CHWP offers or if they are court ordered to receive BH treatment at another agency.

If the patient is receiving treatment at another agency, a release of information for that agency **MUST** be completed and they will be required to complete an attendance log showing that they have received BH treatment with the other facility.

Attendance:

Attendance for all appointments at CHWP with your PCP (including MAT appointments, BH appointments and general medical health appointments) and any of the agencies the patient is referred to is extremely necessary. Participation in the MAT program may be affected if attendance is lower than anticipated.



PHARMACISTS CONFERENCE — Jason Martinez, Clinical Pharmacist at CHWP (pictured in center), recently was a presenter during the American Pharmacists Association (APhA) conference in Seattle. The association started a Special Interest Group (SIG) designed to bring together pharmacists who care for underserved patients. Jason was selected to chair the SIG by the association's advisory committee and was integral to the communications committee, engaging pharmacists on a peer-to-peer online community and leading the committee with meaningful agendas and monthly themes. Case studies have been shared about disease states, resources for managing patients, 340B advocacy, and professional resources to support medication access programs.

Atlanta Summit includes President Trump

Four of our staff members attended the Rx Drug Abuse & Heroin Summit April 22-25 in Atlanta. The conference had around 3,000 attendees and included President Donald Trump, who spoke about the progress made and future plans to address our nation's opioid epidemic. The goal of the conference was to share strategies with decision makers and allied professionals, embrace innovation, and learn about what is working in prevention, treatment and law enforcement.



ATLANTA SUMMIT — Justin Gildow, CNP; Abby Superchi, LSW; Ashley Logan, LSW, Case Manager; and Jason Martinez, PharmD, BCACP; attended the Rx Drug Abuse & Heroin Summit. Speakers included President Trump, Director of the Centers for Disease Control and Prevention, the Assistant Secretary for Mental Health and Substance Abuse, Director of the National Institute on Drug Abuse (NIDA), Director of the National Institutes of Health (NIH), and more.

Dietitian to retire

Onalee Volio, dietitian at CHWP, will retire June 1. Onalee has been a key employee at CHWP starting in May 2015 through the MedTapp grant program with OSU. When the OSU MedTapp program ended, Onalee became a full time employee with CHWP in April of 2017. Onalee was a great inspiration in developing our diabetic/nutrition program, working with Jason Martinez, PharmD to obtain DEAP, AADE accreditation. We are so grateful to have Onalee as part of our team and wish her the best as she enjoys the next stage of her journey.



ONALEE VOLIO

Alyssa Kauffman will follow Onalee as CHWP's dietitian/nutritionist.



West Liberty:

4879 US Rt. 68 South
West Liberty, OH 43357

Indian Lake:

8200 St. Rt. 366, Ste. 1
Russells Point, OH 43348

Bellefontaine:

212 E. Columbus Ave., Ste. 1
Bellefontaine, OH 43311

Phone: 937-599-1411
Fax: 937-599-4128
Website: www.chwplc.org

Behavioral staff to expand at CHWP

Community Health & Wellness Partners will be expanding its Behavioral Health staff now and over the next few months.

Due to recent changes at Consolidated Care and this month's failure of the 0.3-mill levy for Mental Health Drug and Alcohol Services, residents of Logan County and the surrounding areas are in more need of behavioral health care services.

Joining the CHWP staff on May 6 was Nancy Schmelzer, a Psychiatric Nurse Practitioner. Nancy brings a wealth and wide variety of information, working in mental health for over 20 years. She has experience working with families in crisis who needed short term counseling due to trauma, psychiatric or medical needs. Nancy graduated from The Ohio State University. She will be another asset and link to the CHWP team for our behavioral health patients.

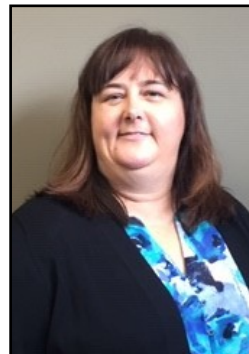
Dr. Jillian Shellabarger will be joining CHWP full time working 32 hours per week starting July 1. CHWP is very excited that she has decided to increase her time from one day a week to full time. Dr. Shellabarger has been a great asset to not only CHWP but to our patients. Dr. Shellabarger will continue the integrated team care approach, consulting with providers, seeing patients and oversee the Behavioral Health Program along with the Behavioral Health Coordinator.

