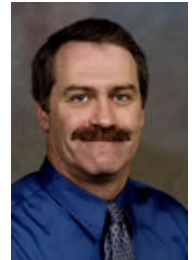


# Fall 2010 Quarterly Newsletter

Published November 29, 2010

## CHAMPS Honors Region VIII Leaders

Every year, in conjunction with the CHAMPS/NWRPCA Annual Primary Care Conference, CHAMPS is honored to recognize individuals from Region VIII Community Health Centers and partner organizations for their exemplary service to the community health center movement. All Region VIII CHCs and State Primary Care Associations (SPCAs) are invited to submit nominations. The winners are chosen by the CHAMPS Executive Committee and award presentations are made during the annual CHAMPS Board of Directors Meeting during the conference.



### Please congratulate our 2010 CHAMPS Awardees:

- ★ **Martin Ellbogen, MD**, Director of Senior Care for Community Health Center of Central Wyoming in Casper, WY, received the **Exceptional Clinical Leadership Award** for demonstrating clinical excellence and a commitment to providing quality health care for all.
- ★ **Paul Melinkovich, MD**, Director and Chief Executive Officer of Denver Health Community Health Services in Denver, CO, was given the **Exceptional Administrative Leadership Award** for demonstrating dedication to the health center mission through exceptional leadership and service.
- ★ **Echo Petersen**, Board Chair for Horizon Health Care, Inc. in Howard, SD, was awarded the **Exceptional Board Leadership Award** in recognition of her service to Horizon Health Care, Inc. and to the community it serves.
- ★ **Ricardo Velásquez, MD**, Interim President and Chief Executive Officer and San Luis and Lower Arkansas River Regional Director for Valley-Wide Health Systems, Inc. in Alamosa, CO, received the **Outstanding Advocate of the Underserved Award** for demonstrating dedication to the health center mission through exceptional leadership and service.



**Thank you all for your impressive work supporting our Region VIII Community Health Centers!**

*From top: Martin Ellbogen, Paul Melinkovich, Echo Petersen, and Ricardo Velásquez*

### Inside this Issue:

- CHAMPS: 25<sup>th</sup> Anniversary, 2010-2012 Executive Committee, Region VIII Employees Honored
- Workforce: Managing Change Webcast Series, Archived Distance Learning, Community Health Leadership Institute, Core Competency Training, Salary Survey, NHSC Updates
- MPCN: Tell Us About New Providers!, Obesity in Children, Grants for Women/Children, Chronic Disease Nutrition: Plate Method
- Regional & National News: Region VIII Representatives to NACHC BOD, ACA Funds to Region VIII, BPHC Reorganization, UDS Website Updates
- Upcoming Events & Contact Us

## CHAMPS Celebrates 25 Years – Thanks to Supporters



In 1985 CHAMPS was founded to support Region VIII CHCs. Twenty-five years later we are still going strong! As our silver anniversary comes to a close we want to **thank and honor CHAMPS members, founders, committee members, partners, staff, and friends** who have contributed to CHAMPS success over the past quarter of a century.

It is with your help and collaboration that we have furthered our goals of building healthy communities and promoting health equity. There is much strength in association – using complementary skills and talents towards common goals, bringing forth innovations and sharing best practices – supporting one another. Collectively we have faced challenges, maximized opportunities, and achieved wonderful results. The power of association is evident in all that has been achieved for patients and communities in Region VIII – we cannot be successful unless we work together and your involvement and support are sincerely appreciated. We are confident that together we will accomplish even more in the next twenty five years!

## 2010-2012 CHAMPS Executive Committee

During the CHAMPS Annual Board Meeting in October 2010, the CHAMPS Board of Directors approved the **2010-2012 slate of Executive Committee Members**: Kate McIvor - MT (President), John Mengenhausen – SD (Vice President), Pam Locken – SD (Immediate Past President), Stanley J. Brasher – CO (Treasurer), Dawn Berg – ND (Secretary), Donna Singer – UT (UT Representative), Dan Reiner – WY (WY Representative), Keith Horwood, MD – UT (Clinical Representative).

For more details, visit [www.CHAMPSonline.org/About/CHAMPS/Exec\\_Members.asp](http://www.CHAMPSonline.org/About/CHAMPS/Exec_Members.asp).

