

## INSIDE THIS ISSUE

The Ultimate Patient Guide: Everything You Need to Know About Delivering at Trinity Health

Trinity Health Welcomes new Chief Financial Officer to Team

Flu Vaccines

Returning to the Classroom: Effective Mental Health Strategies for Parents and Teachers

Back-to-School Stress: How to Recognize and Address Mental Health Issues in Children

New Providers

RehabCare Earns Three-Year CARF Accreditation

Viking Babies Born Just in Time for the Norsk Høstfest

Trinity Health Hospital Visitor Information Update

Trinity Health is Nationally Recognized for its Commitment to Providing High Quality Stroke Care

The Impact of Trinity Health's EMT Program

Events Calendar



Amy Artz tells her story during the Trinity Health Foundation 2024 Building Hope Women's Golf Tournament at Souris Valley Golf Course.

## Survival and Strength: the Story of Amy Artz

This is the story of her survival. A North Dakota girl, through and through, Amy was born in Minot and raised in Glenburn. She earned a degree in elementary education from Minot State University, plus a master's degree from North Dakota State University in school counseling. Amy spent nine years working in the TGU School District, ultimately choosing to stay home and raise her family in Bottineau.

Married to her husband Pat since 2008, local Bank President and small grain farmer, Amy has since been what she likes to call a "professional volunteer" and is actively involved in the community. Aside from raising their daughters, you can find Amy selling cabi clothing, as the Summer Rec "Chaos Coordinator" and President of the Bottineau Figure Skating Club. Calling herself a professional volunteer might have been an understatement with how much time Amy has given to the community.

When Amy was 39, however, her life took a turn and began to change. It all started when Tim Bedell, MD, Trinity Health OB/GYN, suggested that Amy should get a mammogram. Initially, Amy felt like that was unnecessary.

"I thought it was ridiculous and unnecessary. I'm 39, I have no family history of cancer or genetics. I felt like there was no indication that I would be a young cancer patient," said Amy. Dr. Bedell, however, let Amy know that it was important to have a mammogram to establish a baseline for future exams. Begrudgingly, Amy decided to oblige.

That mammogram took place in the spring of 2018. With a clear mammogram, Amy had no worries to consider after it was done. She then got a letter in the mail in May of 2019 saying it was time to schedule her yearly mammogram. Of course, this would just be as routine as the first, or so she thought.

Going into the second mammogram, Amy felt much more prepared, and she felt like this was something that she and Dr. Bedell would be able to talk about during her regularly scheduled appointment which was set to happen in June. But then the phone rang five days after the mammogram.

"I got a call within five days of the mammogram and, you know, they said this is precautionary and it happens to a lot of women. His nurse said there was not anything to panic about, but she told me they saw a couple of things that they wanted to look into more," said Amy.

Immediately after the phone call, Amy could tell something seemed different. She began to wonder what they could have possibly found while also keeping in mind that it could be precautionary and might not be anything.

The diagnostic process began, which included a diagnostic mammogram, an ultrasound and a breast biopsy. Then came the news that changed her life forever: she had invasive ductal carcinoma, or breast cancer.

"I got the phone call on June 21 when I was driving near the Minot Air Force Base and I remember hearing the voice say, 'Amy, it is Dr. Bedell. I am so sorry; I hate this kind of phone call.' I remember thinking I had 12 minutes to get my act together before I had to go pick up our kids and pretend that nothing was going on. It was a very surreal and weird thing."

Amy added, "it was very stunning. I think there is a shield of armor that goes around you from the minute you hear that news until you can let yourself let it down, which was quite some time for me. It is a lot of information, fear and worry. I just kept wondering if this was really happening."

After getting some time to process everything and to tell her loved ones, Amy and her family started determining a treatment plan by meeting with surgeons and oncologists. By the middle of July of 2019, she knew what she was up against and what the road ahead looked like.

During that process, she received advice from Jerel Brandt, DO, a general surgeon with Trinity Health, that helped her out a lot in her journey.

"Dr. Jerel Brandt gave me the best advice and I share it with everyone when I tell my story. He said, 'your emotional urgency is far greater than your physical urgency.' I took that small peace of mind to every single appointment. When you

continued on page 2



Bryon Peterson (left) and Zayra Cruz (right), Sleep Center Trainee, work on proper mask fitting at the Trinity Health Sleep Center.

## From Tired to Thankful: Bryon Peterson's Sleep Study Journey

Around seven years ago when Bryon Peterson was diagnosed with sleep apnea, his initial treatment involved the use of a continuous positive airway pressure (CPAP) machine with the hope of being able to sleep better each night. That, however, was not the case and it got to the point where Bryon no longer used the CPAP machine because he was tired of fighting with it to get comfortable.

"I was fighting with the CPAP machine and mask every night for as long as I could and I eventually quit wearing it...I was having nightmares and such bad headaches from it," said Bryon.

What seemed like an opportunity to get better turned into a moment of more frustration, but it eventually opened a door to get Bryon on track for a healthier, more consistent sleep schedule. Communication was a key component to getting the answers he was looking for.

continued on page 2



# Survival continued from page 1

hear you have cancer, you just want it out and you want to be done. But you have to trust the process. Tests and treatment plans take time to create.”

When it came time to determine the treatment plan, everything was established with Trinity Health in Minot. Since Trinity Health is a member of the Mayo Clinic Care Network, there was further consultation completed with Mayo Clinic in Rochester, Minn.

One day after her 41st birthday, Amy began chemotherapy at the Trinity Health CancerCare Center. She admittedly was in the “anger stage” of her recovery journey. Amy shared that the stages of grief follow the same patterns in cancer as they do in any loss.

