



COHC plan addresses health in Central Oregon

The Central Oregon Health Council (COHC) has announced the release of the 2020-2023 Regional Health Improvement Plan (RHIP). This plan provides a strategy for making Central Oregon a healthier place to live, play, and thrive.

“There has never been such an inclusive and focused plan in our region for positively affecting the health of all Central Oregonians,” said Elaine Knobbs-Seasholtz, Director of Strategy and Development for Mosaic Medical, and active member of the RHIP Steering Committee.

The RHIP was written and reviewed by over 75 regional subject-matter experts in health, housing, government, policy, education, transportation, health equity and more. This in-depth report highlights actionable ways to impact broad issues, including preventable diseases, adverse childhood experiences (ACEs), poverty, housing, behavioral health, substance and alcohol misuse.

This is the third time Central Oregon has submitted a four-year plan to the Oregon Health Authority since the first RHIP made a quiet debut in 2012. The RHIP spans Crook, Deschutes, Jefferson, and

northern Klamath counties, and the Confederated Tribes of Warm Springs.

With the partnership of PacificSource Community Solutions, the Coordinated Care Organization for Medicaid in Central Oregon, the COHC is able to provide \$10 million over the next four years to fund activities associated with the RHIP through grants. As of this month, over \$20 million has been awarded throughout the region since 2016. Grant award decisions are left to the COHC’s almost 200 volunteers, whose job is turning the RHIP into a reality by partnering with local organizations, working on systems changes, and making careful investments. The first grant applications will be available later this year.

The Central Oregon Health Council works to improve health-care while both lowering the cost and raising patient and provider satisfaction. They do this for the nearly 50,000 Central Oregon residents who receive Medicaid/Oregon Health Plan benefits. Beyond this, they provide leadership to improve overall community and whole-population health improvements. Visit www.cohealthcouncil.org for more information.

at your local pharmacy store or even online. While students will protest about being tested (“You don’t trust me!”) parents can respond with “I love you too much to *not* check if you are using any drugs. We need to get a baseline on what is going on with you. We will also be having you see your doctor.”

Regardless of our society’s continual movement toward the legalization and acceptance of marijuana, research is undeniably clear that it is not safe for teenagers to use the stuff, especially on a regular basis. Of course the same goes for alcohol and other drugs.

It can be very challenging to try to “go it alone,” which, sadly, happens frequently due to the perceived stigma of having a family member with “mental issues.”

Counseling can assist parents in

learning the most effective ways to communicate with their kids and respond to their needs. Make sure that the school nurse, counselor, and others are aware of your child’s diagnosis so they can be part of the support plan.

If parents discover their child is dealing with a diagnosed mental-health issue, they may find great wisdom and support from counseling for themselves, as well as in support groups for parents. One such support group with a chapter in Bend is NAMI (National Alliance on Mental Health), www.namicentraloregon.org. Resources in Sisters include access to Deschutes County Behavioral Health (541-322-7500) and a number of local therapists including licensed professional counselors, masters of social work, psychologists and psychiatrists.



The Center

Sisters’ active lifestyle is healthful and exciting — but it can sometimes lead to injury. The goal of The Center’s Dr. Timothy Bollom is to take care of those injuries efficiently and effectively so you can get back on the trail or on the skis or on the pickleball court as soon as possible.

Dr. Bollom is available in Sisters at the St. Charles Family Health Clinic one Wednesday per month in winter and every three weeks in other seasons. He sees patients from a variety of primary care doctors and can refer patients directly to Sisters-based physical therapists.

In-office procedures like injections, bracing and X-rays can be handled right here, without requiring a drive into Bend. In fact, 90 percent of a patient’s needs can be met in Sisters. The Sisters clinic also serves to screen patients so that they can most efficiently take their next steps in care.



Timothy Bollom MD at our Sisters clinic

Fellowship trained in sports medicine, Dr. Bollom treats patients of all ages and diverse backgrounds, with a focus on comprehensive diagnosis and treatment of knee and shoulder conditions.

DR. BOLLUM’S NEXT THREE CLINIC DAYS ARE: Wednesdays 2/5, 3/4, and 4/1
THE CENTER SISTERS AT ST. CHARLES FAMILY CARE: 630 N Arrowleaf Trail

The Center’s team of highly trained neurosurgeons, orthopedic surgeons, occupational medicine providers, and physiatrists are here to keep the Sisters community healthy, active and strong. *Whatever your passion, find your strength here.*

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