## Region VIII CHC Employees Honored – Congratulations!



Allan  
Ainsworth, PhD

Allan Ainsworth, PhD, received the Utah Business Magazine's **Health Care Hero Award for Administrative Excellence** for his work as the founder and Executive Director of the **Fourth Street Clinic** in Salt Lake City, Utah. Utah Business Magazine credits the Fourth Street Clinic with transforming how homeless individuals are given healthcare and says that their model has “impacted the state’s entire health care system”.

For more information about *Fourth Street Clinic*, please visit [www.fourthstreetclinic.org/](http://www.fourthstreetclinic.org/).

Each year the National Association of Community Health Centers (NACHC) gives out **Community Health Care Awards of Excellence**. Both 2010 Region VIII awardees are employees of **Salud Family Health Centers** of Fort Lupton, Colorado:

- ★ **Tillman Farley, MD**, the Director of Health Services, received the 2010 Samuel U. Rodgers Achievement Award.
- ★ **John Santistevan**, the Director of Accounting & Finance, received the 2010 Jeffrey T. Latman Leadership in Health Care Finance Award.



John Santistevan (left) and Tillman Farley, MD displaying their awards with Stanley J. Brasher (center)

The nominees were chosen based on their ability to meet future challenges, for advancing the process of health care delivery, and exhibiting leadership and advocacy to meet community health needs.

For more information about *Salud Family Health Centers*, please visit [www.saludclinic.org/](http://www.saludclinic.org/).

## WORKFORCE DEVELOPMENT NEWS

Encouraging successful careers and strong, cutting-edge organizations by providing live and archived continuing education, recruitment and retention tools, and the latest information on current trends and statistics

### ***Don't Miss: Managing Change in CHCs Webcast Series***

The four part **Managing Change in CHCs** webcast series (one governance session and three staff sessions) has been presented by Patricia Moten Marshall, an expert in creative interchange – a process that educates and changes those involved in order to foster their highest potential. **It is not necessary to attend every session to gain value from each individual session**, and attendance is **FREE** for the membership organizations of the sponsors (the state and regional Primary Care Associations of Region VIII). Continuing Medical Education (CME) credit is available for all three staff events.

#### ***Upcoming "Resistance to Change" Webcast***

Register for **Resistance to Change**, staff session 3 and the final event in the Managing Change series. This webcast will be broadcast live on **Wednesday, December 1, 2010** at 11:30 AM Mountain Time, and will help participants:

- Understand that all major change is accompanied by resistance,
- Appreciate how resistance surfaces and what to look for, and
- Know how to manage resistance while you implement change.

#### ***Other Archived "Managing Change" Events***

Did you miss one of these previous "Managing Change in CHCs" events?

- ★ Governance Session - Considerations for Governance in Managing Change
- ★ Staff Session 1 – Change as a Process
- ★ Staff Session 2 – Roles within the Change Process

You can still benefit from these events! Each is available as an online archive, and each staff session will also be available on CD (the CD of session 1 has already been released).

**REGISTER FOR "RESISTANCE TO CHANGE", access archived "Managing Change" events, and learn about the series sponsors at [www.CHAMPSonline.org/Events/Distance\\_Learning.asp#change](http://www.CHAMPSonline.org/Events/Distance_Learning.asp#change)**

**CHAMPS ARCHIVED DISTANCE LEARNING EVENTS:** In addition to the "Managing Change" events mentioned above, CHAMPS currently offers online archives of the following:

#### ***Successful Recruitment in Challenging Times (Webcast)***

Online archive available through 01/20/11

- CME available through 01/20/11

[www.vcall.com/replay](http://www.vcall.com/replay), #2146004841

#### ***Multimodal Approach to the Treatment of Chronic Pain (Webcast)***

Online archive available through 02/17/11

- CME available through 02/17/11

[www.vcall.com/replay](http://www.vcall.com/replay), #2146004841

Access to these two events is free for staff and board members of CHAMPS Organizational Members (including continuing education credit). Other participants will be charged \$75 per computer link, \$50 per teleconference access, and \$15 per person for credit.