The early stages of that process were rough, as Amy recalls feeling sick, miserable and crying all the time. She then transitioned from the TCHP chemo regimen to weekly Taxol chemo, before eventually having to face what people call the “red devil.” The “red devil,” also known as Adriamycin, is a chemotherapy medication that gets its nickname because of its color and the wicked side effects that it can cause.

Amy, however, referred to the “red devil” as “big red” instead because she didn’t think the medication deserved to be called anything else. She remembers begging her oncologist to give her anything but the “red devil” when switching her course of treatment. However, it was in fact the best course for treating her cancer. “That pretty much wiped out my entire immune system and put me in the hospital for five days when I was done with it, and that one was pretty wicked,” said Amy.

Once Amy finished her chemo treatments, it was time for the next step which was surgery. With Trinity Health and Mayo Clinic teaming up for Amy’s treatment plan, this meant heading to Rochester in February of 2020 for a double mastectomy. Amy’s cancer was classified as Stage 3 with 15 affected lymph nodes. Upon a successful surgery, Amy was declared cancer free as of February 5, 2020.

“When you are halfway, or what you think is halfway into your treatment, you kind of just become numb to all of it and you are more concerned with surviving than you are with the processing or any of the real emotional stuff, so I was very glad to have that procedure done and to get the cancer out of my body.”

With five weeks of proton therapy treatments coming up next, Amy, her parents and her two daughters moved to Rochester temporarily in April of 2020 while her husband stayed home to work. Making this time even more difficult was the fact that all these major life changes were happening during COVID which created even more uncertainty. Luckily, there were no changes to Amy’s treatment during this time.

“I was lucky enough that I was able to continue with my proton treatment. We chose that treatment with the recommendation of my oncologist because my tumors were very close to my heart and lungs. Proton treatment is a narrowly targeted form of radiation using proton beams for fewer side effects and precision in treating critical areas.”

Amy added, “it was a great treatment at Mayo Clinic and I’m very thankful for the partnership between Trinity Health and Mayo Clinic. Every step of the way my plan was reviewed by Mayo’s experts and Trinity’s experts, and it was agreed upon using the most current research and protocols. I felt super comfortable being treated at home or close to home.”

The end of the five weeks of proton therapy treatments also meant it was the end of Amy and her girls having to live in Rochester and be away from her husband. While Amy was looking forward to heading back home, it was a bittersweet moment for her to leave Rochester.

“It was bittersweet. I will hold Rochester as a community dear in my heart for many reasons. It’s a medical treatment-based community and they cater to their patients. We liked the house we were in and we liked going to Flapdoodles which is their famous ice cream shop,” said Amy.

Amy added, “my mom, dad, the girls and I joked that we kind of ate our feelings in ice cream at Flapdoodles. You have to find the humor in all of this. We laughed and we have some good memories during different treatments. We were so happy to come home and have our family all together again, and yet, I just felt a little bit of sadness and gratitude for the place that was such a big part of my treatment. Cancer patients feel uncomfortable when the safety of treatment plans are done. It’s a strange mix of fear and excitement that only cancer patients can understand.”

Amy continued her treatment in Minot with 14 treatments of Kadcylla. Her active treatment now includes daily medication in combination with a shot once a month to provide hormone suppression. Amy will be five years cancer free in February of 2025.

Throughout her journey, Amy learned a lot about herself, as she says, “there is life before cancer (BC) and life after cancer (AC). I am not the same person as I was in 2019. Cancer changes everything. I have to be grateful for all of it. I have learned to take better care of my mental health which has been huge. We are super busy people here. Our kids are active in a lot of things, and we are as well. Regaining my energy has been a major obstacle in recovery. This is probably the year that I have felt more distant from any symptoms of cancer treatment than I have felt in a long time. It just continues to improve as my energy improves.”

Amy added, “occasionally someone will say, ‘think about what you have been through with your body. It has been a war, and it takes a while to recover.’ I try to remind myself of that and give myself grace, but overall, my health is really good, and I’m really pleased with where I’m at.”

Despite being happy with her health, Amy acknowledges that there will always be fear and worry, with recurrence at the top of that list. During those moments, she makes sure she speaks with her oncologist to talk things through, and they will get a scan if they feel like it is necessary.

“I once thought the cancer treatment lasted a short amount of time and then it is over. I now realize that this will be the rest of my life. I am very open with my

continued on page 4



*Bryon Peterson (left) and Zayra Cruz (right), Sleep Center Trainee, going over paperwork during one of Bryon’s visits at the Trinity Health Sleep Center.*

# Sleep continued from page 1

“Another sleep test was done and that was when somebody finally explained the full process and results from a sleep study. I found out I was having more than 60 episodes in 60 minutes.”

Shortly after, Shakeel Tabish, MD, a neurologist at Trinity Health called Bryon so they could sit down and meet. Dr. Tabish worked closely with Jutta Schmidt, a Certified Sleep Educator and manager of Trinity Health’s Sleep Center, as the two explained the sleep study and results to Bryon in great detail. Bryon mentioned this was extremely beneficial to him, as they explained things in a way that he could understand.

From there, Jutta and Bryon tried a few different things so he could be comfortable while wearing a mask. Since they began working together, Bryon mentioned that he has been able to wear a mask every night for the last six or seven weeks. As a Certified Sleep Educator, Jutta helps people like Bryon who are struggling with mask or CPAP tolerance.

“Explaining to me how I could tighten the mask where it would stop leakage, but it would not make it so tight to where it leaves marks on your face is something nobody did before. It was the simplest thing, but it made such a huge difference,” said Bryon.

Before the mask issues were corrected, Bryon recalls getting roughly three hours of sleep at night, and it hardly felt like he was resting. There were frequent occurrences where he would wake up in the middle of the night which resulted in him being awake for hours. He would go to bed tired, wake up tired and overall did not feel well.

