Living Well
A Community Newsletter

Livingston HealthCare physician Douglas Wadle, MD runs on Alpenglow Trail, adjacent to the new medical center.

March 2017
What's Inside:

1 Behavioral Health Integration
4 Meet the Winfreys
8 New Medical Center Stats
Livingston HealthCare had an eventful year in 2016. In addition to having our first full year in the new medical center, we continue to grow medical services to meet the health needs of this community. The Livingston HealthCare team serves this community proudly and strives every day to offer a healing experience.

I have been in over a hundred hospitals and clinics nationwide and I would rank our medical center near the top based on the healing environment that it provides. From the natural setting to the world-class artwork, there is a calming, restorative nature to this medical center.

Nevertheless, healing comes through relationships. There is a generosity of spirit in this community that I am privileged to witness every day. Our skilled and compassionate team of caregivers feels honored to provide treatment and care when you need it most. Thank you for letting us be part of your life.

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BREN LOWE
Chief Executive Officer
Livingston HealthCare

Integrating Behavioral Health into Primary Care Services

Behavioral health (bē-hā-vyә-rәl helth) n : the healthcare system that deals with the diagnosis and treatment of mental health, substance abuse, and associated physical disorders.

In the next few months, Livingston HealthCare (LHC) will begin integrating behavioral health resources into primary care, with the goal of identifying and treating more patients struggling with mental illness and substance abuse.

LHC’s primary care physicians will ask every patient two simple, direct questions about their mental health state over the past two weeks. In addition, a licensed clinical social worker (LCSW) with mental health certification will serve as a liaison between LHC’s primary care providers, staff psychiatrists Bruce Swarny, MD and Ana Stan, MD, and community behavioral health resources.

Mental illness and substance use disorders are common, serious problems in Montana—and Park County holds the second highest suicide rate in the state, according to the Montana Department of Public Health and Human Services.

Receiving both behavioral health and primary care treatment in one integrated setting can help people continue to work or attend school, to engage with their families, to participate in their communities, and to be able to thrive.

This new model of care is funded in part by a grant from Montana Healthcare Foundation via the Livingston HealthCare Foundation.

“The integration of behavioral health and primary care at Livingston HealthCare provides our community both same-day access and accessibility to a wide range of behavioral health services.”

—Scott Coleman, MD, LHC Medical Director
Meet Our Newest Providers

**Kyra Piñango, MD**
*Family Practice with OB*

Kyra is a Livingston native who realized she wanted to be a physician after a high school mission trip to an orphanage in El Salvador. She enjoys being home and serving her community.

**Russell Saari, PA-C**
*Orthopedics*

Russell's orthopedics career has encompassed 28 years with the U.S. Navy, both stateside, as well as tours to Africa and Afghanistan. Russell and his wife were especially drawn to Livingston because they feel most at home in a small, connected community.

**Gregg Schellack, DO**
*Orthopedic Surgeon*

Raised on a ranch near Dillon, Gregg's career as an orthopedic surgeon has included serving as Director of Surgical Services at Naval Hospital Lemoore, California. He also has experience in pediatric orthopedics. Gregg met Russell Saari, PA-C while serving at Lemoore.

**Kelly Walker, MD**
*Family Practice with OB*

Kelly joins the LHC team after having completed her medical degree at University of Washington and her residency at Ventura County Medical Center in California. She enjoys working with patients at all stages of life—from infants to adults, as well as in pregnancy.

**Ana Stan, MD**
*Psychiatry*

Ana completed her medical degree and residency in psychiatry in Bucharest, Romania. Prior to joining LHC in 2016, she worked as assistant professor in the psychiatry department at University of Texas Southwestern Medical Center.

**Henry Piñango, MD**
*Internal Medicine*

Henry discovered he had a passion for caring for the elderly while working as a nursing home aid as a teenager. He also serves as Livingston HealthCare’s Hospice Medical Director.

**Bruce Swarny, MD**
*Psychiatry*

Bruce worked as a family physician in Glendive, Montana for more than a decade before moving to Seattle to complete his residency in psychiatry at University of Washington. He also completed a two-year psychotherapy program at the Seattle Psychoanalytic Society and Institute.

**Relative Roberts, MD**
*General Surgeon*

Justin comes to LHC from Texas Tech University, Lubbock. He previously worked as an Associate Professor of Surgery, while also serving as a surgeon at a Level I trauma and regional burn center. He has received numerous awards in teaching and mentoring while working as a surgeon.

**Kelly Walker, MD**
*Family Practice with OB*

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**Rae Stevenson, MD**
*Family Practice with OB*

A Livingston native, Rae always knew she would return home one day to serve those in her community. She received her medical degree from University of Washington and completed a fellowship in obstetrics at Tacoma Family Medicine in Washington.

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Visit LivingstonHealthCare.org for more information about our providers and services.
A Team Approach to Patient Care:

Meet the Winfreys

About a year after opening the Shane G. Lalani Family Birth Center at Livingston HealthCare (LHC), doctors, staff—and—most importantly—parents Ross and Megan Winfrey welcomed the medical center’s first set of twins.