***Purchase or borrow CDs of CHAMPS archived webcasts!***

Visit [www.CHAMPSonline.org/Tools/PubsElectronicMedia/default.asp](http://www.CHAMPSonline.org/Tools/PubsElectronicMedia/default.asp) for details.

#### ***Comments from Participants of Staff Sessions 1 and 2:***

- *Concise roadmap to implement change and understand the factors that **impact success or failure.***
- *Gave great insight as to what we can possibly encounter for our EHR implementation and how to work through it.*
- *The speaker was excellent and provided very positive ways to deal with change, even multiple changes.*



## **CHAMPS and NWRPCA Partner to Offer Two Great Trainings!**

### **Community Health Leadership Institute**

*"The CHL program is an authentic and emerging health center leadership program that gives each participant **immediate tools and skills** to improve not only our primary care clinics but also our communities."*

Ken Davis, PA-C, Mountain Family Health Center, Glenwood Springs, CO

The **Community Health Leadership Institute** (CHLI) is a University of Washington Professional Certificate program being offered to both the current and future leaders of Region VIII and Region X through a partnership of CHAMPS and the Northwest Regional Primary Care Association (NWRPCA).

The program trains community and migrant health center leaders in the crucial skills necessary to fulfill their positions effectively. During the six month program the bulk of the information will be distributed through nine days of classroom intensives and various distance learning activities.

*The 2011 session of CHLI will be held May 19-21, July 28-30, and Oct. 20-22, 2011 at the Talaris Conference Center in Seattle, WA.*

*Links to additional information and registration can found at [www.CHAMPSonline.org/Events/#chli](http://www.CHAMPSonline.org/Events/#chli).*

**Applications for the 2011 Session of the Community Health Leadership Institute are Due December 1, 2010**

### **Core Competency Training**

CHAMPS and the Northwest Regional Primary Care Association (NWRPCA) are partnering to offer a training event for first time managers and supervisors of community health organizations. The **Core Competency Training** will take place in Seattle, WA in late March of 2010, and will offer comprehensive instruction on conflict management, effective communication, building a trusting environment, and transitioning from peer to supervisor.

Angela Prater will lead this three-day event; she is a nationally-recognized Master Trainer from Development Dimensions International and has worked with organizations such as Legacy Health Care, Providence Health Care System, and Boeing Military.

*"I've sent clinic managers to Angela's training, and they have grown tremendously in their confidence and managerial skills. **This was one of the best investments in staff development I could have made.**"*

Justin Voorhees, Lead Office Manager, Community Health Care, Tacoma, WA

*The Core Competency Training will be held March 22-24, 2011 at the Talaris Conference Center in Seattle, WA.*

*For more information and a link to registration, visit [www.CHAMPSonline.org/Events/#core](http://www.CHAMPSonline.org/Events/#core).*

**The Early Registration Deadline for the Core Competency Training is February 14, 2011**

## **More Continuing Education Resources**

*Are you seeking additional ways to continue your professional development?  
Be sure to visit the CHAMPS website to explore:*

Other Online Learning Resources: [www.CHAMPSonline.org/Events/OtherOnlineLearning.asp](http://www.CHAMPSonline.org/Events/OtherOnlineLearning.asp)  
Distance Learning Library: [www.CHAMPSonline.org/Events/Distance\\_Library.asp](http://www.CHAMPSonline.org/Events/Distance_Library.asp)

## ***Now Available: CHAMPS 2010 Region VIII Salary Survey Report***

The **2010 CHAMPS Region VIII Health Center Salary, Benefits, Turnover, and Vacancy Survey Report** was released in October, and a printed version has been distributed to CHAMPS Organizational Members as well as to non-member organizations that participated in the survey. This publication allows Region VIII health centers (CHCs) to assess the competitiveness of their compensation packages while illustrating regional workforce trends. Forty-nine health centers, representing 84% of the CHCs in the region, submitted their data for analysis. The resulting report contains:

- ★ Profiles of participating organizations
- ★ Average salary, salary ranges, and average benefits by position title
- ★ Breakdowns of salary and benefits information by annual budget range for all positions, plus additional breakdowns of Executive and Clinical Team positions by years of service, number of service sites, and location
- ★ Comparisons of 2010 Region VIII data with Region VIII data from previous years and with other current state and national surveys
- ★ An analysis of turnover and vacancy rates
- ★ Summarized recruitment and retention information

Printed copies of this report can be purchased (\$50 for members and \$100 for non-members). Visit [www.CHAMPSonline.org/Tools/PubsElectronicMedia/Publications/](http://www.CHAMPSonline.org/Tools/PubsElectronicMedia/Publications/) to download an order form. Electronic versions of this report and the supplemental **2010 CHAMPS Region VIII/Region X Health Center Salary, Turnover, and Vacancy Data Comparison** can be found on the Members Only section of [www.CHAMPSonline.org](http://www.CHAMPSonline.org).