Now, thanks to his remarkable improvement, he gets nearly eight hours of sleep per night. Bryon also went from having over 60 episodes per hour to just 0.8 episodes per hour in less than two months.

Receiving a full explanation of the sleep study and taking the time to go through the results helped Bryon understand just how significant his improvements have been, and his knowledge of how to properly use a mask and the specific type of mask he needs have been a major factor in his improvements.

Looking back on where Bryon started to where he is today, it is a night and day difference thanks to the sleep studies and information shared with him. For anyone out there who feels like they could benefit from a sleep study, Bryon suggests getting one done given how important the results can be to help yourself achieve a better quality of life.

“The first step is asking your provider to order a sleep study. Learning how sleep can impact so many different things in your life is difficult to do without a base of information that you get from a sleep study.”

Bryon added, “I think you can learn a lot from a sleep study. Personally, if it were me, I would have somebody do a sleep study every 10 years or so just because...I cannot stress enough just how important a sleep study is. There are so many things from body chemistry to getting a good night’s sleep. If you don’t get REM sleep, you are never going to feel rested when you wake up.”



# The Ultimate Patient Guide: Everything You Need to Know About Delivering at Trinity Health



Welcoming a new life into the world is one of the most monumental experiences a family will ever share, and Trinity Health is honored to be a part of that journey. As your delivery approaches, we understand that you may be feeling all kinds of emotions: excitement and anticipation, but also anxiety, apprehension...maybe even a bit of fear.

And that's okay. We've created this comprehensive guide to answer your questions and ease your mind as you prepare to transition from pregnancy to postpartum.

For years, our labor and delivery team has received glowing praise from our patients. Now, we're thrilled to have a brand-new, state-of-the-art birth center that finally matches the exceptional care our staff proudly provides.

facility has been designed with your comfort and experience in mind.

## A Look Inside Our Labor Rooms

For most expectant mothers, a labor room will be the first stop after being admitted to deliver. We proudly offer private, spacious rooms to all of our patients. Each is fully equipped with everything needed for a safe delivery—and everything necessary in case things don't go according to plan.

To enhance your experience, every delivery room has a private bathroom and shower. Large windows allow for plenty of natural light. For your partner or support person, there's a couch that easily converts into a bed, and plenty of nearby outlets to keep your phone fully charged and ready to play

first precious moments of bonding. Then, you'll be taken to a postpartum suite where you can continue to recover and bond with your newborn in a calm, supportive environment.

## Keeping Loved Ones Close. Who Can Be in the Delivery Room?

Our care team is excellent, but we understand how important it is to have a personal support network. We welcome these important partners into the delivery room. Patients may bring up to two support persons. If you have been working with a doula, they may also accompany you and will not count toward the support person limit. Additionally, this is a once-in-a-lifetime moment for your family, and therefore welcome a birth photographer to be present if you wish.

To keep the environment safe and effective for our patients and staff, we ask that all other support individuals or family members wait to visit until you've moved to a postpartum suite.

## Postpartum Suites Where Comfort Meets Care

Whether your baby arrives after labor, or a C-section, families will be moved into the postpartum section of our unit. In your postpartum suite you'll have ample opportunity to bond with your child, and introduce them to family, friends, and their siblings—all while getting any additional support you may need from nurses, and our lactation specialists.

This homey suite also includes a convertible couch, large windows, a personal bathroom, streaming internet and TV, and the ability to "room in" with your new child for the duration of your stay.

## But don't take our word for it. Here's what people are saying online when asked about their birthing experience at Trinity Health.

(Note, these testimonials were not solicited by Trinity Health.)

*"...it was a dream in every way! I pray we are still here if/when I get pregnant again just so I can have my prenatal care and delivery at Trinity!"* Caitlin F.

*"We just had a premie and from the moment I was in labor to the moment we left our last day in the NICU, we were taken care of physically, mentally, and emotionally in every way."* Allison S.

*"...labor and delivery [staff] were amazing! They were incredibly helpful and when we went to postpartum, they were the same if not even better!"* Stephen F.

*"The labor/delivery team is the most amazing group of people. They are so compassionate and caring and just absolutely wonderful."* Sierra A.



Whether you're filled with joy or navigating nerves—we're here to make sure you are supported, comfortable, and safe every step of the way. With our advanced labor and delivery, postpartum, and NICU services, we're not only delivering babies, but we're delivering peace of mind.

## Our Family Birth Center

We want you to feel at home as soon as you walk through the door. Our family birth center is bright and clean, designed from the ground up with you in mind. From walls lined with gorgeous portraits of babies delivered right here at Trinity Health, to new technology that makes it easy for nursing staff to monitor patient rooms—even the color of the floor—everything about our



your favorite playlist (and take some photos, too!)

## C-Section Deliveries: Safety and Comfort Combined

At Trinity Health, we understand that every delivery is different, and for some families, that means welcoming their baby via C-section. To provide a safer and more convenient experience, we have two operating rooms specifically designed for C-sections, right in our family birth center.

After your C-section, you'll be able to experience the same bonding time as with a traditional delivery. We prioritize skin-to-skin contact during the golden hour, so you can immediately hold your baby and begin those



## NICU Services: Big Care For Our Tiniest Patients

At Trinity Health, we are committed to providing exceptional care for every newborn, including our tiniest and most vulnerable patients. Our neonatal intensive care unit (NICU) is equipped with 22 bassinets, including three rooms designed specifically for twins, and one room for triplets. Every NICU room is private and includes large windows that provide soothing natural light, to create a peaceful environment for both baby and family.