Libby and Vanessa Winfrey arrived the evening of October 28, 2016 and represent the fourth generation of twins.

Megan Winfrey welcomed the medical center’s first set of twins. The twin girls joined their brother Cooper (2) and big sister Lydia (4), who were born at Livingston HealthCare’s previous location. The Winfrey’s discovered Megan was carrying twins.

After reviewing Megan’s pregnancy and health history with the high-risk obstetrics specialty providers at LHC affiliate Billings Clinic, Dr. Helin reassured the Winfreys that they could safely continue their special pregnancy close to home in Livingston. She recommended the pregnancy be limited to 38 weeks for the health and safety of mother and babies, and regularly shared the progress of Megan’s pregnancy with other members of the birth center team. Megan toured the LHC birth center and adjacent operating room, just upstairs from the clinic where she had her regular appointments.

PERSONALIZED CARE

After her pregnancy progressed without complication, Megan and Ross strongly believed it was best to carry the babies to full term (40 weeks). Having close relationships with their medical providers allowed the family to create a plan with the care team that ensured a safe delivery and honored their wishes to await natural labor. As it turns out, Dr. Kyra Piñango—the newest family medicine/OB physician on LHC’s staff—was on call to deliver the first twin, Libby.

“We have delivered all four of our children at LHC. We love the way the doctors listen, the familiarity of the OB nurses and how much they love their patients and babies.”

—Megan Winfrey

“Preparing for this application and site visit really formalized the long-standing culture of family-centered care that has made Livingston Healthcare a safe and comfortable place to have babies,” says Denise Helin, MD, Chair of LHC’s Women’s Health Department.

Livingston HealthCare (LHC) has received prestigious international recognition as a Baby-Friendly® designated birth facility. The designation comes after two Baby-Friendly USA staff members completed a comprehensive on-site survey at LHC in early February of this year. LHC is now one of just seven hospitals in Montana certified as Baby-Friendly®. Livingston HealthCare Receives Prestigious Baby-Friendly® Designation

After a year and six months of preparation and an on-site survey at LHC in early February, Livingston HealthCare (LHC) has been recognized as a Baby-Friendly® Hospital. Livingston HealthCare is now one of just seven hospitals in Montana to receive this designation. The recognition as a Baby-Friendly® hospital is the result of a comprehensive on-site survey conducted by Baby-Friendly USA, Inc., the organization authorized to grant the Baby-Friendly® Hospital Initiative Certification. Livingston HealthCare was evaluated on ten key criteria: management and administration, outreach, maternal nutrition before and during pregnancy, preconception care, GBM education and empowerment, infant feeding education and counseling, breastfeeding support in the hospital setting, availability of breastfeeding support outside the hospital setting, and data collection and feedback. Each criteria was weighted differently, with up to 100 points possible on each criterion, and totaled 1000 points. Livingston HealthCare scored 992 points, achieving the highest level of attainment in the United States.

The Baby-Friendly® Hospital Initiative is a global program sponsored by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF). The initiative encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies.

Based on the Ten Steps to Successful Breastfeeding, this international award recognizes birth facilities that offer breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies.

“We value the role of breastfeeding in nurturing the newest members of our community, and are proud to have met the highest standards of education and support represented in the Baby-Friendly designation.”

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Donor list from July 1, 2016 – December 31, 2016

Thank you.

We could not succeed without the support of donors like you.
Livingston HealthCare: New Medical Center in a Heartbeat

- TOP 20 out of over 1,300 Critical Access Hospitals nationwide
- 5,846 visits to the Emergency Room
- 108 babies born
- 32% increase in surgeries performed
- 1 of 7 Designated Baby-Friendly hospitals in MT
- Jobs added since the opening of the new medical center
- Home Care ranked in the top 25% nationwide
- Emergency Department honored with awards for quality patient care

Mental Health First Aid Courses Offered at Livingston HealthCare

In mid-January 2017, Livingston HealthCare hosted a free Mental Health First Aid course—also known as QPR—for both staff and community members.

QPR stands for Question, Persuade and Refer. Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis. They also learn how to question a person who may be having suicidal thoughts, persuade the person to consider help, and refer the person to a qualified caregiver.

The class is taught by Julie Anderson, licensed counselor with Park County Southwest Chemical Dependency Program. Anderson is a certified gatekeeper for QPR. Gatekeepers can be anyone, from parents, friends and teachers to doctors, nurses and firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

The course is not intended to prepare anyone to counsel a troubled individual, but rather to get them to someone who can care for their medical and behavioral health needs before it leads to self-harm or suicide.

LHC plans to offer more QPR courses as demand requires. If you are interested in attending a future class, please email Communications@LivingstonHealthCare.org with your contact information.
When feeling better just can’t wait, UrgentCare is here for you!

For a minor illness or injury that can’t wait for your primary care doctor to see you, visit our talented UrgentCare team.

Margaret Marsh, FNP
Family Medicine
UrgentCare

Brice Suhay, PA
Family Medicine
UrgentCare

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4. Meet the Winfrey’s
8. New Medical Center Stats