*As a member benefit, CHAMPS is holding a Salary Survey Report Follow-Up Web Conference on Tuesday, December 7 from 12:00 – 1:00 PM Mountain Time. Registration is required. Please contact [andrea@CHAMPSonline.org](mailto:andrea@CHAMPSonline.org) for more information.*

## ***New Award Cycle, New Opportunities, New Website***

The **National Health Service Corps (NHSC)** Loan Repayment Program is now accepting applications for the next award cycle. There are several exciting changes in the loan repayment program this year including:

- ★ **Increase in Financial Support:** initial awards of up to \$60,000 for two years of service (up to \$170,000 in loan repayment for completing a five-year service commitment)
- ★ **Flexible Options to Complete Service:** three options for fulfilling your service obligation - a two-year full-time contract, a four-year half-time contract, and a two-year half-time contract
- ★ **Increased Credit for Teaching:** 20 percent credit for teaching and a 50 percent credit for teaching at a qualified Teaching Health Center

NHSC leadership will review these changes and answer questions during a one-hour call on November 30, 2010, from 12:00 to 2:00 PM Mountain Time. **To attend, call 1-800-857-5140, passcode 4873468.** An Instant Replay of the call will be available one hour after the call ends until December 31, 2010 at 1-866-383-3135.

Be sure to check out the new user-friendly NHSC website, <http://nhsc.hrsa.gov>, which includes the online application for NHSC programs as well as links to NHSC's social networking sites.

*Questions? Contact your Region VIII NHSC representative:  
Brenda Neubaum, [bneubaum@hrsa.gov](mailto:bneubaum@hrsa.gov) (MT & WY)  
Erica Pearson, [epearson@hrsa.gov](mailto:epearson@hrsa.gov) (ND & CO)  
Christine Poe, [cpoe@hrsa.gov](mailto:cpoe@hrsa.gov) (UT & SD)*



---

# MOUNTAIN/PLAINS CLINICAL NETWORK (MPCN) NEWS

*Providing professional, administrative, and educational support to all clinicians that practice in Community, Migrant, and Homeless Health Centers in Region VIII to ensure the delivery of the highest possible quality of care to poor and underserved populations*

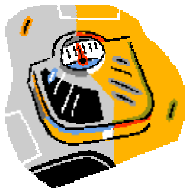
## ***CHAMPS Wants to Hear About Your New Providers!***

In an effort to include all Region VIII health care providers in Mountain/Plains Clinical Network (MPCN) activities, CHAMPS would like to know about new CHC medical, dental, behavioral, pharmacy, and other health care providers in the region. This will allow us to keep all providers informed about all MPCN programs including webcasts, teleconferences, trainings, and online resources, through periodic email announcements and newsletters.

In addition, **CHAMPS sends out welcome packets to new Region VIII health care providers that can help in orienting new providers to the world of CHCs and CHAMPS.** The welcome packet includes the CHAMPS calendar of events, most recent CHAMPS newsletter, glossary of CHC terms and acronyms, clinical reference pocket cards, well patient education handouts, information about MPCN and joining the CHAMPS Clinicians' Listserv, and other information and goodies.

*Please feel free to send a complete listing of your health care providers and periodic new hires, including name, title, CHC, email address, and phone number to Shannon Kolman, CHAMPS Clinical Programs Director, at [Shannon@CHAMPSonline.org](mailto:Shannon@CHAMPSonline.org).*

## ***US Children Growing Heavier***



A new study released by the National Institutes of Health and published in the International Journal of Pediatric Obesity states that children in the US are becoming more obese, and obese children themselves are growing wider. The study also noted that US children are gaining more abdominal fat which is indicative that they are at risk for many health problems. (Read the US Department of Health and Human Services article at [www.hhs.gov/news/healthbeat/2010/08/20100831a.html](http://www.hhs.gov/news/healthbeat/2010/08/20100831a.html).)