The privacy of these rooms helps reduce noise and stress on infants to promote growth and recovery, while also giving

continued on page 4



# Delivering continued from page 3

parents a comfortable space to ask questions and stay informed about their baby’s care. If your baby is a patient at the NICU, you’ll have access to a family room with lockers, a fridge, an ice machine, and a microwave—so you can feel more at home while staying close to your child.

Before heading home, all NICU families have the opportunity to “room in” with their baby in a hotel-style suite. This allows parents to spend a trial night with their baby, with medical staff nearby, so they can gain confidence before their first night at home.

## What to Bring and What We Provide

Packing your hospital bag shouldn’t be complicated. Don’t get overwhelmed by all the lists on Pinterest—bring what makes you comfortable; we’ll provide the essentials you’ll need during your stay. Here’s a quick guide to what you can bring from home to personalize your experience, and what Trinity Health will supply to make your experience stress-free.

### Some Items to Consider Bringing from Home:

- Comfortable clothes/PJs/robe
- Nursing bra
- Comfy shoes or slippers
- Your favorite water bottle
- Breast pump (our lactation consultants can show you how to use it)
- Nursing pillow
- A few snacks (for those times when the cafeteria is closed)
- Overnight toiletries (toothbrush, shampoo, contact lenses, etc.)
- Car seat (we’ll make sure you know how to use it properly)
- Outfit for baby to go home in

### What We Provide:

- Diapers and wipes
- Formula (if needed)
- Basic toiletries (travel-sized, but nicer than many hotels!)
- Receiving blankets (returned at the end of your stay)
- A hat for your baby
- Pillow and blanket for the pullout couch for your support person

### Conclusion: Your Birth, Your Way

We’re honored to be part of this special chapter in your life and look forward to helping you welcome your little one into the world. Whether this is your first baby or your fifth, we’re here to ensure that your experience is everything you’ve dreamed it would be—and more.



## Ten Quick Reasons Families Love Delivering at Trinity Health

- 1. Exceptional doctors and nurses.** Our team is highly trained with specialized skills for our birth center. Rave reviews of their knowledge and care are constantly pouring in.
- 2. Outstanding lactation services.** Our lactation consultants will ensure your breastfeeding journey gets off to a strong start. They aim to see each patient at least once, and as requested for the duration of their hospital stay.
- 3. Your provider is just steps away.** OB providers’ offices are connected to the Family Birth Center via a skyway, giving patients and doctors quick, convenient access.
- 4. Our NICU gives you a trial run.** In addition to excellent NICU care, all families will be given the opportunity to spend a night in a hotel-style suite with medical staff nearby before they transition to life at home.
- 5. We value your privacy.** All patient rooms (labor, postpartum, and NICU) are private and include large windows for ample natural light. Labor and postpartum rooms also include a personal bathroom. We even utilize private elevators if patients need to move between floors, so you’ll never need to share a lift with the general public.
- 6. High-quality high-risk care.** The Trinity Health Family Birth Center is equipped with rooms for antepartum care if a mother needs specialized care prior to delivery.
- 7. Advanced patient monitoring.** State-of-the-art systems allow nurses to keep an eye on patient monitors remotely. This means fewer disturbances and quick care if you need it.
- 8. ORs right down the hall.** Two c-section operating rooms are located within our birthing unit for quick access.
- 9. We cherish the Golden Hour.** Whether you deliver traditionally or via c-section, you’ll enjoy skin-to-skin contact during the “golden hour,” the first hour after delivery to jumpstart the important bond between mother and child.
- 10. Experience with adoptive families and surrogacy.** We understand the details of adoption and surrogacy, so we can fully support the unique formation of your family.

# Trinity Health Welcomes new Chief Financial Officer to Team

Trinity Health is pleased to announce that Jason Hotchkiss, CPA, formerly a Chief Financial Officer (CFO) with MultiCare Health System in Tacoma, Wash., has joined Trinity Health as CFO.



“I am excited to announce Jason Hotchkiss as our new Chief Financial Officer,” said John M. Kutch, President and CEO of Trinity Health. “We look forward to the vast experience that Jason will bring to Trinity Health, as his extensive background in healthcare finance will bring opportunities for innovative solutions and strategic growth to our organization.”

*Jason Hotchkiss, CPA, joins Trinity Health as the Chief Financial Officer (CFO) after most recently serving as the CFO and Operations/Finance Subject Matter Expert for MultiCare Health System in Washington.*

Jason has a diverse background as a CFO in the healthcare industry where he has been an integral part of smaller facilities, larger health systems and a Big 4 accounting firm. He earned his first opportunity as a CFO in 2011 with Teton Valley Health Care in Driggs, ID. From there, Jason has since held various CFO positions with many healthcare organizations across the country that had operating revenues ranging from \$135 million to \$1.2 billion. In addition, he served as Chief Operating Officer (COO)/CFO at a regional health center in Iowa for five years.

Most recently, Jason served as a CFO and Operations/Finance Subject Matter Expert for MultiCare Health System in Washington where he worked since 2019. His experience there involved financial oversight of 29 Urgent Care clinics, 15 Occupational Health clinics and numerous hospitals. He has also served as a member of the Hospital Staffing Advisory Committee for Washington State and the Washington State Hospital Association Hospital Staffing Law Implementation Task Force.

A Certified Public Accountant, Jason received his Bachelor of Arts in Business with a focus in accounting and finance, as well as minors in economics and government from Eastern Washington University. Jason began his duties as CFO for Trinity Health in August.

## Flu Vaccines

Minot Vaccine Line: **701-857-2515**

Appointments required. Available at your Primary Care Provider’s Office and Trinity Health Rural Clinics

# Survival continued from page 2

cancer journey, which I hope will help someone else who might be facing something similar.”

Looking back on her journey, the message of hope and maintaining a positive attitude played a big role in helping Amy get to the point where she is today. Even though there are plenty of hard moments during her battle with cancer, finding hope and finding the good in each day helped her in the healing process.