Other anticipated staff additions will be a PA-C who will start on July 8, a NP-C starting in July as a part-time PRN, and an LISW-S who will start on August 5.

In other staff news, Lyndsay Wisner accepted an Outreach Associate position starting March 4. "I am absolutely loving it here. The people and the job both!" Lyndsay stated. Lyndsay, her husband, and 2 sons recently moved to Bellefontaine.

Robin Connelly joined CHWP on March 25 as a medical assistant. Robin is working alongside with Dr. Charles Kratz and Elizabeth Baumgardner, RN, to enhance patient care using a TeamCare approach.

Effective April 15, Jessica Page transitioned from being an Outreach Associate to Billing Specialist. Jessica now assists with the processing of patient medical bills and assists the Chief Financial Officer with billing and collections.



NANCY SCHMELZER



JILLIAN SHELLABARGER



LYNDSAY WISNER



ROBIN CONNELLY



JESSICA PAGE



ALYSSA KAUFFMAN

Alyssa Kauffman joined CHWP on May 20 as our registered dietitian. Alyssa is a hometown native from West Liberty. She is a recent graduate from South Dakota State University and is bringing experiences she has gained working in low income, poverty, Indian reservations as well as a community health center. Alyssa brings bright ideas, passion for serving through partnerships and building relationships, she loves to research and dive into projects.

In other news, William DeGendt's last day at CHWP as a Certified Nurse Practitioner was Feb. 12. Most of Will's patients have transitioned to other healthcare providers within CHWP.



Pharmacy Services Update

Jason Martinez, PharmD, BCACP



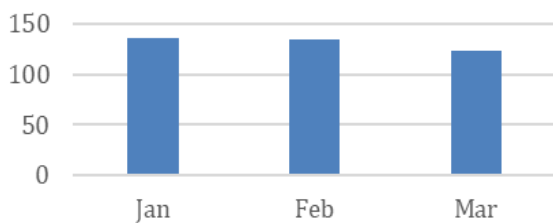
QUALITY METRICS

Total Visits:	245
Pharmacist	128
Dietitian	117

Pharmacist Interventions
(questions identified by/brought to pharmacist)

of Unique Patients with intervention: 289

Count of Pharmacist Interventions, by month



Diabetes Education Program Aggregate Data (March 2018 – March 2019)

Unique Patients:	118
DSMT visits:	280
A1C reduction:	65% of Patients
Blood Pressure reduction:	58% of Patients
Weight reduction:	73% of Patients
Foot Exam completion:	85% of Patients

340b Update

Total 340b scripts: 3200

Is Aspirin right for you?

Submitted by: *Paul Oyefesobi, PharmD candidate OSU 2019*

Until recently, your cardiologist or primary care physician most likely gave you a prescription for a low-dose aspirin (81 mg) once daily for heart disease and stroke prevention. In simple terms, low-dose aspirin is no longer recommended for the initial prevention of a cardiovascular event including: heart attacks, chest pains (angina), stroke, or aneurysms.

If you are currently taking a low-dose (baby) aspirin, you should continue taking the medication if one of the following applies to you:

- Had a previous cardiovascular event (e.g. stroke, heart attack, etc.), and **under** the age of 70.
- Have a high risk of cardiovascular disease, and very low risk of bleeding

Please talk to your doctor if you are unsure if a low-dose aspirin is right for you, or if the benefits outweigh the risk of taking the medication.

Chronic Care Management Services Now Available

Our Chronic Care Management program is now available to Community Health & Wellness Partners patients that may benefit from support with self-managing their chronic illnesses. Our Nurse Care Manager (Alicia) and Pharmacist (Jason) will work together with primary care providers to oversee and coordinate patient care.

We will focus on the patient's needs and preferences creating a patient-centered plan of care to achieve goals that matter to them. **Creating a meaningful partnership with patients and providing extra support will improve the well-being of the whole person.**

Please see Alicia or Jason with any questions.