The Weight Control Information Network, an information service of the National Institute of Diabetes and Digestive Kidney Diseases, has compiled information for parents. Their webpage titled **Helping Your Child: Tips for Parents** has information about forming healthy eating habits in young kids, healthy snack ideas, and increasing your child's physical activity.

*The **Helping Your Child: Tips for Parents** webpage can be found at <http://win.niddk.nih.gov/publications/child.htm>.*

## ***Grants Promoting Health for Women and Girls***

The Regional Offices on Women's Health are accepting applications for **Building Systems of Prevention through Health Promotion for Women and Girls** grants. These \$2,500 stipends will be awarded to organizations or agencies who submit a project proposal to support the following three focus areas:

- ★ **National Women and Girls HIV/AIDS Awareness Day (NWGHAAD)**, 03/10/11
- ★ **National Women's Health Week (NWHW)**, 05/08/11 – 05/14/11
- ★ **Prevention of Violence Against Women and Girls (VAW)**



Applicants can submit project proposals for multiple areas of interest. The deadline for all proposals is November 22, 2011.

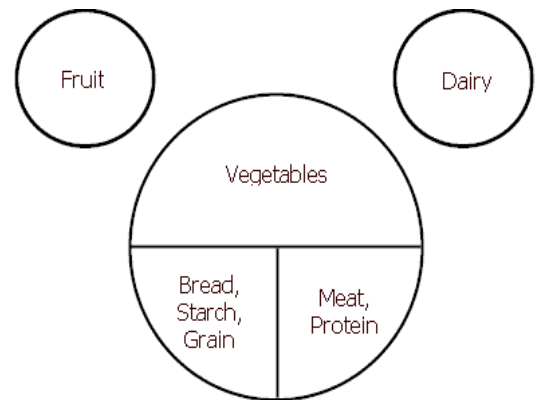
*For more information, including preferred activities, please read [www.womenshealth.gov/about-us/funding-opportunities/Building\\_Systems\\_of\\_Prevention.pdf](http://www.womenshealth.gov/about-us/funding-opportunities/Building_Systems_of_Prevention.pdf).*

## Fighting Chronic Diseases with a Plate

On October 24<sup>th</sup>, participants of the session **Nutrition Interventions for Fighting Chronic Diseases**, at the CHAMPS/NWRPCA Annual Primary Care Conference, learned some simple strategies for improving their patients' outcomes through proper nutrition and diet.

**Set Small Goals:** Colleen Gill, Clinical Dietitian with the University of Colorado, encouraged session participants to set small dietary change goals with patients rather than looking at "end goals". She noted that even a 10 pound weight loss can positively affect cholesterol, blood pressure, and blood sugar levels. Many people are intimidated or unmotivated to eat healthier or to lose weight because they are looking towards an end goal that seems daunting, expensive, limiting, and just plain no fun. Instead people can set small goals, one at a time, and start to incorporate changes that can truly make a difference in chronic disease states and overall health.

**The Plate Model:** One strategy is the "plate model", which can be easily and quickly taught by healthcare providers. The plate model uses the dinner plate to proportion food groups in a way that replaces high-fat and high calorie foods with lower calorie plant-based foods, while still maintaining the adequate amount of good fats, protein, and other nutrients. The American Institute for Cancer Research (AICR) teaches that **plant foods like vegetables, fruits, whole grains, and beans should cover two-thirds (or more) of the plate at each meal.** This can greatly reduce calories, sugar, and unhealthy fats. For example, a meal with a 16 ounce rib eye steak, 12 ounce baked potato (with butter and sour cream) and ½ of squash with butter weighs in at 1355 calories. Using the plate method, a meal with 6 ounces of grilled chicken breast, 1 ½ cup of greens, 1 ½ cups of carrots and green beans, and ½ cup of brown rice weighs in at 475 calories.



