

## Tele-Counseling Services Enhanced to Provide Even Better Care

**Have you heard the great news about Mobridge Regional Hospital & Clinics' tele-counseling services? (Spoiler alert: Additional staff, more appointment openings, even more privacy.)**

It's been about a year since MRH&C first began offering tele-counseling at all clinic locations. Through a partnership with Integrative Health Centers, our patients can attend therapy sessions with a trained counselor, or appointments with a psychiatric nurse practitioner, online via Zoom or a similar technology.

"We do community needs assessments regularly," said Jodi Madison, a Registered Nurse and MRH&C Clinic Operations Director, "and mental health services has long been one of the top needs expressed. Anxiety and substance use disorders are just two of the common issues we can help with. We're so thrilled to be filling that gap with tele-counseling."

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*Mobridge Community Hospital circa 1994*

### **It's Our 65th Anniversary!**

Please join us in celebrating our past and ensuring the vitality of MRH&C for the future. See page 2.

# CEO Update



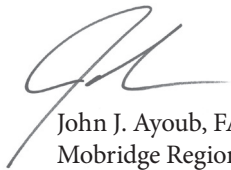
John Ayoub, CEO

## Letter from John

Historically, we know that some in the community we serve have struggled with drug and alcohol use disorders, and our region and state have suicide rates far higher than they should be. Recent years have also seen an increase in isolation, disruption of learning and socialization of children, psychological damage from the continued rise of social media, and a general escalation in tension and anxiety. While there have been resources in the community to help, MRH&C wants to ensure a full continuum of services, supplement where there are gaps, and increase the capacity to care for those who need help.

We are proud to offer psychiatric support, addiction treatment and counseling services through IHC. We have seen tremendous success with this program over the last year. We know there are still many more who could benefit from accessing the help of a trained professional, so we have made it as simple and confidential as possible to do so. There is no shame in talking to someone; if this message resonates with you or someone you care about, please call for an appointment.

For 65 years, Mobridge Regional Hospital & Clinics has been providing high quality healthcare services in a compassionate, professional manner for people throughout the region. It is who we are and the whole reason we exist. The phenomenal team of outstanding women and men who make up the organization are proud to have served this community and will continue to do so, fulfilling our mission with integrity, collaboration, compassion and excellence. Thank you for the opportunity and ongoing support!



John J. Ayoub, FACHE, Chief Executive Officer  
Mobridge Regional Hospital & Clinics

## Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital  
1401 10th Avenue West, Mobridge, SD  
605-845-3692

Mobridge Medical Clinic  
1309 10th Avenue West, Mobridge, SD  
605-845-3692

Prairie Sunset Village – Assisted Living  
and Senior Housing  
1320 West Grand Crossing  
Mobridge, SD  
605-845-8193

Walworth Co. Community Health &  
Visiting Nurse Service  
111 2nd St. East, Mobridge, SD  
605-845-8127

Selby Medical Clinic  
4401 Main St, Selby, SD  
605-649-9999

West Dakota Health Center  
906 Main Street, Timber Lake, SD  
605-865-3258 (MT)

West River Health Clinic  
103 1st Avenue East, McLaughlin, SD  
605-823-4253 (MT)

## Healthy Past, Healthy Future

August 10th marks the 65th anniversary of the opening of **Mobridge Regional Hospital, originally Mobridge Community Hospital**. In tandem with this milestone, we're so pleased to announce that one year into its three-year span, the Healthy Futures capital campaign is already halfway to its goal of \$1.5 million!

Thanks to generous donations by numerous MRH&C staff and community members, our first campaign since 1996 is having great success raising funds to support our expansion and renovation project.

“Every dollar counts,” said Haden Merkel, MRH&C’s Philanthropy Engagement Coordinator. “That’s our fundraising philosophy. We would love for everyone in the area to make a contribution of any size because this hospital is such an important community asset.”

We invite you to join us in this project. We have many creative giving options that garner tax benefits for donors, such as gifting a load of grain, some head of cattle or appreciated stock. And naming rights for various hospital areas are still available. Merkel would love to brainstorm options with you. Please reach out to her at 605-845-8180 or [foundation@mrhcsd.org](mailto:foundation@mrhcsd.org).



*Pictured: Dale and Charles Howe*

In honor of their contributions, a placard will be placed marking Charlie and Dale Howe’s donations to “Dale’s Cafe” and The Dr. Ben & Audrey Henderson Conference Room.



## Tele-Counseling Services Enhanced to Provide Even Better Care *continued from the cover*

### How It Works

Tele-counseling sessions take place at the clinic of your choice in a private room. Just the patient and the therapist, via video, are present. Confidentiality protocols are strictly followed, and now, at the Mobridge Medical Clinic, the therapy room is being relocated to a more private corridor. “We strive to provide a very comfortable and private patient experience,” Madison said.

