



# 5 Ways to stay healthy this summer!

- 1 Protect your skin from the sun with sunscreen
- 2 Stay hydrated- with water!
- 3 Enjoy the nice weather by exercising outdoors
- 4 Relax! Enjoy yourself and the summer season
- 5 Shop your local farmers market

## June Happenings...

June 5<sup>th</sup> – Cancer Survivors Day  
 June 15<sup>th</sup>-21<sup>st</sup> – Men’s Health Week  
 June 19<sup>th</sup> – Father’s Day  
 June 20<sup>th</sup> – First Day of summer  
 June 21<sup>st</sup> – National HIV Testing Day

All month long:

- ❖ Men’s Health Month
- ❖ Hernia Awareness Month
- ❖ National Safety Month



Like us on Facebook!



Prairie Ridge Integrated Behavioral Healthcare

### Locations

117 East Call St. Algona, IA (515) 295-5158	703 Main St. Suite #1 Charles City, IA (641) 228-1477	109 S. Clark St. Suite B Forest City, IA (641) 585-2060	123 1 <sup>st</sup> Ave SW Hampton, IA (641) 456-2365	320 N. Eisenhower Mason City, IA (641) 424-2391
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## Size Does Matter

Written by Jay Hansen

As you read this newsletter, you will find references to our recent name change and our movement to an integrated model of care. To accommodate those changes, the Prairie Ridge Board has approved a 9.3 million dollar facility expansion at our main site in Mason City. This expansion will occur to the east of our main building and nearly double the size of the facility. The construction will allow us to provide for primary, psychiatric, substance use and mental health care-all in one environment. The additional space will also create a warm and welcoming reception area with more private waiting spaces and a lab where confidentiality is ensured. To allow our women’s program to also benefit from integrated care, we will be relocating and expanding our Women’s Retreat residential program as part of the project. We will also be building a wellness center where clients can work out and develop pleasurable activities to enhance their recovery.

Prairie Ridge has worked with Accord Architecture and engaged Henkel Construction for design and build services. We anticipate the project to start in early June, with a completion date of July 1<sup>st</sup> in 2017. The Prairie Ridge Board and staff are very excited about this facility expansion as part of our constant commitment to excellence in care for those we serve.



## The Voice of Max

Translated by Meagen Wentz

Hello, my name is Max. I am a German shorthair and a resident in the Men’s Unit of Prairie Ridge. Yes, I live here. I’ve been here about 36 years, and our Executive Director, Jay Hansen, has been here over 40 years, so I pretty much help run things with him. According to my calculations, this makes me second-in-command. Okay, so my 36 years is in dog years...but who’s counting? If you think about it, who else in the agency can stop a conversation and get all the attention- me.

What do I do here, well, I observe. Living in the men’s residential unit, I serve as a support to a lot of the guys. I’m pretty good at it. I’m very similar to the counselors here. I’m part of the welcoming committee. I don’t judge, talk back or criticize anyone’s choices. I listen and respect their space. I treat them with dignity and respect. They help me out too. They get to know me. They walk me. Some are even allowed to give me treats (a limited few because I have to watch my figure). I provide an aspect to their treatment different from what any human can provide. I’m a calming presence to some. Prairie Ridge is my home. I share my home with patients who come and stay for 28 days as they gain tools to help them learn to live in their environment without their substance.

And yes, I like treats- and most any food, but staff get into trouble for feeding me. I’m going to have to learn new ways to get treats...I could tell you how long I’ve been here in human years if it would get me a treat...about 5 ½ years.

*“What’s in a name? That which we call a rose by any other name would smell as sweet.”  
-William Shakespeare*



William Shakespeare, in his famous line from Romeo and Juliet, would seem to suggest that a name isn’t really very important. However, when it comes to organizations and agencies, a name readily conjures up images and expectations about what that organization does and what services it provides. It can also speak to the agency’s mission and vision for itself and the people it serves.

Recently, Prairie Ridge underwent an official name change from “Prairie Ridge Addiction Treatment Services” to “Prairie Ridge Integrated Behavioral Healthcare.” The name change is intended to highlight, and communicate, our strategic decision to increase our focus and commitment to high quality integrated care for the people we serve.