**Learn Healthy Portion Sizes:** Before starting the plate model, patients must first learn healthy portion sizes. In 1985 the average plate size was 9-10 inches. Now plates are often 12-14 inches in size. To use the plate model effectively, a plate no larger than 9-10 inches should be used. Food proportions have also become inflated. For example, 20 years ago an average bagel was the size of our current mini bagels with 140 calories; versus bagels today which average around 350 calories. Twenty years ago an order of fries had approximately 200 calories and today is around 600 calories.

**Eat Slower:** Another strategy presented by Ms. Gill was eating slower. We tend to lose taste after 4-5 bites, and one study showed that students who were given only 10 minutes to eat took in 646 calories and those who were given 30 minutes averaged only 579 calories. Considering an extra 100 calories per day will result in a 10 lb. weight gain in one year, any extra calories can really add up. Also, praise ALL progress. Small changes can add up to significant changes in long-term risk!

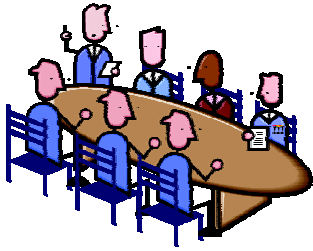
**For AICR's New American Plate model educational brochures and recipes, please visit [www.aicr.org/site/PageServer?pagename=reduce\\_diet\\_new\\_american\\_plate](http://www.aicr.org/site/PageServer?pagename=reduce_diet_new_american_plate).**

**The Plate Model was introduced in 1998 when Dieticians from Canada, Finland, France, and Sweden explored methods of teaching meal planning to persons with diabetes and dyslipidemia in the Diabetes Atherosclerosis Study. More recently, the University of Idaho has explored the same model in the Health Diabetes Plate study, and the American Institute for Cancer Research (AICR) offers healthy weight education with their New American Plate model.**



## REGIONAL AND NATIONAL NEWS

To submit an article about state, regional, or national news, please contact [Andrea@CHAMPSonline.org](mailto:Andrea@CHAMPSonline.org)



### ***NACHC Board Region VIII Representatives***

The **Board of Directors for the National Association of Community Health Centers (NACHC)** includes two representatives from each of the ten regions plus two health center board members and two clinicians. In August of 2009, the NACHC bylaws were changed to create a simpler, more streamlined regional election process which entails electing clinicians and health center board members to the NACHC board at the national (vs. regional) level. This national election for the clinician and health center board member seats will be conducted in concert with the officer election process, with one clinician and one health center board member elected at the House of Delegates each year (with two year staggered terms). For regional representatives (for which CHAMPS conducts the election), terms will be staggered so that one representative is elected in each region, each year, for a two year term. To implement the staggered terms, in 2010 each Region elected one representative to a two-year term and one representative to a one-year term.

#### **Many thanks to the current members of the NACHC board from Region VIII:**

- **BJ Scott from Peak Vista Community Health Centers** in CO and **John Mengenhauen from Horizon Health Care, Inc.** in SD are the 2010 Region VIII Representatives; BJ will serve a one-year term and John will serve a two-year term beginning October 1, 2010.
- **Lil Anderson from RiverStone Health** in MT serves as the Immediate Past Chair on the NACHC Executive Committee until August 2011.
- **Jerry Brasher from Salud Family Health Centers** in CO serves as the Parliamentarian on the NACHC Executive Committee until August 2011.

*Plus, a tremendous "thank you" to **Pam Locken from Prairie Community Health** in SD for representing Region VIII on the NACHC Board for the last year!*

### ***Affordable Care Act Funds Distributed – Region VIII Grantees***

On October 8, 2010, 143 community health centers received a portion of the \$727 million dollars awarded to expand access to healthcare under the Affordable Care Act (ACA). Funds were allocated to help with construction and renovation needs necessary to meet the demands of the increasing patient load. These funds, considered **Capital Development (CD) program grants**, were the first in a series of awards made available through the ACA. Over the next five years, the ACA will provide \$11 billion in funding for the operation, expansion, and construction of community health centers across the country.

"Many of these community health centers need more modern space to meet the increasing patient demand for services. These funds will help community health centers build new facilities and modernize their current sites in their continuing effort to provide the best care possible to more and more people in need," said HRSA Administrator Mary K. Wakefield, PhD, RN.