During the first session, which takes an hour, the patient and therapist talk about the patient’s concerns and create a care plan. After that, sessions typically last half an hour. Once every other week is a common schedule for ongoing care, but each patient’s plan is uniquely created to fit their needs. All care is patient-directed, and after the first session, patients can choose to conduct their therapy sessions in the comfort of their own home if they wish.

Patients can see one of two therapists and/or, for medication needs, a Psychiatric Nurse Practitioner.

### Things to Know

“I want the community to know that they can self-refer,” Madison said. “That means that if you think you might benefit from talk therapy, you can call to schedule an appointment. You do not need a referral from your primary care provider.” The therapists see people of all ages, including children as young as 5. Couples and family sessions are also available.

Appointments are available Monday through Thursday every week. “And there are no long wait times,” Madison added. “In the beginning, we worked out some kinks in scheduling with the tele-counseling providers. Now they have dedicated blocks of time set aside for MRH&C patients. And if we need more appointment availability, they will add more therapists to our team.”

If you have questions or want to schedule a tele-counseling appointment, simply call the clinic of your choice. At Mobridge Medical Clinic, call Nicolette at 605-845-8174. Most insurances are accepted, including Medicare and Medicaid; any out-of-pocket copay is typically \$30 or less per session. Self-pay is also an option, and financial assistance is available to those in certain income brackets.

## Meet the Tele-Counseling Team!



**Akishna Glasper-Williams**  
*Licensed Clinical Social Worker*

In her 13 years as a social worker, Akishna Glasper-Williams has been a therapist to children and families, and has worked as a Military and Family Life Counselor, individual and couples therapist, and clinical supervisor. “I enjoy working with people of all ages, including children and adolescents,” said Glasper-Williams, who has twins of her own. “Tele-therapy allows us to care for patients in rural areas. There’s a great need, and therapy works if you’re ready to work it. People often express great relief during their first session. They’re happy that they made the appointment and are taking an important step toward better health.”



**Lani Magee**  
*Licensed Clinical Social Worker*

Lani Magee has been a social worker and therapist since 2014. Her Master’s in Social Work is from Florida State University. Magee enjoys working with patients experiencing anxiety, depression, self-esteem issues, emotional regulation challenges, stress-related issues and/or post-partum issues. “Cognitive Behavioral Therapy helps my clients become self-aware and realize their potential for change,” she said. “My clients are the experts of their own lives. I strive to support them with empathy and creative, solution-focused techniques.”



**Patricia Reed**  
*Psychiatric Mental Health Nurse Practitioner*

Patricia Reed is dually board-certified as a Psychiatric Mental Health Nurse Practitioner and a Family Nurse Practitioner. She has worked as an outpatient psychiatric provider for several years and has also worked with adults and children in inpatient psychiatric hospitals. As a Nurse Practitioner, Reed is able to do assessments for and management of medications used in mental health care. She works closely with Glasper-Williams and Magee to provide comprehensive mental health care to MRH&C patients. Therapy and medications are often used in combination and are generally more effective together.



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## UPCOMING EVENTS & CLASSES



Sign up for the  
MRH&C Foundation  
newsletter!



### Healthcare Provider CPR Class

August 12, September 9  
1 - 3 p.m. • MRH&C Education Center

### Instructor CPR Class

November 5  
9 a.m. - 12 p.m. • MRH&C Education Center



### Heartsavers CPR & AED Class

August 12, September 16  
1 - 4 p.m. • MRH&C Education Center

Call 605-845-8163 to register.



### Blood Drive

September 10  
12:30 - 6 p.m. • Family Worship Center



### Senior Yoga

Mondays and Thursdays  
10:30 - 11:00 a.m.



### Senior Strength & Balance for Life

Tuesdays and Fridays  
10:30 - 11:15 a.m.

Classes are held at Mobridge Senior  
Citizen Center. Class times and schedule  
are subject to change.



### MRH Foundation Golf Tournament

Saturday, September 7  
Oahe Hills Golf Course

## Mission

The mission of Mobridge Regional Hospital & Clinics is to provide high quality healthcare services in a compassionate and professional manner for people throughout the region.

## Vision

Become one of America's finest rural healthcare providers.

## Values

Integrity

Compassion

Collaboration

Excellence

[www.mobridgehospital.org](http://www.mobridgehospital.org) [www.facebook.com/MobridgeRegionalHospital](https://www.facebook.com/MobridgeRegionalHospital)

Mobridge Regional Hospital & Clinics does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, religion, color, national origin, gender, sexual orientation, age, military status, disability, genetic information, ability to pay, or on any other basis that would be in violation of any applicable federal, state, or local law. For a full non-discrimination statement, visit: [mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy](http://mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy).