



Provider Profile

Meet Sarah Angstman, PhD Clinical Psychologist

By Donna Bach, YKHC Public Relations

Meet Dr. Sarah Angstman, born in Bethel, Alaska, daughter of Myraon and Sue Angstman, sister of Dolly Angstman and Andrew Angstman, and auntie of Mary Simeon and Sunset Woods.

She received her bachelor's degree in English from Carleton College in Northfield, Minnesota in 2001. Her introduction to psychology as a career possibility came in the form of a job as a psych technician in Minneapolis. "It was eye opening, and I loved it," she said.

She earned her PhD in Clinical Psychology from the University of Montana, Missoula, in 2009. She had her pre-doctoral internship at the VA 2008-2009 and post-doctoral internship with Dr. Lorin Bradbury here in Bethel.

Her qualifications for being YKHC's clinical psychologist are impressive, but perhaps more significant is her understanding and empathy for the people of the YK Delta, and the strength of family and community that defines their lives.

"Therapy should involve families. Family interventions can be effective, especially for those struggling with addiction or other issues in the home," Angstman said. "Families out here do an awesome job and go above and beyond when coming together to support one another," she says, "but the scarcity of available clinical services and understanding how to access what is available for people can be challenging."

There is also fear and the persistent feeling of stigma in regards to behavioral health treatment. "We have to unlearn that seeking therapy or counseling is a shameful thing. It really isn't," Angstman says. "Nobody gets better unless the community gets involved in certain aspects of the process. It takes a loved one or a family member, perhaps, to initiate an invitation or to point out that there are support systems or counselors available to help address whatever is making a person sad, depressed, or angry."

She says family members play a critical role in the overall aspect of healing. "If you know someone who is in need, approach that person with kindness and say something like, 'I care



Sarah Angstman, PhD, Clinical Psychologist.

ON THE WEB

Sign up for MyYKHealth

You can visit registration staff at the hospital, or any village or subregional clinic to sign up for MyYKHealth, our online gateway to taking charge of your health information.



Learn the benefits and how you can get started now by viewing the helpful video on our website at www.ykhc.org/myyhealth.

Sign up to get on-the-go access via your smart phone or home computer.

November is Diabetes Month

November is American Diabetes Month and November 14, 2014 is World Diabetes Day. Diabetes Prevention & Control is asking all community members to stay alert for upcoming events and to know your ABC numbers.

A is for A1C (blood glucose or sugar), B is for Blood Pressure, C is for Cholesterol. Making a decision to know your numbers is a first step in preventing diabetes. You are not alone!

Volunteer for Bethel Winter House

The Bethel Winter House work to provide a safe and warm place for those who may not have one this winter, from December 1, 2014 through March 31, 2015. We are in need of overnight volunteers!

Requirements for an overnight volunteer: 18 years or older, responsible, willing to attend a two-hour training session and commit to working two shifts per month.

Shifts are 9 p.m. to 7 a.m. You can split a shift with another trained volunteer. Contact bethelwinterhouse@gmail.com for more information about upcoming training sessions. Donations are also gratefully accepted. Go to any Wells Fargo branch and deposit your donation in "Bethel Shelter Project" fund or go online at www.gofundme.com/bethelshelter.



about you too much, and we have to go. If you're scared, I will come with you, if you want."

Angstman applauds the Behavioral Health Aides (BHA), who work in many village clinics and are there to assist families and with community understanding of mental health issues. "The BHA model is great, and I wish we had them in every village. I also wish we could provide better on-going support from our team (in Bethel). The BHA work requires a lot of training and support.

Because mental health work can be overwhelming and emotionally draining, she says that she and her colleagues will often get together for office potlucks and mutual support. "In our peer-consult group we share ideas and try to support one another. Having a sense of humor really helps sometimes to keep spirits up."