#### **Congratulations to the Region VIII Awardees:**

- ★ *Clinica Family Health Services, CO*
- ★ *Community Health Center of Central Wyoming, WY*
- ★ *Metro Community Provider Network, CO*
- ★ *Midtown Community Health Center, UT*
- ★ *Valley-Wide Health Systems, Inc., CO*

Read the full press release at [www.hhs.gov/news/press/2010pres/10/20101008d.html](http://www.hhs.gov/news/press/2010pres/10/20101008d.html).

Primary Care Associations and National Cooperative Agreements also recently received additional funding to support community health centers. Read the press release at [www.hhs.gov/news/press/2010pres/11/20101119b.html](http://www.hhs.gov/news/press/2010pres/11/20101119b.html).



## BPHC Reorganization

The **Bureau of Primary Healthcare (BPHC)** recently reorganized their structure to ensure the bureau was able to prepare for growth of the program, integrate service delivery programs, synchronize internal and external technical assistance and training activities, and increase administrative support for grantees and staff.

This reorganization includes the creation of four Primary Health Care Divisions that will assist the Health Centers, State/Regional Primary Care Associations, FQHC Look-Alikes, Health Center Controlled Networks, Community-based Collaborative Care Networks, and School-Based Health Centers within each division with technical assistance and support.

Region V (IL, IN, MI, MN, OH, and WI), Region VIII (CO, MT, ND, SD, UT, and WY), and Region X (AK, ID, OR, and WA) are grouped into the **North Central Division**. This Division currently includes 290 Health Centers, 15 Primary Care Associations, 17 FQHC Look-Alikes, and 17 Health Center Controlled Networks. Each Division is then divided into several branches; please see the box to the right for the North Central Division branches that include Region VIII states.

### **North Central Division**

**Margaret Davis, MSW**

Director

Email: [MDavis1@hrsa.gov](mailto:MDavis1@hrsa.gov)

Phone: (301) 594-0291

### **West Central Branch:**

States: CO and UT (with ID and OR)

**George Brown, MPH**

Branch Chief

Email: [GBrown@hrsa.gov](mailto:GBrown@hrsa.gov)

Phone: (301) 443-7321

### **Northern Mid-West Branch**

States: MT, ND, SD, and WY

(with MN and WI)

**George Brown, MPH**

Acting Branch Chief

(contact information above)

For more information about the Bureau of Primary Health Care (BPHC), please visit [www.bphc.hrsa.gov/](http://www.bphc.hrsa.gov/).

## Improved UDS Website

The recently updated **Uniform Data System (UDS) website** has new features available for consumers to easily examine and compare current and former UDS information (including patient demographics, staffing, clinical indicators, utilization rates, costs, and revenues for community health centers nationwide).

In addition to providing background information about the UDS program, the site allows viewers to access:

- ★ Data snapshots (national overviews by year),
- ★ Demographic trends (by year, state, and characteristics like special populations, age/gender, and more), and
- ★ Data comparisons (comparing information for a specific state to national numbers, or to the information for another state by year).

The site also includes a link to **Modular Online UDS Trainings** provided by the Bureau of Primary HealthCare (BPHC).

### 2009 UDS Highlights

In 2009, the health center program made the following impact:

- **Served 18.8 million patients**
  - 92% below 200% poverty
  - 71% below 100% poverty
  - 38% uninsured
  - 1,018,000 homeless individuals
  - 865,000 migrant/seasonal farmworkers
  - 165,000 residents of public housing
- **Provided 74 million patient visits**
- **Included 1,131 grantees**
- **Included 7,900+ service sites**
- **Employed more than 123,000 staff**
  - 9,100 physicians
  - 5,800 nurse practitioners, physicians assistants, and certified nurse midwives

[www.hrsa.gov/data-statistics/health-center-data/index.html#what](http://www.hrsa.gov/data-statistics/health-center-data/index.html#what)

Explore the enhanced UDS website at [www.hrsa.gov/data-statistics/health-center-data/index.html](http://www.hrsa.gov/data-statistics/health-center-data/index.html). Explore this data with an interactive map using **the UDS Mapper**: [www.udsmapper.org/about.cfm](http://www.udsmapper.org/about.cfm).