“You have to find the time to laugh, even when it is not easy. Laughter is really good for the soul and it might be the best medicine.”

For those who are going through a similar situation as Amy, her advice for how to manage it is simple: find people you can lean on and make sure you understand that you are not alone.

“Find your support system, whether it is family or not. Finding someone who can be with you during each step and someone who can support you is huge. Never go to treatments or appointments alone. Finding someone who is a second set of ears helps too because there were many times where I wanted to just run right out of the room rather than listen.”

Through Amy’s journey she not only emerges as a survivor, but also as a source of hope and inspiration for others who are facing their own battles.





## Returning to the Classroom: Effective Mental Health Strategies for Parents and Teachers

There are a variety of emotions and thoughts that occur when going back to school. From being excited to be back on a routine to finding it hard to believe that summer is over, there are stressors, changes and unknowns that impact mental, relational and behavioral health for both parents and teachers when school begins.

While the challenges can be different for parents than they are for teachers, there are tools available that will benefit both groups. “At the very core of good mental health is the tool of mindfulness. This is a term that is tossed around frequently but a simple meaning is being fully aware in this moment of what is going on around me and inside me,” said Virginia Dohms, LPCC, Trinity Health Behavioral Health.

Effective parenting and education require constant awareness of the children. Meanwhile, according to Virginia, adults can slip into routines or patterns without being mindful of their own thoughts, feelings and actions. Without mindful awareness, parents can find themselves repeating behaviors, thoughts and reactions that they observed as a child.

Taking the time to gather your thoughts and emotions and being aware of how you are feeling can not only help the parents or teachers, but it can help the children too by potentially not impairing learning, social interaction or their overall health.

“There are different paced breaths that help with anxiety, anger and other emotions. There is a wonderful skill called STOP as well. The S stands for stop or slow down, the T stands for take a step back or take a breath, the O stands for observe and the P stands for proceed with caution,” said Virginia.

“When teachers get upset, the kids get upset so using a calm voice and pleasant expression even when they don’t feel like it is going to help the kids. When adults use a harsh voice or an angry face, kids feel even more under threat, and it is harder for them to think and be still. Using a calm voice and pleasant expression helps the kids regulate their emotions.”

Absence of mindful awareness can lead to increased worry, down mood, anger management problems and avoidant and addictive behaviors. Causes that can create absence of mindful awareness are poor sleep, not taking care of your body nutritionally, substance use, not drinking enough water throughout the day, finding that their thoughts are overwhelming and negative and feeling hopeless.

Be assured, there is hope for every teacher and parent who feels stuck. According to Virginia, having at least one social relationship can be the biggest predictor of longevity in a career or in life. Having a listening ear, encouragement and showing empathy are all ways that peers can uplift a teacher or parent who is struggling with their mental health.

For teachers who are struggling, there are things parents can do at home to help make the classroom environment more manageable. “It is important that parents practice mindfulness because if kids go to school not having a meal or being yelled at, they have a far more difficult time at school,” said Virginia.

She added, “not having structure and letting the kids spend all their time on phones can be a problem. They can all help each other by limiting screen time. Parents can also help by making sure their kids get time to play, by spending time with them and making sure they sleep adequately.”

continued on page 6



## Back-to-School Stress: How to Recognize and Address Mental Health Issues in Children

Children experience a variety of emotions when going back to school. For some, it’s an exciting time that allows them to be around their friends and socialize more. For others, it can be difficult or intimidating and things like changing grades or trying to get back into a routine after summer break can be overwhelming and cause students to struggle mentally.

Kasey Rabe, PMHNP-BC, Trinity Health Behavioral Health, who specializes in children and adolescents, says that two of the main emotions children can feel when heading back to school are heightened anxiety and depression, but those aren’t the only concerns.

“Going back to school can cause heightened anxiety and depression. Fear of starting a new grade or fear of not knowing what to expect. Fear of change and loneliness are other emotions that the children can feel,” she said.

For parents, friends, teachers and faculty members who are around children frequently, there are signs you can watch for to see if a child is struggling with their behavioral health. According to Kasey, one of the biggest signs is the pattern in which the children talk, if their emotions become blander or if you notice they aren’t as happy or cheery as they once were.

“A lot of times you can look at a child, especially if you are familiar with them, and know that something is wrong. It’s important for teachers and parents as well to reach out and just ask questions. They don’t want to necessarily poke and prod, but they should try their hardest to figure out what’s going on,” said Kasey.

Talking about feelings, however, is not always an easy thing for a child to do. Some might not want to open up to a parent or a teacher, and while they have friends at school that they can talk to or peers who are going through the same thing, they might not want to talk about it at all. And that’s ok. There are still coping mechanisms for children who don’t want to share their feelings.

“One thing I would encourage the child to do is journal and get their thoughts on paper. Journaling is a good way for them to get their emotions out. It doesn’t have to be shared; it can be their own personal journal. Encouraging extracurricular activities like sports or other activities to get their mind off the academic part of school and focus more on the fun stuff can also help,” said Kasey.

She added, “the biggest thing is to not poke and prod too much unless you are very concerned about their safety. A big thing that teachers can do is say something like, ‘I know you might not want to talk to me, but just know that I’m here now and will always be available.’ Always be ready for the children, never turn them down.”

For those that do want to talk, knowing they are safe in a school setting is an important step in finding help. “It’s important for them to feel safe in a school setting. They can be open about their concerns and remember that they’re not alone so they can talk to a teacher or find somebody that they feel comfortable with,” said Kasey.

In addition to those resources, there are other coping mechanisms that children can use if they are struggling in school. Taking deep breaths or counting to 10 if they are feeling anxious and taking a break if they are feeling overwhelmed are all small steps they can take that can help them work through difficult moments.