What is integrated care? We know that people with mental health and substance use disorders may die decades earlier than the average person....mostly from untreated and preventable chronic illnesses like hypertension, diabetes, obesity, and cardiovascular disease that can be aggravated by inadequate physical activity, poor nutrition, smoking and substance abuse. Challenges in navigating through complicated healthcare and behavioral healthcare systems have historically been major barriers to care. Add to this, the stigma associated with a behavioral health concern, and the end result is that many people do not receive the quality of care that they deserve and need in order to be healthy contributors to their families and to their communities.

The solution lies in integrated care, the systematic coordination of mental health, substance abuse, and primary care services. Research is clear that this approach provides the most efficient, cost-effective positive outcomes for people with multiple healthcare needs.

With our upcoming building expansion, slated to be completed in the summer of 2017, Prairie Ridge is developing space for primary care and psychiatric and mental Health services on site. Our goal for our patients is that they will be able to meet multiple healthcare needs in one location with providers who coordinate their care in a way that improves outcomes. Currently, Prairie Ridge is a nationally accredited organization through CARF (Commission on Accreditation of Rehabilitation Facilities) and has met or exceeded nationally recognized standards for the provision of mental health and substance use disorders treatment.

**“Our goal for our patients is that they will be able to meet multiple healthcare needs in one location...”**

So, what’s in a name? For Prairie Ridge Integrated Behavioral Healthcare, our desire is for our name to stand for our commitment to honor the right of each person served to person-centered, high-quality, respectful integrated care.

Written by Lorrie Young

Please contact Kelly Grunhoyd at 1-866- 429-2391 ext. 226 or send an e-mail to [kgrunhoyd@prairieridge.net](mailto:kgrunhoyd@prairieridge.net) if you know anyone that would like to receive this newsletter



## Make Some Noise! June is Employee Well-Being Month!



By: Kate Weiner

Why we have just one month dedicated to employee well-being is beyond me. Shouldn’t that be every month?

Regardless, it is time to talk about how we create overall positive employee well-being within your organization. It is no surprise to you that studies show that employee well-being impacts employee engagement. We all know that if employee engagement is low, productivity is low and nobody likes that!

So, where do we begin? It all begins with YOU! I want you to take a second and just think about your well-being. (Really, do it – take that second. Don’t just pretend that you are pausing at this point and not really thinking about anything personal, but actually THINK ABOUT YOU!). Where would you rate your well-being? High, low, in the middle somewhere? What would it take it increase your well-being by just 10%?

Every person has a set of different needs. So where to begin is different for everyone. What can be the same across the board is the support that each employee shows for each other in their wellness effort.

So this month the challenge is on for each one of you! Start with joining forces with your co-workers. Who is doing a fitness challenge? Who is eating healthy? Who is walking over their lunch hour? Who are your Fitbit nerds? Someone, somewhere, is doing something! Start talking about creating a team of support and having weekly check-ins in efforts to provide accountability, encouragement, and support for each other. Find ways to have these check-ins occur at work. During lunch, weekly Huddles, or even a quick email.

Creating positive employee well-being cannot be done alone – it takes a village. So find your village within your own organization!



### FAQ: I NEED A SUBSTANCE ABUSE ASSESSMENT, HOW DO I GET ONE?

A: In short, it depends on which location you want to access services through. Here is how each location operates:

#### Mason City Office:

Walk-in Assessments  
Mondays and Tuesdays at 12:30PM and 2PM  
Thursdays at 8:30AM or 10AM  
\*All Walk-ins are first come, first served\*

#### All other locations:

(Algona, Charles City, Forest City, and Hampton)  
**Call to schedule an assessment**  
\*Numbers are available on the back of the newsletter\*

At all locations: Assessments take approximately one-and-a-half to two hours to complete. Please come prepared with proof of income (paystub or tax return), health insurance card, medication list, and any permanent court case numbers or paperwork (if applicable). Prairie Ridge is contracted with Amerigroup and AmeriHealth Caritas Insurance to serve Medicaid patients.