

Dear Neighbor,

We began the New Year on a high note after the approval in December of several COVID-19 vaccines. Once again, I'm filled with pride for our staff, caregivers and wonderful community partners who have taken on the massive job of planning and distributing the vaccines with grace and dedication. Since December, over 10,000 people in our community have received the vaccine.



With 2021 in full swing, there is much to look forward to and many important things to accomplish. COVID-19 has commanded our attention and resources, but it has not derailed our plans to become the gold standard for health care in Montana. All of the strategic priorities we identified in 2020 are moving full steam ahead. *You can learn more about these important initiatives at sphealth.org/goldstandard.*

At the top of the list is our People First initiative. Guided by our values and commitment to create a culture that nurtures and protects its team members, this initiative began in 2020 with the restructuring of Human Resources into a new People department and investments in new leadership, staff resources and technology. Over the next two years, our People First Tiger Team will work with leaders and staff across the organization to reimagine the employee experience, redesign core HR practices and fundamentally improve how we care for and support our people.

We're carrying forward the great momentum on other important strategic priorities as well. As you'll see in this update, we continue to expand services, upgrade our facilities and offer new programs that care for our community in a more holistic way. Our ever-growing list of new providers includes specialists and primary care physicians who bring more exciting expertise to our community. We will welcome a steady stream of new caregivers over the coming months.

We want St. Peter's to be the best place our team members have ever worked. We believe that by supporting and caring for our people, they carry this forward and provide the very best care for our patients.

All the Best,

Wade C. Johnson, FACHE
Chief Executive Officer



St. Peter's Health

MARK YOUR CALENDAR!



CEO Wade Johnson will host an online forum to share the latest from your local health system:

- COVID-19 vaccine and care updates
- Welcome new providers
- New locations and services

**TUESDAY
MARCH 23
12:00-1:00 PM**

Join our email list today to receive forum dates and information:
sphealth.org/virtualforum

Congratulations for being recognized in the *Independent Record's* 2020 "Best of Helena Awards"

BEST PLACE TO WORK

St. Peter's Health

BEST PHYSICIAN

Jessica Bailey, MD

BEST HEARING AID STORE

Kelly Marrinan, AUD and the team at St. Peter's Health Medical Group Audiology

BEST NURSE

Orpha Montgomery, RN
Beverly Roope, FNP
Chris Duncan, RN

BEST DAYCARE

Pete's Place

BEST DENTIST

Kevin Rencher, DDS

BEST SURGEON

Kerry Hale, MD
William Harper, MD
John Michelotti, MD

BEST PEDIATRICIAN

Tom Strizich, MD
Michelle Danielson, MD
Callie Riggan, MD

LEADERS BEYOND OUR WALLS

Nursing expertise provides safe COVID shelter

Patient Care Services Administrator of the Day **Jennifer Reinstadler**, RN grew up volunteering and often gives her time to her church and local scouting groups. When a call went out last fall asking for help staffing temporary homeless shelters for people with COVID-19, she quickly added her name to the volunteer list.



Jennifer Reinstadler, RN was one of hundreds of St. Peter's employees to volunteer her time to help the community in 2020.

2,080+
VOLUNTEER HOURS
reported by St. Peter's
Health employees in
2020

Not long after, she got called to help. A local family needed a safe place to quarantine and was being set up in temporary housing.

Along with other volunteers, “we made the beds, found furniture, did some cleaning. Did a general survey of the house,” she said.

Jennifer spent the night with the family to make sure they had the support they needed. The family didn't require medical care, but her nursing background was put to good use.

“I already understood all the rules about PPE (personal protective equipment), what was appropriate and what was expected,” she said. “I wrote directions down for the next volunteer.”

Multiple organizations including Lewis and Clark County, YWCA Helena, Good Samaritan Ministries and Helena Salvation Army helped with the shelter.

For Jennifer, the experience not only highlighted the importance of volunteering but the far reaching effect doing good can have.

“I feel it's very important to volunteer. There's some law of the universe that when you donate your time and do service, it comes back you.”

— Jennifer Reinstadler, RN

Leading with Vision: the Fred C. Olson Learning and Development Institute

Our new Fred C. Olson Learning and Development Institute honors longtime Helena physician and former St. Peter's Interim CEO Dr. Fred Olson. Dr. Olson's leadership at St. Peter's will forever be remembered by his passion for learning and commitment to growing and developing our team members. The institute leads employee education, training and development initiatives, and manages numerous employee education scholarship programs. Any St. Peter's employee wishing to further his or her education or training is eligible to receive financial assistance in the form of a scholarship. [Learn more or donate at sphealth.org/foundation](https://sphealth.org/foundation)

CDC STUDY REPORTS:
OVER 40%
OF AMERICANS HAVE
**DELAYED SEEKING
MEDICAL CARE**
DURING THE PANDEMIC



**MINOR CONDITIONS
ARE TURNING INTO
MAJOR ISSUES**

**DO NOT
DELAY
CARE**

**WE'RE PREPARED
TO SAFELY CARE
FOR ALL PATIENTS**



IMMEDIATE IMPACT: CRISIS RESPONSE TEAM SHARES EARLY SUCCESS

The St. Peter's Health Mobile Crisis Response Team (MCRT) program began partnering in November with local law enforcement agencies to provide crisis intervention services throughout the community. In less than four months since the program's launch, our crisis response team can already see the tremendous impact the program is having on community mental health issues.