Even before school starts, there are steps that children and parents can take to help alleviate some of the difficulties of going back to school. One thing that is important for the children as they make the transition back into a classroom setting is sleep hygiene. This includes maintaining a consistent sleep schedule during the weekends as well, so when the school week comes around, the adjustment to waking up early isn’t as tough on the body.

“Children should not change their sleep routine more than two hours. Having that consistency can improve depressive symptoms and help children get through the school days. When Monday comes around, it’s not as dreadful because they’re not completely changing their routine over the weekend,” said Kasey.

Maintaining a healthy diet in and out of school can make a difference as well. Rabe mentions that having a more balanced meal with foods like fruits, vegetables, whole grains and water can give students more energy and alertness to get through the school days, which can be hard, especially in the afternoon.

While these coping mechanisms can help students who are struggling with their mental health, it’s important to remember that using a “one thing at a time” approach can make these daily changes or adjustments more digestible for children. Adding tasks like journaling, diet changes and increasing activity in their daily lives can be overwhelming if implemented all at once.



# New Providers

A member of our emergency/trauma medicine team, **Lane Vendsel, MD**, provides care to patients with a variety of emergent illnesses or injuries. A Minot native, he received a Bachelor of Science in Biology and Honors from the University of North Dakota, and a Doctor of Medicine from the University of North Dakota School of Medicine and Health Sciences. From there, Dr. Vendsel completed his residency at the Kansas University Medical Center in Kansas City, Kansas. A member of the Emergency Medicine Resident Association and the American Medical Association, he enjoys going to the lake, going on walks, skiing during the winter, traveling and spending time with his family. Dr. Vendsel is excited to utilize his recent residency and training in order to help the Minot community.



Lane Vendsel, MD

A member of our emergency/trauma medicine team, **Alexander Buchholz, MD**, provides care to patients with a variety of emergent illnesses or injuries. As a Minot native, he stayed close to home to earn a bachelor's degree in biology and chemistry from Minot State University. After that, he went on to receive his Doctor of Medicine from the University of North Dakota School of Medicine and Health Sciences. Following his time in Grand Forks, Dr. Buchholz completed his residency in emergency medicine at the Mayo Clinic School of Graduate Medical Education in Rochester, Minn. Dr. Buchholz is an Instructor of Emergency Medicine and a member of the American Medical Association and the Society for Academic Emergency Medicine. Outside of work, he enjoys watching movies, skiing and playing tennis and golf. Dr. Buchholz has a passion for global health and is excited to work with the community that he was raised in.



Alexander Buchholz, MD

As a new member of our nephrology team, **Mireille Mbah, MD**, specializes in diagnosing and managing conditions involving the kidneys. A native of Cameroon, Dr. Mbah received her Bachelor of Science in Biology with a minor in chemistry from Frostburg State University in Frostburg, Md. From there, she earned her Doctor of Medicine from Howard University College of Medicine in Washington, DC Upon graduation, Dr. Mbah completed her internal medicine residency and nephrology fellowship at the University of Texas Southwestern. She is passionate about medical education and training the younger generation. Dr. Mbah enjoys spending time with family and is looking forward to bringing her best and taking adequate care of patients.



Mireille Mbah, MD

A member of our hospitalist team, **Dharamjeet Singh Lall, MD**, provides timely, coordinated care to hospital patients based on changes in their medical status. A native of Toronto, Canada, Dr. Lall received his undergraduate degree from York University in Toronto before receiving his Doctor of Medicine from Windsor University School of Medicine in Saint Kitts and Nevis, two islands of the West Indies. He makes his way back to the Magic City after completing a family medicine residency at the University of North Dakota Center for Family Medicine. Dr. Lall enjoys being outdoors and coaches boxing during his free time. He looks forward to giving back to the community that gave him his residency.



Dharamjeet Singh Lall, MD

A member of our hospitalist team, **Matthew Khouri, MD**, provides timely, coordinated care to our hospitalized patients. Board certified by the American Board of Family Medicine, he received his bachelor's degree in biomedical biology from Laurentian University in Sudbury, Ontario, Canada. He earned his Doctor of Medicine from Saba University School of Medicine and completed his Residency training at the University of North Dakota Center for Family Medicine in Minot. As a member of the American Academy of Family Physicians, Dr. Khouri is looking forward to building rapport with patients and continuing to focus on patient and family centered care. With his free time, Dr. Khouri enjoys visiting friends and family in Syria and throughout the US and Canada. He is looking forward to making Minot his home and being a part of its tight-knit community.



Matthew Khouri, MD

**Fritzie DeLeon, FNP-C**, is a board-certified nurse practitioner and part of our nephrology team. A native of the Philippines, Fritzie received her Bachelor of Science in Nursing from the University of Santo Tomas in Manila, Philippines. From there, she received her Master of Science in Nursing from Bradley University in Peoria, Ill. An experienced nephrology nurse with over 19 years of experience in the field, Fritzie is looking forward to focusing on prevention and limiting the progression of kidney diseases. A member of the American Nephrology Nurses Association, the American Association of Nurse Practitioners and the Nephrology Nursing Certification Commission, Fritzie enjoys camping and fishing during the summer, as well as traveling and shopping.



Fritzie DeLeon, FNP-C

A member of our general surgery team, **Seema Rao, MD**, comes to Trinity Health after completing a general surgery residency at the University of Arkansas for Medical Sciences in Little Rock. She received her Bachelor of Science in Physiology with a Minor in Social Studies of Medicine from McGill University in Montreal, Quebec, Canada. From there, she earned her Master of Science in Medical Sciences from Mississippi College in Clinton and her Doctor of Medicine from the University of Kentucky College of Medicine in Lexington. A member of the Society of Thoracic Surgeons and the Society of Laparoscopic and Robotic Surgeons, Dr. Rao has a lot of training and experiences that she is looking forward to bringing to Trinity Health. A Winnipeg native, Dr. Rao enjoys spending time with family, reading, hiking, kayaking, canoeing, swimming and playing the piano or flute.