Among those colleagues, she especially values the local "home-grown" providers in her care environment. "We should [continue to] invest in the folks who are local and familiar with the region." This is the message she'd like to communicate to YK Delta residents who have achieved their formal degrees and wish to pursue a career in social work or clinical behavioral health: "Come work here. We want you. You will help us improve and deliver good client care"

And what about life outside the clinic? Sarah got married to Ben Kuntz in 2010. The two of them teach a twice-weekly jump rope condition class. She serves on the KYUK community advisory board and says she listens to KYUK radio 18 hours a day.

When she's not working, she may also be getting together to watch musicals with friends, planning her next trip to Mexico, or jogging or skiing on the riverfront.

Chevak Clinic Ready for Business

Congratulations to the village of Chevak as they await the grand opening of their recently constructed \$3.1 million health clinic.



The new Chevak Clinic.

Construction began in October 2013.

Staff are expected to move into the new clinic in December and a community grand opening will take place in December or January.

Funding: Indian Community Development block grant funds were secured in the amount of \$600,000, and the Denali Commission provided \$1.83 million. The Alaska Mental Health Trust provided \$50,000 to support the behavioral health space in the clinic and the Indian Health Service provided \$321,733 for medical equipment from their Tribal Equipment funds.



Before, during and after the fire. (YKHC File Photos).

Fire Destroys new PATC Building

A devastating fire leveled Bethel's half-finished alcohol treatment center Monday night, Oct. 27. There were no injuries and the building is insured. An investigation into the cause of the fire is underway.

The \$12.6 million facility was being built to replace the aging Phillips Ayagnirvik Treatment Center (PATC) building, which has served the region's need for alcohol and substance abuse treatment since the 1970s.

Chevak community and their tribal council have advocated to secure funds for their new village community clinic as part of their community's strategic plan. A letter-writing campaign also supported the effort to replace the old clinic which was undersized and not energy efficient.

YKHC's capital projects team worked in collaboration with the grant writing team to support the Chevak Tribe in securing these funds with additional support from YKHC's senior administration.

Congratulations Chevak! We look forward to the celebration and dedication of this beautiful new facility! Quyana cakneq to YKHC's construction team for doing a fabulous job in completing the construction on time, within budget, and just in time for winter!

Ebola Precautions and Response Plan

by Dan Winkelman, President/CEO

Throughout the year, YKHC prepares for possible patient encounters with viral infection. This includes influenza, respiratory syncytial virus otherwise known as RSV, enterovirus 68 and now, ebola virus disease (EVD).

Although it is very remote that ebola will appear in the YK Delta, YKHC has nevertheless developed a response plan following CDC and state protocols and focusing on prevention, recognition, per-

sonal protective equipment (PPE), education, training, isolation, decontamination and referral.

Providers, Nurses, Nursing Support staff, Radiology, Laboratory, Facilities, Environmental Services, Maintenance and others are receiving education and training to minimize the risk of transmission of ebola.

Any employee who plans to travel to a foreign country, especially any affected by ebola, must inform their supervisor/manager and Employee Health prior to travel.

Employees returning from affected countries will be required to wait 21 days before returning to work, to daily monitor for signs and symptoms, including taking their temperature, and report the results by phone to Employee Health. Should signs or symptoms occur, the supervisor and Employee Health must be immediately notified by phone.

Thank you to all our staff for your cooperation in working together to provide a safe environment for our patients and coworkers.

Isabella January and the Blood Drive

by Troy Palmer,
Community
Coordinator, Blood
Bank of Alaska

Six-year-old Isabella January was taken to the Bethel Hospital on December 9, 2013, for what her parents thought might be a kidney infection. The Bethel doctors contacted doctors at Providence Hospital in Anchorage and soon after Isabella had a sonogram and was diagnosed with cancer— “Anaplastic Wilms Tumor.”

YKDRH was unable to treat her condition, so Isabella was flown to Anchorage that same day. Three days later Isabella underwent surgery to remove her right kidney which had a tumor on it that was 13 centimeters long, (5.12 inches).

Isabella was in and out of the Providence Children’s Hospital of Anchorage until she was able to fly back home to Bethel on July 26, 2014.

On September 27 this year, Isabella made a surprise visit to the YKHC Elder’s Home during the annual blood drive. Isabella and her family were able to tell her story and Isabella personally went up and thanked donors for donating blood during part of the drive.