The MCRT team has already helped 63 community members avoid a trip to jail or the emergency room.

Crisis response team member **Kristie Stephenson** saw a key change in one client's demeanor just

a few minutes into their conversation. Kristie arrived on the scene after being dispatched at the request of local law enforcement officers.

"I had a client who was suicidal and had a plan to end (their) life," she said. "We were able to carry on a conversation.

“It's really rewarding when we can defuse the situation, keep someone safe and make a really solid plan to support everyone involved.”

— *Jadin VanSteenwort, Mobile Crisis Response Team member*

This eventually allowed us to complete a safety plan and avoid transporting this individual to the emergency room.”

Jadin VanSteenwort was able to work with a local emergency housing agency to help a client keep their housing during a mental health crisis. The client is now volunteering for the organization. Without the intervention, “it's hard to know what would have happened,” he said.

Crisis response therapist **Cody Danielson** recalled a recent situation where he was called to help a client recently released from jail find a safe place to stay.

“She had nowhere to go, and no idea how to get anywhere. Really, I worked as a liaison connecting her with community resources and helping her navigate between systems,” he said.

The MCRT is grant funded and offered in partnership with Lewis and Clark County.

The program has been a much appreciated resource for both the Helena Police Department and Lewis and Clark County Sheriff's Office.

According to Lewis and Clark County Sheriff's Office Cpt. Kevin Wright, the teams often work together to decide the best outcome for clients. And, when MCRT can help triage issues related to mental and behavioral health, it frees up officer time for other calls and patrol.

“I am looking forward to what the future holds for the program and am hoping that the community sees as many benefits as we do at the HPD,” Helena Police Department Sgt. Danny David said.

St. Peter's recently added another team member to the MCRT and will continue to grow the program until crisis support is available 24 hours a day, seven days a week. The therapists are especially anxious to see the program grow so they will have even more success stories to share.

Please Help Us Welcome these New St. Peter's Health Providers:

HOSPITALIST



Paul Perry, DO
Regional Medical Center

ANESTHESIOLOGY



Benjamin Bergstrom, CRNA
Regional Medical Center

GASTROENTEROLOGY



Robert McVie, NP
North Clinic

CARDIOLOGY

Elizabeth Holper, MD
Regional Medical Center

PALLIATIVE CARE



Emma Johnson, PA
Regional Medical Center

URGENT CARE



Melissa Abraham, NP
North Clinic & Regional Medical Center



Guthrie Lewis, PA
North Clinic & Regional Medical Center

Coming Soon

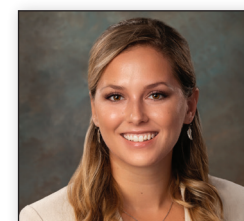
ANESTHESIOLOGY

Tiffany Selong, MD
Regional Medical Center

New independent providers



Aaron Cross, DO
Physical Medicine and Rehabilitation
Helena Orthopaedic Clinic



Austen Sparrow, PA
Orthopaedic Surgery
Helena Orthopaedic Clinic



Emile Legendre, PA
Emergency Medicine
St. Peter's Health
Emergency Department



Martin Neubert, PA
Emergency Medicine
St. Peter's Health
Emergency Department

WHOLE FAMILY SUPPORT: CARING THROUGH CONNECTION

As a Care Manager at St. Peter's, Kelsey Kyle, RN, PMH-C is proud to say she's dedicated her career to caring for families and children. She knows better than most how important this kind of care can be.

Kelsey's parents both struggled with addiction and mental health issues. She struggled with postpartum depression and has been on her own journey to find help and heal.

"I know personally how vulnerable people can be," she said.

No matter the situation, challenges are common for soon-to-be parents and people caring for newborns and babies. That's why Kelsey is leading the initiative at St. Peter's to expand support, resources and services for families and caregivers during pregnancy and through the first year postpartum.

St. Peter's recently received a \$50,000 award—one of only two nationwide—from the Agency for Healthcare Research and Quality that will help support the newly-created Taking Care of You program. The program offers whole family support for things like depression, anxiety, substance use, stress, grief/loss and challenges with social needs

like housing. Care Manager Stephanie Bauch, RN recently joined the effort to serve as another liaison for families.

Kelsey and Stephanie spend their days reaching out to new parents or pregnant women who have been connected with them through their medical providers.