# UPCOMING EVENTS – MARK YOUR CALENDARS

Visit the interactive online CHAMPS calendar – [www.CHAMPSonline.org/Events/Calendar.asp](http://www.CHAMPSonline.org/Events/Calendar.asp)

## DECEMBER

December 1, 2010; 11:30 AM - 1:00 PM MT

**CHAMPS Managing Change Webcast Series: Empowering CHCs To Succeed  
Staff Session 3 - Resistance to Change**

[www.CHAMPSonline.org/Events/Distance\\_Learning.asp#change](http://www.CHAMPSonline.org/Events/Distance_Learning.asp#change)

December 10, 2010; 10:00 – 11:30 AM MT

**NNOHA Webinar: Leadership – Becoming an Outstanding Dental Director**

[www.nnoha.org/practicemanagement/webinars.html](http://www.nnoha.org/practicemanagement/webinars.html)



## JANUARY

January 7 – June 17, 2011

**Comprehensive Coding Education Program**

Online every Friday 10:00 AM – 2:00 PM MT

[www.nwrpca.org/trainings/medical-coding.html](http://www.nwrpca.org/trainings/medical-coding.html)

## FEBRUARY

February 16 – 18, 2011

**20<sup>th</sup> Annual Western Migrant Stream Forum**

Marriott Oakland City Center, Oakland, CA

[www.nwrpca.org/conferences/western-migrant-stream-forum.html](http://www.nwrpca.org/conferences/western-migrant-stream-forum.html)

## 2010 UDS TRAININGS IN REGION VIII

November 3-4, 2010

Fargo, ND

[www.communityhealthcare.net](http://www.communityhealthcare.net)

November 18-19, 2010

Cheyenne, WY

[www.wypca.org](http://www.wypca.org)

November 29-30, 2010

Webinar

[ssullivan@mtpca.org](mailto:ssullivan@mtpca.org)

December 2-3, 2010

Salt Lake, UT

[www.auch.com](http://www.auch.com)

December 8, 2010

Pueblo, CO

[www.chhn.org](http://www.chhn.org)

### December

AIDS Awareness Day, 12/1

Hanukkah, 12/1 – 12/9

Pearl Harbor

Remembrance Day, 12/7

Human Right's Day, 12/10

Islamic New Year, 12/18

Christmas Day, 12/25

Kwanzaa, 12/26 – 1/1

### January

New Year's Day, 1/1

Martin Luther King Jr. Day,  
1/18

## Looking Forward

2011 Dakota Conference on

Rural and Public Health

March 23-25, 2011

<http://ruralhealth.und.edu/dakotaconference>

NACHC

Policy and Issues Forum

March 23-27, 2011

[www.nachc.com](http://www.nachc.com)

CHAMPS/NWRPCA

Core Competency Training

March 22-24, 2011

[www.CHAMPSonline.org/Events/#core](http://www.CHAMPSonline.org/Events/#core)

Please let us know if your email address has changed. Thank you!

## CONTACT US

**Kara Harrington**, Clinical and Workforce Projects Intern; [Kara@CHAMPSonline.org](mailto:Kara@CHAMPSonline.org), 303-861-5165 x225

**Julie Hulstein**, Executive Director; [Julie@CHAMPSonline.org](mailto:Julie@CHAMPSonline.org), 303-861-5165 x226

**Shannon Kolman**, Clinical Programs Director; [Shannon@CHAMPSonline.org](mailto:Shannon@CHAMPSonline.org), 303-861-5165 x236

**Andrea Martin**, Workforce Development and Member Services Director; [Andrea@CHAMPSonline.org](mailto:Andrea@CHAMPSonline.org), 303-861-5165 x285

*Newsletter Contributors: Kara Harrington, Julie Hulstein, Shannon Kolman, and Andrea Martin (Editor)*

*The CHAMPS Quarterly Newsletter is supported by Grant Number 5 H68CS00150-20-00 from the Department of Health and Human Services (DHHS) Health Resources and Services Administration (HRSA) Bureau of Primary Health Care (BPHC). Its contents are solely the responsibility of CHAMPS and do not necessarily represent the official views of HRSA/BPHC.*

*Please contact Andrea Martin with any questions or comments about this newsletter.*