

Living Well

A Community Newsletter



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

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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.

“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.”

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.



BREN LOWE
Chief Executive Officer
Livingston HealthCare



Integrating Behavioral Health into Primary Care Services

be·hav·ior·al health \bē-'hā-vyə-rəl '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.

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.



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.

Justin 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.



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.



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.



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.

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 Winfrey’s born at LHC. The twin girls joined their brother Cooper (2) and big sister Lydia (4), who were born at Livingston HealthCare’s previous location.

Megan said having her babies at LHC was important to her because she knew from experience her family was going to be well cared for by the LHC team. The Winfrey’s relationships were the deciding factor that

bolstered Megan’s confidence when her third and most challenging pregnancy came to pass. “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,” said Megan.

A TEAM OF EXPERTS IN ONE LOCATION

About five months into her care at LHC’s prenatal clinic—just downstairs from the Family Birth Center—the Winfrey’s discovered Megan was carrying twins. This revelation prompted her primary care physician, LHC Medical Director Scott Coleman, MD to call in his colleague, Denise Helin, MD, OB/GYN for added expertise.

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

“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

newest family medicine/OB physician on LHC’s staff—was on call to deliver the first twin, Libby.



LHC physicians Denise Helin, MD (left) and Kyra Piñango, MD (right) helped welcome twins Vanessa and Libby Winfrey into the world on October 28, 2016.

Thanks to good communication and planning, the team was prepared for high risk interventions. The fourth Winfrey child, Vanessa, was delivered by Dr. Helin in the operating room during an emergency Cesarean section. “When the labor started to cause distress for Vanessa, Dr. Helin saved us,” says Megan. “She is an amazing surgeon.”

Megan adds that she’s “the type of mom who would have babies at home if I could—I’m totally about the natural.” But the delivery at LHC was “the next best thing. I wanted that team there if I needed it. And they were. Even with the complications, it was perfect.”



All of Ross and Megan Winfrey’s children were born at LHC: (from left to right) Libby (5 months), Cooper (2), Lydia (4) and Vanessa (5 months).

Livingston HealthCare Receives Prestigious Baby-Friendly® Designation

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®.**

Baby-Friendly USA, Inc is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative

(BFHI), 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. “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. **“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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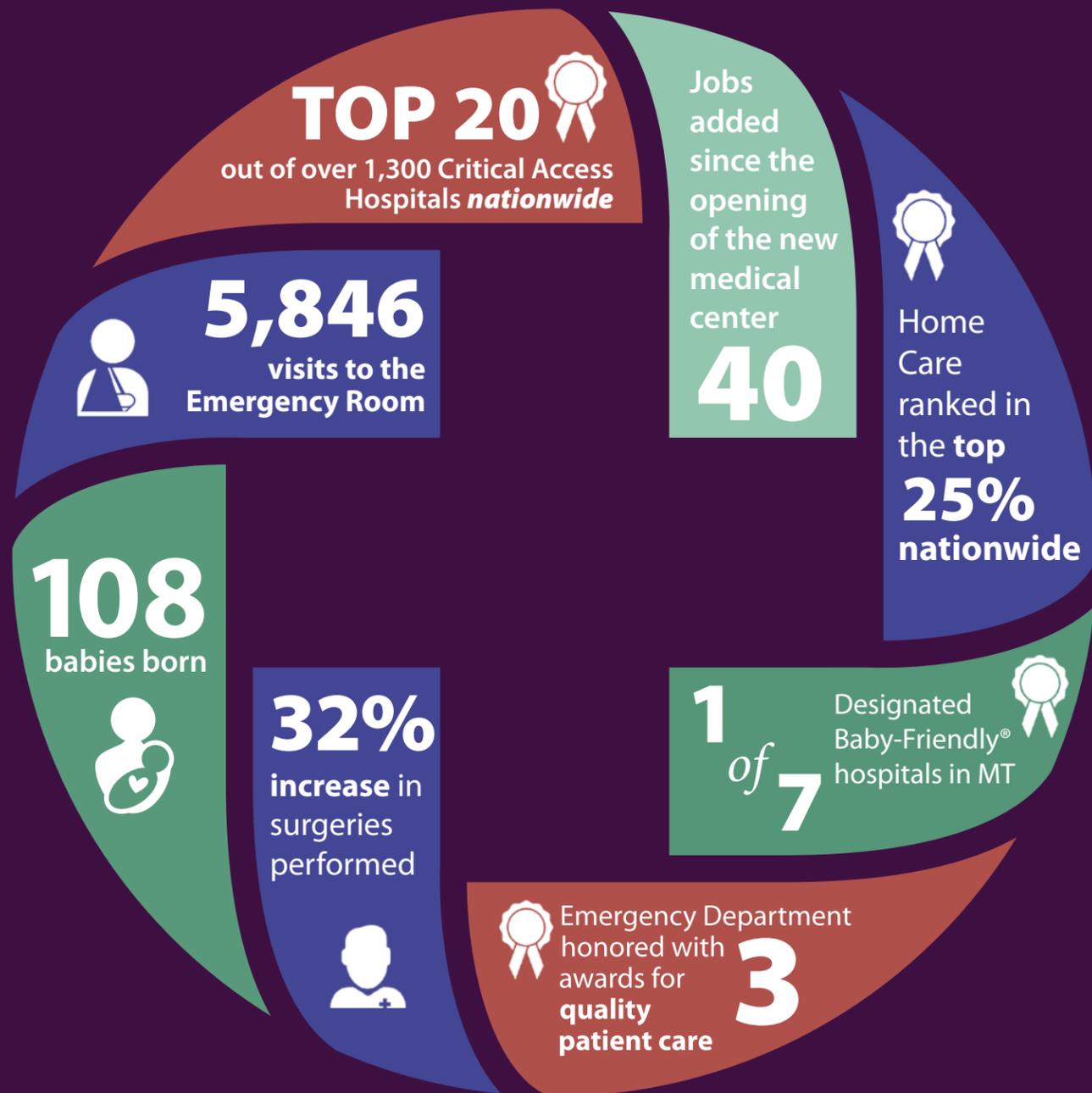
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Livingston HealthCare: New Medical Center in a Heartbeat



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.



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