Thank you, Isabella!



Whitney, April, Gerald and Isabella January.

STAYING HEALTHY

MRSA & Antibiotic Resistance

Although media attention is focusing on Ebola right now—a rare disease unlikely to show up here—another more immediate medical threat is being neglected: antibiotic resistance.

Antibiotics are the drugs used to fight bacterial infections like pneumonia, urinary tract infections, and ear infections, to name a few. Antibiotics are useless against viral infections like the common cold. **If not used properly, antibiotics begin to lose their power.** This is called resistance.

The YK Delta has a high rate of bacteria that’s resistant to antibiotics. One we are concerned about is Methicillin-resistant *Staphylococcus aureus*, or MRSA (pronounced “mur-sa”). This type of infection is resistant to many antibiotics, making it very hard to cure. Nationally, about 10 percent of Staph infections are caused by MRSA. However, in 2013, over 60 percent of Staph infections seen here were caused by MRSA.

Our antibiotics are still working well to treat MRSA, but if our resistance keeps going up, they will become less effective. Eventually, we will be faced with a “superbug” that nothing will treat. Other antibiotic-resistant infections are becoming more common in the YK Delta as well.

Last winter, a team of providers and specialists formed what we’re calling an “antibiotic stewardship committee.” This committee, in partnership with statewide programs, is looking at how we use antibiotics, developing standard guidelines, and working with YKHC Public Relations on community education materials.

In the future, serious infection or confirmed bacterial infection will still be treated with antibiotics without delay. However, for less serious infections, providers will be more cautious about prescribing antibiotics. They will choose the best antibiotic to fight the infection while also considering what antibiotic is less likely to worsen resistance. They will avoid giving antibiotics for viral infections. They may encourage you to use traditional remedies to help your body’s natural ways of fighting infections.

Please feel free to ask your provider questions, especially if you think you need an antibiotic. We all need to work together to help the people of the YK Delta be as healthy as possible.

Fighting the spread of antibiotic resistance:

Did you know the very young and senior adults are most at risk for drug-resistant pneumococcal disease?

What you can do:

- Prevent infections by getting recommended vaccines and practicing good hand hygiene
- Take antibiotics exactly as the doctors prescribes. Do not skip doses. Complete the prescribed course of treatment, even when you start feeling better
- Only take antibiotics prescribed for you; do not share or use leftover antibiotics
- Do not save antibiotics for the next illness. Discard any leftover medication once the prescribed course of treatment is completed.

RESOURCES

YKHC Website: www.ykhc.org

YK Delta Regional Hospital.....	543-6000
YKHC main switchboard.....	543-6000
Toll Free.....	1-800-478-3321
Yukon-Kuskokwim Delta Regional Hospital	543-6300

APPOINTMENTS

Outpatient Clinics (Yukon, Kusko, Delta)	543-6442
Dental.....	543-6229
Optometry.....	543-6336
Audiology	543-6466

SUBREGIONAL CLINICS

Aniak SRC.....	675-4556
Emmonak.....	949-3500
St. Mary's	438-3500
Toksook Bay.....	427-3500
Hooper Bay.....	758-3500

SERVICES

Inpatient (North Wing).....	543-6330
Pharmacy.....	543-6382
Physical Therapy.....	543-6342
Women's Health.....	543-6296
Irvivik Birthing Center	543-6346
Behavioral Health Services	543-6100
Substance Abuse Treatment PATC	543-6730
Sobering Center	543-6830
Developmental Disabilities.....	543-2762
Emergency Room	543-6395
Office of Environmental Health & Engineering Injury Control & EMS.....	543-6420

ADMINISTRATION & SUPPORT

Administration	543-6020
Human Resources	543-6060
Public Relations.....	543-6037/38
Travel Management.....	543-6360
Facilities & Maintenance	543-6203

BETHEL & REGIONAL RESOURCES

Public Health Nursing.....	543-2110
Tundra Women's Shelter	543-3444
Alaska State Troopers	1-800-764-5525

HELP US IMPROVE WAITING TIMES

You asked us to work on reducing our patient wait times.