Seema Rao, MD



Most of the Trinity Health RehabCare team poses for a photo as they celebrate a three-year CARF Accreditation. Back row (from left to right): Terri Balliger-Cole, Kate Robert, Dr. Coombs, Melanie Fleming, Haidee Sabile, Joy Ventenilla, Sharon Panales and Jennifer Nelson. Front row (from left to right): Chloe Henry, Paulina Puente and Angela Faaiuso.

# RehabCare Earns Three-Year CARF Accreditation

CARF International announced that Trinity Health has been accredited for a period of three years for its RehabCare Center programs. The latest accreditation continues a trend of receiving full accreditation each time since 1997 that the accrediting body, CARF International, has awarded to Trinity Health RehabCare Center.

This accreditation decision represents the highest level of accreditation that can be given to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has gone through rigorous peer-review process. It has demonstrated to a team of surveyors during an on-site visit its commitment to offering programs and services that are measurable, accountable, and of the highest quality.

With the accreditation, CARF cited multiple areas of strength for Trinity Health RehabCare. Some of those strengths included exceptional facilities, creating a supportive environment where individual needs are meticulously addressed, a dedication to delivering exceptional outcomes and maintaining leadership, making the organization a benchmark for industry standards, and working collaboratively to develop discharge plans that are fit to the needs of the patient (often in rural areas with minimal resources). CARF surveyors also noted that patients and family members felt confident in the care they received, felt prepared for discharge and were well informed of any decision making.

Even though most of these areas of strength take place during the duration of the inpatient rehab process with each patient, Trinity Health RehabCare was also complimented for its implementation of follow-up communication. Patients or family members are contacted at three-, 14- and 90-day intervals to make sure the transition is smooth and to identify any needs that may have surfaced.

CARF International is an independent, nonprofit accreditor of health and human services whose mission is to promote the quality, value and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of persons served.

Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services. For more information about the accreditation process, please visit the CARF website at [www.carf.org](http://www.carf.org).

# Strategies continued from page 5

When parents spend time together with their kids, whether that is eating together at a table or playing together, it is a big predictor of the kids doing better in school. Something as simple as playing catch or a game can make the kids feel more connected and help them do better in school.

If you are aware your behavioral health is not where you want it to be, there are always people around you who can help and listen. Please reach out to someone, whether it be a friend, your doctor or a licensed provider in the community. Trinity Health Riverside has licensed therapists, psychologists and medication providers available to help. Being mindful of your thoughts and actions will be beneficial to not only yourself and your peers, but to children and their peers.



# Viking Babies Born Just in Time for the Norsk Høstfest

Trinity Health continues to be a proud sponsor of Norsk Høstfest, an annual celebration of Scandinavian culture and community spirit held each fall in the Magic City. As a leader in healthcare, we nurture health and wellness for all. Inspired by our resilient heritage, we hope for the same strength in the new journeys of these little ones born at Trinity Health during this year's Norsk Høstfest! Viking caps were made by high school students in the Magic City Campus Magi Crochet Club.



## Trinity Health Hospital Visitor Information Update

At Trinity Health, we strive to provide a positive patient experience across our healthcare system. A standard visitor policy is part of that experience. Please review the visitor policy below to learn more about our commitment to our patients and families.

**General** – Visiting hours are from 7 a.m.-8 p.m. All visitors must comply with badging and sign-in and sign-out requirements for safety purposes. Following proper hand hygiene is expected when entering and exiting a patient room. Compliance with established guidelines pertaining to isolation, infection control and other health and safety precautions as instructed by nursing staff is also required. Visitors must always be respectful of all patients and staff, which includes supporting and maintaining a quiet healing environment. Patients are

requested to assign one person of contact to communicate with the medical team.

**Number of Visitors Allowed** – We request you limit to two (2) visitors in a room at a time. Children under the age of 16 must always be accompanied by an adult. Please keep in mind, staff may request visitors to step out of the room to provide care and to allow the patient time to rest based on their needs. Unit-specific visitation requirements may vary based on the needs/care of the patient. Please inquire at the nurses station.

**Lobbies and Waiting Rooms** – Lobbies and waiting areas are open to all visitors and mobile patients. Overnight visitors are not permitted to stay in waiting rooms or public areas.

**Cafeteria** – The cafeteria is located on the first floor and is open to all visitors. Hours are from 6:15 a.m. to 7 p.m. Breakfast

is served from 6:15-10:15 a.m., lunch is served from 10:30 a.m.-2 p.m., dinner is served from 4-7 p.m. Vending machines are located throughout the facility and are available for public use 24 hours per day.

**Outside Food** – Food is allowed to be brought in as a visitor. However, food deliveries must be retrieved at the front door by person(s) ordering. Patients are allowed outside food but must follow any predetermined diet restrictions. Food deliveries will not be made to patient rooms or waiting areas and hospital staff will not be responsible for retrieval or monitoring of outside food deliveries.

**Overnight Visitors** – One family member may be allowed to stay based on the condition of the patient and the judgement of the patient's nurse and charge nurse. Overnight visitors must be over the age of 16 and are not allowed

to sleep in lobbies or waiting areas. Unit-specific visitation requirements may vary. Please inquire at the nurses station.

**Spiritual Leaders** – Spiritual leaders are a part of hospital services and can be contacted by going through Trinity Health Communications (701-418-8000). You are welcome to have visitation from your own church or affiliation.