"For new moms, I ask how mom's doing, check on physical symptoms, check on how baby is feeding, ask about support systems," Kelsey said. "We talk through concerns, and I can facilitate connections to other support."

Meadowlark Initiative funding through the Montana Healthcare Foundation also helps St. Peter's reach those with substance use and mental health concerns in pregnancy by identifying at-risk individuals.

Kelsey has seen how this support can help change the course of a patient's life.

"It's such an honor to be a part of this journey with people," Kelsey said. "We walk with them on the journey for as long as it takes."



Pictured with her father, Kelsey Kyle, RN, PMH-C grew up with parents that struggled with addiction and mental health issues. She draws from her own experience to help other families deal with those challenges.

EXPANDING SERVICES IN OUR COMMUNITIES

NOW OPEN!

ST. PETER'S HEALTH PHYSICAL REHABILITATION - NORTH

Serving Helena's Northside, at 3439 Ptarmigan Lane, our newest physical rehabilitation location offers physical therapy, occupational therapy and speech-language pathology from a multi-specialty therapist team with over 30 years of experience.

NEW SERVICE:

ADVANCED WOUND CARE

We are excited to offer a new service to people in the community living with chronic wounds. Led by **Dr. John Galt**, General Surgeon, the St. Peter's Health Wound Care Center offers specialized wound care in Helena for the first time, and is the only clinic in the area to offer state-of-the-art Hyperbaric Oxygen Therapy (HBOT), a highly effective treatment for a variety of conditions.

What is Hyperbaric Oxygen Therapy?

Hyperbaric Oxygen Therapy, or HBOT, is a medical treatment sometimes used to treat chronic wounds. Patients lay on a stretcher inside a transparent chamber and breathe 100 percent oxygen.

How does HBOT work?

HBOT increases the blood's ability to carry oxygen to wound tissue. White blood cell activity is also enhanced. HBOT also accelerates the formation of blood vessels at the wound site.

Who can benefit from HBOT?

People with wounds that haven't healed in four weeks should ask their provider for more information. HBOT is often used to treat diabetic foot ulcers, radiation injuries to tissue and bone, and compromised skin grafts.

“Chronic wounds can derail people's lives. Bringing specialized wound care to our community will give patients access to advanced treatments right in their backyards.”

— Jane O'Driscoll, PT, Director,
Wound Care Center





Luanne Tangedal, RN prepares a vaccine for a patient at the St. Peter's vaccination clinic. Montana has garnered national attention for its success delivering COVID-19 vaccinations to eligible community members.

BEHIND THE SCENES: HISTORIC VACCINE ROLLOUT

A massive logistical undertaking, St. Peter's Health is working closely with public health and community health care partners to ensure the vaccine is distributed promptly and efficiently.

One of the innovative distribution methods developed by the Lewis and Clark County Vaccine Planning Group is the Mobile COVID-19 Vaccination clinic. Health care workers in partnership with the Blue Cross Blue Shield Care Van program bring the vaccine to remote rural areas with less access to health care and vulnerable populations that have barriers, such as transportation, to receiving the vaccine at a clinic or community location.

So far, the mobile clinics have vaccinated hundreds of our most vulnerable community members.

Thanks to all our local health care partners for their hard work and collaboration.

- PureView Health Center
- Elkhorn Community Organizations Active in Disaster
- Lewis and Clark Public Health
- Carroll College
- Montana Department of Public Health and Human Services
- Blue Cross Blue Shield Care Van Program
- Rocky Mountain Development Council

COVID VACCINE Q&A

Read the full COVID-19 vaccine Q&A by Clinical Pharmacy Manager Tom Richardson, PharmD, BCIDP and Infectious Disease Specialist and Hospitalist Dr. Anne Anglim at sphealth.org

Does the vaccine give you COVID-19?

No, the COVID-19 vaccine does NOT give you COVID-19.

Should we be worried about the speed at which the vaccine was developed?

It is normal to have questions about the COVID-19 vaccine, especially since it was created so rapidly, but no steps were skipped in the production and testing of the vaccines. St. Peter's Health endorses the process which led to the release of these vaccines.

What are the side effects that people may experience?

St. Peter's Health has now vaccinated over 1,200 employees. The vast majority had mild side effects after the first shot and more pronounced side effects after the second shot, including body aches, fever and chills. Side effects, however, are good news. They mean the vaccine is working.

When can I get a vaccine?

When you can get a vaccine depends on many factors, including your age and other health considerations, as well as vaccine supply. It's important to check lccountymt.gov and sphealth.org often for updated information. The distribution of the vaccine throughout our community will be done in phases due to limited supply.

“We still need everyone's help to slow the spread of the virus. Continuing to take everyday precautions is more important than ever.”

— Dr. Tracy Dill, St. Peter's Health Hospitalist