WHOLESOME

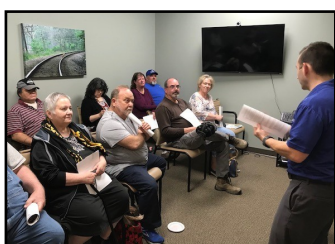
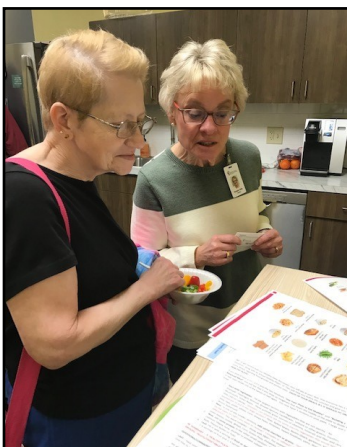
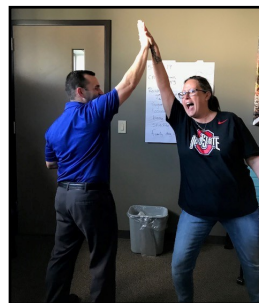
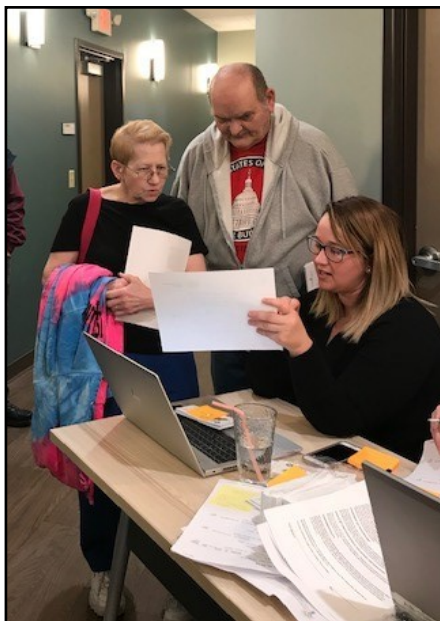
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The program launched in late February and food vouchers can be redeemed through November at local grocery stores and farmers markets.

Our center's participation in the program was featured in the metro section of the *Columbus Dispatch* on May 21 as well as the May 21 edition of APhA Pharmacy Today newsletter at <http://messaging.aphanet.org/q/1fqfuj5lx0OCwMlxzPmmYKI/vv>. The online version of the newspaper article features a short video — <https://www.youtube.com/watch?v=39IUHP3dec> — highlighting Jason Martinez and a patient's testimony on how this program has benefited her health and life.

Below are the number of patients enrolled by provider.

PROVIDER	NUMBER OF PATIENTS
Justin Gildow	28
Dr. Brian Schmidt	23
Dr. Charles Kratz	19
Joshua Bryant	15
Amanda Lollini	12
Breanna Detrick	11
Dr. Kenneth Miller	7
Leigh Ann Swank	5
Dr. Tynese Anderson	5
Paula Strebis	3
Grand Total	128





Superheroes at CHWP

For our 5th Anniversary we celebrated Super Hero Day the entire week of April 28 to May 4. We gave Super Hero capes and masks to children who were seen that week. Staff at all three sites also put together 3 super hero gift baskets as giveaway prizes for the children. Pictured are some of our heroes.



DEPRESSION AND ANXIETY: RECOGNIZING SIGNS AND SYMPTOMS



Local student interviews CHWP staff

Lily Evans, a sophomore at Bellefontaine High School, did a school project for Family, Career and Community Leaders of America (FCCLA) on the subject of Education Reform, which encompassed depression and anxiety. For the project, Lily interviewed some of the Behavioral Health staff at Community Health & Wellness Partners, including Ashley Logan, LSW, and Robin Heminger, LPC. Lily's presentation qualified her for state. Over 8,000 members and advisers will be attending FCCLA's Nationals Leadership Conference in Anaheim, CA June 30-July 4. During the conference, Lily and others attending the conference can participate in competitive events, attend leadership training and program workshops, and explore college and career fields, and network with fellow FCCLA members across the nation. The theme of FCCLA for 2018-19 is, "You can do anything you set your mind to do. Believe in Yourself as you lead others, develop new skills, explore career opportunities, build strong families, and give back to your communities. Make a difference. Be You."



Doors of encouragement

We provided 2 doors for the Doors of EnCOURagement Auction held at the Logan County Fairgrounds on April 30. This was the 8th year of Doors of EnCOURagement auction, where all proceeds go to the Logan County Cancer Society and directly benefit our friends and neighbors while going through cancer treatment and to provide preventative screenings and education. Prior to the auction all doors were displayed throughout downtown Bellefontaine. The door above says "We rise by lifting others."