**End of Life** – Exceptions can be requested for additional visitors. Cultural and religious exceptions will also be considered. Please see nursing staff for more information.

**Women and Children Units** – There are exceptions for birthing rooms, newborn, pediatrics and NICU. Please see nursing staff for more information.

**Behavioral Health Units** – Visiting hours in the Behavioral Health Units may vary by program.



# Trinity Health is Nationally Recognized for its Commitment to Providing High-Quality Stroke Care

The American Heart Association presents Get With The Guidelines® - Stroke Gold Plus award for proven dedication to ensuring all stroke patients have access to best practices and life-saving care.

Trinity Health has received the American Heart Association's Get With The Guidelines® - Stroke Gold Plus quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment are key to improving survival, minimizing disability and accelerating recovery times.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research- and evidence-based guidelines. Get With The Guidelines - Stroke is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death.

"Trinity Health is committed to improving patient care by adhering to the latest treatment guidelines," said Jerilyn Alexander, Stroke Program Coordinator with Trinity Health. "Get With The Guidelines makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis, which studies show can help patients recover better. The end goal is to ensure more people in our region can experience longer, healthier lives."

Each year, program participants qualify for the award by demonstrating how their organization has committed to providing quality care for stroke patients. In addition to following treatment guidelines, Get With The Guidelines participants also educate patients to help them manage their health and recovery at home.

"We are incredibly pleased to recognize Trinity Health for its commitment to caring for patients with stroke," said Steven Messe, M.D., volunteer chairperson of the American Heart Association Stroke System of Care Advisory Group and professor of neurology and director of fellowships of neurology at the Hospital of the University of Pennsylvania. "Participation in Get With The Guidelines is associated with improved patient outcomes, fewer readmissions and lower mortality rates – a win for health care systems, families and communities."

# The Impact of Trinity Health's EMT Program

The Trinity Health Emergency Medical Technician (EMT) Program offers a comprehensive training experience. Classes run from January 6 to May 8, 2025, and are held on Monday and Thursday evenings from 6-10 p.m. at Trinity Health Riverside. This program is accepting applications and is beneficial for anyone looking to make an impact in their community, notably those in a rural community.

Many rural Emergency Medical System (EMS) stations suffer from lack of volunteers, first responders or trained EMS providers. This is concerning when patients must wait a long time for an ambulance to reach them. Additionally, some stations can shut down entirely due to lack of adequate staffing. These issues can directly impact patient outcomes. Trinity Health's EMT Program can help combat these challenges in a variety of ways.

Educational benefits include hybrid learning capabilities through virtual didactic learning and in-person skills training. Courses are taught by qualified educated instructors utilizing interactive manikins and up-to-date training equipment. The program provides the latest best practices in emergency medicine as well as an opportunity to use that knowledge when caring for patients.

More benefits for rural community members include clinicals allowing attendees an opportunity to meet and get to know local ground ambulance and hospital staff that are involved in emergency care. The program can help graduates bring pride into their first responder capabilities in their communities, and completion of the program creates an increased confidence to serve their communities in a crisis situation.

The class fees are \$1,500 which includes the textbook and all skills materials. There is a \$300 non-refundable deposit that is due by November 22 and the class must be paid in full by December 20. To apply, you must have a high school diploma/GED and you must submit a program application. The application deadline is November 1 by 3 p.m.

For any questions, please contact the EMT Program Coordinator at 701-858-6310 or by email at [ems.education@trinityhealth.org](mailto:ems.education@trinityhealth.org).

## C O M M U N I T Y

# CALENDAR

For the latest updates, check online at [trinityhealth.org](http://trinityhealth.org)

### Prepared Childbirth Classes

November 2, December 14

### Breastfeeding Basics

November 6, December 4

### Basics of Baby Care

November 4, December 16

### Sibling Class

November 5, December 3

This hands-on class will review their new role as a sibling, baby safety, changes that might occur and much more. The class is geared toward ages 2 and up. Siblings must be accompanied by an adult.

These classes are offered free-of-charge as part of Trinity Health's community benefit mission.

All classes are held in the Prairie Rose Conference Center, Trinity Health Hospital, 2305 37th Ave SW. If you have questions, call 701-418-8806. To schedule a tour of the Family Birth Center, call 701-418-8820. Sign up for classes at: [trinityhealth.org/familybirth\\_registration](http://trinityhealth.org/familybirth_registration).

## Upcoming November/December Events

### November 5

Free community Car Seat Checks will be available from 2 to 5 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; call 701-837-5190. If leaving a message please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

### November 6

Trinity Health will have several departments participating in the Minot Area Career Expo at the North Dakota State Fair Center and providing information on career opportunities to area high school students.

### November 20

Trinity Health's Stroke Support Group will be held at 7 p.m. in Trinity Health Riverside, 1900 8th Ave SE. This group is open to anyone who has suffered a stroke or those caring for them. For more information, call 701-418-8518.

### November 21

Trinity Health will have an informational booth at the Minot Chamber EDC's annual Showcase of Business from 5-7 p.m. in the North Dakota State Fair Center. Be sure to stop by!

### November 22

Free community Car Seat Checks will be available from 11 a.m. to 2 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are

required; call 701-837-5190. If leaving a message please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

### December 3

Free community Car Seat Checks will be available from 2 to 5 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; call 701-837-5190. If leaving a message please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

### December 18

Trinity Health's Stroke Support Group will be held at 7 p.m. in Trinity Health Riverside, 1900 8th Ave SE. This group is open to anyone who has suffered a stroke or those caring for them. For more information, call 701-418-8518.

### December 20

Free community Car Seat Checks will be available from 11 a.m. to 2 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; call 701-837-5190. If leaving a message please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.