You can help us make more appointment slots available by making an appointment and keeping it.

If you know you will not make it to your appointment, call to cancel or reschedule as soon as possible in order to give the appointment to someone else who may need it.

This allows us to make the most use of our schedulers, providers, case managers, and ultimately, your time.

**YKHC Scheduling desk: 543-6442
or 1-800- 478-3321 ext 6442**

YKHC's strategic plan for achieving excellence in health care is called **Napartet**, a Yup'ik word for a ship's mast, a trail marker, or a supporting pillar.



Financial Viability

Goal: Collect \$67.3 million in net patient care revenue

Fiscal year end financial picture improves

by James Marks, Director of Revenue Management

Fiscal Year 2014 was a year of financial and operational challenges that the teams at YKHC were able to recognize, adjust for, and overcome.

In FY 2013 YKHC had an \$11.8 million loss, poor cash flows, and by February 2014 we were losing another \$7 million, which projected an even worse loss for 2014. Our new President & CEO Dan Winkelman led the turn-around by concentrating on expense cuts and revenue increases—working directly with Senior Leadership and the Revenue Cycle team.

By April our financial turnaround had begun with significantly increased cash flows, and continued with reduced expenses while providing the best possible care within our means. Even in May the cash flow predictions were bleak, estimating that we would have to borrow over \$10 million by the fiscal year end.

I am very pleased to report that we not only eliminated the need to borrow any money, but we ended the year meeting our cash collection goal. In October we received part of our FY 2015 annual funding from the Indian Health Service before having to use any of our bank line of credit.

As the 2014 year ended remarkably better than the most optimistic earlier projections and 2015 started with excellent third party revenue collections, we recognize that it couldn't have been done without all of the support of our Senior Leadership Team, Clinicians, the Revenue Cycle team, and all YKHC team members. To all those that contributed, I send my sincere thanks for performing admirably and helping us continue to provide excellent, financially viable health care.

Monthly Collections

Goal: \$5.6M



AVCP Convention brings in the candidates and commends YKHC Health Aide Program

Many people were in Bethel as part of the 50th Anniversary of the Association of Village Council Presidents (AVCP) annual convention in October, including politicians, State of Alaska officials, and representatives from the region's Tribal councils.

The AVCP delegation voted 23 to 22 to retain Myron Naneng as the President (the election happens every two years). Ray Watson was very close in his bid for the AVCP presidency seat, but was one vote shy.

All of Alaska's congressional delegation came to Bethel, including long-serving House of Representatives Congressman Don Young and Senators Lisa Murkowski and Mark Begich.

Commissioners from the State of Alaska were also in attendance, including Public Safety Commissioner Gary Folger and Fish and Game's Cora Campbell.

Governor candidate Bill Walker with running mate for Lt. Governor Byron Mallott were also there.

The AVCP delegation and staff commended YKHC's Community Health Aide Program and staff with a Special Recognition award and plaque on the morning of the last day of the convention, and



Clockwise from top left: Carolyn Moses and Paul Jenkins greet each other at the AVCP Convention. YKHC President/CEO Dan Winkelman updates the convention on regional healthcare status. The AVCP delegation commended YKHC's Community Health Aide Program with a Special Recognition award and plaque.

many Health Aides, Supervisor Instructors and staff were able to attend and receive the recognition in front of all of AVCP's 56 tribes in attendance.

YKHC is a 501 (c) 3 organization and does not support or oppose any candidate for public office

You're Invited

Prematernal Home Qingalriit Utaqaviat

Tuesday, Nov. 18, 2014 -- Open-House & Celebration 4:00 - 6:00 p.m.

The public is invited to join us for the Grand Opening of our new regional Prematernal Home.

The Yukon Kuskokwim Health Corporation leadership and YKHC Board of Directors request your presence at our community celebration at our beautiful new "Home Away From Home!"

Please join us on Tuesday, November 18, 2014, in Bethel, Alaska from 4 to 6 p.m.

Ribbon cutting, light refreshments & snacks!

